



SAILOR SELECTED AS MILITARY CITIZEN OF THE YEAR

“Petty Officer Cordero is a superstar for both the Navy and the Hampton Roads community. Her passion for improving the lives of children exemplifies the Navy’s involvement in the Hampton Roads community. She is a remarkable Sailor.”

Cmdr. Brad Bauer



Petty Officer 1st Class Cynthia Cordero was honored as the 2019 Samuel T. Northern Military Citizen of the Year by the Hampton Roads Chamber at a luncheon, Oct. 11. The Samuel T. Northern Military Citizen of the Year award is given annually to recognize the military citizen (E-6 and below) who has made the most significant contribution in the area of community service.

From Navy Region Mid-Atlantic Public Affairs

NORFOLK

Petty Officer 1st Class Cynthia Cordero was honored as the 2019 Samuel T. Northern Military Citizen of the Year at a luncheon hosted by the Hampton Roads Chamber of Commerce, Friday, Oct. 11.

“Petty Officer Cordero is a superstar for both the Navy and the Hampton Roads community,” said Cmdr. Brad Bauer, Commander, Operational Test and Evaluation Forces. “Her passion for improving the lives of children exemplifies the Navy’s involvement in the Hampton Roads community. She is a remarkable Sailor.”

Cordero is a personnel officer in charge of all pay, gains, transfers and separation transactions for Operational Test and Evaluation Forces in Virginia Beach. She earned the award for her community service and volunteer work with the Children’s Hospital of The King’s Daughters in Norfolk, the Children’s Miracle Network Hospitals, and for creating Cyn’s Vision.

Cordero raised more than \$2,000 for Cyn’s Vision to produce coloring/activity books called “Don’t let a disability disable you” to show special needs children that they can achieve any goal they set out to accomplish. She donated more than 200 of her books to families.

“My parents always taught me the importance of giving back, even when you don’t get anything in return because life will reward you in a different way,” she said. “Volunteering has become my way

» See **MCOY** | **A7**

USS Cole honors their heroes

From Commander, Naval Surface Forces Atlantic

NORFOLK

The guided-missile destroyer USS Cole (DDG 67) crew, past and present, gathered alongside families and guests today, to commemorate the 19th anniversary of the ship’s bombing.

More than 30 Gold Star family members joined the Cole crew and guests for the ceremony held at the USS Cole Memorial at Naval Station Norfolk. The remembrance ceremony honored the 17 shipmates who perished in the attack, forever to be remembered as Cole Heroes, who set the standard for the “Determined Warrior” culture the Cole crew strives daily to maintain.

Capt. Mikal Phillips, Fire Control Officer aboard at the time of the attack, provided the keynote address.

“Honoring Cole heroes is far more than just a ship’s event but part of our national and Navy-wide mourning,” he said.

“This day represents reaffirmation of our

“Honoring Cole heroes is far more than just a ship’s event but part of our national and Navy-wide mourning.”

Capt. Mikal Phillips

solidarity to our fallen shipmates and not just for Cole families, but across all the armed services. It is important to come back and remember them, and remember that their families remember them every day, that their shipmates and brothers in arms remember them every day as well.”

“We remember the sacrifices of those who lost their lives that day and we honor them and their families,” added Cmdr. Ted Pledger, Cole commanding officer. “We humbly pay tribute to the men and women who fought to save their ship and ship-



MC2 Jacob Milham

Sailors assigned to the Arleigh Burke-class guided missile-destroyer USS Cole (DDG 67) render honors at the USS Cole Memorial at Naval Station Norfolk during a commemoration of the Oct. 12, 2000, terrorist attack in Yemen that killed 17 Sailors.

mates.”

During today’s ceremony, a wreath was again laid for the fallen heroes. Another 21-gun salute pierced the silence along the waterfront. A lone bugler offered taps. But, appropriately, the 19th such ceremony had

at its core once again, a tolling of the bell and a reading of the names of the 17 heroes whose lives were lost that fateful day.

» See **COLE** | **A7**

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Ike Sailors receive leadership awards

Two Sailors from USS Dwight D. Eisenhower received the 2019 Dwight D. Eisenhower Leadership Awards, presented at the Eisenhower Presidential Library and Museum in Abilene, Kansas.

»See **A4**



Navy promotes first Vietnamese American Navy rear admiral

Huan Nguyen became the first Vietnamese American promoted to the rank of rear admiral during a ceremony at the Navy Memorial in Washington, D.C., Oct. 10.

»See **B1**

Norfolk buzzing about NEON Festival

The fifth annual NEON Festival will be held in downtown Norfolk’s NEON District, Oct. 17 and 18.

»See **C1**

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REAR ADM. CHARLES ROCK: HAMPTON ROADS *IS* AMERICA’S NAVY TOWN

By Rear Adm. Charles Rock
Commander, Navy Region Mid-Atlantic

Oct. 13 - Today as Americans prepare to go to church, watch a football game or enjoy the fall foliage, Sailors are standing watch around the world. On any given day, an Aegis destroyer is on patrol in the Eastern Mediterranean. A submarine is on patrol in the depths of the North Atlantic. A Carrier Strike Group is launching and recovering aircraft in the Pacific. Today, USNS Comfort is providing much needed aid to a tumultuous region. None of these events is considered extraordinary because they seem routine, but I submit they are extraordinary. Therefore, today on the 244th birthday of America’s Navy, I want to personally extend my gratitude to every Sailor who served before me and every Sailor standing watch today. I can think of no better place to extend those best wishes than here in Hampton Roads - America’s Navy Town.

Our waters have born witness to some of history’s most famous naval encounters including the “Battle of the Capes” and “The Clash of The Ironclads.” Our residents

launched President Teddy Roosevelt’s Great White Fleet, then a generation later under President Franklin Roosevelt, they built, trained and sailed the 100-ship armada landing U.S. forces in North Africa for Operation Torch. Today, from Old Point Comfort to the Virginia Beach oceanfront, residents and visitors alike stop and look at the explicit might of US military power as carrier strike groups depart and return to their homeport at Naval Station Norfolk, the world’s largest naval facility. Hampton Roads is America’s Navy Town.

When you shop at a supermarket, see a movie or walk down the street, there is a very good chance whoever is checking your groceries, selling your ticket, or walking past you has a Navy connection. This area is home to more than 300,000 people with a direct tie to the Navy. Nearly 90,000 active duty Sailors are homeported here, in addition to more than 9,000 reservists. Those Sailors have more than 100,000 family members alongside them here in our community, where we are a proud part of the fabric of this great community. The Navy em-

THIS AREA IS HOME TO MORE THAN 300,000 PEOPLE WITH A DIRECT TIE TO THE NAVY. NEARLY 90,000 ACTIVE DUTY SAILORS ARE HOMEPORTED HERE, IN ADDITION TO MORE THAN 9,000 RESERVISTS. THOSE SAILORS HAVE MORE THAN 100,000 FAMILY MEMBERS ALONGSIDE THEM HERE IN OUR COMMUNITY, WHERE WE ARE A PROUD PART OF THE FABRIC OF THIS GREAT COMMUNITY.

ploy 53,000 civilians in Hampton Roads and almost 60,000 Navy retirees call this home. All told, these thousands of people support five nuclear aircraft carriers, more than 70 surface ships and submarines, and 35 aircraft squadrons. We are proud to call this area home, as Hampton Roads is America’s Navy Town.

Hampton Roads is home to critical shipbuilding, repair and refit facilities that keep our Navy the premier sea power on the globe. You build the world’s most advanced nuclear powered aircraft carrier and most capable attack submarines. You refit our ships with the latest technologies. You repair and replace components on our ships from the anchors on the bow to the propellers at the stern. This area is quickly becoming known as the Harvard of shipbuilding apprentices. Hampton Roads is America’s Navy Town.

Finally, let an old Sailor tell a quick sea story. As a young officer, I served aboard the Guided Missile Cruiser USS Leyte Gulf. This month we mark the 75th anniversary of the naval battle for which that ship is

named. The Battle of Leyte Gulf effectively cleared the Imperial Japanese Navy from the water during a four-day sea battle that historians consider the largest in history. That victory cleared the way for Allied ground forces, led by General Douglas MacArthur, to join with Filipino patriots to wrest control of that island nation. Seventy-five years have passed since Leyte Gulf and it is now a distant event in a larger conflict whose warriors number fewer in the passing years. Please take this moment to remember this important battle in naval history and the brave sailors who victoriously fought there. Finally, please do me a favor today, on the 244th birthday of your Navy. When you see a Sailor, give a nod, shake a hand, or just say “Thank You.” We are Hampton Roads and we are America’s Navy Town.

Rear Adm. Charles W. “Chip” Rock is the commander, Navy Region Mid-Atlantic, headquartered in Norfolk. Rock commands 14 major Navy installations across 20 states, including five major Navy installations in Hampton Roads



Chief of Naval Operations, Adm. Mike Gilday

U.S. Navy

CNOs Navy Birthday message to the Fleet

By Adm. Mike Gilday
Chief of Naval Operations

WASHINGTON

244 years ago the Navy began its watch to protect freedom of the seas with honor, courage and commitment.

As we celebrate across the fleet, we renew our commitment to be ready; remember those who forged our legacy; and honor our families and loved ones who stand beside us.

With 290 ships, about 30 percent of which are underway today, your Navy is America’s away team.

From the Atlantic to the Arabian Gulf, and from the Indian Ocean to the Pacific,

there are no shortage of headlines about our presence around the world. We enable prosperity – at home and abroad – by ensuring peace, stability, and security around the globe.

Sailors and Marines stand watch together in every fleet and operate as an integrated naval force. We operate jointly 24 hours a day, 7 days a week, 365 days a year, and continually demonstrate America’s ability to put forces wherever and whenever we choose. There is no higher honor than to serve with each one of you.

Happy 244th birthday, shipmates. See you in the fleet.

The Flagship

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NEWS FROM NAS OCEANA

NAS Oceana flightline workers have access to healthy food options

By NAS Oceana Public Affairs

The Naval Air Station (NAS) Oceana Navy Exchange NEX Micro Market opened in NAS Oceana hangar 500, Sept. 13.

“We service the men and women who work on the NAS Oceana flightline,” said Charlene DuBose, NAS Oceana NEX manager. “We are providing them healthy food options 24 hours per day.”

The NEX Micro Market is a self-service, self-checkout store that offers a broad array of fresh food, healthy and traditional snacks, and beverage products at a convenient location for ease of access and quick purchases.

Micro markets are a hybrid of vending and convenience stores. They deliver an improved customer experience than traditional vending machines by offering an expanded assortment variety, while retaining the operational efficiencies of automated retailing.

The NAS Oceana NEX Micro Market services 1,000 flightline personnel. Anyone who can access the flightline can use the NEX Micro Market.

Micro market products are merchandised and fully accessible to customers within a contained, monitored retail environment.



Beth Tamburello

Each NEX micro market is adaptable to the size and shape of each space and operates with lower overhead costs less than a traditional café or other onsite food services. That flexibility and efficiency allows the NEX to offer convenient meal and snack options to the workplace where the building space or population may not support more traditional food concepts.

The Navy Exchange currently operates 25 micro markets, which are located in

various types of structures including hangars, offices, barracks and industrial buildings.

Self-checkout and payment settlement is managed through a PCI compliant, automated kiosk payment system. Payment options include credit/debit card or market account.

NEX Micro Markets refrigeration is equipped with food safety technology to help maintain safe temperatures. The re-

frigeration equipment has automatic mechanical and electronic controls that lock the door when there is a power failure, mechanical failure or other condition that results in an internal temperature over 41 degrees, or 1 degree for freezers, preventing customer access to the products inside. Only an authorized service technician or the route driver has the ability to reset the equipment after it has been determined what caused the temperature failure.



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Ike Sailors receive leadership awards

By MC3 Ashley Estrella
USS Dwight D. Eisenhower Public Affairs

ABILENE, KAN.

Two Sailors from the aircraft carrier USS Dwight D. Eisenhower (Ike) (CVN 69) received the 2019 Dwight D. Eisenhower Leadership Awards, presented at the Eisenhower Presidential Library and Museum in Abilene, Kansas, Oct. 12.

The Abilene-based Eisenhower Foundation sponsors the President Eisenhower and the General Eisenhower Awards annually to honor exceptional Sailors assigned to Ike.

This year, senior leadership aboard the ship selected Senior Chief Information Systems Technician Aimie Windemiller for the General Eisenhower Award and Chief Aviation Structural Mechanic Joshua Roberson for the President Eisenhower Award.

“I felt overwhelmed,” said Roberson. “I didn’t even know I was nominated. I appreciate the recognition, but a leadership award like this is a team effort. Leadership is built on fundamentals. It is when someone believes in you enough to give you the opportunity to lead, and who buys into you enough to allow you to lead them.”

Windemiller also felt the award experience was humbling and agreed that her individual recognition was the result of her fellow Sailors in the combat systems department and cybersecurity division.

“I’ve never accomplished anything without having dedicated and hard-working Sailors right alongside me,” she said. “My fellow Sailors in cybersecurity bring their ‘A-game’ every single day, and I’m humbled to serve with them.”

Windemiller was awarded the General Eisenhower Leadership Award for her vision, integrity, courage, and commitment to her duties. As the Information Systems Security Manager (ISSM), she ensured Cyber Security throughout all computer networks, leading her division of 13 Sailors to ensure network integrity and accessibility for the entire ship. Additionally, she served as the Command Managed Equal Opportunity (CMEO) Man-



Ashley M.C. Estrella

Chief Aviation Structural Mechanic Joshua Roberson, left, from Rome, Georgia, and Senior Chief Information Systems Technician Aimie Windemiller, from Fayetteville North Carolina, assigned to the aircraft carrier USS Dwight D. Eisenhower (CVN 69), participate in an interview at KABI radio station regarding their leadership awards.

ager, ensuring a command climate of inclusion and effective teamwork.

Roberson was awarded the President Eisenhower Leadership Award for his selfless work in the local community. He has been involved with several youth programs, local Sheriff offices and local schools to help aid children and the members of his community.

Recently, he was involved with constructing a haunted house with the proceeds going to a local little league so that more than 100 kids have the opportunity to play sports.

“It’s never been about me,” said Roberson. “It’s been about serving others.”

The award winners travelled to Ike’s hometown for more than recognition. The honor included an embrace from an entire community dedicated to providing full immersion of the Ike’s continued legacy. The weekend involved a visit to the Dwight D. Eisenhower Elementary School, a local radio station, a lunch with the Abilene Rotary Club, Ike’s boyhood home and the Dwight D. Eisenhower Presidential Library.

The Ike Sailors also took part in the presidential wreath laying ceremony on Ike’s gravesite and the ribbon cutting for the rededication of the Eisenhower Museum and Gala.

“The wreath laying ceremony was very impressive,” said Roberson. “I may never experience something like it again. It was very humbling to be a participant. Just to be there

was an honor.”

Windemiller said the presidential wreath laying ceremony also deeply impacted her experience in Abilene.

“It was amazing to be able to honor him,” said Windemiller. “Not only his life, but the life of his wife and the child they lost. I was in awe.”

Participating in community activities showed the range of connection Abilene has to American landscape. Almost in contrast to the high honor of a presidential gravesite ceremony, the elementary school visit also impacted both Ike Sailors and students. Roberson and Windemiller spoke about shipboard life and answered questions from the entire school.

“Most of the kids here in Abilene usually stay in the area,” said the Principal of Dwight D. Eisenhower Elementary School, Ethan Gruen. “This is a small town and we are landlocked, so it is rare to see a Sailor. Having Ike Sailors talk to the kids gives them an opportunity to see what they could do one day. It shows they are connected to someone who impacted many people’s lives and they could too one day.”

Another community leader, Mack Teasley, who helped coordinate the tours and site-visits on behalf of Abilene and the Eisenhower Foundation, remarked the impact the visit made on the community.

“To see Sailors from the Ike in our humble town keeps his legacy alive,” said Teasley. “We have hosted award-winners for 10 years now and it is something we look forward to continuing for many years to come.”

Among the many people who recognized the award winners, Command Master Chief Jason Reynolds was proud to honor both chiefs and reward them for this work and dedication to the Navy, Ike, and their Sailors.

“Having Senior Windemiller and Chief Roberson in the Ike Chiefs Mess has been incredibly valuable to the success of the ship,” said Reynolds. “The level of deckplate leadership they provide, and their level of community involvement and support, is an inspiration to their peers and junior Sailors alike.”

Ike’s Commanding Officer Capt. Kyle Higgins spoke at the Gala to acknowledge the achievement of his Sailors and share with Abilene citizens the connected legacy of the ship’s continuation of Eisenhower’s service to his country.

“I’m incredibly proud of both of these Sailors,” said Higgins. “Because much like the qualities President Eisenhower lived, these Sailors carry on his legacy of toughness, initiative, integrity, and accountability. Senior Chief Windemiller and Chief Roberson represent the best of Ike, and with Sailors like them aboard our mighty ship, we stand ready to answer the nation’s call.”



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Sailors stand watch in the Fleet Operations Center at the headquarters of U.S. Fleet Cyber Command/U.S. 10th Fleet (FCC/C10F). Since its establishment, FCC/C10F has grown into an operational force composed of more than 14,000 active and reserve Sailors and civilians organized into 28 active commands, 40 cyber mission force units, and 26 reserve commands around the globe. MC1 Samuel Souvannason

Halloween, pumpkin spice and National Cybersecurity Awareness Month

From Navy Region Mid-Atlantic Public Affairs

NORFOLK

Navy Region Mid-Atlantic recognizes Nation Cybersecurity Awareness Month this October with some helpful tips and concerns to be aware of.

Just as ghosts and skeletons provide scares for Halloween, Botnets provide scares for your computer safety. Botnets are networks of computers infected by malware, such as computer viruses, key loggers, and other malicious software.

Criminals control them remotely, usually for financial gain or attack networks or websites. Double check to ensure your software programs are set to update automatically. Automatic updates help defend against known risks on a regular basis.

Passwords can be difficult to keep track of, especially with the requirements of one special character, one uppercase, seven numbers, three lowercase, etc. Instead, change your mindset to passphrases, that are fun, easy to remember and unique. Keep a list of passphrases stored in a secure place away from your computer in

case you forget them. You can also use a passphrase managing service to keep track of your passphrase. Fortify your online accounts by enabling the strongest authentication tools available, such as biometrics, security keys, or a unique one-time code through an app on your mobile device. Your usernames and passphrases are not enough to protect key accounts like email, banking, and social media.

Monitor your apps. Information about you, such as the games you like to play, your contact lists, where you shop and your location has value. Be thoughtful about who gets that information and how it is collected through apps on your mobile devices. When using Facebook your profile is always public. It includes your name, gender, username and user ID (account number), profile picture, cover photo and networks. If you share some-

thing and do not see an audience selector or another privacy settings, that information is also public. Update your privacy setting to "Private" if you only want a select few to see your post/comments. Cybercriminals love when you overshare on social media – they can learn all about you.

Some stores and other locations look for devices with WiFi or Bluetooth turned on to track your movements while you are within range. Disable WiFi and Bluetooth services when not in use.

While October is designated Cybersecurity Awareness Month, this should be a yearlong effort to ensure safety. These tips were just a few of many you can utilize to protect yourself, your friends, family, and co-workers. For more online safety basics and details about specific threats, you can visit: StaySafeOnline.org.

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Adm. Christopher Grady, Commander, United States Fleet Forces Command, speaks during the 2019 Hampton Road Navy Ball at the Virginia Beach Convention Center. The ball was in celebration of the U.S. Navy's 244th birthday.

Photos by MCSA
Angel Thuy
Jaskuloski

Sailors celebrate 244 years at Navy Ball

By Breanna Scales
Navy Region Mid-Atlantic Public Affairs

VIRGINIA BEACH, VA.

Hundreds of Sailors in Hampton Roads celebrated the Navy's 244th Birthday at the annual Navy Birthday Ball, hosted by the Flagship, on Oct. 12.

This year, over 700 Sailors, family members, veterans, and civilians came together to celebrate the Navy's Birthday in Hampton Roads – America's Navy Town. Several commands were present in full-force, including Fleet Readiness Center Mid-Lant and USS Dwight D. Eisenhower. Also of note, a few very talented Culinary Specialists who created the beautiful birthday cake.

Every year, the Navy Birthday has a theme. This year's theme was "No Higher Honor." The idea of "No Higher Honor" draws upon the extraordinary service and sacrifice of the Sailors who fought the greatest sea battle in history: the Battle of Leyte Gulf. Leyte Gulf, lasting

three days, was the largest sea battle in modern history and gives today's Sailors multiple examples of heroism in actions as we again face the great power competition. From October 23-25, the US Navy's goal was to take back the Philippines from Japan and secure their hold in the Pacific theatre. What ensued was multiple, smaller, widely separated engagements that made up the larger Battle of Leyte Gulf. While there were several lessons to learn, losses and defeats, the Battle of Leyte Gulf had one common thread: heroism in action. The Sailors' service in harm's way ultimately led to Japan's defeat. LCDR Robert Copeland commanded USS Samuel B. Roberts, which fought numerous larger enemy combatants, earning the moniker, "the destroyer escort that fought like a battleship." Commander Copeland would later recount the Battle of Leyte Gulf extolling the valor of his crew in the face of such overwhelming odds, stating that there was "no

higher honor" than to have the privilege to command such a crew.

Admiral Christopher Grady, Commander, U.S. Fleet Forces Command served as the guest speaker for the evening. He spoke about the Battle of Leyte Gulf and the Navy's core values of honor, courage, and commitment. As part of his speech regarding core values, he spoke on Navy families, how they are the "backbone" of Sailors, directly contributing to their mission readiness. A special group of these individuals was in the crowd: spouses of deployed Sailors. Two in particular were spouses of Sailors currently deployed with the ship named after this great sea battle, USS Leyte Gulf.

After guest remarks and just before toasts began, the Emcee, Kerri Furey, let the audience know there was a special message from USS Leyte Gulf to all of Hampton Roads. The two spouses had no prior knowledge of this message and all eyes looked to them. The tal-



Lt. Marshall McCrosky, assigned to Military Sealift Command, proposes to his girlfriend during the 2019 Hampton Road Navy Ball.

ented Mass Communication Specialists aboard the ship had put together a Navy Birthday message, wishing everyone back home a happy celebration. This message reiterated the idea of "No Higher Honor" as Sailors were interviewed and asked to explain what this means to them. One response was clear across the board: there is no higher honor than to serve in the United States Navy.

A special Birthday video was not the only surprise the evening had in store, though. After the amazing raffle prizes had been given to their lucky winners, another raffle prize

was announced. "All couples who registered to attend together were entered into a special raffle, which took place earlier tonight," Furey announced. Furey requested Lieutenant Ashley Axelsen and her date, Lieutenant Marshall McCrosky to join her on the stage. As everyone clapped, Furey then handed the microphone to McCrosky. The room went silent as all 700 guests realized what was happening. McCrosky began a speech about how the Navy Ball was a special evening to the two of them and their relationship. "You're my person," he said. As he dropped to a knee, Axelsen smiled and covered her face as she said, "Yes." The room erupted into applause. The Navy Ball will certainly continue to hold a special place in their relationship.

The Navy Ball was one of several special events that earmark this week as Fleet Week Hampton Roads. Follow all Fleet Week activities across social media platforms and using the tag #FWHR19. We hope to see you at next year's celebration!

Fleet Week Hampton Roads celebrates Navy's 244th birthday

NORFOLK

Fleet Week Hampton Roads, Oct. 11-19, honors and celebrates Sailors, past and present, who are our neighbors, volunteers and citizens who actively work each day to enhance the quality of life for area residents and visitors. The week also recognizes Hampton Roads as "America's Navy Town."

The week officially kicked off Friday, as Sailors volunteered their time at more than 60 area schools in celebration of the Navy's 244th birthday. Participation included raising the morning colors, reciting the Pledge of Allegiance, reading to students and taking part in other school-sponsored activities. School outreach continued this week as the U.S. Fleet Forces Woodwind and Brass Quintets visited 11 area schools to bring their love of music and naval service to today's youth.

Events steamed forward as the Hampton Roads Chamber named Personnel Specialist 1st Class Cynthia Cordero the 2019 Samuel T. Northern Military Citizen of the Year at an award's luncheon held at the Waterside Marriott in downtown Norfolk. Cordero

was chosen from a group of 18 nominees for her community service and volunteer work adding up to nearly 500 hours with the Children's Hospital of The King's Daughters (CHKD) in Norfolk, the Children's Miracle Network Hospitals, and for creating coloring/activity books called "Don't let a disability disable you" to show special needs children that they can achieve any goal they set out to accomplish.

Capt. Brad Rosen, Commanding Officer of Naval Station Norfolk dropped the ceremonial puck at the Norfolk Scope arena to kick-off the Norfolk Admirals' season opener, families gathered at Joint Expeditionary Base Little Creek-Fort Story for a "Movie on the Lawn" for a free showing of "Toy Story 4," and The Waterside District hosted Sailors for a Navy Birthday Social.

Saturday morning, NSA Hampton Roads Northwest Annex's held their annual Grunt Run and Runt Grunt. The event consisted of two parts – a kid's guided obstacle course and a run through the woods, complete with full-sized obstacles and several mud pits.

The Children's Museum of Virginia hosted its 4th annual Military Appreciation

Day. The museum saw nearly 1,000 area visitors, both military and non-military alike, who were eager to experience a wide variety of educational activities geared toward children of all ages.

The evening concluded as hundreds of Sailors dressed in their finest gathered at the Virginia Beach Convention Center to celebrate the Hampton Roads Navy Ball. The ball featured a special message from USS Leyte Gulf, currently deployed to 5th Fleet waters, and Adm. Christopher Grady, Commander, U.S. Fleet Forces Command served as guest speaker.

On Sunday, in addition to the celebrating the Navy's 244th birthday, Bayside Harley-Davidson held their 19th annual "Rumble Through the Tunnels" motorcycle ride which benefitted the Navy-Marine Corps Relief Society (NMCRS) and saw hundreds of motorcyclists riding together through the various tunnels in the Hampton Roads area. All proceeds from registration fees and T-shirt sales went to NMCRS, totaling \$5,000.

Fleet Week continues this week with a variety of fear events geared toward the

general public:

On Thursday, ODU Women's Soccer team takes on Florida Atlantic University at the ODU Soccer Complex. Admission is free. Gates open at 6 p.m., game starts at 7 p.m. The annual night aims to break attendance records with this year celebrating Fleet Week Hampton Roads. Pre-game and half-time festivities will honor the men and women serving in the Navy.

On Friday, Naval Station Norfolk will host a free public concert with national recording artist Andy Grammer presented by the Air Force Reserve. Enter base through Gate 2, off Hampton Blvd. Gates open at 5 p.m., concert begins at 6 p.m.

... and on Saturday, Naval Station Norfolk presents Fleet Fest, which will include free public guided ship tours, car show, chili cook-off, music, food trucks, kids area, static displays and more. The event runs from 11 a.m. to 5 p.m. Enter base through Gate 2, off Hampton Blvd.

Follow the Fleet Week Hampton Roads events across all social media platforms at #FWHR19.

Children's Museum of Virginia hosts 4th annual Military Appreciation Day during Fleet Week Hampton Roads

From Navy Region Mid-Atlantic Public Affairs

PORTSMOUTH, VA.

In celebration of 2019 Fleet Week Hampton Roads and the Navy's 244th birthday, the Children's Museum of Virginia hosted its 4th annual Military Appreciation Day today. The museum saw hundreds of area visitors, both military and non-military alike, who were eager to experience a wide variety of educational activities geared toward children of all ages.

"It's a great way for the citizens of Portsmouth and beyond to interact with the military and be able to say 'thank you for your service,'" said Nancy Perry, Director of Museums, City of Portsmouth. "It brings people together in Hampton Roads and it's a great introduction (to the military) for the community, especially the children."

Various static displays and demonstrations were available throughout the day for guests to learn about the myriad of careers available in the U.S. Navy and Marine Corps. Additionally, mascots McGruff The Crime Dog (Portsmouth Police Department), An-

dalo (Children's Museum of Virginia); Stewie (U.S. Fleet Forces Stewards of the Sea), and Sparky The Fire Dog (Navy Region Mid-Atlantic Fire & Emergency Services) provided friendly faces for all to see.

Static displays included:

- Firefighters and paramedics from Norfolk Naval Shipyard Fire Department had a fire engine, ambulance and fire prevention trailer on display. In conjunction with National Fire Prevention Week (Oct. 6-12), they offered valuable information and tips on how to prevent and put out fires ... and how to get out of harm's way, while also giving children an opportunity to board the trucks and try on a fire protection suit.
- Marines had gear for children to try on, including backpacks and helmets, and gave children and parents an opportunity to climb into a High Mobility Multipurpose Wheeled Vehicle (Humvee) that was equipped with a turret to look out.
- Naval Medical Center Portsmouth personnel discussed the importance of proper dental care, showed how to apply bandages and administer first-aid, practiced cardiopulmonary resuscitation (CPR) on mannequins, and had several high-powered microscopes

with different types of sample slides.

- Naval Station Norfolk provided military working dog (MWD) demonstrations with MWD "Erol," giving children an opportunity to interact with both the dog and handlers, while learning about the important services the dogs provide to today's Navy.
 - Naval Information Warfare Systems Command offered Science, Technology, Engineering and Mathematics (STEM) activities that allowed children to plan and construct paper gliders and catapults to test their imagination and show how STEM plays an important role in the design, and U.S. Naval Information Forces discussed the importance of cyber security.
 - Fleet and Family Support Center hosted puppet shows that covered a wide variety of topics, including bullying.
 - U.S. Fleet Forces Stewards of the Sea discussed the ways the Navy works to protect the environment while operating at sea.
 - Drug Education For Youth (DEFY) showed how the military empowers youth to build positive, healthy lifestyles as drug-free, successful citizens.
- "Events like these show children that there are real-life applications for what they are

learning in school," said Lt. Cmdr. Vernon Mackie, a physician at Naval Medical Center Portsmouth. "It's good to be able to show the community what the military has to offer ... and also be able to thank the community that supports us."

"It's great to have so many military programs here together," said Dr. Sharon Shaw, a program coordinator with DEFY. "This gives the children, and their parents, an opportunity to see what our military does and how they give back to the community."

Fleet Week Hampton Roads, held Oct. 11-19, honors the sacrifices and contributions of Sailors, past and present, who are our neighbors, volunteers and citizens who actively work each day to enhance the quality of life for area residents, and recognizes Hampton Roads as "America's Navy Town."

The Navy will celebrate its 244th birthday tomorrow. The theme for this year is "No Higher Honor," which focuses on the 75th anniversary of the Battle of Leyte Gulf – the largest sea battle in modern day history.

For more information about Navy Region Mid-Atlantic, like and follow us on Facebook at www.facebook.com/CNRMA.PAO.

Suicide Prevention Chief shares real-life mental health experiences

By MCSA Bodie Estep
USS George H.W. Bush (CVN 77) Public Affairs

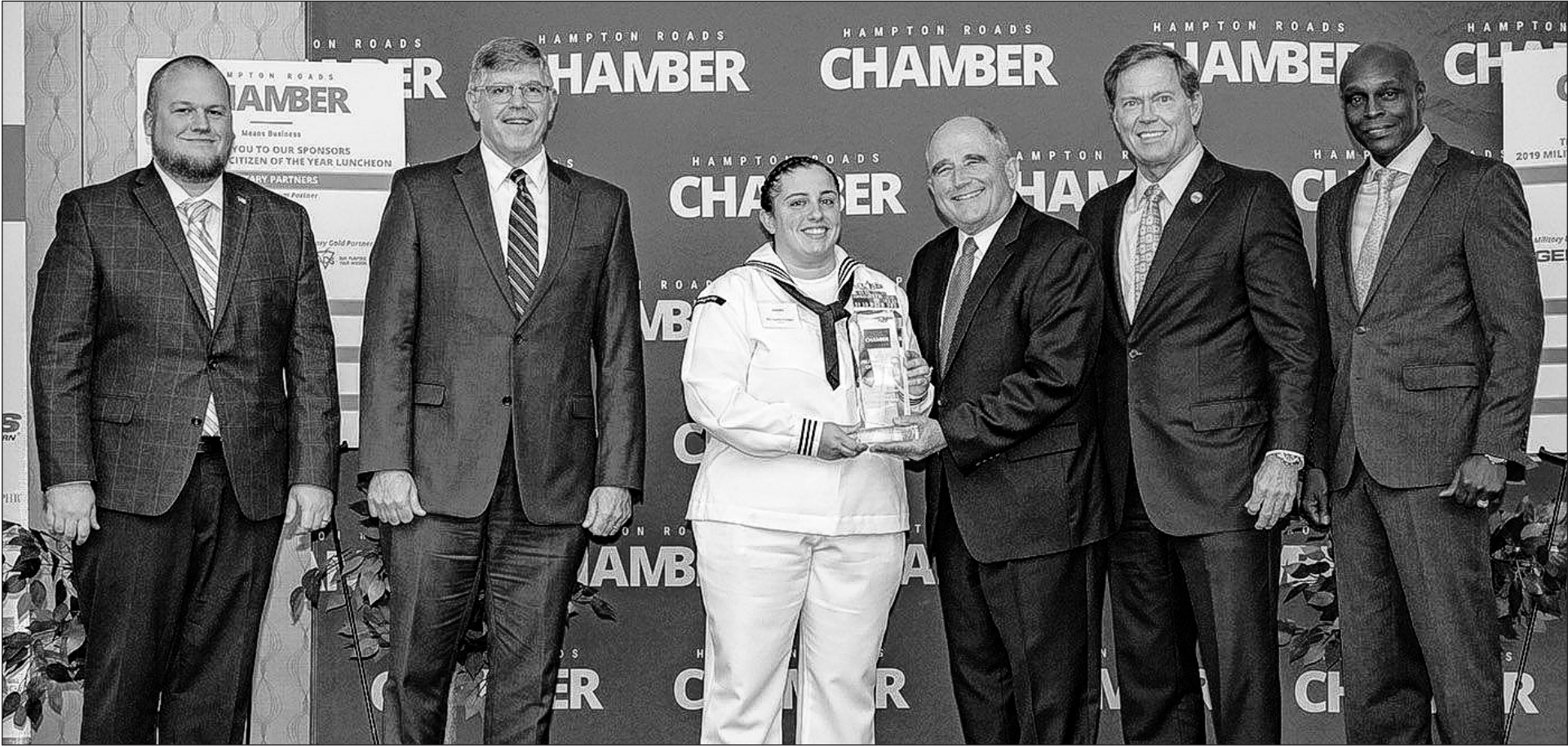
PORTSMOUTH, VA.

Chief Personnel Specialist Katrina R. Connor starts every command indoctrination course she teaches with the same story. “I’ve known my friend since I was about nine years old,” Connor, the suicide prevention coordinator aboard USS George H. W. Bush (CVN 77) (GHWB) said after a deep sigh. “She came from a background that wasn’t very healthy. “She struggled with her identity, she struggled with just being a child. She struggled with emotional abuse, physical abuse, parental abuse, and this little girl attempted suicide. She just felt like nobody loved her and she was alone, so why live?” Connor goes on to explain that the little girl survives. She grows up, joins the military, and has a happy life with her husband and her children. However, tragedy finds its way back to her. “She lost a child,” Connor said. “She lost a 3-year-old daughter, died in her arms.” This put her back in a poor mental state. She began to have those negative thoughts again. Fortunately, a master chief petty officer saw the signs and reached out. She got the help she needed and was able to fight through this new struggle. Connor finishes her story with a simple sentence: “That person is me.” Connor tells her story to new GHWB

Sailors in the hopes of showing that anyone can overcome any struggle and they don’t have to do it alone. There are people who care. This is an important message, especially with the climbing suicide rates. Military Times reported that an all-time high was recorded for military suicides in 2018. According to Lt. Kimberly Holton, the ship’s psychologist aboard GHWB, suicidal thoughts are most often brought about by feelings of hopelessness and isolation. “They don’t actually want their lives to be over, they just want to be able to not feel how they are feeling,” Holton said. There are some common ideas on ways to help combat these feelings. According to the Primary Care Companion to The Journal of Clinical Psychiatry, exercising can reduce stress, anxiety, and depression while also increasing self-esteem and cognitive function. Elizabeth Scott, a wellness coach, author, and award-winning blogger, stresses the importance of finding hobbies. “Such activities were also correlated with higher levels of positive psychosocial states and lower levels of depression and negative effect,” she said. While there are a few things that can be done at the personal level, it is also important to build a system of support. “It is really important to build friendships, to be engaged socially in real-time, real-world,” Holton said.

Connor agrees, using her own story as an example. After losing her child, she joined a support group. “We became a family,” Connor said. “And I tell you, if I didn’t have that support, I don’t know what I would do.” Aviation Boatswain’s Mate (Fuel) 1st Class Cora Collins, the president of the Command Resiliency Team (CRT), suggests finding someone to talk to. “We have to come out of our shells,” Collins said. “If something is bothering you, you need to talk about it. Utilize a mentor.” The CRT is consistently looking at trends, starting at command level and working down to work centers. Once they find any issues, they collaborate to find possible solutions. The command also offers a variety of resources such as Fleet and Family services, the chaplain, Command Managed Equal Opportunity (CMEO) Manager, and the psychology officer. Even with so many resources being offered, Sailors still aren’t speaking up about their mental health. This raises another question: What can be done to make Sailors feel comfortable about opening up? Connor, Holton, and Collins, who are often working with Sailors struggling with their mental health, commonly see that Sailors don’t want to speak up out of fear that they will be isolated, ridiculed, or invalidated. All three agree that normalizing struggle would be very healthy for the com-

mand. “One of the things that can be really helpful is to normalize it from the perspective that there is nothing wrong with you because of how you are feeling,” Holton said. It is vital to create an environment where Sailors can feel safe speaking up about their feelings without fear of consequences. This is something that could be implemented into training: teaching everyone how to engage with each other in a manner that makes them feel safe and understood. Ultimately, this crisis cannot be solved by a single individual. It is a group effort. “Mental health and suicidality are personal, group, and command wide problems, because we as a community really invest, from the leadership down, in taking care of our people, taking care of our Sailors, and taking care of ourselves,” Holton said. In order to take steps toward ending this crisis, everyone needs to be involved. No one should be facing their demons alone, because that is when the demons have the best chance at winning. “You wouldn’t believe how people will open up to you if they know that you genuinely care,” Connor said. It can be as simple as asking someone about their weekend and really taking an interest in what they have to say. In the end, everyone just wants to know someone cares. If you are dealing with depression, anxiety or suicidal ideation reach out to the ASIST team, ship’s psychologist, a chaplain, or call the national suicide lifeline at 1-800-273-8255. You can also text “home” to 741741. For more news from USS George H.W. Bush (CVN 77), visit www.navy.mil/local/cvn77/



191011-N-UP035-IPetty Officer 1st Class Cynthia Cordero (center) was honored as the 2019 Samuel T. Northern Military Citizen of the Year by the Hampton Roads Chamber at a luncheon, Oct. 11. The Samuel T. Northern Military Citizen of the Year award is given annually to recognize the military citizen (E-6 and below) who has made the most significant contribution in the area of community service.

MCOY | Cordero is a personnel officer in charge of all pay, gains, transfers and separation transactions for Operational Test and Evaluation Forces

Continued from A1

of life and it means everything to me.” The Samuel T. Northern Military Citi-

zen of the Year award is given annually to recognize the military citizen (E-6 and below) who has made the most significant contribution in the area of community

service. Each year, commands based throughout Hampton Roads are asked to nominate individuals for this honor. Members of the Hampton Roads Cham-

ber of Commerce Armed Forces Committee then select the winner based upon their full active and sustained participation in activities that benefit the community. Nominees volunteer by coaching Little League teams, youth mentoring, fundraising, emergency medical services, and many more community programs.

COLE | Crew gathered for 18th anniversary of ship’s terrorist attack

Continued from A1

“For the Gold Star families who lost loved ones in the attack on USS Cole, my most sincere regret is that there are no words that can begin to capture or ease the emotion and grief you must feel in the absence of your loved ones,” said Phillips. “You gave us your heroes and they gave their lives for our nation and our way of life that debt cannot be repaid.” Deployed to the Middle East in 2000, Cole stopped for refueling in the port of Aden, Yemen. At approximately 11:18 a.m., a small boat came alongside the ship. Suddenly, a highly explosive bomb detonated alongside Cole. The explosion blew a massive 40-by-60 foot hole on the port side of the ship, taking the lives of 17 Sailors and injuring 39 others. Cole’s Sailors courageously fought fires and flooding for the following 96 hours. Their actions prevented further loss of lives and kept the ship afloat. In commemoration, the Cole Memorial includes 17 low-level markers that stand for the youthfulness of the Sailors, whose lives were lost. Three tall granite monoliths – each bearing brass plaques – stand for the three colors of the American flag. A set of



Sailors assigned to the Arleigh Burke-class guided missile-destroyer USS Cole (DDG 67) stand at attention during the 2019 Cole Memorial at Naval Station Norfolk. The guided-missile destroyer USS Cole (DDG 67) crew, past and present, gathered alongside families and guests today, to commemorate the 19th anniversary of the ships bombing.

brown markers encircling the memorial symbolizes the darkness and despair that overcame the ship on Oct. 12, 2000. Addi-

tionally, 28 black pine trees were planted nearby to represent the 17 Sailors and the 11 children the heroes left behind.

This was the first year the ceremony was live streamed via the USS Cole’s official Facebook page.



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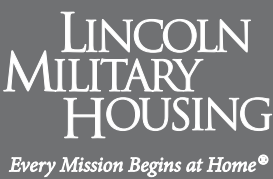
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New immersive exhibit at HR Naval Museum

The gallery of the Hampton Roads Naval Museum re-opened Oct. 9 following a transformation of more than 4,700 sq. ft. into a new immersive exhibit, “The Ten Thousand-Day War at Sea: The U.S. Navy in Vietnam, 1950-1975.”

» See B6

Comfort strengthens partnership with St. Kitts and Nevis following successful medical mission

By MC2 Bobby Siens
U.S. Naval Forces Southern Command / U.S. 4th Fleet

BASSETTERRE, ST. KITTS AND NEVIS

The hospital ship USNS Comfort (T-AH 20) departed St. Kitts and Nevis following the completion of the ship’s ninth medical mission in Central America, South America, and the Caribbean, Oct. 12.

“I want to say thank you to the government of the United States of America and particularly to the armed forces,” said Wendy Phipps, minister of state responsible for health. “It is the first time we’ve had such an extensive visit, with medical intervention being offered, as an effort to extend the bilateral relations that St. Kitts and Nevis continues to enjoy with the United States of America.”

During the six-day mission in Basseterre, more than 800 medical professionals provided care for 3,677 patients at two separate shore-based medical sites and performed 25 surgeries aboard the ship.

“For decades, St. Kitts and Nevis has been a steadfast partner for peace, stability and democracy, and I thank you all for your continued commitment to these principals,” said Maj. Gen. Rafael Ribas, deputy commander for mobilization and reserve affairs, U.S. Southern Command. “This multinational public, private and multi-service team is what Comfort is all about – friends and partners working side-by-side to build a stronger neighborhood together.”

Additionally, the multinational staff coordinated several subject matter expert exchanges with the National Emergency Management Agency (NEMA), which focused on search and rescue (SAR) of survivors at sea, diving at a sunken shipwreck, and shipboard firefighting.

“It is one that brings all of our national stakeholders together who have a responsibility for responding to any threat or impact of a natural hazard or man-made disaster,”

» See COMFORT | B7



Laura Lakeway

NAVY PROMOTES FIRST VIETNAMESE AMERICAN NAVY REAR ADMIRAL

From Naval Sea Systems Command Public Affairs

WASHINGTON

Huan Nguyen became the first Vietnamese American promoted to the rank of rear admiral during a ceremony at the Navy Memorial in Washington, D.C., Oct. 10.

Nguyen, 60, will serve as the Deputy Commander for Cyber Engineering at the Naval Sea Systems Command (NAVSEA) on the Washington Navy Yard. NAVSEA Commander Vice Adm. Tom Moore served as the presiding officer.

“Today we will welcome the first Vietnamese-born U.S. Navy officer to achieve flag rank, and that is a significant event,” said Moore.

Nguyen addressed the audience after being promoted.

“It is a great honor to attain the rank of admiral,” he said. “I am tremendously humbled to become the first Vietnamese American to wear the flag’s rank in the U.S. Navy.”

» See ADMIRAL | B7

Vice Adm. Thomas J. Moore, left, administers the oath of office to Rear Adm. Huan T. Nguyen during Nguyen’s promotion ceremony at the U.S. Navy Memorial & Heritage Center, Oct. 10. Nguyen is the first Vietnamese-American promoted to the rank of rear admiral and will serve as the deputy commander for Cyber Engineering at Naval Sea Systems Command (NAVSEA) at the Washington Navy Yard.

USS Wasp enters 4th Fleet

From U.S. 4th Fleet Public Affairs

PACIFIC OCEAN

The amphibious assault ship USS Wasp (LHD 1) arrived in U.S. 4th Fleet area of operations, Oct 1. The Wasp is transiting around South America while conducting a homeport shift from Japan to Norfolk.

“The entrance into U.S. 4th Fleet is a significant milestone for the crew – many of whom came with Wasp to Japan in 2017 – and an excellent opportunity to visit our partners in South America and continue to strengthen our relationships in this very important part of the world,” said Capt. Greg Baker, Wasp Commanding Officer. “I am very proud that these Sailors will be ambassadors of the United States Navy during our time in this fleet.”

Wasp will participate in maritime engagements enhancing interoperability with our partners. Wasp is scheduled to visit Valparaiso, Chile and Rio De Janeiro, Brazil building on our strong relationships that foster regional security.

The newly formed Special Purpose Marine Air-Ground Task Force – WASP departed with the ship including Marines and Sailors from Argentina, Brazil, Colombia, and El Salvador to provide amphibious and cultural subject matter expertise to South



MC1 Daniel Barker

Amphibious assault ship USS Wasp (LHD 1) transits the Coral Sea. Wasp, flagship of the Wasp Amphibious Ready Group, with embarked 31st Marine Expeditionary Unit, is operating in the Indo-Pacific region to enhance interoperability with partners and serve as a ready response force for any type of contingency.

America.

Embarking aboard the Wasp in Valparaiso will be a Combined Task Force (CTF) comprised of approximately 20 personnel from the U.S., Argentina, Brazil, Chile and Peru.

The CTF will focus on a mission analysis

and planning for a humanitarian assistance and disaster relief exercise scenario. Training alongside our partner nations demonstrates the commitment to stability in the region.

“Partnerships in the region are an absolute priority,” said Cmdr. Javier Medina,

Wasp Executive Officer. “By focusing on our partnerships in this region, naturally we will have better relationships that have the opportunity to bloom and become stronger, enhancing our mission set of ensuring security in the region, and being able to better act in any case of contingency.”



Navy Ball October 1994.

Courtesy of Lisa Smith Molinari

BAWLING OVER THE NAVY BALL

By Lisa Smith Molinari

"We're going to be late," my husband Francis began saying two hours before the Navy Ball. He would repeat the phrase every 15 minutes. It was October 1994, the night of my first formal military event as a Navy spouse. We had only been married one year, and I was four months pregnant. I sat at the old stool and vanity that we had inherited from Francis' Italian grandmother. It still showed burn marks from her cigarettes. I wanted to channel her 1940s glamour, but my hair wasn't cooperating. Ever since we'd been stationed in Monterey, California, it frizzed every afternoon when the fog rolled in off the Pacific. I was pleasantly surprised that my black velvet dress fit over my baby bump without too much strain at its rhinestone buttons, but my pregnancy "glow" looked more like my face, knees and feet had been inflated with a bicycle pump. I anchored my hopeless bangs around the barrel of my hot curling iron, and smiled in the mirror. I was excited to experience my first Navy Ball, and wanted to look just right. "Are you about done? We're going to be late," Francis said again, pacing behind the vanity in his dress blues. "But the Ball isn't until six-thirty," I said, feeling his tension building behind me. "Yes, but we committed to go to Dave's pre-party, and it starts in 45 minutes." Dave's house was only 10 minutes away, but I knew that Francis had inherited his tendency to add unnecessary tension to life from the hot-headed men on his Italian side. "I've got at least 20 more minutes to get ready. Why are you stressing out?" I asked, clanking my curling iron onto the vanity in frustration. Momentarily, Francis left me to my routine. Before applying make-up, I decided to put on my control top pantyhose. The precursor to Spanx, control top pantyhose were an essential part of 90s formalwear. They included a tight spandex girdle attached to sheer nylon hosiery, intended to slim unwanted girth. But wrestling a pair onto one's lower body was a daunting task for anyone, much less one who is pregnant. I slid my thumbs into the right leg opening, bunching each side until I'd reached the reinforced toe. Balancing on the vanity stool with my right foot over my left knee, I compressed my swollen belly against my lap and held my breath. I inserted my foot into the hose, and gingerly pulled them to my knee. Releasing my right foot back to the floor, I took a few pants then held my breath again while I jerked my left foot up over my right knee, and repeated the process with the left leg of the pantyhose. Then, I stood and began the exhausting process of pulling the spandex girdle up over my thighs, hips and belly. I shimmied back and forth, huffed and puffed, and spastically marched in place to get the girdle up, but gave myself a wedgie in the process. After readjusting my underwear, I finally yanked the waistband over my belly and plopped back onto the stool, breathless and red faced. "Honey, we have to go now. We're going to be late," Francis startled me in the bedroom doorway. "Alright! To hell with it, let's go if you insist!" I blared, tears falling in a sudden hormonal burst. I yanked the curling iron plug from the wall, jammed my swollen feet into my heels, and stormed out to the car, crying all the way. Of course, Dave was surprised to see us there so early, and his other guests didn't arrive for at least 15 minutes. Francis introduced me sheepishly, his pregnant wife with the puffy red eyes, frizzy hair, and no make-up. Over the next 24 years, Francis and I attended many Navy Balls, and each time, I did my hair and make-up at that same old stool and vanity. Still do. But Francis never again pressured me to leave before I was ready. I like to think that his Italian grandmother's spirit taught him this lesson all those years ago: Before the ball, don't mess with your wife and her vanity.

faculties, attend Budget for Baby classes and receive visits from free visiting nurses. To qualify, service members must be stationed and live aboard a ship, reside in one of the local barracks, or single Sailor PPV. Commands must verify the rooms will be used for families traveling to and from Hampton Roads area to spend the holidays with their service member. Room availability is limited. Rooms are reserved on a first-come first-served basis. Hotels require 24-hour cancellation in the event the rooms cannot be used. To participate, commands must designate a representative as the command's single point of contact to coordinate the delivery of applications and confirmation information with the Norfolk NMCRS. Deadline for submission is Dec.18. Commands may request registration forms from Tom Gaff or Patricia Lewis at Norfolk NMCRS by calling (757) 322-1175 or email thomas.gaff@nmcrs.org and patricia.lewis@nmcrs.org. All incidental expenses incurred during the hotel stay, to include phone calls, laundry services, movies, room service and other meals are the responsibility of the service member who reserved the room. Command representatives of underway commands/units unable to meet the Dec. 18 deadline should contact Tom Gaff for more details. Operation J.I.N.G.L.E. is sponsored by the Hotel/Motel Associations and Visitors Bureaus from Norfolk, Virginia Beach, and Williamsburg/Peninsula. NMCRS is proud to partner with local hotels to offer this great opportunity to military members.



Courtesy photo

Thinking about visiting Mickey Mouse & Friends? Be sure to purchase your tickets for Disney World and Disneyland through MWR's ITT Office and you'll receive a 20 percent off coupon for the Navy Exchange Disney Shops at NEX Little Creek, Norfolk and Oceana. NEX offers Disney Shop coupon The Navy Exchange Services Team & MWR Ticket Offices at JEB Little Creek, NAS Oceana and Naval Station Norfolk are partnering on a Disney coupon. Anyone who purchases tickets for Disney World or Disney Land through these ticket offices will receive a NEX Disney Shop coupon.

Navy-Marine Corps Relief Society launches Operation J.I.N.G.L.E.

From Navy-Marine Corps Relief Society, Norfolk NORFOLK Navy-Marine Corps Relief Society (NMCRS) announced the start of Operation J.I.N.G.L.E. (Join IN Giving a Little Extra) for 2019. The annual holiday program provides complimentary hotel accommodations to the visiting families of locally stationed service members who are unable to travel home for the holidays. All Hampton Roads area active duty service members are invited to participate in Operation J.I.N.G.L.E. Operation J.I.N.G.L.E. provides a three-night stay in hotels from Dec. 23 through the morning of Dec. 26. In 2018, a total of 119 rooms were donated across the Hampton Roads area, and 114 service members were able to spend the holidays together with their family members. The only charge for the room is a non-refundable reservation fee of \$10 per room, per night, to be paid when the lodging request is submitted. Reservation fees ensure all rooms are used. The entire reservation fee is donated to the NMCRS and is used to help Sailors, Marines, and their families when they experience financial dif-



Q: What housing allowances am I eligible for? A: Military members are entitled to various allowances to ensure the transition to a new location is as smooth and stress-free as possible. For information about your allowances, visit the Defense Travel Management Office website. If you have any questions, contact the local Housing Service Center. NAVY HOUSING Norfolk (757) 445-2832 JEBLCFS (757) 462-2792 Oceana/Dam Neck (757) 433-3268 Yorktown (757) 847-7806

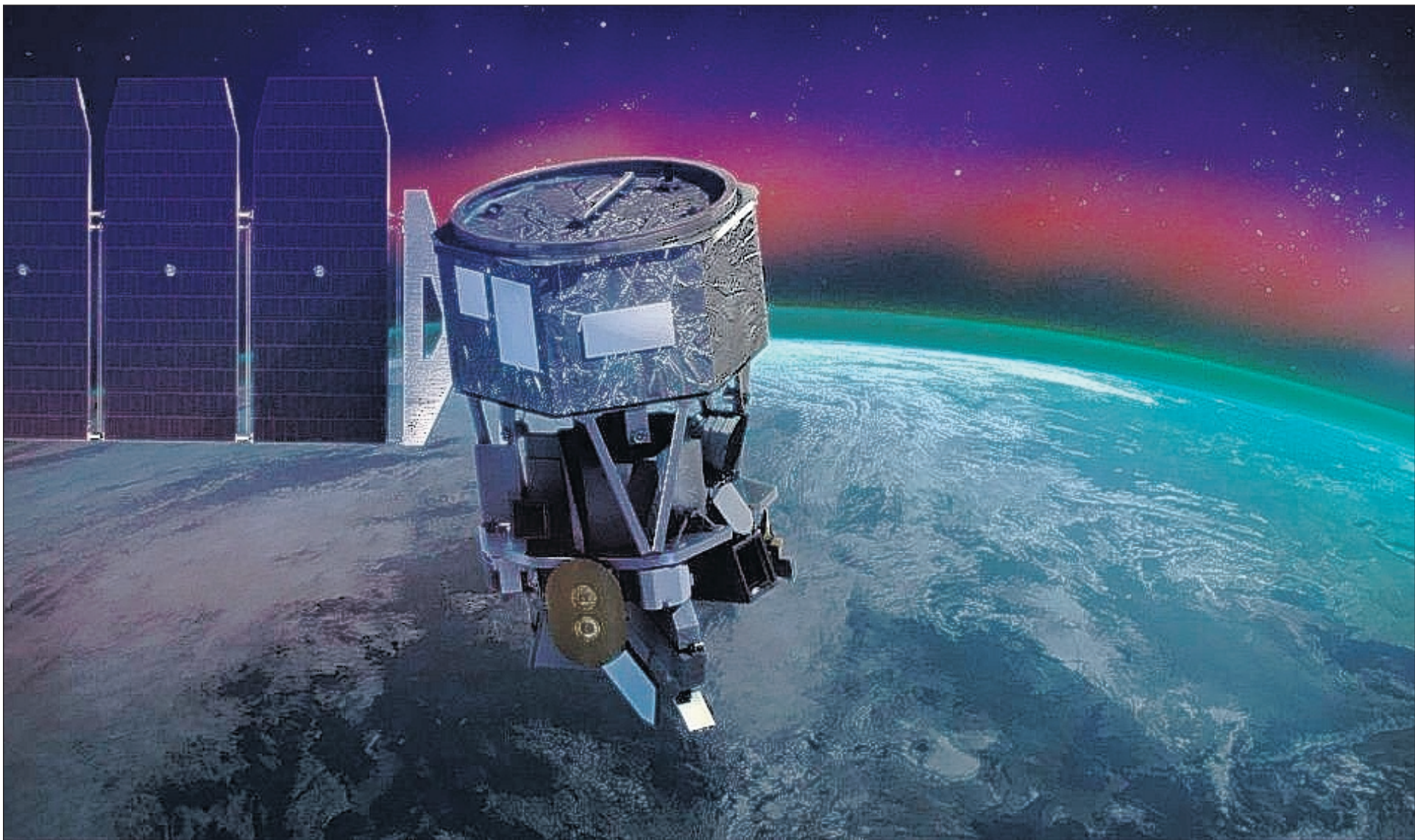
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U.S. Naval Research Laboratory's Michelson Interferometer for Global High-Resolution Thermospheric Imaging (MIGHTI) payload launched on NASA's Ionospheric Connection Explorer (ICON) mission to study the effects of terrestrial weather and solar influences on the Earth's ionosphere from a height of about 350 miles.

NRL LAUNCHES SPACE WEATHER INSTRUMENT ON NASA SATELLITE

By Mary Estacion
U.S. Naval Research Laboratory Public Affairs

WASHINGTON

A U.S. Naval Research Laboratory (NRL) instrument aboard NASA's Ionospheric Connection Explorer (ICON) satellite will deliver unprecedented information to help scientists investigate how both terrestrial and solar weather impact the ionosphere, the ionized region of Earth's upper atmosphere. ICON launched from Cape Canaveral, Florida, Oct. 10.

NRL's MIGHTI (Michelson Interferometer for Global High-Resolution Thermo-

spheric Imaging) will measure wind and temperature profiles and contribute to a critical data set for scientists as they study how energy and dynamics from the lower atmosphere propagate into the space environment.

From its large day-to-day variability to extreme conditions during solar-driven magnetic storms, the ionosphere governs how radio waves propagate and can lead to severe disruptions of radio communications and GPS signals for both the public and the military. Radio signals travel through the ionosphere, or they reflect off the ionosphere

to make them reach past Earth's horizon for the purposes of communication and long-range radar.

"The ionosphere is where Earth ends or where space begins, and we haven't studied it nearly enough to fully understand how it works and to make reliable predictions," said Christoph Englert, lead investigator for MIGHTI.

The ionosphere, which overlaps the atmosphere's mesosphere, thermosphere and exosphere layers, remains somewhat of a mystery to scientists. This border separating Earth from space lies between 30 and 600 miles above the Earth's surface and is too high for science balloons to reach, and large parts of the region are too low for traditional satellites to fly in.

That's why NASA wants to explore it from the inside with the ICON satellite, traveling within the ionosphere at an orbit about 350 miles above the Earth's surface. As one of four scientific instruments aboard the

ICON satellite, MIGHTI's observations will give scientists a better understanding of how weather from the Earth and Sun affect the motion and structure of the neutral and ionized upper atmosphere.

In the years prior to this mission, NRL developed two instruments using similar optical techniques, one for the STS-112 space shuttle mission in 2002 and the other, the SHIMMER instrument, for STPSat-1, launched in 2007. These instruments studied atmospheric chemistry below 60 miles.

MIGHTI is a project developed by NRL in Washington, D.C. and the St. Cloud State University in St. Cloud, Minnesota. The broader collaboration within NRL leveraged the expertise of researchers across multiple Divisions, including Space Science, Spacecraft Engineering, Remote Sensing, Plasma Physics and Marine Meteorology.

For more news from Naval Research Laboratory, visit www.nrl.navy.mil or www.navy.mil/local/nrl.



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NMCB-3 completes 48-hour mount-out, redeployment exercises

By MC2 Michael Lopez
Naval Mobile Construction Battalion 3 Public Affairs

PORT HUENEME, CALIF. Naval Mobile Construction Battalion (NMCB) 3 completed a 48-hour mount-out exercise (MOX) and 48-hour air detachment redeployment exercise onboard Naval Base Ventura County, Port Hueneme, California, Sept. 30 – Oct. 4.

The exercises are graded unit-level training readiness assessments and are part of NMCB-3’s fleet response training plan.

Seabees worked day and night to simulate one of the core capabilities of an NMCB: the ability to deploy a task-tailored air detachment within 48 hours to support any mission required by a supported commander. These missions include major combat operations response and humanitarian aid/disaster relief.

The MOX required robust communication and attention to detail within the embarkation team, the department that provides the expertise and muscle behind any major movement.

“Communication can be a struggle,” said Ens. Diedrich Harms, NMCB-3’s embarkation officer. “Being able to have clear message traffic enables the smooth flow of assets through the embarkation process, and it’s noticeable if it’s not working effectively. No matter how good we are, there can always be room to improve in this area.”

More than 100 Seabees worked around the clock in shifts to wash and move 43 units of civil engineering support equipment (CESE) and inventory and palletize supplies, including water, meals ready-to-eat, personnel gear and construction equipment. The Seabees then weighed and balanced the materials and meticulously logged the data to ensure the materials could be properly loaded into aircraft.

“The exercise can feel like a rush to get through within the 48-hour period, but our



Builder Constructionman Andre Gordon, assigned to Naval Mobile Construction Battalion (NMCB) 3, and Steelworker 2nd Class Aubrey Spiller, measure a MK31 tractor trailer during a 48-hour mount-out exercise (MOX) onboard Naval Base Ventura County, Port Hueneme. A MOX simulates one of the core capabilities of an NMCB: the ability to deploy a task-tailored air detachment within 48 hours to support any mission required by a supported commander. Seabees are the expeditionary engineering and construction experts of the naval service. They provide task-tailored, adaptable and combat-ready engineering and construction forces that deploy to support Navy objectives globally.

Seabees crushed it,” said Harms. “They worked extremely hard, applied great attention to detail and should be proud of their results.”

The days and nights of effort culminated in a joint inspection with Naval Construction Group 1. Evaluators determine the accuracy of the shipping documents, weight and size of equipment, and verify the operational condition and cleanliness of equipment and supplies – ensuring all flight requirements are met.

Following the 48-hour MOX, the clock resets and begins ticking again as NMCB-3’s air detachment begins a 48-hour air detachment redeployment exercise. This exercise simulates a deployed air detachment’s ability to pack up their personnel, CESE and supplies, and redeploy back to the battalion’s main body element without outside assistance.

After identifying the materials and equipment for re-deployment, the Seabees can’t simply load them as-is into an aircraft. Getting the equipment ready for liftoff consists of several evolutions and meticulous attention to detail.

“It was amazing to see how fast the process was from taking equipment from the Alfa Company yard to the construction mechanic shop, to the wash rack and back to the construction mechanic shop, and then to the embarkation yard for weighing and marking, to finally staging the units in their chinks for loading and making sure our records are in order,” said Lt. Jg. Zachary Schemmel, NMCB-3’s air detachment assistant commander.

If any part of the re-deployment process is overlooked or rushed, it can create a logjam that causes confusion and can send a piece of equipment back in its route to becoming fit for flight.

“When there’s a defined goal, it’s easy to try to meet it as fast as possible,” said Schemmel. “It’s important to remember that slow is smooth and smooth is fast. When you rush things, mistakes are made. Taking a little bit of extra time to double check your work, no matter how mundane, is very important because we mitigate mistakes and make sure that we meet every little piece that goes into the overall goal.”

Steelworker 1st Class Andrew Chase said

the data tracking and documentation process was the most difficult aspect of the exercise as a load planner.

The data, consisting of the total weight, dimensions, hazardous materials and aircraft compatibility, is of great importance to load planners who input the information into a computer program called Sea Service Deployment Module to determine where each item will be placed in the military aircraft before the Seabees can stage the items. If these steps are not taken and the load is not properly planned, it could unbalance the aircraft and endanger the flight.

“Communication between each station and documentation was difficult in the beginning, but we developed a good flow,” said Chase. “When we finished, it was a relief. We had some stressful times, but I’m happy to say we pulled through.”

NMCB-3 is homeported in Port Hueneme, California. Seabees are the expeditionary engineering and construction experts of the Naval service. They provide task-tailored, adaptable and combat-ready engineering and construction forces that deploy to support global Navy objectives.

- the -

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When I first became a military spouse the last thought on my mind was my career goals. Instead, I was thinking about housing, how to make a doctor's appointment, what all of these crazy acronyms that I was being handed with meant. But the biggest worry was getting ready to PCS to Germany so...

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Getting to know Hampton Roads

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U.S. Navy

Southwest Regional Maintenance Center supported the double docking of USS Decatur (DDG 73) and USS Stethem (DDG 63) in BAE Systems – Ship Repair’s dry dock.

Navy collaborates with industry to double-dock destroyers

From Naval Sea Systems Command Office of Corporate Communication Public Affairs

WASHINGTON

Southwest Regional Maintenance Center (SWRMC) supported the double-docking of USS Stethem (DDG 63) and USS Decatur (DDG 73) in BAE Systems – Ship Repair’s dry dock, the Pride of California, Oct. 8.

“The double-docking effort by Industry and the Navy team is a great example of increasing agility with resources available,” said James Geurts, assistant secretary of the Navy for research, development and acquisition. “The concept of double-docking Stethem and Decatur can pay long-term

dividends to our maintenance planning, strategies and execution to get the increased output needed. This docking adds depth to our maintenance capabilities and builds the muscle memory needed to do it again in the future. It’s increasing flexibility within our existing industrial base.”

The double-docking represents the first time since 2012, when USS Mason (DDG 87) and USS Bulkeley (DDG 84) were docked in Norfolk, that the Navy has collaborated with Industry to simultaneously dry-dock two surface ships. The last time a west-coast shipyard executed a double-docking was in 2011 with the docking of USS Curts (FFG 38) and USS Vandegrift (FFG 48).

“This is an example of how the Navy and our private shipyards are working with a sense of urgency to get ships in and out of maintenance availabilities on time,” said Vice Adm. Tom Moore, Commander, Naval Sea Systems Command. “By doubling up in Pride of California, we’re maximizing our available resources.”

Leading up to the tandem docking, SWRMC worked to prepare both ships for the event, readying them to meet stability requirements for successful coordination of the two-ship dry dock process.

“SWRMC maintenance teams had to work under a very tight timeline after the ships arrived in San Diego to meet the docking event’s requirements,” said Mike Sylva,

SWRMC Waterfront Operation DDG program manager. According to Sylva, the ships made some preparations prior to returning to San Diego knowing they would have limited time to prepare the ships for the start of their availability.

The docking event was supported by Lt. Thomas Belna from SWRMC, who served as the docking observer, and two ship building specialists, Severo Elecanal and Jessie Padilla, onboard the ships.

“The effort to align maintenance and modernization on both Stethem and Decatur in a single dry dock is a cost effective and innovative solution by Industry and the Navy,” said Capt. David Hart, SWRMC’s commanding officer. “The simultaneous completion of availabilities allows us to support the on-time delivery of ships to the fleet.”

SWRMC is meeting its mission to provide superior ship maintenance, modernization, technical support, and training for the Pacific Fleet.

NIWC Atlantic scientist receives award for leadership at Women of Color STEM Conference

By Maison Piedfort
Naval Information Warfare Center Atlantic Public Affairs

CHARLESTON, S.C.

A Naval Information Warfare Center (NIWC) Atlantic computer scientist received the Technology All-Star award for managerial leadership during the 24th Annual Women of Color Science, Technology, Engineering and Math (STEM) Conference in Detroit, Michigan, Oct. 4.

Betty Collins earned the award for her effective leadership of a 35-person team and their significant contributions to Marine Corps cybersecurity under her management.

“I knew I was going up against some innovative, creative and talented candidates, so I never thought I had a chance of winning,” said Collins. “When I found out I had won, I was stunned, yet humbled.”

The award recognizes professionals whose accomplishments in leading and managing a laboratory, company, or significant part of a technology enterprise make them stand out in the STEM fields.

“Ms. Collins has a deep-seated commitment to our Marine Corps and Navy warfighters, making her life’s mission to ensure cybersecurity support is always outstanding,” said Michael Morris, NIWC Atlantic cybersecurity engineer and Collins’ former supervisor. “She exemplifies the spirit of the Women of Color managerial leadership award.”

Collins joined NIWC Atlantic more



Joe Bullinger

Betty Collins, a computer scientist at Naval Information Warfare Center (NIWC) Atlantic reviews a schematic of the systems NIWC has integrated into a Light Armored Vehicle. Collins was selected for the Women of Color Science, Technology, Engineering and Math Conference Award for managerial leadership.

than 10 years ago after a 20-year career in the U.S. Army. She has extensive experience leading projects in cryptography and in the assessment and accreditation of information systems for the Department of the Navy.

“I came onboard not looking for what NIWC Atlantic could do for me, but for what I could do to contribute to the organization and its mission,” she said.

In 2018, Collins was selected as the lead information systems security manager in support of the telephone management system in Charleston, South Car-

olina and in Portsmouth, Virginia, providing broad telephone service related to the day-to-day operations of NIWC Atlantic.

Outside of her regular work duties, Collins serves as a mentor for NIWC Atlantic’s annual Girl’s Day Out program, an event that encourages young girls to enter STEM careers. She also leads recruiting events at several colleges, including Historically Black Colleges and Universities.

“She brings passion to everything she does and she passes on that commitment to excellence to her team,” said Morris.

“She represents the best of NIWC Atlantic.”

As a part of Naval Information Warfare Command, NIWC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable command, control, communications, computer, intelligence, surveillance, and reconnaissance, cyber and information technology capabilities.



Laura Lakeway

Rear Adm. Huan T. Nguyen cuts a cake with his family during his promotion ceremony at the U.S. Navy Memorial & Heritage Center, Oct. 10. Nguyen is the first Vietnamese-American promoted to the rank of rear admiral and will serve as the deputy commander for Cyber Engineering at Naval Sea Systems Command (NAVSEA) at the Washington Navy Yard.

ADMIRAL | Nguyen to serve as Deputy Commander for Cyber Engineering at NAVSEA

Continued from B1

"The honor actually belongs to the Vietnamese American community, which instilled in us a sense of patriotism, duty, honor, courage and commitment to our adopted country, the United States of America," he added.

"This is our America. A country built on service, kindness and generosity, opportunity – the freedom to hope and dream. These values are what inspired me to serve. And what a great honor and privilege it is to serve our Navy, to serve our country, to support and defend our Constitution," Nguyen said.

Nguyen was born in Hue, Vietnam, the son of an armor officer in the Army of the Republic of Vietnam. During the 1968 Tet Offensive, Nguyen's mother and father, along with his five brothers and sister, were killed by Viet Cong communist guerillas in their family home outside Saigon. Nine-year-old Nguyen was shot in the arm and thigh, with another bullet piercing his skull. He stayed with his mother for two hours, until she bled out and died. Amazingly, Nguyen survived and escaped after dark.

Nguyen was taken in by his uncle, a colonel in the Republic of Vietnam Air Force. In 1975, at age 16, they fled Vietnam,

seeking refuge in the United States following the fall of Saigon.

Transported through Guam, U.S. Navy and Marine Corps personnel took care of Nguyen and his family. The U.S. 7th Fleet helped to evacuate thousands of Vietnamese refugees and transport them to safety in Guam. Seeing the U.S. Navy take care of his family would later inspire Nguyen to serve in the Navy.

"I was one of those refugees, apprehensive about an uncertain future, yet feeling extremely grateful that I was here at all," he recalled. "The images that I remember vividly when I arrived at Camp Asan, Guam, now Asan Beach Park, were of American Sailors and Marines toiling in the hot sun, setting up tents and chow hall, distributing water and hot food, helping and caring for the people with dignity and respect.

"I thought to myself how lucky I am to be in a place like America. Those Sailors inspired me to later serve in the United States Navy," Nguyen said.

Later that year, U.S. Air Force Colonel Ed Veiluva and his wife Dorothy sponsored his uncle's family, allowing them to officially come to the United States as political refugees. Nguyen moved with his uncle's family to Midwest City, Oklahoma, just outside of Tinker Air Force Base.

“ The honor actually belongs to the Vietnamese American community, which instilled in us a sense of patriotism, duty, honor, courage and commitment to our adopted country, the United States of America”

Rear Adm. Huan T. Nguyen

Nguyen graduated with a Bachelor of Science degree in Electrical Engineering from Oklahoma State University in 1981. He holds master's degrees in Electrical Engineering from Southern Methodist University, in Engineering (Manufacturing Concentration) from Purdue University, and in Information Technology with Highest Distinction from Carnegie Mellon University. He received a Navy direct commission through the Reserve Engineering Duty Officer program in 1993.

"America is the beacon of hope for all of us. There is no other place in the world

where a person can go for such opportunity," he said.

Nguyen's operational tours include a number of waterfront maintenance assignments: Ship Repair Facility Yokosuka as testing officer on USS Kitty Hawk availability; Officer in Charge, Ship Repair Facility, Detachment 113. Later, he served as Executive Officer/Chief Engineer at the Joint Counter Radio-Controlled Improvised Explosive Device (CREW) Field Office in Baghdad supporting Task Force Troy/18th Airborne Corps and V Corps, CREW Engineer at Task Force Paladin and Combined Explosive/Exploitation Cell (CEXC) in Afghanistan.

Staff assignments included duties as Deputy Chief Information Officer, Naval Sea Systems Command (NAVSEA) from 2017-2019, Director Military Programs, Naval Sea Systems Command (NAVSEA) and Executive Officer, NAVSEA Enlisted Personnel from 2013 - 2017. He also served as Community Manager, Engineering Duty Officer (Reserve Component). Reserve assignments include multiple command tours with various units at NAVSEA, Pacific Fleet (PACFLT), and Office of Naval Research.

Nguyen's personal awards include the Legion of Merit, Bronze Star Medal, Meritorious Service Medal, Navy and Marine Corps Commendation Medal (two awards) and Navy and Marine Corps Achievement Medal (two awards).

COMFORT | More than 800 medical professionals provided care for 3,677 patients

Continued from B1

said Claricia Langley-Stevens, Deputy National Disaster Coordinator for NEMA. "We thought it was important to grab hold of the opportunity while the Comfort was visiting to be able to expose primarily Fire and Rescue Services and the St. Kitts-Nevis Defence Force, particularly the Coast Guard, to some of the training exercises."

This allowed four nation's militaries and seven civilian agencies to share techniques for overwater and overland SAR, to include demonstrating helicopter rescue capabilities.

"We had Naval Officers from Peru, Argentina and Brazil in attendance to enrich the exchange of ideas and procedures by providing a variety of techniques and experiences. The challenges that St. Kitts and Nevis is facing is not just preparing for a disaster, but also combatting shipboard fires and dive operations," said Lt. Cmdr. John Rashap, Comfort's air detachment officer in charge. "All of which resulted in building trust and partnership through teamwork, as well as making St. Kitts and Nevis more prepared to make their citizens and visitors safer."

Comfort's mission is accomplished through the efforts of medical and non-medical personnel. The entire Comfort team is comprised of military and civilian personnel from the U.S. and partner nations, including Argentina, Brazil, Canada, Chile, Costa Rica, Dominican Republic,



MC3 Danny Ray Nuñez Jr.

Wendy Phipps, Minister of State responsible for Health, gives a speech during the closing ceremony for the hospital ship USNS Comfort's (T-AH 20) medical mission in Basseterre, St. Kitts and Nevis, Oct. 10. Comfort is working with health and government partners in Central America, South America, and the Caribbean to provide care on the ship and at land-based medical sites, helping to relieve pressure on national medical systems, including those strained by an increase in cross-border migrants.

Mexico and Peru, as well as several non-government organizations creating a dynamic team capable of delivering a variety of services.

This marks the first Comfort visit to St. Kitts and Nevis and the seventh to the region since 2007. At each of the upcoming mis-

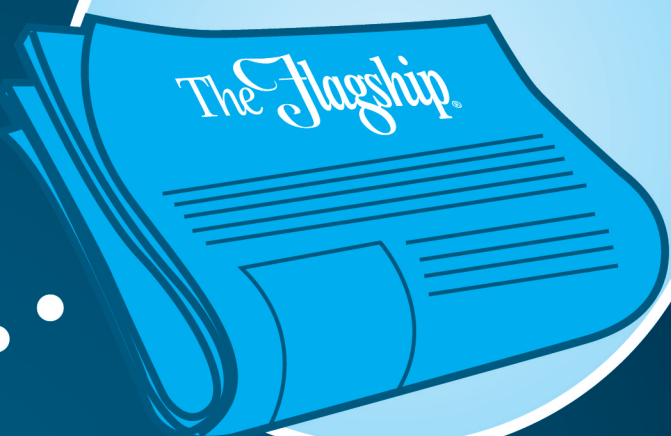
sions, the embarked medical teams will provide care aboard the Comfort and at two land-based medical sites, helping to relieve pressure on national medical systems, including those strained by an increase in cross-border migrants.

This deployment is a part of the U.S.

Southern Command's Enduring Promise initiative and reflects the United States' ongoing commitment to friendship, partnership, and solidarity with partner nations in the Caribbean, Central America and South America.

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Fall ushers in season of falling under the weather with the flu
With autumn comes seasonal influenza, a contagious viral infection that may cause fever, cough, headache, sore throat, muscle and body aches and fatigue. The flu virus is common; approximately 49 million Americans came down with it during the 2017-18 season, according to the CDC.
» See **C3**

SECTION C | FLAGSHIPNEWS.COM | 10.17.2019



Will Clarke

NORFOLK BUZZING ABOUT 5TH ANNUAL NEON FESTIVAL

Press Release

NORFOLK

The NEON Festival, presented by Business Consortium for Arts Support and Old Dominion University, in Downtown Norfolk’s NEON (New Energy of Norfolk) District will be held Oct. 17 and 18. Celebrating its fifth year, the free festival welcomes everyone to experience the NEON District’s offerings through art exhibitions, local and national performances and mural tours. Since 2015, the festival has provided a platform for more than 300 artists and performers through dozens of art exhibitions, community programs and events tied to the annual celebration.

THURSDAY SCHEDULE

- NEON Festival at Chrysler Museum of Art with live music, food trucks and activities. Music provided by Virginia Arts Festival’s steel drum band The Rhythm Project, The Storyweavers and Logan Vath, plus glow yoga on the lawn at 7 p.m. with Bhav Brigade and accompanying music by PranaMuktiBhakti.
- Mural Tours at 6:30 and 7:30 p.m. leaving from Chrysler Museum Glass Studio

- Third Thursday at the Chrysler Museum Glass Studio with returning muralist Esteban del Valle. In 2015, he left his mark on the NEON District with We Can Create What We Can Imagine, a mural he created in collaboration with Glass Studio team member Julia Rogers. Free admission with advance tickets.
- NEON Artist Panel at the new Hague School at 6:30 p.m. featuring a muralist representing each year of the NEON’s public art program, followed by a performance

- from Old Dominion University’s Brass Choir
- NEON X PRIDE, a night of underground music, live art and incredible energy celebrating the dignity and equality of all people as well as the local creative community! Hampton Roads Pride brings this new event to NEON Festival in the Duke Grace Building Garage from 5-10 p.m.

» See **NEON** | **C4**

Halloween festivities fill Williamsburg for Haunting on DoG Street

Press Release

WILLIAMSBURG, VA.

Colonial Williamsburg’s Haunting on DoG Street returns this October with Halloween-themed evening programs, ghost tours and spooky museum tours sure to get guests of all ages in the Halloween spirit through Oct. 31, plus family Trick-or-Treating Oct. 25-26.
The foundation hosts its fifth annual Trick-or-Treating event thanks to the generosity of Mars Wrigley. From 6:00 to 8:00



Courtesy photo

» See **HAUNTING** | **C2**

CalendarCommunity

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



iStockphoto

Free flu shots

- Oct. 19, 10:00 a.m. to 2:00 p.m.
- Military Circle Mall (former Macy's parking lot)
- 757-683-2834

The Norfolk Department of Public Health is offering a free drive-thru and walk-up clinic for seasonal flu shots. Flu shots are available for anyone age 3 and up, while supplies last. The clinic will be held on Oct. 19 at Military Circle Mall (former Macy's parking lot) from 10:00 a.m. to 2:00 p.m. Alternate rain date will be Oct. 26. For more information, call 757-683-2834.

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Courtesy photo

Andy Grammer

- Oct. 18, 6:00 p.m.
- Naval Station Norfolk, Salt Marsh Park
- www.navymwrmidlant.com/fleetfest/concert

The Air Force Reserve and Naval Station Norfolk MWR present Andy Grammer live in concert. The event free and open to the public. Gates open at 5 p.m. and the entertainment begins at 6 p.m. with performances by the Fleet Forces Band and The Band Steele. Food and beverage concessions will be sold. The event takes place at Naval Station Norfolk Salt Marsh Park.



Virginia Zoo

Animal Appreciation: International Sloth Day

- Oct. 20, 11:30 a.m. to 1:30 p.m.
- The Virginia Zoo
- <https://virginiazoo.org/events/sloth-day>

We're wild about our animals! Help us celebrate some of our favorite Zoo friends and their wild counterparts by joining us for Animal Appreciation Days. Explore all the things that make our animals unique, learn about their threats in the wild, and learn what the Zoo and our partners are doing to protect these species.



Courtesy photo

Halloween at the Portsmouth Museums

- Oct. 18-20
- Children's Museum of Virginia
- <https://childrensmuseumvirginia.com/halloween-portsmouth-museums>

Get ready for a three-day spooky experience at the Portsmouth Museums as we celebrate October. The museums will be celebrating Halloween and the fall through a series of events lasting a full weekend in Portsmouth. Families, children and adults can all enjoy events that includes scary theater, museum scavenger hunts, Mad Scientist experiments, horror story readings, and more!

■ 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/

MILITARY RETIREES, TRANSITIONING MILITARY, FAMILY MEMBERS & SURVIVING SPOUSES ARE INVITED TO ATTEND THE

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For more details, call **757-462-7563** or visit navymwrmidlant.com/summit

Annual retiree summit, career fair and MWR showcase

By CNRMA MWR

VIRGINIA BEACH, VA.

Commander, Navy Region Mid-Atlantic will hold the annual Retiree Summit & Career Fair at Joint Expeditionary Base Little Creek-Fort Story's Rockwell Hall Gym from 9:00 a.m. until 1:30 p.m. Nov. 1. The annual event brings together a full range of guest speakers, vendors, medical representatives and prospective employers to one location to give transitioning service members, military retirees, family members and surviving spouses the most up to date information on pay, benefits and legislative

More information

When: Nov. 1, 9:00 a.m. to 1:30 p.m.

Where: Joint Expeditionary Base Little Creek-Fort Story's Rockwell Hall Gym

For more information visit www.navymwrmidlant.com

initiatives. The summit kicks off with remarks at 10:00 a.m. with speakers that will include representatives from the Secretary of the Navy Retiree Council, Naval Medical Center Portsmouth, Veteran's Affairs (VA), and

TRICARE. A town hall style panel discussion will follow providing information and answers to questions on policies and issues affecting military retirees and their spouses.

Naval Medical Center Portsmouth and Boone Branch Health Clinic will staff a health and information fair. Participants can also expect more than 35 employers and Navy College to support the Job and Educational Fair. Representatives from military, federal and community organizations will be on site to provide information about topics of interest to the retiree community.

Patrons will also be treated to a MWR Showcase, to include informational tables, interactive displays and coupons from Community Recreation Programs to include Marinas & Sailing, Navy Getaways, Movie Theaters, Golf & Bowling and more!



Courtesy photo

HAUNTING | Trick-or-Treating takes place Oct. 25-26 at historic area sites

Continued from C1

p.m. both nights families can collect treats at Historic Area sites, follow a candlelit Jack-o-lantern Pathway with more than 200 hand-carved pumpkins, watch haunted horsemen peruse the town on their skeleton horses and see the Chownings perform on their merry scary wagon. Guests can visit the Palmer House yard to hear chilling ghost stories, meet the Weird Cooke Sisters in their shrieking pet cemetery and come face to face with the fearsome pirate Blackbeard and his band of buccaneers.

The festivities also include a haunted auction at the Raleigh Tavern and a Pumpkin Patch dance party featuring "live" music by the spirited Lady Lucy and her Scarecrow Band on the Capitol south lawn. A food and beverage stand selling AMERICAN HERITAGE® Chocolate items including hot chocolate and baked goods will be available to guests along Duke of Gloucester Street. Additional food options, including burgers and hot dogs, will also be available for purchase on the Capitol south lawn. With an extra ticket guests can enjoy special spooky carriage rides through the Historic Area. The night closes with a frighteningly fun finale featuring a Spirits of '76 Fifes & Drums mayhem march.

"The nighttime atmosphere in the Historic Area during the fall and Halloween season is exciting," said Robert Currie, Colonial Williamsburg direc-

tor of entertainment, special events and evening programs. "The cresset-lined streets and historic buildings lend themselves to the mysterious and immersive experience we want guests to enjoy during our ghost tours and evening programs throughout October."

For fans of ghost tours, "Haunted Williamsburg," combines 18th-century ghost tales with stories of chilling modern encounters and is the only ghost tour that takes guests inside Colonial Williamsburg's historic buildings. It is offered at 7 and 8:30 p.m. nightly in October. The "Official Ghost Walk Junior," perfect for families with young children, is also offered nightly Oct. 14-31.

Additional spooky evening programs offered include:

- "Cry Witch" Mondays, Tuesdays and Fridays at 7:30 and 9:00 p.m.
- "To Hang a Pirate" Sundays and Thursdays at 7:30 and 9:00 p.m.
- "Colonial Williamsburg Escape Room: Spies & Lies" Mondays, Thursdays, Fridays and Saturdays at 6:30, 6:45, 8:00 and 8:15 p.m.
- "Trial of a Patriot" Wednesdays and Saturdays at 7:30 and 9:00 p.m.
- "Monsters, Mayhem and Musick" Oct. 22 and 29 at 7:30 p.m.

Special tickets are required for Colonial Williamsburg evening programs. With the exception of the "Official Ghost Walk Junior," these programs are not recommended for young children.

At the Art Museums of Colonial

Williamsburg's Hennage Auditorium, historian Carson Hudson discusses how colonial Virginians shared a common belief in the supernatural and the existence of witches in "Witchcraft in Colonial Virginia," Oct. 24 and 31 at 4:30 p.m.

October art museum tours include "Face Your Fears," in which guests discover creepy and not-so scary objects Wednesdays at 10:15 a.m. and Fridays at 2:45 p.m. Museum guests can also make a Halloween craft between 2:45 and 4:00 p.m. Mondays all month. These Art Museums programs are included with Colonial Williamsburg or Art Museums admission.

Trick-or-Treating tickets are \$6 per child and \$3 per adult or guardian. Participating children must be accompanied by a ticketed adult. Ticket purchases support Colonial Williamsburg's educational mission. Through a continued collaboration with the Teal Pumpkin Project, young guests with food allergies may claim a special trick-or-treat bag and collect allergen-free treats at designated sites.

Programming is subject to change. Haunting on DoG Street event rain dates are reserved for Sunday, Oct. 27 and Monday, Oct. 28 if needed. Tickets, current information and instructions for ticketed guests are available by visiting Colonial Williamsburg ticketing locations, online at www.colonialwilliamsburg.com/haunting, by calling 855-296-6627 toll-free, by downloading the free Colonial Williamsburg Explorer app and by following Colonial Williamsburg on Facebook and @colonialwmsburg on Twitter and Instagram.

Autumn ushers in season of falling under the weather with the flu

From Military Health System Communications Office

With autumn comes seasonal influenza, a contagious viral infection that may cause fever, cough, headache, sore throat, muscle and body aches, and fatigue. The flu virus is common; approximately 49 million Americans came down with it during the 2017-18 season, according to the Centers for Disease Control and Prevention.

Flu infections usually happen during the fall and winter, according to the CDC, with peak activity occurring between December and February. Most flu sufferers can count on feeling bad anywhere from a few days to up to two weeks, but they will recover.

Some people, however, develop complications that can become life-threatening. The CDC estimates that for the 2017-18 flu season, 960,000 hospitalizations and 79,000 deaths were linked to influenza.

“Certain groups are at high risk of flu-related complications,” said Dr. Jay Montgomery, medical director of the Defense Health Agency’s North Atlantic Region Vaccine Safety Hub, Immunization Healthcare Division. At-risk individuals include children ages 6 months to almost 5 years, adults 50 and older, people with chronic medical conditions, and pregnant women, Montgomery said, citing statistics from the CDC.

So health care experts recommend that everyone 6 months and older – including the elderly, chronically ill people, and expectant mothers -- receive the flu vaccine as soon as it becomes available. It’s particularly important not only for individuals in the at-risk groups, but also for people who live with or care for them. The benefits of the vaccine far outweigh the risks of contracting the virus, health care experts say.

“The sooner sufficient herd immunity is achieved – which decreases the spread of the virus – the better,” Montgomery said.



TRICARE covers the flu vaccine at military hospitals and clinics, participating network pharmacies, and TRICARE-authorized providers.

The flu vaccine is administered as an injection or nasal spray. The spray is not advised for pregnant women, people over 50, and those with specific medical conditions. The CDC says the flu shot is safe for pregnant women in any trimester and offers additional information on pregnancy and the flu vaccine.

Whether it’s a shot or nasal spray, the vaccine appears to be effective for at least six months, Montgomery said. That’s typically enough time to ensure protection for the duration of the flu season.

The composition of U.S. flu vaccines is reviewed and updated as needed annually, the CDC said, to match whatever flu viruses are in circulation. Flu vaccines usually protect against the viruses that are likely to be the most common.

Depending on the viruses in circulation, the level of protection of a particular season’s vaccine may be less than optimal, Montgomery said. However, he added, immunization is still an important tool in influenza infection control.

Active-duty, National Guard, and Reserve members are required to get the vaccine annually, Montgomery notes. Flu vaccination is

also a requirement for Department of Defense civilian health care personnel, said Tara Reavey, chief of policy and program management for DHA’s Immunization Healthcare Division.

The CDC notes that pandemic flu is caused by a strain of influenza that’s easily able to infect people and effectively spread from person to person -- which is different from seasonal flu. Pandemic flu may lead to life-threatening complications in people regardless of their age and health. Flu pandemics have occurred four times in the past 100 years, the CDC said, with the most recent one in 2009-10. The CDC estimates that from April 2009 through January 2010, about 57 million people were infected with the H1N1 virus, also known as swine flu.

About 257,000 people were hospitalized during this time period and 12,000 died, including 7-year-old Trevor Lin. His father, retired Navy Capt. Henry Lin, says Trevor was an otherwise healthy and active boy before he got sick.

“I knew flu could be fatal, but I thought it happened only to people who had co-morbidities,” or other chronic health conditions, said Lin, a bariatric surgeon in Maine.

Lin was on active duty as a general surgeon at Walter Reed National Military Medical Center in Bethesda, Maryland, when Trevor

came down with the flu. Lin’s then-11-year-old daughter, Ashley, also got the flu and recovered. Lin’s then 9-year-old son, Ryan, received an anti-viral prophylaxis after his younger brother died.

Lin said his children had received flu vaccines in previous years, but they had not been immunized yet that year because of a vaccine shortage. His children’s flu diagnoses came after Trevor died.

Since then, Lin has worked to strengthen the details of evaluating children with influenza by health care practitioners, and to improve the criteria for hospitalizations, particularly during medical crises and flu epidemics.

He also spearheaded the establishment of a bronze bench with a statue of Trevor near the America Building at Walter Reed-Bethesda. The memorial is inscribed with the words “Families Fighting Flu.”

Lin said his fervent hope is that knowledge of his family’s tragedy will prevent another family from enduring the same kind of loss.

“I want people to never forget there are ways we can prevent illness or death of our children,” Lin said. “I want to make sure parents of otherwise healthy kids know about the importance of the flu vaccine.”

The CDC offers more information for preventing and treating flu.

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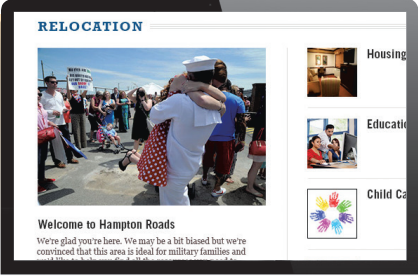


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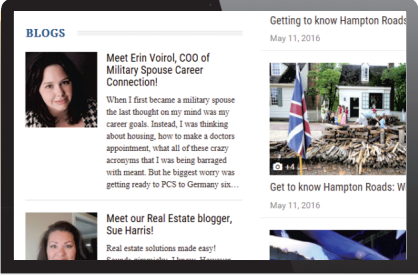
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NEON | *Five new murals being revealed to public Oct. 17-18*

Continued from C1

■ **Teens with a Purpose Empowerment** Event and reunion of the Girl Noticed mural subjects, with face painting and free yoga at the mural site along Boush Street between 6 and 7 p.m.

■ d'Art Center's opening night of Unconventional, a national found objects art exhibition, with drinks, food trucks, a DJ, a printmaking make & take and works for sale in the gallery.

■ #workingartistsstudios open house with pop-up dance performances from Todd Rosenlieb Dance from 5-9 p.m. in Duke-Grace building, suite 250

FRIDAY SCHEDULE

■ The Rutter Family Art Foundation and Commune opens a new group exhibition exploring portraiture and the human form through a variety of mediums and styles, *Figuratively Speaking*, curated by Janelle Burchfield

■ **TCC @ NEON, 6-10 p.m.** Tidewater Community College celebrates its newest venue, the recently opened TCC Perry Glass Wheel Arts Center, with music by their own Blue Moon Jazz Ensemble, Bay River Band, **FORTRESSES**, delicious morsels from TCC's culinary students, two art exhibitions and glassblowing demos.

■ The Plot, 6-10 p.m. beer garden with O'Connor Brewing Company, food trucks, Prince Ink t-shirt pop up, performances from Virginia Stage Company, Teens with a Purpose, Governor's School for the Arts, and others, closing the night with a big dance party with Freshstopia's DJ BEE and newcomer Simone starting at 8:30 p.m.

■ Hurrah's Copeland Center features a preview of Hurrah Players' *The Little Mermaid*, poetry readings from ODU's Writers in Community and The Muse Writers' Center, and live musical performances from Kayce Laine and Mosquito Cabaret, 6-10 p.m.

■ **Virginia Opera Backstage Tours at Harrison Opera House** for a special peek behind the curtain at 6:30 and 7:15 p.m.

■ **Hat-tober Fest** at long-time NEON District men's clothier Stark & Legum with a happy hour, live music and a trunk show, 5-9 p.m.

■ SPARK Poster Show presented annually by American Institute of Graphic Art-



Will Clark

ists' Hampton Roads chapter in mural-filled Magazine Lane, 6-10 p.m.

■ **Pop-Up Art Galleries at the Hugh R. Copeland Center, Urban Discovery Ministries, 723 Granby Street and 717 Granby Street** featuring local NEON artists and Norfolk State University students

■ **NEON Emporium:** Temporal Projections at new event venue The Neon House, featuring live music from Clary Sage, Young Hierophant and Snake Mountain Revival with arts programming from ODU Ceramics, WHRO's Emerging Leaders Board, Doodlefest and other artists

■ ODU's VMASC (Virginia Modeling Analysis and Simulation Center) and the first Artist in Residence Joshua Solomon present a 3D printed art exhibition at local tech business Amplified IT, 6-10 p.m.

■ **Lift Up Your Voice** by Richmond artist Kevin Orlosky presented at the Cofer lot, an interactive public art project asking participants to write messages on transparent film “megaphones” that will be installed throughout the evening on an elevated sculpture

■ Cofer Neighborhood Stage at the Cofer lot with live acoustic music from Jim Newsum, Static Collector and other local musicians 6-10 p.m.

■ Mural Tours at 6:30 and 8:30 p.m. leaving from the Plot

■ Governor's School for the Arts students showcase their talents with live jazz, the

ON DISPLAY pop-up dance performance, face painting, chalk art at the Plot and new NEON Squared sidewalk murals

- Cardinal Skate Shop Balance Trials on Starke Street with skateboard competitions
- Silent Disco after-party at Culture Lounge, starting at 10 p.m.

FIVE NEW MURALS REVEALED TO THE PUBLIC ON OCT. 17 AND 18

■ XENON, by Silas Baker, an Ocean View tattoo artist with a graffiti-inspired design for Bob's Gun Shop billboard at 746 Granby Street

■ When Chameleons Roller Skate, by Ohio muralist Charley Frances, a whimsical animal surprise for the rear of 819 Granby Street

■ **3 Muses** by Victoria Weiss, from the original class of 2015 NEON artists, returning to paint a lush and female-inspired mural on the rear of Homeland Contracting in Magazine Lane

■ The Dream Machine by North Carolina artist Jeff Beck, a bright and bold inspiration-themed robot mural on the rear of the Hugh R. Copeland Center, facing the Museum Apartments

■ **Geometric Configuration #1, #2 and #3** by Australian Karri McPherson, NEON's first international artist, a design of three geometric and colorful murals at the Wyndham Garden Norfolk Downtown

All murals and art projects can be seen on

the public art map at www.neonnfk.com/public-art/. Artists range from nationally and regionally known to Norfolk students completing their first public art piece. With the 2019 artists' projects, the NEON District has completed more than 100 temporary and permanent artworks in five years, with 44 wall murals currently on view.

A full list of exhibitions, events and entertainment is available at www.neon-nfk.com/festival.

The NEON Festival is presented by Business Consortium for Arts Support and Old Dominion University with beer provided by O'Connor Brewing Company. It is produced by the Downtown Norfolk Council and the Chrysler Museum of Art and Glass Studio.

Norfolk's first official arts district, NEON, is home to long-time cultural institutions like the Chrysler Museum of Art and Harrison Opera House as well as studio-based ventures like d'Art Center and the Rutter Family Art Foundation, all providing artists a place to make, create and show. Within a few short blocks you can see a muralist at work, take in an improv comedy performance at Push Comedy Theater, watch a live glass-working demonstration, shop for unique home goods, get a tattoo or dine out at an eclectic restaurant. Learn more at www.NEONNFK.com and follow along on Facebook, Twitter and Instagram at @neonnfk.

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coming to theaters

BLACK AND BLUE (2019) [NR]

A rookie policewoman in New Orleans inadvertently captures the shooting death of a young drug dealer on her body cam. After realizing the murder was committed by corrupt cops, she teams up with the only person from the community who's willing to help her. Now, she finds herself on the run from both the vengeful criminals and the lawmen who desperately want to destroy the incriminating footage.

THE KILL TEAM [R]

When Andrew Briggman (Nat Wolff), a young soldier in the US invasion of Afghanistan, witnesses other recruits killing innocent civilians under the direction of a sadistic leader, Sergeant Deeks (Alexander Skarsgård), he considers reporting them to higher-ups – but the heavily-armed, increasingly violent platoon becomes suspicious that someone in their ranks has turned on them, and Andrew begins to fear that he'll be the next target. From writer-director Dan Krauss, and based on the same events that inspired his awardwinning 2013 documentary of the same name, The Kill Team is an urgent and explosive recounting of one of the darkest incidents in the not-so-distant history of American military exploits.

PARADISE HILLS [NR]

On an isolated island, Uma (Emma Roberts) wakes up to

find herself at Paradise Hills, a facility where high-class families send their daughters to become perfect versions of themselves. The facility is run by the mysterious Duchess (Milla Jovovich) where calibrated treatments including etiquette classes, vocal lessons, beauty treatments, gymnastics and restricted diets, revolve all physical and emotional shortcomings within two months. The outspoken Uma finds solace and friendship in other Paradise Hills residents – Chloe (Danielle McDonald), Yu (Awkwafina) and Mexican popstar Amarna (Eiza Gonzalez). Uma soon realizes that lurking behind all this beauty is a sinister secret. It's a race against the clock as Uma and her friends try to escape Paradise Hills before it consumes them all.

THE GIRL ON THE THIRD FLOOR [NR]

At the heart of the film is Don Koch (CM Punk), a man who is failing as a husband. For years he has skated by on charm and charisma, until it nearly landed him in jail. He now views fixing up an old house as a chance to make up for past mistakes. Meanwhile, his wife, Liz Koch, is concerned about the renovation timeline as they have a baby on the way. With all this pressure it's no wonder Don responds to the flirtations of an attractive stranger. As Don tears the house apart, it begins to tear him apart as well, revealing the rot behind the drywall.

HARRIET [PG-13]

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

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Friday | Oct. 18
7:00 p.m. Downton Abbey [PG]

Saturday | Oct. 19
1:00 p.m. Downton Abbey [PG]
4:00 p.m. Ad Astra [PG-13]
7:00 p.m. Ready or Not [R]

Sunday | Oct. 20
1:00 p.m. Goosebumps 2: Haunted Halloween [PG]
4:00 p.m. Ad Astra [PG-13]
7:00 p.m. Hustlers [R]

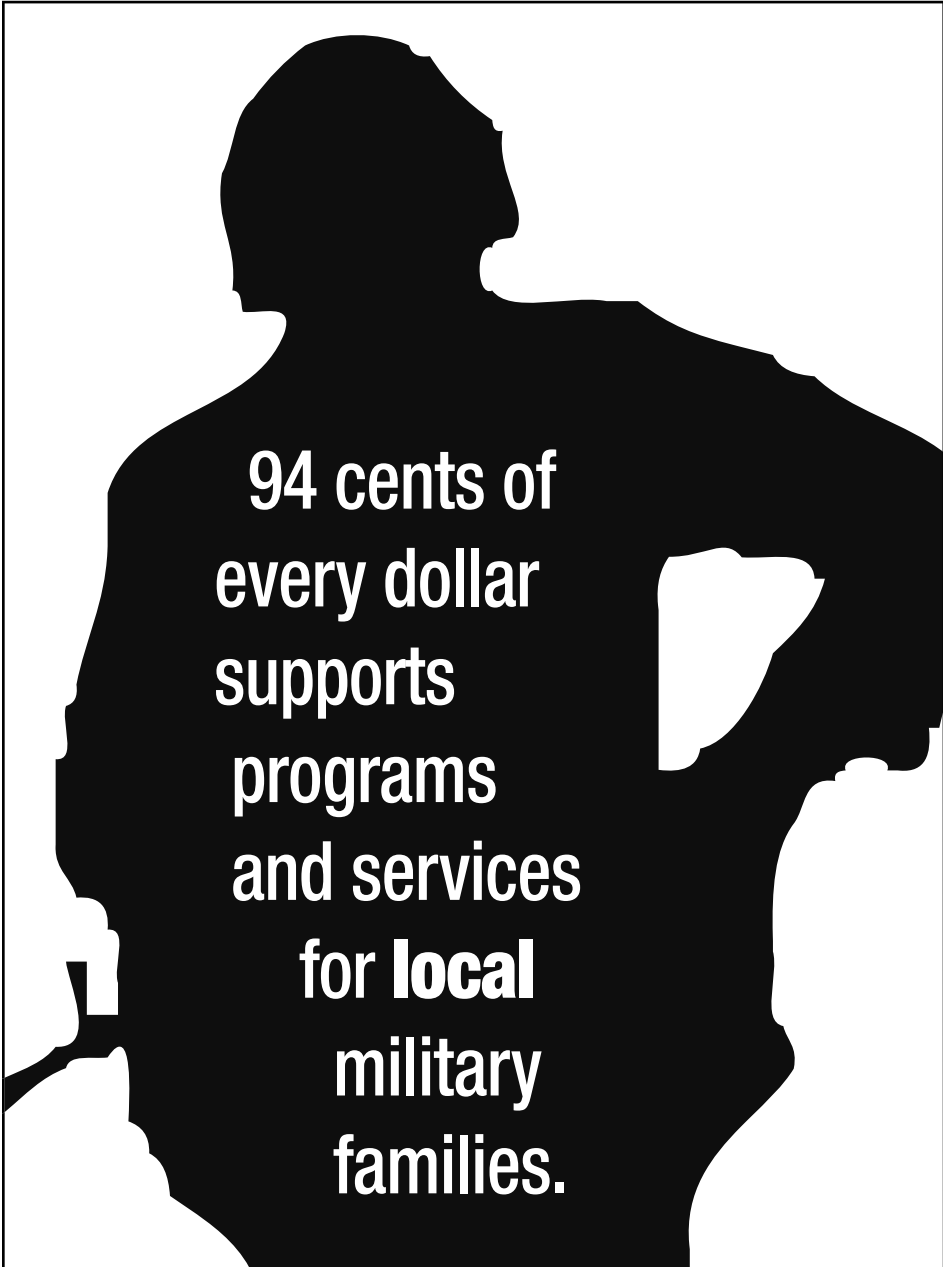
NAS Oceana, Aero Theater – 433-2495

Friday | Oct. 18
7:00 p.m. Downton Abbey [PG]

Saturday | Oct. 19
12:00 p.m. Ad Astra [PG-13]
3:00 p.m. Downton Abbey [PG]
6:00 p.m. Ready or Not

Sunday | Oct. 20
12:00 p.m. Overcomer [PG]
3:00 p.m. Ad Astra [PG-13]
6:00 p.m. Hustlers [R]

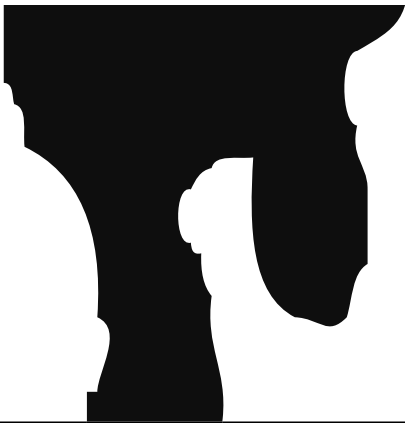
Schedule is subject to change. For your weekly movie showtimes and more, check out the navy Mid-Atlantic Region MWR website at discovermwr.com.

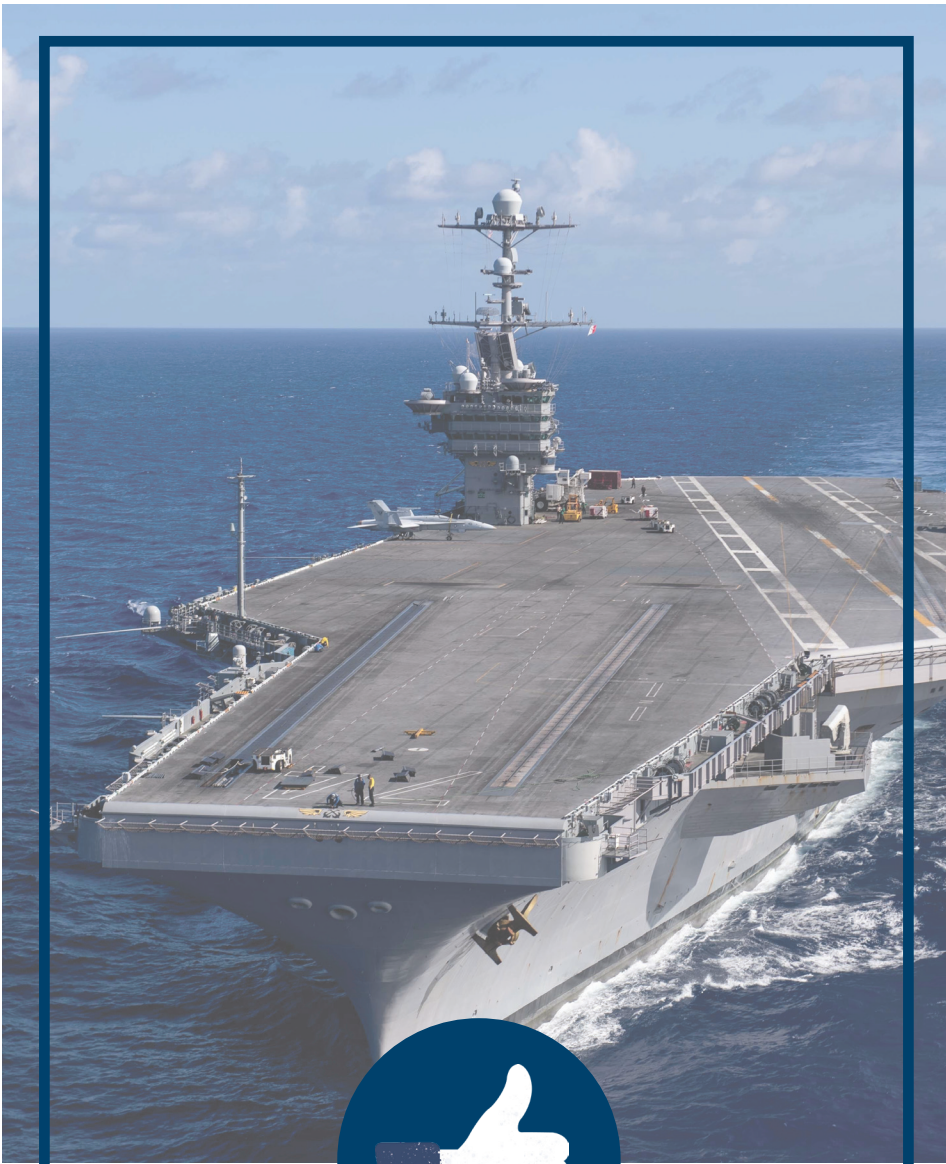


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announcements

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SE auto, alloid, nice! 34,000 miles. \$18,775 VA Dir. Process fee \$395 757-717-1715/757-963-2299

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JEEP 2008 WRANGLER JK



Wrangler JK Sahara, Very Good Condition, 86,250 miles, 6 speed manual, 4X4, 3.8 liter V-6, towing kit, Four tops: Freedom hard top, Sun Rider convertible top,Two Bikini tops. \$16,990. 757-615-5095

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Unlimited. Fully loaded, good miles - must see! Lots of extras! \$19,750 VA Dir. Process fee \$395 757-717-1715/757-963-2299

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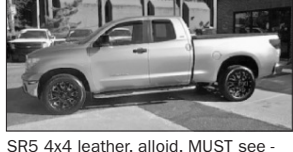


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Sudoku

Super Crossword

ACROSS

1 Designer

8 Put in cipher

14 Cocky walks

20 United, e.g.

21 In a Ziploc bag, e.g.

22 "The Gift of the Magi" writer

23 Zippers

25 Contacts, e.g.

26 Lotto variant

27 "... cup — cone?"

28 — kwon do (martial art)

29 "Taps" co-star Timothy

30 Data entry needs

35 Aftermaths

39 "Where are — now?"

40 Hinge (on)

41 Aunt, in Argentina

42 Fill with joy

43 Lay — thick

44 Fonda of film

45 Just know

46 Office cabinet items

49 Center of similes

50 Military chaplain

51 Cake level

52 Lamb bearer

53 Ireland's — Lingus

54 Last half of a typical golf course

59 Some aluminum recyclables

65 Hwy. number lead-in

66 Elbowed, say

67 A number of

68 Dictionary lookup facilitators

70 Affirm the truth of

71 Ammo for air rifles

72 Even one

73 "Take —!" ("Congrats!")

74 Big name in direct sales

77 "I got it!"

78 Chrome, Firefox and Safari

85 Shop

86 Lackluster

87 1990s Israeli president

88 Video's counterpart

89 Bardic tribute

90 — Field (Mr. Met's home)

91 Rhine feeder

92 Enrollments

94 Café crowd

98 Like a constellation

99 Siouan people

100 Hirt and Gore

101 Biblical son of Isaac

105 Tug at

106 Theme of this puzzle

110 Colorful ring in the eye

111 Well-drilling apparatus

112 Pantheon members

113 Corn seed

114 Spend time in, as a hotel

115 One tearing up the road

DOWN

1 Wine barrel

2 Tick off

3 Bard's Ireland

4 "Battle Cry" actor Ray

5 Dead heat

6 Hoofing it

7 Replenishes the arsenal of

8 The "e" of i.e.

9 Born, in Brest

10 Hiking flasks

11 "Mrs." with a famous cow

12 Bo of "10"

13 Masthead names, for short

14 Like sugar, but not oil, in water

15 1982 Richard Pryor film

16 — -car (airport service)

17 Not collated, e.g.

18 More stylish

19 Pt. of OS or GPS

24 Exhaust

29 Doglike carnivore

30 Symbol on a music score

31 Pronounce

32 Hammer-wielding god

33 Slate cleaner

34 Store event

35 Ump relative

36 Gridiron star Manning

37 "My gal" of song

38 Off-roading vehicle, briefly

43 Brainstorm, in Brest

44 Chattered

45 Ludicrous comedies

47 Inflammation of the ear

48 Flax product

50 Tick off

52 Holiday lead-ins

53 "Terrible" toddler time

54 Except for

55 Grayish hue

56 Grand — wine

57 Mortal — (video game series)

58 Lumpy, as fabric

59 Squarish, as a car

60 Stretch (out)

61 Mary of "Dodsworth"

62 Gallery stuff

63 Turner who led a revolt

64 — -mo replay

66 Punishment-related

69 Ball-shaped bloom

70 Truncated wd.

73 Red as —

74 Bow-wielding god

75 Was certain

76 One trying to pin a rival

77 Cowboy singer Gene

78 Arsenal array

79 Pound the poet

80 Clowns

81 World lighter

82 College URL ending

83 Tear apart

84 Ship's call for help

86 Active by day

90 Singing King

91 Chief Hun

92 Cone, cube and sphere

93 Arched body part

95 Osprey claw

96 Like a well-pitched inning

97 How sashimi is eaten

101 Sermon conclusion?

102 Pronounced

103 Have — in one's bonnet

104 Brezhnev's fed.

105 Its cap. is Islamabad

106 Lean- (hovels)

107 1998 Angelina Jolie biopic

108 Certain NCO

109 Rush along

WHAT DO THEY ALL HAVE?

		5		2		1		
4			9					3
	2			8	7		4	
	9		5			2	8	
8				6		4		
		7			1			6
		1	6				3	
3					4			9
5	8			3		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: X equals Y

FW XPO GDPLKCJ KDC VCJNKD

PW T RTGOTV LCZ-TJZ-NLCCJ

GDFLK, TLC XPO KLFIIFJN KDC

RDLFGKITG KCC?

Last week's CryptoQuip answer

In an attempt to repair the corrosion on all its metal products the firm set up a rust fund.

last week's answers

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

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

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