



MC3 Adam Ferrero
Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79) reaches another milestone in its construction as their dry dock area is flooded three months ahead of its slated production schedule leading up to the christening of the second Ford-class aircraft carrier, scheduled for Dec. 7. The flooding of the dry dock follows other milestones, including the laying of the ship's keel on Aug. 22, 2015, the placement of the 588-metric ton island superstructure on May 29, and the arrival of the crew on Oct. 1. Kennedy is currently under construction at Huntington Ingalls Industries-Newport News Shipbuilding.

PCU JOHN F. KENNEDY CREW MARKS ANOTHER MILESTONE

From Commander, Naval Air Force Atlantic Public Affairs

NEWPORT NEWS

Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79) marked another milestone leading up to the christening of the second Ford-class aircraft carrier as Huntington Ingalls Industries-Newport News Shipbuilding (HII-NNS) flooded the ship's dry dock Oct. 29.

PCU John F. Kennedy has been under construction at its Newport News location since 2015 and continues to make preparations for its christening, which is scheduled for Dec. 7.

The launching of CVN 79 today is approximately 3-months early to the original

schedule. Several milestones have been completed leading up to the dry dock flooding, including laying of the ship's keel on Aug. 22, 2015, and placement of the 588-metric ton island superstructure on May 29, 2019.

Capt. Todd Marzano, PCU John F. Kennedy's commanding officer and crew participated in a ribbon cutting ceremony Oct. 1 to officially establishing the ship's crew and designate the building where Sailors will work during the ship's construction.

Ensign Cheyenne Scarbrough, a PCU John F. Kennedy crewmember from San Francisco, brings a plethora of skillsets and experience to include the honor of being

» See **KENNEDY** | **A7**

USS John S. McCain's return to warfighting readiness

From U.S. Pacific Fleet Public Affairs

YOKOSUKA, JAPAN

The Arleigh Burke-class guided-missile destroyer USS John S. McCain (DDG 56) completed her necessary repairs and is underway to conduct comprehensive at sea testing.

During the at-sea testing, the ship and her crew will perform a series of demonstrations to evaluate that the ship's onboard systems meet or exceed Navy performance specifications. Among the systems that will be tested are navigation, damage control, mechanical and electrical systems, combat systems, communications, and propulsion application.

John S. McCain, assigned to Destroyer Squadron FIFTEEN (DESRON 15) and forward-deployed to Yokosuka, Japan,

» See **MCCAIN** | **A7**



MC2 Sarah Villegas
Shown here on June 12, 2017, the Arleigh Burke-class destroyer USS John S. McCain (DDG 56) is underway as part of interoperability drills with the Bonhomme Richard Expeditionary Strike Group.

CHECK US OUT ONLINE!
www.flagshipnews.com

facebook
www.facebook.com/The.Flagship

twitter
www.twitter.com/the_flagship

USS Gonzalez returns from deployment
The Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66) returned to its homeport of Norfolk, Oct. 26, after a successful seven and a half-month deployment.

»See **B1**



NMCP corpsman creates mural in time for halloween
Hospitalman Trudi Hill, a general duty corpsman assigned to Naval Medical Center Portsmouth's (NMCP) Ear, Nose and Throat/Audiology Department, artistically created a playful painting, just in time for Halloween.

»See **A4**

2019 Military Family Festival features fall themed fun
2019 Military Family Festival welcomed local military families with a day of appreciation at the Virginia Beach Convention Center.

»See **C1**

THE FLAGSHIP'S FREE HOME DELIVERY
South Hampton Roads: Get the convenience of your Navy newspaper delivered right to your door for free!

Signup today! Call 222-3900



MC3 Mark Mahmood
Yeoman 1st Class Kayla Maier, assigned to Naval Ocean Processing Facility Dam Neck, reads to students at Strawbridge Elementary School. The U.S. Navy, local businesses and civic organizations will celebrate 2019 Fleet Week Hampton Roads Oct. 11-15 with a variety of events that serve to honor the outstanding contributions and selfless sacrifice of Sailors and their families, and recognizes Hampton Roads as "America's Navy Town."

123 SCHOOLS EARN VIRGINIA PURPLE STAR AWARD FOR MEETING NEEDS OF MILITARY CHILDREN AND FAMILIES

From Virginia Department of Education Office of Media Relations

RICHMOND

The Virginia Department of Education and the Virginia Council on the Interstate Compact on Educational Opportunity for Military Children are recognizing 123 schools as “Purple Star” schools. The Purple Star designation is awarded to military-friendly schools that have demonstrated their commitment to meeting the needs of military-connected students and their families.

To qualify for a Purple Star, schools must have a staff member designated as the point of contact for military students and families. The point of contact serves as the primary link between the military family and the school. Schools must also demonstrate their commitment to meeting the needs of military students by providing resources and programming on issues important to military families, such as academic planning and transitions between schools, districts and states.

“Anticipating and preparing to meet the unique needs of military-connected students should be part of every school’s plan to provide equitable instructional and support services to all students,” Superintendent of Public Instruction James Lane said. “I congratulate all of these schools for the support they provide for Virginia’s military students and their families.”

This is the second year VDOE and the Virginia Council have designated Purple Star schools. The public schools earning 2019 Purple Star awards are as follows, by division:

- Arlington County – Discovery Elementary
- Chesapeake – Crestwood Middle, Great Bridge Middle, Greenbrier Intermediate, Greenbrier Middle, Hickory Elementary, Hugo Owen Middle, Indian River Middle, Jolliff Middle, Oscar Smith Middle and Western Branch Middle
- Colonial Heights – Lakeview Elementary
- Fairfax County – Carl Sandburg Middle, Fairhill Elementary, Fort Hunt Elementary, Franconia Elementary, Gunston Elementary, Hayfield Elementary, Key Center, Laurel Ridge Elementary, Mosby Woods Elementary, Mount Vernon High, Orange Hunt Elementary, Riverside Elementary, Saratoga Elementary, Stratford Landing Elementary, W.T. Woodson High, Walt Whitman Middle, Washington Mill Elementary and Woodley Hills Elementary

- ry
- Hanover County – Patrick Henry High
- Loudoun County – Trailside Middle
- Norfolk – Academy for Discovery at Lakewood, Bay View Elementary, Camp Allen Elementary, Granby Elementary, Larchmont Elementary, Sewells Point Elementary, Willard Model Elementary and Willoughby Early Childhood Center
- Poquoson – Poquoson High
- Portsmouth – Victory Elementary
- Prince George County – L. L. Beazley Elementary and North Elementary
- Prince William County – Alexander Henderson Elementary, Forest Park High, Frannie W. Fitzgerald Elementary, Gainesville Middle School for the Arts & Sciences, John F. Pattie Elementary, Kyle R. Wilson Elementary, Louise A. Benton Middle, Parkside Middle, Springwoods Elementary and Woodbridge Senior High
- Spotsylvania County – Wilderness Elementary
- Stafford County – Hampton Oaks Elementary, Rockhill Elementary, Widewater Elementary and Winding Creek Elementary
- Suffolk County – John Yeates Middle and Nansemond Parkway Elementary
- Virginia Beach – Alanton Elementary, Arrowhead Elementary, Bayside High, Bayside Middle, Bayside Sixth Grade Campus, Birdneck Elementary, Brandon Middle, Brookwood Elementary, Centerville Elementary, Christopher Farms Elementary, Corporate Landing Elementary, Corporate Landing Middle, Frank W. Cox High, Green Run Collegiate, Green Run High, Independence Middle, John B. Dey Elementary, Kempville Meadows Elementary, Kempville Middle, King’s Grant Elementary, Landstown Elementary, Landstown High, Landstown, Larkspur Middle, Linkhorn Park Elementary, Luxford Elementary, Lynnhaven Middle, North Landing Elementary, Ocean Lakes Elementary, Ocean Lakes High, Old Donation School, Pembroke Elementary, Pembroke Meadows Elementary, Plaza Middle, Princess Anne Middle, Providence Elementary, Reed Mill Elementary, Rosemont Elementary, Rosemont Forest Elementary, Salem High, Salem Middle, Strawbridge Elementary, Tallwood High, Thalia Elementary, Thoroughgood Elementary, Three Oaks Elementary, Trantwood Elementary, Virginia Beach Middle, Virginia

Beach Technical and Career Education Center and Windsor Woods Elementary

- York County – Bethel Manor Elementary, Bruton High, Tabb Elementary, Waller Mill Elementary, Yorktown Elementary and Grafton Middle

Six private schools also earned Purple Star designations. These schools are Browne Academy in Alexandria, Peninsula Catholic School in Newport News, St. Pius X Catholic School in Norfolk, St. Francis of Assisi School in Triangle, and Chesapeake Bay Academy and Saint Mary Star of the Sea School in Virginia Beach.

Schools earning the award receive a Virginia Purple Star commemorative coin to display and are listed as a Purple Star school on the VDOE Military Families webpage. Purple Star schools retain the designation for three years before being required to reapply.

Virginia is home to several of the largest and most important military installations in the nation. Currently there are more than 80,000 school age military-connected students attending schools in the commonwealth whose parents serve on active duty, in the reserves, or in the Virginia National Guard.

The Virginia Council on the Interstate Compact on Educational Opportunity for Military Children was created in 2009 to consider any and all matters related to the Interstate Compact on Educational Opportunity for Military Children. The compact expresses the commitment of participating states to remove barriers to academic success for children of military families.

STARK
INC.

**Collision Repair
&
Auto Body Shop**

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

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

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

Let Us Help!

Bringing Your Car Back To Pre-Crash Condition!

The Flagship

Editorial Staff
Editor | Travis Kuykendall
757-322-2860 / news@flagshipnews.com
Graphic Designer | Abby Likens, 757-222-3859
Flagship, Inc.
MNV Military Manager | Pam Bullock, 757-446-2795
Advertising Inquiries | Pam Bullock, 757-446-2795
Creative Director | Allyson Garner, 757-222-3955

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

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

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

© 2019 Flagship, Inc. All rights reserved.

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

**SCANDINAVIAN
CHRISTMAS
BAZAAR**

Sponsored By
Sons of Norway

**Saturday, November 2nd, 2019
9am-3pm**

Francis Asbury United Methodist Church Fellowship Hall
1871 N. Great Neck Road, Virginia Beach, VA 23454

- ✿ Enjoy Traditional Norwegian Food - Lefse, Waffles, Lapskaus
- ✿ Viking Long Boat with Viking Re-enactors - photo op
- ✿ Norwegian Bakery - Julekake, Kransekake and more
- ✿ Children's Activity Table
- ✿ Norwegian Cultural and Tourist Information
- ✿ Great Vendors - Scandinavian Food & Gift Items

Come out and join in the Scandinavian culture and fun!!!!

NEED MORE INFO?
Call (757) 631-0362 • Visit Our Lodge Site www.hrson.org
or on Facebook Sons of Norway – Hampton Roads



NAS Oceana holds PPV housing town hall meetings

Sailors continuing to experience unresolved issues with PPV housing should contact the NAS Oceana housing office at (757) 433-3068 or oceanahousing@navy.mil and notify their chain of command if the issues are not resolved in a timely manner.

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



Hospitalman Trudi Hill, a general duty corpsman assigned to Naval Medical Center Portsmouth's (NMCP) Ear, Nose and Throat/Audiology Department, artistically created a playful painting, just in time for Halloween.

NMCP CORPSMAN CREATES MURAL IN TIME FOR HALLOWEEN

By Seaman Imani N. Daniels
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

Hospitalman Trudi Hill, a general duty corpsman assigned to Naval Medical Center Portsmouth's (NMCP) Ear, Nose and Throat/Audiology Department, artistically created a playful painting, just in time for Halloween.

Hill, who grew up in poverty, fell in love with and taught herself art, to escape the realities of not being able to have what most kids could have.

"I've been an artist since I was three years old," Hill said. "It was the only way I could express myself growing up. My family and I grew up poor, so drawing, painting and creating was a way to have something to play with as a child."

Before joining the Navy, Hill worked as manager of advertisement for business marketing.

"While working at my old job, I did a lot of managerial advertisement," Hill said. "I knew I had artistic skills so part of my job was to add creativity to the worksite. My

store manager knew that I drew a lot so I took on the responsibility of painting the windows every month."

Hill has been in the Navy for a little under a year and has worked at NMCP for three months. She came into the clinic on a day off to create a painting on the clinic's windows for Halloween.

"For the past couple years, there had been a minion painting on the windows of the clinic so I took it upon myself to come up with something new and refreshing," Hill said. "There are a lot of kids that pass

through the medical center so it's nice to be able to bring color and joy, in times of pain, to the clinics instead of having to see white walls and brick."

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

10 Years later NAVIFOR expects increasing fleet integration

By George Lammons
Naval Information Forces

SUFFOLK

The commander of Naval Information Forces (NAVIFOR) sees the future of the Navy's Information Warfare (IW) community, now 10 years old, as more integrated in the fleet and broadly recognized as an integral part of Navy warfighting.

"Our IW 'culture' is emerging across all IW specialties; it will continue to mature in the upcoming decade. In 10 years, our capabilities will be fully mainstreamed in the fleet," said Vice Adm. Brian Brown, NAVIFOR commander. "Our collective IW capabilities to assure command and control, provide predictive battlespace awareness, and deliver integrated IW fires will be integral to all plans and operations—not a 'bolt-on' capability after the fact."

"Operational commanders from Fleet Cyber/10th Fleet, Office of Naval Intelligence, and Naval Meteorology and Oceanography Command, through the IW type command (TYCOM), will realign capability to meet the

future challenges of the Great Power Competition," he said. "IW is the glue that makes distributed maritime operations work."

In 2009 then Chief of Naval Operations Adm. Gary Roughead emphasized that dominance in the information domain is a core warfighting capability, vital to sustaining the Navy's competitive advantage for optimal command and control of forward-deployed, flexible, multi-mission forces.

As a result, Roughead brought together the N2/Intelligence and N6/Communications directorates on his staff with five separate communities – communications, intelligence, oceanography and meteorology, cryptology professionals, and the space cadre – to form the Information Dominance Directorate and the Information Dominance Corps (IDC).

Roughead established the Deputy Chief of Naval Operations for Information Dominance (N2/N6), Fleet Cyber Command/10th Fleet, and Navy Cyber Forces. Since Roughead forged the new community, leadership has not looked back. Today, Brown said he foresees

the Information Warfare Commander (IWC) concept being "fully established in the fleet Maritime Operations Centers (MOC) and Amphibious Readiness Groups (ARG) in addition to the Carrier Strike Groups (CSG)."

In 2014, five years after the establishment of the IDC, the Navy established the overall cyber TYCOM, Naval Information Dominance Forces (NAVIDFOR), which included meteorology and oceanography in addition to the cyber, communications and intelligence segments. In 2016, the word 'dominance' was dropped. Today the TYCOM for the IW community is known as Naval Information Forces.

"The change of IDC to Information Warfare (IW) community was more than just a name change," Brown said. "It was a recognition of our community's value in delivering battle-minded warfighters and capabilities to the high-end fight."

In 2017, NAVIFOR established the Naval Information Warfighting Development Command and the Information Warfare Training Group in 2018. Earlier this year, the Naval Space and Naval Warfare Systems Command (SPAWAR) was rebranded the Naval Information Warfare Systems Command.

"We have come a long way in the past 10 years. Projections by senior leadership in 2009

on the future of the maritime fight and the stand-up of the IDC were prescient," Brown said. "We have evolved from a corps of different communities aligned around resourcing to a community aligned around warfighting—detering, competing, and winning when called upon."

In recent years, the IW community has integrated itself more into Fleet operations:

■ The Information Professional (IP) Afloat program has placed junior IP officers as communications division officers on destroyers and cruisers.

■ The IWC program places a senior, board-screened IW O-6 as the warfare commander for Information Warfare on CSOs, equal to other traditional warfare commanders. The goal is to expand to ARGs over the next few years.

"Our organizational structure will no doubt look a little different, but will be poised to deliver more capability," Brown said. "We have organized for success."

NAVIFOR's mission is to support operational commanders ashore and afloat by providing combat-ready Information Warfare forces, which are forward deployable, fully trained, properly manned and capably equipped.

Earn up to \$400 in one month as a new plasma donor!

Make money by making a difference.

octapharma plasma

octapharmaplasma.com

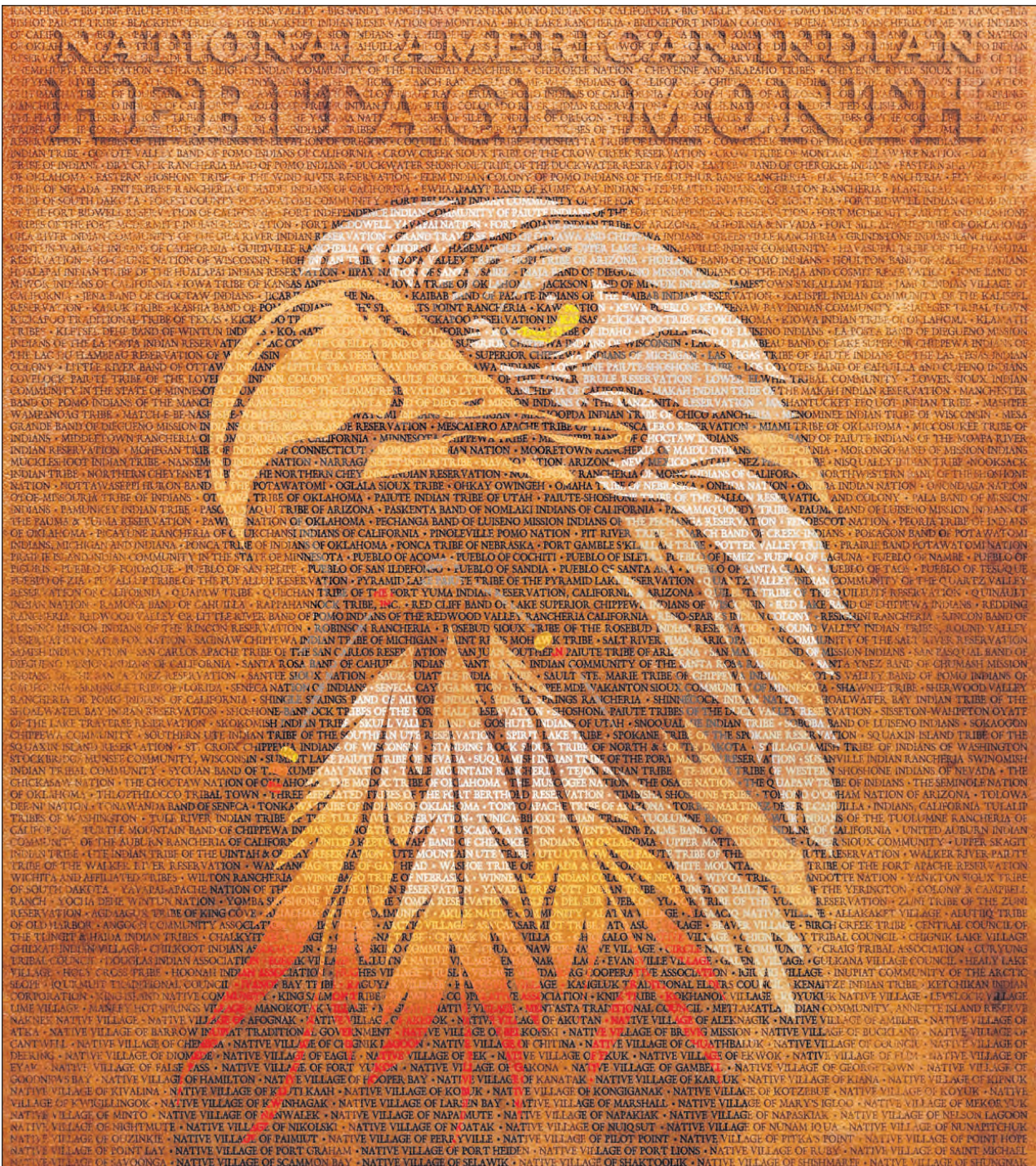
Must be 18-66 years of age and in good health. Bring a valid picture ID as well as proof of Social Security number and current residence. Promotions and compensation may vary by location. Ask staff at your local donation center for more payment details.

LIKE US ON FACEBOOK!

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

GET THE LATEST ON NEWS, PHOTOS AND SPECIALTY PUBLICATIONS

www.facebook.com/The.Flagship



DEOMI releases 2019 National American Indian Heritage Month observance poster

From Defense Equal Opportunity Management Institute

PATRICK AIR FORCE BASE, FLA.

In observance of National American Indian Heritage Month, celebrated each November, the Defense Equal Opportunity Management Institute (DEOMI), proudly announces the availability of original artwork available for download from our public website at www.deomi.org.

The theme for 2019 National American Indian Heritage month, as provided by the Society of American Indian Government Employees (SAIGE) is, “Honoring Our Nations: Build-

ing Strength Through Understanding.”

In this year’s design, the DEOMI Special Observance team highlighted the names of the 573 federally recognized tribal nations. The eagle was chosen as the focal point because it is highly revered and considered sacred within American Indian and Alaskan Native traditions, culture, and religion. The eagle represents truth, courage, wisdom, power, and freedom.

In 1924, Congress enacted the Indian Citizenship Act. In 1986 Congress passed and President Ronald Reagan signed the proclamation authorizing American Indian Week. In 1990, President George H. W. Bush designated November as National American Indian Heritage Month. After 100 years of efforts to establish it, National American Indian and Alaska Native Heritage Month is celebrated to recognize native cultures and educate the public about the heritage, history, art, and traditions of the American Indians and Alaskan Natives.



Navy Public Health Center participates in 2019 Tobacco Free Days event

From Navy and Marine Corps Public Health Center

PORTSMOUTH, VA.

The Navy and Marine Corps Public Health Center (NMCPHC), along with Veterans Affairs, the Office of Personnel Management, and other Department of Defense (DoD) organizations are partnering with the Centers for Disease Control and Prevention (CDC) to host a Facebook event in support of the 2019 Tobacco Free Days, November 4-18.

Tobacco Free Days is a two-week Facebook event sponsored by the CDC that offers tools to help individuals quit all forms of tobacco.

“The Tobacco Free Days Facebook event offers active duty Service members, retirees, veterans, civilian employees and their loved ones free resources and tools to help them quit all forms of tobacco,” said Dr. Mark Long, health promotion tobacco program manager, NMCPHC.

Participants will receive information and tips to help them through their “quit journey,” including planning and preparing to quit, setting a quit date, learning how to deal with triggers and cravings, and much more.

“Last year, the Tobacco Free Days event was a huge success,” said Long. “We had numerous participants and many quit using tobacco during the Facebook Event.”

According to Long, the success of the event is especially noteworthy, given the fact that tobacco use is currently higher among military service members than the rest of the U.S. population.

Individuals interested in participating in the 2019 Tobacco Free Days Facebook event can register online at: facebook.com/cdctobaccofree/.

VETERANS DAY SERVICE

— Honoring All Who Served —

November 10, 2019
9am & 11am

Reception following the 11am service

1000 N Great Neck Rd
Virginia Beach, VA 23454

wavechurch.com | 757.481.5005

 wavechurch®

CNAL discusses next-generation leadership concepts at ILC

By MC3 Adam Ferrero,
Commander, Naval Air Force Atlantic Public Affairs

DAM NECK

Commander, Naval Air Force Atlantic (CNAL) spoke with naval officers attending the Naval Leadership and Ethics Center (NLEC) Intermediate Leadership Course (ILC) in Dam Neck, Oct. 25.

The course is designed to prepare intermediate-level naval officers heading to department head positions or community milestone positions of similar responsibility by promoting professional growth in ethics, self-awareness, leader development, and decision making.

In addition to speaking at NLEC, CNAL routinely holds various leadership development training opportunities yearlong for

prospective and current commanding officers and executive officers. Most recently on Oct. 16-17, the Commander's Training Symposium was held in Norfolk for 63 commanding officers and executive officers to focus on various priorities to include current readiness, leadership, and future readiness requirements.

The ILC training is another career-enhancing opportunity for Navy leadership from all designators to provide relevant and real-world experiences to better prepare future leaders.

"The department head leadership roundtable discussion is an opportunity to share leadership experiences with fellow officers to better prepare them on their training track towards a department head tour," said Rear Adm. Roy Kelley, Commander, Naval Air

“ We are taking the lead in the Navy in the development of Next-Generation Leaders dedicated to a culture of excellence and focused on Honor, Courage and Commitment.”

Cmdr. Stephen Hartman

Force Atlantic.

Cmdr. Stephen Hartman, facilitator at NLEC Detachment Dam Neck emphasized the importance of bringing in fleet leadership to share their experiences.

"We are taking the lead in the Navy in the development of Next-Generation Leaders dedicated to a culture of excellence and focused on Honor, Courage and Commitment," said Hartman. "Having a guest speaker like Rear Admiral Kelley for our course shows the students that the senior naval leaders are placing a high value on leadership and character development, and guiding us into that culture of excellence."

CNAL is responsible for five nuclear-powered aircraft carriers, 54 aircraft squadrons, 1,200 aircraft and 50,000 officers, enlisted and civilian personnel based on the East Coast of the United States. It provides combat ready, sustainable naval air forces with the right personnel, properly trained and equipped, with a focus on readiness, operational excellence, interoperability, safety, and efficient resourcing.



Seaman Imani Daniels

The 2019 Military Health System (MHS) Navy Senior Female Physician of the Year Award, awarded to Cmdr. Marilisa Elrod, the associate director of Professional Education (DPE) and a developmental behavioral pediatrician at Naval Medical Center Portsmouth (NMCP). Elrod will be receiving the award from the Office of the Secretary of Defense for Health Affairs (OSD/HA), at the annual Society of Federal Health Professionals (AMSUS) meeting on Dec. 5 in Washington, D.C.

NMCP staff member wins MHS Navy Senior Female Physician of the Year

By Seaman Imani Daniels
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

Congratulations are in order for the 2019 Military Health System (MHS) Navy Senior Female Physician of the Year Award, awarded to Cmdr. Marilisa Elrod, the associate director of Professional Education (DPE) and a developmental behavioral pediatrician at Naval Medical Center Portsmouth (NMCP). Elrod will be receiving the award from the Office of the Secretary of Defense for Health Affairs (OSD/HA), at the annual Society of Federal Health Professionals (AMSUS) meeting on Dec. 5 in Washington, D.C.

The award was established to honor outstanding female physicians who have made significant contributions to the practice of Military Medicine and who have served as exemplary role models for other female physicians. The overall objective is to advance the cause of women in Military Medicine and to provide role models who will motivate the next generation of physician leaders. It is based upon four areas: major achievements in the nominee's primary medical field, contributions to enhancing the role of women in medicine, leadership ability, and community service or involvement in professional medical organizations.

"Winning this award is an honor; I've been nominated four times," Elrod said. "Every time you're nominated, that in itself is a big honor because it shows the confidence that your chain of command has for you. So now that I've been presented this award, I believe that comes with responsibility to mentor junior female physicians and make sure that they have a path they can see for themselves, which is something that was lacking when I was a junior female physician."

This accolade is one of many that have been awarded to Elrod throughout her career. Elrod, who is a Naval Academy graduate, class of 1996, has received many honors and firsts for her experiences and time in Navy Medicine. Graduating from the Naval Academy, Elrod commenced ninth, but was the first varsity athlete graduate, as well as the first female graduate to be awarded the British Marshall Scholarship, which is a scholarship awarded by the British government to 40, usually graduating, college students nationwide. Elrod was also the 12th woman in Navy history to receive the Submarine Warfare insignia, or "dolphins," which is issued to naval personnel after they complete a complex, demanding and extensive program that incorporates learning each system

aboard a submarine.

"I spent three years as the medical department head at Naval Submarine Support Command Pearl Harbor in Hawaii," Elrod said. "It was expected that anyone in that position would go through the qualifications and earn submarine dolphins; the fact that I was a female did make things more challenging, as there were rules at the time that prevented women from being stationed or deployed on submarines."

Elrod has served at several military treatment facilities (MTFs), including an internship at Walter Reed National Military Medical Center in Bethesda, Md., a pediatric residency at Naval Medical Center San Diego and a fellowship in Developmental and Behavioral Pediatrics at Madigan Army Medical Center in Tacoma, Wash. She has been at NMCP for four years and currently serves as the associate director of DPE, and is responsible for running seven departments.

"Being at NMCP has impacted me as a physician because when I first arrived here at the medical center I didn't have that network," Elrod said. "It was a challenge to really find my path, but NMCP has given me a lot of opportunities and there are some amazing people here that have been very supportive of my career."

“ Winning this award is an honor; I’ve been nominated four times ... So now that I’ve been presented this award, I believe that comes with responsibility to mentor junior female physicians and make sure that they have a path they can see for themselves, which is something that was lacking when I was a junior female physician.

Cmdr. Marilisa Elrod

Elrod believes her physician-scientist education and Navy background have complemented each other very well during her time at NMCP.

"The Navy does not have flexibility for medical personnel to engage in research as a primary duty unless they are stationed at a non-clinical duty station," Elrod said. "As Graduate Medical Education is a primary mission at large MTFs like NMCP, research and teaching are encouraged and supported in addition to clinical duties. It has been my mission here to support researchers to increase their productivity and improve the quality of their scholarly products."



MC3 Adam Ferrero

Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79) reaches another milestone in its construction as their dry dock area is flooded three months ahead of its slated production schedule leading up to the christening of the second Ford-class aircraft carrier, scheduled for Dec. 7.

KENNEDY | Ship has been under construction at Newport News location since 2015

Continued from A1

a double plank owner.

“Being assigned to the future John F. Kennedy allows me another chance to start from ground zero, streamline processes, and bring the ship to life,” said Scarbrough, who has served 17 years in the Navy, and received her

naval commission in March 2019. Scarbrough has previously served on USS Enterprise (CVN 65), USS Harry S. Truman (CVN 75), and USS Gerald R. Ford (CVN 78).

While Scarbrough brings experience on both Nimitz and Ford-classes of aircraft carriers, Senior Chief Logistics Specialist David Adkins, brings his experience serving

on board the first USS John F. Kennedy (CV 67).

“I embarked on board USS John F. Kennedy while assigned to VFA-81 in 2004,” said Adkins, an 18-year veteran from Jacksonville, Florida. “For me being part of ship’s company now is definitely a point in my career where I have gone full circle.”

Marzano, who served on board USS Abraham Lincoln (CVN 72) while undergoing maintenance at Newport News Shipbuilding during the same time the keel of the future

John F. Kennedy was laid, emphasized his perspective in leading his crew throughout the ship’s construction.

“CVN 79 has come a long ways since I first observed initial construction in the dry dock back in 2015 following the keel laying,” said Marzano. “At that point I had no idea I’d be fortunate enough to be the ship’s first commanding officer and I’m incredibly honored, humbled, and excited to be given the opportunity to lead such an amazing team of high quality crewmembers.”



Petty Officer 1st Class Torrey Lee

The Arleigh Burke class guided-missile destroyer USS John S. McCain (DDG 56) departs Fleet Activities Yokosuka to conduct comprehensive at-sea testing. This is the first underway for John S. McCain since its collision in 2017. John S. McCain is assigned to Destroyer Squadron (DESRON) 15 and forward-deployed to Yokosuka, Japan.

MCCAIN | Ship completed necessary repairs to conduct at-sea testing

Continued from A1

completed her in-port phase of training, and will continue Basic Phase at-sea training in the upcoming months to certify in every mission area the ship is required to perform and prepare for return to operational tasking,

“The USS John S. McCain embodies the absolute fighting spirit of her namesakes, and shows the resiliency of our Sailors. She has completed her maintenance period with the most up-to-date multi-mission offensive and

defensive capabilities, preparing her to successfully execute a multitude of high-end operations,” said Capt. Steven DeMoss, commander, Destroyer Squadron 15. “As a guided-missile destroyer assigned to Destroyer Squadron 15, the John S. McCain is poised and ready to contribute to the lethal and combat ready forward-deployed naval force in the free and open Indo-Pacific region.”

John S. McCain completed repairs and extensive, accelerated upgrades over the last two years, following a collision in August 2017.

“This whole crew is eager to get back to sea, and that’s evident in the efforts they’ve made over the last two years to bring the ship back to fighting shape, and the energy they’ve put into preparing themselves for the rigors of at-sea operations,” said Cmdr. Ryan T. Easterday, John S. McCain’s commanding officer. “I’m

“ This whole crew is eager to get back to sea, and that’s evident in the efforts they’ve made over the last two years to bring the ship back to fighting shape, and the energy they’ve put into preparing themselves for the rigors of at-sea operations.”

Capt. Steven DeMoss

extremely proud of them as we return the ship to sea, and return to the operational fleet more ready than ever to support security and stability throughout the region.”

Multiple upgrades to the ship’s computer network, antenna systems, radar array, combat weapons systems and berthing have en-

sured John S. McCain will return to operational missions with improved capability and lethality.

John S. McCain, is assigned to Destroyer Squadron (DESRON) 15, the Navy’s largest forward-deployed DESRON and the U.S. 7th Fleet’s principal surface force.



TOYOTA

THANKS TO ALL THE BRAVE MEN AND WOMEN
FOR YOUR SERVICE TO OUR COUNTRY.



NOW GET



\$750

U.S. Military
Incentive¹

CAN BE COMBINED WITH TOYOTA SPECIAL CASH
BACK OR SPECIAL FINANCING OR SPECIAL LEASES!



2019 RAV4

1.9%

OR

\$10000

APR FINANCING
FOR 60 MONTHS²

BUY WITH UP TO

TOTAL
CASH ALLOWANCE³

2020 COROLLA

BUY WITH UP TO

\$10000

TOTAL
CASH ALLOWANCE³

2019 HIGHLANDER

1.9%

OR

\$30000

APR FINANCING
FOR 60 MONTHS²

BUY WITH UP TO

CASH BACK
FROM TOYOTA⁴

2019 CAMRY

BUY WITH UP TO

\$20000

CASH BACK
FROM TOYOTA⁴

2019 4RUNNER

\$750

CASH BACK
FROM TOYOTA⁴

2019 TACOMA

\$15000

CASH BACK
FROM TOYOTA⁴

2019 TUNDRA

\$30000

CASH BACK
FROM TOYOTA⁴

CASEY TOYOTA

601 East Rochambeau Drive • Williamsburg
757.259.1000 • caseytoyota.com

CHARLES BARKER
TOYOTA

1877 Laskin Road • Virginia Beach
757.437.4000 • charlesbarkertoyota.com

CHECKERED FLAG
TOYOTA

5301 Virginia Beach Blvd. • Virginia Beach
757.490.1111 • toyota.checkeredflag.com

FIRST TEAM TOYOTA

3400 Western Branch Blvd. • Chesapeake
833.628.1653 • firstteamtoyota.com

GLOUCESTER TOYOTA

6357 George Washington Memorial Hwy. • Gloucester
804.693.2100 • gloucestertoyota.com

PEARSON TOYOTA

12978 Jefferson Ave. • Newport News
757.874.6000 • pearsontoyotascion.com

PRIORITY TOYOTA
CHESAPEAKE

1800 Greenbrier Parkway • Chesapeake
757.213.5000 • prioritytoyotachapeake.com

PRIORITY TOYOTA HAMPTON

2301 W. Mercury Blvd. • Hampton
757.838.5000 • prioritytoyotahampton.com



TOYOTA

buyatoyota.com

Every new Toyota comes with
ToyotaCare
No Cost Service & Roadside⁵

¹\$750 REBATE OFFERED BY TOYOTA MOTOR NORTH AMERICA, INC. AND MAY BE APPLIED TOWARD FINANCE OR LEASE CONTRACTS ON NEW TOYOTA VEHICLES, DATED FROM SEPTEMBER 30, 2019 THROUGH NOVEMBER 4, 2019. TO QUALIFY FOR THE REBATE, AT THE TIME OF PURCHASE OR LEASE YOU MUST (1) BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE, SELECTED RESERVE AND INACTIVE NATIONAL GUARD; OR A MILITARY VETERAN OR RETIREE (RETIRES HONORABLY DISCHARGED) OF THE U.S. MILITARY WITHIN TWO YEARS OF THEIR DISCHARGE/RETIREMENT DATE; OR A HOUSEHOLD MEMBER OF AN ELIGIBLE U.S. MILITARY PERSONNEL, INCLUDING GOLD STAR FAMILY MEMBERS; AND (2) PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE; (3) RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENT FOR YOUR NEW VEHICLE; AND (4) RECEIVE CREDIT APPROVAL FROM AND EXECUTE A FINANCE OR LEASE CONTRACT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. **NOT ALL APPLICANTS WILL QUALIFY.** ON LEASE CONTRACTS, REBATE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, REBATE MUST BE APPLIED TOWARD THE DOWN PAYMENT. LIMIT ONE REBATE PER FINANCE OR LEASE TRANSACTION PER ELIGIBLE U.S. MILITARY PERSONNEL OR ELIGIBLE HOUSEHOLD MEMBER. OFFER NOT COMBINABLE WITH THE COLLEGE GRADUATE REBATE PROGRAM, THE IFI PROGRAM, AND THE LEASE-END REFI PROGRAM. VEHICLE MUST BE TAKEN OUT OF DEALER STOCK. TERMS, CONDITIONS AND RESTRICTIONS APPLY. PROGRAM IS NOT AVAILABLE IN AL, FL, GA, HI, NC, AND SC. REBATE TERMS MAY BE MORE GENEROUS IN YOUR LOCAL AREA. ASK YOUR PARTICIPATING DEALER ABOUT THE MILITARY REBATE TERMS IN YOUR AREA. MUST PAY SALES TAX. VOID WHERE PROHIBITED BY LAW. NOT REDEEMABLE FOR CASH. TOYOTA FINANCIAL SERVICES IS A SERVICE MARK OF TOYOTA MOTOR CREDIT CORPORATION (TMCC). TMCC IS THE AUTHORIZED ATTORNEY-IN-FACT AND SERVICER FOR TOYOTA LEASE TRUST. **EXCLUDES HYBRIDS.** 1.9% APR FINANCING UP TO 60 MONTHS AVAILABLE TO QUALIFIED BUYERS THRU TOYOTA FINANCIAL SERVICES. TOTAL FINANCED CANNOT EXCEED MSRP PLUS OPTIONS, TAX, TITLE, LICENSE AND DEALER FEES. 60 MONTHLY PAYMENTS OF \$17.48 AT 1.9% FOR EACH \$1000 BORROWED. **NOT ALL BUYERS WILL QUALIFY.** **EXCLUDES HYBRIDS.** \$1000 TOTAL CASH ALLOWANCE CUSTOMERS CAN RECEIVE \$750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT. CUSTOMER MAY ALSO RECEIVE A \$250 FINANCE CASH INCENTIVE FROM TOYOTA. THE FINANCE CASH INCENTIVE IS ONLY AVAILABLE WITH NON-SUBVENTED RATES TO QUALIFIED BUYERS IF VEHICLE IS PURCHASED AND FINANCED THROUGH TOYOTA FINANCIAL SERVICES. INCENTIVE WILL BE APPLIED FIRST TO DOWN PAYMENT. **NOT ALL BUYERS WILL QUALIFY.** ONE INCENTIVE PER FINANCE TRANSACTION. *CUSTOMERS CAN RECEIVE \$750 CASH BACK FROM TOYOTA ON 4RUNNER (EXCLUDES TRD PRO); \$1500 CASH BACK FROM TOYOTA ON TACOMA; \$2000 CASH BACK FROM TOYOTA ON CAMRY; \$3000 CASH BACK FROM TOYOTA ON HIGHLANDER (EXCLUDES HYBRIDS) AND TUNDRA (EXCLUDES TRD PRO) OR CAN APPLY CASH BACK TO DOWN PAYMENT. **ALL OFFERS:** OFFERS MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED OTHERWISE. DEALER FEES ARE EXTRA. VEHICLE SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. ACTUAL MODEL MAY VARY. DELIVERY MUST BE TAKEN FROM DEALER STOCK BY 11/4/19 AND IS SUBJECT TO AVAILABILITY. LEASE, APR AND CASH BACK OFFERS MAY NOT BE COMBINED. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS. **OFFERS END 11/4/19.** ⁵TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.



**Wasp
transits
Strait of
Magellan**
The amphibious assault ship
USS Wasp (LHD 1) navigated
the Strait of Magellan Oct.
24-25, while conducting a
home port shift to Norfolk Va.
See **B4**

SECTION B | FLAGSHIPNEWS.COM | 10.31.2019



MC3 Maxwell Anderson
Electronics Technician 2nd Class Tristan Lamy, assigned to the Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66), sees his daughter walk for the first time during the ship's return to homeport.

USS GONZALEZ RETURNS FROM DEPLOYMENT

The Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66) returns to Naval Station Norfolk. Gonzalez completed a deployment to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

MC2 Jacob Milham



From U.S. 2nd Fleet Public Affairs

NORFOLK

The Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66) returned to its homeport of Norfolk, Oct. 26

The ship is returning home after a successful seven and a half-month deployment under U.S. 2nd, 5th, and 6th Fleets.

"Gonzalez's performance during an independent Ballistic Missile Defense (BMD) deployment was outstanding," said Cmdr. Christopher Schwarz, commanding officer of Gonzalez. "All missions were met supporting regional and national goals."

In U.S. 5th Fleet Area of Operation (AOO), Gonzalez conducted BMD in the Arabian Gulf, participated in several joint exercises with partner nations, and ensured freedom of navigation through the Strait of Hormuz. Selected as one of the first ships at the stand-up of Operation Sentinel, Gonzalez conducted 20 merchant vessel escorts through the Strait of Hormuz, ensuring the free flow of commerce and freedom of navigation through a major waterway that is crucial to the global economy.

See **GONZALEZ** | **B7**

Comfort arrives in Jamaica to provide medical assistance

By MC3 Maria Llanos,
U.S. Naval Forces Southern Command / U.S. 4th Fleet

KINGSTON, JAMAICA

The hospital ship USNS Comfort (T-AH 20) arrived in Kingston, Jamaica, for its eleventh medical mission stop in Central America, South America and the Caribbean, Oct. 25.

While in Kingston, U.S. service members and medical professionals will work alongside partner and host nation staff to provide much-needed medical assistance in communities with urgent health care needs and demonstrate the commitment to strengthen regional medical capacity.

"We are happy to welcome the USNS Comfort for its third visit to Jamaica," said Donald R. Tapia, U.S. ambassador to Jamaica. "This visit underscores the longstanding partnership between our nations and the support of the American people."

Comfort's team consists of more than 900 personnel, including medical specialists from

the U.S. military, non-governmental organizations volunteers, and personnel from partner nations.

"We are humbled to stand with our partners as we strive to improve public health, strengthen security, and promote prosperity in the region," said Capt. Patrick Amersbach, commanding officer, Comfort Medical Treatment Facility. "Our team is excited and ready to continue its promise of partnership during our visit to Kingston."

This marks the third Comfort visit to Jamaica and the seventh to the region since 2007. The embarked medical teams will provide care aboard Comfort and at a shore-based medical site.

This mission stop is part of 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.



MC2 Nall Morgan

The hospital ship USNS Comfort (T-AH 20) is anchored off the coast of Kingston, Jamaica as it prepares for a six-day medical mission, Oct. 25, 2019. 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.

Monster movie misgivings

By Lisa Smith Molinari

In 26 years of marriage, long-standing feuds have formed between my husband and me, never to be resolved. Which direction the toilet roll should be mounted. Where bowls go in the dishwasher. Whether it is insensitive to one’s passengers to insist on driving with the car windows down when the outside temperature is under 50 degrees.

But the debate that occurs most often these days, just about every weekend in fact, and often involves implicating our own children as unwitting pawns in the conflict, is what movies we will watch.

Admittedly, I am quite persnickety about my movies. I love classic mob flicks, intelligent humor, dramatic suspense and psychological thrillers. Of course, excellent acting and direction is a must. Although my preferences have been the same for 30 years (I was a huge “Godfather” fan in my early 20s), my likes and dislikes are appropriate for a woman of my mature age and life experiences.

My husband, Francis, on the other hand, has the film inclinations of a college freshman. Nothing could fulfill his Saturday night entertainment fantasies more than a pitcher of margaritas, a pizza, and a double feature of “Seed of Chucky” and “Children of the Corn: Final Sacrifice.”

I discovered Francis’ penchant for really bad horror films early in our marriage. He was stationed in Washington, D.C., as a young Navy Lieutenant, and a few months after our wedding, we found ourselves at a Blockbuster movie rental store scanning rows of VHS tapes in search of something to enhance an otherwise dull Friday night.

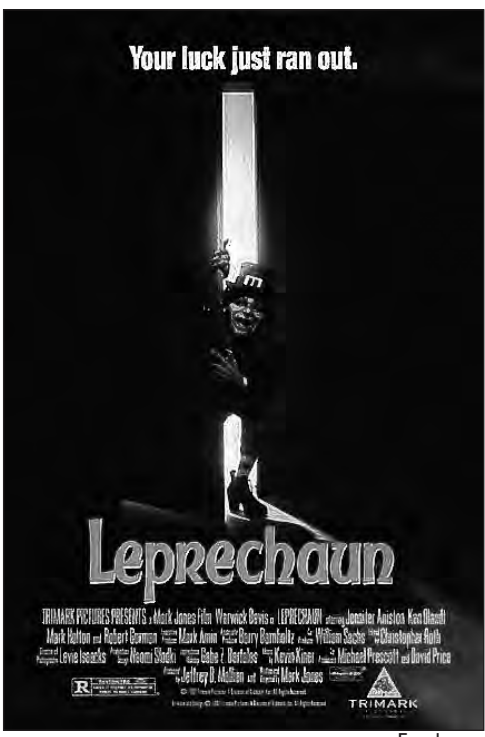
After I diplomatically rejected his bizarre suggestion of “Dust Devil” and tried to lead him toward the display of Academy Award-nominated films, Francis plucked a cassette from the new release section and exclaimed excitedly, “I’ve heard this is SO good! We have to watch it... C’mon, you’ll love it, I promise!”

That movie was, regrettably, “Leprechaun.”

One might think that, after viewing this second-rate horror film about a shoe-cobbling evil leprechaun hell bent on blood-splattered murder and mayhem, I would have learned not to trust my husband’s movie picks. But over the course of our marriage, I would fall prey to his false promises over and over.

Although I never agreed to watch “Leprechaun” again, much less any of the many horrid sequels – “Leprechaun 2,” “Leprechaun 3,” “Leprechaun 4: In Space,” “Leprechaun: In the Hood,” “Leprechaun: Back 2 Tha Hood,” “Leprechaun Origins,” and “Leprechaun Returns,” which incidentally have scores averaging 13 percent on Rotten Tomatoes – I somehow found myself getting duped by Francis into watching scores of bad movies over the years. And when our kids were old enough, they were used as unknowing allies in Francis’ battle for bad scary movies.

It happens the same way every weekend. Friday rolls around, and we decide to stay in, light a fire, pop some popcorn, and snuggle up for a good flick. The cozy imagery of that scene lulls me into a vulnerable state, and I wander dreamily off to the kitchen for snacks. While I am popping the corn, Francis, in his stretchy sweatpants and sheepskin slippers, lights the fire, then plunks down on the couch with the clicker to peruse our options. Somehow, of the hundreds of excellent movies on demand, HBO, Showtime, Cinemax, Netflix and Amazon Prime, his attentions are caught by “Puppet Master: The Littlest Reich,” “The



Fandango

Nun,” “Happy Death Day,” “Creep 2,” “The Evil Within,” and “Hell Fest.”

While I’m in the kitchen obliviously pouring us two glasses of wine, Francis clandestinely brainwashes one or two of our kids into an alliance, knowing he will need a majority to fend off my inevitable objections. By the time I enter the family room, I’ve been outnumbered, and must resign myself to zombies attacking sorority houses; ritualized killings in Scandinavian cults; the umpteenth reincarnation of Jason; endless “found footage” of paranormal activity; and every manner of killer clown, evil doll and chainsaw-wielding psychopath known to American viewing audiences.

This week, I got excited that “Goodfellas” was being rerun on Cinemax until, to my horror, Francis informed me that IFC is airing a Friday night Leprechaun movie marathon. Here we go again.



iStock

TRICARE pharmacy copayments to increase starting Jan. 1, 2020

By TRICARE

On Jan. 1, some copayments for your prescription drugs will increase. If you get your prescriptions through the TRICARE Pharmacy Home Delivery or at a retail network pharmacy, you’ll pay anywhere from \$2 to \$7 more starting Jan. 1. Congress made this change in the National Defense Authorization Act for Fiscal Year October 1 - September 30, 2018.

There’s still no cost to fill your prescriptions at military pharmacies. And these cost changes don’t apply to active duty service members (ADSMs). If you’re an ADSM, you still pay nothing for your covered drugs at military and network pharmacies.

“Military pharmacies remain to be your lowest cost option,” said U.S. Air Force Lt. Col. Melissa Pammer with the Pharmacy Operations Division at the Defense Health Agency. “Your next lowest cost is if you use the TRICARE Pharmacy Home Delivery.”

TRICARE PRESCRIPTION DRUG CATEGORIES

Your prescription copayments vary based on pharmacy type. Also, they vary based on the drug category. TRICARE groups prescription drugs into one of four categories. This grouping is based on the medical and cost effectiveness of a drug compared to other drugs of the same type.

As outlined in the TRICARE Pharmacy

Program Handbook, the drug categories include:

- **Generic formulary drugs:** These drugs are widely available. You have the lowest out-of-pocket costs for these drugs.
- **Brand-name formulary drugs:** These drugs are generally available to you. Plus, they offer you the second lowest copayment.
- **Non-formulary drugs:** A drug in a therapeutic class that isn’t as clinically or cost-effective as other drugs in the same class. You pay a higher cost share for these drugs.: These drugs may have limited availability. You have higher copayments for these drugs. Also, there’s generally an alternative formulary drug that you can get. It’s often more cost effective, and equally or more clinically effective.
- **Non-covered drugs:** TRICARE doesn’t cover these drugs. If you choose to purchase a non-covered drug, you’ll pay 100% of the drug’s cost. These drugs are either not clinically effective, or as cost effective as other drugs offered. They may also pose a significant safety risk that may outweigh any potential clinical benefit.

To learn more, you can download the TRICARE Pharmacy Program Handbook from the Publications page.

PHARMACY COPAYMENT INCREASES

TRICARE Pharmacy Home Delivery

If you use home delivery, your copayments for up to a 90-day supply of generic formulary

drugs will increase from \$7 to \$10. For brand-name formulary drugs, your copayments will increase from \$24 to \$29. Your copayments for non-formulary drugs when you don’t have a medical necessity will increase from \$53 to \$60.

TRICARE retail network pharmacies

At a retail network pharmacy, your copayments for up to a 30-day supply of generic formulary drugs will increase from \$11 to \$13. For brand-name formulary drugs, the increase is from \$28 to \$33. Non-formulary drugs will increase from \$53 to \$60.

Non-network pharmacies

At a non-network pharmacy, you must pay the full price of the drug. After meeting your annual deductible, you may submit a claim for partial reimbursement. Non-network pharmacy costs remain the same if you use TRICARE Prime. With TRICARE Prime, you’ll pay a 50% cost-share after a percentage of the total cost of a covered health care service that you pay. after meeting your point-of-service deductible for covered drugs.

For all other health plans, non-network pharmacy costs are as follows:

- Generic formulary drugs and brand-name formulary drugs will cost \$33 (up from \$28) or 20% of the total cost, whichever is more, after you meet your annual deductible.
- Non-formulary drugs will cost \$60 (up from \$53) or 20% of the total cost, whichever is more, after you meet your annual deductible.

Copayments for survivors of ADSMs are the same as the 2017 rates. The copayments remain the same for medically retired service members and their family members, too.

For the latest TRICARE pharmacy costs, you should visit TRICARE Costs. To learn more about your pharmacy benefit, visit Pharmacy on the TRICARE website.



Q: We have a large, blended family. Some of our children live with us full-time, others do not. How do we know the size of house we are eligible for? What if the size we are eligible for will not be sufficient when all of the children are with us?

A: Navy policy outlines the general bedroom availability for families. In general, a child 6 years of age or older should not share a bedroom with a child of the opposite sex. A child 10 years of age or older is eligible for a separate bedroom and should not be required to share a bedroom. The conditions in the policy apply to children that are qualified as dependents and where inventory permits. To be considered a dependent, the child must live with you for more than 6 months. Please contact your local HSC to discuss your specific situation.

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

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

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



FLEET & FAMILY SUPPORT CENTERS
MID ATLANTIC

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

www.cnmc.navy.mil/navylifema

**Safe Helpline**

Sexual Assault Support for the DoD Community

Live • 24/7 Help • Confidential • Worldwide 24/7

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



For confidential victim assistance, visit www.SafeHelpline.org



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



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

SECNAV VISITS USS GERALD S. FORD



MCSA Angel Jaskuloski

Secretary of the Navy Richard V. Spencer manned the helm of USS Gerald R. Ford's (CVN 78) with the assistance of Boatswain's Mate 2nd Class Allen Jen, from San Jose, assigned to Ford's deck department, during a visit to the ship at sea. Secretary Spencer visited Ford as the ship conducts sea trials following its 15 month post-shakedown availability.



Secretary of the Navy Richard V. Spencer addresses the crew of USS Gerald R. Ford (CVN 78) via the ship's 1MC during a visit to the ship at sea.



Above, Secretary of the Navy Richard V. Spencer looks down into USS Gerald R. Ford's (CVN 78) lower upper stage 1 advanced weapons elevator (AWE) during a visit to the ship at sea.

Right, Secretary of the Navy Richard V. Spencer rides Ford's utility elevator onto the flight deck of USS Gerald R. Ford (CVN 78) during a visit to the ship at sea.



Secretary of the Navy Richard V. Spencer, third from left, watches a demonstration of USS Gerald R. Ford's (CVN 78) upper stage 1 advanced weapons elevator (AWE) from the flight deck during a tour of the ship at sea.



MC1 Daniel Barker

Sailors observe the Andes Mountains from the flight deck of the amphibious assault ship USS Wasp (LHD 1) as the ship transits the Strait of Magellan around the southernmost point of mainland South America. Wasp is currently conducting a homeport shift from Sasebo, Japan to Norfolk.

Wasp transits Strait of Magellan

By MCC Andrew McCord
USS WASP (LHD 1)

ATLANTIC OCEAN

The amphibious assault ship USS Wasp (LHD 1) navigated the Strait of Magellan Oct. 24-25, while conducting a homeport shift to Norfolk.

The evolution took approximately 26 hours and covered just over 360 nautical miles marking the completion of the Pacific Ocean portion of Wasp’s Southern Seas 2019 transit.

“Transiting the Strait of Magellan aboard a naval vessel is a once-in-a-lifetime opportunity for many Sailors, however at the same time it is also an incredibly difficult

evolution which requires extreme attention to detail and excellent seamanship,” said Wasp Commanding Officer Capt. Greg Baker. “Our entire team performed impeccably for the duration of the transit, demonstrating a keen level of ability coupled with professionalism, bringing us safely and capably from the Pacific to the Atlantic.”

The Strait of Magellan is a natural passage between the Atlantic and Pacific oceans located immediately south of mainland Chile. It has been traveled by explorers throughout modern history and is difficult to navigate due to frequent narrows and unpredictable winds and currents.

"Historically, there are only a few ways

to get from the Pacific to the Atlantic Ocean. Before the completion of the Panama Canal the Strait of Magellan was considered the safest of these. There were, and are, still precautions that had to be taken due to the frequent storms, high winds and variable currents,” said Wasp Navigator Lt. Cmdr. Roger Gonzalez. “I would not call the weather systems that roll through this region benign. There are always storms that pass through bringing high winds and heavy seas therefore, timing that correctly was important to the safety and comfort of the ship and crew. Besides the chart preparations and timing, a lot of thought was also given to the human factors of the transit.”

Wasp last passed through the Strait of Magellan at the end of 2017 on her way to Sasebo, Japan where she served nearly two years forward deployed in U.S. 7th Fleet as the Amphibious Squadron 11 flagship.

During the transit, Wasp at times steamed only a few miles from land and gave Sailors an opportunity to view the

snowcapped mountains found throughout the strait.

“For a Navigator, this is an ‘all work evolution’. Most of my thoughts were consumed with courses, speeds and timelines,” said Gonzalez. “However, when I had a break from duties on the bridge I was in awe at the beauty of the transit. The high mountains with snow caps and the discrete lighthouses that line the transit all make for a picturesque experience. I may never get the chance to do something like this again so I’m grateful for the experience.”

Wasp is currently operating in the U.S. Southern Command and Fourth Fleet area of responsibility giving her an opportunity to build and maintain relationships with partner nations in South America through training engagements and regularly scheduled port visits.

U.S. Southern Command and Fourth Fleet area of responsibility encompasses the Caribbean, Central America, South America and surrounding waters.

- the -

PERFECT WEBSITE

for a military family!

MILITARY NEWS

Your online military connection to Hampton Roads

INTRODUCING MILITARYNEWS.COM

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

RELOCATION INFO

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

DISCOUNTS & DEALS

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

EVENTS & CALENDAR

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

MILITARY NEWS & BLOGS

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

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



USS Constitution is tugged through the Boston harbor during Constitution’s birthday cruise. Constitution got underway to celebrate the ship’s 222nd. Birthday and the Navy’s 244th Birthday. MCSA Alec Kramer

USS CONSTITUTION MARKS 10TH ANNIVERSARY AS AMERICA’S SHIP OF STATE

By MC3 Casey S Scoular
USS Constitution

This year marks USS Constitution’s 222nd birthday – the big triple two. Our ship was launched into Boston Harbor on Oct. 21, 1797, making her the oldest commissioned warship afloat in the world.

This year also marks another big milestone. October marks the 10th anniversary of Constitution being designated America’s Ship of State.

On Oct. 28, 2009, Congress signed the National Defense Authorization Act, in which section 1022 designates USS Constitution as America’s Ship of State, by law.

But why? With so many titles and accomplishments, ranging from “Old Ironsides”, the Eagle of the Seas to Boston’s only undefeated team (33-0)... why add America’s Ship of State to the mix? What exactly does a ship of state do?

Well, before we get into that, let’s look at how USS Constitution earned her awesome reputation and other titles.

At the start of her national service, USS Constitution protected America’s merchants during the Quasi War with France and had a few at-sea Ws under her belt by the time she finished mopping up corsairs during the first Barbary War.

Her record at this time is 17-0; however, her greatest test was still to come. The powerful British Royal Navy.

The British were fighting Napoleonic France at sea and they needed men for their Navy so they decided to start taking our Navy Sailors and forcibly drafting them into the Royal Navy. Not cool! The United States was fed up with this practice and the trade restrictions imposed against neutrals, so we declared war on Britain... so began the War of 1812.

At the outset of the war, we were looking at David and Goliath odds. The American people feared they would be back under

British rule again because Britain had the best Navy in the world. After the British naval victories over the French, Spanish, and Dutch navies during the Napoleonic Wars, the Royal Navy was seen as invincible.

But Isaac Hull and the crew of USS Constitution changed that.

USS Constitution faced HMS Guerriere in August of 1812 and defeated her in our Navy’s first frigate-to-frigate battle at sea. She earned the nickname ‘Old Ironsides’ during that fight when cannonballs were seen bouncing harmlessly off the side of her tough live oak hull. Huzzah!

The American people welcomed Captain Isaac Hull and his crew back to Boston as heroes.

Constitution’s victory had given the American people the hope they so desperately needed and proved that the Royal Navy could be beaten.

Constitution delivered more victories, defeating another British frigate, HMS Java.

The Royal Navy’s confidence was shook, and their admiralty commanded their captains to not engage American frigates unless in squadron force (two or more against one).

USS Constitution answered the challenge, simultaneously defeating both HMS Cyane and HMS Levant in the last phase of the war.

In 1815, the National Intelligencer, a famous newspaper of the day, claimed Constitution had become a symbol of the up and coming United States.

“Let us keep Old Ironsides at home, she has literally become the nation’s ship and should thus be preserved in honorable pomp, as a glorious monument of her own and our other naval victories.”

Constitution became a symbol of the American people and our ability to triumph over seemingly unbeatable odds.

In the late 1820s, Constitution was awaiting repairs. Incorrectly, believing that the ship was destined for the scrapyard, Oliver Wendell Holmes, wrote a poem in 1830 to implore the government not to destroy this symbol of the United States.

His poem, titled “Old Ironsides” motivated the citizens of Boston as well as the nation to demand Constitution’s immediate repair.

Aye tear her tattered ensign down
Long has it waved on high,
And many an eye has danced to see
That banner in the sky;
Beneath it rung the battle shout,
And burst the cannon’s roar;—
The meteor of the ocean air
Shall sweep the clouds no more.

Constitution was repaired and put back into service.

Her World Cruise, from 1844 to 1846, exhibited the American flag around the world.

Now claiming the title of 32-0, she would claim one last victory at sea. On Nov. 3, 1853, while combating the slave trade, she captures an American slaving vessel, H.N. Gambrell, cementing her score at 33-0.

In 1860, USS Constitution evacuated the midshipmen from the United States Naval Academy at Annapolis to Newport, R.I., in fear that the Confederates would capture the city and the beloved ship.

She served as a training ship from the 1860s until the 1880s when she was taken off the active duty roster and resigned to service in Portsmouth, N.H.

In 1896, President Kennedy’s Grandfather, Congressman John Fitzgerald, successfully campaigned to have Constitution moved back to Boston for her 100th birthday.

Again, the citizens of Boston and the United States wanted Constitution to be honored and revered for her service.

During the early portion of the 20th

century, Old Ironsides was in Boston and began falling into disrepair. The Navy said they would restore her, but they could not fund the full extent of the work needed...

Unsurprisingly, there was a huge outpouring of support, and people from all over the United States contributed funds to the restoration. School children from across the country even donated their pennies to see Constitution restored.

The “Pennies Campaign” was a huge success, and from 1931-1934, Constituion traveled around the country on a “National Cruise” to thank the citizens of the nation for their donations.

As far away from Boston as Bellingham, Washington, on the North West Coast, huge crowds of people came to see her. In the Puget Sound area alone, she attracted a crowd of more than 500,000 people!

She was loved by all as a symbol of the United States.

She even served during WWII, as a receiving barracks for troops transitioning between duty stations.

In 1976, the bicentennial of the founding of the United States, she hosted the Queen of England on Queen Elizabeth II’s tour around the country. By now of course, our two countries are close allies.

Constitution represents the United States, from our ingenuity and fierce fighting spirit to our warm hospitality and friendship.

She has done so much for our country and the people of our country have expressed so many times how much they love ‘Old Ironsides’.

So to the question of why call her our Ship of State, I think the better question is what took us so long?

... but if you’re still wondering what exactly a Ship of State does, here’s what the aforementioned Defense Authorization Act states on the matter:

“It is the sense of Congress that the President, Vice President, executive branch officials, and members of Congress should use the USS Constitution for the conducting of pertinent matters of state, such as hosting visiting heads of state, signing legislation relating to the Armed Forces, and signing maritime related treaties.”

We take your business seriously.

Contact our dedicated team and reach over 92,500 readers each week throughout the Hampton Roads military community.

CONTACT US TODAY TO START ADVERTISING!
757.222.3990 | MILITARYNEWS.COM

MNV
MilitaryNews.com | MILITARY NEWSPAPERS OF VIRGINIA

FREE STUFF & Weekend Plans

Delivered to Your Inbox

Weekend Access offers exclusive contests for the military as well as events you won’t want to miss! This weekly E-newsletter is distributed every Thursday to 19,000 opt-in subscribers (and growing) in and around the Hampton Roads region.

Advertise Today!
757.222-3990 or ads@militarynews.com

Sign Up Today!



MC3 Nathan T. Beard
Capt. Jeffrey Anderson, commander, Carrier Air Wing Three, performs pre-flight checks inside the cockpit of an F/A-18E Super Hornet assigned to the Sidewinders of Strike Fighter Squadron (VFA) 86 on the flight deck of the aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike).

SAFE award recognizes collaborative efforts to reduce physiological events

By **Stephanie Slater,**
Naval Safety Center Safety Promotions Public Affairs

NORFOLK
Naval Safety Center (NAVSAFECEN) and members of the Navy and Marine Corps Physiological Event Rapid Response Teams (PERTT) were recognized, Oct. 14, with a team achievement award for their collaborative efforts to decrease physiological events.
The SAFE Association, a non-profit organization that facilitates a common ground for safety-minded professionals, bestowed the award. The award highlights the front-line investigative efforts by PERTT members to identify potential contributory and causal factors to help determine the root causes of unexplained physiological events (PE).

NAVSAFECEN supports the team’s efforts by providing feedback to the fleet in its role as the Navy’s and Marine Corps’ safety advocate to preserve warfighting capability and combat lethality by identifying hazards and reducing risk to people and resources.
The lines of evidence provided by the teams are a front line defense against future PEs, contributing to how the fleet can better understand, respond and mitigate the occurrence of PEs, said Cmdr. Corey Littel, NAVSAFECEN Aeromedical Division.
“The teams’ efforts contributed significantly to a decrease in PEs by 25 percent between 2018 and 2019,” Littel said.
A physiological event happens when pilots and aircrew experience loss in performance due to an aircraft or aircrew systems’ malfunction during flight. Physiological

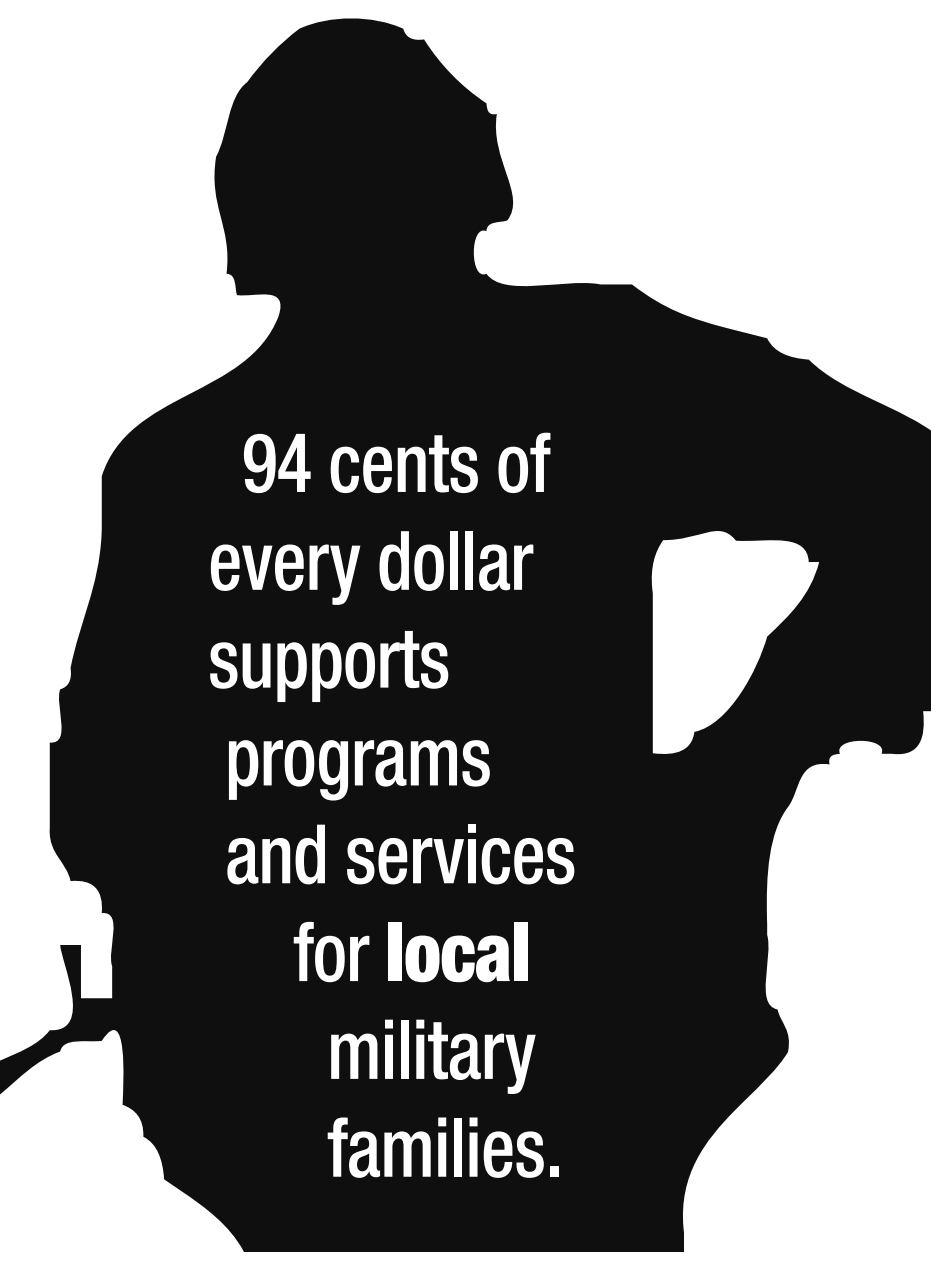
events are the number one safety concern for Commander, Naval Air Forces, according to the award nomination.
The PERTTs were formed in 2017 in response to high rates of PEs at the time. The 18 teams are comprised of safety, aeromedical and maintenance experts that provide the front line education and training to tactical aviation aircrew, Littel said.
“The increase in the knowledge base as a result of the PERTTs’ collective and holistic approach to PE investigations has produced better knowledge products with which to train our aircrew on the risks associated with PEs, and how the medical and maintenance communities are now responding to affected aircrew and aircraft to lessen future PE frequency,” he said.
“However, it is unlikely that PEs will

become eradicated because of the intricate relationship between human and machine,” Littel said.
“Human Systems Integration is always a challenge, and until such time that we have better technology available to monitor the performance of the human within the machine, it will be difficult, in my opinion, to determine with 100 percent certainty what is happening to our pilots when certain systems degrade in flight,” he said.
The systems that support our aircrew within the machine are being equipped with the latest technology to monitor, record and alert the aircrew and maintainers of existing or potential failures, Littel said.
“That is a huge step forward with understanding the root causes behind all types of physiologic episodes,” Littel said. “The goal is to have technology that would monitor and alert aircrew in a similar fashion while also providing data to the aeromedical community on in-flight human performance. Obtaining objective human data from within the cockpit remains a significant challenge.”



YOUR SOURCE FOR
NAVY NEWS
IN HAMPTON ROADS
PRINT. SOCIAL. ONLINE.

FOLLOW FLAGSHIP NEWSPAPER ON FACEBOOK
FOR THE LATEST NAVY NEWS



94 cents of every dollar supports programs and services for local military families.



Hampton Roads and Central Virginia





MC2 Jacob Milham

Cmdr. Christopher J. Schwarz, commanding officer of the Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66), greets his family as the ship returns to Naval Station Norfolk..



MC2 Jacob Milham

A Sailor assigned to the Arleigh Burke-class guided-missile destroyer USS Gonzalez greets his daughter as the ship returns to Naval Station Norfolk.

GONZALEZ | Ship returns after a successful seven and a half-month deployment under U.S. 2nd, 5th and 6th fleets

Continued from B1

Gonzalez conducted maritime security operations in the U.S. 6th Fleet AOO, supporting the fleet's mission of conducting the full spectrum of joint and naval operations, which are often conducted in concert with ally and inter-agency partners such as NATO in order to advance U.S. national interests and security and stability in Europe and Africa.

Throughout the ship's time at sea, Gonzalez participated in coalition exercises with Greece, France, Albania, Egypt, Saudi Arabia, and United Arab Emirates, furthering co-operation with maritime partners.

The ship conducted port visits in nine countries during the deployment: Spain, Albania, Greece, Egypt, Oman, Bahrain, United Arab Emirates, Qatar, and Cyprus. During the port visit to Albania, Gonzalez celebrated Albania's 10-year anniversary of joining the NATO Alliance.

"Our Sailors not only worked hard at sea, but they also worked hard ashore," said Cmdr. Timothy Battles, executive officer of Gonzalez. "In addition to repairing and replenishing the ship, our Sailors took the time to conduct many community service projects in the countries we visited and we hosted a reception aboard the ship in Cyprus to further demonstrate American good-will."

Gonzalez reports to U.S. 2nd Fleet until entering the maintenance phase of the Optimized Fleet Response Plan. U.S. 2nd Fleet exercises operational and administrative authorities over assigned ships, aircraft and landing forces on the East Coast and the North Atlantic. Additionally, it plans and conducts maritime, joint and combined operations as well as trains and recommends certification of combat ready naval forces for maritime employment and operations around the globe.



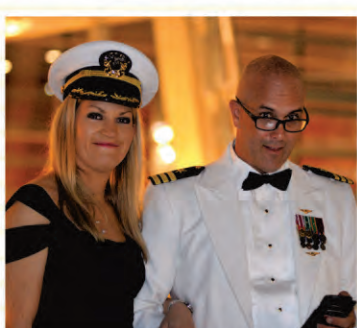
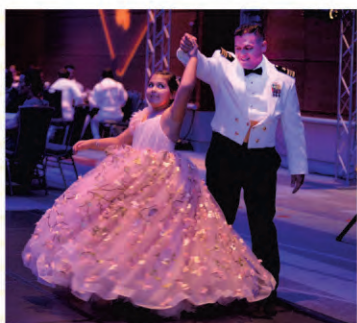
MC2 Jacob Milham

A Sailor assigned to the Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66) greets his little brother as the ship returns to Naval Station Norfolk.



MC3 Maxwell Anderson

Cmdr. Christopher Schwarz, commanding officer of the Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66), speaks during an interview during the ship's return to homeport.



2019 Hampton Roads

Navy Ball

PRESENTED BY
UNITED CONCORDIA[®] DENTAL

THANK YOU!

THANK YOU TO THE FOLLOWING BUSINESSES
FOR THEIR GENEROUS SUPPORT.

PRESENTING SPONSOR

UNITED CONCORDIA[®]
Protecting More Than Just Your Smile[®]

RED CARPET

Dillard's

GOLD

VIRGINIA BEACH
CONVENTION CENTER
EXCLUSIVE ON-SITE CATERING PROVIDED BY DISTINCTIVE GOURMET

VIP RECEPTION

LINCOLN
MILITARY
HOUSING
Every Mission Begins at Home[®]

SILVER

Adele
DIAMOND

SUPPORTING SPONSORS

FIRST
COMMAND[®]

Navy
Mutual

TABLE
SPONSORS

USAA[®]

GEICO[®]



Jon Pardi, Dierks Bentley, Dan+Shay headline Patriotic Festival in May

Atlantic Union Bank is pleased to announce the 16th annual Patriotic Festival scheduled for May 29 through May 31, 2020 at the Virginia Beach Oceanfront.

See C4

SECTION C | FLAGSHIPNEWS.COM | 10.31.2019



Military Family Festival costume contest winner poses for a photo at the Virginia Beach Convention Center, Oct. 27. Each October, the Military Family Festival provides local military families with a day of appreciation and fun.



Military Family Festival attendees pose for a photo at the Virginia Beach Convention Center, Oct. 27. Each October, the Military Family Festival provides local military families with a day of appreciation and fun.

2019 Military Family Festival features fall themed fun

By MCSN Daniel B. Serianni
Navy Public Affairs Support Element East

VIRGINIA BEACH

2019 Military Family Festival welcomed local military families with a day of appreciation and wholesome fun at the Virginia Beach Convention Center, Oct. 27.

The fall-themed festival offered various kid-friendly activities and Halloween treats while the parents were engaged with local companies that support the military lifestyle.

“I love seeing the kids come in with their creative costumes,” said Amie Holman, events manager at Virginia Media. “It’s hard to beat a smile on a kid’s face.”

The event featured free activities and events including games, costume contest, magic show, crafts, interactives, face painting, giveaways and a DJ.

“Kids come out and have a blast,” said Holman. “This event has great attendance, by the time the four-hour event is complete we’ll have over 3,000 people.”

Military Family Festival has taken place on the last Sunday of October for the past several years.

“I enjoy the event because we get to connect with our currently serving service members,” said (Ret) U.S. Navy Lt. Cmdr. Joel Vargas, military affairs rep at USAA. “You also get every part of the family to talk and meet with, because the decision-maker isn’t always one person, so it’s great to have the opportunity to make sure they are taken care of and their needs are met.”

“We want the event to grow and can’t do that without the community’s support,” said Holman. The kids really enjoy it because it helps take their minds off the fact that a parent may not be here, because they are serving overseas. So if this helps take their mind off it, just for a little bit, we want more people to help us do that.”

Military Family Festival was hosted by The Flagship and Military Newspapers of VA.



A dance team performs during a dance competition at the Military Family Festival.



Military Family Festival attendees walk through the hall at the Virginia Beach Convention Center.



Military Family Festival attendee and stilt walker pose for a photo at the Virginia Beach Convention Center, Oct. 27.



Military Family Festival attendees pose for a photo at the Virginia Beach Convention Center, Oct. 27.



Jon Pardi, Dierks Bentley, Dan+Shay headline Patriotic Festival in May

Atlantic Union Bank is pleased to announce the 16th annual Patriotic Festival scheduled for May 29 through May 31, 2020 at the Virginia Beach Oceanfront.

See C4

SECTION C | FLAGSHIPNEWS.COM | 10.31.2019



Military Family Festival costume contest winner poses for a photo at the Virginia Beach Convention Center, Oct. 27. Each October, the Military Family Festival provides local military families with a day of appreciation and fun.



Military Family Festival attendees pose for a photo at the Virginia Beach Convention Center, Oct. 27. Each October, the Military Family Festival provides local military families with a day of appreciation and fun.

2019 Military Family Festival features fall themed fun

By MCSN Daniel B. Serianni
Navy Public Affairs Support Element East

VIRGINIA BEACH

2019 Military Family Festival welcomed local military families with a day of appreciation and wholesome fun at the Virginia Beach Convention Center, Oct. 27.

The fall-themed festival offered various kid-friendly activities and Halloween treats while the parents were engaged with local companies that support the military lifestyle.

"I love seeing the kids come in with their creative costumes," said Amie Holman, events manager at Virginia Media. "It's hard to beat a smile on a kid's face."

The event featured free activities and events including games, costume contest, magic show, crafts, interactives, face painting, giveaways and a DJ.

"Kids come out and have a blast," said Holman. "This event has great attendance, by the time the four-hour event is complete we'll have over 3,000 people."

Military Family Festival has taken place on the last Sunday of October for the past several years.

"I enjoy the event because we get to connect with our currently serving service members," said (Ret) U.S. Navy Lt. Cmdr. Joel Vargas, military affairs rep at USAA. "You also get every part of the family to talk and meet with, because the decision-maker isn't always one person, so it's great to have the opportunity to make sure they are taken care of and their needs are met."

"We want the event to grow and can't do that without the community's support," said Holman. The kids really enjoy it because it helps take their minds off the fact that a parent may not be here, because they are serving overseas. So if this helps take their mind off it, just for a little bit, we want more people to help us do that."

Military Family Festival was hosted by The Flagship and Military Newspapers of VA.



A dance team performs during a dance competition at the Military Family Festival.



Military Family Festival attendees walk through the hall at the Virginia Beach Convention Center.



Military Family Festival attendee and stilt walker pose for a photo at the Virginia Beach Convention Center, Oct. 27.



Military Family Festival attendees pose for a photo at the Virginia Beach Convention Center, Oct. 27.

Calendar

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



Courtesy photo

War of the Wings Festival

- Nov. 2, 1:00-6:00 p.m.
- Waterside District
- <https://www.eventbrite.com/e/war-of-the-wings-festival-tickets-69342227469>

Enjoy Norfolk's favorite wing festival with access to 40+ varieties of wings from 20 different spots, for only \$1 a wing! We'll have all-day entertainment with live music, wing-eating contests, games and more!



Courtesy photo

Sinbad

- Nov. 1-3
- Virginia Beach Funny Bone
- <http://vb.funnybone.com>

Ranked by Comedy Central as one of the "100 Greatest Standups of All Time," actor and comedian Sinbad has had audiences laughing for over three decades. Throughout his incredibly successful career as a stand-up comedian, Sinbad has starred in two Comedy Central specials and four HBO comedy specials. As an actor, Sinbad has been featured in leading roles in such films as JINGLE ALL THE WAY and GOOD BURGER, and on the FX super series, It's Always Sunny in Philadelphia.



Courtesy photo

"Fine Art 50" Fundraiser

- Nov. 1, 6:30-8:30 p.m.
- Virginia Beach Art Center
- artcentervb.org

As a fundraiser for the Virginia Beach Art Center, the members of The Artists Gallery have contributed fine art paintings, photographs, jewelry and sculpture that will sell at 50% off the normal price during the limited-time "Fine Art 50" event. All proceeds from these sales will support the educational and community programs of the non-profit Art Center. "Fine Art 50" will run 10 days and opens Nov. 1 with a gala reception, free and open to the public. Refreshments will be served and many participating artists will attend. Additional discounts may be found in artists' studios and on their exhibiting walls. The event will end Nov. 10.



Courtesy photo

Ferg Ferguson & Music by Keycentric

- Nov. 1, 6:30 p.m.
- Suffolk Center for the Arts
- <https://suffolkcenter.org/>

Join us Downstairs at the Center for dinner and jazz music by Keycentric, a contemporary jazz pianist based in Virginia Beach. Then stay for a laugh! Lamont "Ferg" Ferguson is a comedian/actor/writer that has traveled the road of entertainment for many years and entertained our troops. He's sure to have you in stitches!

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online. Please submit **events** here: www.militarynews.com/users/admin/calendar/event/ Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/

PURCHASE A BAG, SUPPORT NAVY-MARINE CORPS RELIEF SOCIETY

By Kristine Sturkie,
Navy Exchange Service Command Public Affairs

Over the past several years, NEX customers have been given the opportunity to support the Navy-Marine Corps Relief Society through the purchase of a \$5 benefit ticket. This year, from October 10 – November 11, customers can purchase a \$5 benefit reusable bag at select NEX locations. NEX customers can then shop with the reusable bag November 7 – 11 and receive \$10 off a qualified purchase of \$75 or more.

"For nearly a decade, countless active duty and retired Sea Service families have benefitted from support from NEX customers. This is an example of a perfect win-win partnership. The spring and fall Benefit Coupon sale attracts NEX patrons to shop and, as a result, the Navy-Marine Corps Relief Society receives thoughtful and much needed donations. Words are inadequate to express our appreciation for each patron's most generous support," said John Alexander, Vice President and Chief Development



NEXCOM
Public Affairs

and Communications Officer of the Navy-Marine Corps Relief Society.

Customers can purchase the benefit reusable bag at NEX Little Creek, Portsmouth, Norfolk and Oceana, Va.; NEX Pearl Harbor; NEX San Diego, North Island, Port Hueneme, Lemoore and Monterey, Calif.; NEX Jacksonville, Pensacola, Mayport, Key West, Whiting Field and Orlando, Fla.; NEX Whidbey Island, Bremerton, Bangor and Everett, Wash.; NEX Fallon, Nev.; NEX Great Lakes, Ill.; NEX Corpus Christi, Texas; NEX New Orleans, La.; NEX Kings Bay, Ga.; NEX Gulfport and Meridian, Miss.; NEX Mitchel Field, N. Y.; NEX

New London, Conn.; NEX Patuxent River, Bethesda and Annapolis, Md.; NEX Washington Navy Yard, D. C.; NEX Charleston, S. C.; NEX Newport, R. I.; NEX Memphis, Tenn.; NEX Yokosuka, Atsugi and Sasebo, Japan; NEX Naples and Sigonella, Italy; NEX Rota, Spain; NEX Guam and NEX Bahrain.

This is the ninth year that the NEX has provided its customers with a way to give back. Since 2011, NEX customers have donated over \$2 million to NM-CRS. Customers donated \$285,000 during the NEX benefit ticket campaign held this past spring.

NEXCOM announces NEX holiday return policy

From Navy Exchange Service Command
Public Affairs

VIRGINIA BEACH

Navy Exchange customers can make post-holiday returns at any location worldwide through Jan. 25, 2020. This extended holiday return policy applies to original purchases made between Oct. 24 and Dec. 12, at any NEX or through myNavyExchange.com. Customers are asked to include any packaging material along with the receipt when making a return. Any returns without a receipt will be placed on a NEX Gift Card.

AppleCare/AppleCare+ Protection Plans are returnable within 60 days of purchase. Requests for returns of these protection plans after 60 days will be referred to Apple for a pro-rated refund for the days remaining on the plan.

A great gift idea this holiday season is a NEX Gift Card. NEX Gift Cards can be purchased in varying dollar amounts and has no fees or expiration



U.S. Navy photo by NEXCOM Public Affairs

NEX customers can make post-holiday returns at any location worldwide through Jan. 25, 2020. This extended holiday return policy applies to original purchases made between Oct. 24 and Dec. 12 at any NEX or through myNavyExchange.com.

date. It can be used just like cash for most merchandise and service purchases at any NEX or at myNavyExchange.com. As an added conven-

ience, NEX Gift Cards can also be purchased at 40 Commissary locations around the world.

JEBLCFS hosts annual retiree summit and job fair

From Joint Expeditionary Base Little
Creek-Fort Story Public Affairs

VIRGINIA BEACH

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. Friday, 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 initiatives.

The summit kicks off with remarks at 10 a.m. from the Secretary of the Navy's Retiree Council, Naval Medical Center Portsmouth, Veteran's Affairs (VA), DFAS and TRICARE. A



U.S. Navy

town hall style panel discussion will follow providing information on policies and issues affecting retirees.

Naval Medical Center Portsmouth will staff a health and information fair and administer free flu shots to retirees. Participants can also expect more than 50 employers, colleges and universities supporting 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 to include the Defense Finance and Accounting Services (DFAS).

Patrons will also be treated to an MWR Showcase, to include informational tables, interactive displays and coupons from community recreation programs, marinas and sailing, Navy getaways, movie theaters, golf, bowling and more. MWR food and beverage programs will be providing a wide sampling of refreshments, as well!

TRICK-OR-TREAT: HAVE FUN AND STAY SAFE



Senior Airman Ericha Guyote

By Commander, Navy Region Mid-Atlantic

Halloween is a fun time for kids to get dressed up as their favorite costumes and take to the streets in search of candy, and the occasional scare or silly trick.

Sailors with children are encouraged to check their local laws and guidelines for trick-or-treating in their area. Around Hampton Roads, most cities require that all trick-or-treating is finished by 8:00 p.m. on Halloween and only children 12 years old and younger are allowed to participate.

The Center for Disease Control and Prevention (CDC) has several safety tips for parents:

- Swords, knives, and similar costume accessories should be short, soft and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. Always walk and don't run from house to house.
- Always test makeup in a small area first before applying to the face. Remove it before bedtime to prevent possible eye irritation.
- Look both ways before crossing the street. Use established crosswalks wherever possible.
- Lower your risk for serious eye injuries by not wearing decorative contact lenses.
- Walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.
- Eat only factory wrapped treats. Avoid eating homemade treats made by strangers.
- Enter homes only if you are with a trusted adult. Only visit well-lit houses. Don't stop at dark houses.
- Never walk near lit candles or luminaries.

Be sure to wear flame-resistant costumes.

Although Halloween is typically thought of as a holiday for children, adults also celebrate the holiday with Halloween-themed costume parties. Whether you're a parent taking your child trick-or-treating, or simply going to a Halloween party, have a plan, be safe and enjoy the tradition that brings in lots of sweet treats.

WE GET
YOUR BUSINESS
IN FRONT
OF OUR
MILITARY

PRINTEVENTSONLINE

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

CONTACT US TODAY TO START ADVERTISING!
757.222.3990 | MILITARYNEWS.COM





Dierks Bentley

Courtesy photo

Dan + Shay, Jon Pardi, Dierks Bentley to headline Patriotic Fest

Press Release

VIRGINIA BEACH

Atlantic Union Bank is pleased to announce the 16th annual Patriotic Festival scheduled for May 29 through May 31, 2020 at the Virginia Beach Oceanfront. Presented by Chevrolet and produced by Whisper Concerts, the weekend kicks off on May 29 with 2017 Country Music Association New Artist the Year and Academy of Country Music Awards New Male Vocalist of the Year award winner, Jon Pardi with special guest Cody Johnson. Currently on tour in support of his latest album, Heartache Medication, Pardi is returning country music to an authenticity the genre hasn't seen in years. On May 30, Dan + Shay, fresh off a 2019 Grammy win for Best Country Duo Group Performance, will take the stage with spe-

cial guest Runaway June. With eleven music association award nominations and eight wins under their belt in 2019 alone, this show is not to be missed. Dierks Bentley, 2018 Academy of Country Music Awards winner and 2019 Country Music Association Male Vocalist of the Year nominee, will round out the weekend when he closes out the Patriotic Festival on Sunday, May 31 with special guest Jon Langston. Bentley's latest hit "Living" rose to the top spot on both the Mediabase chart and Billboard Country Airplay chart the last week of September, earning him his 17th No. 1 single. **ABOUT THE 16TH ANNUAL PATRIOTIC FESTIVAL** Now in its sixteenth year, the Patriotic Festival is an annual military celebration to honor our armed forces personnel and their



Dan + Shay

Courtesy photo

families with three days of concerts by national touring artists at the Virginia Beach Oceanfront. The event has grown into one of Hampton's Roads largest music festivals and is responsible for bringing some of the nations top entertainers to Hampton Roads to include Sam Hunt, Jason Aldean, Carrie Underwood, Miranda Lambert, Zac Brown, Luke Combs and

Kane Brown. The Patriotic Festival weekend includes military displays and demonstrations from every branch of the armed forces. Come and pay tribute to the men and women of the U. S. military for the heroic sacrifices they make to safeguard our cherished freedoms. For more information and a complete weekend schedule log onto PatrioticFestival.com.

A WEBSITE

dedicated to our active duty military and their families!

MILITARY NEWS

Your online military connection to Hampton Roads

INTRODUCING MILITARYNEWS.COM

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

★ RELOCATION INFO

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

★ DISCOUNTS & DEALS

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

★ EVENTS & CALENDAR

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

★ MILITARY NEWS & BLOGS

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

RELOCATION

Welcome to Hampton Roads

We're glad you're here. We hope for a full weekend but we're concerned that this area is hard for military families and...

DISCOUNTS

Win an Island Grill Happy Hour for 6

What a great way to get together with your friends, family, and loved ones. It's all yours to enjoy...

EVENTS

Heroes at Home Military Spouse Awards

This year, the military and civilian communities in the Hampton Roads and VA area recognize the service...

BLOGS

Meet Erin Vinsel, COO of Military Spouse Career Connection!

When I first heard a military spouse was looking for a job, I was thinking about how hard it is to find a job in this area...

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



Fandango

**coming
to theaters**

MIDWAY (2019) [PG-13]

Midway centers on the Battle of Midway, a clash between the American fleet and the Imperial Japanese Navy which marked a pivotal turning point in the Pacific Theater during WWII. The film, based on the real-life events of this heroic feat, tells the story of the leaders and soldiers who used their instincts, fortitude and bravery to overcome the odds.

PLAYING WITH FIRE (2019) [PG]

When straight-laced fire superintendent Jake Carson and his elite team of firefighters come to the rescue of three siblings, they quickly realize that no amount of training could prepare them for their most challenging job yet – babysitting. As their lives, jobs and depot get turned upside down, the three men soon learn that children – much like fires – are wild and unpredictable.

LAST CHRISTMAS [PG-13]

Kate (Clarke) harumphs around London, a bundle of bad decisions accompanied by the jangle of bells on her shoes, another irritating consequence from her job as an elf in a year-round Christmas shop. Tom (Golding) seems too good to be true when he walks into her life and starts to see through

so many of Kate's barriers. As London transforms into the most wonderful time of the year, nothing should work for these two. But sometimes, you gotta let the snow fall where it may, you gotta listen to your heart . . . and you gotta have faith.

MICKEY AND THE BEAR [R]

In Anaconda, Montana, a strong-willed teenage girl navigates a loving but volatile relationship with her veteran father. In a desperate search for independence and her own identity, she risks family, heartbreak, and her standing in the only place she can call home. "Mickey and the Bear" is an essential coming-of-age story, told from the unique perspective of a strong, unrelenting female protagonist. In emancipating herself from the responsibilities imposed upon her by her father, Mickey's narrative is hopeful – despite the pain of leaving Hank behind, she is finally free to pursue independence as a young woman.

CHARLIE'S ANGELS (2019) [PG-13]

Director Elizabeth Banks takes the helm as the next generation of fearless Charlie's Angels take flight. In Banks' bold vision, Kristen Stewart, Naomi Scott, and Ella Balinska are working for the mysterious Charles Townsend, whose security and investigative agency has expanded internationally. With the world's smartest, bravest, and most highly trained women all over the globe, there are now teams of Angels guided by multiple Bosleys taking on the toughest jobs everywhere. The screenplay is by Elizabeth Banks from a story by Evan Spiliotopoulos and David Auburn.

**base
theaters**
\$3 Movies

**JEB Little Creek,
Gator Theater – 462-7534**

Friday | Nov. 1
7:00 p.m. Joker [R]

Saturday | Nov. 2
 1:00 p.m. Judy [PG-13]
 4:00 p.m. Abominable (3-D)
 7:00 p.m. Joker [R]

Sunday | Nov. 3
 1:00 p.m. Ad Astra [PG-13]
 4:00 p.m. Downton Abbey [PG]
 7:00 p.m. Rambo: Last Blood [R]

**NAS Oceana,
Aero Theater – 433-2495**

Friday | Nov. 1
7:00 p.m. Joker

Saturday | Nov. 2
 12:00 p.m. Abominable (3-D) [PG]
 3:00 p.m. Judy [PG-13]
 6:00 p.m. Joker [R]

Sunday | Nov. 3
12:00 p.m. Judy
5:00 p.m. **ADVANCED SCREENING** - Midway
[PG-13]

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

FREE HOME
DELIVERY
for south hampton roads residents



**GET THE PAPER
DELIVERED TO
YOUR DOOR FOR
FREE!**

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

SIGN UP TODAY!

CALL 222-3900

OR

**VISIT US
ONLINE**



flagshipnews.com



TO PLACE AN AD:
Visit placeanad.pilotonline.com

Flagship Values

Hampton Roads Military Classified Marketplace



announcements

Announcements

ADVERTISEMENT FOR BIDS
Project:
Site Construction for Multi-Use Trail, Phase III

Cape Charles, Virginia

The Town of Cape Charles, VA will receive sealed bids for the furnishing of all equipment, labor, and materials and the performance of all work as specified in the Specifications and Contract Documents for the above described project until 2:00 p.m. Pre-qualifying Time, November 26, 2019 at the Cape Charles Town Hall, 2 Plum Street, Cape Charles, VA 23310, where bids will be publicly opened and read aloud at that time. Bids are to be submitted on the Bid Proposal form included in the Specifications in sealed envelopes with all other required documents bearing the Bidder's name and address and clearly marked "Bid on Site Construction for Multi-Use Trails, Phase III Cape Charles, Virginia". Documents required for bidding purposes, including Drawings and Specifications, may be obtained from the Town of Cape Charles Town Hall, 2 Plum Street, Cape Charles, VA 23310; Builders and Contractors Exchange, 1118 Azalea Garden Road Norfolk, VA 23502; or A&E Reprographics, Inc., 100 Aragona Blvd., Suite 103, Virginia Beach, VA 23462 at a cost of \$50.00 per set. Plans can be picked up between 10:00 a.m. and 4:00 p.m. Monday through Friday. NO REFUND OR RETURN OF PURCHASE PRICE WILL BE MADE. ALL BIDDERS ARE ADVISED THAT A 5% DBE REQUIREMENT HAS BEEN ESTABLISHED FOR THIS PROJECT. An Optional Pre-bid Conference will be held at 11:00 a.m. on November 8, 2019 at the Civic Center, 500 Tazewell Ave., Cape Charles, VA 23310.

The work includes: construction of concrete sidewalk, curb and gutter, asphalt roadway improvements, parking areas, asphalt paving, utility adjustments, landscaping, and associated appurtenances along South Peach Street.

END OF ADVERTISEMENT FOR BIDS

AUCTION
There will be a Auction Saturday October 26th at Norfolk Self Storage 3203 E Princess Anne Road Norfolk VA 23504. It starts at 9:00 AM Cash only

CHURCH OF THE ASCENSION CHRISTMAS BAZAAR
Craft Show. Free Entry. Sat. Nov 2, 9am-3pm and Sun. Nov 3, 9am-2pm. 4853 Princess Anne Road, Virginia Beach in the Ascension Community Center. 55 crafters and local vendors, homemade baked goods, and delicious lunch food for sale.

HOLLY DAYS GIFTS SHOW
70+ Exhibitors Nov 2 10am-5pm Nov 3 11am-4pm Camden Intermediate School 123 Noblitt Dr Camden NC Unique Gifts for Everyone on Your List

Announcements

HRRRC LANDFILL OPEN HOUSE
Please join us for the HRRRC landfill open house. We will be discussing landfill topics as well as future plans at our site. We welcome everyone to join. The meeting will be held on Tuesday November 5 at 6:30 P.M. Azalea Garden Church, 1541 Centerville Turnpike, will be hosting the meeting. We look forward to seeing everyone there.

SCANDANAVIAN CHRISTMAS BAZAAR
Sat, Nov 2, 9a-3p, Francis Asbury United Methodist Church, 1871 N Great Neck Rd, VA Bch. Traditional Norwegian Food and Bakery, Viking Long Boat & Re-enactors, Norwegian Culture Info, Great Vendors, Call 631-0362, www.hrrson.org

Religious Announcements

THANK YOU SAINT JUDE
Thank you dear Lord and Saint Jude for prayers answered - past, present and future. Forever grateful, Katie.



Garage/Yard Sales, etc.

NORFOLK Fall Bazaar & Food Fest
Sat 11/2 9am-2pm @ Advent Church 9629 Norfolk Ave, in Ocean View

Estate Sales

ESTATE SALE
4790 Christopher Arch, Va. Beach (Kempsville)
Fri. Sat., Nov. 1 & 2, 8:30 AM-3 PM. Partial Listing: House is spotless & clean. Sterling silver, Ethan Allen furniture, old stained glass lamp, lots of mahogany furniture, BR furniture, marble-top furniture, bow-front China cabinet, various sets of China & crystal, large collection of hummels, Royal Doulton figurines, early cut glass punch bowl, lots of Christmas, din rm table & chairs, drop-front desk, costume jewelry, garage stuff. House is alarmed & guarded. Cash or Check only. Larry Zedd, Va. Beach Antique Co. 422-4477.

NORFOLK ESTATE SALE
1228 Lowery Ct., 11/1-11/3, Fri 10-5, Sat 10-5, Sun 10-3. A history professors sale - American, Virginian & Hampton Roads history. 2005 Ford Focus 10,248 miles, Books galore! Mid century Zenith console, bedroom set, sewing, dining set, stair lift, secretary desk, records, cameras, accordion, jewelry & much more! Mystic Mermaid Estate Services. Photos on estatesales.net.

Flea Market/Bazaars
OLDE TOWNE ANTIQUES/ FLEA MKT Nov. 2, 10-2, Fantastic finds. 200 County St. 405-3500. oldetowneportsmouth.com

Shop smart. Save big! Sunday (and every day).

The Virginian-Pilot PilotOnline.com

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



Misc. Merchandise For Sale

#01A BLACK SIFTED TOPSOIL
6 yds \$215, Mulch \$28/yd. Compost \$28/yd. Rock, playground mulch, firewood, lawn care. D Miller's 536-3052

PUMPKIN PATCH
Calvary VA Beach Church. 4832 Haygood Rd. 23455. Patch Open Mon-Sun. 10am-8pm. Average Price \$5 & Up. Call: 757-499-1572



DMV preorders now being accepted for U.S. Navy license plate. For details, visit www.NavyPlateVirginia.com.

Antiques & Collectibles

BUYING COINS
757-474-1303
Coin Collections
STAMP COLLECTIONS

DOLLS COLLECTION
Over 500 dolls. All brands including Scarletts. Call anytime 757-420-4992

Wanted To Buy

DIABETIC TEST STRIPS
CASH FOR DIABETIC TEST STRIPS. SAME DAY PICK UP. CALL DENISE 757-335-1130

WE BUY MUSIC RECORDS \$\$
Jazz, R & B, Rock, albums & 45's from the '60's, '70's & '80s. Call Howard 757-717-8945 We'll come to you 24/7!



Dogs, Cats, Other Pets

BICHON/SHIH-TZU
Female, 4 months, \$800 firm, cash. Teacup designer teddy bear dog. hypo-allergenic and non shedding, UTD vaccines, heartworm, flea and tick, 770-851-2693

BIRDS
Moving Must Sell. Breeding pair of B F Amazons, 2 F Blackcaps, 2 F B F Amazons, hand raised, friendly. Cages included. 757-468-2656

BOXER PUPPIES
CKC, ready to go Nov 1, 5M/2F. \$800. Call/text Traci: 757-713-3333

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

Dogs, Cats, Other Pets



Adorable CavaPoo's in a variety of colors (F) \$1500 (M) \$1400 D.O.B 10/5 ready 11/30 health guarantee, first shots, dewormed, micro-chipped, kennel, and a puppy pack all included. Call today (757)618-6569 FB: @Vacavapoochons email:Vacavapoochons@gmail.com

CHIHUAHUA PUPS
CKC, males & females, many colors, shots/deworming current. \$400. 804-265-5040 or pups4sale@verizon.net

MINI SCHNAUZERS



All Colors,super coats. Yr health guar. 8wks \$900+ 434-349-3854 or 434-770-1464 www.smithschnauzers.com

MORKIE (Maltese/Yorkie) (M) Vet Checked. 8 wks.\$650/each. Call: 804-832-2950

PUGS



CKC registered Pugs ready to go in Zebulon, NC. Message us on Facebook at The Pugs of Coble Farms or text 919-815-5660. 4 fawn males, one fawn female. First shots, dewormed, vet check and dew claws removed. Fantastic pets! \$1000

Jump start your day.

Early home delivery

757-446-9000

PilotOnline.com

The Virginian-Pilot

help wanted

jobs

Healthcare Careers

Healthcare Careers

DENTAL CHAIRSIDE ASSISTANT

LOOKING FOR A CHANGE?

Periodontist needing chairside assistant for fast-paced, hardworking practice. Must be detail-oriented, positive, reliable, with a passion for treating patients with love & care. Experience w/general dentistry, sterile technique, & multi-tasking a must. Eaglesoft experience a plus. Hrs M-Th 8-5, some F am. Email resume & current/recent job references to reception@roddoggedds.com

Bldg & Const-Skilled Trades

ELECTRICAL

JOURNEYMAN

Cox-Powell Corp has a great opportunity for a licensed Electrician w/commercial and industrial exp working with some of the most prestigious businesses in Hampton Roads. Great benefits pkg with paid holiday, PTO & Co sponsored 401k retirement. Uniforms and vehicle provided. Resumes to Jwilliams@cox-powell.com

CP

COX-POWELL



Room For Rent

NEWPORT NEWS
Oyster Point Inn & Suites under new management! Low wky rates \$210& up! Newly renov, hot breakfast, indoor pool & fitness center. (757) 951-1177 21 Old Oyster Point Rd, Newport News

CHESAPEAKE/GREAT BRIDGE
Furn upstairs room, shared bath w/ shower & jet tub. \$650/mo + \$400 dep. Ref req'd. Lynnie 757-237-6742

VIRGINIA BEACH
Kempsville-Large home, backyard, Jacuzzi, must like pets. \$600 mo., util's incl'd. No smoking/drugs. \$300 sec. dep. professional pref'd. 757-644-6443

SOUTH NORFOLK
Clean/Quiet Furn'd Single Occu Rms. Share BA/Kit. \$150/wk/\$150 SD Avail Now. Pay Stub Rqd 757-881-1190

Subscribe to The Virginian-Pilot today.
Call 757-446-9000 or go to PilotOnline.com

Room For Rent

NORFOLK
Furn rm. \$500/m. 8325 Norristown Dr. Fresh paint. Kitch priv, brick home, A/C. TV. 757-423-0377 757-816-1957

Apartments For Rent

1ST MO. FREE, FULL DEP PAID
Ingleside Sq. Apts, Norfolk. 466-8111.



Travel/Camping Trailers

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

DISTRESS SALE
Owner died, wife must sell 2003 Holiday Rambler, new inspection, new battery, best offer. Snyder's RV 499-8000. www.snydersrv.com

Motorcycles and ATVs

HD STREET GLIDE 2015
Like New, 14.5K miles, Black with Chrome \$5K upgrades, NEW tires, NEW 15K Service completed, \$14,700 call/text 260-409-2391 (local in VB)

Autos for Sale

ACURA 2012 MDX
Silver: 67k miles, 4 DRS 3 Seats, Heated Seats, Sunroof, Fog Lights, Alloy Wheels, Excellent Condition, \$15,400 Leave Msg at 757-722-8232

BENTLEY 2006 CONTINENTAL GT



2 Door, V12, 1 Owner, Sapphire Blue, Yellow Interior, 33.5k miles, Like New, Garage Kept. \$49,995. Call: 757-407-9077.

BMW 2005 325

LOOK

325Ci, CONVERTIBLE, LOW MILES, Mint Condition, Clean Carfax, Leather, Auto Air Loaded, \$6450 757-439-8017 Va Dir. 757-481-7777 Process Fee \$375

BMW 2008 X3
White, 93k orig miles. Exc Cond, New Brakes. \$11,500 Call: 757-647-4673

BUICK 1995 CENTURY
62k, 4-door, all original, runs good. \$1,450. 757-228-6656

CHEVROLET 2006 COBALT

CHECK IT OUT!
XLT Beautiful silver metallic finish, auto, air, inspected, loaded \$2990 757-439-8017 Va Dir. 757-481-7777 Process Fee \$375

Subscribe to The Virginian-Pilot today.
Call 757-446-9000 or go to PilotOnline.com

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

business services

757.622.1455 | placeanad.pilotonline.com



Care For The Elderly

ELDERLY CARE Excellent home-care to fit your needs, flexible & reliable. 757-287-9561

Concrete/Asphalt

CONCRETE
10X40 Driveway 1950 or 15'X15' patio w/stone fire pit. 35 yrs. exp. Mark 757-633-4765 Call for your free estimate. Licensed/Insured

CONCRETE, MASONRY & TREE REMOVAL
Landscaping, Top Soil & Yard Clean Up. Low prices! 757-714-4848

S & H ENTERPRISE 20 YRS.
Concrete Exp. All type of concrete work driveways, stamped & exposed. We accept credit cards, 652-4050. www.shabazznva.com

Electricians

ANY ELECTRICAL 498-2653
10% OFF ABSOLUTELY ANY JOB. Free Estimates \$100 OFF ANY BREAKER BOX. COLE ELECTRIC - 498-2653

Handyman Services

ACTION ONE FENCE & DECK
Custom wood, alum., chain link, vinyl. Quality work, great prices. Free Est. 35 Yrs. Exp. 757-438-7057.

BROWNS HOME REPAIRS
Baths, Kitchens, Ceiling Fans, Doors, Locks, Flooring, Paint, Plumbing. 25 yrs.exp lic. & ins. Call Rob 757-679-4558

GENERAL REPAIRS AFFORDABLE SAME DAY
REPAIR All Handyman, Int & Ext: Flooring, Bathrooms, Small Jobs, Remodel, Rot Repair. 30 Yrs. Exp. BBB A+ Rating. 430-2612.

Hauling

(A) FAMILY TRASH MAN-HOUSEHOLD.
Demo inside & out, construction sites, dumpster drop off, backhoe work. We haul it all! 20 yrs exp. lic & ins. 485-1414.

B & J MOVING
Reasonable Rates, Licensed & Insured. bandjmoving.com 757-576-1290

Home Improvements

ADDITIONS, SUNROOMS.
Roofs, Decks & Other home Improvements. Chesapeake Office 757-274-4533. Suffolk Office 986-3777. BBB Accredited. www.builderscorporation.com

ANY AND ALL TYPES HOME REPAIRS AND IMPROVEMENTS Windows, Siding, Custom Decks & More! BBB A+ Rated. FREE estimates! Call ECH Company: 757-435-1900

BEST PRICE EXTERIORS: 757-639-4692
Siding, Windows, Trim, Roofing & Gutters. FREE ESTIMATES! Lic. & Insured. Lowest Prices & Top Quality Work. BBB A+ Rating

BRICK REPAIR, STEPS, WALLS, WATER-PROOFING Earl Smith AKA The Stone-smith. Semi Retired VA Beach Native. You won't find a better man. 757-270-0578

D & W GARAGES
20x24' \$15,995; 24x24' \$17,995; 24x30' \$20,995; w/Slab & Vinyl Siding. 465-0115 or 362-1833. dandwgarages.com

FRANK'S SIDING & REPAIRS
Repairing Siding & Trim. Small & Large Jobs. Lic/Ins. Low Prices. BBB A+ RATING 757-227-8964

HOME IMPROVEMENTS Custom Home Repairs & Renovations. Patrick Ellis Ent. Inc. Lic. & Ins. BBB A+ 757-635-6609

PLASTERING - FREE ESTIMATES
Specializes in ceilings and walls Licensed and Insured #757-695-7755

Lawn and Tree Service

*** 100% DRAINAGE & YARD CLEANUP ***
Shrub & Tree Removal, Pruning, Tractor Work & Grading, French Drains, Mulching, Fences. **757-282-3823**

*** AFFORDABLE TREE SERVICE ***
Theo 757-515-6933 Josh 757-998-5327

AMERICANTREESERVICE.CO
Free Stump Grinding With Tree Removal. 100% Price Match Guar. 757-587-9568

FOR ALL YOUR LANDSCAPING NEEDS
Fall Clean Ups, Renovations, monthly maintenance, mulching, shrub trimming seeding, aeration. Buddy 757-535-0928

GODWIN TREE SERVICE 25yrs. Trimming, topping, total removal. Free estimate. Senior disc. Licensed & Insured 757-237-1285 or 757-816-3759

YARD CLEAN UP
Weed eating, Blowing, Bushes & Mulch. Reasonable prices. Call 757-477-2158

Professional Services

DIVORCE/WILLS
Uncontested. \$395 + \$86 filing fee. No court. Wills \$295. Member BBB. Hablo Español. Hilton Oliver atty 757-490-0126. https://hiltonoliverattorney.com

Roofing

ROOF REPAIR Shingles, tar, rubber, slate, metal, asbestos removal. 757-718-1072

ROOFING SALE
30 Yr. Architect Shingles \$1.99 sq ft. Labor & Material included, repair, Class A Licensed & Insured. (757) 345-9983.

Don't pay full price!

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

The Virginian-Pilot PilotOnline.com



PRINT | EVENTS | ONLINE

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

CONTACT US TODAY TO START ADVERTISING

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

