



HAVE YOU DONE YOUR HOUSING SURVEYS?

Move-In Survey

- Was your house cleaned to your satisfaction?
- Were appliances functional?
- Were repairs or other maintenance needed?
- How was the overall leasing and move-in process?

Work Order Survey

- Was your call responded to in a timely manner?
- Was the technician polite and on time?
- Was maintenance completed to your satisfaction?
- Were repairs or maintenance explained to you in a way you could understand?

Move-Out Survey

- How was your experience living in this home/neighborhood?
- Were staff members polite and respectful?
- Would you recommend this housing to a friend?
- Were you satisfied with the conduction of your move-out inspection?

Resident Satisfaction Survey

- How would you rate the appearance of your home?
- Was property management responsive to your needs?
- Are you satisfied with maintenance service?
- Did the property condition meet your expectations?

Navy Housing

YOUR FEEDBACK MAKES A DIFFERENCE!



U.S. Navy graphic/

An information graphic detailing important information Commander, Naval Installations Command needs in feedback surveys to provide better service.

By **Kyle Z. Hendrix**
Navy Installations Command Public Affairs

WASHINGTON

Navy Installations Command (CNIC) leaders call on to the residents and families using Public-Private Venture (PPV) housing to do every survey possible to help the command pinpoint problems and solve them.

"Housing is a significant quality of life priority, and we are actively monitoring how the changes we make impact our residents," noted Ed Cannon, Director of Fleet and Family Readiness at CNIC.

"We use multiple surveys to get your thoughts on various housing interactions. Your survey responses provide us a metric-driven means to improve the quality of

our service," said Cannon. "I highly encourage all who receive housing surveys to take time and fill them out. Your honest feedback tells us how we are doing."

Satisfaction surveys are an integral part of the CNIC's efforts to measure, understand and respond to the needs and concerns of PPV housing residents.

"We read each comment and the trends we identify are crucial in our efforts to support the fleet and provide ever-improving quality of service for our warfighters and families," Cannon added. "Resident feedback, both positive and negative, is a primary tool we use to determine where the Navy and the PPV partners are getting it right and where we need to focus more attention."

FOUR TYPES OF SURVEYS

Each survey contains tailored questions to provide actionable information on how to enhance the housing program. Residents have the option to take four different types of surveys:

- move-in
- move-out
- work order (after every maintenance action)
- annual resident satisfaction (conducted anonymously by an independent third party)

"In addition to the annual housing satisfaction surveys, it is important for PPV

» See **HOUSING** | **A7**

Warrior Care Month brings awareness to Navy Wounded Warrior Program

MC3 **Brittany Tobin**

Navy Region Mid-Atlantic Public Affairs

NORFOLK

Warrior Care Month is in full-force during the month of November, helping to bring awareness to wounded warriors across all branches that are currently serving and those that have separated or retired from service. The month also recognizes organizations and caregivers that provide support to warriors.

This year's theme for Warrior Care Month, as in years past, is "Show of Strength." This strength is represented in the physical, mental, spiritual, emotional, familial, and career readiness activities that service members, their families and caregivers engage to overcome challenges.

Navy Wounded Warrior (NWW) is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support to their families and caregivers. Through proactive leadership, the program provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.

"Warrior Care Month is intended to highlight the accomplishments made in warrior care over the past decade," said Jose Nicola, recovery care coordinator for Naval Station Great Lakes. "This year's theme emphasizes showing strength, and celebrates the support and development that is brought to service members and their families through the Navy Wounded Warrior Program."

Regional NWW non-medical care management teams tailor support to each enrolled service member's needs. Support includes assistance with developing a Comprehensive Recovery Plan (CRP), coaching with adaptive sports and reconditioning, guidance with pay and personnel issues, invitational travel orders, lodging and housing adaptation as well as child and youth care. The teams can also provide assistance with transportation needs, education benefits, training and employment opportunities, commissary and exchange access, respite care, TBI/PTS support services as well as transition assistance.

"We have such a dedicated staff that go above and beyond," said Kendall Hillier, Navy Region Mid-Atlantic regional program director for Navy Wounded Warrior. "They will do anything they can to get that service member the support, benefits and resources they are entitled to."

Sailors and Coast Guardsmen may self-refer to the program or be referred by family, command leadership or medical providers. NWW enrollment is available to seriously wounded, ill and injured Sailors and Coast Guardsmen, including: OIF/OEF/OND casualties, shipboard and training accidents, liberty accidents and serious medical and psychological conditions such as cancer and PTSD.

"There is nothing else like Navy Wounded Warrior," said Nicola. "The program provides tailored services to wounded warriors as they are recovering from either a severe illness or injury while on active-duty. It also affords them the opportunity to get services they would not have access to if not enrolled in our program."

» See **CARE** | **A7**

CHECK US OUT ONLINE!

www.flagshipnews.com

facebook

www.facebook.com/The.Flagship

twitter

www.twitter.com/the_flagship

New training advances PR rating skills

Instructors at CNATTU Norfolk, Learning Site Fort Lee, completed the pilot for new "C"-school level training, called the Non-Tactical Parachute Systems course.

»See **A4**



PCU JFK commanding officer, crew unveil official seal

Capt. Todd Marzano, Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79) and his crew officially unveiled the seal of the U.S. Navy's second Ford-class aircraft carrier under construction at Newport News Shipbuilding.

»See **B1**

Spark the yuletidespirit

The 6th Annual Holiday Yule Log Bonfire and Christmas Marketplace is Saturday, Dec. 7 at Town Point Park along the Downtown Norfolk Waterfront.

»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



U.S. Navy photo
Hampton Roads Diversity and Inclusion Consortium (HRDIC) leaders present U.S. Navy Information Systems Technician 1st Class Tyrell Hardison with the Pride Service Award certificate and trophy at a luncheon ceremony. Hardison was one of six awardees recognized at the event for exemplifying diversity and inclusion while serving in the armed forces. "The Pride Service Award, which we presented to these community leaders, is the first of its kind in our 10 year history," said Mr. Billy McIntyre, HRDIC chairman of the board. "Today's award recipients have distinguished themselves as leaders and role models in the community and have promoted inclusion in an outstanding manner." Left to right: Aleea Slappy Wilson, the Diversity, Equity and Inclusion officer for the city of Norfolk; Hardison; and McIntyre.

DIVERSITY AND INCLUSION CONSORTIUM HONORS DAM NECK SAILOR

Naval Surface Warfare Center Dahlgren Division Public Affairs

NORFOLK

There's an old saying that, "Good come in threes" and for Information Systems Technician 1st Class Tyrell Hardison, this saying literally fits. Back in March, he was selected as Naval Surface Warfare Center Dahlgren Division Dam Neck Activity's (NSWCDD DNA) Sailor of the Quarter, then at the end of September he was named NSWCDD DNA's Sailor of the Year.

Hardison, his wife Tabitha, and Chief Warrant Officer Josephine Leon, NSWCDD DNA's executive officer; attended Hampton Roads Diversity and Inclusion Consortium's (HRDIC) celebration luncheon in downtown Norfolk, Va., Oct. 29. It was at this luncheon where HRDIC recognized Hardison and five other military service men and women who have served or are serving our country and exemplifying diversity and inclusion.

"The Pride Service Award, which we presented to these community leaders, is the first of its kind in our 10 year history," said Mr. Billy McIntyre, HRDIC chairman of the board. "Today's award recipients have distinguished themselves as leaders and role models in the community and have promoted inclusion in an outstanding manner."

A native of Wise County, Va., Hardison spent 12 years in the Navy working in his rating, information technician, but he has also been responsible for dozens of collateral duties, besides being the father of Eunice and Julian, throughout his career. "Today's event was an excellent and awe-

some experience . . . to be surrounded by so many of Hampton Roads' finest," said Hardison, "and for all in attendance to celebrate a truly great cause that benefits so many, leaves me speechless."

After receiving her Pride in Service Award, Leon praised the keynote speakers for encouraging everyone in the room to continue embracing the unique differences of others in order to create a work-place culture where everyone can feel included and valued.

Hardison began his career at Navy Recruit Training Command, Great Lakes in 2007 and swapped Michigan's weather for information technology school at Corry Station Pensacola, Fla., until March 2008. He went on to serve onboard USS Kearsarge (LHD-3) in Norfolk, Va., for the next four years where he earned his Enlisted Surface Warfare Specialist qualification while servings as communications watch officer and Technical Control Facility supervisor and got promoted to petty officer second class.

Hardison transferred to Navy Information Warfare Training Command (IWTC) San Diego until June 2015 where he served as a Global Command Control System Maritime instructor. During his time at IWTC, he was the lead instructor for three NEC driven courses. He completed his Enlisted Information Warfare Specialist and Master Training Specialist qualifications while providing critical training to fleet Sailors. He was promoted to his present rank, petty officer first class, while completing an associate degree in computer studies and a bachelor of science degree in cybersecurity.

He returned to San Diego, assuming duties as Cyber Department Leading Petty Officer and Navy Blue Team analyst at Information Warfare Training Group where he provided oversight for network assessment teams covering Third and Seventh Fleet units.

Currently, he is serving as NSWCDD DNA's IT Portfolio manager, leading procurement for crucial research, development, testing, and evaluation of information technology resources for fleet support.

As CMEO, he is responsible for the coordination of command climate surveys and leadership of the Command Resilience Team. Additionally, he fills the role of the Family Advocacy Program point of contact; mentoring Sailors on Fleet and Family Service Center counseling services and resources to sustain mission readiness.

"It was my personal honor to not only represent our command beside IT1 Hardison and his wife at today's luncheon," concluded Leon, "but also to be at an event that recognizes veterans who exemplify leadership in promoting diversity and inclusion within their organizations was great!"

ITI's accomplishments at NSWCDD DNA include:

As the command climate and equal opportunity manager, IT1 Hardison successfully executed the 2019 Annual Survey for 655 Naval Sea Systems Command (NAVSEA) personnel.

He led 22 focus groups that identified and proposed initiatives aimed at increasing morale and fostering a positive work culture.

As the Command Resilience Team lead,

he promoted an environment of inclusion that embodied the culture, race, religion, ethnicity, gender and sexual orientation for all employees.

His exceptional professionalism, unrelenting perseverance and steadfast devotion to duty reflected great credit upon himself and upheld the values mirrored by the Hampton Roads Diversity and Inclusion Consortium.

As Military Command Equal Opportunity manager, he coordinated focus groups and surveys to maintain and improve morale.

As career counselor, he mentored Sailors on career and professional development, directly impacting Navy enlistment retention.

Twice awarded Command Sailor of the Year 2017 NIOC San Diego and 2019 NSWCDD Dam Neck Activity for outstanding achievement.

As a member of the command's Diversity and Inclusion Committee, he helped promote diversity and equal opportunity to more than 600 employees.

Chaired 20 Master Training Specialist boards qualifying 30 Sailors on expert training techniques in support of Fleet Information Warfare operations.

As a Sexual Assault Prevention and Response (SAPR) Victim Advocate, he increased awareness and membership of SAPR through effective training on resources and roles of victim advocates.

Volunteered through Meals-On-Wheels, providing method for elderly and impaired civilians to receive vital food and supplies.

Increased literacy by leading community used book sale evolution for San Diego metro area.

Volunteered for Junior Achievement through elementary schools mentoring children on basic life skills.

College advisor to seven mentees increasing knowledge on successful education and career decisions.

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

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

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

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.

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!



NEWS FROM NAS OCEANA



Shutterstock.com

Winter is coming: staying safe on the road in colder months

MC3 Mark Mahmod

VIRGINIA BEACH

“If you don’t have to drive, stay home,” said Culinary Specialist 3rd Class Haley Lewis, assigned to Naval Air Station Oceana’s quarterdeck division.

Lewis, originally from Chicago, Illinois, said she notices a big difference in winter driving in Virginia Beach from driving at home.

“People here don’t know how to drive in winter conditions,” said Lewis. “A lot of people, especially Sailors, aren’t from an area of the United States where they experience snow and ice on the roads.”

Though it doesn’t always snow during winter in Virginia Beach, drivers should be knowledgeable of what to do when the situation arises, and know that icy road conditions could still occur without snow.

For Sailors taking leave and travelling to

a colder region, knowing how to operate a vehicle in icy and snowy conditions could be a life-saver.

Following these tips from the Naval Safety Center could prevent drivers from having an unpleasant travel experience during the holiday season:

- Don’t drive unless it’s absolutely necessary. If you must, drive defensively and smart.
- Know current road conditions before

beginning your trip.

- Leave a few minutes earlier than you normally would.
 - Slow down and triple the usual distance between your car and the one ahead.
 - Stay in plowed lanes and don’t pass snowplows unless it is absolutely necessary.
 - Drive with headlights on. Clean snow off the car’s roof, windows, lights, and hood before driving.
 - Keep an emergency winter driving kit with a blanket and flashlight in the car.
- For more information about seasonal safety practices, visit the Naval Safety Center’s website at <https://www.public.navy.mil/NAVSAFECEN/Pages/media/seasonal/index.aspx>



— OUR FAMILY —
TRADITION
—
IS TAKING CARE
OF YOURS
— SINCE 1936 —

GEICO | **MILITARY**

[geico.com](https://www.geico.com) | 1-800-MILITARY | Local Office



MC2 Kris Lindstrom

Naval Medical Center Portsmouth (NMCP) recognized 23 master clinicians and 16 associate master clinicians in a ceremony on Nov. 5. The Master Clinician Program first began at NMCP in 2014, and it was designed to acknowledge providers who represent the best of the best clinicians in patient care and participation in graduate education, research and professionalism.

NMCP recognizes 39 new master, associate master clinicians

By MC2 Kris Lindstrom
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA. Naval Medical Center Portsmouth (NMCP) recognized 39 providers as master and associate master clinicians in a ceremony held on Nov. 5.

Out of the group, 23 master clinicians and 16 associate master clinicians were recognized who were either U.S. Navy, U.S. Air Force or civilian staff members. Presiding over the ceremony was Capt. Lisa Mulligan, NMCP’s commanding officer. Mulligan believes that these clinicians are important assets to the NMCP team.

“It’s such a great moment and such an important thing to do to recognize the great

clinicians who really make us the ‘First and Finest,’” Mulligan said during the ceremony. “It was a real privilege to acknowledge your performance.”

The Master Clinician Program first began at NMCP in 2014, and it was designed to acknowledge providers who represent the best of the best clinicians in patient care and participation in graduate education, research and professionalism.

“These folks are the total package; they have good outcomes, great patient satisfaction, and really contributing to our GME mission as well and creating a good learning environment; being mentors for our future clinicians which is so important,” Mulligan said. “And also, really doing things to help

drive either medical education research or being participants in the medical staff. Several of those folks I know make big contributions through committee work trying to make this a better place.”

Honorees selected as master clinicians possessed a minimum of eight years of experience specializing in their field after completing their residency, and they will wear a gold pin designating their selection as a master clinician. Those selected as an associate master clinician possessed a minimum of four years of experience post residency and will dawn a silver pin. The honorees included civil service and active duty personnel representing the U.S. Navy and U.S. Air Force.

“ These folks are the total package; they have good outcomes, great patient satisfaction, and really contributing to our GME mission as well and creating a good learning environment; being mentors for our future clinicians which is so important

Capt. Lisa Mulligan



MC2 Ryre Arciaga

Aircrew Survival Equipmentman Airman Apprentice Linda Wolfe deflates a life preserver unit in the aviation survival equipment shop aboard the Wasp-class amphibious assault ship USS Kearsarge (LHD 3). Kearsarge is deployed to the U.S. 6th Fleet area of operations in support of regional allies and partners as well as U.S. national security interests in Europe and Africa.

NEW TRAINING ADVANCES PR RATING SKILLS

By AE1 Jeffrey P. Helgesen
Center for Naval Aviation Technical Training Unit Norfolk

FORT LEE, VA. Instructors at Center for Naval Aviation Technical Training Unit (CNATTU) Norfolk, Learning Site Fort Lee, completed the pilot for non “C”-school level training, called the Non-Tactical Parachute Systems course, Nov. 6.

Based on a need identified by fleet subject matter experts, Center for Naval Aviation Technical Training (CNATT) created this course specifically to train Sailors serving in the aircrew survival equipmentman (PR) rating to inspect, rig, and repair non-tactical parachutes and most technical survival

equipment used in support of naval special warfare (NSW).

The course serves as an example for how learning centers are responding to Naval Education and Training Command’s challenge to respond to emergent fleet training requirements better, faster, and more effectively in the delivery of training. CNATT’s instructional design and subject matter experts developed the training in minimal time, and this is one of the first CNATT courses designed and developed organically without contracted support.

“The importance of this course and the positive impact it will have on the NSW and EOD [explosive ordnance disposal] com-

munities cannot be overstated,” said Master Chief Aircrew Survival Equipmentman Aaron Carroll, CNATT N7 training department leading chief. “This course will make it possible for CNATTU Norfolk PR instructors to bring an advanced level of instruction to students in an already critical field of naval aviation.”

The course encompasses 80 hours of instruction, most of which is hands-on with specialized equipment. CNATTU Norfolk is the first command in the Department of Defense (DoD) to offer this course.

Due to the ever-evolving nature of their job, PRs complete elaborate “A” and “C” school training to prepare them for the fleet.

The new course, CIN # C-860-0012, is in addition to the special operations rigger pipeline that awards course graduates the 773A Navy enlisted classification code and enables them to transition to the NSW field of their rating. Through the DoD, graduates can also achieve the Federal Aviation Administration’s certification and license for

senior parachute rigger, considered to be a journeyman-technician-level credential.

“PRs have a demanding responsibility in the Navy, and we must ensure they have the right training when they need it to perform at their highest level,” said Carroll. “This course enhances our PR career-long learning continuum and better aligns the training with fleet requirements and warfighter needs.”

The Navy created the PR rating during World War II to help the Navy meet parachute survival standards. Originally known as parachute riggers, PRs changed their official job title to aircrew survival equipmentman in 1965 to reflect the multitude of responsibilities that come with their rating.

“We are proud of our PRs and their ability to provide this new, top-notch training to the fleet,” said Cmdr. Jack Morris, the prospective CNATTU Norfolk commanding officer. “The course will undoubtedly save the Navy money, but more importantly, it will save Sailors’ lives.”

Operation JINGLE continues to give

By MC3 Brittany Tobin
Navy Region Mid-Atlantic Public Affairs

NORFOLK

Navy-Marine Corps Relief Society announced the start of Operation JINGLE (Join IN Giving a Little Extra) for 2019 holiday season. This year marks the 21st anniversary of Operation Jingle, and Navy-Marine Corps Relief Society is proud to partner with local businesses to continue offering this great opportunity.

All Hampton Roads area active-duty service members are invited to participate in the annual program, sponsored by the Hotel Association and Convention and Visitors Bureaus from Norfolk and Virginia Beach.

Operation Jingle provides a three-night stay in local hotels from the 23rd of December through the morning of the 26th of December. To qualify, service members must live aboard ships or reside in one of the local barracks or single PPV housing. Commands must verify that the rooms will be used for families traveling to and from the Hampton Roads area to spend the holidays with their service member. Room availability is limited and will be reserved on a first-come-first-served basis.

“Operation JINGLE gives service members the opportunity to spend Christmas with family, when factors beyond their control would have otherwise prevented it.” Said Tom Gaff, Relief Service Assistant at NMCRS Norfolk. “Operation JINGLE makes the cost of a family’s visit affordable and helps them reconnect during the holidays, which I believe would result in a significant morale boost for the program’s participants.”

To participate, commands must designate a representative as the command’s single point of contact to coordinate the delivery of applications and confirmation information with the Norfolk Navy Marine Corps Relief Society. The only

charge for the room is a non-refundable reservation fee of \$10.00 per room, per night, paid at the time the request is turned in. The entire reservation fee will be donated to the Navy-Marine Corps Relief Society (NMCRS). Hotels require 24 hour cancellation in the event rooms cannot be used.

“I participated in this program when I first got to Norfolk and couldn’t go home for the Holidays.” Said HN Breven Fos-

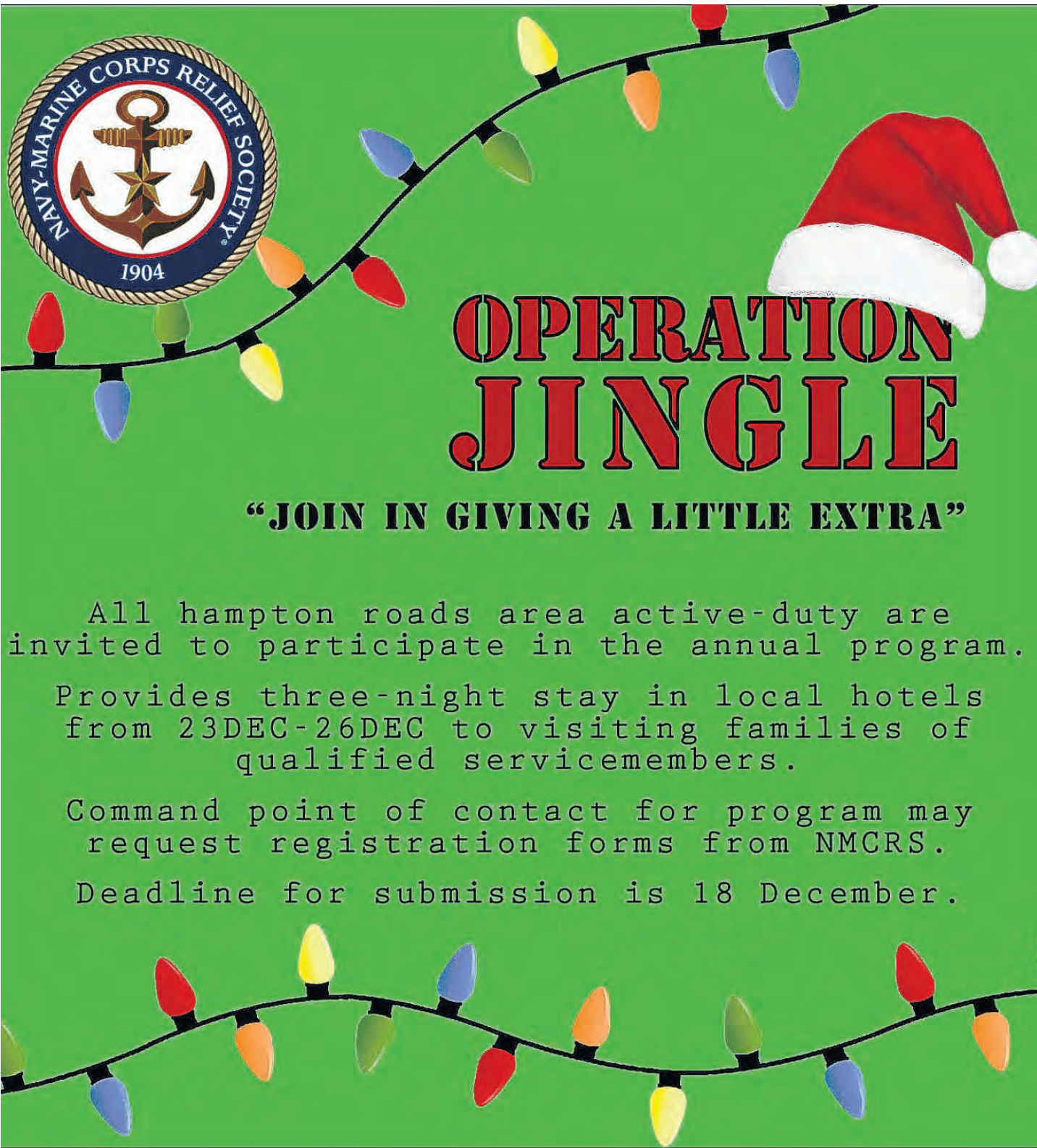
ter, stationed at Naval Medical Center Portsmouth. “My family was able to come visit me here and they had a place to stay. It made my Christmas so much better!”

All incidental expenses incurred during the hotel stay, to include phone calls, laundry services, movies, room service and other meals are the responsibility of the service member reserving the room. Command representatives of underway

commands/units unable to meet the 18 December deadline should contact Mr. Gaff for more details.

Deadline for submission is 18 December. Commands may request registration forms from Tom Gaff, Norfolk Navy Marine Corps Relief Society by calling 757-322-1175 or e-mail at thomas.gaff@nmcrs.org

For more information about Operation JINGLE, visit nmcrs.org



OPERATION JINGLE

“JOIN IN GIVING A LITTLE EXTRA”

All hampton roads area active-duty are invited to participate in the annual program.

Provides three-night stay in local hotels from 23DEC-26DEC to visiting families of qualified servicemembers.

Command point of contact for program may request registration forms from NMCRS.

Deadline for submission is 18 December.

MC3 Brittany Tobin

Your service goes above and beyond.

We see it every day!



You deserve a vision plan that focuses on you.

Get the most out of your plan, including:

- **Stylish frames** from names like Warby Parker—online and in stores.
- **Savings** on contacts, glasses and vision correction surgery.
- **Extra coverage for kids** from the Children’s Eye Care Program.

Take a look at fedvip.myuhcvision.com.



UnitedHealthcare Vision® coverage provided by or through UnitedHealthcare Insurance Company, located in Hartford, Connecticut, or its affiliates. Administrative services provided by Spectera, Inc., United HealthCare Services, Inc. or their affiliates. This policy has exclusions, limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage contact UnitedHealthcare Insurance Company.

B2C 9619956.0 9/19 ©2019 United HealthCare Services, Inc. 19-12880-C



UnitedHealthcare Vision®

Federal Employees Dental and Vision Insurance Program



CNRMA Fire & EMS receives recognition award

Jason Kinlaw
Navy Region Mid-Atlantic Fire & Emergency Services

NORFOLK
Navy Region Mid-Atlantic Fire & Emergency Services has received the American Heart Association’s Mission: Lifeline® EMS Bronze Plus Award for implementing quality improvement measures for the treatment of patients who experience severe heart attacks.

Every year, more than 250,000 people experience an ST elevation myocardial infarction (STEMI) the deadliest type of heart attack caused by a blockage of blood flow to the heart that requires timely treatment. To prevent death, it’s critical to restore blood flow as quickly as possible,

either by mechanically opening the blocked vessel or by providing clot-busting medication.

The Mission: Lifeline initiative provides tools, training and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines. Mission: Lifeline’s EMS recognition program recognizes emergency medical services for their efforts in improving systems of care to rapidly identify suspected heart attack patients, promptly notify the medical center and trigger an early response from the awaiting hospital personnel.

Navy Region Mid-Atlantic FES is committed to providing optimal care for heart

attack patients and we are pleased to be recognized for our dedication and achievements in emergency medical care efforts through Mission: Lifeline. Our EMS program qualified for the Bronze award last year and continues to improve the quality of care provided to our customers with the goal of exceeding national benchmarks and expanding the program across the region.

“EMTs and paramedics play a vital part in the system of care for those who have heart attacks,” said Tim Henry, M.D., Chair of the Mission: Lifeline Acute Coronary Syndrome Subcommittee. “Since they often are the first medical point of contact, they can save precious minutes of treatment time by activating the emergency response system that alerts hospitals to an incoming heart attack patient. We applaud Navy Region Mid-Atlantic for achieving this award in following evidence-based guidelines in the treatment of people who have severe heart attacks.”

Putting others first: one sailor’s quest to improve her surrounding community

From Commander, Naval Air Force Atlantic

PORTSMOUTH, VA.

Command Career Counselor 1st Class Jamie Sandoval is making an impact for those affected by domestic abuse by donating toiletries, bedding, and clothing to a local shelter in Portsmouth, Nov. 5.

Sandoval and her Helicopter Sea Combat Squadron (HSC) 22 team collected the donations throughout Domestic Violence Awareness month in October. Sandoval donated the items to the Help and Emergency Response Incorporated Shelter, or HER shelter.

Sandoval serves as a command representative for HSC 22’s-22’s Family Advocacy Program (FAP). FAP provides clinical assessment, treatment, and services for service members and their families involved in incidents of child abuse and domestic abuse.

“Instead of just doing General Military Training, I wanted to do something that would give back to the community,” said Sandoval. “So instead we’re donating goods to a local domestic violence center, including toiletries, bedding, and clothing.”

Some of the best services available to those affected are offered at the Fleet and Family Support Center (FFCS), added Sandoval. FFCS provides counseling services, representatives, and classes for building healthy relationships. They also do family life skill classes to prevent domestic violence, as well as reactionary classes, added Sandoval.

**THIS SATURDAY AT
TRACTOR SUPPLY COMPANY!**

**15%
OFF**

**MILITARY
DISCOUNT**

**FOR ALL ACTIVE AND FORMER
MILITARY AND THEIR DEPENDENTS
ON IN-STORE PURCHASES**

SAT. ★ NOV. 16 ★ 2019*



*No limit to savings. Please show your military proof of service at checkout to receive discount. Offer cannot be combined with any other discounts. Discount is not valid online.



**IS TAKING CARE
OF YOURS**

— SINCE 1936 —

757-549-1772 | geico.com/chesapeake

**109 Volvo Parkway
Chesapeake, VA 23320**

GEICO Local Office

Limitations apply. See geico.com for more details. ©GEICO & affiliates. ©Washington, DC 20076 © 2019 GEICO

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.

NAVSTA assists in creating a better tomorrow

By IC3 Kaelyn Hernandez
Naval Station Norfolk Public Affairs

NORFOLK

Naval Station (NAVSTA) Norfolk hosted 50 senior executives from the CIVIC Leadership Institute of Hampton Roads at Vista Point, Nov. 7.

Each month, the group travels to different parts of the region and participates in learning sessions led by leaders who are involved in its economy, defense and other aspects of business and life in Hampton Roads. Capt. Brad N. Rosen, NAVSTA Norfolk commanding officer, addressed the organization providing updates on issues and the status of the base with how it relates to the community.

“The CIVIC program is held in very high regard by the community,” expressed Sarah



CIVIC Leadership Institute

Jane Kirkland, president and CEO of CIVIC Leadership Institute. “The work that our team and the executives that participate in the region has an enormous ripple effect on the continued growth and success.”

When a group of people works towards achieving a common goal, there is always one person that inspires others to exceed their limitations. That person is classified as a leader and although it may seem like a natural talent, every leader is sculpted into their role. The CIVIC Leadership Institute

empowers executive leaders with the knowledge and connections to help advance and deepen their community impact.

“It’s time for the next generation to step up and take the reins and there’s really nothing quite like CIVIC to prepare them for that opportunity,” explained Joshua P. Darden, Jr., founder of Emeritus. “With world class speakers, candid conversation about the issues and class members who command the assets and resources to bring to bear on the challenges that face us,

CIVIC is making a tremendous difference in the future of our region.”

CIVIC is a prestigious organization, established in 1996, that’s bustling with regional leaders all with a strong commitment for working towards a brighter future for the Hampton Roads area. The executive leadership program selects 50 senior executive leaders to participate in an eight-month program that is designed to provide a greater understanding of the opportunities and challenges that the community faces.

SURVEYS | *The move-in and move-out surveys focus on residents’ experience when entering and leaving the homes*

Continued from A1

residents to take the spot surveys they receive if they submit a maintenance request, or when they move in or out of PPV housing,” said Ginny Greene, CNIC’s Navy Privatized Housing branch manager. “We, the Navy and our PPV partners, are dedicated to making it as easy as possible for residents to provide feedback and rectify any problems noted.”

The move-in and move-out surveys focus on residents’ experience when entering and leaving the homes. Through these surveys, Service members and families are asked about the initial home and community condition, the inspection and leasing process, the educational material provided, if their questions were answered, and if they encountered any difficulties.

The short work order surveys are focused on an individual maintenance action and help quantify the PPV partners’ timeliness, customer service response, and quality of

repair work completed.

The annual resident satisfaction surveys are an anonymous way for residents to provide overarching feedback at how well PPV partners are meeting residents’ expectations. CEL & Associates, an independent third party, administers the annual satisfaction survey on behalf of the Navy PPV partners -- Balfour Beatty, Clark, Hunt, Landmark, Lincoln, and Patrician. The Navy and PPV property managers create detailed corrective action plans based on the results of the annual surveys.

“Survey responses are taken incredibly seriously at all levels of the chain of command,” said Greene. “Resident recommendations help us improve their experience in their individual neighborhood, but can also affect the entire program, so that our larger Navy family can benefit as a whole.”

INITIATIVES AND IMPROVEMENTS

Several of the initiatives recently implemented in PPV housing oversight were a result of feedback through the various surveys. For example, the out-of-cycle survey earlier this year noted the lack of transparency in the maintenance process. As a result, all Navy PPV partners have developed online portals and apps where residents can submit and track maintenance requests. PPV housing residents can learn more about the available apps through their PPV housing managers.

“ Survey responses are taken incredibly seriously at all levels of the chain of command. Resident recommendations help us improve their experience in their individual neighborhood, but can also affect the entire program, so that our larger Navy family can benefit as a whole.”

Ginny Greene

“The call for improvement was heard loud and clear,” said Greg Wright, CNIC Housing Director. “Along with the use of apps and online portals, CNIC has initiated a number of other major actions that might not be as visible as a new app, but are still designed to improve housing quality, responsiveness and customer satisfaction.”

Wright noted some housing initiatives including:

- Development of a central housing electronic data warehouse where Navy leaders can review resident initiated maintenance requests and the work status. Monitoring trends and identifying anomalies allow leaders to take action when and where appropriate.
- Hiring more people at Navy Housing Service Centers and providing more training for government employees, such as the new “Conducting Navy Housing Inspections” course.

■ Increased interaction between installation housing program directors, installation commanding officers and PPV property managers to discuss maintenance metrics, open work orders and resolve ongoing issues.

■ Focusing on the quality of work in addition to timeliness and allotting more time for a home to be made ready before a resident moves in.

■ The installation commanding officer hosting quarterly open-houses or town-halls, where residents can communicate directly with their Navy advocates.

PPV property managers and Navy staff charged with oversight of PPV housing continue to seek resident feedback in any form as a primary source of information to fuel improvements to service, property conditions and overall resident satisfaction.



WARRIOR CARE MONTH

SHOW OF STRENGTH

To learn more visit
www.health.mil/WarriorCare

Military Health System
health.mil

Health.mil

CARE | *NWW is the Navy’s sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors*

Continued from A1

Navy Wounded Warrior provides world-class assistance to wounded warriors and their families throughout the country. The program - a department within Fleet and Family Readiness at Commander, Navy In-

stallations Command - has assisted nearly 4,300 service members and their families since its inception.

“In my ten years of experience, there has been a life-changing impact for service members and their families,” said Hillier. “We have worked to fill a gap between the

command and the medical side of care, providing concierge support where it was needed.”

Warrior Care Month is not only about what is being done for our Nation’s wounded, ill and injured service members, but also about what they do for us, how they

continually give back to our communities, their families, and this great nation that they have sacrificed so much to protect. Every month is essentially Warrior Care Month; November is simply an opportunity to for all branches of service to publicly recognize wounded warrior heroes.

For more information about Warrior Care Month activities or wounded warrior resources, visit navywoundedwarrior.com or call 1(855)628-9997.





NATO conducts ElectroMagnetic Operations trials
Standing NATO Maritime Group One (SNMG1) began conducting Electro Magnetic Operations (NEMO) trials off the coast of the United Kingdom Nov. 1.

See **B5**

SECTION B | FLAGSHIPNEWS.COM | 11.14.2019

PCU JFK commanding officer and crew unveil official seal

From Commander, Naval Air Force Atlantic Public Affairs

NEWPORT NEWS

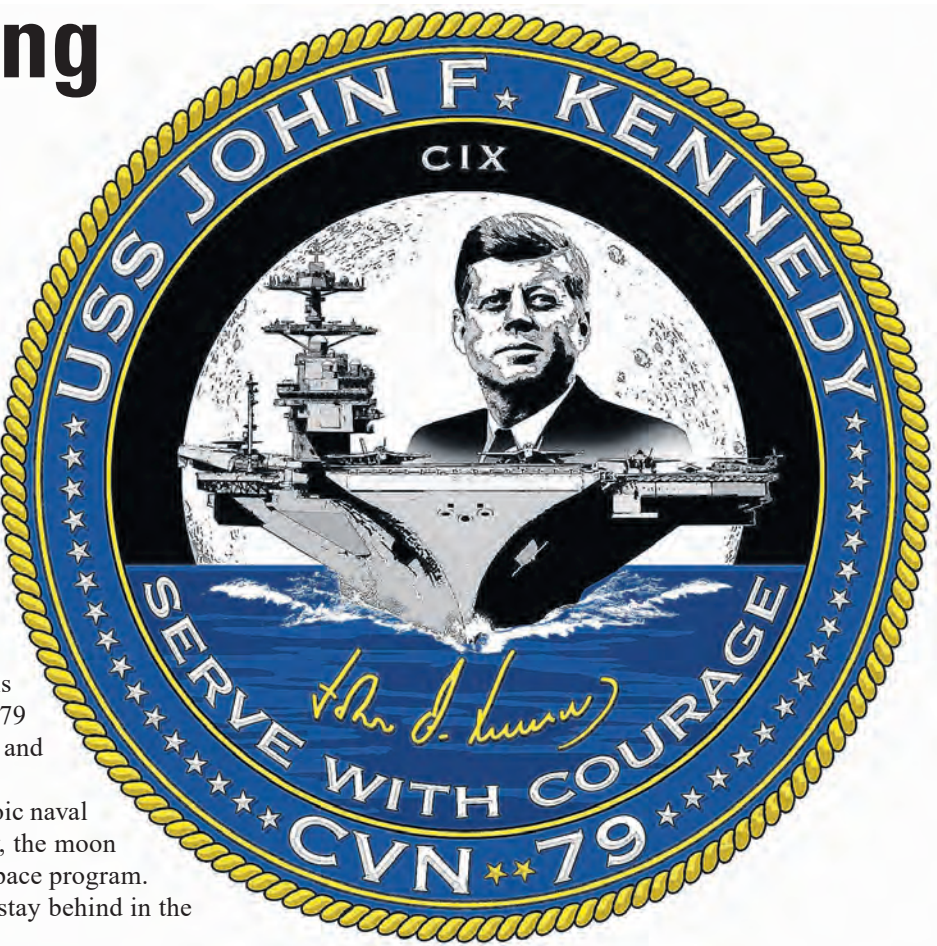
Capt. Todd Marzano, commanding officer, Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79) and his crew officially unveiled the seal of the U.S. Navy’s second Ford-class aircraft carrier currently under construction at Newport News Shipbuilding, Nov. 6.

The seal is crafted to integrate elements that honor President John F. Kennedy, his service to the Navy, and his vision for space exploration.

It features 35 stars located around the outer ring that represent John F. Kennedy as our nation’s 35th president. The 35th star is positioned after his middle initial and the two gold stars placed between CVN and the number 79 symbolize the fact that this is the second aircraft carrier bearing his name and legacy.

The Roman numeral “CIX” or 109, is a tribute to President Kennedy’s heroic naval service as commander of Patrol Boat 109 in the South Pacific. Additionally, the moon backdrop represents President Kennedy’s instrumental role in the nation’s space program.

“No nation which expects to be the leader of other nations can expect to stay behind in the



The ship’s crest for the Ford-class aircraft carrier USS John F. Kennedy (CVN 79).

U.S. Navy graphic

See **JFK** | **B7**



Petty Officer 2nd Class Kaitlin Rowell
Fire Controlman 2nd Class Warren Golston (left) and Fire Controlman 2nd Class Nathanael Westcott (right), assigned to the amphibious assault ship USS Bataan (LHD 5), load a Rolling Airframe Missile, Nov. 6.

BATAAN CONDUCTS LIVE FIRE WITH A PURPOSE

From Expeditionary Strike Group 2 Public Affairs

ATLANTIC OCEAN

The Wasp-class amphibious assault ship USS Bataan (LHD 5) completed a live-fire exercise of its Rolling Airframe Missile (RAM) and NATO Sea Sparrow Missile against drone targets while underway Nov. 7.

The ship, part of the Bataan Amphibious Ready Group, (ARG) was underway conducting a Composite Training Unit Exercise (COMPTUEX) with the 26th Marine Expeditionary Unit (MEU). COMPTUEX is an intensive, month-long exercise designed to fully integrate a carrier strike group or ARG-MEU as a cohesive, multi-mission fighting force. It thoroughly tests the abilities of the Sailors and Marines assigned to the ARG and MEU to carry out sustained combat operations from the sea.

“It’s been a challenging, yet rewarding

process being able to conduct this evolution from start to finish,” said Fire Controlman 2nd Class Tatyana Latimore. “This is one of the few times where we get to work with missile systems to fulfill their purpose.”

During the live-fire exercise, the ship detected, tracked and conducted engagements using its RAM and NATO Sea Sparrow Missile against targets in order to validate the capabilities of the ship’s weapons systems as well as demonstrate warfighting readiness with the watchstanders on board.

“It’s a chance to validate the operations of our weapons systems, and the training that we’ve undergone over the last several months,” said Lt. Zach Feenstra, Bataan’s combat systems officer. “This exercise is designed to test our air defense systems’ ability to find, track and engage a target, as well as challenge our watchstanders’ ability to defend the ship against multiple threats.”

Both the amphibious transport dock ship

USS New York (LPD 21) and Harpers Ferry-class dock landing ship USS Oak Hill conducted similar training events in August, following the ARG’s completion of its Surface Warfare Advanced Tactical Training exercise.

“Live Fire with a Purpose is an integral part of a ship’s training cycle,” said Capt. Darren Nelson, chief of staff for Expeditionary Strike Group 2. “This gives the ship a live look at a target on a missile profile and allows the commanding officer to validate their battle orders, watchstander proficiency, and weapons systems. Successful completion of this event gives the commanding officer the confidence that they can defend their ship all while increasing the lethality of the ship and the ARG.”

Expeditionary Strike Group 2 provides an East Coast amphibious ready force that is manned, trained and equipped to fulfill amphibious requirements and to provide military commanders with a wide range of flexible ca-

“Live Fire with a Purpose is an integral part of a ship’s training cycl. This gives the ship a live look at a target on a missile profile and allows the commanding officer to validate their battle orders, watchstander proficiency, and weapons systems.

Capt. Darren Nelson

pabilities including maritime security operations, expeditionary power projection, forward naval presence and humanitarian assistance and disaster relief.



Airmen of the 174th Attack Wing participate in a weekly yoga class. Classes are intended to present an alternative way for 174th members to build both mental and physical strength.

Staff Sgt. Duane Morgan

Getting creative: Reducing opioid use for returning warriors

By Military Health System Communications Office

When service members return from tour of duty with debilitating battlefield injuries, opioid prescriptions are common in their recovery process. Opioids are effective in reducing pain in patients but can be highly addictive as a pain treatment option. As a result, the Defense Health Agency is exploring alternate pain management techniques to decrease the number of opioid prescriptions in military hospitals.

The Centers for Disease Control and Prevention reported in 2017 that drug overdose deaths involving opioids skyrocketed from roughly 8,000 in 1999 to over 46,000 in 2017. Of these numbers, deaths involving prescribed opioids jumped from around 3,000 to almost 17,000. DHA’s response has been an integrated approach to health that combines prescriptions with nonpharmacological pain treatments. DHA published a procedural instruction in 2018 that promotes physical and behavioral treatment techniques like acupuncture, massage, and music therapy as alternatives to address acute pain and prevent it from becoming chronic. Opioids would then be prescribed only when indicated.

Dr. Chester Buckenmaier, a professor at the

“A good yoga session not only improves muscle tone, adds strength, and improves flexibility of the joints, but also helps bring peace of mind, reduces anxiety, and improves mood.”

Bhagwan Bahroo

Uniformed Services University and a licensed acupuncturist, agrees that these other pain treatment techniques are key to the future of pain management. While Buckenmaier is an anesthesiologist by trade, he teaches students at USU to take alternate treatments into consideration as they study to be the health care providers of tomorrow.

“The Defense Health Agency and USU are aggressively educating the next generation to look at these other techniques as first line treatments for pain,” Buckenmaier said. “We’re teaching them today that this is medi-

cine.” Outside the classroom, practitioners like Dr. Bhagwan Bahroo from the Psychiatry Continuity Service program at Walter Reed use yoga to treat pain in military hospitals.

“A good yoga session not only improves muscle tone, adds strength, and improves flexibility of the joints, but also helps bring peace of mind, reduces anxiety, and improves mood,” Bahroo explained. He added this method relieves pain intensity and increases daily function, two factors essential to successful pain management.

Acupuncture and yoga are only a few examples of nonmedication pain management treatments. Health care providers across the military are also exploring other approaches such as meditation and nutrition to combat pain while maintaining healthy, daily function. Battlefield acupuncture, or auriculotherapy, is already available at certain military hospitals, and TRICARE is evaluating the clinical effectiveness of traditional acupuncture, which could become a covered service in the future. With the implementation of the updated Defense and Veterans Pain Rating Scale, DHA will have a way to measure these techniques and their effects on pain.

“This is a cultural change that we’re bringing not only to our patients, but also to ourselves as clinicians,” Buckenmaier said.

Service members and civilians dealing with both acute and chronic pain are encouraged to explore these other techniques with their health care providers when considering an opioid prescription. For more information on how to manage pain, visit the Military Health System’s Pain Management page.

Read Mr. Thomas McCaffery’s memo officially recognizing November as Warrior Care Month.

Welcome home! You’re in the basement now...

By Lisa Smith Molinari

Many of us can pinpoint the time in our lives when we returned to our childhood home seeking the comfort of preserved memories, only to find that our bedrooms had been converted into something else. The TV room, the sewing room, the storage room, the den. This happened to me after I went away to college, and I never saw it coming.

My expectations were not based on a bratty notion that my parents were obligated to maintain my bedroom for me in perpetuity. Rather, I had assumed my parents would preserve my room for me because they had done this for my older brother. In fact, his bedroom had become a veritable shrine. His old comic books, photographs, trophies, football helmet, and Naval Academy paraphernalia were displayed lovingly on shelves and dressers, awaiting his much-celebrated return.

Based on this, I believed naively that my parents would enshrine my room, too.

I was wrong.

No sooner did I turn 18 when the slow transition began. Home on a break, I noticed that my posters had been replaced by framed watercolor prints. My cartoon cat bedding swapped for floral comforters. My juvenile white-lacquered bedroom set exchanged for a

lovely golden pecan dresser, end tables and desk. The whitewashed antique chiffonrobe was gone, along with the stuffed animals that graced its Contact-papered shelves.

At first, I was touched by the improvements. How sweet that my parents wanted things to be nicer for me when I came home for visits! But as time went on, the secret new purpose for my old bedroom would eventually become clear.

Small, barely noticeable changes continued through my college years and even after law school. But the transformation was so subtle, I couldn’t see what was happening. My bulletin board crammed with camp ribbons, high school dance corsages, photos and memorabilia disappeared one year. My swimming trophies found their way onto a shelf in the closet the next. The creaky olive-upholstered recliner that smelled of cat pee was substituted for a dainty pastel wingback. The drab braided rug vanished, replaced by luxurious cream cut pile.

The night before my wedding in the fall of 1993, reality finally hit.

I had been instructed by my mother to sleep on the old couch in the basement, dictated by a line of logic that made perfect sense at the time. My aunt and uncle from Kentucky needed to sleep on the double bed in my brother’s room. My brother and his wife and

baby from Seattle needed to stay on the twin beds in my bedroom, which had recently been outfitted with a crib. That left the old basement couch for me, which only made sense.

But as I flopped to and fro on the brown plaid upholstery hoping I wouldn’t have bags under my eyes at my wedding the next day, it finally occurred to me — my bedroom wasn’t mine anymore.

It was the guest room, and it had been for a very long time.

I didn’t cry. I didn’t punch my pillow. I didn’t curse my parents. I went to sleep. The next day, I went to the neighbors’ house to shower because our bathroom was occupied, then I put on my white dress and I got married.

Like a lobster in a cool pot of water, I didn’t know the flame had been turned on. Before I knew what was happening, the boiling point had been reached, and I was cooked, done, all grown up. Ready to leave the cozy security of my parents’ three-bedroom-one-and-a-half-bath brick 1950s ranch and create my own home.

Next week, our adult children — Lilly (19), Anna (21), and Hayden (24) — will be home for the Thanksgiving holidays. Hopefully, Hayden won’t notice my husband’s suits in his closet, and that his collection of Rubik’s Cubes have been stashed under the bed. We won’t tell Anna about our future plans to turn her room into our master bathroom. And we’re banking on Lilly never realizing that her bedroom has been the guest room all along.

Although, the basket of hotel toiletries on her nightstand might be a dead giveaway.
www.themeatandpotatoesoflife.com



Q: What happens if the Service member receives orders during their lease?

A: If the Service member receives orders in excess of 90 days and is transferred from his current permanent duty station (per the Service Members Civil Release Act), the Service member may terminate the lease before the end of the lease period under the military clause. The Service member must present a copy of their orders to the Landlord along with a 30 day written notice.

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



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.cnic.navy.mil/navylifema

DoD

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.)



U.S. Navy
Hospital Corpsman 1st Class Manuel Aponteblanco prepares to draw blood from Hospitalman Brian Panus the amphibious assault ship USS Kearsarge (LHD 3).

KEARSARGE HOSTS BLOOD DRIVE

By MCSN Jesse Schwab
USS Kearsarge (LHD 3) Public Affairs

NORFOLK

Sailors assigned to the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) participated in a blood drive Nov. 4 and 5 in support of the Armed Services Blood Program.

ASBP is the official blood program of the U.S. military who collects, processes, stores, distributes and transfuses blood worldwide.

“The ASBP blood drives are important because they are exclusively for active duty, retirees and their families,” said Hospital Corpsman 1st Class Tyson Riccio. “It’s very important that people donate because just five units could save a life.”

Kearsarge Sailors who participated in the blood drive said they were happy with the opportunity to give back to their fellow service members.

“Every time I have a chance to donate, I do,” said Electronics Technician 3rd Class Logan Flitton. “I’ve donated more than 10 times and I look forward to more opportunities to help my shipmates.”

ASBP has 20 locations internationally where technicians collect approximately one pint of blood from each donor that can

“Kearsarge took part in this program so we can give back to our fellow service members and to assist in maintaining readiness while deployed. It’s important to encourage and educate Sailors about the importance of donating.”

Lt. Sipriano Marte

be sent around the globe.

“Kearsarge took part in this program so we can give back to our fellow service members and to assist in maintaining readiness while deployed,” said Lt. Sipriano Marte, Kearsarge’s medical administration officer. “It’s important to encourage and educate Sailors about the importance of donating.”

Mental Fitness: A road to self-awareness and combat readiness

By MC1 Kegan Kay
USS Bataan (LHD 5) Public Affairs

ATLANTIC OCEAN

On Jennifer Black’s desk, there is an anonymous quotation that reads, “I couldn’t heal because I pretended I wasn’t hurt.”

As the deployed resilience counselor embarked aboard the amphibious assault ship USS Bataan (LHD 5), Black knows Sailors and Marines must be mentally healthy in order to carry out their missions. And she knows the first step toward mental health for many of them is learning to open up.

“I would advise people to become comfortable discussing issues they are uncomfortable with, in-depth,” Black said. “If you are experiencing fear of opening up about something, it’s probably a good indicator that you should.”

Bataan offers Sailors and Marines several pathways toward seeking help if they are struggling. In addition to counseling, Bataan offers numerous therapy, support groups and classes throughout the week, such as Cognitive Behavior Therapy for Insomnia, an Anger and Irritability support group, and Mindfulness and Meditation classes.

“Therapy is just treatment,” said Fleet Surgical Team 4 Psychiatrist Lt. Cmdr. Adeniyi Alatise. “People feel only those who are ‘crazy’ go to therapy, but it is for anyone who pushes for self-awareness and to seek treatment to better themselves.”

Atalise joins Black and the embarked Navy and Marine Corps chaplains on Bataan as individuals who are ready to talk to any Sailors or Marines who need them.

“It’s unique in this environment to have readily accessible resources,” said Black. “Sailors and Marines are literally able to leave their work space and we can provide a breakaway from the errant causes of their stress.”

Research shows the importance of having mental health resources available onboard.

According to a report released in the March 2018 issue of Medical Surveillance

Monthly Report, “From 2007 through 2016, a total of 853,060 active component service members were diagnosed with at least one mental health disorder and 115,378 were diagnosed with mental health problems related to family/support group problems, maltreatment, lifestyle problems, or substance abuse counseling.” Additionally, the report read, “most of the incident mental health disorder diagnoses were attributable to adjustment disorders, depressive disorders, and anxiety disorders.”

If left untreated, those mental health problems could have serious consequences.

Alatise and Black both stated that a common sign of someone struggling, possibly even thinking of suicide, is a change in their normal behavior. An example could be seeing a Sailor who normally exhibits a positive, outgoing attitude suddenly becoming disgruntled and withdrawn.

“This may be the time to pull them aside and ask [if they are OK], and possibly bring them in for counseling,” said Alatise.

Both Black and Alatise agree that therapy and counseling are a collaborative effort between the counselor and the client.

“My goal is always to be collaborative with a client, with the understanding that I have the expertise and knowledge,” said Black. “I may make recommendations later for specific therapy that may better suit their needs, but it is always a recommendation, the client doesn’t have to follow it.”

Added Alatise: “It takes a lot of work. Changes don’t just involve talking about it, but homework and practice [as well]. Prepare to invest a lot of time and be in it for the long haul. Change takes time, it doesn’t happen overnight. The most important thing is that people should avail themselves of the services offered here.”

At the end of the day, a ship cannot function without its Sailors and Marines and to be fully efficient, the crew has to be mentally fit in order to stay combat ready.

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 222-3990

OR VISIT US ONLINE

flagshipnews.com

VETERANS Day Celebration!

VETERANS • ACTIVE MILITARY • FIRST RESPONDERS

*RECEIVE A FREE BBQ DINNER WITH PURCHASED TICKET

LOVE LOCAL @ THE CENTER

RED White & BREWS

NOVEMBER 16 | 7PM

CRAFT BEER - FOOD - THREE BANDS

featuring live music by

SHOWCASING LOCAL CRAFT BREWS

STOLEN COOL TONES JUST US

TICKETS: \$20 - \$25

SPECIAL: 10% OFF & FREE BBQ DINNER FOR VETERANS • ACTIVE MILITARY • FIRST RESPONDERS

*WITH PURCHASED TICKET. BBQ PROVIDED BY THE SUFFOLK RURITAN CLUB. ALL TICKETS \$5 MORE DAY OF THE EVENT.

110 W. FINNEY AVE.
SUFFOLK, VA 23434
SUFFOLKCENTER.ORG
757.923.2900



MC2 Nall Morgan

The U.S. Coast Guard Sentinel-class cutters USCGC Margaret Norvell (WPC 1105), front, and USCGC Kathleen Moore (WPC 1109) pass the hospital ship USNS Comfort (T-AH 20) as it is anchored off the coast of Port-Au-Prince, Haiti in preparation for a six-day medical mission, Nov. 4.

COMFORT ARRIVES IN HAITI TO PROVIDE MEDICAL ASSISTANCE

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

PORT-AU-PRINCE, HAITI

The hospital ship USNS Comfort (T-AH 20) arrived in Port-au-Prince, Haiti, for its last medical mission stop in Central America, South America and the Caribbean, Nov. 4.

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

“We are pleased to welcome the USNS Comfort for its sixth visit to Haiti in the

“ We are pleased to welcome the USNS Comfort for its sixth visit to Haiti in the past decade. This visit underscores continued U.S. support for humanitarian assistance in Haiti, as well as our commitment to supporting disaster preparedness and resiliency in the region

past decade,” said Michele Sison, U.S. ambassador to Haiti. “This visit underscores continued U.S. support for humanitarian assistance in Haiti, as well as our commitment to supporting disaster pre-

Michele Sison, U.S. ambassador to Haiti

paredness and resiliency in the region.” Comfort’s team consists of more than 900 personnel, including medical specialists from the U.S. military, non-governmental organizations volunteers, and per-

sonnel from partner nations. “I am humbled and proud to be a part of Comfort’s team,” said Lt. Cmdr. Gustavo Lores, a supervisor at the shore-based medical site. “We are committed to providing quality healthcare in order to increase partner capacity and regional collaboration for humanitarian assistance and disaster relief, which is a high priority for the region.”

This marks the sixth Comfort visit to Haiti and the seventh to the region since 2007. The embarked medical teams will provide care aboard Comfort and at one 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.

War College event held aboard USS Wasp

MCI Phillip Pavlovich
USS Wasp (LHD 1) Public Affairs

ATLANTIC OCEAN

Twenty multinational naval officers assigned to the Combined Task Force (CTF) aboard the amphibious assault ship USS Wasp (LHD 1) participated in the first-ever U.S. Naval War College hosted classroom education course with a focus on humanitarian and disaster relief (HADR) planning.

The maritime CTF consists of representatives from the United States, El Salvador, Colombia, Peru, Brazil, Argentina and Chile. The hybrid course provided the participants three phases of training designed to create a shared standard operating procedure (SOP) to support foreign humanitarian assistance.

“Interoperability has been established over the years and we will reinforce it through shared operating procedures, understanding of the operating environment, and our respective military’s response in a humanitarian assistance and disaster relief scenario,” said Capt. Steven Stacy, who has been coordinating and facilitating the training. “We are conducting these missions with our partners now and hope that the Combined Task Force will eventually establish a permanent organization which will help us more rapidly and effectively conduct multinational operations within the U.S. Southern Command area of responsibility.”

Participants embarked Wasp during its port visit to Valparaiso, Chile. This engagement is part of Wasp’s transit around South America as her homeport shifts from Sasebo, Japan to Norfolk, Va. after serving nearly two years in the U.S. 7th Fleet area of operations.

The first phase of the training covered Foreign Disaster Relief planning with members of the U.S. Naval War College while pierside in Valparaiso, Chile.

After departing Valparaiso, the CTF transitioned to its second phase, a table top



Sgt. Teagan Fredericks

U.S. Marine Corps Sgt. Milton Rendondueque, a satellite operator with Special Purpose Marine Air-Ground Task Force-WASP, translates for a member of the Colombian Naval Infantry during a humanitarian aid planning exercise aboard the USS Wasp (LHD 1), at sea, Sept. 27.

exercise focused on planning a combined response to a hypothetical disaster caused by a hurricane in Honduras. Each CTF member was responsible for analyzing a case study of a previous humanitarian response.

“Each partner nation and U.S. representatives have presented the military and civilian response capability and mechanisms for their respective countries,” said Maj. Diego Miranda, CTF Intelligence Officer [FJACUU(1) assigned to Marine Corps Forces South. “This understanding and valuable information has further improved the interoperability and value of the CTF’s training and will lead to a comprehensive shared operating procedure going forward,”

During the final portion of the transit, students will plan and execute a mock HADR scenario, demonstrating their knowledge and understanding of their interoperability potential. They will develop a draft HADR SOP that can serve as a model for a multinational response to a disaster for the future.

“The lessons learned have level set expectations between our partner nations and the U.S. Understanding what is expected of you and what you expect of others in a crisis can mean saving lives and preventing suffering,” said Naval War College Deputy Director of the Civilian-Military Humanitarian Response Program Professor Tony Fox. “The bottom line is that we and our multinational partners intend to provide not only education but also documentation that will allow us to conduct a more rapid and efficient response to humanitarian assistance and crisis response when minutes count.”

In tandem with the multinational training on Wasp, the transit has likewise been beneficial to the U.S. Navy’s overarching mission. “This transit allows the U.S. Navy to strengthen partnership with several of our strategic partners in the region, provides for increased interoperability and improved regional and component readiness,” said Stacy. “[It also] serves as the initial step for U.S. Naval Forces Southern Command and

4th Fleet to take toward establishment of a multinational Combined Task Force.”

The transit has also allowed for further emphasis on the missions of the CTF broadly. “All the nations involved share a respect for human rights and the desire for strong military-to-military relationships,” said Miranda. “These relationships are key to reducing threats and enhancing collective readiness and capabilities necessary to meet today’s global challenges. The shared awareness gained by the CTF’s mission aboard Wasp will go a long way to meeting these objectives.”

The U.S. Naval War College has been educating and developing leaders from all branches of services, U.S. government agencies and departments, and international militaries since its establishment in 1884.

The Wasp/CTF evolution was the first of several events scheduled over the next two years in order to assist in establishing a ready-for-call CTF in the U.S. Southern Command area of responsibility.



MC2 Cameron Stoner

U.S. Navy Cmdr. Joel Uzarski, commanding officer of the guided-missile destroyer USS Gridley (DDG 101), looks out from the ship's bridge wing as the Portuguese navy frigate NRP D. Francisco de Almeida (F334) prepares to pass. Gridley is underway on a scheduled deployment as the flagship of Standing NATO Maritime Group One to conduct maritime operations and provide a continuous maritime capability for NATO in the northern Atlantic.

NATO CONDUCTS ELECTRO MAGNETIC OPERATIONS TRIALS

MC2 Cameron Stoner
Standing NATO Maritime Group One Public Affairs

ATLANTIC OCEAN

Standing NATO Maritime Group One (SNMGI) began conducting Electro Magnetic Operations (NEMO) trials off the coast of the United Kingdom Nov. 1.

Naval Electro Magnetic Operations (NEMO) trials, developed by NATO's Above Water Warfare Capability Group (AWWCG), provides a venue for the alliance to evaluate the effectiveness and validate NATO Electronic Warfare (EW) tactics and systems.

"While the impact of electronic warfare cannot always be physically seen, the potential effects it can have on maritime, air and land assets can be devastating if they are not detected early enough to prevent or

combat," said Cryptologic Technician (Technical) 2nd Class Junae Glover, SNMGI's staff chief electronic warfare specialist. "Having the opportunity to see the capabilities of our electronic systems while under simulated pressure during NEMO will allow forces to increase their knowledge and understanding of the warfare area."

The 2019 iteration of NEMO trials will see a focus on force anti-ship missile defense, demonstrating improved means of achieving force defense to minimize the threat to NATO maritime forces. The exercise also offers an opportunity for experimental tactics and procedures to be evaluated prior to NATO adopting them as formal doctrine for use by allied nations.

"With over 70 years of experience build-

ing common doctrine and procedures as well as interoperable systems, the alliance remains committed to staying at the forefront of technology, including in critical maritime areas like electronic warfare and anti-ship missile defense," said U.S. Navy Rear Adm. Edward Cashman, commander of Standing NATO Maritime Group One and head of NEMO trail 2019 forces.

"While NEMO has a science and technology focus on electromagnetic operations, the exercise will also offer NATO an opportunity to evaluate tactics, techniques and procedures, providing feedback to allied nations on the effectiveness of existing doctrine. As the maritime landscape continues to evolve, exercises such as NEMO will help maintain alliance nation forces at the forefront of capabilities while also demonstrating readiness and interoperability to any potential aggressors," he added.

Aircraft from the United Kingdom Joint Support Air Tasking Organization and other air assets will participate in NEMO to provide a realistic threat simulation. Maritime

forces and land-based assets will also work simultaneously; ensuring allied nations take advantage of the opportunity to learn methods to exploit electronic warfare capabilities in a rapidly changing technical environment.

SNMGI includes the flagship U.S. Navy guided-missile destroyer USS Gridley (DDG 101), the Royal Norwegian Navy frigate HNoMS Thor Heyerdahl (F-314), the Belgian Navy frigate Leopold I (F930), the Portuguese Navy frigate NRP D. Francisco de Almeida (F334), and the Royal Netherlands Navy frigate HNLMS Van Speijk (F 828).

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

Royal Canadian Navy plays key role in 2nd Fleet mission

By MC1 Joshua Sheppard
Commander, U.S. 2nd Fleet Public Affairs

NORFOLK

In the cavernous three-story Maritime Operations Center, amidst a sea of television monitors and projection screens, a mass of uniforms gathers huddled around a cluster of desks. Interspersed throughout the crowd of mostly U.S. Navy uniforms are a smattering of Marines and a few livelier uniforms from France, the U.K., and Norway.

"Standby," is anonymously called and all conversation ceases. Everyone stands in quiet anticipation for the arrival of the admiral who is leading the briefing. "Attention on deck," rings out and everyone snaps to rigid attention.

In walks the admiral, not dressed in the uniform of a U.S. Navy Sailor, but in that of a Royal Canadian Navy Rear Admiral. He is U.S. 2nd Fleet's vice commander, and the fact that he is a part of 2nd Fleet's chain of command represents the commitment that the U.S. Navy has not only to its mission, but to its partners who are vital to accomplishing that mission.

When U.S. 2nd Fleet was reestablished on Aug. 24, 2018, it was done with the vision to create a force that was able to confront the very real resurgence of great power competition in the North Atlantic and Arctic. The U.S. Navy recognized early that relying on allies and partners in the Arctic region would be key to confronting future threats. To that end, 2nd Fleet has taken the unusual step of integrating officers from allied nations directly into the fleet's staff. Chief among the five foreign national officers serving on the staff is Canadian



MC2 Joshua Tolbert

Vice Adm. Andrew Lewis, commander, U.S. 2nd Fleet, left, stands alongside U.S. 2nd Fleet Vice Commander, Rear Adm. Steve Waddell, Royal Canadian Navy. U.S. 2nd Fleet exercises operational and administrative authorities over assigned ships, aircraft, and landing forces on the East Coast and the Atlantic.

Rear Adm. Steve Waddell, vice commander of U.S. 2nd Fleet.

Waddell, a native of Temagami, Northern Ontario, and a 30-year member of the Royal Canadian Navy, stepped into the number two role at the Navy's newest fleet to not only bring alternative perspectives to the command, but to revive a partnership that existed before U.S. 2nd Fleet was disestablished in 2011.

"We have had, and continue to have Canadians working in and amongst units and organizations here in Norfolk," said Waddell. "But this is the first time someone so senior has been here since the disestablishment of the NATO Allied Command Atlantic (SACLANT) in 2003. Having a permanent Canadian Rear Admiral as the C2F Vice Commander is a return to that way of doing business."

"Rear Adm. Waddell brings a wealth

of knowledge and experience to the staff, and we are grateful to have him," said Vice Adm. Andrew Lewis, commander of U.S. 2nd Fleet. "Especially when operating in the cold, rough, northern Atlantic environments that we are today, in a coalition manner, having a senior perspective from Canada provides immeasurable insight and expertise."

While it is not unheard of to have members of partner militaries embedded within large U.S. commands, U.S. 2nd Fleet has taken this further by integrating them into the actual command and decision-making structure of the fleet at a very senior level.

International cooperation and coalition building is key to having a force that is capable of operating together, in peacetime as well as war. Integration does not begin at the senior level. Waddell has worked with and embedded with

the U.S. Navy throughout his career.

"Much like the U.S., we in Canada have an entire generation of Sailors and naval officers, myself included, that have routinely deployed around the world, often integrated as part of a NATO task group or a U.S. carrier strike group," said Waddell. "Those opportunities have allowed my colleagues and me to become accustomed to working with partners and the U.S. Navy. Trust is built over time."

As the U.S. Navy begins to shift its attention from decades of operations in the Middle East back to blue water and high-north engagement, ensuring strong partnerships between the U.S. and allied Arctic nations becomes of paramount importance. Waddell and the other allied officers on U.S. 2nd Fleet's staff bridge gaps in understanding, strengthen relationships, and are central to U.S. 2nd Fleet's mission accomplishment.



Sailors assigned to USS Gerald R. Ford (CVN 78) security department pose for a group photo following a Project Mojo community relations volunteer event at the Good Mojo thrift store. Good Mojo is a ForKids thrift store that creates a self-sustaining foundation for the mission-driven distribution of necessary household supplies to families in need.

Ford recognized as regions best in community outreach

MC2 Ryan Seelbach
USS Gerald R. Ford Public Affairs

NORFOLK
The aircraft carrier USS Gerald R. Ford (CVN 78) was recognized for the second year in a row as Navy Region Mid-Atlantic's nominee for the USS Bainbridge (CGN 25) Award for Overall Excellence in Community Service.
Ford won all five individual categories for large sea command in the 2019 Navy Community Service Awards program, in the categories of Personal Excellence Partnership Flagship, Project Good Neighbor Flagship, Environmental Stewardship Flagship,

Campaign Drug Free and Health, and Safety and Fitness Flagship.
Each of the categories won by Ford's community relations committee was covered by one of the many regularly occurring community outreach programs Ford Sailors participated in, to include working with children in schools, beach clean-ups, working with the Salvation Army and Meals on Wheels.
Cmdr. David Kim, a Ford chaplain and the ship's community outreach manager, explained how the Ford's program is set up for Sailors to succeed.
"We established a committee that reaches

out to all the different departments and find people who are passionate about something, and we help equip them with what they need to do a good job and represent the ship," said Kim. "It makes me incredibly proud of our crew because at the end of the day, it's the Sailors who do the work."
More than 1,300 Ford Sailors performed 5,083 hours of community service to 181,000 people in the Hampton Roads area spanning from June 2018 through June 2019.
Personnel Specialist 1st Class Ruben Perez, from Miami, helps run the community relations committee and said that these

accolades are a direct reflection of the Sailors' dedication.
"A lot of these Sailors put a lot of effort into getting these volunteer events going and representing Gerald R. Ford. They are consistently leading these events flawlessly and we always receive feedback thanking us for our support," said Perez.
"They are motivated to volunteer and excited to show up. They're doing it because they honestly love to volunteer and give their time back to someone else."
Ford's success will now be put to the test, going up against the very best programs from around the fleet, in the hopes of being recognized as the Navy's overall best program.
Kim said without the Sailors' participation and drive, none of this success would be possible.
"If you equip Sailors and empower them to do what they love doing, you're going to get a great result," said Kim.

PRESENTED WITH:

ONE DAY UNIVERSITY

ONE DAY UNIVERSITY IS DESIGNED FOR PEOPLE WHO THINK EVERY DAY IS A GREAT DAY TO LEARN SOMETHING NEW. With hundreds of fascinating topics taught by the most remarkable professors in the country, One Day U events inspire, enlighten and entertain - all in a few hours. So come join other intellectually curious people who love to learn.

Register Today To Lock In Your Discount For This Remarkable Event

A SEMESTER IN A DAY

The same program will be featured at both the morning session and the afternoon session.

NEW! MORNING SESSION: 9:30 AM - 1:15 PM or AFTERNOON SESSION: 2:15 PM - 6:00 PM

POLITICS

CLASS 1:
Hamilton vs. Jefferson: The Rivalry that Shaped America

PROFESSOR:
Louis Masur
Rutgers University
Clive Prize for Teaching Excellence

LITERATURE

CLASS 2:
Three Books that Changed the World

PROFESSOR:
Joseph Luzzi
Bard College
Scaglione Prize for Teaching Excellence

POLITICS

CLASS 3:
The Supreme Court: What's Next? An Insider's View

PROFESSOR:
Alison Gash
University of Oregon
Commendation for Excellence in Teaching

Full price ~~\$159~~

\$119

Use code **Norfolk**

(Discount For 100 Students Only)

DATE: **SATURDAY, MARCH 7**
9:30 AM - 1:15 PM or 2:15 PM - 6:00 PM

LOCATION: **CHRYSLER MUSEUM OF ART**
1 MEMORIAL PL | NORFOLK

Register at **OneDayU.com** or call **800 300 3438**

CuriosityStream

is a Proud Sponsor of One Day University

PCU JFK sees first patient at sick hall

From Commander, Naval Air Force Atlantic Public Affairs

NEWPORT NEWS

Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79) officially welcomed its first patient in the ship’s clinic facilities in Newport News Nov. 4.

Cmdr. Michael Prudhomme, who was one of the first officers to report to PCU John F. Kennedy and serves as the aircraft carrier’s senior medical officer, discussed the significance of seeing the first patient.

“We have reached basic functionality to be able to assume patient care in support of our readiness mission,” said Prudhomme, who has served in the U.S. Navy for 15 years. As of November 2019, more than 100 Sail-

ors have officially checked into the command. As construction of the second Ford-class aircraft carrier continues at Newport News Shipbuilding, a steady stream of ship’s company will continue to report to the command.

Capt. Kimberly Toone, Commander, Naval Air Force Atlantic Force Surgeon emphasized the milestone the medical department has reached by commencing basic care of their Sailors.

“While the current available care is in the basic phase, this is the first step towards full medical support of the ship and crew,” said Toone. “Each step is critical to the future success of our nation’s next aircraft carrier.”

Prudhomme also emphasized the type of care his medical team can perform while the aircraft carrier is under construction. “The

basic type of care we can provide, as the crew’s primary care provider, include treating common illnesses to performing our medical readiness mission such as Periodic Health Assessments, and occupational health,” said Prudhomme.

All other ambulatory services, as well as pharmacy and X-ray requirements will be performed at Naval Medical Center Portsmouth and its Branch Health Clinics, Prudhomme added.

Named for the 35th president of the United States, John F. Kennedy will be the premier forward asset for crisis response and early decisive striking power in major combat operations. The carrier and the carrier strike group will provide forward presence, rapid response, endurance on station, and multi-mission capability.

“ While the current available care is in the basic phase, this is the first step towards full medical support of the ship and crew. Each step is critical to the future success of our nation’s next aircraft carrier.

Capt. Kimberly Toone



MCSA Zack Guth

Sailors assigned to the aircraft carrier USS Gerald R. Ford (CVN 78) participate in a burial at sea ceremony on the ship’s aircraft elevator three. Thirty souls were laid to rest during the first burial at sea ceremony held aboard Ford.

HONORING VETERANS DAY WITH FIRST BURIAL AT SEA ABOARD FORD

From USS Gerald R. Ford Public Affairs

ATLANTIC OCEAN

Veterans Day, an annual day of commemoration that honors all military members, was observed with a unique and special ceremony aboard the aircraft carrier USS Gerald R. Ford (CVN 78), laying veterans to rest in the deep blue sea.

The remains of 29 service members from four different branches of service and one Merchant Marine were laid in the sea during a burial at sea ceremony aboard Ford Nov. 11. Though the time honored tradition of a burial at sea has been in practice for as long as mankind has sailed the seas, this ceremony marked the first aboard Ford and her crew.

“The burial at sea ceremony connects us to the rest of the fleet and it also connects to our traditions, our pasts, and those who were also connected to the sea,” said Cmdr. Dave Kim, from Mineola, New York, a

Ford chaplain. “It was a great experience throughout the whole ship to get involved with this experience.”

The ceremony was led by Ford’s Chaplain, Cmdr. Michael Amedick, from Pennsauken, New Jersey, who was honored to carry out this request for so many veterans.

“There was a lot of service among them across a lot of eras; it’s just nice to be able to honor that service in a fitting way, and even more special to be able to do it on Veterans Day,” said Amedick. “All of them served, we’re just trying to honor their desire [to be committed to the sea] in a way that is fitting for what they did.”

Surviving family members of the deceased receive the American flag that was carried with their remains, three spent cartridges which represents each of the volleys fired by the firing detail’s 21-gun salute, an official certificate showing the charted coordinates of where their loved

ones were laid to rest, photos from the event and a personal letter from Ford’s Commanding Officer, Capt. John J. Cummings.

“Because the family members aren’t able to attend the burial at sea in person, they will be really happy to see the pictures and everything we’ve done to make it more meaningful to them,” said Amedick.

The crewmembers aboard Ford —many of which have never experienced a burial at sea ceremony — were eager to participate or attend and honor the service members.

“It was really cool how the crew was really involved, it’s kind of CRMD [command religious ministries department] leading it, but I think there was about a dozen different departments involved in one way or another,” said Amedick. “A lot of volunteers were really eager to serve in either the honor platoon, as an urn bearer, or the firing detail who all really did a great job honoring the people who we were

committing, so I’m proud to just be a part of that.”

Sailors stood in formation on Ford’s aircraft elevator 3 in their dress blue uniforms, gathered to honor their service to our nation. At 9 a.m., the command was announced, “all hands bury the dead.” After a prayer from Amedick, the ceremony proceeded. Urn bearers carried the cremains to the catafalque one-by-one as Amedick read their names and background aloud. Salutes were rendered as they were then released to their final resting place.

A 21-gun salute shot toward the horizon. Gunshots faded with every echo as the empty shells bounced onto the deck. “Taps” sounded from a lone bugle over the silent participants and attendees.

Most of them were Sailors including two couples buried together. A few were Soldiers or Marines; one was a Merchant Mariner. Some of them served for decades, served only for a few years, but all of them served. Now they are committed to rest in the mighty blue sea.

Gerald R. Ford is a first-in-class aircraft carrier and the first new aircraft carrier designed in more than 40 years. Ford is currently underway in the Atlantic Ocean conducting an independent steaming exercise.

JFK | Seal crafted to integrate elements that honor President Kennedy’s service to the Navy

Continued from B1

race for space,” said President Kennedy during a Sept. 12, 1962, speech at Rice University on the Nation’s Space effort. “For the eyes of the world now look into space, to the moon and to the planets beyond, and we have vowed that we shall not see it governed by a hostile flag of

conquest, but by a banner of freedom and space.”

Anchoring these and other elements on the seal is the ship’s motto – Serve with Courage.

“Our motto exemplifies President Kennedy’s life,” said Marzano. “From the first day of his presidency, he challenged every American during his inauguration speech

to ‘ask not what your country can do for you – ask what you can do for your country.’ He regarded serving one’s nation as an honor and held the utmost respect for those who did so with courage, especially when faced with adversity.”

“John F. Kennedy displayed extraordinary courage, both in combat as a naval officer, and as president of the United States,” said Marzano. “The seal design and ship’s motto are a very powerful and fitting way to honor his legacy.”

Most recently, on Oct. 29, the ship’s dry

dock was flooded officially launching the aircraft carrier approximately three months early to the original schedule. PCU John F. Kennedy will be christened at Newport News Shipbuilding-Huntington Hills Industries in Newport News on Dec. 7.

In addition to the unveiling of the seal, and the flooding of the ship’s dry dock, other milestones have been completed to include laying of the ship’s keel on Aug. 22, 2015, and placement of the 588-metric ton island superstructure on May 29, 2019.

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 22,000 opt-in subscribers (and growing) in and around the Hampton Roads region.

Sign Up Today!
<http://bit.ly/2qU1D4D>



Advertise Today!
757.222.3990 or ads@militarynews.com



Starrcast IV memories with the Crockett brothers

For the first time ever after 30 years, brothers Jim and David Crockett from Jim Crockett Promotions sat down at Starrcast IV to answer questions, meet the fans and take pictures with them.

See C2

SECTION C | FLAGSHIPNEWS.COM | 11.14.2019



Norfolk Festevent

SPARK THE YULETIDE SPIRIT AT HOLIDAY YULE LOG BONFIRE AND CHRISTMAS MARKETPLACE

Press Release

NORFOLK

The 6th Annual Holiday Yule Log Bonfire and Christmas Marketplace is Saturday, Dec. 7 at Town Point Park along the Downtown Norfolk Waterfront. The event runs from 12:00 p.m. to 8:00 p.m. and is free and

open to the public.

Filled with plenty of holiday cheer and good tidings, the Yule Log Bonfire and Christmas Marketplace is the perfect way to welcome in the 2019 holiday season. Town Point Park is transformed into a festive outdoor wonderland featuring unique and local crafts, a towering Yule Log Bonfire, Christ-

mas caroling, hot chocolate and whiskey tastings, and a visit from the Big Man himself.

Festivities begin at noon on Saturday with the opening of the Christmas Marketplace. Featuring more than 20 local artisans, the marketplace is a one-stop shop for the upcoming holiday season with a focus on

locally owned businesses. Whether you are shopping for a last-minute stocking stuffer or a sincere gift for a loved one, the Christmas Marketplace features a wide array of products, including handmade jewelry, one-of-a-kind ornaments, beautiful paintings, and much more.

The marketplace remains open until the conclusion of the event at 8:00 p.m. View a detailed list of participating artisans at the Christmas Marketplace below.

When the temperatures begin to dip in the

See YULE | C3

Tradition abounds in the National Tour of Broadway’s “Fiddler on the Roof” at Chrysler Hall

By George “Yiorgo” Pantas

The iconic Broadway show “Fiddler on the Roof” takes over Chrysler Hall from Nov. 19 to 24, featuring all the lovely songs that make this musical so endearing: “Tradition,” “Sunrise, Sunset,” “If I Were A Rich Man,” “Matchmaker, Matchmaker” and “To Life (L’Chaim!).”

Based on original staging by Jerome Robbins and choreographed by renowned Israeli choreographer Hofesh Shechter, this national tour by Tony-winning director Bartlett Sher is a feast for the eyes and ears, and full of family traditions. It’s a play not to be missed this season.

Jonathan Von Mering, who plays the role of Lazar Wolf, recently shared his thoughts on the production.

Where were you born and what led you to the world of entertainment?

I was born in Davis, California, but when I was 4, we moved to Boston, Massachusetts. I did the compulsory fifth-grade play –

I played weasel No. 3 – and I was delighted with that experience. I must have considered myself a very experienced actor by seventh grade because I remember being really excited to work on “As You Like It.” My mother was always supportive and really loved the arts so she would take us to see plays and musicals when we were younger. So that exposure helped to develop an interest in it. By the time I was in high school, I was doing every play and did a community theater production of “Fiddler on the Roof.” I loved it. It was an amazing experience. I went on to study in the university, and I am in the early stages of my career now.

I understand something pretty amazing happened when you were a student at the University of Southern California. Tell us about it.

I was in the singing group The USC So-Cal VoCals. We had won the a cappella singing championship and we were invited to go and sing at the White House for President (Barack) Obama and First Lady



Joan Marcus

Michelle Obama. It was a holiday party and we sang Christmas and other holiday songs. It was incredible and definitely a once in a lifetime kind of a thing.

Tell us about getting the part of Lazar Wolf.

I actually sent in a video audition from Europe where I was traveling at the time. It

was totally out of the blue. I had not been auditioning for musicals. I love singing and this one totally came out of nowhere. I’m super excited. I love this show and thought that touring would be a great adventure at this time of my life. It was something I had to say “yes” to.

See FIDDLER | C4

Calendar

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



Courtesy photo

Disney Junior Holiday Party!

- Nov. 15, 6:00 p.m.
- Chrysler Hall
- <https://www.sevenvenues.com/events/detail/disney-junior-holiday-party>

Disney Junior Holiday Party! is a dazzling musical wonderland where children and their families can sing and dance along to their favorite Disney Junior songs plus holiday classics with their favorite Disney friends, including Mickey & Minnie Mouse, the Puppy Dog Pals, Vampirina and many more, plus a special visit from Santa Claus!



Courtesy photo

Pet Photos with Santa

- Nov. 17; Dec. 1; Dec. 8, 6:30–8:30 p.m.
- MacArthur Center
- <https://www.shopmacarthur.com/events/##holiday>

MacArthur Center welcomes you and your four-legged friends for photos with Santa during this purr-fect evening reserved just for them. Your cat or dog is welcome to sit pretty for Santa and you can fetch keepsake photos of all the fur-raising fun. Sponsored by Norfolk Animal Care Center. Early registration begins at 5:30 pm on Level One at the N1 Entrance near Kay Jewelers. Event is from 6:30 p.m.-8:30 p.m.. Humans are welcome to join their furry friend in their photos with Santa. Photo package prices are below



Courtesy photo

Painting with Baby Goats

- Nov. 18, 6:00-7:30 p.m.
- New Realm Brewery
- <https://newrealmbrewing.com/event/painting-with-baby-goats/>

Are you looking for a unique date night with that significant other? Are you looking to score major brownie points with your family, kids or grand-kids? Look no further. Painting with Baby Goats in Pajamas at New Realm Brewery is here! Let's be clear, the goats will not be painting.. You will be painting WITH GOATS! This means that you will have tons of extremely adorable baby goats in Pajamas around you while you paint. You will be allowed to pet them, cuddle them, snuggle them, love them, feed them and use them as inspiration for your painted masterpieces! All Supplies included. Painting on glass beer mugs \$50 per person and comes with one free drink



Courtesy photo

Sesame Street's 50th Birthday Bash

- Nov. 16, 2:00 p.m.
- Slover Library
- 757-431-7437

Celebrate the 50th Birthday of Sesame Street with snacks, crafts, activities and FUN! Sesame Street began airing on public television on November 10, 1969. Join us as we celebrate 50 years and counting of this beloved children's television program.

Lego League

- Nov. 16, 2:00 p.m.
- Joint Expeditionary Base Little Creek-Fort Story
- (757) 462-7385

Get creative and meet other LEGO fanatics! Embrace your innovation and explore new design ideas. No registration required. Recommended for ages 6 and up.

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/

Greater Lanexa's 'Fresh from The Studios' comes to Suffolk

Press Release

The Suffolk Center for Cultural Arts welcomes 16 Artists from Lanexa, Va., in a new exhibition called 'Fresh From The Studios.' Meet the artists at the opening reception on Nov. 14, from 5:30 - 7:30 p.m.. This Art Exhibition is on view from Nov. 14 through Jan. 11, 2020, and is free and open to the public.

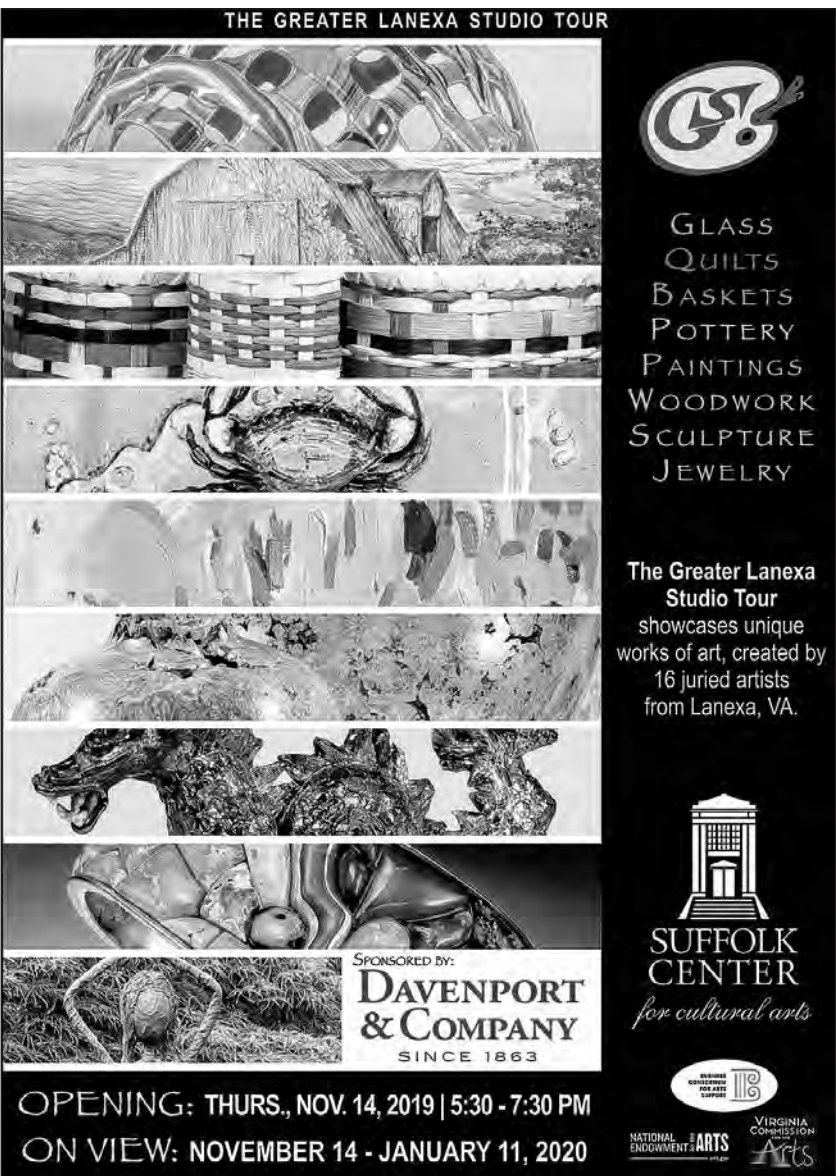
The Greater Lanexa Studio Tour (GLST) is a group of local juried artists from the Lanexa, Va., area. Once a year they open their studios to the public for a weekend tour, held in late October. The self-guided tour takes visitors in and out of eight studio locations and provides the public with an opportunity to view unique art and in-person demonstrations.

Fresh From The Studios marks the first time the Greater Lanexa Studio Tour will be out of the studios and into the Suffolk Center's historic BB&T and Norfolk Foundation Galleries. Sixteen talented Artists will showcase work in a variety of mediums including paintings, woodwork, sculpture, glass and jewelry. Their unique artwork makes a great gift for someone special!

Everyone can discover what they love at the Suffolk Center this season.

MORE INFORMATION

Suffolk Center's BB&T and Norfolk Foundation Galleries is located on



Courtesy photo

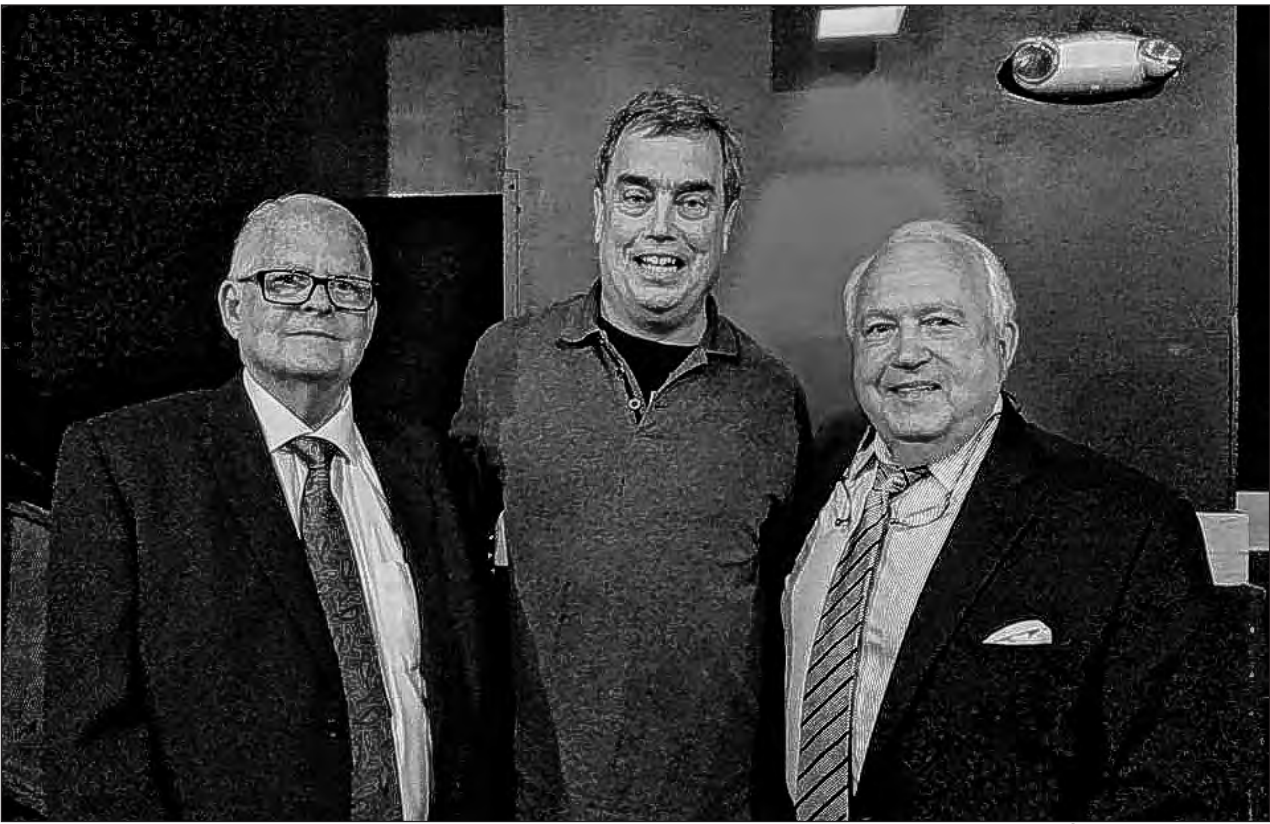
GLST ARTISTS:

- Pat Bell:** Home & Garden Art
- Judy Bronson:** Pottery
- Glenda Creamer:** Oils & Watercolors
- T.J. Edwards:** Pottery
- Laura Gilmartin:** One-of-a-kind Art Quilts
- Leonard Hall:** Native American style Baskets

- Dick Hines:** Contemporary Wooden Bowls
- Linda Knight:** Unique Glass
- Bob Oller:** Mixed Media Paintings
- Rachel Oney:** Resin & Acrylic Art Pieces
- Peggy Shifflett:** Pottery
- Lynn Trott:** Pottery
- Carol Weidman:** Jewelry

the 2nd Floor of the Suffolk Center for Cultural Arts. Suffolk Center is located at 110 W. Finney Ave., Suffolk, Va., 23434. For additional information

please visit SuffolkCenter.org or Call 757-923-0003. Art Exhibitions at the Center are generously sponsored by Davenport and Company.



George "Yiorgo" Pantas

Starrcast IV memories

By George "Yiorgo" Pantas

Conrad Thompson's Starrcast IV is now history and history was made. The fans left happy knowing they had the chance to see, meet and hear stories from current wrestling stars and their childhood wrestling heroes. And for the first time ever after 30 years, brothers Jim and David Crockett from Jim Crockett Promotions sat down at Starrcast IV to answer questions, meet the fans and take pictures with them.

Jim, David and Bruce Mitchell, a wrestling historian, writer and pod-caster Pro Wrestling Torch for the past 29 years, had a few minutes after the panel to talk.

Jim, what was your biggest take-away from this weekend?

Jim Crockett: I really enjoyed the whole weekend. The panel especially brought back a lot of memories.

How were the fans reacting to meeting you?

The fans were great! It was heart-warming to find out that so many people remembered and still cared about what we did.

David, this is now your second Starrcast. How was the whole experience for you?

David Crockett: I had a wonderful experience at Starrcast IV. Conrad Thompson was an excellent host. Every one of the Starrcast staff could not have done enough for us.

What was the interaction with the fans like for you?

DC: The fans were great and what a gratifying experience talking with them. It means so much to know people feel we did a good at Jim Crockett Promotions. For so long we felt we failed. Bruce Mitchell's questions were very good in helping the fans to know the JCP story.

Bruce, what was it like for you to interview the two men responsible for all of our childhood wrestling

memories?
Bruce Mitchell: Doing this panel was a highlight of my life. I'm a native Carolinian and grew up watching Jim Crockett Promotions. My friends and I sat front row monthly at the Greensboro Coliseum and rooted for the bad guys like the Four Horsemen and the Midnight Express.

Talk a little about the topics you covered.

BM: We covered how they built a company from old tag teams and mediocre business to the most revenue per capita business and the best, deepest roster of main event talent in the world. And how much the fans remember and appreciate it. Both Jim and David told great stories about Wahoo MacDaniel, Johnny Valentine, Thunderbolt Patterson, Ole Anderson, Ric Flair, Blackjack Mulligan, Dusty Rhodes and so much more.

Look for Part III in next week's edition

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



Norfolk Festevent

YULE | 6th annual holiday event held at Town Point Park; free and open to public

Continued from C1

late afternoon, the fan-favorite Yule Log Bonfire will be ignited at 4:00 p.m. The bonfire, which towers more than 10 feet high, provides not only a comfortable locale to stay warm, but the ideal backdrop for a holiday photograph. Fueled by a steady supply of hand-chopped wood, the bonfire

will continue to run until the conclusion of the event at 8:00 p.m.

With the sun set and the downtown Christmas lights twinkling in the darkness, Santa Claus will make an appearance at Town Point Park at 6:00 p.m. Children and families will be allowed photograph opportunities with Santa until the conclusion of the event at 8:00 p.m. Additional children's activities include holiday-themed arts and crafts stations, as well as shopping at the Christmas Marketplace.

The arrival of Santa Claus will also be accompanied by live musical performances by The Standard Time Quartet and caroling with the Dickens' Christmas Towne Car-

olers. Festival guests can sing along with the live performers with a complimentary, commemorative carol book.

In addition to the bonfire, festival guests can keep warm around additional, smaller bonfires, as well as an assortment of warm beverage offerings. Hot chocolate and coffee will be served.

For adult guests, a bar and lounge area will be serving holiday-themed cocktails, such as the Haute Chocolate, Hot Toddy, and Mulled Wine, along with immersive and education whiskey tastings featuring flights of Jack Daniel's, Woodford Reserve, and Old Forester. The bar and lounge area will also feature televisions displaying col-

Schedule of Events:

- 12:00 p.m. – 8:00 p.m.: Holiday Marketplace opens
- 4:00 p.m. – 8:00 p.m.: Yule Log Bonfire
- 6:00 pm – 8:00 p.m.: Christmas Caroling featuring The Standard Time Quartet
- 6:00 p.m. – 8:00 p.m.: Santa Claus visit and photos

lege football and holiday movies.

Additional information on the 6th Annual Holiday Yule Log Bonfire and Christmas Marketplace can be found at bit.ly/YuleLog19.



Courtesy photo

35th Annual Grand Illumination Parade starts holiday magic downtown

Press Release

NORFOLK

The 35th Annual Grand Illumination Parade starts the holiday magic on Nov. 23 at 7:00 p.m. in Downtown Norfolk. The parade, presented by MacArthur Center, starts at the corner of St. Paul's Boulevard and Main Street and follows a two-mile course. The theme "Toyland" will come alive through marching bands, animal brigades, motorized units, walking units and floats. The parade is free and open to the public. The finale, per tradition, brings Santa to Downtown on a spectacular float.

The official kick off to the holiday season brings thousands of spectators to experience the beauty, magic and lights. The Grand Illumination Parade is a beloved holiday tradition for many families in the region. The parade immediately follows the Grand Illumination that lights up the Downtown skyline at 7:00 p.m. The lights will continue to adorn Downtown Norfolk throughout the holidays.

"We've produced the region's ultimate holiday parade for 35 years and are proud of the hundreds of volunteers and participants who bring their creativity and energy to Downtown each year," said Mary

Miller, president and CEO of Downtown Norfolk Council.

The Grand Illumination Parade won a Merit Award from the International Downtown Association and it has been a Southeast Tourism Top 20 Event, since 1985.

PARADE TIPS & EXTRAS

Waterside District VIP Experience \$40

Join Waterside District for a VIP viewing experience of the parade and annual lighting of the Downtown, along with access to festive food, drinks and holiday activities! Bring your own folding chair for a comfortable seating experience. Admission to the VIP Viewing Area is \$40 and includes \$20 promotional gift card to Waterside District and one ticket for hot cocoa. Enjoy a festive holiday atmosphere with food tents, holiday garb and non-alcoholic drinks available for purchase. Kids 10 and under are FREE to attend. <https://www.eventbrite.com/e/grand-illumination-parade-vip-experience-tickets-72317699185>

Come Early and Enjoy the Fun

Spectators are encouraged to arrive be-

fore 5 pm to avoid traffic. There's plenty to do for the whole family including Dickens' Christmas Towne at Nauticus, Impulse Giant Seesaw Experience and ice skating at MacArthur on Ice, and plenty of shopping and dining options. Various entertainment options will also be available at Waterside District and on the parade route starting at 5:30 pm.

Special Event Parking Prices

Early bird parking rates of \$2 are available until 5 pm. All city garages, including MacArthur Center, are collect-on-entry and accept CASH or CREDIT. The garage at Norfolk Hilton The Main Hotel will NOT be collect-on-entry. Regular hourly rates apply. Dominion Tower is \$5 collect-on-entry from 3:00 p.m. - 6:00 p.m. CASH or CREDIT. For all garage locations click here.

See the Parade Online or on Social Media

The Grand Illumination Parade will be on Facebook Live @DowntownNorfolk on November 23 at 7:00 p.m. You can enjoy the parade's marching bands, giant balloons, floats and walking units along with colorful commentary, and you will be able to interact with hosts in real time. On your mobile device, follow @DowntownNorfolk on Facebook. If you don't have Facebook, you can still watch live on your laptop or desktop at DowntownNorfolk.org. The Facebook Live broadcast will be available after the parade on Facebook. You can also see behind-the-scenes fun on Instagram @Downtown757.

Celebrate the 2019 holiday season at the Children's Museum of Virginia

Press Release

PORTSMOUTH, VA

The Children's Museum of Virginia has never been so festive. For the first time, a portion of the nostalgic holiday collection known as Winter Wonderland: The Coleman Collection will be re-envisioned and displayed within The Children's Museum of Virginia. The collection has been a holiday tradition for all ages for the past fifty years, first at Coleman's Nursery, then at the Portsmouth Arts and Cultural Center since 2004. "With the planned maintenance and repairs to the Portsmouth Arts and Cultural Center falling during the holiday season, we see this as an opportunity to reimagine the presentation of the collection, freshen up the displays, and develop a new generation of Winter Wonderland loyalists," says Gallery Curator, Gayle Paul."

The Children's Museum of Virginia will offer new opportunities for visitors to enjoy reimagined holiday exhibits, the popular Eye Spy scavenger hunt, and an array of programs and activities. Sock Skating also returns to the changing gallery.

The Middle Street mall will be decorated with beautiful holiday decorations and Snow Wonders, a light, snow and music show, will be presented each Friday and Saturday night at 5:30 p.m. and 7:00 p.m. A new addition to the mall will be a "Santa Hut" where visitors young and old can whisper their wishes to Santa.

As a special gift to our loyal visitors, the Children's Museum of Virginia will be offering a \$5 per person general admission, valid from Nov. 29 through Dec. 31. Hours of operation are being extended on Fridays and Saturdays until 8:00 p.m.

The Portsmouth Arts & Cultural Center Gallery Shop will remain open during the holiday season filled with unique and one-of-a-kind items. Hours of operation will be 10:00 a.m.-5:00 p.m. Wednesday-Saturday and 1:00 - 5:00 p.m. on Sunday.

Both the Gallery and the Museum Shop at the Children's Museum will participate in Shop Small Saturday on Nov. 30, and Shop Museum Day on Sunday, Dec. 1. The shops will be offering a 20 percent discount on non-consignment merchandise.

Visit Middle Street Mall on Nov. 22, for the second annual Holiday Market and tree lighting at 5:30 p.m. Market hours are 4:00-7:00 p.m.



Joan Marcus

FIDDLER | Show takes over Chrysler Hall from Nov. 19 to 24

Continued from C1

What is “Fiddler on the Roof” about and why should people come to see it?

In essence, “Fiddler” is about Tevye, a very poor dairyman living at the beginning of the 20th century in Russia, in a small Jewish community where they are trying to keep their way of life while the world changes around them. Tevye has three daughters (who) have to get married, and the show is about how he tries to hold on to what he believes in with all these changes happening to him and all around him.

For someone who has never seen “Fiddler,” it’s an amazing story with many memorable characters and it has this almost fairy-tale type quality of transporting you to a different time and place with the music

wonderfully woven into the storytelling and dancing. It has this wonderful blend of joy and sadness. A great example is the song, ‘Sunrise, Sunset,’ a melancholic reflection of the passage of time, followed in the show immediately by this physical, thrilling wedding dance that brings this huge spark of energy right after the somber moment before.

If you have seen the show, this particular production has been lovingly assembled and it will feel really fresh to people. Everyone is really, really proud and excited to be working on this beautiful story and the way it is staged and performed, it feels like it has something to say about the present time.

How similar or different is this production from the movie and which production is it based on?

This is the touring version of Bartlett Sher’s 2015 Broadway production. The story is the same from the film but there are a couple of tweaks that the director has made

that I think are very smart.

Do you have a favorite scene in the show?

I really love the first scene between Chava, the youngest daughter of Tevye, and Fyedka, a Russian who sees her around and has an interest in her. There is this incredible guardedness the first time they meet when you can tell they have the same soul and are meant for each other, but everything in the world is against them coming together. Seeing how they navigate that is always cool to watch.

I also want to give a shout out to the dancers because the dancers on our show work so hard and are so very talented and they really, really bring the show to life in a stunning way.

Can you share an anecdote from the show?

This is a recent one and a really beautiful one for me. It’s always an honor to do the

show but I was having just an exhausting day, and in the moment right before the wedding in Act I where they step on the glass as part of the ritual and we are all about to shout mazel tov, someone in the audience shouts “heeeey!” and it reminded me how joyful that moment is and it made all of us light up.

One thing I love about live theater is that the medium reflects life in that you have one chance to see it, you come face to face with it and then it’s gone as soon as it was there. It’s like a memory. There is also an immediacy and urgency to live theater where there is a direct connection between the actor and the audience that I think is really, really exciting.

For tickets, dates and more info, go to www.sevenvenues.com/events/detail/fiddler-on-the-roof.

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

- 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!



Fandango.com

coming to theaters

A BEAUTIFUL DAY IN THE NEIGHBORHOOD [NR]

Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.

FROZEN II [PG]

Why was Elsa born with magical powers? What truths about the past await Elsa as she ventures into the unknown to the enchanted forests and dark seas beyond Arendelle? The answers are calling her but also threatening her kingdom. Together with Anna, Kristoff, Olaf and Sven, she'll face a dangerous but remarkable journey. In "Frozen," Elsa feared her powers were too much for the world. In "Frozen 2," she must hope they are enough.

21 BRIDGES [R]

After uncovering a massive conspiracy, an embattled

NYPD detective joins a citywide manhunt for two young cop killers. As the night unfolds, he soon becomes unsure of who to pursue – and who's in pursuit of him. When the search intensifies, authorities decide to take extreme measures by closing all of Manhattan's 21 bridges to prevent the suspects from escaping.

3022 [R]

A group of astronauts living in the haunting emptiness of deep space awake to find earth has suffered an extinction level event.

KNIVES OUT [PG-13]

When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

HALA [NR]

Seventeen-year-old Pakistani American teenager Hala (Geraldine Viswanathan) struggles to balance desire with her familial, cultural and religious obligations. As she comes into her own, she grapples with a secret that threatens to unravel her family.

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday | November 15
7:00 p.m. Maleficent: Mistress of Evil [PG]

Saturday | November 16
1:00 p.m. Maleficent: Mistress of Evil (3-D) [PG]
4:00 p.m. Gemini Man (3-D) [PG-13]
7:00 p.m. Zombieland 2: Double Tap [R]

Sunday | November 17
1:00 p.m. Abominable [PG]
4:00 p.m. The Addams Family (2019) [PG]
7:00 p.m. Zombieland 2: Double Tap [R]

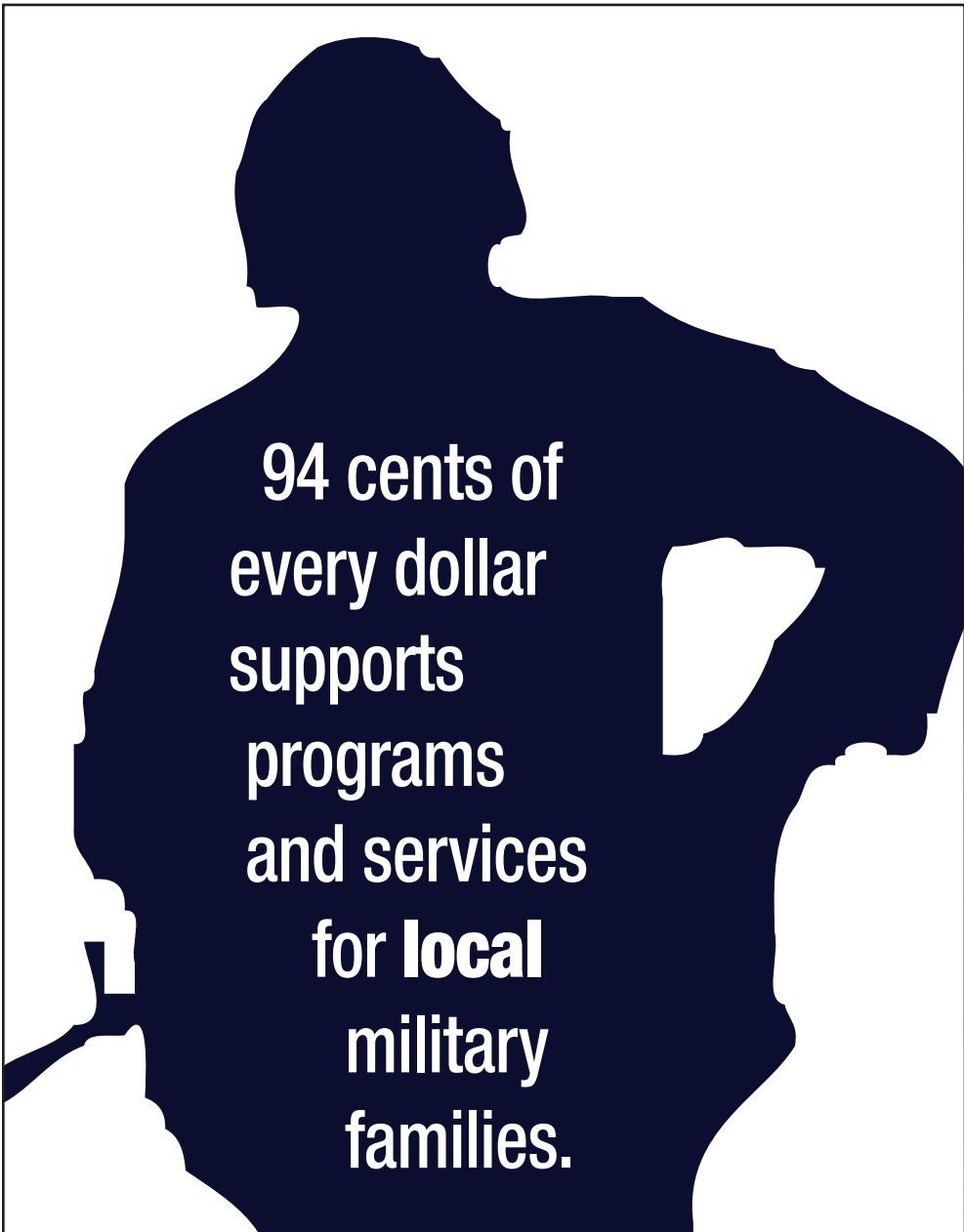
NAS Oceana, Aero Theater – 433-2495

Friday | November 15
7:00 p.m. Maleficent:mistress of Evil [PG]

Saturday | November 16
12:00 p.m. Abominable [PG]
3:00 p.m. Zombieland 2: Double Tap [R]
6:00 p.m. Rambo: Last Blood [R]

Sunday | November 17
12:00 p.m. The Addams Family (2019) [PG]
3:00 p.m. Judy [PG-13]
6:00 p.m. Maleficent: Mistress of Evil [PG]

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



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



Hampton Roads and Central 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 22,000 opt-in subscribers (and growing) in and around the Hampton Roads region.

Sign Up Today!
<http://bit.ly/2qU1D4D>

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



TO PLACE AN AD:
Visit placeanad.pilotonline.com

■ advertise
your business

The Flagship is a
weekly publication
aimed at military
service members,
family, and retirees.

Flagship Values

Hampton Roads Military Classified Marketplace



announcements

Announcements

NOTICE
Abandon Watercraft
Notice is hereby given that the following watercraft has been abandoned for more than 60 DAYS on the property of Ocean Marine, LLC, 201 Wavy Street, Portsmouth, VA. 23704 (757-328-0061).
Description of Watercraft: 2008 Sea Hunt 22; Registration VA2751BT, Hull Number SXSH0788B808.
Application for Watercraft Registration/Title will be made in accordance with Section 29.1-733.25 of the Code of Virginia if this watercraft is not claimed and removed within 30 days of first publication of this notice. Please contact the Virginia Department of Game and Inland Fisheries with questions.



Garage Sale

Estate Sales

ALANTON 1409 N Woodhouse Rd, Va Bch Sat-Sun Nov 16-17, 10-4. Classic Collection! Art, Bombay, Asian, mahg, antiq, uniq lamps, trunks, bks, rugs, glass, porc, clocks, sterling, handbags, jewelry. Pix on Blvd Treasures FB

ESTATE AUCTION

Estate of Dr. Richard Abrahamian 1621 Keswick Dr., Norfolk, Va Fri., Nov. 15, 10:30 AM
Preview Thurs., Nov. 14, 10-4 PM
2005 CHEVY TRAILBLAZER 20,000 MILES, GARAGE KEPT!!
House packed: Oriental rugs, bronzes, paintings, Tiffany, antique furniture, old clocks, glassware, silver, lots of old unusual items, dentist tools, large amount of old & new fishing gear, rods, reels, old lures, small outboard motors, kayak, attic items, etc. For more info, Kenny Keeter 757-718-2464, Randy Fiel 757-286-1976. Randy's Auction Gallery, Vaar 963, 10% bp. Firm 340

ESTATE SALE AUCTION

Nov 20 10:30 am
antique furn, jewelry, glassware
1300 Monticello Ave Norfolk
randysauctiongallery.com
Vaar 964 10% bp 626-1919 # 340

VIRGINIA BEACH MAJOR ESTATE SALE

3184 Silver Sands Circle, Unit 301. Amazing collection of FINE ART, furniture, etc. Please visit EstateSales. Net for all photos & info. Preview sales Thursday 11/14 5-7pm, Friday 11/15 & Saturday 11/16 10-4. Sale By ANTIQUE DESIGN CENTER

Estate Sales

AGA 6510815-1
1 X 0.79 I
30110 Estate Sales
6510815-1
VIRGINIA BEACH
Suzanne Fall
VP_ESTATE FLEA_7X



stuff

Misc. Merchandise For Sale

FIREWOOD
Seasoned Hardwood \$100. 8ft Bed Truck, Deliver Virginia Beach, Chesapeake 757-635-7717

MINK COAT BY AVANTI
3 Quarter Lengths Size Small. Exc Cond \$800 OBO. Call: 757-648-0079

UPHOLSTERY TOOLS:
Consew Sewing machine, button maker w/3 dies, 4/5 inch cushion stuffer. Call Steve 757-418-0692

VIRGINIA NAVY PLATE



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

Antiques & Collectibles

DECOYS WANTED



Highest CASH prices paid
Old wooden ducks or Canvas geese
Swans and Shorebirds. Also buying
Old fishing tackle & Wooden lures
Boat oars Nautical & Lifesaving items
Call Mark at 757-721-2746

Wanted To Buy

FILM CAMERAS
WANTED:
HIGH-END FILM CAMERAS
757-481-5375

Good Things To Eat



YOU-PICK PECANS
Virginia Beach, \$3.50/lb. Call for
directions and picking times.
757-439-4353 or 757-421-3625



pets

Dogs, Cats, Other Pets

CHIHUAHUA PUPS
CKC reg, males, 10 wks, shots/de-worming current. \$300. 804-265-5040 or pups4sale@verizon.net

GERMAN SHEPHERD
Registered AKC puppies 8 weeks. \$600. Call: 252-209-7380

SCOTTISH TERRIER PUPPIES
4 females available after November 26th \$2000.00 Call 757-431-9458

SHIH-TZU PUPS



M/F, all colors, vetted, parents on site, ready now. \$695. 804-338-1228

WHITE DOVES
Mated pair & singles, home raised. \$20, cages negotiable. 757-761-0177



help wanted

jobs

General Help Wanted

MARKETING ANALYST
Anlyz stat data on past sales predict future sales;Rsrch data on competitors&anlyz prices, sales&mrktg strategies&distribution;Comply&eval data w/Microsoft Office;Dsgn promotional mtrl w/PhotoShop;In design& Freehand;Assist impl mrktg strlgies specific targeted mrkt needs; Assist mrktg manager in creating cost effective functional improvements with-in multicultural mrkt. Req.: BA in Mrktng rtd. Job in Virginia, VA. Res.: Happy Feet LLC
taofeetspa@gmail.com.

Bldg & Const-Skilled Trades

ELECTRICIAN/SERVICE TECHNICIAN
L.E. Ballance Electric is accepting applications for an electrician to work in the Service Dept. Must have 5 yrs commercial experience running small jobs. Bucket truck experience preferred. Current DMV report must be provided at time submit application. Pre-employment drug screen required. Applications accepted at 944 Corporate Lane, Chesapeake, VA 23320 Mon-Thurs 8am-4pm. 757-436-9300. EOE/M/F/Disability/Vet.

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



FOR SALE

Lots For Sale

CHARLOTTE, N.C.
10 Acres, State Park Atmosphere, 10 minutes to town, \$127,900 Financing avail. 704-535-4100



FOR RENT

Room For Rent

VA BEACH SHORE DR. & GATE 4
Lrg Furn'd Master, Walk in closet & 53in TV \$645. Nr Bus 757.818.4872

CHESAPEAKE
Furn. rm w/ 1/2 bath for 1 person w/ pvt entr. All amenities incl. \$500/mo + dep. Call/Text w/ YOUR info 757-354-6789

NORFOLK
1 mile from Norfolk airport, near navy base on Shore Drive. 2 bdrms \$500-\$600/mo includes utilities. 757-450-5252 text or leave message.

NORFOLK
Room For Rent, Downstairs, \$400/mon, \$200 dep. No Utils. Boat, Garden, & Refs. Call Ken 757-588-5179

Houses For Rent

VIRGINIA BEACH
SFH, 3 BR, 2 Full BA, New Floor'g, Centrally Located. Fenced Yrd & A/C. \$1425/mo. Call: 757-685-2007



drive

Travel/Camping Trailers

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

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

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

CHEVROLET 1964 CORVETTE STINGRAY
C2, Showcar, loaded, red on red, power steering, air, disc brakes, stereo, high performance 327, hard & soft top, 757-681-0782. \$60,000

CHEVROLET 2005 CORVETTE
37K original miles, glass see-thru roof, 6 spd, new inspection, new tires, runs & drives great. Custom car cover, \$17,900. Call for details, 675-0288. Va. Dir.



Autos for Sale

CHEVROLET 2017 SILVERADO 1500



271 4x4 crew cab must see! Priced to sell \$29,950. 26K Mi Va Dir Proc. fee \$395. 757-717-1715/757-963-2299

CHRYSLER 2006 TOWN - COUNTRY
LX Minivan Gold/Tan. Loaded.Very good condition. \$4,200. 757-738-7942 (Tina) or 757-340-7091.

DODGE 2013 CHALLENGER



R/T 5.7 Hemi, super nice car - LOW MILES! \$17,900 VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

FORD 2002 EXPEDITION
MORE FOR YOUR MONEY
XLT Excellent condition, auto, air, lo-added, inspected, 3rd row. \$3850 LOW MILES! 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

FORD 2011 ESCAPE
LOOK
XLT Excellent condition, auto, air, loaded, inspected \$4990 757-439-8017 Va Dir. 757-481-7777 Process Fee \$375

FORD 2017 FIESTA



AC, nice car - great gas mileage! New inspection. \$7950 VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

LEXUS 2006 LS 430



ES430, White, Light tan interior, 130k miles. Asking \$11.9k OBO. For further inquiries contact me via: Graciousvb@gmail.com or 757-818-3522.

MERCEDES-BENZ 2012 E-CLASS



Serviced 38k \$18,900 439-0582vadr

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



Autos for Sale

NISSAN 2009 ALTIMA



SL 3.5L, mint condition. LOW miles! Auto, air, loaded, sunroof, leather, inspected. \$4990 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

NISSAN 2010 MAXIMA



1 Owner dealer maintained garage kept 124k \$6900 obo 757.273.5844

PONTIAC 2009 G6

Silver, Auto, air/heat, 4 dr, insp, runs great! \$2,000 obo 757-377-5670

SCION 2006 TC

2006 SCION TC 2.4L 4 cylinders engine and automatic transmission, 157K miles on it, Panoramic Sunroof, Pioneer sound system , Iphone Car-play, power mirrors , power windows , ice cold ac and hot heat , cruise control... Inspected good till 5/20. Runs and drives Good. \$4990. 757-295-1622

TESLA 2012 MODEL S



2012 Tesla Model S Sig P85 46k miles, NEW Tires, clean Carfax \$37k 757-818-5100

TOYOTA 2007 RAV4
MORE FOR YOUR MONEY
Limited 4WD. Beautiful burgundy fin, mint condition! Auto, air, lthr, sunrf, loaded, insp \$7450 757-439-8017 Va Dir. 757-481-7777 Process Fee \$375

TOYOTA 2008 CAMRY
Great Value
Looks & runs great - low miles! Auto, air, loaded, inspected \$5450 757-439-8017 Va Dir. 757-481-7777 Process Fee \$375

TOYOTA 2012 CAMRY



SE Power seat, sunroof, new inspection, must see - one owner! \$7250 VA Dir. Process fee \$395 757-717-1715/757-963-2299

TOYOTA 2018 CAMRY



SE auto, alloid, nice! 34,000 miles. \$18,250 VA Dir. Process fee \$395 757-717-1715/757-963-2299

business services

757.622.1455 | placeanad.pilotonline.com



services

Concrete/Asphalt

CONCRETE
10X40 Driveway \$1950 or 15'X15' patio w/stone fire pit. 35 years experience. 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.shibazzva.com

Handyman Services

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.

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

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.

ATTICS & GARAGES CLEANED
Contents hauled away. Also tree limbs & shrubs. Call 757-934-2258

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

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

Home Improvements

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

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

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

★ AFFORDABLE TREE SERVICE & SEASONED FIREWOOD ★
Theo 757-515-6933 Josh 757-998-5327

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

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

LEAF RAKING & CLEANUP Yard Work, Weed Control, Mulching, Trimming, Planting, Trans-planting of Shrubby and Trees. 25 years experience. Call 757-918-4152

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

Roofing

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

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

YOUR PERFECT JOB IS WAITING





tribune publishing
recruitment services

Search jobs. Post your resume. Stand out from the crowd.

jobs.pilotonline.com

Autos for Sale

TOYOTA 2015 TUNDR
SR5 Crewcab. Immaculate! 25,400 mi. Asking \$25,000 (under book value!!) *still under factory warranty* 757-582-7374 call or text

VOLKSWAGEN 2008 EOS



Sporty hardtop convertible, AT, AC, leather, \$3750 (757) 374-7565

VOLKSWAGEN 2008 RABBIT



Hatchback, 2.5L, auto, air, loaded, sunroof, 97k orig mi., inspected. \$4990 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

VOLKSWAGEN 2014 SUPER BEETLE

Convertible, 32,000 miles, cover, garage kept, leather seats, like new. \$14,500. 757-363-0961

Classic, Antique Cars

BENTLEY 1994 BROOKLANDS
Edition. 1 owner, 46K original mis., showroom new, new inspection, all serviced, \$23,900. Call for details, 675-0288. Va. Dir.

Trucks and SUVs

CHEVROLET 1999 SILVERADO 1500
Recent inspection, automatic, 8ft bed, good condition. \$3500. OBO 757-486-2311

CHEVROLET 1999 SILVERADO 1500
Recent inspection, automatic, 8ft bed, good condition. \$3500. OBO 757-486-2311

CHEVROLET 2002 SILVERADO 1500
4 Door, looks & runs great! Auto, air, new insp. \$4450. 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

Trucks and SUVs

CHRYSLER 2004 TOWN & COUNTRY



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

FORD 2003 F-250



Great work truck with tool body incl. Great Condition, Automatic Transmission. \$3950 Please call 757-460-0999

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

Trucks and SUVs

FORD 2005 EXPLORER



XLT AWD, excellent condition, good miles! New inspection, runs perfect. \$3990. 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

GMC 2005 YUKON



Z71 Excellent condition, auto, air, loaded, leather, sunroof, inspected. \$4850 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

HONDA 2013 ODYSSEY



EX. 58,000 miles, clean, serviced, must see. \$13,975. 439-0582. Va dir

Trucks and SUVs

HONDA 2016 CR-V

4X4, Auto, A/C, Cruise, Power Windows & Locks, CD, Back Up Camera, Alloy Wheels, Excellent Condition, Honda Warranty, 29k miles. \$16,900. Call 757-351-5611

JEEP 2007 LIBERTY



4WD, LOW miles! Auto, air, loaded, new inspection. \$5850 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

TOYOTA 2015 TACOMA

SR 5, double cab, 4x4, 52k miles, many, many extras. \$22,500. 757-641-7274

Wanted Automotive

ABSOLUTELY ABLY ACQUIRING AUTOS
All Makes & Models, Best Price Paid!! FREE TOWING. 757-749-8035

Boats & Watercraft

USED TRAILER SALE!!!
OVER 100 Avail. For Boats 12'-38' BUDGET BOATS: (757) 543 -7595

Good news.

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

The Virginian-Pilot
PilotOnline.com

drive
Saturdays in The Pilot

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

Don't pay full price!

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

Fun and Games

Super Crossword

YOU AND ME BOTH

ACROSS

- 1 Tropical tree
5 Des — (capital of Iowa)
11 Cartoonist Addams, familiarly
15 Floor mop
19 Berry of a Brazilian
20 Practically no time
21 — Hashana
22 "Relax!"
23 Poker hand of four clubs and one heart, say
25 Itty bit
26 Judicious
27 Old TV's "Remington —"
28 Test for univ. seniors
29 One of the Gandhis
31 Weep noisily
32 Country singer Clark
33 Field of a homebuilder
36 Farm tool
38 No-charge
39 Moistens, as poultry
40 What a patent or copyright might grant

- 47 "E pluribus —"
49 Wear out
50 Plotting aids
51 Many a critic
53 Org. for Roger Federer
56 Oatmeal bath brand
58 Outback locale
62 Cube creator Rubik
63 Post-Kantian philosopher Georg
64 Somewhat
65 Duplicated
67 Beatles song that's an apt alternate title for this puzzle
70 Lower baseball leagues
72 Taylor tyke of old TV
73 Clip, as wool
74 "High Voltage" band
75 Facial feature of Mark Twain
81 Island of Venice
84 Foxlike
85 Haunting one

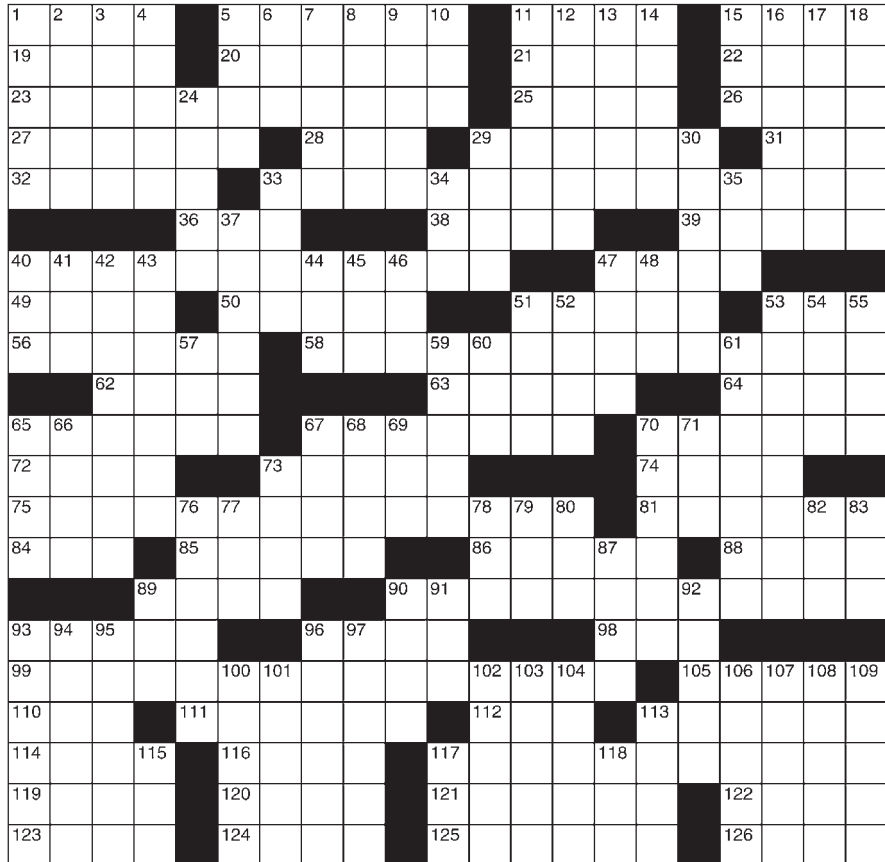
- 86 Capital of Jordan
88 Sage guide
89 Smelter junk
90 Luxury airport transport
93 Moses' peak
96 Chachi player Scott
98 "— So Fine" (1963 hit)
99 A shoulder shrug
105 Flunkies' responses
110 Get decayed
111 Amend
112 So-so mark
113 Put in a box
114 Army division
116 Yarn
117 For no particular reason
119 Little bay
120 Added stipulations
121 "The Jeffersons" actress
122 Tread
123 Body part with the ACL
124 Get lippy with
125 Soft caps
126 Female fowl

DOWN

- 1 Blue Ribbon beer brewer
2 Piercing
3 Cutting beam
4 Priestly hat
5 Formed
6 See 115-Down
7 "Send me!"
8 Island nation in the Pacific
9 Double curves
10 "Zip it up!"
11 Wince
12 Thick, head-hiding top
13 Sean of "50 First Dates"
14 Pottery piece
15 Hem, e.g.
16 Pants parts
17 Put in groups
18 "Ta-ta!"
24 1910s senator Root
29 Memo start
30 Red-brown
33 King-to-be
34 Uncertain things
35 Neil of film
37 CBS journalist Charles
40 LAX posting
41 VII doubled
42 In a spine-chilling way

- 43 More guarded
44 By way of
45 Univ. email ender
46 Inits. on a navy vessel
47 Electric or water co.
48 Tchr.'s gp.
51 Spaghetti sauce brand
52 British brews
53 Group that services car owners
54 Alexis I, e.g.
55 High degs.
57 LA-to-MI dir.
59 Actress Birch of "American Beauty"
60 TKO caller
61 Cut coverer
65 Dairy beasts
66 Milky gem
67 Ergo
68 Part of SW
69 Grain bit
70 Hitchcock film of 1964
71 Here, to Luc
73 Bad city air
76 More unsightly
77 "— Na Na"
78 GoPro, e.g.
79 Med. group
80 Bird of the 58-Across

- 82 —TV (cable channel)
83 Suffix with resin or peril
87 Court great Arthur
89 Trunk gunk
90 Green fruit
91 Chit letters
92 "Gone" boy band
93 Slapped, e.g.
94 Patch variety
95 Endemic
96 Intensifies
97 Evaluate
100 Sorority letters
101 First ex of Donald
102 "— me?" ("What'd ya say?")
103 "Dog whisperer" Millan
104 Don't disturb
106 Digital dough
107 Fry a bit
108 Ruhr's chief city
109 Leaks slowly
113 Slippery swimmers
115 With 6-Down, start a round of golf
117 Sloop sail
118 Lay odds



©2019 King Features Syndicate, Inc. All rights reserved.

Sudoku

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

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals O

IY N QKKJBC SFB DNQB CNYF,
NS YSOQJ DBITTX YSOGGKDPTX
SK SFB EIP, YK N FIC SK EBBT
KRR ENTIR.

Last week's CryptoQuip answer

I believe a quirky trait that's unique to a camcorder wielder should become known as a "videosyncrasy."

last week's answers



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

Religious Services

For your installation's
religious service times, visit
[www.flagshipnews.com/
base_information/religious_services](http://www.flagshipnews.com/base_information/religious_services)



WE GET
YOUR BUSINESS
IN FRONT OF OUR
MILITARY



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

