



The Flagship®

NAVY PREPARES FOR HEALTHY THANKSGIVING FEAST

By **Matthew Morrison**
Naval Supply Systems Command Public Affairs

MECHANICSBURG, PENN.

As Thanksgiving approaches, Navy Culinary Specialists (CS) around the world are preparing to serve Sailors a healthy variety of traditional fare. This year, the Navy plans to serve an estimated 105,000 pounds of roast turkey, 24,000 pounds of stuffing, 54,000 pounds of mashed potatoes, 20,000 pounds of sweet potatoes, 5,000 pounds of cranberry sauce, and 4,500 gallons of gravy.

» See **FEAST** | **A7**

iStockphoto

President awards National Medal of Arts to military musicians

From U.S. Navy Band

WASHINGTON

President Donald J. Trump awarded the National Medal of Arts to musicians of the U.S. military in a ceremony at the White House today. Representatives from each branch attended the ceremony, including Adm. Michael Gilday, chief of naval operations, and Capt. Kenneth Collins, commanding officer of the United States Navy Band.

“They’re not just magnificent performers, and they really

» See **AWARDS** | **A7**



President Donald J. Trump prepares to present the National Medal of Arts to Army Staff Sgt. Jan Knutson (left). The guitarist with The U.S. Army Band “Pershing’s Own” accepted the award on behalf of musicians of the United States military for personifying excellence in music and service to the country.

Official White House photo

CHECK
US OUT
ONLINE!

www.flagshipnews.com

facebook

www.facebook.com/
The.Flagship

twitter

www.twitter.com/
the_flagship

Holiday shopping
safety tips

For many people taking advantages shopping deals is an absolute must. Follow a few tips to keep you safe during your holiday shopping experience.

» See **A4**



Lincoln Carrier
Strike Group
supports Operation
Inherent Resolve

The Abraham Lincoln Carrier Strike Group (ABECSG) began air operations in support of Operation Inherent Resolve (OIR), Nov. 22.

» See **B1**

Abeloved
holiday
tradition

Richmond Ballet and The Nutcracker, returns to Chrysler Hall Dec. 6-8 with the Virginia Symphony Orchestra playing for all four performances.

» 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!

Sign up
today! Call
222-3900

MyNavy Family app update focuses on improved services

By **Cmdr. Erik Wells**
Sea Warrior Program (PMW 240) Public Affairs

ARLINGTON, VA.

The Navy continues to focus on families with the latest update of the MyNavy Family app. First released in May, the free app has been downloaded over ten thousand times.

“The app has done exactly what we intended which is to both inform families and encourage them to continue to provide feedback to improve the app,” said Amanda Burns, the MyNavy Family app

product owner.

The May release included 12 main content areas, Navy Spouse 101 Information, links to Naval Services FamilyLine website and other pertinent websites. Based on feedback from the initial release, the app was updated in June to include links for Spouse Licensure Reimbursement, Blue Star Families and Navy Gold Star Program. This month, the app underwent several improvements to include a new search feature on the “Welcome Screen” and three additional content areas. There

is now sections on family financial planning, survivor’s resources, and parents and family members of Sailors.

“Whether a spouse or family member is new to the Navy or they have been part of our family for ten years, it can be difficult to know where to turn for support,” said Perry Christiansen, lead policy analyst with the Family Readiness Program Office. “This app allows our Sailors and families to quickly find information and resources to let them navigate to find the information they need.”

Additional links were added that help Sailors and their families during a permanent change of station move including a link to the Navy Lodge which offers safe, clean and affordable accommodations at 39 locations worldwide.

From its inception, the app was built to provide an interactive user experience that contains relevant and timely information.

“All of the apps we develop are updated on a regular basis to provide accurate information that Sailors and their families can rely on,” said David Driegert, assistant program manager for the Sea Warrior Program (PMW 240) mobility program which developed the app. “The MyNavy Family app is a good example of how we work as an integrated agile team to quickly respond to suggested improvements and implement them to benefit Sailors and their families.”

The app is located in the Navy App Locker along with 23 other apps that focus on everything from fitness and training to education and life skills.



Jason Edwards

Staff members from Brooke Army Medical Center’s Trauma Clinic provide Stop the Bleed training to San Antonio Police Department members at the SAPD headquarters, San Antonio, Texas, Aug. 29, 2019. The training consisted of a presentation where attendees learned the “ABCs of Bleeding Control” along with some hands-on practice in applying tourniquets, packing wounds and applying direct pressure to stop bleeding.

NNSY LAUNCHES STOP THE BLEED TRAINING

By **Kristi Britt**
Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

Imagine this scenario: you’re on the way to work and suddenly you feel a jolt. CRASH! A vehicle accident just occurred. You assess the situation and make eye contact with the driver who collided with you. They’re bleeding from the head and drifting from consciousness. What would you do?

This situation, and similar instances like it, happens daily around the world. It could be traffic accidents, injury during inclement weather, even an active shooter scenario. Someone is suffering from a bleeding wound and time is running out to treat it. Unfortunately, there are many who are unsure how to respond in that moment.

According to the American College of Surgeons Committee on Trauma, bleeding is the number one cause of preventable

death in the world. Norfolk Naval Shipyard’s (NNSY) Fire Marshal (Code 1128) Shane Byrne wants to change that.

“We never want these sorts of events to happen; however, we want to ensure our employees have the tools they need and the training available so if it ever does happen, they will be prepared,” said Byrne. With Byrne and his team, as well as the support of emergency response in the area and the Central Virginia Coalition, NNSY is taking the steps to bring Stop the Bleed training to America’s Shipyard.

Launched in 2015, this national awareness campaign and call to action provides those with the ability to recognize life-threatening bleeding in someone who is injured and effectively assist that person in saving a life. Those trained in Stop the Bleed are able to become an integral part of the trauma care chain of survival, their im-

“ With Stop the Bleed, we’re able to give everyone the tools they need to react appropriately.

Shane Byrne

mediate reaction possibly the difference between life and death for those in a traumatic event.

This hands-on training provides the employee a chance to utilize the tools necessary in bleeding control, including Quik-Clot and various types of tourniquets. In addition, it also provides the employee an understanding of when it’s safe to provide

assistance and what procedures to follow.

“This is an important initiative for our team, since many of us have worked as emergency responders and have seen these events firsthand,” said Byrne. “Being able to train the public in how to reach in an emergency situation could truly turn the tide for someone. It all depends on what you know and how you react. With Stop the Bleed, we’re able to give everyone the tools they need to react appropriately.”

In addition to the Stop the Bleed training, NNSY is working on purchasing Stop the Bleed kits that will be distributed across the shipyard at the various automated external defibrillator (AED) locations. The kits include first aid response tools, including Quick Clot and tourniquets.

“NNSY is leading the charge for this training to be offered in the Naval Sea Systems Command (NAVSEA) enterprise,” said Byrne. “We are not only bringing the training to the shipyard, we’re also providing the skills necessary for those here to also become train-the-trainers as well. So we can effectively continue the Stop the Bleed initiative to our shipyard family and beyond.”



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 (CNRM):
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.



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!



U.S. Navy photo

Dam Neck Annex Galley at the Dunes staff pose for a photo Nov. 20 during an early Thanksgiving celebration meal.

'Tis the Season to be Thankful: Celebrating Thanksgiving at Dam Neck Annex

Naval Air Station Oceana Public Affairs

VIRGINIA BEACH

"Spicing up the menu" is U.S. Navy Thanksgiving tradition according to Naval Air Station Oceana Dam Neck Annex culinary specialists, who delivered an interesting menu to galley guests.

"I came for the Pho," said Sue Guilbault,

Naval Air Station Oceana executive assistant, who dined at Dam Neck Annex Galley at the Dunes during a Nov. 20 Thanksgiving Celebration. "Pho at a Thanksgiving celebration is interesting."

Galley staff served traditional Thanksgiving food, along with prime rib and Pho, during the celebration to approximately 600 Sailors, Marines, and Department of De-

fense civilian employees.

"Sailors who don't have families living here and can't go home for the holidays are able to come to the galley and have a good meal," said Culinary Specialist 2nd Class TraiJuan Wallace, a native of Brooklyn, New York. "It feels good to see smiles on everyone's faces."

According to Wallace, there have been a

tradition of interesting things on Navy menus. In 1917, U.S. Navy Sailors ate Mayonnaise Salad aboard the USS Arizona (BB 39), and Sailors dined on Baked Spiced Spam a la Capitaine de Vaisseau aboard USS Augusta (CA 31) in 1942. He prefers to prepare his favorite dish of Mac & Cheese for guests.

Similarly, Culinary Specialist 2nd Class Brianna Moore, a native of Macon, Georgia, likes to prepare and serve Sweet Potato Pie.

"I feel amazing when we gather, as a team, and prepare a delicious meal for everyone," said Moore. "People were very happy and in good spirits today."

Dillard's

MILITARY APPRECIATION DAYS

WEDNESDAY, DECEMBER 4
& THURSDAY, DECEMBER 5, 2019

At Dillard's, we recognize with continuing gratitude the sacrifices our military forces and their families make daily for our country. In appreciation, we are extending a

20%*

DISCOUNT

*to military personnel** on purchases made at Dillard's on Wednesday, December 4 and Thursday, December 5, 2019.*

**10% discount on small electric appliances.*

DILLARD'S IS PLEASED TO EXTEND THESE SPECIAL DISCOUNTS TO

ACTIVE MILITARY MEMBERS
and their immediate families

FULL-TIME ACTIVE GUARDSMEN
and their immediate families

ACTIVATED GUARDSMEN OR RESERVISTS
and their immediate families

Make your list and shop for the holidays in your favorite Dillard's store on December 4 & 5, 2019.

Enjoy extra savings as Dillard's honors our military heroes and their families! Thank you for your service to our country!

PROCESS FOR OBTAINING YOUR DISCOUNT:

Please visit our Customer Service area and show your valid military ID. Our customer service associates will provide you with a bar-coded shopping pass to use throughout the day. Please retain this shopping pass and show it to our sales associates at the beginning of every transaction. Your appropriate discount will be applied to each transaction. This pass is valid for one day. Should you decide to shop both days, you will need to get a new shopping pass on day two.

**These individuals and/or a representative from their immediate family are cordially invited to shop any area Dillard's store on either or both days.

Call 1-800-345-5273 to find a Dillard's store near you.

SPECIAL DISCOUNT NOT APPLICABLE AT DILLARD'S CLEARANCE STORES.

NAUTICUS PRESENTS

Dickens' CHRISTMAS Towne

NEW Entertainment | NEW Events
Even more FUN!

SPECIAL ADULT MILITARY RATE!
\$6
(All active duty and retirees with ID.)

\$5/Child (Ages 3-12)
FREE/Ages 2 and under

*Plus tax. Rate reflects a 20% discount off the regular adult admission rate. Must purchase onsite to receive the discount.

Nov. 23-Dec. 31, 2019 (Days and times vary)
Decker Half Moone Center at Nauticus

DickensChristmasTowne.com

Holiday shopping safety tips

From Navy Region Mid-Atlantic
NORFOLK

Fall is here and winter is quickly approaching. As the seasons change we have the opportunity to celebrate many holidays. However we must remember the blistering weather patterns are the not only safety hazards we face at this time. For many people taking advantage shopping deals is an absolute must. Here are a few tips to keep you safe during your holiday shopping experience.

ONSITE SHOPPING SAFETY TIPS

- Dress appropriately for the weather.
- Winterize you home and vehicle.
- Be aware of your surroundings...even when you are in the store itself. You should also keep a watchful eye when you are walking from the cash register to your car to load up your big buy. If you are alone, ask someone from the store to walk with you to your car to ensure your safety.
- Don't leave your personal items unattended, keep a close eye on any children with you and never carry too many items at once.
- If you are shopping with children, regardless of their age, be sure they have your cell and/or home phone number memorized in case you are separated. You should also plan a central place to meet in the event that you are separated.
- Pack a bottle of water and some light snacks for your shopping trip. This will help prevent you from experiencing any dehydration or extreme fatigue
- If you want to ensure that your credit cards are protected from any data breaches during this time, you should consider using a money order or a one-time use credit/debit/gift card. For safety reasons, you should avoid bringing just cash with you for these purchases.

CYBER MONDAY SAFETY TIPS

- Do not click on a Cyber Monday email if you do not know the sender's email. This is by far one of the oldest and most successful ways that online scammers get information online from strangers. If you are signed up for your favorite brand's email list, you are familiar with what their email address looks like – because they value your security, they will not be changing it for Cyber Monday!
- Use a credit card for your online purchases versus other payment methods. Almost all credit cards have fraud protection, meaning if there is a data breach and your card's information is taken, you won't be held responsible for any of the charges. If you are involved in a fraud situation, your credit card provider will handle this and send you a new credit card. The same courtesies may not be extended from other online payment methods like an electronic transfer from your bank account.
- Look for secure websites and checkouts. A secure website will have https:// in the URL. The "s" in http is what lets you know the site is secure. While sites that don't have this can be safe, it offers an extra layer of protection to online shoppers. Let the shopping begin!



Navy Exchange Service Command
Dash, the NEX holiday mascot, oversees preparations for NEX Oceana, Va.'s, "We Believe" Navy Blue Holiday weekend. NEX locations worldwide will be closed on Thanksgiving Day, Nov. 28. The Navy Exchange Service Command is comprised of 14,000 personnel worldwide facilitating six business lines, NEX retail stores, the Navy Lodge Program, Telecommunications Program, Navy Clothing and Textile Research Facility, Ships Store Program and the Uniform Program Management Office.

The NEX believes, closed on Thanksgiving

By Kristine Sturkie
Navy Exchange Service Command Public Affairs

VIRGINIA BEACH

Throughout the holiday season, "We Believe" remains the underlying theme for the Navy Exchange (NEX). The theme sets the tone for the command and its worldwide presence all year long, but in particular during the holidays. In the spirit of "We Believe," all NEX stores will be closed during the entirety of Thanksgiving Day. The NEX remains focused on fam-

ily and giving. At the heart of its mission is to provide a sense of home and support the Sailor and their loved ones throughout every step of their Navy journey. During the holidays, the NEX touts the phrases, "We Believe in Thanks" and "We Believe in Giving" to remind customers and associates of their purpose and desire. "It's quite the Navy web we weave here at the Navy Exchange Service Command (NEXCOM)— tradition and Navy pride runs deep, in fact

around half of our 14,000 associates have some military affiliation," said Allison Mercer, Manager of Marketing Strategy and Communications, NEXCOM. "My husband is active duty Navy, on deployment and won't be home for the holidays. I continue to be eternally grateful for this NEX-COM family and allowing us to be with loved ones on Thanksgiving Day to enjoy some laughs and eat some good ol' turkey and stuffing that I just picked up from the commissary." As in the past, NEX locations worldwide will be closed on Thanksgiving Day, Nov. 28, so customers as well as NEX associates can spend the day with loved ones. Most NEX stores will open at 5:00 a.m. on Nov. 29.

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**

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

NMCP hosts Great American Smoke Out Health Fair

By Seaman Imani Daniels
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.
Naval Medical Center Portsmouth staff members joined together to host the Great American Smoke Out Day Health Fair. NMCP staff assigned to the Health Promotion and Wellness Clinic and Sailors assigned to Navy Environmental Preventive Medicine Unit (NEPMU) 2 presented materials to NMCP staff and patients during the fair. Presentations included a general wellness display with an anti-tobacco message and materials; nutritional information that explained the harms of diets high in sugar, fat and cholesterol; and mental health brochures and information. “We’re here to get the word out about the



Seaman Imani Daniels
Naval Medical Center Portsmouth’s (NMCP) Health Promotion and Wellness Clinic staff members and Sailors assigned to Navy Environmental Preventive Medicine Unit (NEPMU) 2 displayed and passed out information to NMCP staff and visitors during the Great American Smoke Out (GASO) Health Fair on Nov. 21.

importance of a balanced diet, nutrition and stress as it pertains to tobacco use,” said Hospital Corpsman First Class Kedric Young, a member of NEPMU 2. “You don’t have to be perfect, but there are different avenues to explore to have a complete wellbeing as a person.”

GASO is an annual health event sponsored by the American Cancer Society, every third Thursday of November, to spread awareness of the harms of tobacco products and to encourage tobacco users to quit, taking an important step toward a healthier life.

“We want to promote wellness,” said Joe Burmeister, Health Promotion and Wellness. “It is important to be able to discuss the risks of using tobacco products. Lung cancer is by far the leading cause of cancer death among both men and women worldwide.”

NAVSEA welcomes the next generation of leaders

By Kristi Britt
Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.
Two developing leaders from Norfolk Naval Shipyard (NNSY) and the Naval Foundry and Propeller Center (NFPC) were honored with their selection into the Naval Sea Systems Command (NAVSEA) Next Generation (NextGen) Leadership Program. “The NextGen Program is the first of three leadership programs in our corporation which allow people to continue to grow professionally,” said Nuclear Engineering and Planning Manager Curt Hart. “Participants get to experience leadership concepts through reading, exercises, mentoring, and shadowing leaders at their activity. In addition, they also get to participate in activities that spur innovation across NAVSEA.”

Among those selected for Cadre III were NNSY Waterfront Engineer Jake McGeehan and NFPC Administrative Assistant Shelia Stokes, each bringing their own wealth of experience to the command as well as their own goals for the future. “I have 20 years of experience in project management, training and development, and accounting,” said Stokes. “I’ve had such a positive experience at NFPC and would love to continue to provide the same experience to others as a leader. I see so much potential and growth within my department. What better way to serve the department and the command than to start from the bottom, learn the ins-and-outs of every area, and grow within so that I can continue to do what I love, which is leading, mentoring, training, and development. This program will give me

the tools and a pathway to grow over time and become a good leader for the organization.” Stokes continued, “This leadership program will help me learn more about others and myself. We are all leaders in some shape or form and this program will allow me to determine better ways and ideas of becoming a more effective leader. I will also have the opportunity to learn more about other styles of management and the areas NAVSEA supports. I recently finished Lean Six Sigma Green Belt Training and intend to incorporate that with the training I receive from the NextGen Program to develop my coaching skills, project management skills, and streamline processes for more efficient production practices within NAVSEA.” McGeehan graduated in May 2018 from Penn State University with a degree in Mechanical Engineering, before moving to Norfolk to begin his career at NNSY. “When I became part of Code 267, I was immediately taken in by many code members to be mentored and trained on the many ship sys-

tems we were responsible for,” he said. “When I first heard about this program, I was curious to find out more. I spoke with a former code member who had participated in the Journey Level Leadership Program (the program a step above the NextGen Program) and he shared how great his experience had been in the program and highly recommended it. I knew that this program would give me a different opportunity to see how we as a shipyard operate and better my understanding of why we do what we do everyday.” McGeehan continued, “What I am looking forward to the most with the NextGen Program is the opportunity to connect and network with NAVSEA employees from different locations and jobs around the country and gain insights from their different perspectives. This program will allow me to expand my knowledge of why we do what we do here at NNSY, but I am also looking forward to learning about all the different things NAVSEA does to support the Navy’s mission.”

ATTENTION

TRICARE MEMBERS... Need hearing aids?



Beltone is now offering substantial discounts to all Tricare members on our entire line of products.



In addition to Tricare, we accept all insurances.

Included at no cost... Free Hearing Exam, Free Batteries, Free Insurance and Warranty.

Come in for exclusive Tricare discounts with Beltone! We have negotiated rates for all Tricare members and their dependents so that you can save up to 50% off state of the art digital hearing instruments. Now you can enjoy clarity like never before in restaurants, family gatherings, worship and meetings.

FINANCING AVAILABLE

Call today to schedule an appointment at any one of our six locations. Hearing aids at Beltone start at \$500 and we have hearing aids for all lifestyles and budgets.

Discover How Much Better Your World Can Sound...Call Today!

WE ACCEPT ALL INSURANCES

FINANCING AVAILABLE

“ONE GOAL, ONE FAMILY, DEDICATED SERVICE”

Our Family Has Been In The Hearing Aid Business Since 1953!

2019 BEST OF gold winner

Beltone is now offering substantial discounts to all Tricare members on our entire line of products.

80 YEARS 1940 2020

BARI GROHLER PRESIDENT
3rd Generation Beltone Owner

www.BeltoneHR.com • Facebook.com/beltonehamptonroads

ALL LOCATIONS OPEN ON SATURDAYS AND EVENINGS FOR NEW TESTS - BY APPOINTMENT ONLY

VIRGINIA BEACH Pembroke 4, Suite 132 (Across from Pembroke Mall)	VIRGINIA BEACH 1357 N. Great Neck Rd. Suite #103 (Near Mill Dam Rd.) By Appointment Only.	CHESAPEAKE Woodford Square Shoppes (Across from Chesapeake General)	NORFOLK 7870 Tidewater Dr., Suite 211 (At the intersection of Tidewater Drive and Little Creek Rd.) By Appointment Only	CHURCHLAND 3105 Western Branch Blvd. Suite 1E (Near intersection of Poplar Hill)	SUFFOLK 4433 Godwin Blvd. (3 mi. North of Obici Hospital.) By Appointment Only
---	---	--	---	--	--

Call (757) 337-2259

NAVSTA celebrates Native American Heritage Month

By DC3 Ashley Vahos
Naval Station Norfolk Public Affairs

NORFOLK

On Nov. 21, Naval Station (NAVSTA) Norfolk personnel came together to celebrate and honor National American Indian Heritage Month at NAVSTA Norfolk Crew Galley.

The United States Navy celebrates the achievements of American Indians and Alaska Natives throughout the month of November, honoring the central role their heritage played in our nation’s history. The theme for the month this year is “Honoring our Nations: Building Strength through Understanding.”

“American Indians and Alaska Natives serve in all branches of the military, and have made countless contributions to our military,” stated NAVSTA Norfolk Command Master Chief Benjamin Rushing.

Today more than 22,000 American Indians and Alaska Natives are serving in the U.S. military, and over 160,000 currently call themselves veterans. A recent example is Master Chief (MCPO) James D. Fairbanks, a Chippewa from Northern Minnesota. He served in the Marine Corps and in the Navy as a Seabee. In 2005, Fairbanks was selected



DC3 Ashley N. Vahos

The Naval Station (NAVSTA) Norfolk diversity committee held the Native American Heritage Month at the base galley, Nov. 21. Damage Controlman Petty Officer First Class Louchelle Loretto, NAVSTA Norfolk Barracks Leading Petty Officer showed a variety of Native American items such as baskets, jewelry, moccasins, herbs, roots and dresses.

as the 13th force master chief of the Seabees.

“American Indians and Alaska Natives have a legacy of honorable service that has impacted the history of the United States and our military for more than 200 years,” stated Rushing, “For that reason,

it is imperative that we reflect on and thank these service members for their service and sacrifice.

The celebration also highlighted the Native American attire known as the regalia and different ceremonies performed by Native Americas. On display

were pieces of baskets, jewelry, moccasins, herbs, roots and dresses.

The event was brought to a close with traditional fried bread, jam and a cake cutting ceremony performed by Rushing and Seaman Andrenay Gorham of Naval Station Norfolk Public Affairs.



Alan Black

Joe Rubye, a retired Navy chief petty officer and member of the Jicarilla Apache (Tinde) Nation, sings a pow wow song while four Naval Surface Warfare Dahlgren Division - Dam Neck Activity team members keep a rhythmic beat during an American Indian Heritage Month celebration in Hopper Hall Auditorium. Rubye's drum is named “Four Itsa Feather” (Itsa=Eagle) and it is a family heirloom.

SAIGE winner shares knowledge of American Indians with Dam Neck team

From Naval Surface Warfare Center Dahlgren Division Public Affairs

VIRGINIA BEACH

Sailors, Department of the Navy civilian employees, and contractors assigned to Naval Surface Warfare Center, Dahlgren Division – Dam Neck Activity (NSWCDD DNA) celebrated National American Indian Heritage Month with a ceremony, Nov. 12, in Hopper Hall Auditorium.

NSWCDD DNA Chief of Staff Eric LaCross opened the command’s ceremony by introducing Joseph Rubye – the observance’s guest speaker.

Rubye – a retired Navy chief petty officer and member of the Jicarilla Apache aka Tinde nation – was the Society of American Indian Government Employees (SAIGE) Meritorious Service Award winner in 2013 for enriching the community as well as military and civilian command personnel with his knowledge of American Indian information.

A native of El Paso, Texas, Rubye left home after graduating high school in 1982 to begin his new life in the Navy. After many colorful tours, Rubye reported to the USS Saipan (LHA-2) homeported in Norfolk, Va., (1991-1994). It was during this tour that he conducted numerous American Indian Pow Wow drum presentations with Eastern Sky (Ojibway) drum group, attending numerous pow wows both in Virginia and North Carolina.

He informed his audience about various Indian nations like the Mattaponi, Apache, Lumbee, Haliwa-Saponi, Isleta Pueblo, Cherokee, and Chickahominy Nation. Rubye constantly returned to the influence his grandmother had on him, telling those in attendance that the women dominated the American Indian family. He cited an example of a man changing his name to whatever his wife wanted it to be.

Rubye explained his attire from the medallion around his neck to his bracelet and beaded-moccasins, always relating to his grandmother and the stories she shared with him throughout his youth. He then shared a bit of history about how American Indians, per population, provided more of their own to America’s military services than any other group in our nation’s history.

He refocused his thoughts to Sept. 11, 2001 when he was assigned to the USS Whidbey Island (LSD-41). His ship was the ready Amphibious Ready Group vessel for deployment over-

seas. While deployed, Rubye brought his pow wow drum called “Four Itsa Feather” (Itsa=Eagle) and taught Sailors and Marines pow wow songs which they sang in the field. The commanding officer of the 26th Marine Expeditionary Unit and the senior enlisted Marines, presented Chief Rubye an Honorary Gunny certificate for his administration and logistics support, a title he is proud to claim.

Rubye invited four members of the audience to come forward and join him in an honor song. After several practice drumbeats on his pow wow drum “Four Itsa Feather” and a detailed explanation of the artwork on the drum, the members played to a rhythmic beat while Rubye sang a song.

Before he began his question and answer period, he delighted the audience with a flute song, which completed his teaching and involvement of National American Indian Heritage Month presentation.

A civilian employee with the U.S. Coast Guard Finance Center, Rubye emphasized how proud he is to serve his community with presentations such as the one for NSWCDD DNA’s team members and bring awareness of American Indian culture and diversity to everyone.

“I’m proud the Nation’s people participated with our many military services,” said Rubye, “and I especially appreciate today’s host NSWC Dahlgren Division Dam Neck Activity team members. You were a great audience and I thank you for inviting me to share my culture with each of you.”

NOTE: Every year in November, the President issues a proclamation recognizing National American Indian Heritage Month during which we learn about the challenges they faced and their vital contributions to the American story. Celebrations of native cultures and educating the public about their heritage, history, art, and traditions will continue throughout the month of November.

This year’s theme, provided by the Society of American Indian Government Employees (SAIGE), is “Honoring our Nations: Building Strength Trough Understanding.” It consists of 573 federally recognized tribal nations listed throughout the entire poster. The superimposed eagle is the focal point of the poster because it is revered and considered sacred in many American Indian and Alaskan Native traditions, culture, and religion. Additionally, the eagle represents truth, courage, wisdom, power, and freedom.

NCDOC celebrates National Native American & Alaska Native Heritage Month

By Rebecca Siders
Navy Cyber Defense Operations Command Public Affairs

SUFFOLK

Naval Information Forces, Navy Cyber Defense Operations Command (NCDOC), and Naval Network Warfare Command Diversity Committee hosted a National Native American and Alaska Native Heritage Month celebration in the Hall of Heroes Auditorium on Nov. 13.

NCDOC Commanding Officer, Captain Harold Cole welcomed the guests and recognized the central role Native American and Alaska Native people have had in the U.S. Navy’s history.

“The theme of this celebration is Honoring our Nations: Building Strength through Understanding. Today we recognize Native Americans and Alaska Natives for having served with valor in our nation’s conflicts and for their many distinct and important contributions to the United States,” said Cole. “It is through events like this that we build understanding of their culture and strengthen our bonds as people with different backgrounds but common goals for ourselves and our families. Native Americans may be citizens of their sovereign Native American nations, but they are also U.S. citizens and they do not waiver in their support to our nation. They have distinguished themselves in the service of our nation and they continue to serve at higher percentages than any other ethnic group. Currently, more than 9,000 Sailors and 2,000 civilians of Native Americans and Alaska Natives serve in the U.S. Navy. They are our neighbors, they are our friends, and they are our shipmates.”

Cole introduced Chief Cryptologic Technician Networks Justin Lowery as the guest speaker.

“Chief Lowery is a native of North Carolina and a 13-year Navy veteran. He is a member of the Lumbee Tribe of North Carolina, recognized in 1885 by the state of North Carolina. He started in the Navy as an operations specialist before cross-rating to cryptologic technician networks. He became a Chief Petty Officer in 2015, and currently serves as NCDOC’s N7 Leading Chief Petty Officer.”

Lowery shared his experiences of growing up as a Native American and how proud he is to represent his tribe.

“Speaking about my people and bringing knowledge about my tribe is and will always be a great honor. I am a member of the Lumbee Tribe of North Carolina. At approximately 60,000 members, we are the largest tribe east of the Mississippi River,” said Lowery. “We take pride in who we are because being from where we are from, there isn’t a lot of things to take pride in. It wasn’t until I joined the U.S. Navy that I realized I was raised in poverty. Robeson County has the highest poverty rate in North Carolina, with 32 percent of its population living below the poverty line. We don’t have much, but what we do have, we take great pride in.”

Lowery concluded, “When I am asked what drives my success, it is family. Not just my immediate family, but my people. I take great pride in representing my people in the military, and I also take great pride in showing my people how the military has given me so much. Remember that no matter where you come from or how poor you grew up, if you work hard to be a better person, set goals, and push yourself to grow and be better every day, good things will happen.”

National Native American and Alaska Native Heritage Month is a time for the United States military to honor both fallen and active duty Native Americans and Alaska Natives who served in the armed forces.



U.S. Navy Photo

Pictured: Cmdr. Jason Warner, USS John C. Stennis' (CVN 74) supply officer, carves a turkey in John C. Stennis' aft galley during a Thanksgiving meal.

FEAST | *Food offered for Thanksgiving will be labeled to encourage healthy food choices*

Continued from A1

In support of the Navy’s ongoing Go for Green nutrition awareness program, the food offered in shore and ship galleys during Thanksgiving will be labeled to encourage healthy food choices; green (eat often), yellow (eat occasionally), and red (eat rarely), along with a salt shaker graphic to measure sodium content. The food classification is based on calories, total fat, cholesterol, and sodium content. Go for Green encourages healthier food and beverage selections to support peak physical and cognitive performance of Sailors. The Navy food service team takes professional pride in their quality service and important contributions to fleet health and readiness.

About 7,000 Culinary Specialists serve in our Navy today. They receive extensive training in culinary arts, hotel management and other hospitality industry areas. Culinary Specialists provide food service, catering and hospitality services for Sailors, senior government executives, and within the White House Mess for the President of the United States.

They are responsible for all aspects of the shipboard mess decks and shore duty living



MC2 David Mora

Pictured: Culinary Specialist Kontar Fuentes, left, from Bronx, New York, and Capt. Sean Bailey, commanding officer of the aircraft carrier USS George H.W. Bush (CVN 77), carve the turkey for a Thanksgiving meal held aboard the ship, Nov. 22, 2018.

areas, and are vital to maintaining high crew morale on ships, construction battalions and shore bases. Headquartered in Mechanicsburg, Penn-

sylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP’s mission is to provide supplies, services, and quality-of-life

support to the Navy and joint warfighter. Learn more at www.nav-sup.navy.mil, www.facebook.com/navsup and <https://twitter.com/navsupsyscom>.

AWARDS | *Medal highest award given to artists and arts patrons by the U.S. government.*

Continued from A1

are the finest anywhere in the world, they’re also courageous warriors,” said Trump during remarks honoring all of the award recipients.

“It is an honor to receive this award today recognizing the incredible work Navy musicians and the musicians of our sister services have been doing for more than 200 years,” said Collins. “These are individuals who have spent their entire lives honing their skills, and chosen to use those skills in the service of their country. I consider it a privilege, each and every day, to put on the uniform and work side by side with these incredibly talented musicians who proudly serve as ambassadors for our individual services and our nation.”

Staff Sgt. Jan Knutson, the youngest musician in the U.S. premier military bands, accepted the award on behalf of all musicians. Knutson has a Navy connection; his father is retired Master Chief Musician Jeff Knutson, who retired from the U.S. Navy Band in 2018.

The National Medal of Arts is the highest award given to artists and arts patrons by the U.S. government. The president awards the medal to individuals or groups who “are deserving of special recognition by reason their outstanding contributions to the excellence, growth, support and availability of the arts in the United States.”

Navy bands have existed since the very beginnings of the U.S. Navy. Today, there are 11 Navy bands stationed around the world,



Official White House photo

President Donald J. Trump participates in the National Medal of Arts and National Humanities Medal presentations in the East Room of the White House, Nov. 21.

performing nearly 6,000 times a year for live audiences in the millions. Navy musicians represent the Navy and nation to audiences at

home and abroad. Additional National Medal of Arts recipients for 2019 include musician Alison Kraus,

arts leader and WETA president and CEO Sharon Percy Rockefeller, and actor Jon Voight.



TOYOTA

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

★★★★★ NOW GET ★★★★★

\$-10000 U.S. Military Incentive¹

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



2019 RAV4

1.9% OR **\$20000**

APR FINANCING FOR 60 MONTHS² | BUY WITH UP TO TOTAL CASH ALLOWANCE³

2020 COROLLA

BUY WITH UP TO **\$10000**

TOTAL CASH ALLOWANCE³

2019 HIGHLANDER

1.9% OR **\$30000**

APR FINANCING FOR 60 MONTHS² | BUY WITH UP TO CASH BACK FROM TOYOTA⁴

2019 CAMRY

\$20000

CASH BACK FROM TOYOTA⁴

2019 4RUNNER

\$1250

CASH BACK FROM TOYOTA⁴

2019 TACOMA

\$1500

CASH BACK FROM TOYOTA⁴

2019 TUNDRA

\$30000

CASH BACK FROM TOYOTA⁴

- CASEY TOYOTA**
601 East Rochambeau Drive • Williamsburg
757.259.1000 • caseytoyota.com

CHARLES BARKER TOYOTA
1877 Laskin Road • Virginia Beach
757.437.4000 • charlesbarkertoyota.com
- CHECKERED FLAG TOYOTA**
5301 Virginia Beach Blvd. • Virginia Beach
757.490.1111 • toyota.checkeredflag.com

FIRST TEAM TOYOTA
3400 Western Branch Blvd. • Chesapeake
833.628.1653 • firstteamtoyota.com
- GLOUCESTER TOYOTA**
6357 George Washington Memorial Hwy. • Gloucester
804.693.2100 • gloucestertoyota.com

PEARSON TOYOTA
12978 Jefferson Ave. • Newport News
757.874.6000 • pearsontoyotascion.com
- PRIORITY TOYOTA CHESAPEAKE**
1800 Greenbrier Parkway • Chesapeake
757.213.5000 • prioritytoyotachapeake.com

PRIORITY TOYOTA HAMPTON
2301 W. Mercury Blvd. • Hampton
757.838.5000 • prioritytoyotahampton.com

TOYOTA

buyatoyota.com

Every new Toyota comes with
ToyotaCare
No Cost Service & Roadside⁵

¹\$1000 INCENTIVE OFFERED BY TOYOTA MOTOR NORTH AMERICA, INC. AND MAY BE APPLIED TOWARD FINANCE OR LEASE CONTRACTS ON NEW TOYOTA VEHICLES, DATED FROM **NOVEMBER 5, 2019 THROUGH DECEMBER 2, 2019**. TO QUALIFY FOR THE INCENTIVE, AT THE TIME OF PURCHASE OR LEASE YOU MUST (1) BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE, SELECTED RESERVE AND INACTIVE NATIONAL GUARD; OR A MILITARY VETERAN OR RETIREE (RETIRES HONORABLY DISCHARGED) OF THE U.S. MILITARY WITHIN TWO YEARS OF THEIR DISCHARGE/RETIREMENT DATE; OR A HOUSEHOLD MEMBER OF AN ELIGIBLE U.S. MILITARY PERSONNEL, INCLUDING GOLD STAR FAMILY MEMBERS; AND (2) PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE; (3) RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENT FOR YOUR NEW VEHICLE; AND (4) RECEIVE CREDIT APPROVAL FROM AND EXECUTE A FINANCE OR LEASE CONTRACT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. **NOT ALL APPLICANTS WILL QUALIFY.** ON LEASE CONTRACTS, INCENTIVE MUST BE APPLIED TOWARD THE DOWN PAYMENT. LIMIT ONE INCENTIVE PER FINANCE OR LEASE TRANSACTION PER ELIGIBLE U.S. MILITARY PERSONNEL OR ELIGIBLE HOUSEHOLD MEMBER. OFFER NOT COMBINABLE WITH THE COLLEGE GRADUATE INCENTIVE PROGRAM, THE IFI PROGRAM, AND THE LEASE-END REFI PROGRAM. VEHICLE MUST BE TAKEN OUT OF DEALER STOCK. TERMS, CONDITIONS AND RESTRICTIONS APPLY. PROGRAM IS NOT AVAILABLE IN AL, FL, GA, HI, NC, AND SC. ASK YOUR PARTICIPATING DEALER ABOUT THE MILITARY INCENTIVE TERMS IN YOUR AREA. MUST PAY SALES TAX. VOID WHERE PROHIBITED BY LAW. NOT REDEEMABLE FOR CASH. TOYOTA FINANCIAL SERVICES IS A SERVICE MARK OF TOYOTA MOTOR CREDIT CORPORATION (TMCC). TMCC IS THE AUTHORIZED ATTORNEY-IN-FACT AND SERVICER FOR TOYOTA LEASE TRUST. **EXCLUDES HYBRIDS.** 1.9% APR FINANCING UP TO 60 MONTHS AVAILABLE TO QUALIFIED BUYERS THRU TOYOTA FINANCIAL SERVICES. TOTAL FINANCED CANNOT EXCEED MSRP PLUS OPTIONS, TAX, TITLE, LICENSE AND DEALER FEES. 60 MONTHLY PAYMENTS OF \$17.48 FOR EACH \$1000 BORROWED. **NOT ALL BUYERS WILL QUALIFY.** **EXCLUDES HYBRIDS.** CUSTOMERS CAN RECEIVE \$1250 CASH BACK FROM TOYOTA ON RAV4 OR CAN APPLY CASH BACK TO DOWN PAYMENT. CUSTOMERS MAY ALSO RECEIVE A \$750 FINANCE CASH INCENTIVE FROM TOYOTA. THE FINANCE CASH INCENTIVE IS ONLY AVAILABLE WITH NON-SUBVENTED RATES TO QUALIFIED BUYERS IF VEHICLE IS PURCHASED AND FINANCED THROUGH TOYOTA FINANCIAL SERVICES. INCENTIVE WILL BE APPLIED FIRST TO DOWN PAYMENT. **NOT ALL BUYERS WILL QUALIFY.** ONE INCENTIVE PER FINANCE TRANSACTION. CUSTOMERS CAN RECEIVE \$750 CASH BACK FROM TOYOTA ON COROLLA OR CAN APPLY CASH BACK TO DOWN PAYMENT. CUSTOMERS MAY ALSO RECEIVE A \$250 FINANCE CASH INCENTIVE FROM TOYOTA (**EXCLUDES HYBRIDS AND HATCHBACKS**). THE FINANCE CASH INCENTIVE IS ONLY AVAILABLE WITH NON-SUBVENTED RATES TO QUALIFIED BUYERS IF VEHICLE IS PURCHASED AND FINANCED THROUGH TOYOTA FINANCIAL SERVICES. INCENTIVE WILL BE APPLIED FIRST TO DOWN PAYMENT. **NOT ALL BUYERS WILL QUALIFY.** ONE INCENTIVE PER FINANCE TRANSACTION. ⁴CUSTOMERS CAN RECEIVE \$1250 CASH BACK FROM TOYOTA ON 4RUNNER (**EXCLUDES TRD PRO**); \$1500 CASH BACK FROM TOYOTA ON TACOMA; \$2000 CASH BACK FROM TOYOTA ON CAMRY; \$3000 CASH BACK FROM TOYOTA ON HIGHLANDER (**EXCLUDES HYBRIDS**) AND TUNDRA (**EXCLUDES TRD PRO**) OR CAN APPLY CASH BACK TO DOWN PAYMENT. **ALL OFFERS:** OFFERS MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED OTHERWISE. DEALER FEES ARE EXTRA. VEHICLE SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. ACTUAL MODEL MAY VARY. DELIVERY MUST BE TAKEN FROM DEALER STOCK BY 12/2/19 AND IS SUBJECT TO AVAILABILITY. LEASE, APR AND CASH BACK OFFERS MAY NOT BE COMBINED. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS. **OFFERS END 12/2/19.** ⁵TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.



USNS Comfort returns from deployment

The U.S. Navy hospital ship USNS Comfort (T-AH 20) returned to its homeport of Norfolk Nov. 15 after five months underway providing medical assistance in 12 partner nations across South and Central America and the Caribbean.

See B3

SECTION B | FLAGSHIPNEWS.COM | 11.28.2019



MC3 Jeremiah Bartelt

An F/A-18F Super Hornet attached to the "Jolly Rogers" of Strike Fighter Squadron (VFA) 103 launches from the flight deck of the aircraft carrier USS Abraham Lincoln (CVN 72). Abraham Lincoln Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points. With Abraham Lincoln as the flagship, deployed strike group assets include staffs, ships and aircraft of Carrier Strike Group 12 (CSG 12), Destroyer Squadron 2 (DESRON 2), USS Leyte Gulf (CG 55) and Carrier Air Wing 7 (CVW 7).

LINCOLN CARRIER STRIKE GROUP SUPPORTS OPERATION INHERENT RESOLVE

From U.S. Naval Forces Central Command / U.S. 5th Fleet Public Affairs

ABRAHAM GULF

The Abraham Lincoln Carrier Strike Group (ABECSG) began air operations in support of Operation Inherent Resolve (OIR), Nov. 22.

Close air support operations and defensive counter air support operations were carried out by Carrier Air Wing Seven

(CVW 7) as part of broader CENTCOM counter terrorism operations in the region.

"Today's operations are a testament to how carrier air power can project well beyond the shore. It has tremendous reach," said Capt. William R. Reed, commander CVW 7. "The carrier strike group as a whole provides a robust military capability in the region, and CVW 7 remains ready to deliver that capability at any time if called upon."

The ABECSG transited through the Strait of Hormuz and into the Arabian Gulf on Nov. 19. ABECSG presence in the U.S. 5th Fleet area of operations (AOO), where it has operated since May, demonstrates the U.S. and its regional partners' commitment to the free flow of commerce, regional maritime security and freedom of navigation.

"The Lincoln team is on station and sup-

“ The Lincoln team is on station and supporting the combatant commander upon arrival due to the diligence and professionalism of our crew and strike group counterparts.”

Capt. Walt Slaughter

See LINCOLN | B7

CNO Gilday presents Stockdale Award

From Chief of Naval Personnel Public Affairs

WASHINGTON

Chief of Naval Operations Adm. Mike Gilday presented Cmdr. Patrick O'Loughlin of U.S. Fleet Forces Command and Cmdr. Carl Trask of Pacific Fleet Command with the 2019 Vice Admiral James Bond Stockdale Leadership Award in a ceremony held in the Hall of Heroes, Nov. 19.

The award recognizes two commander officers who demonstrate inspirational leadership both professionally and personally, and contribute to the improvement of leadership in the Navy.

"Today, we recognize two remarkable leaders with the most prestigious award the Navy bestows upon our officers," said Gilday. "In celebrating their leadership, we honor the essential role of command in our Navy's culture and pay tribute to the legacy of VADM James Bond Stockdale."

Before receiving their awards, both com-



MCC Nick Brown

Chief of Naval Operations (CNO) Adm. Mike Gilday delivers remarks during the 39th Annual Vice Admiral James Bond Stockdale Leadership Award Ceremony. The award is presented annually to two commissioned officers on active duty, below the grade of captain, who are in command of a single ship, submarine, aviation squadron or operational warfare unit at the time of nomination.

See STOCKDALE | B7

Holiday Decor of Yore

By Lisa Smith Molinari

I can't remember that my reading glasses are perched on my head, where I parked my car at the commissary, or where I left my cup of coffee, but I have many vivid recollections of my childhood. Especially of the holidays, when I stored detailed memories of the sights, sounds, and aromas of the season, deep in the recesses of my brain.

As I conjure those imprints from decades ago, I can still sense the belly-tingling excitement I felt when December came and our Christmas decorations went up. Big, musty-smelling cardboard boxes would appear in our garage. Then, my father would spend the afternoon unraveling tangled outdoor light cords, trying to find which C9 screw-in bulb was causing the whole string to stay unlit, hanging lights in our painfully prickly Blue Spruces, and cussing.

I definitely remember the cussing.

Inside, my mother retrieved boxes from the basement, and set about decorating the inside of our house. With a Christmas record on the

turntable for motivation, my mother adorned every room with holiday decor, singing along with Johnny Mathis, Burl Ives, Andy Williams, and the Carpenters. She also had a record of a big city choir's rendition of Handel's "Messiah," but she saved that one for baking cookies.

By the time my parents' were finished, our otherwise unremarkable 1950s brick ranch was a veritable wonderland, each room glimmering warmly with all things red, green and gold — and our frozen yard glowing colorfully with those fat C9 bulbs.

Now that I'm married with my own family home, I find that history has repeated itself. As soon as we polish off the leftover turkey, I'm in the basement, rooting for Christmas decor, bouncing along to holiday songs from George Michael, Mariah Carey, Paul McCartney, Bruce Springsteen and Jose Feliciano. Just like my mother, I put a little something in every room, and save Handel's "Messiah" for baking day.

However, something about my festively bedecked house is vastly different from that of my childhood — the very decorations themselves.

Our advanced 21st Century generation has everything one might need to safely adorn one's home with holiday cheer — LED lighting that won't scorch skin or spark a house fire, solar-powered giant candy canes to line sidewalks, battery-operated animated reindeer, compressed-air-filled-plastic snow globes for the yard, shatterproof plastic ornaments for the tree, flameless candles, Christmas laser light shows that project onto the side of the house, unbreakable resin nativity figurines, and a vast array of remote-con-

trolled pre-lit artificial trees.

My memories of childhood do not include these technological advancements in holiday decor. In fact, many of my parents' most cherished decorations were made of breakable glass, lit with real flames, pulsed with 120 volts of electricity, or were hand-crafted with yarn, dough, felt, pipe cleaners, popsicle sticks, safety pins, beads, and googly eyes.

No matter how tacky they might seem today, we loved the little cylindrical Santas made of felt-covered toilet paper rolls that sat on window sills. Even though I once got shocked when I stuck my finger into the live light socket of one of our window sill candle, its charming glow couldn't be matched. Dentists wouldn't approve of the nightly Tootsie Rolls tied with yarn to the fabric advent calendar on my bedroom door. Our home-sewn stockings of 1960s avocado and gold calico, would be stuffed with treats, trinkets, and of course, Avon bottles. And even if they could have burned our house to the ground, the real candles my mother lit all over the house, gave off a magical, old-world flicker.

As I decorate my house this week, I will think fondly of those decorations of yore.

Like my friend's Styrofoam egg-carton Christmas tree that I made the mistake of poking fun at when I was a teenager. In a playful act of revenge, her parents wrapped it up and gave it to me as a wedding present ten years later. While I can't honestly say I was heartbroken when the tree got crushed during one of our military moves, I'll always long for the simple, home-spun holiday nostalgia that it represented.

www.themeatandpotatoesoflife.com



Q: What housing allowances am I eligible for?

A: Military members are entitled to various allowances to ensure the transition to a new location is as smooth and stress-free as possible. For information about your allowances, visit the Defense Travel Management Office website. If you have any questions, contact the local Housing Service Center.

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

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



An Airman from the 436th Air Wing inspects a bottle before being asked to provide a urine sample, Nov. 8. The DoD has a zero tolerance policy for the illegal or improper use of drugs by service members.

DoD adds fentanyl to drug testing panel

By Staff Sgt. Nicole Leidholm
Armed Forces Medical Examiner System

DOVER AIR FORCE BASE, DEL.

The Department of Defense implemented new policy in March 2019 to direct all service Drug Demand Reduction Program labs to test for fentanyl and norfentanyl.

The DoD has a zero tolerance policy for the illegal or improper use of drugs by service members. Because of this, all U.S. service members are subject to random urinalysis testing.

When trends start to be seen in society, the DoD looks at the potency and lethality of the drug, before being considered for additional testing on the panel, said U.S. Navy Capt. Eric R. Welsh, Office of Drug Demand Reduction director.

Fentanyl is an opioid, similar to heroin. It is 50 times more potent than heroin and 100 times more potent than morphine.

"Fentanyl and its metabolite, norfentanyl, have garnered national attention lately because of fentanyl's growing popularity and potential lethality," said U.S. Navy Lt. Cmdr. Katherine Dozier, Armed Forces Medical Examiner System Special Forensic Toxicology Drug Testing Laboratory chief. "This, combined with the emergence of fentanyl and norfentanyl in SFTDTL's DoD surveillance testing, led the Office of Drug Demand Reduction to petition for fentanyl's addition to the standard DDRP drug testing panel."

The five service branch DDRPs and the AFMES SFTDTL began fentanyl screening in June 2019.

"Very small quantities of fentanyl can have significant effects," said Dozier. "The illicit drug trade is aware of this, and has used fentanyl to cheaply adulterate heroin, cocaine, and other illicit drugs to enhance effects."

The SFTDTL at AFMES provides surveillance testing for the DoD, as well as civilian populations through approved collaborations.

"The SFTDTL determines current drug trends and confirmation testing for the five service DDRP labs," said Dozier. "We confirm fentanyl and its metabolite, norfentanyl, as well as synthetic cannabinoids, commonly called Spice or K2."

According to the National Institute of Drug Abuse, Spice and K2 are often called marijuana or "fake weed" because some of its chemicals are like those in marijuana, however, the effects can be unpredictable and in some cases, severe or even life-threatening.

"Robust, frequent and random drug testing of our personnel is one of our greatest weapons against drug use," said Welsh. "Even though the Department tests for more drugs than ever before, the positive rate was the lowest observed in 20 years at 0.84 percent."

According to DoD instruction 1010.16, drug testing is used to permit commanders to assess the security, military fitness, readiness, good order and discipline of their commands and allow commanders to take disciplinary or administrative action as appropriate.

"Illicit drug use by service members is a national security threat and a health and safety concern," said Dozier. "Many of these drugs

have been shown to affect decision-making, risk-taking, and levels of consciousness. For the well-being of every service member and every U.S. citizen they defend, illicit drug use in the military must be taken seriously."

When a service member is asked to submit a urine sample for testing, it is done at their location's DDRP. The sample is then shipped to the one of the five service branch FTDTLs, where it is tested via immunoassay, the same scientific technique used in pregnancy tests that allows for an answer of either negative or presumptive positive.

"If a specimen tests presumptively positive on the immunoassay for synthetic cannabinoids or fentanyl, it is sent to SFTDTL for confirmation," said Dozier. "We confirm these specimens using Liquid Chromatography Tandem Mass Spectrometry."

The spectrometer is able to positively identify and measure the amount of fentanyl or norfentanyl in urine specimens, which leads to a positive result reported.

"If there is a positive result for a prescription drug, such as fentanyl, the result will be forwarded to the medical review officer to determine if the use of the prescription is legitimate," said Pamela Iseminger, 436th Air Wing DDRP manager. "If there is no medical documentation in the members file to substantiate the positive test, the unit commander will meet with the member to provide written notice of the positive result."

Then, the member is provided 30 calendar days to produce any medical records or other documentation which may justify the positive result, said Iseminger.

"The DDRP directly impacts mission readiness," said Iseminger. "It acts as the focal point for installation level drug urinalysis testing and drug prevention programs and ensures a work place free of illicit drugs use and provides a mission-ready fighting force at all times."

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

www.cnmc.navy.mil/navylifema

Sexual Assault Support for the DoD Community

Live 1-on-1 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.)



MC2 Kris Lindstrom
Capt. Carolyn Rice, center-left, executive officer of Naval Medical Center Portsmouth (NMCP), and other NMCP leadership hold a sign to greet Sailors, Marines, and other medical and support staff after they disembark the hospital ship USNS Comfort (T-AH 20) after returning to Naval Station Norfolk following a five month deployment, Nov. 15. Comfort worked with health and government partners in Central America, South America, and the Caribbean to provide care on the ship and at land-based medical sites, helping to relieve pressure on national medical systems, including those strained by an increase in cross-border migrants.

NAVY MEDICINE TEAMS RETURN FROM USNS COMFORT DEPLOYMENT

From U.S. Navy Bureau of Medicine and Surgery Public Affairs

NORFOLK

The U.S. Navy hospital ship USNS Comfort (T-AH 20) returned to its homeport of Norfolk, Virginia on Friday, November 15 after five months underway providing medical assistance in 12 partner nations across South and Central America and the Caribbean.

More than 600 Navy Medicine professionals embarked to bring the hospital ship platform to its full operational capacity for the deployment. The teams included specialties ranging from preventative medicine and basic medical treatment all the way to medical, optical and dental surgical teams.

In addition to being able to help more than 65,000 patients in the 12 nations visited, the deployment offered an opportunity to work with partner nation health ministries as well

as additional medical personnel on board the ship from the Army, Air Force, partner nations and non-governmental organizations.

“As a maritime nation engaged in a global power competition, your unique expeditionary medical expertise and exceptional efforts opened doors and built partnerships that enhanced Readiness through Global Health Engagement,” said Rear Adm. Bruce Gillingham, U.S. Navy Surgeon General, in a message to the returning teams. “I can think

of no finer example of a unit that brought Navy Medicine’s priorities into action: Well-trained People, working as cohesive teams on optimized Platforms, demonstrating high velocity Performance that will project Medical Power in support of Maritime Superiority.”

The mission also ensured the readiness of Navy Medicine personnel to perform at a high level while deployed and the hospital ship as a platform to support military personnel medical needs and survivability, should the ship ever be called on to support combat operations.

During the deployment, USNS Comfort conducted mission stops in Colombia, Costa Rica, Dominican Republic, Ecuador, Grenada, Haiti, Jamaica, Panama, Peru, Saint Lucia, St. Kitts and Nevis, and Trinidad and Tobago.

HELP US
recognize the
HEROES
among us in the
**HEALTH
CARE
COMMUNITY!**

In 2020, Inside Business will be honoring local Health Care individuals, companies and organizations for their contributions to improving health care in Hampton Roads. Here’s your chance to help us recognize exceptional achievements in this area – please nominate a deserving person, company or group. Entries will be judged by an independent panel and honorees will be presented with their awards at a celebratory breakfast.

**Health Care
HEROES**

PLEASE VISIT:
Insidebiz.com/hch2019
for details about requirements and categories
and to submit a nomination!
Deadline for entries is January 3, 2020

CATEGORIES FOR NOMINATION ARE:

- Corporate Achievements in Health Care
- Corporate Achievements in Wellness
- Advancements in Health Care
- Community Service
- Emergency Response
- Physician
- Nurse
- Military Care
- Health Care Staff
- Volunteer

Inside Business
The Hampton Roads Business Journal

ProductiveAV



LT j.g. Marc Rockwellpate

Aviation Electronics Technician 1st Class Devin Layser speaks with nearly 40 students from the Metropolitan Community College in Kansas City, Mo., as part of an outreach project with future aviation specialist. Layser and three other aviation experts from the “Sea Knights” of Helicopter Sea Combat Squadron (HSC) 22 in Norfolk spent nearly 30 minutes engaging with students during the event.

HSC-22 TEAMS WITH KANAS CITY COLLEGE, SPEAKS WITH AVIATION STUDENTS

By MC3 Samantha Jenkins
Commander, Naval Air Force Atlantic Public Affairs

NORFOLK

A tablet, an intermittent cellphone hotspot and an active military aircraft hangar – just another day for Helicopter Sea Combat Squadron (HSC) 22 and the U.S. Navy’s dedicated outreach program.

During a Nov. 20 video conference call with Metropolitan Community College in Kansas City, Mo., four members from the “Sea Knights” of HSC-22 sat around a small table with a nine-inch tablet as mechanics worked less than five feet away in the hangar. This may have not been the perfect environment for a “question and answer” event, but that didn’t stop LT j.g. Thomas Sandford and his team of aviation experts from connecting with a classroom half way across the country.

“This was a fantastic, unique opportunity to be able to speak with students who may not really get the chance to experience

naval aviation,” said Sandford, a Navy pilot. “We were excited to be able to speak with them about what it is we do every day.”

Flanking Sandford and the small tablet were Chief Warrant Officer Three Jimmy Newton, Aviation Electrician’s Mate 1st Class Devin Layser and Aviation Machinist’s Mate 1st Class Dean Devries. Each Sailor took turns answering questions from students and describing a normal workday.

Along with questions about the Sailors’ daily routine and future aspirations, the students also wanted to know what the Sailors enjoyed most about the military and working in aviation.

“The best part of my job is teaching and training other people,” said Newton. “I want them to have that ‘aha’ moment.”

With nearly 30 years of naval aviation experience, Newton said it takes “a calm mind, smart head and focus to work on helicopters.”

As much as both the students and Sailors enjoyed this opportunity, it was an embark in September of this year aboard nuclear-powered aircraft carrier USS Dwight D. Eisenhower (CVN 69) that set the wheels in motion for the event.

“Getting the chance to see an aircraft carrier in action was one of the most powerful experiences of my life,” said Shonda Atwater, the Apprentice Program director at the Metropolitan Community College, located in Kansas City, Missouri. “When I saw parts produced in Kansas City being unboxed on the ship, it went full circle for me. The machining and manufacturing skills we are teaching our students are vital beyond our city. I just knew I needed to find a way to merge the human element with the parts produced in our region.”

Nearly 40 students joined Atwater during the video conference. She said the entire conversation was very interesting and student were engaged; even after the

“ This was a fantastic, unique opportunity to be able to speak with students who may not really get the chance to experience naval aviation. We were excited to be able to speak with them about what it is we do every day

LT j.g. Thomas Sandford

call concluded.

HSC-22 is an Expeditionary helicopter squadron located at Chambers Field in Norfolk, Virginia. The squadron was established on September 29, 2006, and has many different missions, including vertical replenishment, search and rescue, special forces insertion and extraction, and anti-surface warfare.

USS San Antonio hosts the Surface Naval Association

By MC2 Jacob Milham
Commander, Naval Surface Force Atlantic Public Affairs

NORFOLK

USS San Antonio (LPD 17) hosted a Surface Navy Association (SNA) luncheon Nov. 21 aboard the ship at Naval Station Norfolk.

In holding their lunch event aboard San Antonio, the group aimed to recognize and showcase to members, the ongoing contributions of the surface force. Since 1985, the Surface Navy Association has worked to promote greater coordination and communication among those in the military, business, and academic communities who share a common interest in surface warfare community while supporting their activities.

“I could not be more proud of our warship’s crew,” said Capt. Brent C. Gaut, San Antonio commanding officer. “We always appreciate the opportunity to showcase our extraordinary crew of warriors. They truly represent the best of what our Navy has to offer our great nation. Additionally, we were honored to have the SNA and Rear Adm. Roy Kitchener choose our warship as the location for this year’s luncheon.”

As Commander, Naval Surface Force Atlantic, Kitchener was the luncheon’s guest speaker. He told the group that the surface force is in great demand; he discussed some of the obstacles facing the force and also some success stories of recent Self-Sufficiency Award winners. Throughout his remarks he emphasized a common theme.

“We must be combat ready and battle-minded, period,” said Kitchener.

“Anything less is failure. That’s what a culture of excellence demands and that is what our adversaries demand. We must go



MC1 Sean P. Weir/

Rear Adm. Roy Kitchener, commander, Naval Surface Force Atlantic, speaks at a Surface Naval Association (SNA) luncheon that was held onboard The amphibious transport dock ship USS San Antonio (LPD 17), Nov. 21 . SNA promotes greater coordination and communication among those in the military, business, and academic communities who share a common interest in surface warfare while supporting the activities of the Navy’s surface forces.

beyond compliance; it requires each and every one of us to be technically proficient, tactically competent, standards-focused and accountable but most of all, a culture of excellence requires we take pride in ownership. Owning everything we do, every day!”

The admiral also discussed maintenance and materiel readiness issues with the lunch

group, and told them that the littoral combat ship (LCS) is “out there and operationally capable.” With brand new LCS ships arriving in both Mayport and San Diego this month, three others are deployed from these homeports, increasing force lethality and capability in their theaters.

“When it comes right down to it, the drive to be the very best we can be must be

engrained in our culture and for that I depend on each of you. My goal is to drive you to 100 percent of what your ships and crews are capable; each of you must do the same.

“Why would we settle for anything less?”

The USS San Antonio recently returned to Naval Station Norfolk after a planned maintenance availability at BAE systems shipyards in Norfolk, Va.



Sailors speak to a college representative during a college fair inside the hangar bay of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Ike is currently pier side at Naval Station Norfolk conducting routine maintenance.

IKE SAILORS GET COLLEGE READY

By MCSA Brianna Thompson
USS Dwight D. Eisenhower (CVN 69) Public Affairs

NORFOLK

Sailors assigned to the aircraft carrier USS Dwight D. Eisenhower (CVN 69) welcomed representatives from approximately 25 colleges and universities to talk to the crew during Ike’s college fair Nov. 14.

This event was sponsored by the ship’s educational services office (ESO) and held in Ike’s hangar bay. Sailors were given the opportunity to speak to representatives in order to begin their college journeys.

“Many Sailors join the military for the opportunity to attend college, but just wanting to go to college is not enough,” said Lt.j.g Michael Britt, Ike’s educational serv-

ices officer. “Sailors need to understand what it takes to get enrolled and the expectation universities will have.”

At the fair, college and university representatives were available to answer a large variety of questions ranging from acceptance rates, degree paces, online classes and scholarships.

Prior to joining the Navy, Aviation Boatswain’s Mate 3rd Class Recca Negad studied architecture in the Philippines for about four years. Negad said that finishing her degree was one of the reasons she really wanted to join the Navy.

“One of my big questions was if I could transfer my credits from the Philippines to here,” said Recca. “One of the representa-

tives gave me a link to a website for the National Association of Credential Evaluation Services, a place that could help me with transferring my credits from the Philippines to an institution here.”

After going through the college fair Negad said that the process is still nerve-racking but the people here have assured her that if you just speak out and ask questions someone will help lead you in the direction you want to go in.

“Just because Sailors attended this event it does not mean you have to go and start college the next semester,” said Britt. “This college fair is more of a way to open one’s mind to the process of seeking out and applying to colleges.”

Yeoman 3rd Class James Jones attended the college fair in order to find a university that would be able to work around his schedule while underway.

“One of the colleges reassured me that

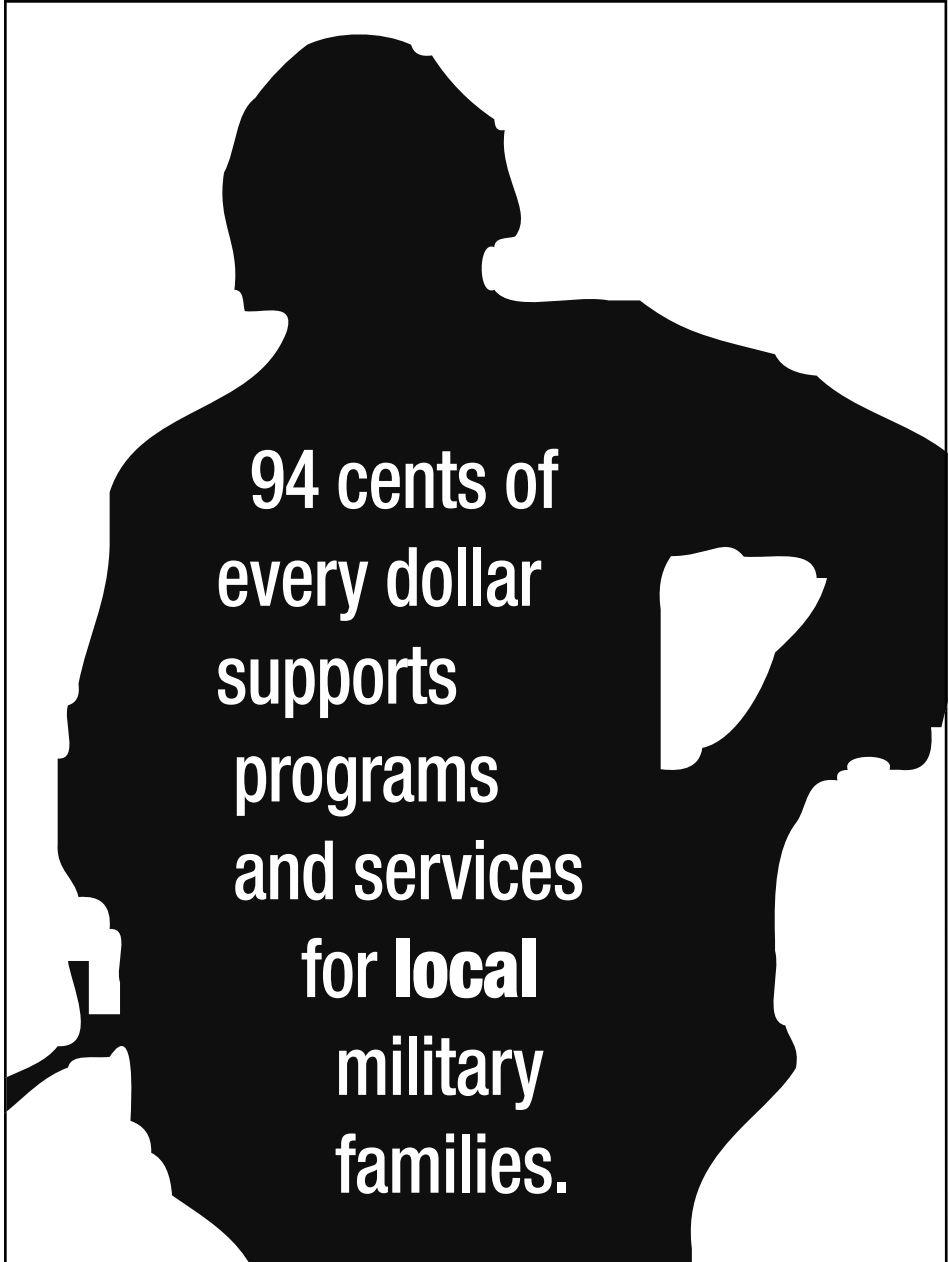
they are able to work with Sailors,” said Jones. “They understand how the military works and are willing to adjust assignment and deadlines with students who may not be able to work with a regular schedule.”

Jones said he is planning to take online classes. This will be Jones’s first time taking classes outside of the classroom setting.

“It feels great to have these options,” said Jones. “I thought being underway would mean I would not have time to start my master’s program, but because of this college fair I was able to find options that would work best for me and my schedule.”

Britt said he wants Ike’s crew to strive to be well-rounded by getting their qualifications, becoming experts in their rate and earning college credits.

“At the end of the day you are responsible for your own career,” said Britt. “It is your responsibility to balance the needs of the Navy and your personal goals.”



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



Hampton Roads and Central Virginia





LIKE US ON FACEBOOK!

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

GET THE LATEST ON NEWS, PHOTOS AND SPECIALTY PUBLICATIONS



www.facebook.com/The.Flagship



(From left) Retired Sgt. Maj. Lynn Kimble, retired MCPON Jim Herdt, Chief of Naval Operations (CNO) Adm. Mike Gilday, Command Master Chief Matt Lashley, Master Chief Petty Officer of the Navy (MCPON) Russ Smith, and retired Rear Adm. Frank Thorp pose for a photo at the inaugural Delbert D. Black Leadership Award Ceremony Dinner at the U.S. Navy Memorial. The Navy created the award in 2013 and presents the award each year to one outstanding Command Master Chief, Command Senior Chief, or Chief of the Boat to recognize their performance in leading Sailors and upholding the highest standards of professionalism and integrity.

CNO, MCPON present the Delbert D. Black Leadership Award

From Chief of Naval Operations Public Affairs

WASHINGTON

Chief of Naval Operations (CNO) Adm. Mike Gilday and Master Chief Petty Officer of the Navy (MCPON) Russell L. Smith presented the Delbert D. Black Leadership Award at the U.S. Navy Memorial to Command Master Chief Matthew Lashley, Nov.

20.

This year’s award ceremony was the first to include a dinner, and culminated with a ribbon-cutting ceremony to unveil the new Delbert D. Black Leadership Award exhibit inside the U.S. Navy Memorial.

“There truly is no finer example of MCPON Black’s spirit of initiative and whole-hearted devotion to our Sailors than Command Master Chief Lashley,” said Gil-

day. “MCPON Black would be proud of you, as we all are, and it’s my privilege to present an award named for him to a deck plate leader like you.”

The award is named for Master Chief Petty Officer Delbert D. Black, the Navy’s first MCPON. Black was selected for the position in January 1967. Over the course of his 30-year career, he earned a reputation as a deck plate leader and championed Sailor issues, including a focus on family advocacy.

“Command Master Chief Lashley has clearly demonstrated those same progressive qualities that served as the hallmark of MCPON Black’s service,” said Smith. “As a Sailor who consistently demonstrates leadership by example and provides tireless advocacy for his Sailors, Command Master Chief Lashley is most deserving of this award that recognizes what Black epitomized.”

Smith said that Black’s selfless nature, humility, and can-do spirit created a better experience for all Sailors and continues to inspire our Navy today.

The Navy created the award in 2013, which is presented each year to one outstanding Command Master Chief, Command Senior Chief, or Chief of the Boat to recognize their performance in leading Sailors and upholding the highest standards of professionalism and integrity.

Former MCPONs Duane R. Bushey, John Hagan, James L. Herdt, Rick D. West, Mike D. Stevens and honorary Master Chief Ima Black, also attended the event.

Lashley is currently assigned to USS Benfold (DDG 65), homeported in Yokosuka, Japan.

A ship named in Black’s honor, USS Delbert D. Black (DDG 119), was christened Nov. 4, 2017.





Small Business Saturday
November 30th



38th Annual

250 Local & National Artisans
Handmade American Crafts, Fine Arts, Stained Glass, Woodcrafts, Jewelry, Functional & Decorative Pottery, Toys, Gourmet Foods, Christmas Collectibles, Photography, Thousands of Holiday Decorating Ideas, & Much More!

A Taste Of The Holidays!
Specialty food merchants offering gift-packaged gourmet delights, ideal for hostess gifts, stocking stuffers, and easy holiday entertaining!

Vintage Alley
A showcase area dedicated to upcycled gifts, re-purposed home goods, vintage & shabby chic creations, and reclaimed furniture in bright new hues and textures! Don't miss this special section for unique gift selections and décor for your home!

November 29 - December 1
Friday & Saturday 10am-6pm, Sunday 10am-5pm
Pictures with Santa Daily from 11am - 3pm

Virginia Beach Convention Center
1000 19th Street, Virginia Beach, VA

Free Parking & Shuttle Service

Admission \$8 Adults
\$2 Children 6-12 / Children Under 6 Free

For \$1 Off Admission: Bring a canned food donation to benefit the Food Bank of Southeastern Virginia or fill out and present the form below to the box office.

Presented By: Events Management Group
(757) 417-7771 www.emgshows.com

For Discounts & Reminders to Future Shows, Complete & Present to Box Office

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Sponsored By:



Southern
AUTO GROUP
drivingsouthern.com



“SOMETIMES MY HUMAN DOESN'T WEAR PANTS AT HOME, IT'S A RIOT.”

—COLBY
adopted 06-18-11

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET


thesherpetproject.org

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

Make money by making a difference.



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.



MC3 Jeremiah Bartelt

An F/A-18F Super Hornet attached to the "Jolly Rogers" of Strike Fighter Squadron (VFA) 103 launches from the flight deck of the aircraft carrier USS Abraham Lincoln (CVN 72). Abraham Lincoln Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points. With Abraham Lincoln as the flagship, deployed strike group assets include staffs, ships and aircraft of Carrier Strike Group 12 (CSG 12), Destroyer Squadron 2 (DESRON 2), USS Leyte Gulf (CG 55) and Carrier Air Wing 7 (CVW 7).

LINCOLN | U.S. 5th Fleet AOO encompasses about 2.5 million square miles of water

Continued from B1

porting the combatant commander upon arrival due to the diligence and professionalism of our crew and strike group counterparts," said Capt. Walt Slaughter, commanding officer of USS Abraham Lincoln

(CVN 72), the flagship of ABESG. "As we navigate throughout the theatre, we will exercise our vast capabilities and interoperability with international partners, as a mobile and lethal force. We are the tip of the spear, and we will continue to work with our coalition allies to ensure regional

security."

The U.S. 5th Fleet AOO encompasses about 2.5 million square miles of water and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The expanse is comprised of 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab al Mandeb at the southern tip of Yemen.

Abraham Lincoln Carrier Strike Group

is deployed to the U.S. 5th Fleet AOO in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points. With Abraham Lincoln as the flagship, deployed strike group assets include staffs, ships and aircraft of CSG 12, Destroyer Squadron (DESRON) 2, USS Leyte Gulf (CG 55) and CVW 7.



MC1 Raymond D. Diaz III

Chief of Naval Operations (CNO) Adm. Mike Gilday, left, presents signed books authored by Vice Adm. James Bond Stockdale to Cmdr. Patrick O'Loughlin, and Cmdr. Carl Trask during the 39th Annual Vice Admiral James Bond Stockdale Leadership Award Ceremony. The award is presented annually to two commissioned officers on active duty, below the grade of captain, who are in command of a single ship, submarine, aviation squadron or operational warfare unit at the time of nomination.

STOCKDALE | Award recognizes two commander officers who demonstrate inspirational leadership

Continued from B1

manders spoke about the value of being truly connected with the members of their crew.

"From what I've read about Vice Adm. Stockdale, and from his own writings, I believe he would agree that his perseverance as a POW was made possible in part by the support of others," said O'Loughlin.

O'Loughlin went on to highlight the importance of caring leadership.

"I believe in servant leadership – an idea that is biblical in its origins," O'Loughlin said. "My command philosophy is five simple words: 'Care. Be humble. Be hungry.' It is my belief that if those placed in our charge know that we genuinely care about them – altruistic care, and not false care with some selfish end in mind, and I assure you they know the difference – they will work harder for the betterment of the command and the accomplishment of the mission."

O'Loughlin is commanding officer of USS Forrest Sherman (DDG 98), where he distinguished his leadership style with the creation and implementation of a revolutionary stand-down that identified crewmember role-play performances as an effective method to uncover biases and cultural and societal misunderstandings. Ultimately, this training developed his crew into a more resilient and effective team.

Trask is the former commanding officer

of USS Connecticut (SSN 22), where he was recognized for building a disciplined team that consistently out-performed expectations on deployment and whose performance earned the following awards: 2018 Submarine Development Squadron FIVE Engineering Readiness "E", Weapons Department "W", Personnel Readiness "P", Medical Readiness "M", and Battle Efficiency "E".

"The single most significant thing I did onboard Connecticut was to know my crew," said Trask. "I tried to know their backgrounds, families, aspirations – both in and out of the Navy."

Trask also attributes his success to those he has served with.

"I am here not because of me, but because of the exceptional people who have surrounded me throughout my Navy career," said Trask.

Stockdale was a Naval Academy gradu-

ate and pilot. In September 1965, he ejected from his A-4E Skyhawk over North Vietnam and was captured. While prisoner, Stockdale served as an inspiring leader to his fellow prisoners until his release in February 1973. He received the Medal of Honor in 1976 and served as president of the Naval War College from October 1977 until August 1979.

Active duty Navy commanders and below who are serving in command of a single ship, submarine, aviation squadron, Sea, Air, Land (SEAL) team, naval special warfare squadron, SEAL delivery vehicle team, special boat team, explosive ordinance disposal mobile unit, mobile diving and salvage unit, or Navy special clearance team may be nominated by their peers for the Vice Admiral James Bond Stockdale Leadership Award. Officers who wish to nominate a candidate must themselves be eligible for the award.

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



Car auctions have gone cashless

Come out to SP-123 for Naval Station Norfolk’s auto auction fun where food and beverages will be sold from our very own MWR Food Truck. Vehicles can be viewed at SP-123 from 10:00 a.m.-1:00 p.m. on the Monday and Tuesday prior to the day of the auction.

See C4

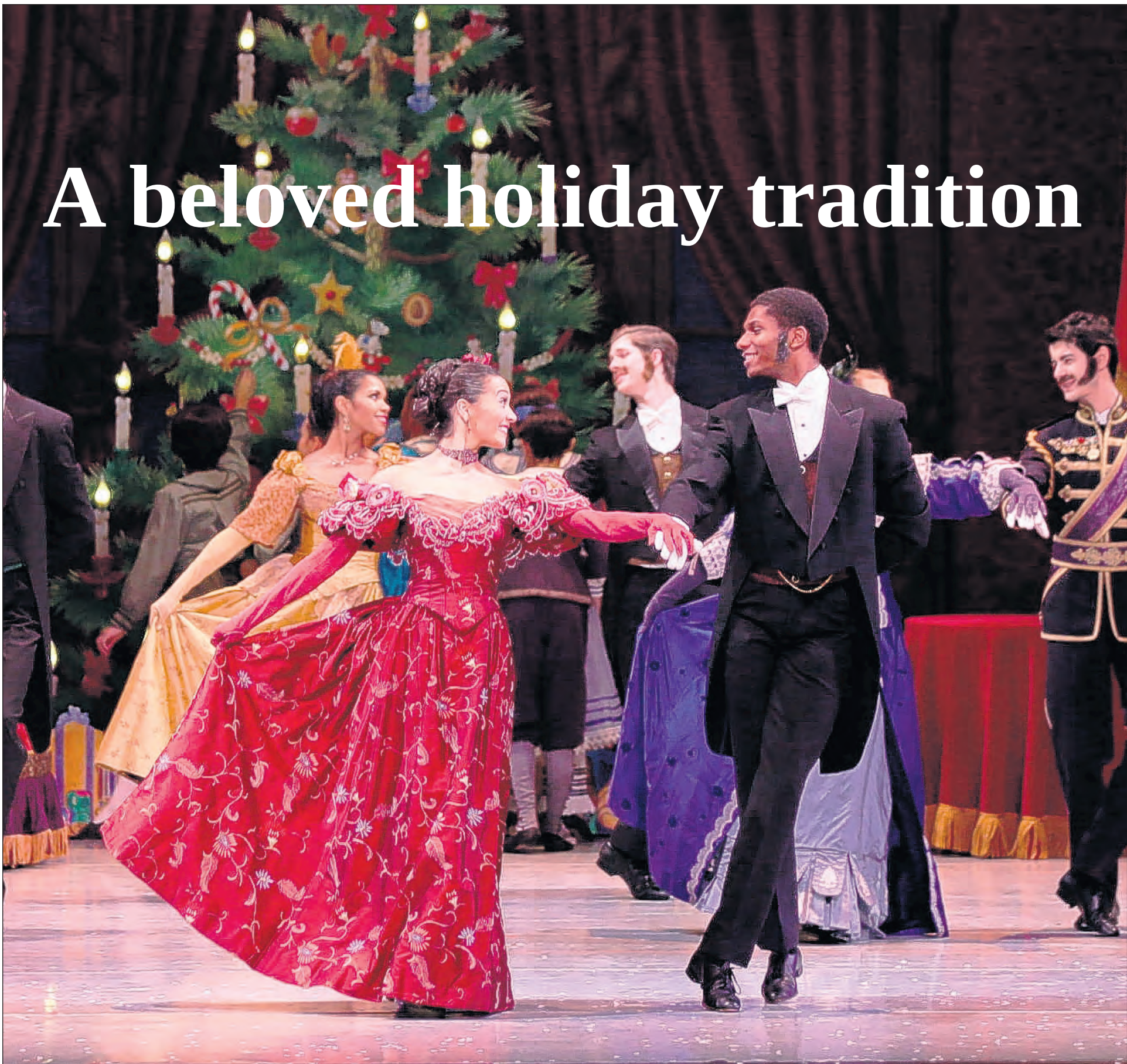


Photo by Sarah Ferguson

From Richmond Ballet

NORFOLK

Richmond Ballet, The State Ballet of Virginia, and its beloved holiday tradition, The Nutcracker, returns to Chrysler Hall Dec. 6-8 with the Virginia Symphony Orchestra playing for all four performances. The Nutcracker will feature not only the company’s full roster of professional dancers and trainees but also more than 100 accomplished local dance students from across Hampton Roads and North Carolina. These students rehearse weekly for three months for the unique opportunity to perform in a professional ballet production.

See TRADITION | C3

Showtimes

- Dec. 6: 7:00 p.m.
- Dec. 7: 2:00 p.m.
- Dec. 7: 7:00 p.m.
- Dec. 8: 2:00 p.m.

TICKETS

Tickets to The Nutcracker start at \$25. Tickets can be purchased at the Scope Arena Box Office, by phone at 800.745.3000 or online by visiting www.ticketmaster.com/the-nutcracker-richmond-ballet-tickets/artist/2012888

MORE INSIDE

- Read an interview from dancer Thel Moore III.
- Pupcracker:** Richmond Ballet will partner with Virginia Beach SPCA during the Sunday matinee for a meet and greet with adoptable dogs before the show and during intermission.
- Clara’s Tea Party:** Following the 2:00 p.m. Saturday matinee performance, guests will meet Clara and other characters from the Kingdom of Sweets

Local alt-country honky-tonk band The Heart Stompers are winning the hearts of fans

By Yiorgo

On a leisurely walk in my neighborhood a while back I heard music playing at a nearby house and was captivated. I was delighted to find a group of musicians jamming to their heart’s delight. It was very apropos since the group’s name turned out to be “The Heart Stompers.”

Tell us about “The Heart Stompers.” How did the group come together?

Christopher May: We all LOVE roots music: blues, honky-tonk, country, old R&B and our style definitely fits that mold. We

used to be more on the honky-tonk side of things, but now we have evolved into more of an Americana genre. So now we say: Alt-Country Honky-Tonk Americana and that captures it completely.

Who are the current members?

Gina Dalmas: The Heart Stompers are (and have always been): Gina Dalmas (vocals & acoustic guitar), Gordon Bradley (Vocals and acoustic guitar), Christopher May (Vocals and bass guitar), Greg Wike (electric

See HEARTS | C2



Courtesy of The Heart Stompers

Calendar

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



Courtesy of Military Aviation Museum

Planes, Trains and Santa 2019

- Nov. 29-Dec. 1
- Military Aviation Museum
- <https://www.eventbrite.com/e/planes-trains-and-santa-2019-tickets-72564294759>

Come join us for Planes, Trains and Santa on Thanksgiving weekend at the Military Aviation Museum! The Tidewater Division of the National Model Railroad Association hosts a variety of train experiences, allowing kids (and adults!) of all ages to see and interact with amazing model train exhibits. Santa flies into the museum each day at 10:00 a.m. in a vintage biplane, weather permitting, because sometimes reindeer just have to rest! Get your picture with Santa, see loads of vintage airplanes and marvel at the hangar overrun with trains and fire trucks. Santa and the Marine Corps Reserves will also be collecting donations for Toys for Tots!



Courtesy of MacArthur Center

Island of Warmth

- Nov. 30-Jan 7
- MacArthur Center
- <https://www.shopmacarthur.com/event/Island-of-Warmth/2145531093/>

Island of Warmth invites visitors to gather around a large fire, made of more than 150 incandescent light bulbs, an electrifying campfire that comes to life to music that is composed specially for the occasion. The Island of Warmth is an interactive light installation that lets visitors generate the fire's sounds and movements. Sensors placed under the floor of the platform allow festival goers to determine the movements of the flames and the music created by the sounds of the fire. As they dance and jump, the visitors kindle the embers, fan the flames and send sparks flying. Flames leap and swirl, creating warmth, light, smoke, and music. When the most active visitors start dancing and jumping around the bonfire, sparks begin to fly and leap to the top of the luminous structure. The more activity there is around the fire, the more intense are the blaze and the music that accompanies it. The Island of Warmth reaches its peak when everyone around it moves in sync, turning the installation into a symphony for the eyes and ears. A burst of irresistible collective energy spreads and brings the heart of the city to life.



Courtesy of Chrysler Hall

Harry Potter and the Prisoner of Azkaban in Concert

- Nov. 30, 2:00 p.m.; 8:00 p.m.
- Chrysler Hall
- <https://www.sevenvenues.com/events/detail/harry-potter-and-the-prisoner-of-azkaban-in-concert>

Relive the magic of your favorite wizard in Harry Potter and the Prisoner of Azkaban™ in Concert. Based on the third installment of J.K. Rowling's classic saga, the thrilling tale is accompanied by the music of a live symphony orchestra as Harry soars across the big screen.

38th Annual Virginia Beach Christmas Market

- Nov. 29-Dec. 1
- Virginia Beach Convention Center
- <http://www.emgshows.com/avbcm/>

The Virginia Beach Christmas Market features over 250 fine artisans and crafters from more than 25 states. This show was once again (since 1996) voted into the "100 Best Classic and Contemporary Craft Shows in the United States" by Sunshine Artist Magazine, America's premier show and festival guide. Featured artisans will offer fine arts, pottery, jewelry, stained glass, wood, toys, photography, fiber arts, thousands of Christmas collectibles and much, much more. Whether you're searching for unique one-of-kind Christmas gifts, personalized stocking stuffers, or a stunning floral centerpiece for the holidays, you'll find it all at the Virginia Beach Christmas Market.

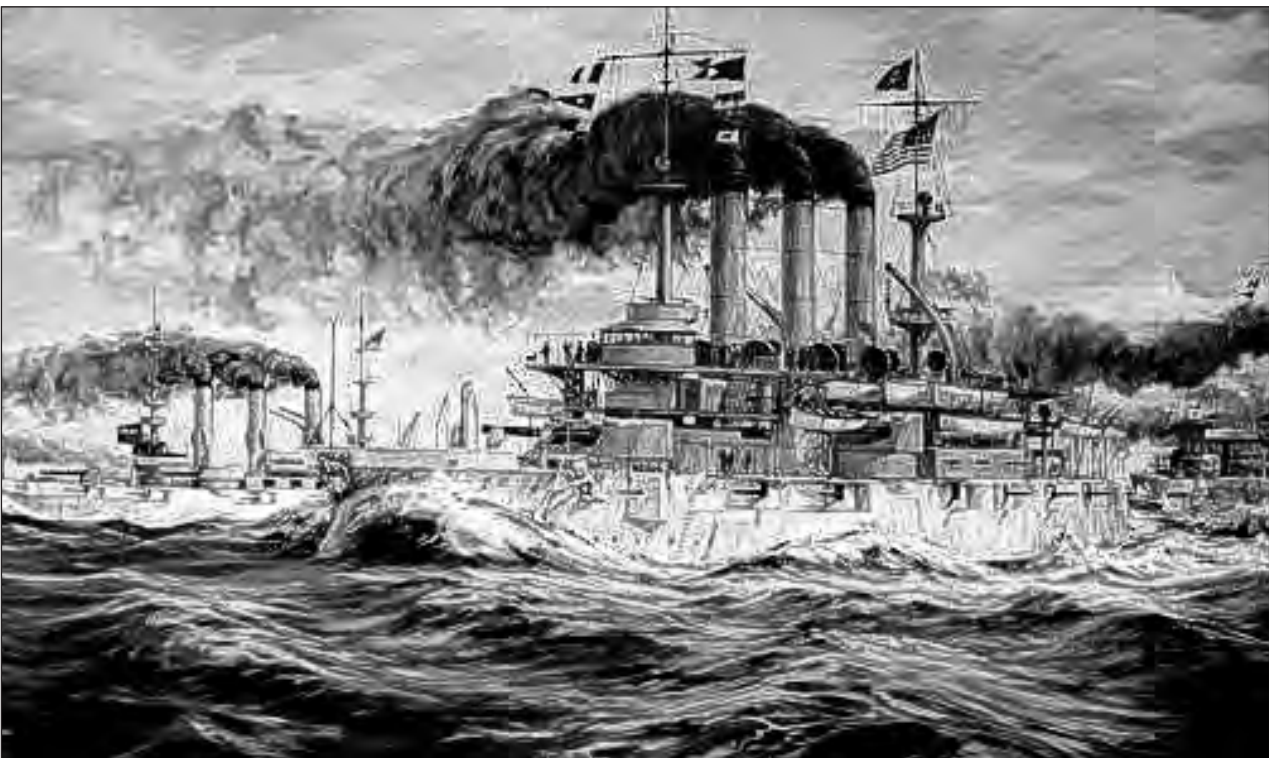
Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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



Courtesy of Katherine Renfrew

A historical photo from a scanned postcard depicts the U.S. Navy's Great White Fleet at Sea. The fleet departed the Hampton Roads, Virginia area in December 1907 and returned in February 1909 after completing a round-the-world cruise.

Naval Museum's History to host Voyage of a Lifetime: The Great White Fleet, 1907-1909

From Hampton Roads Naval Museum

The Hampton Roads Naval Museum Annex, Building H-9 aboard Naval Station Norfolk will present a historical program about the U.S. Navy's "Great White Fleet" on Dec.4 at 10:00 a.m.

The historical program, part of the museum's ongoing History @H-9 series, discusses President Theodore

Roosevelt's 1907 mission to send the U.S. Navy's Atlantic Fleet on a round-the-world tour to test naval readiness, establish global presence, generate international goodwill and garner enthusiasm for the Navy.

Sixteen battleships and 14,000 Sailors embarked on a historic voyage from the Hampton Roads area in December 1907. Their Voyage of a Lifetime steamed 43,000 nautical miles, visited

20 ports on six continents and returned in 1909; and is remembered today as the Great White Fleet.

The program is based on the museum's collection of artifacts related to the Great White Fleet, and is presented in an informal setting. Participants will have the opportunity to engage in discussions and tour the museum's Special Collections room, which houses archives, artifacts, and art related to Naval Station Norfolk.

The historical program is free, and open to all hands both military and civilian at the museum's annex facility at the corner of Farragut and Powhatan aboard Naval Station Norfolk. Participants must have access to Naval Station Norfolk; Naval Museum staff or volunteers cannot sponsor access for participants. For individual and group reservations, contact Katherine.Renfrew@navy.mil or call (757) 445-6844.



Sean Chagnon

HEART | Group named after their love of root music

Continued from C1

guitar), Gordon Bradley (vocals and guitar) and Gabriel Baesen (drums).

What did you listen to growing up?

GD: When I was very young, I listened to my dad's records. Johnny Horton, Marty Robbins, Buck Owens, Faron Young, Merle Haggard. Later as a teenager, I emulated my brother and listed to Van Halen, Led Zeppelin, Aerosmith and the like. Starting college, it was The Band and Jellyfish and Dag, plus a lot of jazz and classical music. I was majoring in music for the French horn. Later on, I switched majors.

CM: I listened to everything my father listened to in the '70s and '80s. Steely Dan, The Eagles, Dan Rafferty, Pink Floyd, The Doobie Brothers, Paul Simon, Kenny Rogers. The first album I ever purchased was Blondie – the one with "The Tide is High" on it. By the mid-80's I was into U2 and REM. I didn't really get into country music until I was older when Clint Black and Garth Brooks were putting out top hits.

Any "wow" moments you can share?

GD: James Brown once gave me a bottle of Dom Perignon and a dozen red roses after a show in Richmond. I was the monitor audio engineer for him and his band that evening, and after the show James Brown told me I had done a great job. A few minutes later he sent his assistant with the champagne and roses as a thank you. After load-out that night, I opened the bottle and shared it with the techs on the audio crew. That was a memorable evening.

CM: For me, it was opening for Southern Culture on the Skids at the old Jewish Mother in Virginia Beach. They were so amazing to us and the crowd was absolutely incredible! I'll never forget that night.

Where can our readers come to hear you sing?

GD: November 30 we are at Smartmouth Brewery and December 14 we are at O'Connor Brewing Company. They can go to www.theheartstompers.com/ for upcoming dates.

What will the audience expect to see and hear at your shows and why should they come?

CM: We like to have fun on stage. I think the audience really picks up on that and in turn gives that energy right back to us. We love to throw in the unexpected and we love trying out new songs.

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 col-

Abi Goldstein and Thel Moore III in *The Nutcracker* by Stoner Winslett

Sarah Ferguson

TRADITION | *This season marks Stoner Winslett's 40th time staging The Nutcracker*

Continued from C1

“It is thrilling for us to watch the children rehearse and see the performance come together,” says Brett Bonda Richmond Ballet Managing Director. “Their parents are in the audience, but so are so many other families from the Southside, the Peninsula, and North Carolina who love *The Nutcracker* and make it part of their annual holiday experience.”

This season marks Richmond Ballet Artistic Director Stoner Winslett's 40th time staging her continually evolving version of *The Nutcracker*, which has been heralded as "one of the country's most perfect [Nutcracker productions]" by *The New York Times*. With its colorful sets, fanciful costumes, and beloved characters, such as the Russian Bear and Mouse King, *The Nutcracker* continues to charm generations.

Special Guest: There will be a special added “performer” during the Friday evening show. WAVY TV morning anchor Katie Collett will join the Ballet’s company dancers during the party scene in Act One, reviving memories of her own dance training as a child.

Pupcracker: For the third year in a row, Richmond Ballet will partner with Virginia Beach SPCA during the Sunday matinee for a meet and greet with adoptable dogs before the show and during intermission. The dogs will also make an appearance on stage during the performance.

Clara's Tea Party: This elegant seated tea with tasty sweets will be held from 4:15 – 5:15 p.m. immediately following the 2:00 p.m. Saturday matinee performance at Chrysler Hall. Guests will meet Clara and other characters from the Kingdom of Sweets during this intimate family event. To purchase tickets to “Clara’s Tea Party”, visit Ticketmaster.com, pick seats for the Saturday, December 7th 2:00 p.m. show, then select the “Clara’s Tea Party” add-on prior to checkout. Tea party tickets are \$30 per person.

Thel Moore III: Nutcracker is all it's cracked up to be

By Abby Likens
Virginia Media

The Nutcracker is a famous ballet. Is the ballet all it's cracked up to be?

Yes, *The Nutcracker* is all it's cracked up to be. It's a wonderful show with beautiful sets and costumes and even live music!

Why do you think The Nutcracker has remained a timeless holiday tradition for so many?

Nutcracker has remained a timeless holiday tradition because it is full of Christmas spirit and a show you can bring the whole family to enjoy. For many it's their first ballet and for others it's what sparks that inspiration to even begin ballet.

Why does this performance represent the holiday spirit?

This ballet represents the holiday spirit because it takes place during Christmas and shows the real meaning of giving and how the smallest gift can have the biggest impact in a person's life.

What is your role in The Nutcracker?

Currently I am rehearsing Dr. Silberhaus (Clara's father), Spanish and the Arabian Charmer.

What is your background?

I started my ballet training at the Baltimore School for the Arts and finished at the Nutmeg Ballet Conservatory. In 2016, I joined Richmond Ballet II, and this is my second year in Richmond Ballet's main company.

In terms of favorite performances, how would you rank this show?

I would definitely rank The Nutcracker as one of my favorite ballets for so many reasons, but the most important I think is that the students from the School of Richmond Ballet and the many local studios in Hampton Roads perform with us on stage. They look up to us and, with their joy and fresh look on ballet, it really sparks joy in all of us.

Any cool dance scenes?

I don't want to give anything away, but the Russian Bear is always a crowd favorite and who knows what tricks may come the audience's way!

How do you keep the choreography of the show fresh?

The way we try to keep the choreography fresh every year is by rotating roles between the company dancers so each person can bring their personality and their perception to each of the characters.

What would you tell young boys and girls who aspire to dance in The Nutcracker?

I would tell young boys and girls to keep working hard. And keep your head up. Sometimes it will get hard, but if you keep going, the reward will definitely be worth it.

[illegible]

Auctions have gone cashless

From Gene Daniels Auctions

Come out to SP-123 for Naval Station Norfolk’s auto auction fun where food and beverages will be sold from our very own MWR Food Truck.

Vehicles can be viewed at SP-123 from 10:00 a.m.-1:00 p.m. on the Monday and Tuesday prior to the day of the auction. Everyone must have a valid CAC/Military ID card. On the day of, the gate will open at 10:00 a.m., and you will then be able to register.

All sales are final, so please be sure of the vehicle you are bidding on. CREDIT CARD ONLY will be accepted. For more information, feel free to call the Impound Lot office at 757-444-2631

RULES AND REGULATIONS OF THE AUCTION

THE VEHICLES:

All vehicles have been abandoned on the Naval Station and are sold as is. There is no guarantee that the vehicles will run. Vehicles are not guaranteed as to year or state inspection. *SPECIAL ODOMETER NOTE: DO NOT rely on the odometer reading, as it could be incorrect. Odometer reading could be more or less. Bidders are explicitly advised to closely examine the vehicle they are bidding on. There are no guarantees expressed or implied.

VIEWING OF VEHICLES:

Vehicles may be viewed at SP-123 from 1000 to 1300 on the Monday and Tuesday prior to the day of the auction. There will be a list of vehicles available prior to viewing: however, any vehicle may be pulled from the auction up until the close of business Tuesday. Everyone entering the lot must have valid CAC/Military ID card. This auction is only open to our military/CAC card holders. (Active Duty, Retirees, Dependents, Civil Service)

BIDDER REGISTRATION:

All bidders must be registered and have a bidder number. Receipt of a bidder number implies an understanding of the legal obligations to these stated rules and regulations. Registration will start at 1000 on the day of the auction at the auction site. Bidders must register their name and address as they wish them to appear on the Certificate to Obtain Title. The MWR Department reserves the right to refuse to register bidders who have previously failed to follow the rules of their auctions. Registered bidders are responsible for all bids under their number. You, the registered bidder, are responsible for bids tendered, irrespective of the designated purchaser of the vehicle. i.e. DO NOT BUY A CAR FOR A FRIEND OR RELATIVE

Cars Available

1981	WHITE	CATALINA	22 SAILBO	CTYH0151M81C
1987	SILVER	BMW	325i	WBAAD2301H8842226
1994	BLACK	HONDA	CIVIC	JHMEH6168RJ005077
2000	RED	PONTIAC	GRAND AM	1G2NF52T7YM845235
2000	GREEN	FORD	EXPEDITION	1FMRU17L9YLA51441
2000	WHITE	JEEP	CHEROKEE	1J4G258S4YC313164
2000	WHITE	CHEVROLET	EXPRESS	1GCGG25R9Y1216366
2001	RED	MITSUBISHI	MONTERO	JA4MT31R61P022501
2001	GREEN	BOAT		PLR255821001
2001	SILVER	TOYOTA	CAMRY	4T1BG22K41U815032
2002	WHITE	FORD	F150	1FTRX18LX2NA79318
2002	WHITE	MITSUBISHI	ECLIPSE	4A3AC54H22E101603
2003	GOLD	PONTIAC	SUNFIRE	1G2JB12F037192588
2003	WHITE	FORD	CROWN VIC	2FAFP73W23X120862
2003	BLUE	KAWASAKI	626	JKBZXJB103A021742
2004	RED	FORD	F250	1FTNW21134EB80661
2005	SILVER	MERCURY	MARQUIS	2MELM74W9SX655642
2005	BLACK	FORD	FOCUS	3FAFP31N85R152879
2005	WHITE	CHEVROLET	COBALT	1G1AL52F557607366
2006	WHITE	FORD	RANGER	1FTYR10D66PA75173
2006	BLK/YLW	JET SKI	YDV03905A606	
2006	SILVER	ROAD KING	TRAILER	5KZBB09176A012258
2007	WHITE	JET SKI	YDV41563A707	
2007	WHITE	CHEVROLET	IMPALA	2G1WS55R079298048
2008	SILVER	ROAD KING	TRAILER	5KZBB09128A021601
2011	BLACK	HYUNDAI	SONATA	5NPEC4AB2BH308491
2011	WHITE	MITSUBISHI	LANCER	JA32U8FWXBU021830
2011	WHITE	HYUNDAI	GENESIS	KMHU6KH8BU064419
2011	BLACK	TAO TAO	MOPED	L9NTEACB7E1172983
2012	BLUE	DODGE	AVENGER	1C3CD2AB8CN190292
2012	BLACK	VOLKSWAGEN	PASSAT	1VWBM7A39CC023310
2012	SILVER	HYUNDAI	VELOSTER	KMHTC6AD1CU043215
2013	BLACK	FORD	FOCUS	1FADP3F21DL224105
2013	WHITE	HYUNDAI	GENESIS	KMHU6KJ1DU093931
2016	RED	BINTELLI	PRIME	L5YACBPA1G1116388
	BLK/SIL	TRAILER	MC	
	SILVER	LOAD RITE	TRAILER	NA
	GREEN	TRAILER	BOAT	
	GREY	BOAT	TRAILER	NONE
	BLACK	HOMEMADE	TRAILER	221094 TR

UNLESS YOU ARE PREPARED TO ASSUME RESPONSIBILITY FOR THE PURCHASE. The Certificate to Obtain Title must be made out in the name of the winning bidder. Do not bid on a car and then request that the Certificate to Obtain Title be prepared in someone else’s name.

BIDDING ON VEHICLES:

The auction will normally start at noon on Wednesday at the direction of the auctioneer. The auctioneer will proceed down the row of vehicles taking verbal bids on each vehicle in turn. Bidders who are interested in a particular vehicle should stand near the vehicle so that the auctioneer will hear their bid. All sales are final. Please be sure of the vehicle you are bidding on. Bidders may not participate in the auction while on their phones or electronic devices. The MWR Department reserves the right to refuse any and all bids and to settle any and all disputes involving bids. This is an absolute auction. There are no extra fees or charges that must be paid. The bid price is the sale price. Once the auctioneer declares a vehicle “sold”, the high bidder must sign a Form 1348-I (transfer of government property) acknowledging the bid price.

PAYMENT FOR VEHICLES:

IF PAYMENT IS MADE IN FULL ON THE DAY OF THE AUCTION: The highest bidder on each vehicle may pay in full on the day of the auction at SP-314. Such payment MUST BE MADE in the form credit or debit card (NO CASH/CHECKS). If payment is made in full on the day of the auction, the Certificate to Obtain Title (Form 97) will be prepared immediately and presented to the buyer. Payments are taken until 1530 auction day.

IF PAYMENT IS NOT MADE IN FULL ON THE DAY OF THE AUCTION: The highest bidder must pay a minimum of \$20 or 10% deposit, whichever is greater, on the day of the auction. This non-refundable payment may be made by credit/debit card. The remaining balance must be paid by credit/debit card within five working days. Payment must be made at the Naval Station Impound Lot office, Bldg SP-314 located at the end of 10th Ave., between the hours of 0900 and 1630. When the complete payment is made within five working days of the auction, the Certificate to Obtain Title will be issued to the buyer. The signed Form 1348-I will act as a bill of sale for removal of

the vehicle from the auction site.

FAILURE TO MAKE FULL PAYMENT WITHIN FIVE WORKING DAYS: The failure on the part of the bidder to make full payment within five working days of the auction will make the sale null and void, and result in the forfeiture of any deposits. The vehicle will then be re-offered for public sale at the next abandoned vehicle auction.

REMOVAL OF VEHICLES:

Vehicles must be paid for in full before they are removed from the auction site. All vehicles must be towed off of the lot. Buyers have five working days from the day of the auction to remove their vehicle and may do so from 0900-1545 Monday-Friday. Vehicles may not be worked on in the lot of the new location. You must show a signed Form 1348-I, Form 97, or registration for the vehicle to be released. Buyers who have paid in full for their vehicle and have not removed it within five working days will be assessed a \$20 per day/vehicle storage charge. Vehicles left for two weeks from the auction date will be declared abandoned and will be towed. Buyers will then be assessed a towing charge in addition to the \$20 per day storage charge.

Experience holidays of centuries past

From Jamestown-Yorktown Foundation

WILLIAMSBURG, VA.

Historical holiday fun awaits at Jamestown Settlement and the American Revolution Museum at Yorktown, where visitors can experience holidays of centuries past during seasonal events “Foods & Feasts of Colonial Virginia,” Nov. 28-30, and “Christmastide in Virginia,” Dec. 20-31.

Foods & Feasts of Colonial Virginia November 28-30

The holiday season starts on Thanksgiving Day with a three-day event that explores foodways of 17th- and 18th-century Virginia and centuries-old cooking and preservation methods. At Jamestown Settlement, historical interpreters demonstrate how food was gathered, preserved and prepared on land and at sea by Virginia’s English colonists and Powhatan Indians. At the American Revolution Museum at Yorktown, programs examine typical soldiers’ fare during the Revolutionary War and trace the bounty of a period farm from field to kitchen. While food preparation in the museums’ outdoor living-history areas is for demonstration purposes only, the Jamestown Settlement Café will offer a traditional Thanksgiving dinner on Thanksgiving Day.

Christmastide in Virginia December 20-31

Holiday traditions of 17th- and 18th-century Virginia are recalled with special interpretive programs and period musical entertainment, along with daily appearances at



Courtesy of Jamestown-Yorktown Foundation

Jamestown Settlement by the Lord of Misrule, “grand captain of all mischief.” Jamestown Settlement interpretive programs allow visitors to compare and contrast English Christmas customs of the period with how English colonists may have observed the season in the difficult early years of the Jamestown colony. Visitors to the American Revolution Museum at Yorktown can hear accounts of Christmas and winter in a Continental Army encampment and glimpse holiday preparations at a period farm.

This holiday season and throughout the year, visitors of all ages can enjoy the museums’ immersive indoor gallery exhibits to learn about America’s past, including two ongoing special exhibitions – “TENACITY: Women in Jamestown and Early Virginia” at Jamestown Settlement and “Forgotten Soldier: African Americans in the Revolutionary War” at the American Revolution Museum at Yorktown. Outdoors, experience historical interpretation and hands-on activities in re-created outdoor settings – a Powhatan Indian village, 1607 ships and colonial fort at Jamestown Settle-

ment, and Continental Army encampment and Revolution-era farm at the American Revolution Museum at Yorktown.

These living-history museums of 17th- and 18th-century Virginia offer many ways to make the holidays memorable, from tickets and packages, some of which include other Williamsburg area attractions, to unique shopping opportunities in the museum gift shops.

Visitors can experience the holiday fun with a variety of tickets and packages, available online at historyisfun.org/visit/vacation-packages:

HISTORY IS FUN

This online ticket offers unlimited admission to Jamestown Settlement and the American Revolution Museum at Yorktown for seven consecutive days and represents a 20 percent savings over individual admission. The ticket, which includes daytime special events and special exhibitions, is \$26.00 for adults and \$12.50 for ages 6-12, and can be packaged with Williamsburg area lodging. Children under 6 are free.

Private tours for 14 or fewer people are available at each museum for an additional fee and can be reserved in advance online or by calling (757) 253-4939.

AMERICA’S HISTORIC TRIANGLE

This ticket features unlimited admission for seven consecutive days to Jamestown Settlement, Historic Jamestowne, Colonial Williamsburg, American Revolution Museum at Yorktown and Yorktown Battlefield. The ticket is \$100.00 for adults (ages 16 and older), \$45.00 for children (ages 6-15), and can be packaged with lodging. Holiday events include Colonial Williamsburg’s “Grand Illumination,” December 8; Jamestown Settlement and American Revolution Museum at Yorktown’s “Foods & Feasts of Colonial Virginia,” November 28-30, and “Christmastide in Virginia,” December 20-31.

Four-Site Value – This ticket features unlimited admission for seven consecutive days to Jamestown Settlement, Historic Jamestowne, American Revolution Museum at Yorktown and Yorktown Battlefield. The ticket is \$46.00 for adults (ages 16 and older), \$30.00 for ages 13-15, and \$16.50 for ages 6-12, and can be packaged with lodging.

HOLIDAY SHOPPING IN MUSEUM STORES

For holiday shoppers, Jamestown Settlement and American Revolution Museum at Yorktown museum gift shops offer a selection of books, prints, museum reproductions, educational toys, games and souvenirs relating to the 17th and 18th centuries. Jamestown Settlement’s special exhibition gift shop has an assortment of items related to “TENACITY: Women in Jamestown and Early Virginia.” Admission is not required to visit the museum gift shops, open 9 a.m. to 5 p.m. daily. Shop online at shophistoryisfun.com.



rottentomatoes.com

coming to theaters

THE AERONAUTS [PG-13]

In 1862, daredevil balloon pilot Amelia Wren (Felicity Jones) teams up with pioneering meteorologist James Glaisher (Eddie Redmayne) to advance human knowledge of the weather and fly higher than anyone in history. While breaking records and advancing scientific discovery, their voyage to the very edge of existence helps the unlikely pair find their place in the world they have left far below them. But they face physical and emotional challenges in the thin air, as the ascent becomes a fight for survival.

PORTRAIT OF A LADY ON FIRE [R]

France, 1760. Marianne is commissioned to paint the wedding portrait of Héloïse, a young woman who has just left the convent. Because she is a reluctant bride-to-be, Marianne arrives under the guise of companionship, observing Héloïse by day and secretly painting her by firelight at night. As the two women orbit one another, intimacy and attraction grow as they share Héloïse's first moments of freedom. Héloïse's portrait soon becomes a collaborative act of and testament to their love.

LITTLE JOE [NR]

Alice, a single mother, is a dedicated senior plant breeder at a corporation engaged in developing new species. She has engineered a very special crimson flower, remarkable not

only for its beauty but also for its therapeutic value: if kept at the ideal temperature, fed properly and spoken to regularly, this plant makes its owner happy. Against company policy, Alice takes one home as a gift for her teenage son, Joe. They christen it 'Little Joe' but as it grows, so too does Alice's suspicion that her new creations may not be as harmless as their nickname suggests.

JUMANJI: THE NEXT LEVEL [PG-13]

In Jumanji: The Next Level, the gang is back but the game has changed. As they return to Jumanji to rescue one of their own, they discover that nothing is as they expect. The players will have to brave parts unknown and unexplored, from the arid deserts to the snowy mountains, in order to escape the world's most dangerous game.

A HIDDEN LIFE [PG-13]

Based on real events, A Hidden Life is the story of an unsung hero, Franz Jägerstätter, who refused to fight for the Nazis in World War II. When the Austrian peasant farmer is faced with the threat of execution for treason, it is his unwavering faith and his love for his wife Fanni and children that keeps his spirit alive.

BOMBSHELL [R]

Starring Academy Award (R) winner Charlize Theron, Academy Award (R) winner Nicole Kidman, Academy Award (R) nominee John Lithgow and Academy Award (R) nominee Margot Robbie, based on the real scandal, BOMB-SHELL is a revealing look inside the most powerful and controversial media empire of all time; Fox News, and the explosive story of the women who brought down the infamous man who created it.

base theaters \$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday | Nov. 29
7:00 p.m. Terminator: Dark Fate [R]

Saturday | Nov. 30
1:00 p.m. Maleficent: Mistress of Evil [PG]
4:00 p.m. Harriet [PG-13]
7:00 p.m. Terminator: Dark Fate [R]

Sunday | Dec. 1
1:00 p.m. The Addams Family (2019) [PG]
4:00 p.m. Gemini Man [PG-13]
7:00 p.m. Zombieland 2: Double Tap [R]

NAS Oceana, Aero Theater – 433-2495

Friday | Nov. 29
7:00 p.m. Terminator: Dark Fate [R]

Saturday | Nov. 30
12:00 p.m. Maleficent: Mistress of Evil [PG]
3:00 p.m. Gemini Man [PG-13]
6:00 p.m. Harriet [PG-13]

Sunday | Dec. 1
12:00 p.m. The Addams Family (2019) [PG]
3:00 p.m. Black and Blue [R]
6:00 p.m. Terminator: Dark Fate [R]

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

WE GET YOUR BUSINESS IN FRONT OF OUR MILITARY

PRINTEVENTSONLINE

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

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



TO PLACE AN AD:
Visit placeanad.pilotonline.com

Flagship Values

Hampton Roads Military Classified Marketplace

■ **advertise
your business**

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



announcements

Announcements

HOLIDAY SHOPPING EVENT
The Hickory Ruritan Club located at 2752 Battlefield Blvd S Chesapeake Va 23322 is hosting a shopping event on Saturday November 30th 18 Local Small Business owners will be sharing their wares just in time for the busy 2019 Holiday Shopping Season. Come Shop from 9am-1:30pm this event is open to the public.

SNA WINTER CRAFT SHOW DEC. 7TH
Craft Show at Northside Middle School 8720 Granby St. 9am-3pm, Free Entry & Lots of Vendors



stuff

Misc. Merchandise For Sale

#01A BLACK SIFTED TOPSOIL
6 yds \$220, Mulch \$28/yd; Compost \$28/yd. Rock, playground mulch, firewood, lawn care. D Miller's 536-3052

2 PC ALL NEW MATTRESS SETS
In Plastic.Twin \$99, Full \$119, Queen \$129, King \$189. Financing Available. Can Deliver. 757-490-3902.

Misc. Merchandise For Sale

**FITNESS PACKAGE
FAST FIT BODY
SCULPTING**
Sale Price: Save Thousands! 25 week program, toxic massage, full member benefits. Use at any Fast Fit center! For all details, 757-579-0517 L/M or shylorenvick@gmail.com

Antiques & Collectibles

**BUYING COINS
757-474-1303
COIN COLLECTIONS
STAMP COLLECTIONS**



Good Things To Eat

Good Things To Eat

CINDY'S PRODUCE Collards, Parsnips, Ham hocks, Peach Buds, & Kale; Harper's Road. 757-427-2346

OYSTERS-ONANCOCK CREEK
Direct from grower. Bags Of 100. 3-4" \$35; 4-5" \$40; +5" \$45. Norfolk/VA Beach pickup.919-413-4374



pets

Dogs, Cats, Other Pets

BOSTON TERRIER
SMART PLAYFUL GREAT FAM
PET \$600 752-4108 lv msg

CHIHUAHUA PUPS
CKC reg. males, shots/deworming current. Bargain priced @ \$250. 804-265-5040 or pups4sale@verizon.net

Dogs, Cats, Other Pets

GERMAN SHEPHERD
Registered AKC puppies 10 weeks. \$500. Call: 252-209-7380

GERMAN SHEPHERD PUPPIES
AKC German Shepherd Pups. Parents onsite. Up-to-date on shots. High quality puppies. 252 752 7952

GOLDENDOODLE
Female 19 mo, extras \$800 572-6701

LABRADOR RETRIEVER AKC REGISTERED PUPPIES



We have some wonderful English & American puppies available, parents on premises with Health clearance. Bred for family companions and service dog work. 40 years dedicate. \$1200 dogpro14@gmail.com



MTN. FEIST NKC REGISTERED



This is Heirloom breed, a very hardy small terrier wt. range 15-25 lbs. They travel well, most like water and pretty good at retrieving. We have male's and females. dogpro14@gmail.com \$450/ \$400m.



PITBULL PUPPIES
Bullies- \$600.00 call 757-305-4717

Dogs, Cats, Other Pets

POMERANIAN PUPPIES
375. 8 weeks old. First shots and dewormed. 252-642-2041

POMERANIAN PUPS



CKC, M/F, red, grays, vetted, parents here, ready now. \$595 804-338-1228

RHODESIAN RIDGEBACK



AKC/UKC Registered puppies for sale. GrChampion Parents. \$2500 for show quality pups. 4 male/4 females available. Whelped Oct 4 and ready for placement Dec 7. Health guarantee! RidgebackNation.com or @ [Ridgeback_Nation](https://www.facebook.com/Ridgeback_Nation)

SCARLET MACAW
Tame, many extras \$2600 572-6701

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

Cockatoo, too.

Pick a pet in the
CLASSIFIED
MARKETPLACE.

The Virginian-Pilot
PilotOnline.com



jobs

Education/Training

RESEARCH VESSEL CAPTAIN SUPV (00162A)
Manages all floating and shipyard operations of the R/V Fay Slover for OEAS. To review the position requirements in full, and submit an application, please visit <http://jobs.odu.edu/postings/11389-AA/EOE>



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

Roommate Wanted

VIRGINIA BEACH
2 Beds, 1 Bath, Male Seeks Similar. Convenient Location. Nr Military Base & College \$50/wk. 757-719-7696

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

Room For Rent

CHESAPEAKE
Sunrise Hills, furnished room, central air, washer/dryer, Wifi, satellite TV. \$150/week.+ dep. 757-718-0698.

VIRGINIA BEACH
Super 8 (Virginia Beach Ocean Front) Low Weekly rates starting at \$210 and up. Ocean front and pool view available. Call 757-425-5511. 1719 Atlantic Ave, Virginia Beach, VA 23451.

Apartments For Rent

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

NORFOLK
2 BR 1.5 BA Apt. Central Air, \$620/mo. Deposit Req'd. Call: 757-461-2411



drive

Travel/Camping Trailers

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

Autos for Sale

BMW 2008 X3
White, 93k orig miles. Exc Cond, Fully loaded. \$10,800 Call: 757-647-4673

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 1976 CORVETTE
Good shape, needs paint job, mechanic's dream. \$12K. (757) 641-3459.

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

business services

757.622.1455 | placeanad.pilotonline.com



services

Carpentry

CROWN MOLDING INSTALLED Starting at \$275 per room, Lic & Insured 757-403-3579

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

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

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

RESIDENTIAL CONCRETE SPECIALIST
Only \$6 Per SF Complete - 200 SF Min Family business since 1960!
Call: Concrete R US 757-297-6698

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

Electricians

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

Handyman Services

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

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

Hauling

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

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

Home Improvements

AIR DUCT CLEANING
UNIVERSAL DUCT CLEANING
FREE INSPECTIONS
MEMBER BBB. 757-502-0200

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

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

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

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

HOME INSULATION
UNIVERSAL INSULATION DOCTOR
Attic Insulation
Crawl Space Insulation
Free Inspections. 757-502-0200

Lawn and Tree Service

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

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

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

LEAF RAKING & CLEANUP Yard Work, Weed Control, Mulching, Trimming, Planting, Transplanting of Shrubbery 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

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

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

YOUR PERFECT HIRE IS WAITING

Stop wasting time searching for talent. Find the right talent with tribune publishing recruitment services.

We work hard to make your talent search easy. With our expansive network of distinguished print and online publications and their respective reach and readership, you'll have access to top talent from coast-to-coast.

Plus, enjoy advanced job matching and ad targeting technology, access print and digital advertising opportunities, career fairs and more.

Extend your reach. Access customized technology. Simplify your search.

jobs.pilotonline.com



Autos for Sale

CHEVROLET 2004 AVALANCHE

LOOK

4WD, Z71. Low miles - great condition! leather, sunroof, loaded, inspected \$6990 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

CHEVROLET 2010 IMPALA



LT, 68K miles, clean, serviced, \$6975. 439-0582. va dir

CHEVROLET 2017 SILVERADO 1500



Z71 4x4 crew cab must see! Priced to sell \$29,950. 26K Mi VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

DODGE 2012 AVENGER

SXT Plus Blue GC 171k miles \$3850 757 650 6773

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 2006 FREESTYLE

Runs good, in good shape, \$1800. 757-377-5670

FORD 2010 MUSTANG



Premium pony pkg, metallic blue w/ brown Leather, v-6, auto, alloy rims, shaker sound, 6 cd, clean, power all stock. 97k, \$7900 call 7574395424.

FORD 2011 RANGER

83000 MILES EXCELLENT CONDITION ONE OWNER 10500 757-642-1805

Autos for Sale

FORD 2011 MUSTANG

GT Conv. Leather, Shaker sound system, 6 spd, new inspection, all serviced, runs & looks great. \$12,500. Call for details, 675-0288. Va. Dir.

FORD 2014 FUSION

22K original mis., 1 owner, showroom new, looks great, \$11,900. Call for details, 675-0288. Va. Dir.

FORD 2017 FIESTA



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

HONDA 2001 CR-V



4WD, mint condition, auto, air, loaded, inspected \$3650 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

HONDA 2007 ODYSSEY



Touring, Low miles! Navigation, leather, sunroof, stow aways, loaded, inspected \$6450 757-439-8017 Va Dir. 757-481-7777 Process Fee \$375

HONDA 2008 CIVIC

5 speed in great condition! \$4,500 Call: 757-410-7930

HONDA 2016 ACCORD

4 dr, 4 cyl, auto, ac, cruise, pwr win/locks, 34mpg, ex. cond. 30k mi., Honda wnty, BU cam \$15900 443-235-0304

LEXUS 2003 SC 430

Convertible hardtop, navigation, leather, all serviced, new inspection, runs & drives great. \$9800. Call for details, 675-0288. Va. Dir.

LEXUS 2006 LS 430



White w/ Light tan interior, excellent condition, must see. Best offer. Call 757-428-0604

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

Autos for Sale

MERCEDES-BENZ 2012 E-CLASS



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

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

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 \$34,295 757-818-5100

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

Autos for Sale

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

Classic, Antique Cars

MG 1974 MGB

14k obo. Call for details. 757-287-3380 or 612-772-3888.

PONTIAC 1933 MODEL 601

Ready for restoration! 12k obo. Please call for details- 757-287-3380 or 612-772-3888

Trucks and SUVs

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

CHEVROLET 2008 SUBURBAN



LS 4WD. Looks & runs great! Auto, air, loaded, inspected \$7990 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

CHEVROLET 2012 EQUINOX

Leather, 4X4, TV/DVD, alloys, new insp, runs & looks great. \$6900. Call for details, 675-0288. Va. Dir.

CHEVROLET 2019 SUBURBAN

1000 original mis., leather, sunroof, TV/DVD 4X4, original cost \$65,000. Purchased for wife, too big, my loss your gain, \$53,900. Call for details, 675-0288. Va. Dir.

FORD 1998 F150

XLt ext cab, AT, AC, cruise, shell, new batt, insp, VGC! \$2400 757-488-8604

FORD 2007 ESCAPE



XLt. V-6. Clean, serviced, 89K mis., \$5900. 439-0582. va dir

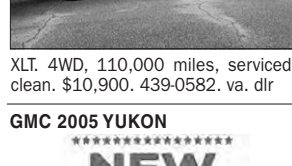
Trucks and SUVs

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

FORD 2007 F150



XLt. 4WD, 110,000 miles, serviced, clean. \$10,900. 439-0582. va. dir

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

JEEP 2007 LIBERTY



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

JEEP 2015 CHEROKEE

39K original mis., 4x4, leather, Trail Hawk pkg, loaded, \$19,700. Call for details, 675-0288. Va. Dir.

TOYOTA 2008 TACOMA

King Cab, 4WD, TRD off-road, new inspection, CD, all serviced, runs great. Bedliner, tow pkg, V-6, SR5, \$10,500. Call for details, 675-0288. Va. Dir.

TOYOTA 2015 TACOMA

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

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

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

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

drive

Your Source for
New and Used Vehicles
Saturdays in The Pilot

Follow us on



LIKE US ON FACEBOOK AND
RECEIVE DAILY FEEDS OF THE
LATEST TRENDS, ENGAGING
STORIES, DELICIOUS RECIPES, GREAT PHOTOS,
FUN EVENTS AND MORE FROM ALL OVER
HAMPTON ROADS AND VIRGINIA.

DISTINCTION
CULTURE, DINING & STYLE



DISTINCTIONHR.COM

Join us on



Instagram

SEARCH FOR: DISTINCTIONMAGAZINE



DISTINCTION
THE HAMPTON ROADS LIFESTYLE MAGAZINE



DISTINCTIONHR.COM

A GREAT WEBSITE

dedicated to our active duty military and their families!

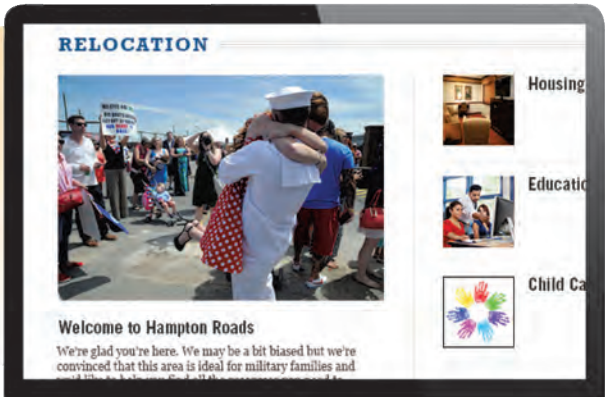


INTRODUCING MILITARYNEWS.COM

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!



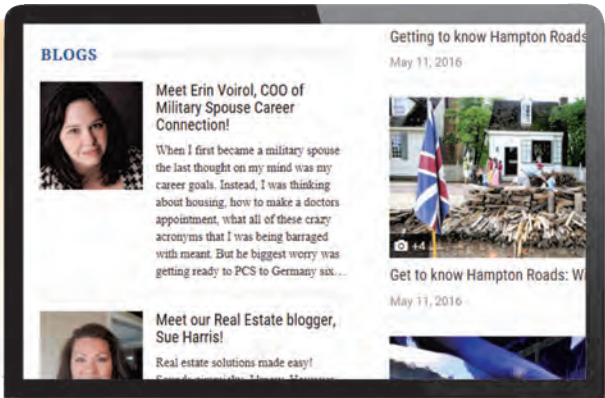
★ EVENTS & CALENDAR

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!

