



NAVY ANNOUNCES UPDATES TO SEA SHORE FLOW



MC3 Skyler Okerman

Sailors man the rails on the flight deck of the aircraft carrier USS John C. Stennis (CVN 74) while pulling into Norfolk, May 16.

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced updates to the sea and shore tour lengths affecting Sailors in 47 ratings in NAVADMIN 274/19.

The adjustment to the long-standing enlisted career management policy, known as Sea Shore Flow (SSF), impacts more than 50,000 Sailors. While 20 ratings will see longer sea tours, 22 ratings will see shortened sea tours and seven ratings will be assigned longer shore tours.

Master-at-arms and religious program specialists will convert from an INside US

/ OUTside the US (INUS/OUTUS) rotation to Sea/Shore rotation and cryptologic technician (interpretive) ratings will follow SSF for the first time. Information about specific rates can be found on the MyNAVY Portal (MNP) website.

The Navy is transitioning from the long-standing assignment rotation-centric view of SSF to a more agile career-centric approach. This transparency gives our Sailors the flexibility they need for effective career management, as #MyNAVYHR continues delivering Sailor 2025 and transforming our personnel system.

"This was a necessary adjustment to

ensure that we have the right people in the right billets to maintain our operational readiness across the Fleet," said Chief of Naval Personnel Vice Adm. John B. Nowell, Jr.

SSF not only helps the Navy prepare for today and tomorrow's fight, but also outlines the number of months a Sailor can expect on their first sea tour, first shore tour, and every other tour in their 30-year career.

Sailors within 12 months of their planned rotation date (PRD) will not be affected by this updated policy. Those outside of their 12 month window will

have their PRDs adjusted in their electronic record and their detailing window will also shift based on the new PRD requirement.

This policy update is in line with the #MyNAVYHR goals of manning the fleet and developing a 21st century fighting force that is focused on Sailor readiness and their Families' welfare. The #MyNAVYHR team strives to modernize policies while challenging traditional processes to ensure an effective system of personnel management.

Reach out to your command career counselor to learn more.

Navy Week Program announces schedule for 2020 season

From Navy Office of Community Outreach Public Affairs

MILLINGTON, TENN.

America's Navy sails into 12 sites across the country in 2020 including five Blue Angels air shows, a NASCAR race and a rodeo, as part of the Navy Week outreach program.

Navy Weeks, coordinated by the Navy Office of Community Outreach (NAVCO), are designed to give Americans the opportunity to learn about the Navy, its people, and its importance to national security and prosperity. Since 2005, the Navy Week program has served as the Navy's flagship outreach effort

» See **2020 | A7**



Navy Diver 2nd Class Mitchell LaFave, Mobile Diving and Salvage Unit 2, interacts with aquarium visitors while diving in a tank at the South Carolina Aquarium during Charleston Navy Week, March 16. The Navy Week program serves as the Navy's principal outreach effort in areas of the country without a significant Navy presence.

MCSN Jordan R. Bair



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Navy medicine reduces opioid prescriptions

Navy Medicine achieved a 44% decrease in opioid prescriptions for Sailors, Marines and families between 2013 and 2018, with 15% of the decrease taking place in 2017 and 2018 alone.

»See **A7**



Acting Secretary of the Navy visits Ford

The Honorable Thomas B. Modly, Acting Secretary of the Navy, visited the crew of USS Gerald R. Ford (CVN 78) Nov. 26 in his first visit to the fleet as Acting Secretary.

»See **B1**

Holiday happenings in Hampton

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»See **C1**

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CNO MESSAGE TO THE FORCE:

We must be protectors and exemplify our values

From Chief of Naval Operations Adm. Mike Gilday

Mission one for every Sailor — active and reserve, uniformed and civilian — is the operational readiness of today’s Navy. That means being ready both in our personal and professional lives — and part of that readiness is continuing to hold ourselves to high ideals of integrity and service.

Reflecting on my first three months as chief of naval operations, I want each and every Sailor to think about who we are as a Navy and the constitutional oath we commit ourselves to. That oath is what binds us together. It is the foundation of our profession. It is our north star. It defines us.

It is no overstatement to say that naval service requires deeper and broader knowledge than it ever has before. You must summon all your energy to ensure that we are ready to fight today; not tomorrow, not in some distant future but today. That all starts with good order and discipline at every level of the chain of command.

To be clear, we must be men and women of integrity. We must be honorable. We must be standard-bearers. We must be above reproach. And we must not give anyone cause to question our fundamental values. That is what sets us apart as a fighting force.

Leaders, I am counting on you. I expect commanders at every level to epitomize integrity and exemplify our core values at all times. Senior enlisted leaders, I expect you to anchor up and show your Sailors what right looks like on the deck-plates, day-in and day-out. And I expect every Sailor to display the character and honor that has always defined our Navy. These ideals are central to who we are.

The responsibility for ethical and professional behavior must be taken seriously — and we must own it at every level. We must be protectors and exemplify our values.

I’m counting on each of you to set a strong personal example of responsible behavior, both on and off duty.

While there is much work to be done, the tenacity and ingenuity of our Sailors will take us where we need to go — and do so at a flank bell.

See you in the fleet.



Vice Adm. Mike Gilday.

U.S. Navy photo

Navy develops innovative tools, leaders to enable Navy energy program

By Kyle Z. Hendrix
Commander, Navy Installations Command Public Affairs

WASHINGTON

2019 has been an enormously successful year for Commander, Navy Installation Command’s (CNIC) Energy Program – and it has garnered a few awards to prove it.

“I’m proud of the Navy, across all regions and installations, for enabling a more energy resilient shore enterprise in support of a more lethal fleet,” said Keith Benson, energy director for CNIC.

The Navy has been recognized numerous times this year, at the highest levels, for excellence in the energy sector.

This year’s winners of the Secretary of the Navy Energy Excellence Awards are another prime example of the shore’s commitment to an innovative energy management strategy. Naval Station Newport won in the large installation category achieving a 48.9 percent reduction in energy consumption and reduced water use by 38.4 percent from baseline figures, while also implementing an energy security program. Naval Support Activ-

“ I’m proud of the Navy, across all regions and installations, for enabling a more energy resilient shore enterprise in support of a more lethal fleet,

Keith Benson

ity Mid-South was recognized as the program winner in the small installation category, managing a reduction of energy consumption by 44 percent and a 61 percent reduction in water use when compared to baselines while also implementing an energy security program.

In a similar venue recognizing energy excellence, the Department of Energy’s Federal Energy and Water Management Pro-

gram Awards, recognized CNIC and Naval Facilities Engineering Command with multiple awards this year:

Naval Facilities Engineering Command was recognized for its role in developing a contract for a solar power facility with a battery energy storage system at the Pacific Missile Range Facility.

Naval Air Station Corpus Christi received the program award for developing a water management program that allows for improved monitoring and greatly reduced water loss.

The energy team at Naval Air Station Pensacola won the project award for implementing more than 20 energy conservation measures in 43 buildings, resulting in a total annual savings of \$2.9 million.

Bradly Clark, former Region Energy Program Manager for Navy Region Southeast, was recognized with the Career Exceptional Service award for his work with the Region’s Energy Strategic Plan which resulted in \$300 million in solar projects, totaling more than 200 megawatts.

Aligned with the Secretary of the Navy’s energy security framework, CNIC has published a new strategic policy in the form of the Installations Energy Guide, has developed new policy for Personnel Workplace Charging for Plug-In Electric Vehicles, and Installation Energy Program Summaries (IEPS). These tools combined with more than \$2 billion in annual energy projects across the shore enterprise have helped ensure commanders at all levels better understand their energy security mission gaps and enables them to meet mission demands while posturing installations for future challenges.

Innovative solutions such as the recently developed N4 Tool Suite enabled the Navy to jettison a mix of outdated and cumbersome tools for a modern, integrated web-enabled application. The tool suite allows regions and installations to track energy projects, develop energy plans, identify energy gaps and monitor progress more effectively from an energy dashboard.

“For an effective Energy Program across 10 regions and 71 installations, the Navy must develop tools and leaders to close installation gaps and execute projects in a timely manner. Today’s energy program ensures the tools are in place to enable accountability, responsibility and ownership at every level of command,” added Benson.



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NEWS FROM NAS OCEANA



MC3 Mark Mahmod

Marines and guests talk to each other before dinner is served at Shifting Sands beach club on board Dam Neck Annex during the 2019 Lone Sailor and Marine Thanksgiving Dinner. The NAS Oceana chapel holds this event every year for Sailors and Marines who may not have the opportunity to head home for the holiday.

NAS Oceana chapel hosts Thanksgiving meal for Dam Neck Sailors, Marines

MC3 Mark Mahmod

VIRGINIA BEACH

Over 200 Sailors and Marines stationed on board Naval Air Station Oceana Dam Neck Annex gathered Nov. 25 at the Shifting Sands Beach Club for the Lone Sailor and Marine Thanksgiving Dinner, held by the NAS Oceana religious ministries team.

The NAS Oceana chapel holds the event each year to provide an opportunity for

those who may not be going home for the holiday to have a Thanksgiving meal with their peers and a group of senior volunteers from the chapel congregation; many of whom are current or prior military.

Seaman Malik Veasley, originally from Atlanta, Georgia and now an intelligence specialist “A” school student on board Dam Neck Annex, said he wasn’t expecting to have a Thanksgiving meal this year.

NAS Oceana and its facilities, including Dam Neck Annex, are home to an

abundance of Navy and Marine Corps students, training at various commands for their jobs in the fleet. Many of these students may not have the opportunity to go home for the holidays.

“This is my first Thanksgiving away from home,” said Veasley. “Family is the most important part of the holidays, so it feels great that we get to come here and enjoy some good food.”

Similarly, Seaman Elyse Ramirez, originally from Dallas, Texas and also an

intelligence specialist “A” school student, said she’s spending this holiday away from home.

“The most important part of the holiday season is spending it with loved ones,” said Ramirez. “The people I’m around all the time almost become part of my extended family.”

Ramirez said events like this bring the Navy community together.

“It really gives you a bigger picture of things, especially when our minds are stuck in the small bubble of ‘A’ school,” said Ramirez. “It reminds us that we’re not going to be in school forever, and this is all for a bigger purpose. Meeting everyone here tonight allowed us to take a step away from the intensity of our training.”



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NAVSAFECEN announces Safety Professionals of the Year 2019

By Leslie Tomaino
Naval Safety Center Public Affairs

NORFOLK

Commander Naval Safety Center (NAVSAFECEN) announced their selections for Naval Safety Center Safety Professionals of the Year (SPOY). Navy Lt. Jose Mercado was the recipient of Officer Safety Professional of the Year 2019 and Marine MGst Corey Bush was the recipient of the Enlisted Safety Professional of the Year 2019 during an All Hands Nov. 15.

The annual awards are presented to recognize service members stationed at the safety center, who best represent an ever-growing group of dedicated safety professionals who serve as role models of professionalism and personal dedication. The officer and senior enlisted member recipients embody the core values of their service.

Rear Admiral Mark Leavitt, Commander Naval Safety Center led the All Hands Call and was present to congratulate the two awardees as the formal announcement was made. Both awardees received Navy and Marine Corps Achievement Medals (NAM) as part of the award. This year’s awardees were from the same office, in NAVSAFECEN’s fast-paced Operational Risk Management (ORM)/High-Risk Training (HRT)/Expeditionary Safety directorate.

Mercado, originally from New York City has been in the Navy for 20 years and assigned to the safety center since spring 2018. During his time at NAVSAFECEN he has served in the role of ORM/HRT/Expeditionary Safety Deputy Director. On top of his administrative duties, over the past year LT Mercado has led six Expeditionary Opera-



MC3 Isaac Champlain

Commander Naval Safety Center (NAVSAFECEN) announced their selections for Naval Safety Center Safety Professionals of the Year (SPOY). Navy Lt. Jose Mercado was the recipient of Officer Safety Professional of the Year 2019 award.

tional Safety Assessments (EOSA), led two working groups, assisted on one Diving Operational Readiness Inspection for the Coast Guard and went out to sea for ten days in support of the Commander Strike Group 15 (CSG-15) evaluation.

“Lt. Mercado has consolidated numerous Dive, Jump, and Expeditionary assessment reports to identify cross community and cross service issues. His findings have led to a number of safety promotion items and messages and regularly provides input to OPNAV, NSC policies and directives,” said Don Ciesielski, ORM/HRT/Expeditionary Safety Director. “Lt. Mercado embodies the spirit of where the Naval Safety Center is heading. Collecting and sharing data while identifying trends to create lessons learned and best practices for the fleet in evident in the execution of his day to day duties.”

LT Mercado has been a driving force of Expeditionary Operational Safety Assessment (EOSA) moving away from the traditional checklist driven inspections of old.

This shift allows NAVSAFECEN to assess units using the Four Pillars of Risk Management and address concerns in terms of risk to mission/risk to force. This in turn helps the fleet’s unit meet the intent of the safety policies and allows personnel like Mercado to help them build up areas where they currently are not.

“I have to acknowledge my team because the success of a leader is based on the success of his subordinates. They are a great group of consummate professionals that get the job done,” says Mercado. “I truly appreciate my supervisor and co-workers who have invested their time and wisdom. This award means that my team and I are doing our jobs.”

The senior enlisted award was presented to Bush, originally from Columbus, Ohio. Bush has been in the United States Marine Corps for 21 years, and assigned to the safety center since May 2017. Bush serves as a USMC Parachute Analyst in the ORM/HRT/Expeditionary Safety directorate.

MSgt Bush has promoted and



MC3 Isaac Champlain

Commander Naval Safety Center (NAVSAFECEN) announced their selections for Naval Safety Center Safety Professionals of the Year (SPOY). Marine MGst Corey Bush was the recipient of the Enlisted Safety Professional of the Year 2019.

shared safety information, lessons learned and best practices throughout his time at the Naval Safety Center. He has one-on-one dialogue and provides mentorship to individuals during safety assessments. He is a stellar advocate for Safety as he presents in conferences to large groups and senior personnel for the Navy, Marine Corps and the DoD.

In his role at the Naval Safety Center Bush understood the importance of safety in the high-risk activities of the Navy and Marine Corps. MSgt Bush is recognized as the Marine Corps parachute safety subject matter expert, entrusted to conduct paraloft inspections on their behalf across the Marine Corps. Bush stressed that as a parachute rigger safety is always at the forefront of everything ones does, even if they aren’t aware.

“Every time you pack a parachute, someone is trusting you with their life. ‘I will be sure always’ is the motto that all parachute riggers have ingrained into our DNA out of MOS school, ‘until men grow wings,” said Bush. “Safety for yourself and all other parachutist is the

most important thing about my job, which is why position at the Safety Center exists. We always check each other’s work and my job is to be that Commander’s outside set of eyes has check his unit’s work.”

Bush’s dedication to the mission was apparent with his many other safety promotion efforts, regularly providing written reviews of new parachute equipment and additions to the “Authorized for Navy Use” list of equipment. MSgt Bush influenced safety policy by developing and writing recommended changes for Navy and Marine Corps parachute orders and instructions through his work as the preeminent United States Marine Corps subject matter expert.

“This award to me means that someone believes in me and the feels that I’m doing my duties at a high enough level to be recognized for it. I’m honored to be recognized for this award and represent my office and the Marine Corps,” said Bush humbly. “In the end, I’m just here to do my job and make sure everyone is utilizing Risk Management in everything they do.”



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DECEMBER 7TH 1941

Pearl Harbor

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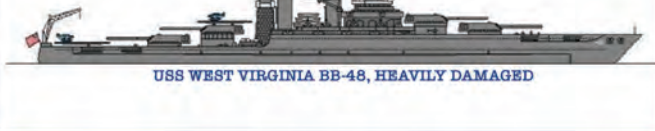
USS TENNESSEE BB-43, LIGHTLY DAMAGED



USS CALIFORNIA BB-44, HEAVILY DAMAGED



USS MARYLAND BB-46, MODERATELY DAMAGED



USS WEST VIRGINIA BB-48, HEAVILY DAMAGED

TIMELINE OF EVENTS:

Morning of Dec. 7: U.S. intelligence decodes a message pointing to Sunday morning as a deadline for some kind of Japanese action. The message is delivered to the Washington high command before 9 a.m. Washington time, more than 4 hours before the attack on Pearl Harbor. But the message is not forwarded to the Pearl Harbor commanders and arrives after the attack..

At 0755, Hawaiian time, the first wave of Japanese aircraft begin the attack. Along with the ships in Pearl Harbor, the air stations at Hickam, Wheeler, Ford Island, Kaneohe and Ewa Field are attacked.

The Japanese attack continues for two hours and 20 minutes. When it's over, more than 2,400 Americans are dead and nearly 1,200 wounded. Eighteen ships have been sunk or damaged. More than 300 aircraft are damaged or destroyed.

Dec. 8: President Roosevelt addresses Congress and asks for a declaration of war against Japan, which he

The grouping of eight U.S. battleships in port at Pearl Harbor, Hawaii, when the Japanese attacked on 7 December 1941. These ships bore the brunt of the Japanese assault. They were moored next to Ford Island when the attack commenced.

353 Japanese aircraft attacked Pearl Harbor on December 7th.

During the surprise Japanese attack on Pearl Harbor, a bomb detonated a powder magazine in the Arizona and the battleship exploded violently and sank. A total of 1,177 crew died.

USS Oklahoma was sunk by several torpedoes during the attack on Pearl Harbor. Torpedoes from torpedo bomber airplanes hit the Oklahoma's hull and the ship capsized. A total of 429 crew died.

MC3 Brittany Tobin

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Members of Professional Contract Services Inc. (PCSI) clear old vegetation and plant new, native pollinator species. The pollinator garden at Portsmouth Annex has the potential to attract a variety of butterflies, bees and other pollinator species that are unique to the area.

NMCP staff and volunteers plant pollinator garden

PORTSMOUTH, VA.

Naval Medical Center Portsmouth (NMCP) has introduced a pollinator garden to the annex. A pollinator garden is a garden that is planted predominately with flowers that provide nectar or pollen for a wide range of pollinating insects. “The significance of this project is to plant native species that provides a habitat and a food source for pollinator species, some of which are at-risk species in the area,” said Taylor Austin, the Naval Support Activity (NSA) Hampton Roads Natural and Cultural Resources manager. “It also provides a green space and attraction to local residents, active duty, and civilian per-

sonnel to enjoy and hopefully increase morale, welfare and recreation on the installation.” Each year, a grant request is submitted by NSA Hampton Roads Public Works Department (PWD) Environmental Program to the National Environmental Education Foundation for funds to complete a project at Portsmouth Annex. This year, the pollinator garden was the focus of those efforts and a complete makeover ensued following grant approval. Over the course of a couple days, volunteers from Professional Contract Services Inc. (PCSI), Naval Facilities Engineering Command (NAVFAC) EV PWD, and limited duty staff helped clear



Members of Professional Contract Services Inc. (PCSI) clear old vegetation and plant new, native pollinator species.

old vegetation and plant new, native pollinator species. “Through the help of local volunteers, the pollinator garden at Portsmouth Annex has the potential to attract a variety of butterflies, bees and other pollinator species that

are unique to the area,” Austin said. “Future partnerships with Morale, Welfare, and Recreation (MWR) are in the works in hopes of making this site a unique attraction for both our native pollinators and military personnel.”

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MC2 Michael Molina
A Pharmacy Technician at Naval Medical Center Camp Lejeune selects a medication from a Pharmacy shelf. Recently, NMCC's Pharmacy was recognized as the United States Navy's Pharmacy Team of the Year.

Navy medicine significantly reduces opioid prescriptions for Sailors, Marines and families

FALLS CHURCH, VA.

After years of work, Navy Medicine achieved a 44% decrease in opioid prescriptions for Sailors, Marines and families between the years of 2013 and 2018, with 15% of the decrease taking place in 2017 and 2018 alone.

“This is a milestone achievement,” said Deputy Surgeon General, Rear Adm. Terry J. Moulton. “We are a couple steps closer in

our work to reduce the opioid crisis, and we won’t stop the hard work yet.”

Prior to the crisis, prescribing opioids was standard practice for controlling moderate to severe pain. Research and substantial evidence of addiction and overdose, including many deaths has forced the health care industry, including Navy Medicine, to rethink the way opioids are used and prescribed.

Using research, Navy Medicine instituted

several programs and changes to decrease the overall number of opioid prescriptions and better monitor patients on long-term opioid therapy.

One such program signed March 14, 2018, by Rear Adm. Moulton, was the long-term opioid therapy safety program instruction. This instruction established policies and training designed to enhance the safety of long-term opioid therapy patients.

Navy Medicine also implemented the Navy’s Comprehensive Pain Management Program (NCPMP) that supports the readiness mission by ensuring active duty Sailors, Marines and their families are receiving the appropriate level of care. The program also ensures those individuals have alternative pharmacologic treatment to ensure im-

proved qualities of life.

Between 2017 and 2018 long-term opioid therapy patients saw a 24% reductions of opioid prescriptions at seven Navy military treatment facilities.

The NCPMP continues to proactively mitigate the risks of opioid use for patients suffering from chronic pain. Through the long-term opioid therapy safety initiative, the NCPMP has employed a strategic approach to address the challenges posed by pain.

Navy has not identified a broader opioid abuse problem within its patient population. In 2015 and 2016, opioid misuse among active duty service members was 7.5 to 10 times lower than the rate of the general U.S. population.



MCSN Maria G. Llanos
Lt. Tim Loret and Explosive Ordnance Disposal (EOD) 3rd Class Dan Livesay, assigned to Mobile Unit Twelve demonstrate an EOD bomb suit to one of the children at Boys and Girls Club during Navy Week Puerto Rico. Navy Weeks focus a variety of outreach assets, equipment and personnel on a single city for a week-long series of engagements with key influencers and organizations representing all sectors of the market. During a Navy Week, 75-100 outreach events are coordinated with corporate, civic, government, education, media, veterans, community service and diversity organizations in the city.

2020 | Navy Weeks bring a variety of events, equipment, and personnel to a single city for a weeklong series of engagements

Continued from A1

into areas of the country without a significant Navy presence, with 238 Navy Weeks held in 81 different U.S. markets.

“Navy Weeks showcase the skilled, talented and capable sons and daughters of America who serve in today’s Navy, along with some of the innovative technology they use every day,” said Cmdr. Krin Burzynski, NAVCO’s director. “We focus Navy Weeks on communities across the U.S. that often have little-to-no contact with Sailors. We’ve found that these exchanges help in raising awareness of the Navy, expanding and strengthening community partnerships with the people we serve.”

Navy Weeks are scheduled for the following cities in 2019:

- Tucson, Ariz., Feb. 17-23
 - Tri-Cities, Tenn., March 30-April 5
 - Abilene, Texas, May 4-10
 - Trenton, N.J., May 11-17
 - Dayton, Ohio, June 22-28
 - Madison, Wis., July 13-19
 - Seattle, July 27-Aug. 2
 - Portland, Maine, Aug. 10-16
 - Salt Lake City, Sept. 14-20
 - Tulsa, Okla., Oct. 5-11
 - Montgomery, Ala., Oct. 12-18
 - Santa Fe, N.M., Nov. 2-8
- Navy Weeks bring a variety of events, equipment, and personnel to a single city for a weeklong series of engagements with the public, key influencers, and organizations representing all sectors of the community.
- “During a Navy Week, nearly one hundred outreach events are coordinated with

corporate, civic, government, education, media, veterans, community service, and diversity organizations in the city,” said Lt. John Stevens, NAVCO’s Navy Week program manager. “Partnering with communities across our nation, we bring in as much of the Navy as we can to raise awareness of our ultimate mission – protecting our way of life – and its importance to the public.”

A microcosm of our bigger, better and increasingly networked fleet, the Navy Week program has grown each year since its inception and now incorporates more than 15 activities including:

- Senior Navy Leadership (admirals, senior Navy Department civilians, and ship and submarine commanding officers)
- The Blue Angels
- The Navy “Leap Frogs” Parachute Demonstration Team
- The Navy Bands
- Divers, Seabees, and Explosive Ordnance Disposal teams
- Naval aviation aircraft and aircrew
- Sailors from ships and submarines with

- namesake ties to Navy Week markets
 - Sailors from Navy Week markets
 - Navy Medicine personnel
 - USS Constitution Sailors and equipment
 - Naval History and Heritage Command
 - Meteorological and Oceanographic Command
 - The Navy Ceremonial Guard
 - Navy Recruiting Command
 - The U.S. Naval Academy
 - Navy Office of Small Business Programs
- Navy Week cities are chosen based on a variety of factors, including Gallup data on Navy knowledge and awareness, Navy recruiting data, demographic information, namesake ties of ships and submarines, past outreach history in the market, and geography to ensure events are dispersed across the country.
- Last year’s Navy Week program, through the execution of more than 1,000 individual outreach events, showcased the Navy, its mission, and its people to a combined audience of almost 200 million Americans – more than 60 percent of the U.S. population.

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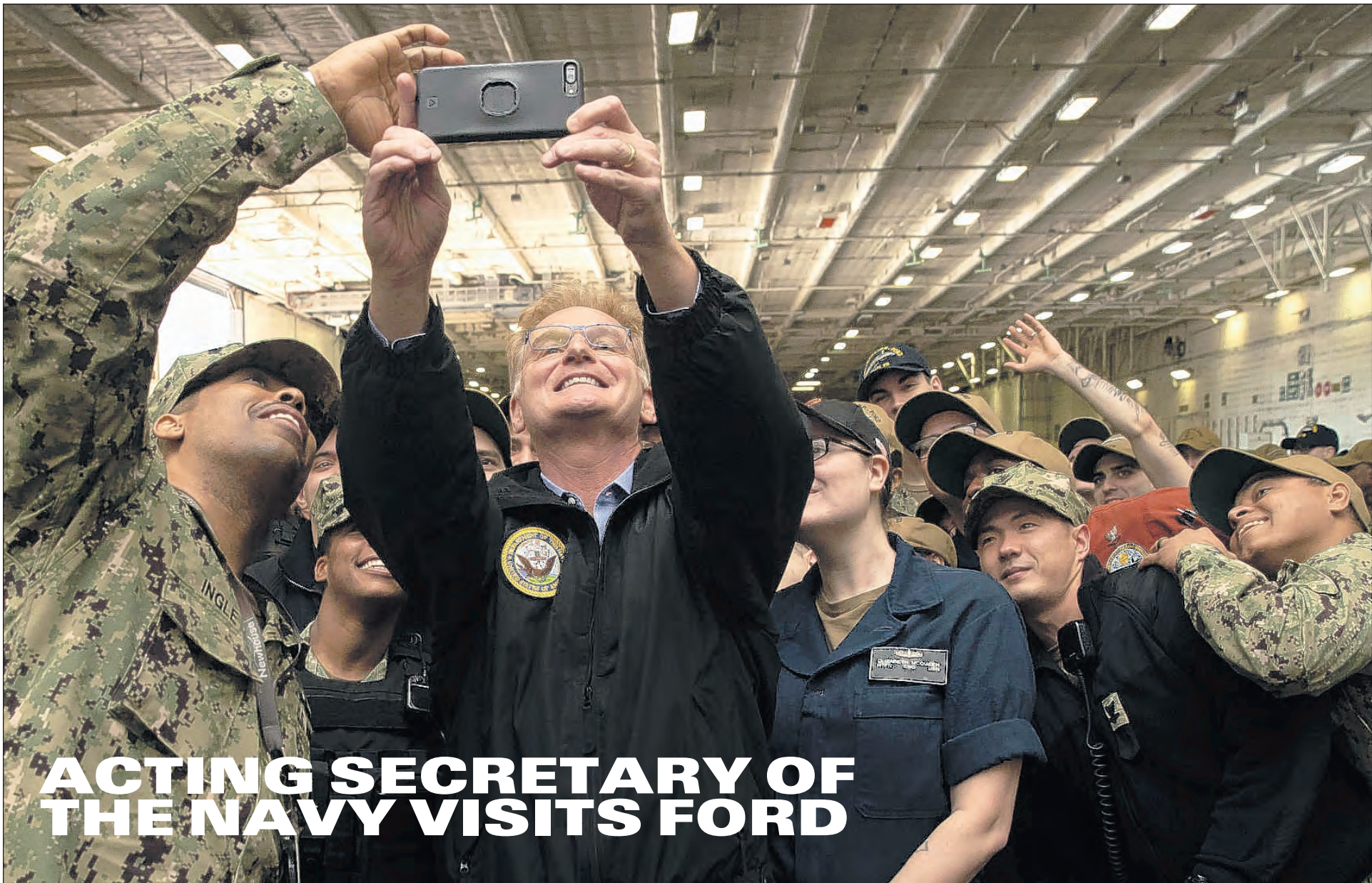




Navy awards Block V Virginia-Class submarine contract
The Naval Sea Systems Command awarded a nine-ship – eight with Virginia Payload Module (VPM) – Block V contract to General Dynamics Electric Boat (GDEB) Dec. 2.

See **B3**

SECTION B | FLAGSHIPNEWS.COM | 12.5.2019



ACTING SECRETARY OF THE NAVY VISITS FORD

The Honorable Thomas Modly, acting Secretary of the Navy, takes a selfie with USS Gerald R. Ford's (CVN 78) newly selected petty officers during an all-hands call in the hangar bay. Modly visited Ford to meet with Sailors and be briefed on Ford's progress following its post-shakedown availability and recent independent steaming exercise, as part of his first official visit to the fleet.

By **MC3 Connor D. Loessin**
USS Gerald R. Ford Public Affairs

NORFOLK

The Honorable Thomas B. Modly, Acting Secretary of the Navy, visited the crew of USS Gerald R. Ford (CVN 78) Nov. 26 in his first visit to the fleet as Acting Secretary.

Modly spent time in different work centers across the ship to meet with Sailors and be personally briefed on the successes of the completion of Ford's post-shakedown availability (PSA) and recent independent steaming exercise (ISE).

During the ISE, Ford doubled its previous traveling record by sailing more than 7,000 nautical miles, completing more than 1,000 cycles of the advanced weapons elevators (AWE) in all sea states, and performing over 200 simulated advanced arresting gear (AAG) arrestments (pull-outs) and 20 dispatches of lower stage 5 elevators in all sea states.

Additionally, Secretary Modly held an all-hands call, where he addressed the crew and read the names of the fall petty officer advancement results. Seventy-seven Ford Sailors were advanced to the ranks of petty



The Honorable Thomas Modly, acting Secretary of the Navy, walks aboard USS Gerald R. Ford (CVN 78). Modly visited Ford to meet with Sailors and be briefed on Ford's progress following its post-shakedown availability and recent independent steaming exercise, as part of his first official visit to the fleet.

MC2 Brigitte Johnston

See **FORD | B7**

USS Harry S. Truman operates in U.S. Sixth Fleet

From U.S. 6th Fleet Public Affairs

ATLANTIC OCEAN

The Harry S. Truman Carrier Strike Group is conducting operations in U.S. 6th Fleet to support maritime security operations in international waters, alongside our allies and partners.

Deploying ships and aircraft of the strike group, commanded by Rear Adm. Andrew J. Loiselle, include flagship USS Harry S. Truman (CVN 75), commanded by Capt. Kavon Hakimzadeh; the eight squadrons and staff of Carrier Air Wing (CVW) 1, staffs of Carrier Strike Group (CSG) 8, and Destroyer Squadron (DESRON) 28.

"We are to continue our steadfast commitment to our allies and partners in U.S. 6th Fleet," said Loiselle. "These vital sea lanes must remain open for global commerce and prosperity, and nothing in the world is able to foster regional security like a carrier strike group."

Squadrons of CVW-1, commanded by



The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) departs Naval Station Norfolk as seen from USS Dwight D. Eisenhower (CVN 69). Harry S. Truman is underway conducting operations at sea to reintegrate the carrier strike group and make final preparations to ensure the carrier, air wing and Sailors are operationally ready to deploy.

MC3 Kaleb J. Sarten

Capt. Robert Gentry, embarked on Truman include Strike Fighter Squadron (VFA) 11 "Red Rippers;" VFA-81 "Sunliners;" VFA-136 "Knighthawks;" VFA-211 "Fighting Checkmates;" Electronic Attack Squadron (VAQ) 137 "Rooks;" Carrier

Airborne Early Warning Squadron (VAW) 126 "Seahawks;" Helicopter Maritime Strike Squadron (HSM) 72 "Proud Warriors;" Helicopter Sea Combat Squadron (HSC) 11 "Dragon Slayers;" and a detachment from Fleet Logistics Support Squad-

ron (VRC) 40 "Rawhides."

The Harry S. Truman strike group last operated in the U.S. 6th Fleet area of operations in 2018, demonstrating its ability to operate from the High North to the East Mediterranean.

The flip side of a short-changed holiday

By Lisa Smith Molinari

Ever since I realized that we have one less week between Thanksgiving and Christmas this year, I’ve been moping around feeling ripped off. We can’t be expected to cram every holiday celebration and tradition into three lousy weeks! There is far too much to do, see, eat, sing, drink and buy before December 25!

In 1789, George Washington declared November 26th a National Day of Thanksgiving, but then in 1863 Abraham Lincoln declared it to be the last Thursday of the month. To complicate things further, Franklin D. Roosevelt signed a bill in 1941 placing Thanksgiving on the fourth Thursday. The aftermath of this waffling is that, when Thanksgiving falls on November 28th like it did this year, we get cheated out of a week of holiday celebrating. Obviously, these men’s wives had no say in the matter, because this most unfortunate Gregorian anomaly has clearly ruined the 2019 holiday season.

However, being that I’m a nog-is-half-full kind of gal, I wonder if a pivot in attitude might turn this bamboozle into a bail out? Have we been swindled, or have we been saved? Is losing a week actually a win?

Clearly, there are definite cons to a shortened holiday. After exhausting ourselves with lugging boxes of decorations out of the attic, garage and basement and spending countless hours bedazzling the house, the yard, and the tree — who wants to turn around and have to

put it all back a few short weeks later? However, having the Christmas tree up for one less week might actually be a good thing. Think about it — one less week of having to crawl under the tree to check the scummy, stagnant, cess pool in the stand’s reservoir. Less opportunity for the cat to upchuck ingested tinsel. Less time for the tree to die, dry up and drop its needles on the carpet. Less chance the whole shebang will catch fire and burn the entire house down.

See how a little attitude adjustment can work in one’s favor?

Sure, it really stinks to be short-changed a whole week’s worth of the Christmas music you love. But your ears will thank you for sparing them a few broadcasts of the Chimpunk’s gratingly nasal rendition of “Christmas Don’t Be Late.” You won’t have to worry as much about getting Jose Feliciano’s “Feliz Navidad” stuck on an unending loop in your head. And there is less chance that your rage disorder will be triggered when you hear the sound of Harry Connick, Jr.’s voice for the umpteenth time.

Of course, everyone wants a full month to savor the traditional holiday foods that we only get once a year — the cookies, the latkes, the prime rib, the cheese balls, the candy canes, the cocktails, the shrimp platters, the Swedish meatballs, and the red and green peanut M&Ms! But let’s face it, a shorter holiday season means a 25 percent reduction in calories, which translates into less pounds gained, and less time on the treadmill resolving to sweat it off after New Year’s. Yay!

Of course, a holiday season bilked of shopping days could ratchet up the gift-buying stress to panic levels. But shoppers like me who end up buying things for themselves — new boots, make up, handbags, sweaters — while looking for gifts for others could use a healthy dose of anxiety to keep them focused on the

Sure, it really stinks to be short-changed a whole week’s worth of the Christmas music you love. But your ears will thank you for sparing them a few broadcasts of the Chimpunk’s gratingly nasal rendition of “Christmas Don’t Be Late.”

task at hand.

And finally, it sucks that we’re getting gyped out of six day’s worth of festive gatherings, traditional celebrations, and holiday parties. Think of all the Secret Santa presents, cookie swaps, command events and cocktail soirées we will miss! However, less time partying means less time wearing Spanx, less idle chit chat, less opportunity to dribble chocolate fondue down your shirt, less chance of regretting the inappropriate biker chick joke you told your boss, and less likelihood that you will drink too many peppermint shots then find yourself on the dance floor grinding with your cubical mate.

Behold the power of positive thinking!

Oh, and by the way, due to circumstances beyond my control, my Christmas cards will be late this year. (I’m liking this abbreviated holiday season more and more.)

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Q: Does RPP help me save money?

A: The RPP offers real cost savings to Service members living in the community. The RPP homes that are available have already been screened and inspected by the local Navy Housing Service Center (HSC). The program guarantees the Service member reduced rates and reduced or no security deposit and administrative fees. Also, RPP requires rent be paid by allotment or electronic funds transfer, making it one less bill you have to think about every month.

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 - Parenting Programs
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www.cnmc.navy.mil/navylifema



A U.S. Air Force Airman assigned to the the 122nd Fighter Wing, Indiana Air National Guard, Fort Wayne, Ind., meets his newborn daughter on the flight line at the 122nd FW, Fort Wayne, Ind., July 27, 2018. The 122nd FW Blacksnake's daughter was born while he was deployed to Afghanistan for over three months in support of Operation Freedom's Sentinel.

Military OneSource’s launches new MilParent specialty consultation

Military One Source

If you’re getting ready to welcome a new baby or are currently parenting a young child, you may be ready to lean on your support system. Parenting is an adventure – but it’s not one to be taken alone. New military parents need back-up from their family, friends, unit and the entire military community.

That’s why Military OneSource has launched the New MilParent specialty consultation, designed with expectant parents and parents of children up to the age of 5 in mind. It’s free, individualized, confidential support for new and expecting military parents

The New MilParent specialty consultation is flexible. You can set up a series of video or phone sessions with experts whenever it is most convenient for you. The consultation provides service members and families access to support and resources on a wide variety of parenting topics.

HELP FOR PARENTING CHALLENGES

We know that new parenting affects every

corner of your life, and we can help. From general parenting best-practices to more specific issues like discipline, single parenthood and potty training, we’ve got tools and solutions.

Feel like you haven’t slept in weeks? Talk to a New MilParent specialty consultant. Struggling to find child care when your leave comes to an end? Let us help with your search. Confused about developmental milestones? We can help cut through the information clutter.

Military OneSource can connect you with confidential help to get you the resources you need to tackle your parenting challenges. Get help with:

- Developing a routine
- Solving sleep issues for yourself or your child
- Understanding developmental milestones
- Finding child care
- Managing difficult behaviors
- Preparing for pre-school
- Mastering potty training
- Taking care of yourself so you can take care of baby

- Connecting with your partner after baby arrives
 - Navigating single parenthood
 - Expanding your parent network
 - Discovering community resources
- The specialty consultation also has lots of information specific to parenting in the military.
- Find branch and base-specific military programs for children.
 - Connect with the military parenting community.
 - Get expert tips for parenting through deployment and preparing young children for separation.
 - Make the most of specialized information for dual active-duty new parents.

Consultants have working knowledge of the resources available to assist the unique situations of military families. So, no matter the MilParent challenge you are tackling, you can get help from a highly trained professional.

WHO IS ELIGIBLE?

Eligible service members and spouses include expectant parents and parents of children up to age 5. Access is available to eligible participants for an unlimited number of sessions. Service members and military families are also eligible for Military OneSource services for a full year after separating from the military.

Call 800-342-9647 or start a live chat to schedule an appointment with a New MilParent consultant. OCONUS/International?

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The Virginia-class attack submarine USS Delaware (SSN 791) conducts Bravo sea trials in the Atlantic Ocean.

Ashley Cowan

NAVY AWARDS BLOCK V VIRGINIA-CLASS SUBMARINE CONTRACT

From Program Executive Office Submarines Public Affairs

WASHINGTON

The Naval Sea Systems Command awarded a nine-ship – eight with Virginia Payload Module (VPM) – Block V contract to General Dynamics Electric Boat (GDEB) Dec. 2. The contract includes an option for one additional submarine with VPM. The Block V contract is a \$22.2-billion fixed-price incentive fee, multi-year procurement contract for fiscal years 2019 through 2023.

“Our submarine force is fundamental to the power and reach of our integrated naval force,” said acting Secretary of the Navy Thomas B. Modly. “Today’s announcement affirms our commitment to the future strength of our nation, undersea and around the world.”

“I am very proud of the government, shipbuilder and supplier team as the Navy awards the Virginia Block V multi-year contract today,” said James F. Geurts, assistant secretary of the Navy for research, development and acquisition. “This team developed a Block V multi-year contract which provides significant increases in lethality and performance for the fleet to support the National Defense Strategy while also ensuring we are maximizing the use of taxpayer

“ The Block V contract balances the right mix of undersea quantity and capability with a profile that continues to stabilize the industrial base. This balance and stability will enable the success of submarine acquisitions across the enterprise. Our warfighters, the Navy, and the nation will benefit greatly from the new capabilities that the Block V submarines will bring to the fleet.”

Capt. Christopher Hanson

dollars. The multi-year contract also provides the stability needed in this critical industrial base to ensure we can continue to maintain our competitive advantage in undersea warfare while also providing a solid foundation for the Columbia program to build upon.”

“Block V Virginias and Virginia Payload Module are a generational leap in submarine capability for the Navy,” said Program Executive Officer for Submarines Rear Adm. David Goggins. “These design changes will enable the fleet to maintain our nation’s undersea dominance.”

The Block V contract continues the Virginia class’s teaming arrangement between prime contractor GDEB in Groton, Connecticut, and the major subcontractor, Huntington Ingalls Industries’ Newport News Shipbuilding division (HII-NNS) in Newport News, Virginia. Block V submarines will incorporate acoustic superiority design changes to maintain undersea dominance on all Block V hulls and the VPM, with four large payload tubes in a new hull section on eight submarines, increasing Tomahawk strike capacity from 12 to 40 missiles per boat to maintain undersea strike capacity

with the expected retirement of the Navy’s four guided-missile submarines and providing future payload flexibility.

“The Block V contract balances the right mix of undersea quantity and capability with a profile that continues to stabilize the industrial base. This balance and stability will enable the success of submarine acquisitions across the enterprise,” said Virginia Class Program Manager Capt. Christopher Hanson. “Our warfighters, the Navy, and the nation will benefit greatly from the new capabilities that the Block V submarines will bring to the fleet.”

The Block V contract is the culmination of substantial collaboration between the Navy and shipbuilders.

“The Navy and shipbuilders worked together to produce a contract that is both fair and reasonable to the Navy, taxpayers and industry,” said Goggins.

To date, the Navy has taken delivery of 18 Virginia-class submarines, and all 10 Block IV submarines are under construction. Contract delivery of the first Block V submarine is FY 2025.

Virginia-class submarines are built to dominate the world’s littoral and deep waters while conducting anti-submarine warfare; anti-surface-ship warfare; strike warfare; special operations forces support; intelligence, surveillance and reconnaissance; irregular warfare and mine warfare missions. Their inherent stealth, endurance, mobility and firepower directly enable them to support five of the six maritime strategy core capabilities: sea control, power projection, forward presence, maritime security and deterrence.

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Chief of Naval Operations Adm. James L. Holloway III, left, aboard the aircraft carrier USS Forrester (CV-59) during the International Naval Review in New York Harbor, part of the United States' Bicentennial activities, July 4, 1976. Standing behind Holloway is Capt. Joseph J. Barth, Jr., commanding officer of Forrester. U.S. Navy photo

20TH CHIEF OF NAVAL OPERATIONS LEAVES BEHIND LEGACY OF SERVICE

From Naval History and Heritage Command Public Affairs

WASHINGTON

Adm. James L. Holloway III, former Chief of Naval Operations (CNO), died November 26, 2019, in South Carolina. He was 97.

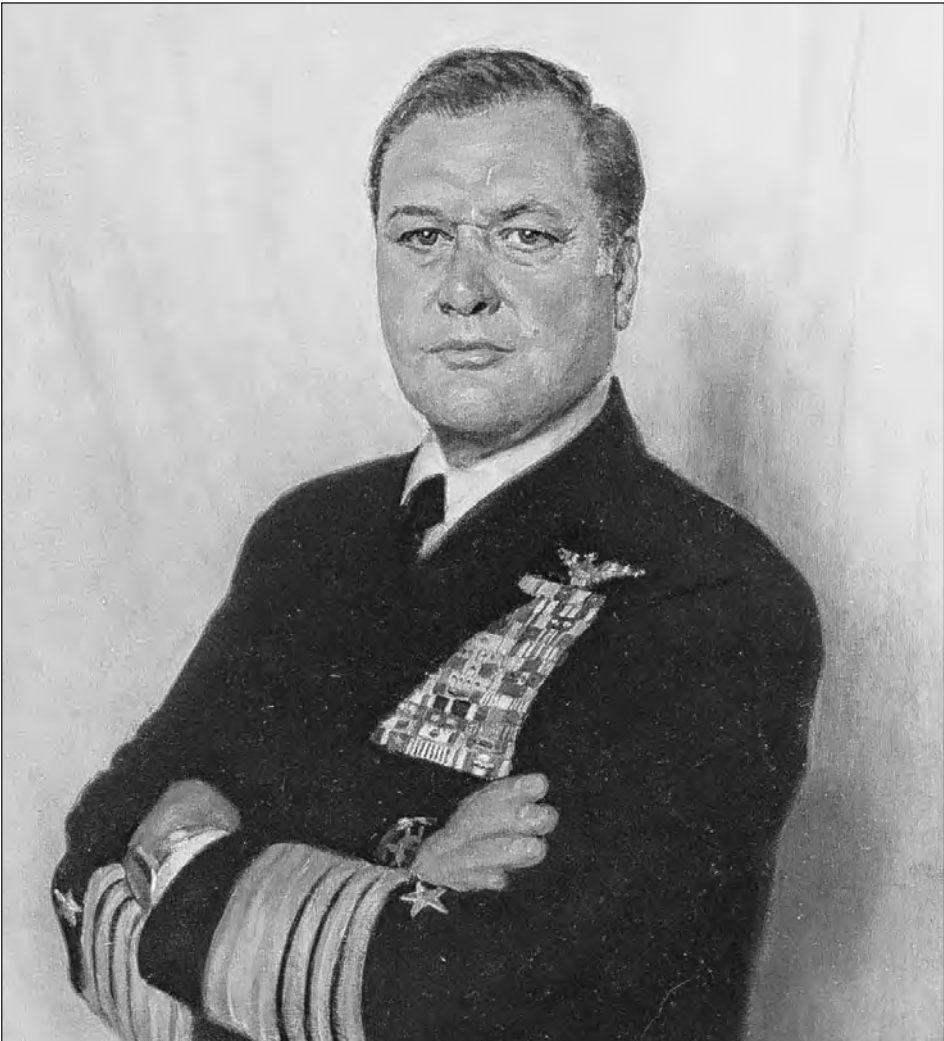
Holloway, a native of Charleston S.C., served as the 20th Chief of Naval Operations from July 1, 1974 until July 1, 1978.

“Our Navy mourns the loss of Adm. James Holloway,” said Chief of Naval Operations, Adm. Mike Gilday. “He was a trailblazer who led the Navy through difficult times and a visionary leader who profoundly impacted the naval aviation community of today. Adm. Holloway’s far-reaching impacts include advocating for the Navy’s future F-18 aircraft and developing the Naval Air Training and Operating Procedures Standardization (NATOPS) program, which we still use today. While our ships, submarines and aircraft are made of steel, it is the Sailors, like Adm. Holloway, who give our Navy its lifeblood. He was a true warrior, man of honor, and committed patriot. We have truly lost a great leader and shipmate.”

Relieving Adm. Elmo Zumwalt as the Navy’s top military leader in 1974, Holloway served at a time of great transition for the United States, as the nation and the Navy were healing from the trauma of Vietnam, and transitioning from the draft to an all-volunteer force. He also served as acting Chairman of the Joint Chiefs of Staff in 1974.

“Admiral Holloway was both a warrior and a true believer in the importance of our Navy knowing our history. For decades after his retirement, he was a highly visible advocate for the preservation, study, and use of the history of the United States Navy,” said retired Rear Adm. Sam Cox, director Naval History and Heritage Command.

During his tenure as CNO, Holloway faced the challenges of inflation and defense spending cuts during the height of the Cold War. After the fall of Saigon in 1975 and rising tensions with the then-Soviet Union, Holloway convinced President Ger-



An official portrait of Chief of Naval Operations Adm. James L. Holloway III painted in 1979. Holloway was U.S. Navy chief of naval operations from 1974 to 1978. U.S. Navy photo

ald Ford to end the Strategic Arms Limitation Talks (SALT) II treaty proposal to ban the cruise missile, which is still the Navy’s principal weapon for a number of surface and underwater platforms. Considered one of his most significant contributions to the Navy as the CNO, Holloway established the Battle Force Fleet organization that would exploit the expanded warfare capabilities of surface combatants and enable a full range of naval abilities to handle hostile threats.

Holloway’s leadership and ability to advocate for the Navy were also evident during the early days of the F/A-18 Hornet. In 1975, he successfully argued to Secretary of Defense James Schlesinger to sign off on

the Navy’s fighter-attack F-18 type rather than the Air Force preference of the F-16 Light Weight Fighter (LWF). The F-18 type was designed for the all-weather capable AIM-7 Sparrow III missile, while the F-16 LWF was designed for the Sidewinder missile system that operated best under clear-air conditions. The F/A-18 replaced both the A-7 attack plane and the F-14 Tomcat, with the Hornets coming into the fleet in 1983.

When Holloway’s tenure as CNO ended in 1978, he had served under three presidents: Richard Nixon, Gerald Ford and Jimmy Carter.

Born in Charleston, S.C. in 1922, he and his father, Admiral James L. Holloway Jr., both served as four-star admirals in the U.S.

Navy while on active duty; the only son and father to do so to date.

Holloway began his naval career when he graduated as a member of the U.S. Naval Academy class of 1943. During World War II, he served aboard destroyers in the North Atlantic and African waters. In the Pacific, he participated in the Saipan, Tinian, Palau and Leyte Gulf campaigns as gunnery officer of the destroyer USS Bennion (DD-662).

Following WWII, he became a naval aviator and flew missions during the Korean War and served as commanding officer of Attack Squadron 83. In 1959, as the deputy CNO for Air Warfare, he developed the Naval Air Training and Operating Procedures Standardization (NATOPS) program. This program is still in effect more than 55 years later and has been credited with substantially reducing naval aviation accidents.

He served as commanding officer of USS Enterprise (CVAN-65) for two combat cruises in the Gulf of Tonkin during the Vietnam War. In 1968, he returned to the Pentagon where he established the Navy’s Nuclear Powered Carrier Program, and in 1970 was promoted to rear admiral. With his promotion, he was assigned as the commander of U.S. Seventh Fleet where he directed strike operations against objectives in North Vietnam during Operations Linebacker I and II. In 1974, he was named by President Nixon to be the next CNO.

In 1978, Holloway retired from the Navy with 36 years of service. Still closely involved after retirement, he served as president of the Naval Historical Foundation (NHF) from 1980–1998 and ten years more as chairman. In 2007, Holloway published Aircraft Carriers at War, and was instrumental in the online publishing of the Naval History and Heritage Command’s Dictionary of American Naval Fighting Ships project.

During his lifetime of service, Holloway received 28 American military personal decorations, unit awards and campaign and service medals and ribbons. He received 20 foreign decorations as well. He was a combat veteran of WWII, Korean War, and Vietnam War. As a civilian, he received the Distinguished Public Service Medal for his service as president of the NHF, was technical advisor to the movie “Top Gun,” and a dormitory at Saint James School in Washington County, Maryland, was named “Holloway Hall” in honor of him—one of the high school’s most notable alumni.

Coastal Riverine Squadron 2 welcomes new commander

MC3 Marissa Vermeulen
Navy Expeditionary Combat Command Public Affairs

VIRGINIA BEACH

Cmdr. Cherie R. Taylor, assigned to Coastal Riverine Squadron (CRS) 2, became the first African American woman to serve as the commanding officer of a Coastal Riverine Squadron Oct. 10, at Joint Expeditionary Base Little Creek-Fort Story, Virginia.

Taylor credits this historic achievement to her hard work, determination and discipline and encourages Sailors who want to follow in her footsteps to adopt these same traits.

“Never stop dreaming,” Taylor said. “You can do anything you put your mind to; nothing is impossible.”

The Brooklyn native enlisted in May 1988, beginning her career as a torpedo-man’s mate at the MK “48” Intermediate Maintenance Activity on Naval Submarine Base San Diego.

“My best friend and another close friend joined the Army,” said Taylor. “Being from New York City, I did not know very much about the outdoors, so I thought it would be better for me to join the Navy, following in my cousin Daryl Scott’s footsteps.”

Her cousin retired as an Operations Specialist 1st Class and often shared his experiences of traveling the world with his family.

In December 1998, after earning her associate degree in Liberal Arts, she was selected for the Enlisted Commissioning

Program where she earned her Bachelor of Arts Degree in Education.

Her duty stations as an officer include USS Oak Hill (LSD 51), Amphibious Squadron 8 and USS Bainbridge (DDG 96) before transferring to CRS-2 as the Executive Officer (XO).

Taylor spoke about her biggest challenges during her transition from XO to CO.

“I have to trust my officers in charge,” said Taylor. “I have believe they will carry out my guidance, enforce policy and procedures and still perform their duties and responsibilities required for mission accomplishment.”

“As a surface warfare officer aboard a ship, I could call a meeting and assemble my Sailors relatively quickly, but at this command, that is not feasible,” said Taylor. “I have to ensure lines of communication are open and utilized often.”

Taylor said she most looks forward to leading Sailors in her new role as CO.

“I love the complexity of this job,” said Taylor. “Being able to lead and mentor Sailors dispersed all over the world is challenging yet rewarding.”

CRS-2 is part of the Coastal Riverine Force (CRF), which operates in harbors, rivers, bays, across the littorals and ashore. The primary mission of the CRF is to conduct maritime security operations across all phases of military operations by defending high value assets, critical maritime infrastructure, ports and harbors both inland and on coastal waterways against enemies, and when commanded conduct offensive combat operations.

The CRF is composed of units manned, trained, and equipped to conduct port and harbor security, high-value asset security and escort, surveillance and reconnaissance, insertion and extraction of small units and command and control for supporting assigned units. It is capable of conducting 24-hour operations in all weather conditions and climates.



Hendrick Dickson

The Mid-Atlantic Regional Maintenance Center's (MARMC) floating dry-dock Dynamic (AFDL 6) conducts docking testing during a Board of Survey Inspection (INSURV) at Joint Expeditionary Base (JEB) Little Creek-Fort Story, Oct. 21. Dynamic provides dry-docking services for docking vessels of the mine countermeasure, patrol craft, landing craft units, and other small vessels.

Navy's oldest floating dry dock passes material inspection

By **Hendrick L. Dickson**
Mid-Atlantic Regional Maintenance Center Public Affairs

NORFOLK

The crew of the Mid-Atlantic Regional Maintenance Center's (MARMC) Floating Dry-Dock Dynamic (AFDL 6) recently passed a material inspection by the Navy's Board of Inspection and Survey (INSURV), certifying the dock as materially ready and safe for continued use.

For the past 75 years, Dynamic has served as an auxiliary floating dry dock, capable of lifting ships out of the water for inspections

and repairs. The dock was delivered to the U.S. Navy March 11, 1944, and with the exception of USS Constitution, is the oldest active vessel in the fleet.

In preparing the dry dock for inspection, the vessel underwent a seven-month maintenance availability that included ultrasonic testing, tank inspections, and equipment preservations and repairs. Although Port Operations at Joint Expeditionary Base Little Creek-Fort Story provided barge and crane support, the overhaul was successfully completed in house by Dynamic's 28

Sailors and MARMC's Quality Assurance and Production teams.

"This is work typically done by an outside maintenance activity in the shipyards," said Lt. Cmdr. Seth Hall, Dynamic commanding officer. "We were able to use our own resources at MARMC to get this done."

The commanding officer agreed. "Keeping a World War II era craft mission capable has its challenges. INSURV just validated that MARMC and Dynamic were not just up for that challenge, but that they excelled," said Capt. Tim Barney. "Our mission is to fix ships and this certification helps us keep our Landing Craft Units and other small vessels mission capable."

Today, Dynamic remains as ready as ever with its longevity not only a testament to the

Sailors who serve aboard her today, but also to those who have in the past.

"If you think about it, many of the sailors that served aboard her 75 years ago were young 18-year-olds just coming into the Navy; they would be 93-year-olds today," Hall said. "Those Sailors and all those who served after are the reason this vessel remains operational today."

MARMC is a field activity of the Naval Sea Systems Command and provides critical intermediate-level maintenance and fleet technical assistance for surface ships, including the maintenance and operations of the dry dock Dynamic. MARMC also provides oversight for all private sector maintenance to surface ships in the Mid-Atlantic region of the United States.

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

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Hampton Roads and Central Virginia

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MC1 Ryan U. Kledzik
Lt. Jamie Jordan, right, administers the oath of reenlistment to Fire Controlman 2nd Class Joseph Johnson aboard the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64), Sept. 27, 2018.

Select Reenlistment Bonus and Pay for Performance pilot update

From Chief of Naval Personnel Public Affairs

WASHINGTON

How does a little extra cash sound? The Navy is looking to retain talented and skilled Sailors by offering reenlistment bonuses for critical billets; some as high as \$100,000. For Sailors coming up on their reenlistment date, MyNavy HR recommends they

talk to a career counselor as soon as possible and chart out their career course. “Incentives are just one way we are retaining and managing top talent as part of Sailor 2025. To those eligible and re-enlisting, we’re excited that you are staying Navy,” said Rear Adm. Jeffrey Jablon, director of military personnel, plans and policies. With the December changes, there are 62

award-level additions and 46 bonus increases, making this a significant update since July and a great time to go see your career counselors. The Navy also announced the expansion of the Pay for Performance (P4P) pilot program (a Sailor 2025 initiative) for Sailors in seven engineering ratings and now two additional ratings: naval aircrewman (helicopter) and culinary specialist (submarine). To be eligible for this superior performance kicker, you must have received two early promotes (EP) on your three most recent regular periodic evaluations. Transfer, concurrent, or special evaluations will not qualify. It goes without question, a Sailor cannot have received non-judicial punishment and have not failed any part of the physical fitness assessment within the last three years. To find out more about the Navy’s critical billets and Pay for Performance pilot, read NAVADMIN 272/19 or go to <https://www.mnp.navy.mil/group/pay-and-benefits>.



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MC2 Brigitte Johnston

The Honorable Thomas Modly, acting Secretary of the Navy, poses for a group photo with USS Gerald R. Ford's (CVN 78) newly selected petty officers during an all hands call in the hangar bay. Modly visited Ford to meet with Sailors and be briefed on Ford's progress following its post-shakedown availability and recent independent steaming exercise, as part of his first official visit to the fleet.

FORD | Modly spent time being briefed on success of post-shakedown availability

Continued from B1

officer first, second and third class.

“You’re all here and you’re all standing in uniform because someone at some point in your life convinced you that it was an honorable thing to do,” said Modly. “I am really grateful for that.”

Modly thanked the crew for the work they do defending the country.

“When I get out and meet with Sailors and Marines I’m convinced that people still believe that it’s an honorable thing to do because the country is good — and it’s worth defending,” he remarked. “So, I want to thank you for your service. It’s something you will never forget and something you will never regret.”

Modly finished the all-hands call leading Ford Sailors with “we must, we will, we are” with the crew responding “Warship 78!”

Gerald R. Ford is a first-in-class aircraft carrier and the first new aircraft carrier designed in more than 40 years. Ford is currently in port after successfully completing independent steaming exercise seven.



MC2 Brigitte Johnston

Capt. John J. Cummings, USS Gerald R. Ford's (CVN 78) commanding officer, presents a lower stage advanced weapons elevator (AWE) to the Honorable Thomas Modly, acting Secretary of the Navy, during a tour. Modly visited Ford to meet with Sailors and be briefed on Ford's progress following its post-shakedown availability and recent independent steaming exercise, as part of his first official visit to the fleet.

MCPON, CMCs focus on suicide prevention, MyNavy HR, and deckplate issues

From Office of the Master Chief Petty Officer of the Navy

ARLINGTON, VA.

More than 30 command master chiefs (CMCs) from numbered fleets, operational forces, and force development representatives came together for the Executive Leadership Mess Symposium, Nov. 20-21.

The CMCs received updates on current and future initiatives, policies under development, and shared candid dialogues, best practices and ideas on how to strengthen the Navy and solve its most difficult challenges.

Discussions amongst the CMCs focused heavily on suicide prevention, health and wellness, talent management, and strengthening education for enlisted Sailors.

Master Chief Petty Officer of the Navy (MCPON) Russell Smith urged senior enlisted leaders to foster different ways to motivate Sailors to develop meaningful connections. “We’ve got to get a hold of this suicide issue. And I don’t think it’s going to be an app or a program, but it’s us having that difficult conversation with our people — eye to eye, kneecap to kneecap — it’s real human connections to let them know it’s ok to ask for help and then be there for them as they work through it,” Smith said. “There’s no program of record that’s going to do it, it’s got to be us.”

The Chief of Naval Operations (CNO)



MC1 Sarah Villegas

Command Master Chief Jason Knupp speaks to attendees about talent management, at the 2019 Executive Leadership Mess Symposium. The Executive Leadership Mess is comprised of command master chiefs (CMC) serving numbered fleets, operational forces, and various flag officer details. CMCs met to discuss suicide prevention, health and wellness, Navy Community College and Enlisted Leader Development.

Adm. Mike Gilday and the Chief of Naval Personnel (CNP) Vice Adm. John Nowell were among several presenters at the two-day symposium.

Nowell emphasized the transformation efforts happening across the MyNavy HR enterprise, which touches all aspects of a Sailor’s life from the moment they come in to the moment they retire.

CNP assured senior leaders present that the changes will help Sailors and their families navigate their career better and resolving pay issues quicker — putting time back into warfighting. The presentation was both an information overview and a call to action

for leaders to encourage Sailors on the deckplates to use the tools and resources now available to them.

Specifically, Nowell addressed the shift from personnel support detachments to MyNavy Career Centers (MNCC), which operates 24/7 as a virtual hub that Sailors around the world have access to. Compared to how most people bank and shop, such a virtual model for pay and personnel support was described as a more modern way of “doing business.”

“It is designed for Sailors to call and ask questions about a pay or personnel issue — on their agenda,” said Nowell. “Undeniably,

this model is going to be better [than the legacy model which relied on disaggregate physical infrastructure].”

Smith encouraged attendees to share the conversations from the symposium with other leaders throughout the Navy.

“Really appreciate everyone’s participation as well as the tough and eye-opening conversations,” Smith said. “Hearing and understanding these challenges is an enabling piece in making sure we all make good decisions and provide sage advocacy in supporting our Sailors and preparing our Navy for the high end fight that is certain to come.”



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Wrestling legend Mick Foley to make appearance at Tidings of Destruction

Professional wrestling Hall of Famer and stand-up comedian Mick Foley will appear in Norfolk this Saturday, Dec. 7 for Vanguard Championship Wrestling's (VCW) Tidings of Destruction event.

See C3

SECTION C | FLAGSHIPNEWS.COM | 12.5.2019



Hampton Convention and Visitor Bureau

HOLIDAY HAPPENINGS IN HAMPTON

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HAMPTON, VIRGINIA

This Holiday Season, slip into a warm sweater, grab a cup of hot cocoa, and head to Hampton, Va., for a large helping of holiday cheer. Whether taking in a special seasonal performance at The American Theatre in Phoebus, enjoying a nautical parade of lights on the Hampton River, or cheering traditional street parades in Coliseum Central and downtown Hampton, there is an activity or event for every member of the family to celebrate this holiday season.

Dec. 6-7, the 2019 Holiday and Kwanzaa Marketplace and Jazz Brunch fills the galleries of Hampton University Museum. Beginning at 10:00 a.m. on December 7, guests may purchase holiday and Kwanzaa gifts from the museum gift shop. The shop specializes in African, African-American, and other multicultural items and artwork. At 5:30 p.m., enjoy special holiday music,

sales, and planned activities. On Dec. 8, in addition to shopping Noon-4:00 p.m., opt to partake in a delicious holiday and Kwanzaa inspired brunch. Though the event is free, there is a fee for the brunch.

The 31st annual Downtown Hampton Lighted Boat Parade sails back into downtown on Friday, Dec. 13. Cruise into downtown Hampton for festivities beginning at 6:00 p.m., as this highly anticipated parade of illuminated power and sail boats will be visible from anywhere along the Hampton River. Those who don't have a vessel but want to join the action can board the Miss Hampton II. Attendees interested in riding on the Miss Hampton II are encouraged to make reservations by calling 757/722-9102. The admission is an unwrapped toy that will be donated to Toys for Tots. Captains who wish to enter their craft in the parade are encouraged to call 757/727-1271.

On Dec. 14, 10:00 a.m.-4:00 p.m., the Hampton History Museum plays host to Holiday Open House, a brand new event featuring heirloom ornament making, live holiday music, train displays, face painting and more family fun to get you in the spirit of the season. Explore over 400 years of the city's past from the days of the Kecoughtan Native Americans to Space Race in the Hampton History Galleries. On the second floor, view 45 extraordinary watercolor drawings and maps in the special exhibit "Civil War Journey: The Maps and Sketches of Private Robert Sneden."

Dec.14 also marks the return of the Hampton Holly Days Parade beginning at 7:00 p.m. Join us for an evening of enchantment at the Peninsula's largest illuminated holiday parade. Fun includes music from marching bands, spectacular floats, and the man of the hour, Santa. The parade goes from Eaton Street and Settlers Landing Road to Darling Stadium.

Partially bordered by the Hampton Roads harbor and Chesapeake Bay, Hampton, with the 344,000 sq. ft. Hampton Roads Convention Center and the award-winning Hampton Coliseum, is located in the center of Coastal Virginia and the Hampton Roads metropolitan area. Hampton is the site of America's first continuous English-speaking settlement, the site of the first arrival of Africans in English North America, and is home to such visitor attractions as the Vir-

ginia Air & Space Center, Fort Monroe National Monument, Hampton History Museum, harbor tours and cruises, Hampton University Museum, The American Theatre, among others.

OTHER EVENTS

Dec. 6-7: 26th Annual Holiday and Kwanzaa Marketplace and Family Fun Day Open House

The Annual Holiday and Kwanzaa Marketplace offers holiday and Kwanzaa gifts from the Museum Gift Shop specializing in African, African-American and other gift items. Select vendors will be available with hand crafted items including jewelry, soaps, textiles and art. Friday: 10:00 a.m. - 7:00 p.m. Saturday: 11:00 a.m.-4:00 p.m. Cost (Saturday events only): \$3.00 for adults, \$1.00 for children age 10 and under. 757/727-5308 <http://museum.hamptonu.edu/> (Hampton University, Hampton, VA 23668)

Dec. 6: Phoebus Holiday Illumination

Join us for the 8th annual illumination event! Shop with Phoebus merchants for special deals, and more. There will special performances and Santa will even stop by! Mallory Street, Mellen Street and Hope Street in Phoebus. 5:00 p.m.-9:00 p.m. Free Admission. 757/826-1862. www.phoebu-

See HAMPTON | C2

"Small Works" make for a big picture

From Charles H. Taylor Visual Arts Center

HAMPTON, VA

The Charles H. Taylor Visual Arts Center will host "Small Works" from December 10 through January 18, 2020.

While most famous artworks catch our attention due to their grandiosity, the Small Works exhibition is here to paint a different picture - a miniature one! Artists from around the region and around the Commonwealth are chosen to display miniature and small artworks. Artworks in all media are represented, and the exhibition presents a wide range of styles, techniques, content, imagery and intent. Small two-dimensional works are required to be no larger than 80 square inches and small three-dimensional works are required to be no larger than 10 inches on any side.

The Small Works Artist Reception will take place on Saturday, December 14 from 3:00 p.m.-5:00 p.m.

"After many years of hosting this annual exhibition, Small Works has become a legacy at The Charles H. Taylor



Courtesy of Charles H. Taylor Visual Arts Center "Share the happy" by Akiko Tanaka.

More information

The Charles H. Taylor Visual Arts Center
4205 Victoria Boulevard
Hampton, VA 23669

Admission is free and open to the public.

Visual Arts Center. I'm proud of the regional artists who submit their small works to contribute to a larger vision throughout our gallery space; a feat that is augmented by the new Hampton Holiday Fine Arts Bazaar," said Hampton Arts Artistic Director Richard M. Parison, Jr.

The two-day Hampton Holiday Fine Arts Bazaar will take place on Dec. 14 from 11:00 a.m.-5:00 p.m. and on Dec. 15 from 11:00 a.m.-3:00 p.m. and features original, hand-made works from artists around Coastal Virginia. Visitors can meet the artists and shop for extra special holiday gifts!

"We are so excited about this year's Small Works exhibition! We have over 450 works by 150 artists. This is the only show where people who purchase the art can take it home that day starting after the reception which will take place in conjunction with the Holiday Fine Arts Bazaar happening upstairs on the second floor," said Visual Arts Center Manager Jennifer Morningstar.

CalendarCommunity

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



Courtesy of MacArthur Center

Impulse

- Now through Jan. 20, 2020
- MacArthur Center
- <https://www.shopmacarthur.com/live360-event/IMPULSE/2145531090/>

Impulse is a publicly activated light and sound experience. The project uses the idea of repetitive units of subtle light and sound that can be played by the public to create a temporal, ever-changing event. Impulse embodies ideas of serialism, repetition, and variation to produce zones of intensity and calm. Your open space is transformed into a space of urban play through a series of interactive illuminated see-saws that respond and transform when put into motion by people. When not in use, the see-saws will stabilize to the horizontal and remain at a lower glowing level. When activated by users and inclined, the see-saws, augmented by LED lights and speakers, will increase in light intensity and emit a randomized sound sequence. This variation in intensity aims to animate the public space and its occupants once night has fallen. Impulse will be an ever-changing urban composition and urban instrument, in which city dwellers are the musicians and artists.



Courtesy photo

Annual Ghent Tree Lighting Ceremony & Caroling

- Dec. 6, 6:00-7:30 p.m.
- Blair Middle School on Colley Avenue
- www.ghentnorfolk.org

Ghent's Holiday Open House Weekend starts with the Annual Tree Lighting Ceremony on Friday, December 6 at 6:30pm, in front of Blair Middle School on Colley Avenue. Join your friends from the Ghent Business Association for a family friendly event to help spread the holiday spirit throughout Ghent. Enjoy music and caroling from area school groups plus performances by the Hurrah Players and The Doorway Singers. Warm up with hot chocolate and mini cupcakes from Just Cupcakes. Plus, the first 150 children will receive a goody bag with pound cakes from Pownd Cakes by Jen. And, there will be a special appearance by Santa Claus as he helps light the tree. Don't miss the fun!



iStockphoto

Free Winter Wonderland

- Dec. 7, 4:00-6:00 p.m.
- Parade Field, Naval Station Norfolk
- <https://www.navywmrmidlant.com/activity/c8b9b6c1-f9eb-434e-bbe6-fef36731bab4>

Come join us for our annual Winter Wonderland event on Saturday, December 7th from 4-6PM at the Parade Field! Free fun for the whole family! We'll have Santa, arts and crafts, a hot cocoa bar and more!

Hamilton

- Dec. 10-29
- Chrysler Hall
- <https://www.ticketmaster.com/hamilton-touring-tickets/artist/2336213>

Hamilton is the story of American's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, HAMILTON is the story of America then, as told by America now.

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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/

Nauticus to host 10th Annual Cub Scout/Scouts BSA Day

NORFOLK

In partnership with Tidewater Council Scouts, Nauticus and Battleship Wisconsin will host the 10th Annual Cub Scout/Scouts BSA Day on Saturday, Dec. 7, from 10:00 a.m. to 5:00 p.m. More than 500 scouts and guests are expected to attend the event that will give Cub Scouts and Scouts BSA the opportunity to participate in hands-on activities while they earn award requirements.

Throughout the day, programming will include special guest speakers from 13 organizations that include the Army Corps of Engineers, Battleship Wisconsin Radio Club, Children's Museum of Virginia, Norfolk Botanical Gardens, Norfolk Naval Shipyard, Tidewater Community College, U.S. Navy Fleet Forces Command, and the Virginia Zoo. Hands-on activities inside Nauticus and on the Battle-



Courtesy of Nauticus

ship Wisconsin will include learning about ship communications, touching a shark or horseshoe crab, building an underwater robot, meeting local maritime career professionals, and more.

There is a registration fee of \$13 (plus tax) for scouts, and \$15 (plus tax) for adults, and all scouts must be accompanied by an adult. Tidewater

Council Scouts may purchase tickets at the Council Store. Questions must be directed to Jennifer Mapstone at jennifer.mapstone@scouting.org.

All other scouts may make group (15 or more) reservations in advance by contacting Nauticus at (757) 664-1034. Individual scouts can purchase tickets the day of the event.



Courtesy of Hampton Arts

Christmas with the Nelsons, starring Matthew and Gunnar Nelson

HAMPTON | Activity or event for every member of the family for the holidays

Continued from C1

sevents.com (212 E Mellen Street, Hampton, VA 23663)

Dec. 7: Fort Monroe Mistletoe Homes Tour

Celebrate the season with a walking tour of several of the most beautiful, historic homes, and other points of interests, all decorated for the holidays. Special priced tickets will be available in mid-October. Fort Monroe. 11:00 a.m.-5:00 p.m. Admission Fee. 757/637-7778. www.fmauthority.com (Fort Monroe)

Dec. 7: A Debby Boone Christmas

Celebrate the season with three-time Grammy winner Debby Boone! This holiday concert celebrates the 30th anniversary of her album Home For Christmas, which includes "Silver Bells," "Christmas Time is Here," "White Christmas" and other yuletide favorites. There's no better way to kick off the holidays! The American Theatre. 8:00 p.m. \$35. 757/722/2787. www.hamptonarts.net (125 East Mellen Street, Hampton, VA 23663)

Dec. 7: Phoebus Annual Illumination

Join us for the seventh annual illumination event! Shop with Phoebus merchants for special deals, and more. There will special performances and Santa will even stop by! Mallory Street, Mellen Street and Hope Street in Phoebus. 5:00 p.m. – 9:00 p.m. Free Admission. www.phoebusvaevents.com (212 E Mellen Street, Hampton, VA 23663)

Dec. 8: Winter Classics & Holiday Favorites

Christmas bells are ringing and so

much more when HRP brings to life beloved holiday, film and classical compositions — not to mention a special guest appearance by the Golden Baton raffle winner! You won't want to miss this fan-favorite program for the whole family. The American Theatre. 2:30 p.m. \$20. 757/722/2787. www.hamptonarts.net (125 East Mellen Street, Hampton, VA 23663)

Dec. 12: Christmas with the Nelsons, starring Matthew and Gunnar Nelson

Third generation Matthew and Gunnar seamlessly weave together songs and stories from their showbiz family, along with their own chart-topping Billboard Christmas singles. This heart-warming multi-media live concert features quick humor, soaring sibling vocals and state-of-the-art big screen video that pays tribute to their legendary father, Ricky Nelson, as well as their grandparents Ozzie and Harriet. A holiday show for all ages, the entire family invites you to celebrate Christmas with the Nelsons! The American Theatre. 8:00 p.m. \$35. 757/722/2787. www.hamptonarts.net (125 East Mellen Street, Hampton, VA 23663)

Dec. 13: Annual Downtown Hampton Lighted Boat Parade

Cruise into the spirit of the holiday season at the 31st annual Downtown Hampton Lighted Boat Parade. More than 20 boats are expected to participate. This parade of illuminated power and sail boats will be visible from anywhere along the Hampton River, however spectators wanting to hear the narration will want to find a spot near the Hampton Maritime Center. Downtown Hampton waterfront. 7:00 p.m. Free Admission. 757/727-1276. [.downtownhampton.com \(710 Settlers Landing Road, Hampton, VA 23669\)](http://www-</p></div><div data-bbox=)

Dec. 14: The Soul and Spirit of Christmas with CeCe Winans

Heart and Soul. Joy and Love. Powerhouse vocalist CeCe Winans delivers all that and more in this holiday concert that will have you on your feet by evening's end! Winans' dynamic presence has graced stages around the world as she reimagines gospel with the captivating sounds of pop, country and R&B. The American Theatre. 8:00 p.m. \$35. 757/722/2787. www.hamptonarts.net (125 East Mellen Street, Hampton, VA 23663)

Dec. 14: Holiday Open House

Whether you are searching for a holiday gift for the family, friends, or as a treat to yourself, you're sure to find it at the Hampton Holiday Market. The market features heritage foods, arts and traditional crafts, demonstrations, roasted chestnuts, hot cider, entertainment, and more. Hampton History Museum. 10:00 a.m. - 4:00 p.m. Free Admission. www.hamptonhistorymuseum.org (120 Old Hampton Lane, Hampton, VA 23669)

Dec. 14 Holly Days Illuminated Parade

The Peninsula's largest illuminated parade! Join us for an evening of enchantment as you view the creative floats, listen to the high school bands, salute the military marching units and exciting drill teams, and wave at the beauty queens. Of course this parade is not complete without everyone's favorite, Santa Claus. Downtown Hampton. 7:00 p.m. Free Admission. 757/727-8311. www.hampton.gov/parks (Settlers Landing Road, Hampton, VA 23669)

Wrestling hall of famer Mick Foley, shown here performing at the Virginia Beach Funny Bone in 2014, will appear in Norfolk this weekend for Vanguard Championship Wrestling (VCW).

Wrestling legend Mick Foley to make appearance at Tidings of Destruction

Professional wrestling Hall of Famer and stand-up comedian Mick Foley will appear in Norfolk this Saturday, Dec. 7 for Vanguard Championship Wrestling's (VCW) Tidings of Destruction event. Foley, known famously for portraying Dude Love, Cactus Jack and Mankind in World Wrestling Entertainment (WWE), will be on hand to meet fans for pictures and autographs. Later that evening, Foley will be the guest on the often contentious Loulie's Lounge

The night's main event will feature VCW Heavyweight Champion "El Intocable" Gino defending his championship against "Greek God" Papadon. This match was to take place in October, but Papadon was unable to compete. This change of plans resulted in a high-flying Number One Contender's match between Tracer X, Kyler Khan and Jordan Oliver for a shot at the

VCW Tag Team Champions Simply Safe-ish will compete this weekend against former champions The Hell Cats in a Titles versus Career match. After The Hell Cats refused to compete in VCW unless conceding for championships, Commissioner George Pantas has ordered this stipulation.

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



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Military One Source

10 smart tips for military families to save on holiday spending

By Military One Source

Holidays mean spending, but you’ve got the discipline to keep it reined in this season. Celebrating with your family doesn’t have to lead to debt, and here’s how to make it a great holiday and maintain financial control.

CONTROL YOUR CASH

Check out these ways to tame the holiday frenzy:

■ **Make (and stick to) a budget.** Money can fly out of your wallet fast for gifts, special meals, decorations and travel. Plan ahead of time how much you’re going to

spend on each category, and then stay in that range.

■ **Take inventory.** Don’t rush out to buy wrapping paper before checking to see if there’s a forgotten stash of a dozen rolls shoved into the back of a closet. The same is true for presents you may have hidden too well last year.

■ **Shop secondhand for decorations.** Thrift stores and garage sales usually have loads of holiday decorations as people upgrade, downsize or realize their decorations somehow multiplied when they weren’t looking.

■ **Consider budget-friendly alternative gifts.** Homemade gifts are a great option if

you’re crafty or a whiz in the kitchen, or even if you aren’t either of those, but can follow online directions. Coupons for your “services,” like babysitting, can also make good presents.

■ **Make your own holiday cards.** You can save money (and trees) by using e-cards to send greetings to your loved ones instead of traditional cards. Many websites offer free or inexpensive e-cards, some with options to add videos or slideshows.

■ **Plan holiday meals early.** Knowing what you’re going to cook well in advance lets you shop the sales for the non-perishable items you’ll need. It also helps spread the higher food costs over a couple of paychecks instead of just one.

■ **Use your smart phone while shopping.** Many retailers can send coupons right to your phone when you walk into their stores, which is handy (if not a little creepy). You can also use your phone to compare prices to make sure you’re getting the best deal.

■ **Consider traveling on the holiday itself.** You could score a much cheaper

airline ticket by flying on the holiday instead of in the days before. Plus, arriving on the big day conveniently gets you out of a lot of meal-prep duty.

■ **Search hotel rates and airfares online.** Take advantage of websites that compare airfares and hotels so you get the best deal. Many will also alert you to price drops. Another bonus: Those online reviews can help you avoid a vacation you remember for all the wrong reasons. Be sure to check out special travel options for service members on lodging and flights.

■ **If your holiday travel plans are flexible,** consider Space-available passenger transportation, or Space-A travel. This program allows you to fly for free or very low cost on military flights if there is room for you. Schedules change and restrictions apply, so learn more about Space-A Travel.

There are a lot of ways to save money at the holidays. Check out other budget-friendly tips from Military OneSource, or take advantage of free financial counseling available in person, by phone or by video chat.

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**

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and to submit a nomination!
Deadline for entries is January 3, 2020

CATEGORIES FOR NOMINATION ARE:

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

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coming to theaters

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.

THE DEATH AND LIFE OF JOHN F. DONOVAN [R]

A decade after the death of an American TV star, a young actor reminisces about the written correspondence he once shared with the former, as well as the impact those letters had on both their lives.

THE ISLANDS [PG-13]

The film, shot entirely in Hawaii, is based on the incredible true story of Chiefess Kapio-lani who descended into an active volcano to demonstrate her new found faith in Christ and who ushered in a new beginning in Hawaii.

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.

STAR WARS: THE RISE OF SKYWALKER [NR]

The riveting conclusion of the seminal Skywalker saga, where new legends will be born and the final battle for freedom is yet to come.

CATS [PG]

Universal Pictures and Working Title's Cats is a most-unexpected film adaptation of Andrew Lloyd Webber's beloved smash musical "Cats" and the poems from "Old Possum's Book of Practical Cats," by T.S. Eliot. Oscar (R)-winning director Tom Hooper (The King's Speech, Les Misérables, The Danish Girl) brings astonishing new technology to transform his cast members. Acclaimed casting director Lucy Bevan is casting the film adaptation. The epic will be produced by Hooper and Working Title's Tim Bevan and Eric Fellner, as well as fellow Les Misérables producer Debra Hayward-who brought the idea to Working Title. A tribe of cats called the Jellicles must decide yearly which one will ascend to the Heaviside Layer and come back to a new Jellicle life.

LITTLE WOMEN [PG]

The story tells of how the sisters grow up, find love and find their place in the world. Four sisters and their mother at home. Their father is fighting in the war. Louisa May Alcott semi-autobiographical novel has captured young women and the young at heart for years.

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday | Dec. 6

6:00 p.m. Holiday Concert & Tree Lighting
Free Holiday concert with an outdoor tree lighting ceremony and Santa's arrival.

Saturday | Dec. 7

2:30 p.m. HOLIDAY EXTRAVAGANZA! There will be: Virginia children's chorus, Ornament Making Station, Santa, Candy Cane hunt and Holiday Express Train Rides

Sunday | Dec. 8

3:00 p.m. ADVANCE SCREENING - Jumanji: The Next Level [PG-13]

NAS Oceana, Aero Theater – 433-2495

Friday | Dec. 6

7:30 p.m. Tree Lighting with The Nutcracker following
7:30 p.m. The Nutcracker and The Four Realms (Free admission) [PG]

Saturday | Dec. 7

12:00 p.m. Maleficent: Mistress of Evil [PG]
3:00 p.m. Last Christmas [PG-13]
6:00 p.m. Midway (2019) [PG-13]

Sunday | Dec. 8

12:00 p.m. Harriet [PG-13]
5:00 p.m. ADVANCE SCREENING- Richard Jewell [R]

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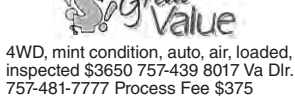
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Fun and Games

Super Crossword

FUNNY CARS

ACROSS

- 1 Ones with two feet
7 Side roads
13 Forcible dismissal
20 Huge fan
21 Baby's noise
22 Like many reference books, in the back matter
23 Kia steered in the wrong direction?
25 Given a nice smell
26 Wrinkle-reducing injection
27 Troop group
28 Chinese "way"
30 Jai —
31 "— all true"
32 Concorde, e.g., in brief
33 Toyota damaged by fire?
37 Spaceship Earth locale
40 Volvo rival, once
42 —"Pea (cartoon kid)
43 Caterpillar wheel part
44 Volkswagen full of Egyptian charms?

DOWN

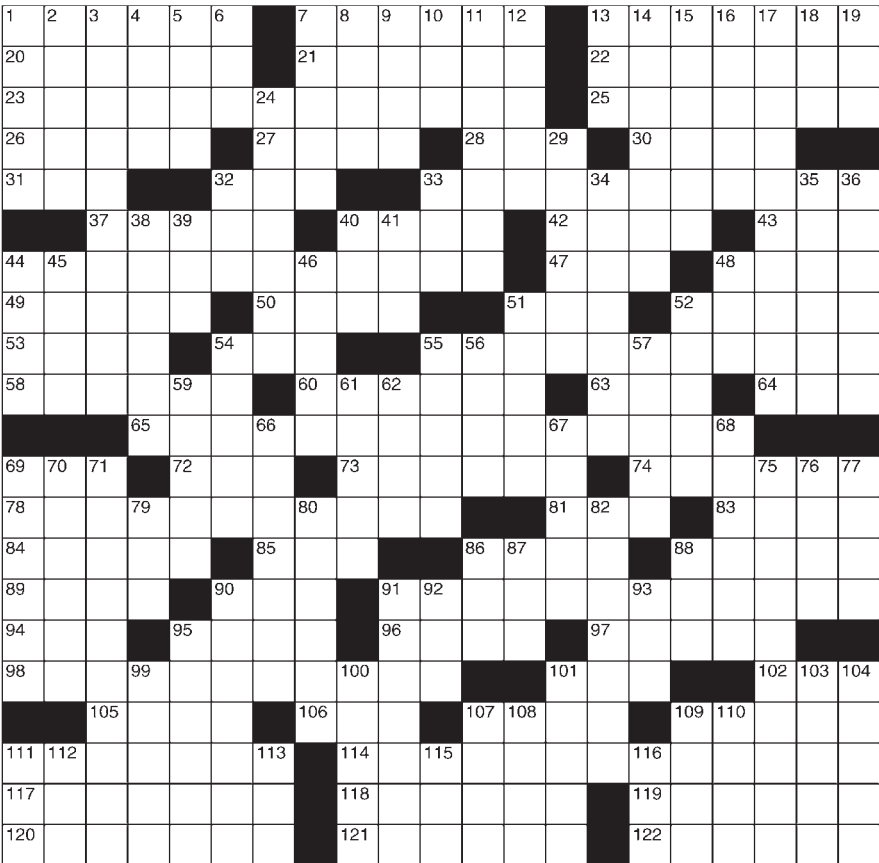
- 47 Seed case
48 "Don't look — that way!"
49 Sprayed (down)
50 News piece
51 Old Turkish title
52 Hunter in the sky
53 Revered figure
54 Superhelix material
55 Honda driven in anti-war protests?
58 Spanish for "tomorrow"
60 Collision
63 Busy crawler
64 Pro-learning gp.
65 Dodge made with no cables?
69 To a ship's back
72 Bicentennial baby, e.g.
73 Sleek fabric
74 Tennis' Edberg
78 Hyundai that transports
88-key instruments?
81 "The Addams Family" cousin
83 Cry weakly

ACROSS

- 84 Juan of Argentina
85 "Help!" asea
86 Ballerina's garment
88 "... but maybe I was wrong"
89 Work units, in physics
90 "Silent Fall" actress Tyler
91 Ford that's the favorite out of one's collection?
94 Master
95 Small inlet
96 Get over a hurdle
97 Savage
98 Nissan decorated with
101 Drink daintily
102 Hypothetical things
105 Animated "explorer"
106 With 35-Down, "Your wish is my command!"
107 Body wrap?
109 Italian "love"
111 Arise
114 Chevrolet only driven in April and May?

DOWN

- 1 Disney fawn
2 Meathead
3 Playoff time
4 As a result
5 Two, to Luc
6 — Lanka
7 Go-between
8 California wine city
9 Disoriented
10 Inflated head
11 Video sharing site
12 Sunny?
13 That boy's
14 Crated up
15 Penguin of Antarctica
16 — cavae (large blood vessels)
17 Dying out, as of species
18 Half a laugh
19 Funny
24 Garbage can
29 With no assurance of payment
32 Blubber



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Sudoku

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

CryptoQuip

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

Clue: **P** equals **S**

OM GDJUBPWA XWDAOMY D
VIUPP-NIZPPOMY PUDX UXZID
DVFUI, NBPFOM CUGGJDM CDN
D FUUFPOZ IUWZ.

Last week's CryptoQuip answer

If a tiny village only needs a single funeral vehicle, I would call it a one-hearse town.

Religious Services

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[www.flagshipnews.com/
base_information/religious_services](http://www.flagshipnews.com/base_information/religious_services)

last week's answers

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

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

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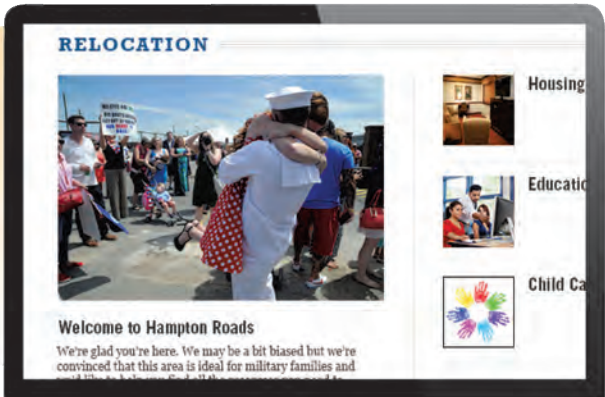


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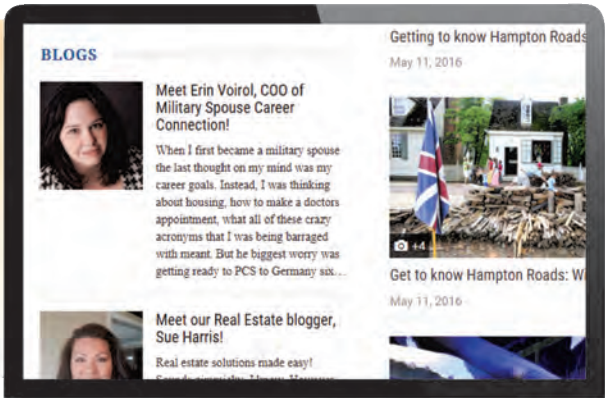
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