



Ready, set, wear: Guidelines for IFRV wear announced
Effective immediately, commands can now order the Improved Flame Resistant Variant (IFRV) coverall.
» See **A4**

COMPLETED

LINCOLN COMPLETES CARRIER QUALIFICATIONS

Shooters prepare to launch an F/A-18F Super Hornet assigned to the "Gladiators" of Strike Fighter Squadron (VFA) 106 from the flight deck of the aircraft carrier USS Abraham Lincoln (CVN 72).

MCSN Ashley M.C. Estrella

By MC2 Jessica Paulauskas
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

The aircraft carrier USS Abraham Lincoln (CVN 72) completed carrier qualifications, Feb. 2.

During this period, Abraham Lincoln qualified pilots from the "Gladiators" of Strike Fighter Squadron (VFA) 106, the "Flying Eagles" of Strike Fighter Squadron (VFA) 122, the "Salty Dogs" of Air Test and Evaluation Squadron (VX) 23, and the "Vikings" of Electronic Attack Squadron (VAQ) 129. The "Rawhides" of Fleet Logistics Support Squadron (VRC) 40 and the "Chargers" of Helicopter Strike Squadron (HSC) 26 also worked with the ship in support of carrier qualification operations.

Carrier qualifications are a time for Naval aviators to hone their skills to launch and land fixed-wing aircraft on an aircraft carrier. Each pilot must complete at least 10 landings during the day and six landings at night to

qualify.

The student pilots must complete 150-200 flight hours in their aircraft to even have the opportunity to land on the flight deck for their carrier qualification.

"It's gratifying to train the next generation of pilots," Lt. Justin Grofik said, an instructor pilot assigned to VFA-122. "Seeing these pilots progress from their first flights to their first-night operations to having the potential to fly with them in the future, is the most gratifying part of being able to teach them."

The success of the mission relies heavily on the interoperability between both the squadron and ship's personnel. Abraham Lincoln Sailors who work in the carrier air traffic control center (CATCC) play a vital role in assisting pilots as they approach for recovery.

"During night and inclement weather flight operations, we are the only point of contact for the pilots," Air Traffic Controller 2nd Class Joshua Hunccheck said. "Being able to guide a pilot down to the point of qualify-



MC1 Josue L. Escobosa

An F/A-18F Super Hornet assigned to the "Gladiators" of Strike Fighter Squadron (VFA) 106 prepares to land on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

ing, especially when they aren't able to see, makes my job beyond satisfying."

Abraham Lincoln's air department accumulated more than 135 sorties and 576 arrested recoveries, putting in more than 700 man hours during the carrier qualifications.

"This is what our job is all about; recovering aircraft," Aviation Boatswain's Mate (Equipment) 1st Class Donny Hunsaker said, Abraham Lincoln's arresting gear leading petty officer. "Without the long hours and de-

manding work we do making sure the ship is ready to catch and launch aircraft, the main mission of an aircraft carrier would fail."

Completing carrier qualifications not only benefit Abraham Lincoln, but supports the larger mission of the Navy by sending skilled and experienced pilots to the fleet.

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.

BY OUR OWN, FOR OUR OWN

By MC3 Lindsay Preston
The Flagship staff



NORFOLK

A new year brings new opportunities and the Active Duty Fund Drive campaign in support of the Navy-Marine Corps Relief Society (NMCRS) is given another chance to raise money beginning March 1.

Established in 1904, active duty Sailors and Marines have been taking care of their own by providing donated funds to NMCRS. This non-

profit organization has several programs to provide financial, educational and other need-based assistance to active duty and retired Sailors and Marines, their eligible family members and survivors.

"This is a great organization that helps our Sailors and Marines who may need

» See **RELIEF** | A7

CMS-ID database error causes accidental job posting cancellation

From Naval Personnel Command Public Affairs

MILLINGTON, TENN.

An upload of corrupted data during routine software updates Feb. 3, caused an error within the Career Management System — Interactive Detailing (CMS-ID) resulting in many job listings to be

incorrectly listed as canceled. The database error caused more than 4,850 notices that Letters of Intent had been canceled. This problem was discovered Feb. 5, and Navy Personnel Command (NPC) fully restored the system Feb. 6. All errors have been fixed and all assignments are unchanged. Sailors began receiving notifications from the

» See **DATABASE** | A7



MC2 Matthew Riggs

Information Systems Technician 2nd Class Quiana Dalton, right, stationed aboard the USS Benfold (DDG 65) discusses future career opportunities with Master Chief Cryptologic Technician Dennis Reeder, a detailee for Information Warfare assigned to Navy Personnel Command, during the Career Development Symposium at Commander Fleet Activities Yokosuka. The symposium, hosted by Navy Personnel Command, is visiting Japan to reach out to Sailors and inform them of the benefits available from the personnel modernization initiatives of the Sailor 2025 program.

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LSOS: SAFETY ON DECK

Landing signals officers supported Commander, Naval Air Training Detachment as the Navy's newest pilots completed carrier qualifications aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), Feb. 6.

» See **A6**



USS PREBLE CONDUCTS OPERATIONS WITH USS LEWIS B. PULLER

Sailors from the guided-missile destroyer USS Preble (DDG 88) and the expeditionary sea base USS Lewis B. Puller (ESB 3) experienced a different side of the U.S. Navy, during a brief crew swap between the two ships.

» See **B4**

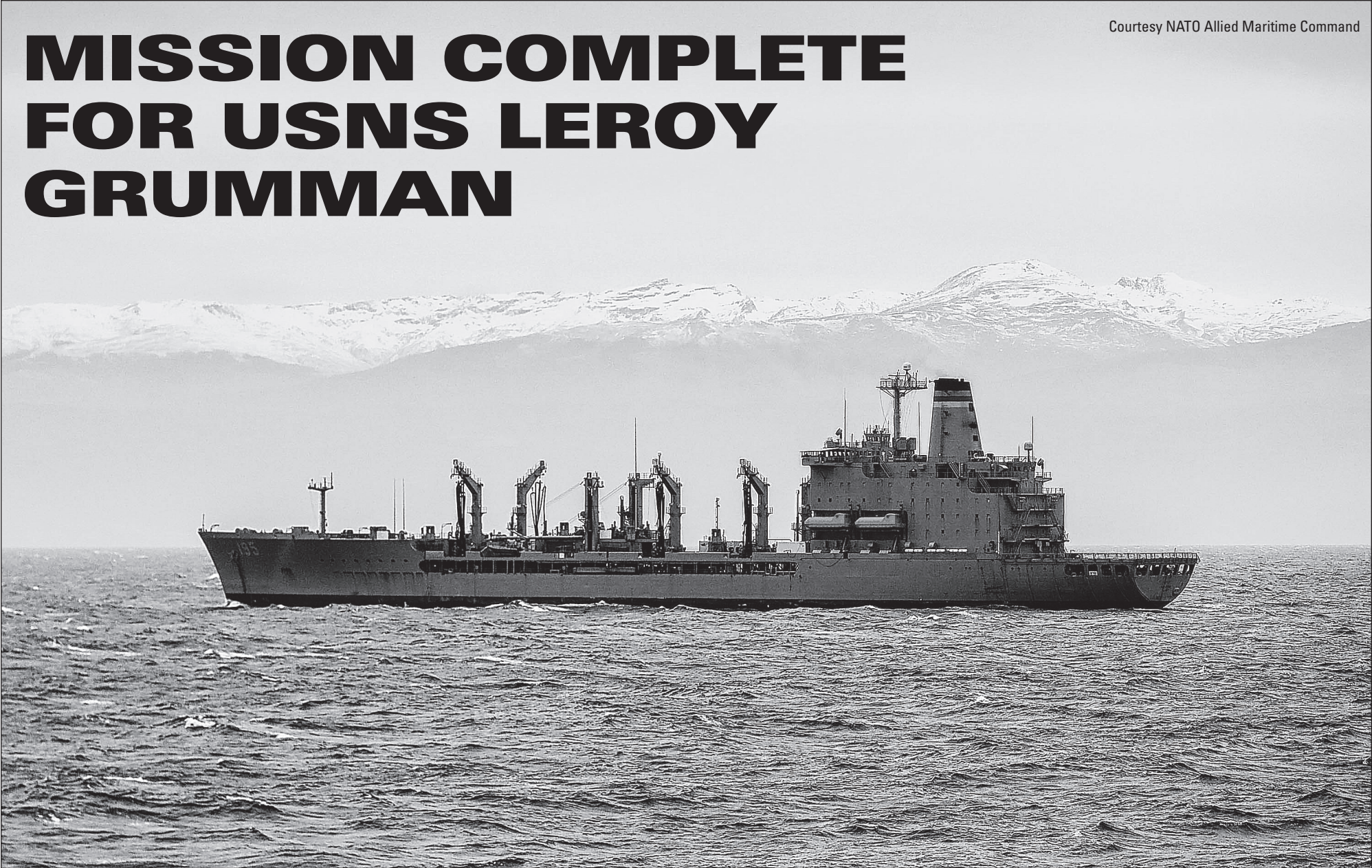
NOMINATE A HERO AT HOME!

Heroes at Home, is a highly regarded, regional recognition program that honors military spouses from all ranks and branches. 2018 nominations are currently being sought.

» See **C5**

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Courtesy NATO Allied Maritime Command

By Bill Mesta

Military Sealift Command Public Affairs

NORFOLK

Military Sealift Command’s fleet replenishment oiler USNS Leroy Grumman (T-AO 195) pulled into Naval Station Norfolk, Feb. 4, thus completing an overseas deployment in support of U.S. Navy and allied forces operating in the U.S. Sixth Fleet’s area of responsibility.

“The Leroy Grumman left for our deployment to the Mediterranean Sea in September of 2017,” said Capt. Kevin Tapp, USNS Leroy Grumman’s master. “While we were deployed, the crew conducted more than 30 underway replenishments at sea, providing 3.7 million gallons of fuel, 1,019 pallets of materials and provisions to U.S. Navy and NATO units from Canada, Italy, Turkey, Germany and the United Kingdom.”

USNS Leroy Grumman is crewed by 89 civil service mariners who perform all required tasks and provide all needed

support aboard the ship.

“As the ship’s Master, one of my responsibilities includes sailing the vessel alongside customer ships during underway replenishment operations,” said Tapp. “Our Rig Captains supervise at sea fueling and cargo transfer operations alongside customer ships.”

“The able-bodied seamen man the underway replenishment stations during at sea fueling operations while the engineers keep the ship’s engines maintained and running at optimum performance,” added Tapp. “Our Operations Chief coordinates rendezvous and cargo requirements with customer ships at sea while the ship’s master and navigators safely navigate the vessel between ports and underway replenishment evolutions.”

Fleet replenishment oilers provide resupply services to U.S. Navy and allied ships while at sea so the combatant vessels are able to remain on station longer.

“Leroy Grumman has five underway replenishment stations we use to deliver fuel, provisions and materials to U.S. Navy and NATO customers, and conducting military personnel transfers between vessels and shore,” according to Tapp.

While on deployment, USNS Leroy Grumman visited Rota, Spain, Naples, Italy, Souda Bay, Island of Crete (Greece), Augusta Bay, Sicily, and Malaga, Spain.

“The crew’s performance on this deployment was superior,” said Tapp. “The USNS Leroy Grumman’s civil service mariners were outstanding ambassadors of goodwill for our country during all of our port visits, and all of our missions were conducted successfully and safely.

The ship’s namesake, Leroy Grumman, was an American aeronautical engineer, test pilot, and industrialist who founded the company now known as Northrop Grumman.

For more news from Military Sealift Command, visit www.navy.mil/local/MSC/.

NNSY’s technology and innovation lab leverages tools and ideas to improve shipyard production and safety

By Michael Brayshaw

NNSY Public Affairs

NORFOLK

Norfolk Naval Shipyard (NNSY) employees clad in exoskeletons laboring in the drydock. Workers surveying an augmented reality 3-D model in advance of a shipcheck. Shipyarders using laser ablaters that can zap rust from a bulkhead in a matter of seconds.

These are all examples of the vision of a vital future at the shipyard, and they are in the process of becoming a reality thanks to the Technology and Innovation Lab. The lab provides a multipurpose area that can be used for brainstorming between innovation leads and testing employee ideas. These ideas can range from increasing production to improving safety.

“It’s not necessarily using the lab’s advanced technology the way the manufacturer says to use it, it’s about the creativity of our workforce taking these tools and using them in ways that haven’t even been thought of yet,” said Dan Adams, NNSY Technology and Innovation Community of Practice and Laboratory Lead. “I’m a firm believer that with nearly 12,000 people, we have a lot of creative energy at the shipyard.”

Adams pointed out the lab has the partnership of 18 shipyard subcommittees which are all innovation-focused and meet regularly inside the lab to talk ideas and attack obstacles. Some of the Community of Practice’s subcommittees, such as additive manufacturing, robotics and laser scanning, have their own designated work areas within the lab. “Each subcommittee is kind of its own cross-functional team with members from different departments across the shipyard,” said Adams. “We’ve created an environment conducive to

real collaboration and the development of a shared vision.”

NNSY’s 3-D printing capability is currently limited to AVS plastic, but that’s already proving to be a useful medium, resulting in products that reduce strain on the workforce. “Albert James came to us and said, ‘I carry this 100 lb. transducer through the sub into the sonar dome to do fit-ups. Is there any way we can print a 3-D replica?’ We modeled it using the 3-D software, printed it out, socialized it with the other shipyards, and now they’re doing the exact same thing. It’s worked out great!” said Adams. This accurate representation of the component weighs a mere five pounds.

Laser scanning is another technology proving to have great implications for the shipyard’s future. It’s already been used effectively on USS La Jolla’s (SSN 701) piping system. “With a large area scanner, a laser does 360-degree scanning,” said Brian Presson, Laser Scanning Integration Lead. “You get millions of data points, which form what’s called a point cloud of data. We can go out for a ship check, and accurately capture a space that we need to do work in. We can turn that point cloud into a solid 3-D model. Say, we’re going to chop the pipe here, we’re going pull out all this stuff out and bring the new one in, we’ve got to make sure it lines up with our connection point. You can verify whether it lines up or not.”

A new program called “REAL Ideas” is being established at NNSY to further encourage employees to bring their creative ideas to the lab. “With 1.65 million manhours of work to execute in FY-18, and 50 percent of the workforce with less than five years of experience, it’s about getting people out on the deckplates, performing efficiently, faster,” he said.

Thanks to augmented reality, Adams envisions the day a new shipyard employee can “put some goggles on, look at content captured with the laser scanning, and walk up to the bulkhead while someone explains, ‘that’s this and this,’ leaning in and peeling back the onion layers and seeing the internal components explained before they ever go to work into that environment. That’s a game changer right there.”

For more news from Norfolk Naval Shipyard, visit www.navy.mil/local/nnsy/.

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NEWS FROM NAS OCEANA

NAS OCEANA ANNOUNCES SAILORS AND CIVILIANS OF THE QUARTER

By MC2 Jacob Richardson

Naval Air Station (NAS) Oceana announced Sailors and Civilians of the Quarter first quarter of 2018.

Master-at-Arms 1st Class Gabriel Arias, Senior Sailor of the Quarter; Aviation Boatswain's Mate 2nd Class Steven E. Martin, Sailor of the Quarter; Culinary Specialist 3rd Class Domonique Booker, Junior Sailor of the Quarter; and Master-at-Arms Seaman Jesse Culbertson, Blue Jacket of the Quarter, were named during a celebratory luncheon at Dam Neck Annex Galley.

"There are three common themes with all the awarded Sailors of the quarter; there skill and professionalism in what they do here at NAS Oceana, the volunteer work they do on their free time for the benefit of the community, and the pursuit of higher learning and continuing their education," Commanding Officer of NAS Oceana Capt. Rich Meadows.

In addition to the Sailors, the civilian workforce on NAS Ocean has many jobs and responsibilities. From integrating with contractors, outside businesses and enterprises and incorporating strategic, innovative concepts, Navy installations rely heavily on its civilians and the expertise they bring.

The civilians of the quarter, first quarter 2018 are as follows: Bernice Williamson, senior civilian of the quarter; Robert Delong,

junior civilian of the quarter; Stephany Nad-Weis, FFSC NAF civilian of the quarter; Jessica Burns, NAS Oceana NGIS Civilian of the quarter; Ruth Fusco, Dam Neck Annex NGIS civilian of the quarter.

"NAS Oceana Sailors and civilians continue to set the bar high in terms of service to their country," Command Master Chief Lee Salas said. "Our Sailor and civilian of the quarter program is designed to identify the outstanding work done by these individuals here at NAS Oceana, they provide a sterling example for their peers and those of a more junior rank or pay grade."

To select civilians of the quarter, each organization on the installation puts forth a nominee for selection. They then compete with others, first from within their own department, then again against personnel from other departments located

on NAS Oceana, Dam Neck Annex, and Fentress.

Each nominee, Sailor and civilian, has been recognized by their peers, their departments, their supervisors and upper echelons of the chain of command. The selection process is designed to be rigorous, fair, and equitable

"NAS Oceana Sailors and civilians continue to set the bar high in terms of service to their country,"

Command Master Chief Lee Salas



Photos by MC2 Jacob Richardson

Naval Air Station Oceana leadership stand with the senior Sailor of the quarter, first quarter 2018, Master-At-Arms 1st Class Gabriel Arias. Each nominee, Sailor and civilian, has been recognized by their peers, their departments, their supervisors and upper echelons of the chain of command.



Naval Air Station Oceana leadership stand with the senior civilian of the quarter, first quarter 2018, Bernice Williamson. In addition to the Sailors, the civilian workforce on NAS Ocean has many jobs and responsibilities. From integrating with contractors, outside businesses and enterprises and incorporating strategic, innovative concepts, Navy installations rely heavily on its civilians and the expertise they bring.



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Machinist Mate 3rd Class Tyler Stoup
USS George Washington (CVN 73)



Airman Dusten Pickell
USS Gerald R. Ford (CVN 78)



Sonar Technician 3rd Class Matt Mickinak and Sonar Technician Seaman David Coope
USS Winston S. Churchill (DDG 81)

ON THE RADAR

See more of this week's deployment photos & submit your own!

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READY, SET, WEAR: GUIDELINES FOR IFRV WEAR ANNOUNCED

From U.S. Fleet Forces Public Affairs

NORFOLK

Effective immediately, commands can now order the Improved Flame Resistant Variant (IFRV) coverall. U.S. Fleet Forces (USFF) announced manner and occasion of wear guidance for the IFRV Feb. 5.

The approval of the IFRV as a fleet organizational clothing item to replace the legacy Flame Resistant Variant (FRV) coverall was announced in early January 2017 after the completion of a series of afloat wear tests. The IFRV addresses comfort and durability issues found with the original FRV coverall.

“The original FRV was rapidly introduced to the fleet because Sailor safety is our top priority,” said USFF Director of Fleet Supply Operations/Services Capt. Mark Runstrom. “However, we recognized immediately that we needed a coverall that is more durable, functional and comfortable as well as safe. That is what the IFRV is all about.”

Sailors stationed aboard ships and submarines will be issued a minimum of two IFRV coveralls with units authorized to procure name tags using unit operating target funds. The manner of wear will be the same as the FRV coveralls, prescribing wearers to don full sleeves and secured fastenings. The current 9-inch black, steel-toed boot and Navy or command ball caps are authorized for wear with the coverall.

Approved belts include a black cotton web belt for E1–E6, a khaki cotton web belt for chief petty officers and officers and; rigger’s belts are authorized at command discretion. Rank tabs and insignia are authorized to be sewn or pinned on the coverall based on the wearer’s duties and unit preference.

Rectangular, Velcro-backed name tags will be worn centered, 1/4-inch above the left breast pocket-similar in size, shape and content to the V-neck sweater name tag. Embossed leather name tags or fabric embroidered unit specific name tags similar to those worn on the green Nomex flight jacket will

be authorized for wear at the discretion of unit commanders.

Blue or brown undershirts are authorized for wear with the IFRV, although blue undershirts are being phased out with the introduction of the Navy Working Uniform Type III.

Members will not be authorized to stencil or serialize any portion of the outer fabric of the IFRV nor attach unit or flag patches due to the risk of degrading the flame resistant fabric. However, Sailors are allowed to stencil the inner parts for identification purposes.

The IFRV will be prescribed as an underway uniform and the appropriate attire for events such as sea and anchor detail. Commands can authorize the IFRV for wear ashore or in port and when working in conditions where excessive wear to the uniform could occur or when needing arc or flash protection.

The IFRV coverall is made from a flame resistant, tri-fiber blend designed to offer arc flash protection and provide improved moisture management by allowing the fiber to breathe more efficiently. The IFRV coverall is also designed for sustained durability lasting nearly twice as long as the FRV.

Additionally, feedback during fleet testing of the IFRV revealed a desire for a two-piece FRV. USFF has developed several versions with varying design features that will be tested in the spring of 2018.

For more news from U.S. Fleet Forces Command, visit www.navy.mil/local/clf/ or www.public.navy.mil/usff/Pages/default.aspx/



Photos MC2 Stacy Atkins Ricks
Mass Communication Specialist 2nd Class Michael Fiorillo, assigned to U.S. Fleet Forces Command, poses in the Improved Fire Retardant Variant (IFRV) coverall aboard the guided-missile destroyer USS James E. Williams (DDG 95). The IFRV, made of a light weight, tri-fabric blend, is flame resistant and will replace the current flame retardant variant coverall in use by the fleet.



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AT-45C Goshawk assigned to Commander, Naval Air Training Detachment prepares to land on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

MC3 Jacob Smith



LSOs: SAFETY ON DECK



MC3 Clint Davis
The aircraft carrier USS Abraham Lincoln (CVN 72) transits the Atlantic Ocean while conducting carrier qualifications and training underway.



MC3 Jeff Sherman
AT-45C Goshawk assigned to Commander, Naval Air Training Detachment lands on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

By MC3 Clint Davis
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

Landing signals officers (LSOs) supported Commander, Naval Air Training Detachment (CNATRA) as the Navy’s newest pilots flying T-45C Goshawks completed carrier qualifications aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), Feb. 6.

“It’s rewarding the first time anyone lands on a carrier,” said Lt. Anthony Tordini, an LSO attached to CNATRA. “It’s unlike anything else. For most of the students, the first time they land on a carrier is the first time they’ve been on a carrier. That’s how it was for me.”

LSOs are pilots who stand on the platform, called the LSO platform, toward the aft end of the flight deck and guide pilots down during the last seconds of their approach. Tordini’s role as an LSO is crucial for pilots during their landings.

“We’re responsible for the safe and expeditious recovery of aircraft on the carrier,” said Tordini. “We try to keep the pilots safe and make sure they land properly each time.”

LSOs train student pilots for a year in the field to get to them to the point where they’re proficient enough to attempt a landing on an aircraft carrier.

Once the student pilots fly to the ship, LSOs are there to walk them through every step- critiquing, briefing, and debriefing them on all the things they’re doing right and wrong. When the students are flying, it is the LSO’s job to give them the correct calls over the radio so that the student pilot is properly guided onto the glide slope or center line and that the correct course is maintained.

Approximately 18 seconds before the aircraft touches down on the flight deck, the LSO calls out “Roger, ball” to signal to everyone that the pilot is cleared to land.

“It’s rewarding for us to give back to the new pilots who are in the same position as we were not so long ago,” said Lt. Keith Jeronimus, an instructor and qualifying LSO assigned to the “Golden Eagles” of Training Squadron (VT) 22. “This job is about making sure the pilots can safely complete their mission.”

LSOs serve on all carriers across the fleet providing knowledge and safety to all crew members.

“They serve as the safety for flight for these guys,” said Cmdr. David Burmeister, Abraham Lincoln’s air boss. “They keep the aircrew safe in the aircraft, as well as the aircraft itself, and us on the ship so we don’t damage equipment or someone else on the flight deck.”

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.

Building lives together

By MC2 Kaleb R. Staples
Navy Public Affairs Support Element

NORFOLK

The Hampton Roads Naval Museum held its 7th annual Brick by Brick Lego Shipbuilding event Saturday, Feb. 3.

The over 200 Lego dry dock competition brought awareness to the naval community through STEM-based design plans, robotic demonstrations and professional viewing displays.

With more than 3,000 people in attendance, the event was a hive of activity, spanning both floors of the Peter G. Deckle Jr. Half Moon Center.

“Our goal was between three and four thousand people, so we’re right on target,” said retired Master Chief Donald Darcy, the exhibit specialist.

The upper deck was dedicated to pre-built building kits of U.S. Naval vessels, both active and decommissioned, categorized into easy, medium, hard and expert difficulties. The bottom floor held a free play area with buckets of assorted Legos for the shipbuilding competition, and a Duplo area with larger blocks for younger children.

In addition to these, this year the event added a “sensory room.” The sensory room was added as an option for families with special needs children to escape the bustle of the rest of the event.

“If your child is on the spectrum and needs a break, they can come in,” said Laura Orr, the museum’s education director. “It gives them a chance to not be out



MC2 Kaleb R. Staples
Chief Warrant Officer Ben Bartholomew, commanding officer of the Marine Detachment at Naval School Music, helps his son Levi during the Hampton Roads Naval Museums Brick by Brick Lego Shipbuilding event. This was Hampton Roads Naval Museum’s seventh year organizing the Brick by Brick Lego Shipbuilding event for the public.

in the craziness.”

The event has become a yearly tradition for certain families. For one family, this is their second straight year, with plans of returning in 2019.

“Last year, we had a great time, [my son] built every ship they had, so we had to come back this year,” said Daniel Stad, an attendee. “We plan on coming back next year as well to build some more ships.”

The Brick by Brick Lego Shipbuilding coordinators have already started to look towards next year’s event with an expectation to start building designs within a month.

“We will start in about three or four weeks,” added Darcy. “We will start looking at what ships we want to add, so I can start designing.”

For more information visit www.history.navy.mil/content/history/museums/hrnm.html.

Valentine’s 5K aboard Abraham Lincoln

By MC3 Eddie Ortiz
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

You might’ve been up there: the crisp air, the great blue expansive horizon, the feel of the breeze and sun that baring down on the flight deck of the aircraft carrier USS Abraham Lincoln. The flight deck is the most open place on the ship for a 5-kilometer run when out at sea.

Morale, Welfare and Recreation hosted an underway 5K run, Feb. 3, in recognition of Valentine’s Day, welcoming all hands to come out and run on the flight deck. Some Sailors ran for the enjoyment of it, others were in it more for the competition.

“The runs are always fun to have,” said Hull Technician 3rd Class Madison Higginbotham, one of the supporting volunteers for the run. “It was great to have everyone out here.”

During the run, Abraham Lincoln’s Fit Boss, Shawn Ellison challenged everyone to a race as a form of motivation. While everyone ran the 5k, he rowed the same dis-

tance on the flight deck. Sailors who managed to finish before him were awarded gift cards.

There were a handful of winners, but overall first place winner was by Lt. Cmdr. Kevin Ringelstein, the assistant navigator aboard USS Abraham Lincoln.

“MWR did a fantastic job with the 5k,” said Ringelstein. “It was good to see all ranks out here together and having fun running.”

While some seek to win, others prefer to run just because they can, only looking for personal satisfaction from completing the run.

“The run was great with no weather, just cruising,” said Hospital Corpsman Naphtali Odongo, who invoked the essence of Forrest Gump by dressing up as the character on the flight deck. “Run ‘til there’s no more left to run!”

No matter the reason, the 5k offered Sailors a chance to get together and run off any excess energy and spend time with peers, which is a good distraction from being away from loved ones while underway.

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.

Naval Support Activity Hampton Roads receives River Star awards for environmental efforts

By MC3 Joshua M. Tolbert
Naval Support Activity Hampton Roads Public Affairs

NORFOLK

Naval Support Activity (NSA) Hampton Roads received two River Star awards and the Inside Business River Star Hall of Fame award at the Elizabeth River Project River Star Awards Luncheon on Jan. 25 for sustained distinguished performance at Portsmouth Annex and Lafayette River Annex.

The Elizabeth River Project is the non-profit organization dedicated to encouraging community involvement in protecting and restoring the Elizabeth River and her watershed. They recognize businesses and organizations around the

Hampton Roads area that have voluntary pollution prevention and wildlife rehabilitation programs.

“Receiving the Inside Business River Star Hall of Fame award communicates the importance of partnerships that the Navy has established with our local community in working towards a common goal,” said NSA Hampton Roads’ Environmental Program Manager Linda Hicks. “It feels really great to be recognized for all of our efforts over the years, and to know we are doing our share to clean up the Elizabeth River.”

The Inside Business River Stars Hall of Fame is an annual award given to the one business that best exemplifies the spirit of the River Star Businesses program.

“We love when a facility, which is surrounded by the river, takes the health of the river to heart,” said Elizabeth River Project Business Programs Manager Pam Boatwright.

NSA Hampton Roads started an oyster garden at Hospital Point at Naval Medical Center Portsmouth, the hospital hosts a showcase to raise the awareness of pollution and water conservation, a “Clean the Bay Day” event which helped retrieve almost two tons of trash and debris from approximately one and a half miles of shoreline along the river, and is home to almost six and a half acres of permeable pavers and numer-

ous programs to recycle all of the hospitals plastic and paper waste.

“As a Model Level River Star [Business], we have documented exceptional results in pollution prevention and wildlife habitat enhancements, while mentoring others as community leaders in environmental stewardship,” said Hicks. “Receiving the award helps validate future projects and emphasizes the importance of the programs that we currently have in place.”

The Elizabeth River Project staff and advisors provide recommendations customized for each facility. They help each business find resources for everything from grants and information on pollution prevention technology to sources for native plants and volunteers to help with planting them.

“As an ISO 14001 conforming facility, we are committed to integrating sound environmental practices and controlling the effects of our operations on the river,” said NSA Hampton Roads Commanding Officer Captain Jack Freeman. “Our environmental stewardship is essential to the safe, healthful, and compliant execution of our mission. We are dedicated to sustainability and making continuous improvements in protecting the environment.”

COMMITTED TO SERVE: NAVADMIN 307/17

By MCSN Michael Botts

WASHINGTON

Every year the master chief petty officer of the Navy (MCPON) and the chief of naval operations (CNO) team up with other high-ranking government officials to address issues affecting the fleet.

They assess instructions and make changes to outdated regulations to better suit Sailors and commands throughout the fleet. One of the major changes made this fiscal year was Dec. 21, with the release of naval administrative (NAVADMIN) 307/17, which affects command manning levels and Sailors retention.

This NAVADMIN has brought some significant changes to the way the Navy handles its business pertaining to the retention of its Sailors. In the past, Sailors with projected rotation date’s (PRD) after their end of active obligated service (EAOS) were able to push their EAOS to match their PRD, only if they were a first-term Sailor on sea duty. This was able to be done without any additional paperwork or applications. Any future extensions of EAOS required a career waypoints (C-WAY) application to verify that the Navy could support the manning level in that rank and rate. This process resulted in Sailors transitioning out of the Navy and leaving billets unmanned for months to a year.

In an effort to both retain Sailors and ensure billets stay manned, the new NAVADMIN, mandates that Sailors’ EAOS and PRD match.

“With this new NAVADMIN coming out, those Sailors who are about to transfer out

of our command to a new one are being told that they are going to have to serve until their PRD at their next command,” Chief Personnel Specialist Tiffany Jordan said, the leading chief petty officer for the educational services office aboard the aircraft carrier USS George Washington (CVN 73). “If the Sailor chooses not to extend and are planning on separating from the Navy, we must inform the detailer of their decision. Then, the detailer will determine if that Sailor will still execute those orders and meet the needs of the Navy, or if they will have to extend their contract and remain aboard the ship.”

NAVADMIN 307/17 does not affect those Sailors who have already been given their orders to their next command. For those Sailors currently aboard George Washington, the command is here to offer guidance on the best plan of action.

“The command is responsible for the counseling of the Sailors aboard and making them aware of what their options are,” Jordan said. “You should make your intentions known on whether you plan on staying in the Navy or getting out to your chain of command. Depending on your intentions, your chain of command should be able to provide

you with the information you need to help determine what is best for your specific circumstance.”

Another change brought on by NAVADMIN 307/17, is the change to the previous extension policy. Sailors will now be able to extend to a maximum of 48 months, as where previously they were only able to extend up to a total of 23 months.

“This NAVADMIN makes it easier for Sailors to extend,” Chief Navy Counselor Shaquanta Chukwuma said. “It removes the

“The command is responsible for the counseling of the Sailors aboard and making them aware of what their options are,”

Chief Personnel Specialist Tiffany Jordan



MC2 Jess Lewis

Master Chief Petty Officer of the Navy Steven Giordano visits with Sailors at Naval Station Newport during a senior enlisted leadership all-hands call held at the base.

C-WAY requirement for Sailors who fall into the category where they would need to extend their soft EAOS to meet their PRD. Before, we required a C-WAY quota to extend anything over 24 months, now we are able to extend up to 48 months without having to have a C-WAY quota.”

Change is something every Sailor goes through during their Navy career. Whether it is a change of station or a change in an in-

struction, change can be difficult. If Sailors have any questions or are looking for more information on this NAVADMIN, personnel can read NAVADMIN 307/17 at www.npc.navy.mil or speak with one of the ships command career counselors.

For more news from USS George Washington (CVN 73), visit www.navy.mil/local/cvn73/.

U.S. SIXTH FLEET COMPLETES INAUGURAL FLEET-360 WARGAME

From Navy Warfare Development Command Public Affairs

NORFOLK

Navy Warfare Development Command’s new Fleet-360 wargame aims to increase fighting effectiveness at the operational level of war. The U.S. Sixth Fleet completed play of the first game in January.

“Fleet-360 is a move-based, tabletop wargame designed at the operational level of war for fleet commanders to execute an existing operation plan or contingency plan of their choosing,” said Capt. Chad Brown, NWDC Modeling and Simulation department head. Fleet-360 provides an opportunity for Fleet maritime operations centers (MOCs) to exercise infrequently used skills and functions, operate with a fleet centric mindset, set conditions for subordinate commanders, and develop expertise in emerging

concepts.

“The game is constructed to allow senior and junior staff alike to work closely with the commander to better understand his or her intent,” Brown said. “The wargame is designed to incorporate participation by combined task forces (CTFs) and combined task groups (CTGs) subordinate to the Fleet MOC, thereby testing and improving their ability to absorb and implement the Fleet Commander’s intent.”

Feedback from participants in the first Fleet-360 game was uniformly positive and validated objectives such as developing a better-trained staff, indoctrinating new personnel to the MOC, and building the “bench.” The wargame provided a first experience for thinking and planning at the operational level of war for many junior and mid-grade officers.

NWDC is an integral part of the Navy’s

warfighting development system, delivering and integrating new capability to the fleet at the tactical and operational levels of war. Fleet-360 traces its roots to the Strike Group-360 wargame series, which has been directed from NWDC since 2012.

“Both games have a similar format, using a ‘playing chess by email’ construct and combination of computer and human adjudication methodology, wherein the adjudication ‘output’ from one move is used as the ‘input’ for the next move,” said NWDC Modeling and Simulation Director Ken Enriquez. Both games also include combat operations against a peer adversary.

“What differs is the level of focus,” Enriquez said. “Whereas the strike group game is designed at the tactical level of war, the fleet game’s focus is squarely on the operational level of war.”

The Fleet-360 wargame differs from, but contributes to other operational level of war (OLW) events, such as Combatant Command, Joint and Navy exercises.

Unlike traditional OLW training events, the game is played on a flexible schedule, allowing participation to fit within the fleet’s normal battle rhythm and not add undue administrative burden. Participants reported the self-paced wargame is valuable for learning

and trying new ideas. “It is also a non-graded event, allowing the fleet commander great latitude to delve into areas of his or her own choosing to explore decision making possibilities and capture insights, which are then documented in the wargame’s final report,” Enriquez said.

Other major differences are that Fleet-360 is not driven by a master scenario events list, does not follow a pre-designed script, and is played versus a very robust, thinking red cell that is informed by a wide swath of the intelligence community.

Fleet-360 is a valuable new wargame for making a fleet commander and staff more effective fighting at the OLW as our Navy faces increasingly capable technologies available to a greater range of adversaries.

As the Navy looks to NWDC to lead innovation and accelerate the development of operational capabilities, Fleet-360 is an additional means to identify critical military problems and will inform development, integration, and acceleration of innovative solutions that enable the Navy weapon system to out-pace maritime threats.

For more about Navy Warfare Development Command, visit www.nwdc.navy.mil, or visit www.navy.mil/local/nwdc/.

RELIEF | Fund drive

Continued from A1

a little assistance during life’s challenges,” Religious Program Specialist 1st Class Richard Figueroa said. “Every year our goal is to make 100 percent contact to educate active duty members about the society’s programs and give them an opportunity to contribute.”

The NMCRS offers a range of educational programs such as financial counseling, educational assistance, health education and post-combat support, and child budgeting. The society is composed of mostly volunteers so the majority of the contributions are given back to the service members and their families.

“I donate every year because there was a time in my life where I needed financial help and the NMCRS was there to get me through it,” Mass Communication Specialist 3rd class

Casey Hopkins said. “My shipmates are my family and by giving back to this organization I know this small act could have a big impact on getting them through life’s obstacles.

I also never know if I might need help again so in a way I’m helping myself by donating every year.”

So far the NMCRS has raised more than \$10 million. These contributions help fund financial assistance programs such as disaster relief, emergency travel funding and thrift shop.

“NMCRS has helped me a lot,” Yeoman 2nd class Jasmin Robles said. “When I first joined, I did not balance my money correctly and had to go to them for help. They gave me a Quick Assist Loan of \$500 no questions asked! I also used their financial advisors to help me get a budget together as I have moved up in rank and they have helped me adjust accordingly.”

For more information visit nmcrsfunddrive.org.

“I donate every year because there was a time in my life where I needed financial help and the NMCRS was there to get me through it,”

Casey Hopkins, Mass Communication Specialist 3rd class

DATABASE | Accidental job posting cancellation

Continued from A7

Career Management Department about the error Feb. 7. “While we are sorry for any concern that this has raised for our Sailors, I want to make clear that no orders were actually canceled. My team is reaching out to those Sailors who received the erroneous notifications to assure them that their orders remain on track,” said Director of NPC Career Management Department Rear Adm. John Meier. “We are dedicated to providing our Sailors the best customer service possible and remain committed to ensuring system errors such as this do not occur in the future as we bring our new personnel management processes online as part of our overall personnel transformation initiatives.

For more information about CMS-ID or to find your detailer’s contact information, visit the NPC website at www.npc.navy.mil or visit www.navy.mil/local/npc/.

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'Dahlgren Decon' to receive 2018 excellence in tech transfer award

The Federal Laboratory Consortium for Technology Transfer selected the Navy's 'Dahlgren Decon' technology for a 2018 Excellence in Technology Transfer Award. » See B3

SECTION B | FLAGSHIPNEWS.COM | 02.15.18

CNO TO SAN DIEGO SURFACE FORCE — 'EARN IT EVERY DAY'



MC1 Nathan Laird

Chief of Naval Operations (CNO) Adm. John Richardson delivers remarks and holds a question-and-answer session during an all-hands call at Naval Base San Diego. The CNO is on a multi-day trip to San Diego to visit various commands and to meet with military, civic, and industry leadership to discuss their roles in "The Navy the Nation Needs."

From Naval Surface Force, U.S. Pacific Fleet Public Affairs

SAN DIEGO

During a visit to Southern California, Chief of Naval Operations (CNO) Adm. John Richardson held an all-hands call with Surface Warfare Sailors at Naval Base San Diego, Feb. 7, to discuss today's security environment and what the Navy needs to do to remain the preeminent maritime force.

The CNO gathered with approximately 1,000 Sailors for over an hour where he answered more than 25 questions and asked for feedback on the changes being made to the surface Navy.

"You took an oath, you raised

your right-hand time and time again. A commitment like that deserves the utmost respect and you have my total respect," said Richardson. "Every decision I make starts with all of you in mind, what can we do to help you achieve your full potential, how can we make this the safest Navy for our Sailors, be the best partner for our friends and allies and the most lethal Navy for our enemies."

Sailors asked questions that ranged from uniforms and limited duty status to new operational standards and the training cycle of surface ships.

"There are a lot of changes going on in our surface Navy and Vice Admiral Brown has the helm, he

is driving that. I could not ask for a better thinker or a better leader to help us take care of that," Richardson said.

Vice Adm. Richard Brown, commander, Naval Surface Forces, was in attendance to listen to the CNO and the feedback he received from the audience.

"It was an honor and privilege to have the CNO engage with our Surface Warriors on the waterfront," said Brown. "We are the finest Navy in the world and we are going to get better, get smarter, faster and more lethal. I am appreciative of the CNO's support and the time he spent today with the surface Navy."

The CNO focused on training and raising the standard, saying "We

want an excellence based Navy. We want to get away from just achieving the minimum standard, but instead strive for excellence in everything we do, every single day."

When asked about standardizing the surface warfare qualification process fleet wide, the CNO answered "absolutely yes" and cited both the Comprehensive Review and the Strategic Readiness Review.

"No matter what ships we bring online, how we maintain them, how many people we have, at the end of the day, we have to make sure they are properly trained. We will not waiver from that," said Richardson. "We're doing a lot of thinking in terms of how we can improve training across the Navy, but particu-

larly the surface Navy, to make sure we're getting the training we need so we can get out there to sea."

Following the all-hands call, the CNO met commanding and executive officers of littoral combat ships (LCS) stationed in San Diego and toured the LCS training facility. The CNO is one of Thursday's keynote speakers at the 2018 WEST conference being held in San Diego Feb. 6-8.

Vice Adm. Brown also spoke at WEST, participating in a panel addressing what warfare community leaders are doing to adjust to increasing near-peer threats.

For more Naval Surface Force news visit www.public.navy.mil/surfor/Pages/home.aspx

PNS Aslat seizes 5 tons of drugs to total \$1 Billion CTF 150-seized drugs in recent months

From Commander, Combined Maritime Forces, Office of Public Affairs

MANAMA, BAHRAIN

Pakistan navy ship (PNS) Aslat (254), as part of Combined Task Force (CTF) 150, seized five tons of hashish Feb. 6, while patrolling the Arabian Sea.

Aslat detected a dhow of interest during a routine patrol of the area. The Pakistan ship requested permission from CTF-150 to conduct a flag-verification boarding. Once the dhow was determined to be without nationality, PNS Aslat was authorized to conduct a non-destructive search of the dhow. Aslat's boarding team located the five tons of hashish, valued at more than \$197 million.

"CTF-150 is a multinational task force working together in order to promote security and stability throughout our area of operations," said Commander of CTF-150 Royal Australian navy Cmdre. Mal Wise. "The re-

cent seizure with PNS Aslat highlights the expertise and local operational knowledge of our partner navies that is key to achieving success."

Since November, multinational assets in support of CTF-150 have seized over 16 tons of hashish and 1.5 tons of heroin, valued in excess of \$1 billion. This is the sixth confiscation of drugs by CTF-150, currently under Australian leadership, with a combined Australian and Canadian staff and supported by assets from partner nations like Australia, France, New Zealand, Pakistan, the U.K. and the U.S.

The U.S.-led Combined Maritime Forces is a Bahrain-based, global maritime partnership of nations, aligned in common purpose to conduct maritime security operations in order to provide security in the maritime environment.

CTF-150 is focused on disrupting terrorist organizations and their unlawful activities by restricting freedom of maneuver in the maritime domain. In collaboration with regional and other partners, CTF-150 promotes maritime security by denying terrorist organizations their ability to move personnel, weapons or drugs thus obstructing their capacity to raise funds.

For more news from Commander, U.S. Naval Forces Central Command/5th Fleet, visit www.navy.mil/local/cusnc/.



U.S. Navy graphic



MC2 Alyssa Weeks

EXERCISE CUTLASS EXPRESS 2018 CLOSES

By MC3 Ford Williams

U.S. Naval Forces Europe and Africa Public Affairs

VICTORIA, SEYCHELLES

Maritime forces from East Africa, West Indian Ocean nations, Europe, and the United States, as well as several international organizations, concluded the seventh iteration of the annual multinational maritime exercise Cutlass Express 2018, Feb. 7.

Cutlass Express, sponsored by U.S. Africa Command (AFRICOM) and conducted by U.S. Naval Forces Africa was designed to assess and improve combined maritime law

Djiboutian Coast Guard members practice tactical movements during exercise Cutlass Express 2018 in Djibouti, Djibouti. Cutlass Express is designed to improve regional cooperation, maritime domain awareness and information sharing practices to increase capabilities between the U.S., East African and Western Indian Ocean nations.

enforcement capacity, promote national and regional security in East Africa.

"We appreciate the enormous effort Seychelles put into hosting this year's exercise," said U.S. ambassador to Seychelles and Mauritius David Reimer. "Maritime security was the first thing President Faure and I discussed yesterday. It's not just a U.S. concern or just a Seychelles concern, it's an international priority."

» See CUTLASS | B7

When kids are quiet, something’s not right

By Lisa Smith Molinari

“Kids . . .,” I’d yelled into our playroom on a regular basis when our children were small, “what’s going on in there?!”

Usually, I’d heard roughhousing — giggling, knocks against the wall, creaking couch springs, yips and squeals. You’d think the innocent sounds of our children playing would warm our hearts, but as experienced parents, Francis and I knew that wholesome noises often lead to bonked heads, chipped teeth, and poked eyes.

However, there were other times when we hadn’t heard squeals, bumps, or creaking floorboards. No singing, hammering, smacking or cry-ing. No Barbies being thrown, sippy cups hitting the floor, or lamps getting knocked over.

What we heard was something far more terrifying: total silence.

Let’s face it, kids are noisy. They sniffle, babble, fidget, fiddle, whine and wank. Silence is a clear sign that something’s wrong.

Case in point: One night, when our family was stationed in Virginia, Francis and I let our five-year-old son, Hayden, and his two-year-old sister, Anna, watch a video in the playroom before bedtime.

Back in those days, we savored every peaceful second that a half-hour video provided as if it was some kind of luxurious spa treatment. As soon as we popped a tape into the VCR, we would dash down the stairs to melt into our couch cushions. With the doors open, we could hear the murmur of the often-played video and the sounds of our kids tinkering with toys. After countless nights of the same routine, we’d know exactly when our time was up.

But on this night, the half hour flew by without us noticing. Twenty minutes or so after “Arthur” was over, I nudged Francis. “Uh-oh . . . I don’t hear the kids.”

“Hayden and Anna!” Francis yelled up the playroom stairs, “What’s going on in there?”

Soon we heard little padded feet scurrying and intermittent giggling. Hayden and Anna slunk downstairs and appeared before us with their heads bowed in guilt. When they looked up, we saw that they each had green marker scribbled all over their hands and faces.

“What have you two been doing?” we demanded. Anna’s enormous brown eyes flashed to her older brother.

“Playing,” Hayden said.

“Hayden and Anna, you’re not supposed to use markers on skin,” I scolded. Reaching for a tub of baby wipes, I noticed green marks on Anna’s neck that dipped below the collar of her footed pajamas. I unzipped her PJs and gasped.

Anna chest, belly, arms, legs, feet, hands and back were a green, inky



Courtesy Lisa Smith Molinari

mess. A quick inspection of Hayden revealed that, other than his green hands, he was marker-free. The culprit was obvious.

“Hayden! Why did you scribble all over your little sister?” Francis pressed.

“Not me,” Hayden shrugged.

“Then how did your name get in the middle of Anna’s back? Do you expect us to believe that she put it there? She can’t even read yet!” I barked.

We looked down at our sheepish kids, realizing that Hayden had pulled off a classic big brother prank on his adoring little sister. Francis and I tried to maintain a serious demeanor, but one side glance at each other was all it took to get us laughing.

Pretty soon, all four of us were cracking up. Anna had no idea what was so funny, but she laughed right along with us.

After a second round of baths to remove the washable marker, we tucked them into bed for the night. We stopped by the playroom to turn out the lights, still smiling about their sweet shenanigans.

The grins drained from our faces when we saw what the kids had re-ally been up to. The tattooing of Anna had just been the icing on the cake. The real masterpiece was in our formerly pale yellow playroom. Somehow, in the time it took for us to realize that the “Arthur” video had ended, Hayden had managed to create a mural of scribbles on all four walls in every color of the rainbow.

And he did it in complete silence.

“Whoever said, ‘Children should be seen, not heard,’ clearly wasn’t a parent.”

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MC1 Corwin Colbert

The guided-missile destroyer USS Hopper returned to its homeport Joint Base Pearl Harbor-Hickam after a successful four-month deployment. While deployed to the Western Pacific and Arabian Gulf, Hopper promoted security and stability as well as ballistic missile defense.

From USS Hopper Public Affairs

PEARL HARBOR

Guided-missile destroyer USS Hopper (DDG 70) returned to its homeport Joint Base Pearl Harbor-Hickam after a successful four-month deployment, Feb. 9.

While deployed to the Western Pacific and Arabian Gulf with the U.S. 7th Fleet and U.S. 5th Fleet, Hopper promoted security and stability as well as ballistic missile defense.

“What this crew has accomplished not only over the past four-plus months of our surge deployment, but in the months leading up to it, is nothing short of greatness,” Commanding Officer of Hopper Cmdr. Jeff Tamulevich said. “Hopper has the best Sailors and warfighters in the world, and I am proud to be their commanding officer.”

An early highlight to Hopper’s deployment was a visit from Secretary of the Navy Robert V. Spencer on Thanksgiving Day. While aboard, Spencer received a tour of the ship, which provided an opportunity for him to speak with Sailors on watch before heading out to the ship’s flight deck to address the rest of the crew. He reminded them how much their service means to the country.

“What the United States Navy and the United States Marine Corps team represent is the deployed power to keep peace by presence, but [to also] deliver the fight tonight when called on,” Spencer said. “You are that team, and you make me really proud.”

Hopper, at the time operating with the Amer-

ica Amphibious Ready Group, had the opportunity to exchange Sailors with Her Majesty’s Australian Ship HMAS Warramunga (FFH 152). Two groups of six Hopper Sailors made the small boat ride over to Warramunga.

“I was lucky enough to be one of the Hopper Sailors to visit Warramunga, where we received a warm welcome,” Lt. j.g. Keelen Collins said, Hopper’s navigator. “We toured the Australian frigate with counterparts of similar rank and compared ships, crew structure, and lifestyle. It was a fantastic experience visiting a fellow warship in the Gulf and making new acquaintances from the land down under.”

Tamulevich said Hopper, a ballistic missile defense asset, provides operational commanders with one of the most lethal and capable warships in the world, fully certified in 20 warfare areas.

“We seamlessly integrated with a myriad of commanders, and the Hopper Team executed all mission tasking like the professionals we are.”

Hopper conducted a boarding of underway replenishment oiler USNS Guadalupe (T-AO-200) while working in coordination amphibious assault ship USS America (LHA 6), expeditionary mobile base vessel USS Lewis B. Puller (ESB 3), and 15th Marine Expeditionary Unit during an expanded maritime interdiction operation (EMIO) exercise.

“The EMIO event was an excellent opportunity to flex Hopper’s ability to embark a prize crew and practice taking control of an unfamiliar vessel,” Visit, Board, Search, and Seizure

USS Hopper returns from 4-month deployment

(VBSS) officer Lt. j.g. Alexandra Chan said. “It was a pleasure to work with our Marine Corps brethren on the America. The 15th MEU were true professionals. I was impressed by their proficiency and appreciated the training they provided our VBSS and combat gunnery team.”

During the four-month span, Hopper executed port visits in Bahrain, Singapore, and Guam. Morale, Welfare and Recreation (MWR)-sponsored tours and events offered during the port visits allowed Sailors to explore and experience the culture of each location.

“We’ve been at sea for almost 12 of the past 18 months, which has presented many challenges, but we’ve been very fortunate to have had the opportunity to visit so many amazing countries and see the world,” Quartermaster 3rd Class Rodrigo Hernandez said.

Commissioned Sep. 6, 1997, Hopper is named after former U.S. Navy Rear Adm. “Amazing” Grace Hopper, owing to the breadth of her accomplishments as a pioneering computer scientist and naval officer.

Hopper is part of U.S. 3rd Fleet and U.S. Naval Surface Forces. U.S. 3rd Fleet leads naval forces in the Pacific and provides realistic, relevant training necessary for an effective global Navy, working constantly with U.S. 7th Fleet. The forces of both fleets complement one another across the spectrum of military operations in the Pacific.

For more news from Commander, Navy Region Hawaii, visit www.navy.mil/local/cnrh/.



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Federal laboratory consortium selects ‘Dahlgren Decon’ for 2018 excellence in tech transfer award

By John Joyce

Naval Surface Warfare Center Dahlgren Division Corporate Communications

DAHLGREN, VA.

The Federal Laboratory Consortium for Technology Transfer (FLC) selected the Navy’s ‘Dahlgren Decon’ technology for a 2018 Excellence in Technology Transfer Award, Naval Surface Warfare Center Dahlgren Division (NSWCDD) announced, Feb. 2.

The FLC award — presented annually to employees from more than 300 federal laboratories for outstanding work in transferring federally developed technology — will be awarded to NSWCDD for the first time at the FLC national meeting in Philadelphia, Pennsylvania, April 25.

“This award represents a culmination of years of successful research and development activities, collaborations across the DOD (Department of Defense), and partnerships with academia and industry, resulting ultimately in increased capability in the hands of the warfighter,” said Kathleen Jones, NSWCDD chief technology officer. “It’s a stellar example of why Dahlgren is here. I could not be more proud of the efforts of our team.”

Dahlgren Decon — a decontamination solution developed to defend warfighters against chemical, biological, and radiological agents — is protected under several patents by the Navy.

“This year, your laboratory is one of a select number of recipients, an indication that your nomination was truly of the highest caliber,” John Dement, FLC chair, and Donna Bialozor, FLC Awards Committee chair, wrote to Lorraine Harting, NSWCDD Office of Research and Technology Applications manager, in a Jan. 29, 2018 letter.

“We are honored to receive this prestigious national award from the Federal Laboratory Consortium,” said Lorraine Harting, NSWCDD Office of Research and Technology Applications manager. “This technology transfer not only provides the decontamination product to warfighters off-the-shelf, it will also be incorporated into products supporting first responders and the general public.”

FLC is the formally chartered, nationwide network of over 300 federal laboratories, agencies, and research centers that foster commercialization best practice strategies and opportunities for accelerating federal technologies out of the labs and into the marketplace.

NSWCDD researchers worked for more than a decade to develop and test Dahlgren Decon as a revolutionary response to chemical and biological warfare agents.

“This is the ‘home run’ of technology transfer and doesn’t happen without a lot of contributors,” said Chris Hodge, NSWCDD scientist and Dahlgren Decon inventor. “Just about everybody in the branch (an NSWCDD chemical, biological and radiological defense group), plus collaborators in every service as well as industry and academia, contributed to make this happen. I’m thankful for their hard work and very proud to represent the team.”

In July 2015, NSWCDD signed an exclusive patent license agreement with a Virginia-based small business, permitting it to manufacture the ‘Dahlgren Decon’ life-saving decontamination technology for warfighters and first responders worldwide.

“A lot of inventors from the Dahlgren side made a powerful decontaminant and now it’s just a matter of getting it out to the market,” said Amit Kapoor, president of First Line Technology, LLC, after signing the exclusive license agreement. “We want to bridge the gap and take it out to the first responders and help the warfighter, ensuring they have the best of the best.”

In effect, NSWCDD worked through Cooperative Research and Development Agreements with First Line Technology — a disadvantaged and minority-owned small business and Solvay Chemicals, Inc., manufacturer of the active ingredient in the decontamination solution — to develop a transition plan for providing U.S. first responders with technology that defends the general public from hazardous threats.

The formulation has a variety of potential applications as a commercial antimicrobial or pesticide.

The Dahlgren Decon solution will neutralize a wide range of substances, from toxic



U.S. Navy photo

A First Line Technology employee demonstrates application of the Dahlgren Decontamination solution, known as Dahlgren Decon, for decontaminating a fire suit. The Federal Laboratory Consortium for Technology Transfer selected Dahlgren Decon technology for a 2018 Excellence in Technology Transfer Award, Naval Surface Warfare Center Dahlgren Division (NSWCDD) announced, Feb. 2. Dahlgren Decon was invented and developed by NSWCDD to defend warfighters against chemical, biological, and radiological agents. In September 2016, the command signed an exclusive license agreement with First Line Technology, a Virginia-based small business, permitting it to manufacture the life-saving decontamination technology for warfighters and first responders nationwide.

industrial chemicals and materials to chemical warfare and biological agents. The new decontamination solution has a moderate pH and does not generate toxic byproducts.

Moreover, it’s proven to be the most effective decontamination technology against chemical and biological agents. With a neutralization and kill time of just a few minutes, Dahlgren Decon is now the fastest reacting decontamination agent when compared to other commercial products on the market or in development.

Hodge ensured the peroxygen-based chemical and biological decontamination formulation is friendly to equipment, users, and the environment without sacrificing speed and efficacy.

Competing technologies are effective. However, many are either highly corrosive to equipment or require contact times as long as 30 minutes. In addition, most available solutions contain components that are harsh on equipment, users, and the environment.

Dahlgren Decon, extensively tested by Hodge and his team since 1999, minimizes those issues while maintaining high efficacy against a wide panel of chemical and biological threats.

“The solution is easy to use,” Hodge points out. “The active ingredient ships as an easy-to-handle solid and stores wells. Activation is fast — just add water. The active solution’s peracid oxidizers tackle an array of targets in minutes without solvents and without sacrificing useable life once mixed.”

A large body of data, including live-agent

testing results, is available to support additional development efforts and registration filings.

This example of U.S. industry’s capability to expand NSWCDD-developed technology reflects the Navy’s technology transfer objective to actively share its dual-use technology, facilities, and expertise with the U.S. public and private sector, and incorporate into the Navy commercially available technology that supports mission-related needs.

“Through American taxpayers’ investment in our federal laboratories’ research and development efforts, scientific and technological breakthroughs can take place and return dividends to our economy,” according to the FLC website, www.federallabs.org. “The new industries, businesses, and jobs that can be created when a new technology is brought to market are just a few of the successes that take effect through technology transfer, and the FLC is here to promote, facilitate, and educate labs and industry about that process.”

NSWC Dahlgren Division is a premier research and development center that serves as a specialty site for weapon system integration. The command’s unique ability to rapidly introduce new technology into complex warfighting systems is based on its longstanding competencies in science and technology, research and development, and test and evaluation.

For more news from NSWC Dahlgren, visit www.navy.mil/local/NSWCDD/.



U.S. Navy photo

A U.S. Army Soldier decontaminates a military vehicle with the Dahlgren Decontamination solution, known as Dahlgren Decon.



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USS Preble conducts operations with USS Lewis B. Puller

By MC3 Morgan K. Nall
Theodore Roosevelt Carrier Strike Group Public Affairs

ARABIAN SEA

Sailors from the guided-missile destroyer USS Preble (DDG 88) and the expeditionary sea base USS Lewis B. Puller (ESB 3) experienced a different side of the U.S. Navy, during a brief crew swap between the two ships.

Approximately 20 Sailors from each ship participated in the exchange, in an effort to educate and inform crewmembers and improve mission readiness.

“Visiting other platforms allows Sailors the unique opportunity of experiencing what life is like on the other ships we are sailing with,” said Lt. j.g. Justin Villasenor, combat acoustics officer aboard Preble. “It also gives the crews a chance to demonstrate how the ships operate on a day to day basis.”

Lewis B. Puller, which was redesignated from USNS Lewis B. Puller (T-ESB 3) to a commissioned a warship in August 2017, stages personnel and equipment in support of diverse missions including humanitarian aid and disaster relief, crisis response, airborne mine countermeasures, counter-piracy operations and maritime security operations.

As an expeditionary sea base platform, ESB 3 can support a variety of low-intensity missions, thereby allowing amphibious warships and surface combatant ships to conduct other



Cmdr. Allen Maxwell Jr., commanding officer of the guided-missile destroyer USS Preble (DDG 88), talks with Sailors from the expeditionary sea base USS Lewis B. Puller (ESB 3), during their visit to Preble.



Electrician's Mate 3rd Class Nicholas F. Donnelly boards the guided-missile destroyer USS Preble (DDG 88). Preble is deployed with the Theodore Roosevelt Carrier Strike Group to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

operational missions.

While on board Preble, Lewis B. Puller Sailors toured the ship and received training on various mission areas practiced by the destroyer.

“We’re here on Preble to receive initial certifications or requalification for the handling and storage of AGM-114 Hellfire missiles,” said Gunner’s Mate 1st Class Michael W. Rogers, a Sailor assigned to Lewis B. Puller. “The purpose of this visit is to improve Puller’s future capabilities and mission readiness.”

In exchange, Preble Sailors had the opportunity to tour Lewis B. Puller, which is currently the only ship of its kind in the fleet.

“A group of our engineers went to Puller to see their engineering spaces along with the rest of the ship,” said Gas Turbine Systems Technician (Mechanical) 2nd Class Stephanie Gomez, a Sailor assigned to Preble. “Everything about their spaces is so different than what we have, from their work centers to their living spaces.”

Gomez added that although they work on a much larger platform, the crew of Lewis B. Puller is about half the size of Preble’s, giving them larger living spaces and community areas.

Outside the skin of the ship, Lewis B. Puller’s mission capabilities are vastly different than that of Preble’s.

With approximately 82,000 square feet of mission deck space below a 50,000 square foot flight deck, Lewis B. Puller is able to house two MH-53E Sea Dragon helicopters or one MV-22 Osprey, as well as several other rotor and fixed-wing aircraft.

“Puller’s mission deck has a modular design, giving them the ability to on load shipping containers set up with different

equipment such as medical supplies, living and work spaces for a Marine Corps detachment or UAV (unmanned aircraft vehicle) operations,” said Lt. Andrew B. Shea, a pilot assigned to Helicopter Maritime Strike Squadron (HSM) 37, currently embarked aboard Preble. “It’s really a blank canvas capable of meeting whatever mission they face at the time.”

Shea said that in the last few months alone the ship has facilitated landings for roughly 16 different type of aircraft, including the MH-60R Sea Hawks embarked on Preble.

“Along with our primary mission of providing coverage for Lewis B. Puller, we’ve also had the chance to fly a few vertical replenishment flights, delivering parts and cargo, as well as conduct deck landing qualifications,” said Shea.

Preble has been patrolling the Arabian Sea alongside Lewis B. Puller since early January and continues its operations in the region.

Preble is currently deployed to the U.S. 5th Fleet area of operations with the aircraft carrier USS Theodore Roosevelt (CVN 71), the flagship of CSG 9, along with the guided-missile cruiser USS Bunker Hill (CG 52), and guided-missile destroyers USS Halsey (DDG 97) and USS Sampson (DDG 102). The Theodore Roosevelt Carrier Strike Group (TRCSG) deployment is an example of the U.S. Navy’s routine presence in waters around the globe, displaying a commitment to stability, regional cooperation and economic prosperity for all nations. Preble departed Joint Base Pearl Harbor-Hickam for a regularly scheduled deployment, Oct. 16, to the U.S. 7th and 5th Fleet areas of responsibility in support of maritime security operations and theater security cooperation efforts.

For more news from USS Theodore Roosevelt (CVN 71), visit www.navy.mil/local/cvn71/.

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US Navy aircraft enhance regional partnerships, highlight capabilities during Singapore airshow

From Task Force 73 Public Affairs

SINGAPORE

U.S. Navy aircraft are participating in the Singapore International Airshow Feb. 6–11, held at the Changi National Exhibition Center.

Crews from the Navy’s P-8 Poseidon maritime patrol aircraft and an F/A-18 Super Hornet joined aircrews from the U.S. Air Force and U.S. Marines for the weeklong exhibition. The Navy aircraft are forward deployed to the Indo-Asia-Pacific as part of the U.S. 7th Fleet and have a routine presence across the region.

Singapore’s biennial airshow provides an ideal forum for naval aviators and crews to engage with their U.S. counterparts along with aircrews from allied and partner nations from across the region and the world.

“We are honored to bring our team to Singapore to represent the U.S. Navy before an international audience of aviation professionals and partner nation militaries,” said Lt. Cmdr. Karl Murray, mission lead for the crew of the P-8 Poseidon of Patrol Squadron (VP) 8. “Our time here enables us to showcase our capabilities and enhance relationships at



MC1 Jay C. Pugh
A P-8A Poseidon from Patrol Squadron (VP) 16, is on display at the Singapore Air Show. The Singapore Air Show is Asia’s largest aerospace and defense exhibition.

the operator level with our friends and allies.”

The Singapore airshow occurs every two years and is the largest defense exhibition and international tradeshow in the Indo-Asia-Pacific region with more than 50 nations and foreign delegations, and 1,000 defense contractors participating.

The Navy aircrews will host a variety of distinguished visitors along with industry personnel, aviation enthusiasts and partner nation military aviators during the public days of the airshow highlighting the capabilities and enduring legacy of U.S. naval aviation.

U.S. Navy participation in airshows helps demonstrate America’s commitment to the peace and security of the Indo-

Asia-Pacific while fostering enduring relationships with international audiences and partner militaries.

U.S. Navy aircraft assigned to the U.S. 7th Fleet conduct forward-deployed maritime operations in support of U.S. national interests in the Indo-Asia-Pacific region. As the U.S. Navy’s largest numbered fleet, the U.S. 7th Fleet interacts with 36 nations across the region to build security partnerships that foster maritime stability.

For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.

DEWEY, STERETT TO DEPART SAN DIEGO FOR INDO-PACIFIC



MC1 Byron C. Linder
The guided-missile destroyer USS Dewey (DDG 105) conducts an underway replenishment with the Henry J. Kaiser-class fleet replenishment oiler USNS Yukon (T-AO-202) as the guided-missile destroyer USS Sterett (DDG 104) departs. Sterett is part of the Sterett-Dewey Surface Action Group and is the third deploying group operating under the command and control construct called 3rd Fleet Forward. U.S. 3rd Fleet operating forward offers additional options to the Pacific Fleet commander by leveraging the capabilities of 3rd and 7th Fleets.

From U.S. 3rd Fleet Public Affairs

SAN DIEGO

The guided-missile destroyers USS Dewey (DDG 105) and USS Sterett (DDG 104) will depart their homeport of Naval Base San Diego for a scheduled deployment to conduct operations in the Indo-Pacific region, Feb. 6.

Dewey and Sterett will support a Wasp Expeditionary Strike Group deployment in order to advance U.S. Pacific Fleet’s “up-gunned ESG” concept. Wasp, now forward-deployed to Sasebo, Japan, has the capability to land and launch the F-35B Joint Strike Fighter, a key element to the up-gunned ESG concept.

Surface ships like Dewey and Sterett enhance an amphibious force’s ability to conduct its primary mission of ship-to-shore movement in the littorals, particularly in a contested environment. Dewey and Sterett possess important sensors and weapons to detect and neutralize undersea, surface and air threats that are vital to protecting the amphibious force.

“The Dewey crew is prepared, committed and ready to execute all tasks,” said Dewey Commanding Officer Cmdr. Anthony L. Webber. “We look forward to another deployment and safe return home to our loved ones.”

“The men and women onboard Sterett are

ready to execute the mission,” said Sterett Commanding Officer Cmdr. Claudine Caluori. “It is an honor to lead such a talented and hardworking team.”

While on deployment, Dewey and Sterett will train with forward-deployed amphibious ships across all mission areas and further refine tactics, techniques and procedures integrating with an expeditionary strike group.

After completing successful training and preparation, both ships and their respec-

tive crews are prepared for this deployment, working with their amphibious counterparts.

Dewey and Sterett last deployed in 2017 and operated with regional navies to conduct routine patrols, maritime security operations and theater security cooperation activities to enhance regional security and stability.

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OLYMPIC GYMNAST TOURS GUAM SUBMARINE

By **CSSA Jonathan J. Perez**
Submarine Squadron 15 Public Affairs

SANTA RITA, GUAM

Fast-attack submarine USS Asheville (SSN 758) hosted three-time gold medal Olympic gymnast Gabby Douglas for a shipboard tour at Naval Base Guam (NBG), Jan. 10.

Douglas, who came to Guam as part of a USO tour, jumped at the opportunity to tour Guam’s newest submarine. Asheville’s Commanding Officer Capt. Paul Pampuro greeted the gymnast upon her arrival.

“It’s a huge honor just being able to come out here [to tour Asheville] and for everyone to welcome me with open arms,” said Douglas.

Lt. j.g. Caleb Mazzola, a junior officer assigned to Asheville, led the tour and discussed the capabilities of the submarine as they walked topside before heading into the submarine’s control room, living quarters,

torpedo room, machinery room and mess decks.

“I just finished qualifying in submarine warfare two days ago and became eligible to lead tours,” said Mazzola. “When I first heard we would be hosting Gabby Douglas’ tour, I was so excited! I was watching in 2012 when she won her Olympic gold medal. This was my first time leading a tour of our submarine, and to have been able to lead Gabby Douglas and show her what we do was an honor.”

Douglas was asked to be the first signature on a torpedo hoist side bar in Asheville’s torpedo room. The side bar will be signed by the submarine’s crew then preserved with a clear coat of paint, becoming a part of the boat’s heritage until its decommissioning.

“It’s definitely amazing to see everything behind the scenes and meet a lot of the [Sailors],” said Douglas. “I appreciate the military so much.”

Douglas was invited to the bridge to get a



Gabby Douglas receives a welcome aboard gift from USS Asheville Chief of the Boat Master Chief Culinary Specialist (Submarine) Simeon Yeboah. Containing a photo signed by the Asheville Commanding Officer Capt. Pampuro. USS Asheville is a one of four forward-deployed submarines homeported in Apra Harbor, Guam.



Photos by CSSN Jonathan Perez
Lt. j.g. Caleb Mazzola shows Gabby Douglas the Vertical Launch Systems (VLS) from the sail of the USS Asheville.

view from the top of the sail before departing the submarine. Following the tour, Master Chief Logistics Specialist (Submarines) Simeon Yeboah, Asheville’s chief of the boat, presented Douglas with a submarine ball cap, plaque and welcome aboard packet that included a photo of the submarine personalized by the commanding officer.

“It was an honor to meet Gabby Douglas,” said Yeboah. “We’re happy she had the time to be able to tour the Asheville. She was very pleasant to have on board.”

The gymnast posed for photographs and signed autographs with Sailors and family members before leaving the pier.

“My daughter Justice practices ballet, but she’s seen Gabby Douglas on TV,” said Fire Control Technician 2nd Class Pablo Flores, a Sailor assigned to Asheville. “I was able to get a signed picture from her before she left the boat, I can’t wait to take it home. I’m sure my daughter will be very happy when she sees it.”

Many other fans had the opportunity to meet Douglas at Molly McGee’s Irish Pub on NBG earlier in the day during a meet and greet organized as part of the USO tour.

“My daughter Athalia was first in line to meet her at Molly McGee’s,” said Lt. Junior Graciano, assigned to Commander, Submarine Squadron 15. “She’s also a gymnast and was very excited to meet and talk with Gabby Douglas. She signed [Athalia’s] leotard,

which we are going to get framed along with her picture.”

Douglas began her USO tour in Guam and will finish out her tour in Hawaii and Los Angeles. She has close ties with the military, as her father, grandfather and grandmother served in the Air National Guard.

Asheville is assigned to Commander, Submarine Squadron (COMSUBRON) 15, which is located at Polaris Point, Naval Base Guam in Apra Harbor, Guam, and consists of four Los Angeles-class attack submarines. The COMSUBRON 15 staff is responsible for providing training, material and personnel readiness support to these commands. Also based out of Naval Base Guam are submarine tenders USS Frank Cable (AS 40) and USS Emory S. Land (AS 39). The submarines and tenders are maintained as part of the U.S. Navy’s forward-deployed submarine force and are readily capable of meeting global operational requirements.

For more news from Commander, Submarine Squadron 15, visit our official CSS-15 website at www.csp.navy.mil/css15 and our official Facebook page at www.facebook.com/SubmarineSquadron15/.

Are you interested in taking orders to Guam? Want to learn more about the duty station and life on our island? For more information, check out the ‘Go Guam!’ website at www.csp.navy.mil/go-guam/ and download the ‘1st Fifteen’ checklist.

USS Iwo Jima begins 2018 deployment

From **Iwo Jima Amphibious Ready Group Public Affairs Office**

MAYPORT

More than 2,500 Sailors and Marines aboard the amphibious assault ship USS Iwo Jima (LHD 7) departed the ship’s homeport of Naval Station Mayport, Florida, for a scheduled six-month deployment Feb. 7.

The Navy-Marine Corps team will support maritime security operations, crisis response and theater security cooperation, while also providing a forward naval presence in Europe and the Middle East.

“We have been training for this since we returned from the last deployment,” Commanding Officer of USS Iwo Jima Capt. Joseph O’Brien said. “The Iwo Jima Navy-Marine Corps team brings a full range of capability from humanitarian assistance to power projection ashore. Being deployed enables us to efficiently and effectively provide combatant commanders with sea, air and land capabilities in support of national priorities. Wherever Iwo Jima ends up and whatever tasks are presented our way, these Sailors and Marines are ready to accomplish the mission.”

Iwo Jima is the lead ship of the Iwo Jima Amphibious Ready Group (ARG), which is also composed of the 26th Marine Expeditionary Unit, the transport dock ship USS New York (LPD 21), the dock landing ship USS Oak Hill (LSD 51), Fleet Surgical Team (FST) 8 and FST-4, Helicopter Sea Combat Squadron (HSC) 28, Tactical Air Control Squadron (TACRON) 22, components of Naval Beach Group (NBG) 2 and the embarked staff of Amphibious Squadron 4.

Approximately 4,500 Sailors and Marines will deploy with the ships and squadrons of the Iwo Jima ARG.

Iwo Jima’s deployment will include operations in the 5th and 6th Fleet areas of operation and, for a majority of the crew, it will be their first deployment of their military careers.

“I am very excited to go on deployment,” Airman Michael Goodwin said. “I know I’ll miss my family a lot, but I know it’ll be fun to have this experience and see some new countries at



MCSN Dary M. Patten
Sailors and Marines man the rails on the flight deck of the amphibious assault ship USS Iwo Jima (LHD 7) as it departs Naval Station Mayport for a deployment in support of maritime security operations and theater security cooperation efforts in Europe and the Middle East.

the same time.”

The Iwo Jima ARG is capable of performing expeditionary operations on remote shores in support of national policy. Other capabilities include rendering humanitarian assistance and disaster relief, promoting maritime security, rescuing distressed mariners, evacuating non-combatant Americans and exercising with partner nations to promote theater security cooperation.

For more news from USS Iwo Jima (LHD 7), visit www.navy.mil/local/lhd7/.

VP-9 transitions from Orion to Poseidon

From **VP-9 Public Affairs**

JACKSONVILLE

With a new year comes unique challenges and pioneering opportunities. For the Golden Eagles of Patrol Squadron (VP) 9, 2018 brings a new aircraft, a new home, and a new beginning.

After 54 years of relentless dedication and service in the P-3 Orion, VP-9 started their new year with the transition to the P-8 Posei-

don.

The P-8 Poseidon will be the fourth distinguished aircraft flown by VP-9 since its commissioning in 1951. Preceding aircraft included the P4Y-2 Privateer, P2V Neptune, and all variants of the P-3 Orion (A/B/C/UH/ UH/ and AIP). Patrol Squadron 9 originated on board Naval Air Station (NAS) Whidbey Island and has had four homeport changes on the West Coast, to NAS Alameda, California in 1952; NAS Moffett Field, California in 1963; NAS Barbers Point, Hawaii in 1992; and Marine Corps Base Hawaii (MCHB), Kaneohe, Hawaii in 1999. Now, after 66 years, the Golden Eagles have returned to their roots in NAS Whidbey Island, Washington.

VP-9 began its seven-month deployment to the 7th Fleet area of responsibility in March 2017. Upon returning in October, the Golden

Eagles relocated back to the Pacific Northwest to Whidbey Island, Washington and began working tenaciously to excel in their transition to the P-8 Poseidon.

The transition is comprised of three phases. Phase one began in November 2017 in Whidbey Island, and included classroom academics and simulator training. Phase two began in January 2018 in Jacksonville, Florida, where the squadron is currently executing training flights, crew simulators, and extensive maintenance instruction. Phase three will send the squadron back to Whidbey Island for tactical aircraft employment and qualifying “safe-for-flight,” signifying the completion of the training syllabus.

When asked how the command is handling the stresses of establishing themselves in their new home while dealing with the intense training requirements inherent in the

transition to a new type/model/series aircraft, VP-9 Commanding Officer Cmdr. Jeff Bowman commented, “The professionalism of the Golden Eagles is unmatched. We have planned, communicated, and all levels of leadership have been actively engaged in the preparations so every Sailor and officer can execute this dynamic evolution with confidence.”

Over their storied history operating the P-3 Orion, the Golden Eagles have been honored with nine Battle Efficiency Awards, four Meritorious Unit Commendations, five Coastal Command Trophies, and two Golden Wrench Awards for aviation maintenance excellence.

For more news from Commander, Naval Air Forces, visit www.navy.mil/local/air-pac/.

SINGAPORE AREA COORDINATOR CELEBRATES AFRICAN AMERICAN AND BLACK HISTORY MONTH

By Marc Ayalin
Navy Region Singapore Public Affairs

SINGAPORE

The Singapore Area Coordinator (SAC) celebrated African American / Black History Month during a community luncheon and presentation at its Terror Club Feb. 8.

This year’s theme, “African Americans in Times of War,” recognizes the contributions African Americans have made to the nation during times of war.

The community event, which gathered more than 200 participants, included guest speakers from the Sembawang military community with opening remarks from Capt. John Wilshusen, the Military Sealift Command Far East (MSCFE) commanding officer, who recollected on his earliest experiences in the Navy in the early 80s. He explained how his lack of exposure with African Americans while growing up in Central Missouri didn’t prepare him for the world and how enlisting in the Navy did prepare him.

“The Navy gave me a framework to begin to understand that there is a different world out there and it gave me a context to put that in,” said Wilshusen. “It gave me a discipline system to understand that and sometimes it takes that.”

For guest speaker Cmdr. Joel Harvey, a chief staff officer for MSCFE, celebrating African American/Black History Month was about remembering the people of past and present. He described certain events in military history in which African Americans experienced strife in paving the way for African Americans as a whole. Yet despite this ‘paving of the way’ for African Americans, Harvey highlighted the fact that there are still strides to be made towards acceptance.

“We’ve come so far that we can’t go back,” said Harvey. “The world is the way it is, especially for African Americans and other ethnicities like Hispanics; it’s not over.”

After Harvey’s speech, the SAC Diversity Heritage Committee members honored past and present African American service members by describing their past contributions. These included, Master Chief Boatswain’s Mate Carl Brashear, Chief Gunner’s Mate John Henry Turpin and Phyllis Mae Dailey to name a few.

The highlight of the event came when keynote speaker and Purple Heart recipient Senior Chief Hospital Corpsman C.J. Eison, ship support unit for the Military Sealift Command, drew a standing ovation. Eison kept in step with this month’s theme of “African Americans in Times of War,” by describing the events that took place during Operation Iraqi Freedom II, in



U.S. Navy photo
Cmdr. Joel Harvey, the chief staff officer for Military Sealift Command Far East, spoke about remembering the people of past and present. He described certain events in military history in which African Americans experienced strife in paving the way for African Americans as a whole. The Singapore Area Coordinator (SAC) celebrated African American and Black History Month during a community luncheon and presentation at its Terror Club Feb. 8, 2018. This year’s theme, African Americans in Times of War, recognizes the contributions African Americans have made to the nation during times of war.

which he earned the Bronze Star Medal with Combat “V” and a Purple Heart.

In 2004, Eison served as platoon corpsman for 1st Platoon, Company B, Battalion Landing Team 1/4, 11th Marine Expeditionary Unit (Special Operation Capable). He was awarded the Bronze Star for risking his own safety on several occasions to render aid to wounded Marines while under constant enemy fire during a battle which took place in a cemetery in the Iraqi city of An Najaf from Aug. 5–6, 2004.

During the first two days of battle, Eison saved the lives of several Marines and Sailors who were wounded in combat. However, during the third night of battle, his platoon was



MC3 Reymundo A. Villegas III
Assault Amphibious Vehicles (AAV) prepare to depart the welldeck of amphibious dock landing ship USS Rushmore (LSD 47) as part of the annual exercise Iron Fist 2018. Iron Fist is an annual, bilateral amphibious training exercise designed to improve the U.S. Marine Corps and the Japan Ground Self-Defense Force's ability to plan, communicate and conduct combined amphibious operations at the platoon, company and battalion levels.

Rushmore concludes Iron Fist 2018

By MC3 Reymundo A. Villegas III
USS Rushmore Public Affairs

PACIFIC OCEAN

The Whidbey Island-class dock landing ship USS Rushmore (LSD 47), with elements from 11th Marine Expeditionary Unit and the Japan Ground Self-Defense Force, concluded exercise Iron Fist 2018 off the coast of Southern California, Feb. 7.

Iron Fist 2018 demonstrated more than a decade of interoperability development and enhanced amphibious capability of Japanese and American forces. Rushmore provided both an amphibious and air platform for U.S. Marine Corps and Japanese Ground Self-Defense Force members to train and conduct operations.

The amphibious phase of Iron Fist 2018 showed that Rushmore was able to act as a single focal point for surface, air and amphibious operations, while nearly 300 U.S. Marines and Japanese personnel joined more than 330 Sailors aboard.

During the five-day exercise, Rushmore launched six amphibious assault vehicles numerous times from its welldeck and conducted over 20 flight deck landings.

“Iron Fist is an excellent opportunity to not only show the [Japan Ground Self-Defense Force] the importance of integrating landing forces with amphibious warfare, but also to continue sharpening our ship’s own routine training to maintain the highest level of operational readiness,” said Rushmore

Commanding Officer Cmdr. John Ryan. “It provided the crew with a unique opportunity to work with other nations’ armed forces, a crucial skill as the ship prepares for deployment.”

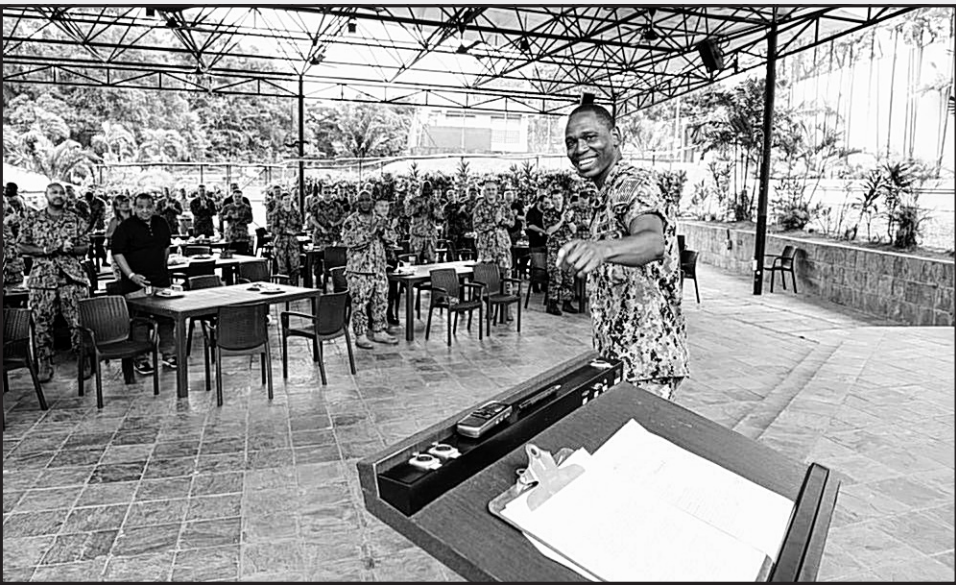
The culminating training event was a scenario-based amphibious assault launched from Rushmore in coordination with an inland helicopter assault. The exercise wrapped up with the components of 11th MEU and Japanese Maritime and Ground Self-Defense Forces departing the ship and returning to Camp Pendleton.

Joint interagency and international relationships strengthen U.S. Third Fleet’s ability to respond quickly and effectively to crises that occur in the Pacific. The Japan-U.S. alliance helps with counter-terrorism, counter-piracy, peacekeeping, capacity building, ballistic missile defense, and humanitarian assistance/disaster relief.

U.S. 3rd Fleet leads naval forces in the Pacific and provides the realistic, relevant training necessary for an effective global Navy. Third Fleet constantly coordinates with U.S. 7th Fleet to plan and execute missions that promote ongoing peace, security, and stability throughout the Pacific.

To find more information and photos from this exercise, use social media #IRONFIST18.

For more news from Expeditionary Strike Group 3, visit www.navy.mil/local/esg3/.



U.S. Navy photo
Senior Chief C.J. Eison, of Military Sealift Command, Ship Support Unit, drew a standing ovation after having described the events that took place during Operation Iraqi Freedom II, in which he earned the Bronze Star Medal with Combat V and a Purple Heart.

attacked by heavy mortar fire. One mortar round struck only a few feet from Eison and wounded him and a few Marines.

According to Eison, the wounded Marines were calling to him for help, but he was unable able to render aid due to severe shrapnel wounds to his lower extremities. In Eison’s award citation it goes on to describe that, “... he maintained his composure and assisted the platoon sergeant in finding the necessary medical supplies to treat the other wounded Marines, then instructed the platoon sergeant in how to treat his own wounds.”

Eison ended his address to the audience with a humble statement that he was, “Just doing what he was trained to do.”

For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.

CUTLASS | Exercise concludes

Continued from B1

The exercise lasted eight days and included an in port preparatory phase, five days of underway visit, board, search and seizure drills as well as various workshops in Seychelles and Djibouti.

“The Djiboutians have always been wonderful and gracious hosts — both for this exercise and for the U.S. military in a more broad sense,” said U.S. Embassy in Djibouti Senior Defense Attache Capt. John Tully. “With Cutlass Express they accommodate a group of partners from the region, as well as further afield, for a multinational exercise and that’s huge. I think it speaks volumes about their status as a regional leader in maritime security and even in broader security issues.”

The U.S. Navy War College additionally facilitated a senior leaders’ symposium (SLS), which promoted the development of national maritime strategies and the development of operational concepts and capabilities to operationalize maritime strategy.

“The SLS provided a phenomenal opportunity for us to meet our African partners in the region,” said Vice Commander of U.S. 6th Fleet Rear Adm. Shawn Duane. “Together, they provided a great baseline where we can talk about different issues and challenges in maritime security in the East Afri-

can waters and West Indian Ocean.”

The participating nations successfully tested their ability to illicit trafficking, piracy, illegal fishing, as well as search and rescue situations. Maritime operations centers gave participating nations the ability to track and report procedures of simulated suspect vessels.

This year’s exercise was the first in 27 years that Somalia participated in an international exercise outside their borders.

“That fact alone makes this event historic and shows the progress we’re making as a team as we work together in the region,” said Duane.

Nations that participated in this year’s exercise included Australia, Canada, Comoros, Denmark, Djibouti, France, Kenya, Madagascar, Mauritius, Mozambique, Seychelles, Somalia, The Netherlands, Tanzania, Turkey and the United States.

Cutlass Express is one of three Africa-focused regional, “Express” series exercises sponsored by U.S. AFRICOM and facilitated by U.S. Naval Forces Europe-Africa/U.S. 6th Fleet. The exercise falls under Africa Partnership Station, the umbrella program for the Express series of exercises and other capacity-building initiatives throughout Africa.

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.

2018 Military Spouse Awards

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The Heroes at Home Hampton Roads Military Spouse of the Year will be chosen from nominees provided by active duty personnel from all branches of the military, spouse support groups, charitable organizations, friends and family. **The 10 finalists and winner will be announced at the awards luncheon on May 10, 2018 at Norfolk Hilton: The Main.**

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THIS IS US

NBC’s hit show demonstrates critical home fire safety messages



Mandy Moore and Milo Ventimiglia in This Is Us (2016)

Photo by NBC/Ron Batzdorff/NBC - © 2017 NBCUniversal Media, LLC

From the National Fire Protection Association

Over the past few weeks, the NBC television show, “This is Us,” has effectively dramatized home fire missteps that can have deadly consequences. The National Fire Protection Association (NFPA) says these dramatizations turned a spotlight on fire safety, a topic many think little about until it’s too late.

“‘This is Us’ showed viewers how characters’ actions and oversights led to tragedy and provides a powerful opportunity to talk about what can be done to prevent fire fatalities in real life,” said Lorraine Carli, NFPA’s vice president of Outreach and Advocacy .

Generating conversation and increased awareness around home fire safety is more important than ever. While the number of U.S. home fires has declined in recent decades, the likelihood of dying if you have a home fire has actually increased. This is largely due to the fact that today’s home fires burn faster, minimizing the amount of time people have to escape safely.

In the season finale of “This is Us,” the Pearson family made critical errors in escaping a home fire. First and foremost, no one should ever re-enter a burning building.

“Getting outside and staying out once you’ve escaped a burning building is among the most critical take-aways from the show,” said Carli. “If a person or pet is still trapped inside, tell the firefighters where you think that person might be. Never ever go back inside a burning building.”

Carli notes that it is unlikely that Jack would have been able to re-enter the home, locate the

dog and other momentos, and safely exit through the front door with the fire raging quickly.

In addition, a home escape plan would have been a big help to the family, ensuring that they each knew how to exit the home as effectively and efficiently as possible. They also would have known to call the fire department immediately upon getting out.

Previous “This is Us” episodes highlighted the vital importance of installing batteries in smoke alarms, as well as making sure cooking appliances are in good working order and kept well away from anything that can burn. According to NFPA research, the majority of fire deaths happen in homes with no smoke alarms or no working smoke alarms.

For more information on these and other home fire safety issues, visit nfpa.org/public-education. For this release and other announcements about NFPA initiatives, research and resources, please visit the NFPA press room.

Founded in 1896, NFPA is a global, nonprofit organization devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards. The association delivers information and knowledge through more than 300 consensus codes and standards, research, training, education, outreach and advocacy; and by partnering with others who share an interest in furthering the NFPA mission. For more information, visit www.nfpa.org. All NFPA codes and standards can be viewed online for free at www.nfpa.org/freeaccess.

Virginia Beach native receives Navy Meritorious Civilian Service award

From Space and Naval Warfare Systems Center Atlantic Public Affairs

PORTSMOUTH

Mr. John R. Fraser, Jr.a Virginia Beach, Virginia, native and Chesapeake, Virginia, resident recently received the Navy Meritorious Civilian Service award working for Space and Naval Warfare Systems Center (SSC) Atlantic in Norfolk, Virginia, during a ceremony held at St. Juliens Creek in Portsmouth.

“I’m not sure I’m there yet,” said Fraser. “I’m still working through my surprise and gratitude of receiving an award of this magnitude.”

Fraser, Jr. is an Operations Research Scientist, currently working acquisition support for PMW-240. He has worked at SPAWAR Systems Center Atlantic in Norfolk, VA since March 1998. He holds a bachelor’s degree in Information Technology from the University of Phoenix and a master’s of business administration from the William & Mary – Raymond A. Mason School of Business.

Fraser, Jr. received the award in lieu of his exemplary performance as the Anal-

ysis of Alternatives (AoA) Study Director for the Navy Maritime Maintenance Enterprise Systems- Technical Refresh (NMMES-TR) from August 2014 to April 2017. He skillfully assembled several IPTs with strong acquisition, analytical an engineering professionals and expertly led and coordinated the development and delivery of many pre-acquisition milestone documents resulting in a successful Navy Gate 1, Material Development Decision, and Navy Gate 2 decision with the completion and acceptance of the AoA study by the CNO.

He developed and delivered countless Flag/SES briefings to communicate the NMMES-TR way ahead and built the AoA early, you analyzed 17 alternatives, reaching the preferred alternative approval within nine months of the projected 12-month schedule by developing innovative mathematical models to accelerate effectiveness, cost, and schedule trade-of analysis across the proposed alternative.”

SSC Atlantic provides systems engineering and acquisition to deliver capabilities to the Naval, Joint and National



John R. Fraser, Jr. receives the Navy Meritorious Civilian Service Award.

Warfighter through the acquisition, development, integration, production, test , deployment, and sustainment of interoperable Command, Control, Communication, Computers, Intelligence, Surveillance, Reconnaissance (C4ISR), Cyber and Information Technology (IT) capabilities that enable Information Warfare for national defense and perform other functions as directed by higher authority.

United Way, Norfolk Southern present books, supplies to students at 4 Norfolk schools

NORFOLK

Norfolk Southern and United Way of South Hampton Roads delivered 1,200 new books and 500 backpacks stuffed with school supplies to children at four elementary schools in Norfolk. The schools are affiliated with United for Children, a community collaborative of professionals passionate about removing barriers, so that all children can succeed in school, in the workplace, and in life. A \$20,000 grant from Norfolk Southern made the event possible.

The donations will help Pre-K to 5th-grade students excel at their STEM studies (Science, Technology, Engineering and Math), increase early childhood literacy, and help children develop a love of reading. The backpacks were filled with pencils, pencil sharpeners, glue sticks, notebooks, and hygiene products.

The donated items were hand-delivered to the schools by representatives from Norfolk Southern and United for Children, who presented them to eager groups of children at PB Young, Sr. Elementary, Jacox Elementary, Chesterfield Elementary, and Tidewater Park Elementary. One happy Jacox student said, “This is the happiest day of my life! I love to read, and I can’t wait to read about my new friend, Lulu. My favorite part of this book is my special message from Norfolk Southern in the front flap that reads, ‘YOU are amazing!’ This makes me smile! Thank you, Norfolk Southern!”

INSIDE: Check out Flagship Values, your source for automobiles, employment, real estate and more! Pages C6-7

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Calendar

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

Black Jacket Symphony presents Tom Petty and the Heartbreaker's Damn the Torpedoes

- Feb 16, 8 p.m. Advance Tickets: \$30, \$25, Day of Show: \$35, \$30
- Sandler Center for Performing Arts
201 Market Street, Virginia Beach, Virginia 23462
- 757-385-2555
- www.sandlercenter.org

The Black Jacket Symphony offers a unique concert experience through recreating classic albums in a live performance setting. A selected album is performed in its entirety by a group of handpicked musicians specifically selected for each album, with no sonic detail being overlooked—the musicians do whatever it takes to musically reproduce the album - in this case, it's Tom Petty's Damn The Torpedoes

The World of Pets Expo

- Feb 16-18, 2–8 p.m. Friday, 10 a.m.–7 p.m. Saturday, 10 a.m.–5 p.m. Sunday \$5 children 5-12, \$9 adults
- Hampton roads Convention Center 1610 Coliseum Dr., Hampton, VA 23666
- 757-315-1610
- www.visithampton.com/hrcc

The World of Pets Expo is a fun and educational experience for the entire family, including children and pets of all kind. For less than the price of a movie ticket you and your family can experience a full day of education and entertainment. There is truly something for everyone, from animal lovers to the casual pet owner.

Ghent Hike-Elizabeth to Lafayette River

- Feb 18, Noon
- The Chrysler Museum of Art, 1 Memorial Pl, Norfolk, VA 23510
- Register at:www.hampton-roads-hikers.com

Our 5 mile round trip will have plenty distractions and span Ghent from the Elizabeth to Lafayette River. This urban walk requires crossing dozens of intersections. Wear bright clothes and be willing to keep a pace that suits everyone. 3 mph with a many stops for traffic.



Mime comic, Tape Face, gained world-wide recognition on NBC's "America's Got Talent."

Tape Face at The Attucks Theatre

- Feb 20, 7 p.m. \$39–\$45
- The Attucks Theatre, 1010 Church St. Norfolk, VA 23510
- 757-664-6464
- www.sevenvenues.com/events/venue/attucks-theatre

A veteran of nearly two decades of sometimes-shocking comedy, Sam Wills, New Zealand-born, London-based mime, prop comic and busker, became a breakout star in the States in 2016 under his Tape Face persona, when he parlayed his riotous silent, physical comedy into a finalist's spot in season 11 of "America's Got Talent."

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BLACK PANTHER (PG-13) 2D: 10:00, 11:00, 11:30, 12:00, 1:00, 2:00, 2:30, 3:00, 4:00, 5:00, 5:30, 6:00, 7:00, 8:00, 8:30, 9:00, 10:00, 11:00 3D: 10:30, 1:30, 4:30, 7:30, 10:30 Mon. Thru. Thurs.: 2D: 11:30, 12:00, 12:30, 1:30, 2:30, 3:00, 3:30, 4:30, 5:30, 6:00, 6:30, 7:30, 8:30, 9:00, 9:30 3D: 1:00, 4:00, 7:00	MAZE RUNNER: THE DEATH CURSE (PG-13) 11:05, 2:30, 6:20, 9:30 Sun.: 11:05, 10:45 Mon., Tues., Thurs.: 11:50, 2:55, 6:10, 9:15 Wed.: 11:35
WINCHESTER: THE HOUSE THAT GHOSTS BUILT (PG-13) 11:50, 2:20, 7:50 Mon., Tues., Thurs.: 11:35, 2:00, 7:35 Wed.: Not Showing Sun.: 11:50, 2:20, 7:50	PETER RABBIT (PG) 10:45, 1:05, 3:25, 5:45, 8:05, 10:20 Mon. Thru. Thurs.: 12:05, 2:25, 4:45, 7:05, 9:25 Sun.: 10:45, 1:05, 3:25, 5:45, 8:05, 10:20
50 SHADES FREED (R) 11:45, 2:15, 4:45, 7:15, 9:45 Mon. Thru. Thurs.: 12:00, 2:35, 5:05, 7:35, 10:05 Wed.: 12:00, 2:30, 5:00, 7:35, 10:05 Sun.: 11:45, 2:15, 4:45, 7:15, 9:45	DEN OF THIEVES (R) 4:45, 10:15 Mon., Tues., Thurs.: 4:25, 10:10 Sun.: 4:45, 10:15
At Naval Station on Norfolk, Across from the NEX Building 1500 Mall Dr., Bldg. CD-12 Norfolk, VA (Additional \$1.50 for 3-D Movies / Movies & Times Subject to change) www.PhoenixTheatres.com	THE 15:17 TO PARIS (PG-13) Fri. Thru. Sun.: 11:15, 1:35, 3:55, 6:15, 8:35, 10:55 Mon. Thru. Thurs.: 12:15, 2:35, 4:55, 7:15, 9:35
	THE WIZARD OF OZ (G) 2/4 & 2/7: 2:15, 7:15

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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



Photos courtesy VA Zoo

Kamau, one of the Virginia Zoo's new watusi eats after checking out his new exhibit yard. Kamau and Khari are the two new watusi at the Virginia Zoo.

WELCOME TO THE JUNGLE!

Norfolk Zoo welcomes new watusi, Kamau and Khari

NORFOLK

Two male watusi now call the Zoo's Africa — Okavango Delta home. They join Gamba, a five-and-a-half-year-old watusi and three Hartmann's mountain zebras in the shared exhibit.

"This is a great opportunity to watch this captivating species grow up, right in your own backyard," said Greg Bockheim, Executive Director of the Virginia Zoo.

Kamau, born on June 5, and Khari, born on Oct. 18, will turn two years old this year. At birth, watusi weigh an average of 40 pounds and can grow up to 1,000 to 1,600 pounds. The two steers began acclimating to their exhibit this week after being cleared from a routine 30-day quarantine period.

Zoo Keepers say Gamba has been very curious about Kamau and Khari. The three have been vocalizing to each other and the two younger males have followed Gamba's lead in their exhibit. Gamba, Kamau and Khari will be on exhibit all week, weather permitting, and will be introduced to the zebra next week.

Visitors can see the watusi on exhibit in the Africa — Okavango Delta across from the Africa Village Cafe. The Zoo is open daily from 10 a.m. to 5 p.m.



Khari follows Gamba, a full-grown male around their exhibit in the Virginia Zoo's Africa — Okavango Delta.

WHAT ARE WATUSI?

Watusi is a breed of cattle native to Africa, originating in Uganda, Kenya and Rwanda. They are most known for their long horns that can span eight feet from tip to tip. These horns act as a cooling system. Watusi are usually red in color, but may also have a black, brown, white, yellow or fawn coat. They live and graze in open forests and meadows and eat grasses, leaves and acorns.

3 Ways Millennials Can Help Their Baby Boomer Parents Get Fit

By **Jaime Brenkus**

Aging baby boomers who neglect their health and fitness don't just harm themselves. Their lifestyles also affect their adult children, who eventually could end up caring for them — both financially and physically — as their health declines.

Of course, that's not the only reason those adult children might feel concerned. They also may like having mom and dad around, and want that to continue for years to come.

So they have a vested interest in encouraging their parents to get fit and stay fit.

But young adults who cringe at their parents' eating and exercise habits may be reluctant to broach the subject. How can they start such a conversation? And what are some suggestions for healthy living their parents are likely to put into practice?

One thing that might be tempting, but probably won't work, is a harsh lecture, says Jaime Brenkus (www.exercisewithjaime.com), a nationally recognized fitness expert and fitness coach for Evergreen Wellness®, which provides videos and articles to help older adults enjoy healthier lives.

"You don't need to give them a sermon," he says. "But you should remind them of how important exercise and healthy eating are, and how much you care about having them around for you and for the grandchildren."

There is plenty of nutrition and exercise advice that can help older people, but Brenkus says a few starter tips include:

- **Encourage them to drink more water.** This may sound basic, but not everyone drinks as much water as they should — even though this is a healthy habit that's simple to accomplish. A CDC study, for example, revealed that 43 percent of adults drink fewer than four cups of water a day and seven percent don't drink any glasses of water at all. (Presumably, they get their fluids from other beverages that have water in them.) Baby boomers grew up drinking a lot of soda and Kool-Aid. Later, they graduated to coffee and alcoholic beverages. Many of them have adapted to today's bottled-water culture, but for some those old habits may die hard and water

isn't always their first choice when thirst beckons.

- **Recommend they try strength training.** The most effective way to increase metabolism and to help reverse the aging process is stimulating muscles by lifting challenging weights to increase lean muscle mass, Brenkus says. "More strength will make daily life easier for them," he says. "It will give them better balance and they will be less likely to fall. It also can strengthen the heart, and it makes them look and feel younger."

- **Make sure they socialize.** This isn't directly related to exercise, but studies have shown that people who are active socially are healthier and live longer lives. Socializing, for example, helps reduce the stress that can contribute to a number of health problems. If socializing is combined with exercise (playing tennis, taking regular walks with a friend), then that's all the better.

"Helping your parents adopt a healthier lifestyle is about encouraging them to change their habits for eating, cooking, shopping and fitness," Brenkus says. "And even more importantly, it's about helping them to change their thinking habits."

"Maybe sometime in the past they tried a diet or fitness regimen and they failed at it. That doesn't mean they can't try again — and this time with you as their cheerleader."

About Jaime Brenkus

Jaime Brenkus (www.exercisewithjaime.com) is a fitness coach for Evergreen Wellness®, connecting older adults with a team of experts who help someone take the necessary steps to living a more fulfilled life. Brenkus is a nationally recognized fitness expert best known for revolutionizing the fitness industry with his 8-Minute Abs video series in the 1990s. Over the last three decades, Brenkus has helped millions of people become healthier and more confident by providing fitness and nutrition solutions to help older adults feel better and look younger.

Military spouses are truly heroes at home

Nominations sought for Flagship’s 2018 Heroes At Home event

Heroes at Home, is a highly regarded, regional recognition program that honors military spouses from all ranks and branches for their strength, sacrifices, volunteerism and support for the military community.

Nominations are currently being sought for the 2018 Heroes At Home.

For more than a decade, Heroes at Home has recognized our military spouses for their important contributions to our local communities and has empowered military spouses to further their mission in support of the military community and our country. Now you can nominate a military spouse that you think has gone above and beyond their call.

At first glance, military spouses may seem just like any other spouses. But a closer look and listen reveal that they are different, but with many characteristics forged in adversity and challenging circumstances that they share.

Military spouses know what it’s like to be away from home, family and loved ones. At Independence Day parades and homecoming ceremonies, those most vigorously waving the U.S. flag are likely to be military spouses. “Military life is a blessing to our family. We are thankful for the benefits we receive, and the ability to travel and see the world at new duty stations,” said 2017 nominee Angela Sword.

Not only can military spouses tell a Chinook from a Blackhawk, a cruiser from a destroyer and a Humvee from a Hercules, but they also recognize the sacrifices and struggles of others. Last year, all of the Military Spouse Award nominees volunteered to help others in need. Taylor Miller informed top leadership about military families’ food insecurity and their challenges in qualifying for government assistance. Mackenzie Boothe wrote a book to help military spouses through deployments. Jenna Ford created a monthly newsletter and answers calls for help at 2 a.m., Heather Kuhn is a certified ombudsman trainer, and Alicia Bourget worked on projects for deployed families. These generous acts are indicative of the kind of character that Heroes At Home nominees possess.

Even though the military lifestyle is sometimes challenging, help is available from family support systems, other spouses and private organizations ready to encourage and support military families. Now, it is our turn to support our communities’ military spouses and recognize their hard work, dedication and sacrifice for our country. If you know of a military spouse that you’d like to nominate for the 2018 Heroes At Home, nominations will be accepted through March 15, 2018 online at www.heroesathomeva.com.

We are very pleased to announce that in 2018 Heroes at Home will become a statewide program in Virginia. In addition to the Hampton Roads region, we will also celebrate with events in the Central and Northern Virginia regions.



2017 Heroes at Home winner, Heather Kuhn. Nominations are now open for the 2018 event.

The military and civilian communities will come together this April and May to honor and recognize our military spouses for their unending strength, their extraordinary personal sacrifices and for the challenges they overcome every day. ALL OF THE NOMINEES will be invited to attend the Heroes at Home Military Spouse Appreciation and Awards luncheons where we will announce the finalists and name the Heroes at Home Military Spouse of the Year for their respective regions.



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

If you know of a
military spouse that you'd
like to nominate for the
2018 Heroes At Home,
nominations will be accepted
through March 15, 2018
online at
www.heroesathomeva.com.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Sports

ADMIRALS SIGN 6’6,” 218LB DEFENDER ROMAIN CHURARD

NORFOLK

The Norfolk Admirals, proud member of the ECHL, signed defenseman Romain Chuard the team announced last week.

Chuard, 21, joins the Admirals after beginning the season with Geneve-Servette HC in the Swiss National League. The 6’6”, 218 lb defender appeared in two games in the top league in Switzerland before being reassigned to HC Sion-Nendaz 4 Vallees. Chuard has played 42 games in the National League, the top Swiss league in the last three seasons recording one assist.



Romain Chuard, from the Swiss National League, previously played for Geneve-Servette.

basetheaters \$3 Movies

Set in the harrowing days following 9/11, a U.S. Special Forces team, led by their new Captain, Mitch Nelson (Chris Hemsworth), is chosen to be the first U.S. troops sent into Afghanistan for an extremely dangerous mission. There, in the rugged mountains, they must convince Northern Alliance General Dostum (Navid Negahban) to join forces with them to fight their common adversary: the Taliban and their Al Qaeda allies.

Courtesy Lionsgate

JEB Little Creek, Gator Theater – 462-7534

Friday, February 16
6 p.m. 12 Strong (R)
9 p.m. The Commuter (PG-13)

Saturday, February 17
1 p.m. Paddington 2 (PG)
4 p.m. The Commuter (PG-13)
7 p.m. 12 Strong (R)

Sunday, February 18
1 p.m. The Greatest Showman (PG)
4 p.m. Paddington 2 (PG)
7 p.m. Downsizing (R)

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

NAS Oceana, Aero Theater – 433-2495

Friday, February 16
6 p.m. 12 Strong (R)
9 p.m. The Commuter (PG-13)

Saturday, February 17
12 p.m. Paddington 2 (PG)
3 p.m. 12 Strong (R)
7 p.m. The Greatest Showman (PG)

Sunday, February 18
12 p.m. The Commuter (PG-13)
3 p.m. Paddington 2 (PG)
6 p.m. 12 Strong (R)

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Home&Garden

Top trends to inspire your outdoor living

From Brandpoint

Outdoor living spaces rank first among special function rooms desired by consumers, according to the American Institute for Architects, and so homeowners are expected to be going all-in for the outdoors in 2018.

Trex Company, a maker of premium decking and railing, has gleaned insights from contractors, homeowners and industry experts to compile the following outdoor living trends that will dominate this year:

Year-round enjoyment

Among the biggest trends is a shift away from seasonality as consumers adopt more of a year-round mindset, no longer restricting outdoor living to spring and summer. Thanks to new high-performance materials and innovative design approaches, homeowners everywhere are transforming their outdoor spaces into multi-seasonal extensions of their homes. For example, Trex contractors have reported an uptick in requests for its RainEscape deck drainage system by clients looking to add multi-seasonal living space underneath an elevated deck.

Minimal maintenance, maximum enjoyment

Just because people are spending more time outdoors doesn't mean they're willing to put in extra hours for upkeep. In fact, high-maintenance materials like wood are seeing a decrease in demand as people are opting for offerings that deliver better performance and sustainability.

Unlike wood, high-performance composites resist fading, staining, scratching and mold — and won't rot, warp, crack or splinter. No sanding, staining or painting is required, and



Courtesy Brandpoint

food and drink spills wash off easily with just soap and water.

Comfy cozy

Among the hottest design influences right now is “hygge” (pronounced hoo-gah) — the Scandinavian term for a feeling of coziness and comfort. This year, outdoor spaces will beckon homeowners and their guests to relax and rejuvenate with hygge-inspired accents, from plush cushions and throws to protective pergolas, cozy warming features and outdoor lighting.

Residential goes commercial

While railing matched to the decking remains popular, an increasing number of homeowners are taking advantage of the complementary decking and railing pairings afforded by new railing materials in modern, metal finishes, as well as sleek designs inspired by commercial architecture. More homeowners are inspired by outdoor spaces they find in commercial settings, such as hotels and urban rooftops, and want to replicate those looks in their homes. A prime example of this commercial-to-residential trend is the growing popularity of horizontal railings such as rod rail — a sleek, industrial look that's ideal for optimizing a panoramic view.

Hide and chic

With the increased usage of outdoor living spaces comes higher demand for chic decor and privacy. An easy design trick that adds personal style and functionality, lattice panels are perfect for enhancing privacy and concealing storage areas or unsightly views. With styles ranging from romantic to deco, lattice panels can be integrated into any outdoor area and applied to structures such as arbors, trellises and gazebos, or used as decorative wainscoting or deck skirting.

Fun and games

Kids are not the only ones who enjoy playing outside. Outdoor play spaces for all ages are on the rise, including everything from swimming pools and embedded sandboxes to regulation cornhole courts, horseshoe pits and dedicated spaces for volleyball, badminton and bocce ball.

Beyond yard games, electronics manufacturers now offer televisions and entertainment systems specifically designed for the outdoors, taking into consideration differences in lighting and outdoor acoustics. Meanwhile, new storage options include durable wall-mounted television and entertainment centers that beautifully protect pricey electronics from the elements, while concealing all of the unsightly — and potentially unsafe — cords and cables.

For more information about outdoor living trends, go to www.trex.com.

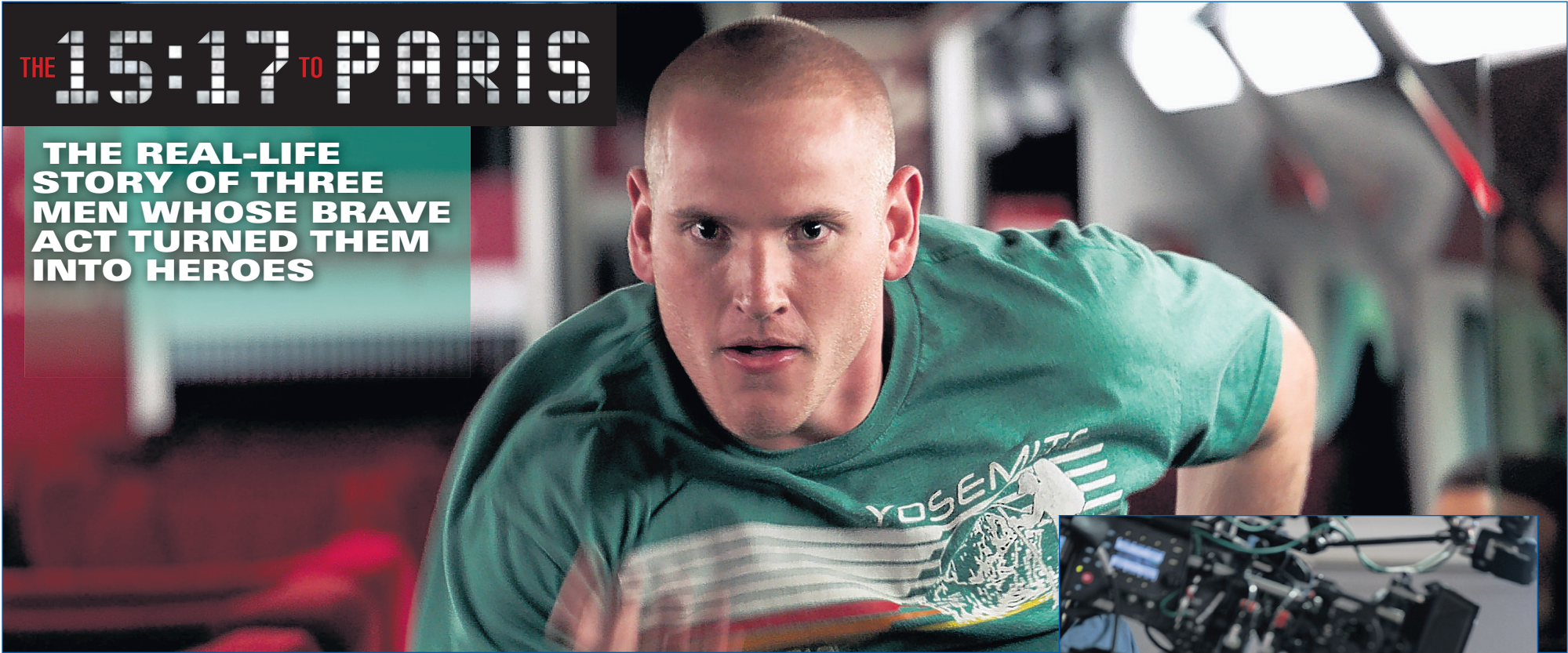


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Great Neck Area Hilltop Manor \$299,900 Recently updated Split Level with a large back yard in the Great Neck Area. Great location and sought after school district. Stacey Braithwaite 757-202-3435	Move In Ready Oak Springs \$184,900 1st Time Home Buyers/ Investors- LOOK @ 2 LARGE BED TH w/ 2.5 BA! Fresh paint and NEW carpet/ vinyl. Close to shopping, bases & interstate. Brigitte Hook 757-375-8519	Completely Remodeled End Unit Heron's Cove Condo \$184,900 3 BR/2.5 BA condo centrally locate to several Naval Bases offers an all new kitchen w/ SS appl., quartz counters & tile backsplash open to DR. Lg great rm w/ FP. Lg deck overlooking natural preserve. Claudia Combs 757-408-4966	Centrally Located Cameron Crossing \$103,000 One level living on the first floor. LR w/ wood laminate floors, galley style kitchen open to dining area with lg pantry & laundry. Spacious MBR w/walk-in closet & new carpet. Buy for less than renting! Lorrie Powell-Gilbert 757-285-2192	Former Model Home Whitaker Place \$293,500 Move-in Ready 3 story prev model offers 4 BR, new carpet & fresh paint. Great amenities, sought after schools & great location! Carmon Pizzanella 757-754-0393
In-Ground Salt Water Pool Western Branch \$344,900 Located close to 664, right off Dock Landing Road. Vacation at home, features, in-ground salt water swimming pool, Ranch style home w/ finished room over counting as 4th bedroom. Detached and Attached 2 car garages. Joan Revell 757-621-8249	Private Large Backyard Battlefield Meadows \$335,000 All brick 4 BR ranch w 2.5 / renovated BAs, hardwood flooring in all living area & custom built-in bookcases in the family rm. roof replaced in 2017. 1.5 car garage plus fully floored attic. Patio. JenniferBoyd 757-969-7786	Great Home, Great Location Cedarwood \$440,000 3,987 SQFT 6 BR, 3.5 BA ranch on a cul-de-sac has a 3 car garage, huge fenced rear yard, spacious interior, kitchen w/ cook top island, quartz counters & SS appl., sunroom, FR w/ FP, office, loft, lg deck & much more. Joe Woodard 757-773-0284	A Must See! Deep Creek \$259,000 Brick Ranch over 2,000 sq ft w/updated kitchen, 3 BR/2 BA, Hardwood Floors located on a .43 acre fenced lot w/ irrigation, pond & separate structure for workshop or Recreational room. Do not miss this great deal!! Debbie Harbour 757-536-4844	Better Than NEW Construction! Cardinal Estates \$220,000 Better Than New! 3 BD/2 BA, 1,715 sqft. New kitchen w/ granite & stainless, new baths, flooring, hvac, hot water heater, plumbing, disposal. Newer roof, gutters, & vinyl. Spacious! 2 car garage. Corner lot. Tricia Shotton 757 647-9325
Vacation Everyday Commodore Park \$269,000 This open floor plan is an entertainer's dream. 4br/3 full baths, custom cabinets w/quarts, new ss appliances, washer/drier & new hot tub. New roof, paint & flooring. www.128wchesterst.com Angelia W Graves 757-237-0494	First and Second Floor Master Suites Cypress Point North \$229,999 Great condo, has LOTS of space and ready for you to move in and make it yours. 1st & 2nd fl master bedrooms w/open floor plan is great for entertaining. www.5348parsonagect.com Angelia W Graves 757-237-0494	You Will Never Need "More Space" Westfield Village \$225,000 3BR/2.5BA, New Kitchen, Elegant Light Fixtures, New Carpet, Paint & HVAC. Upstairs features a Spacious Master Bedroom w/ Bath & Walk In Closet, 2 other Bedrooms to meet all of your needs. Angelia W Graves 757-237-0494	Perfection Plus..... Red Bud Run \$399,800 Gorgeous 5 bedroom, 4 bath home w/ 3500 sq ft of generous living space. Custom Kitchen, hardwood floors, custom closets, huge media room or 5th bedroom. Dorothy McKelvin 757-715-8094	Move in Ready Now! Culpepper Landing \$435,000 Built by Vintage Homes Custom builder, with all the bells & whistles. 4 spacious Beds/2.5 baths, screened porch, private pool, scraped hdwds, & more! Barbara Terranova 757-635-6833

Arts&Entertainment



Courtesy of Warner Bros. Pictures release. SPENCER STONE as Spencer in the Warner Bros. Pictures’ and Village Roadshow Pictures’ “THE 15:17 TO PARIS,” a Warner Bros. Pictures release.

In the early evening of August 21, 2015, the world watched in stunned silence as the media reported a thwarted terrorist attack on Thalys train #9364 bound for Paris—an attack prevented by three courageous young Americans traveling through Europe. The film follows the course of the friends’ lives, from the struggles of childhood through finding their footing in life, to the series of unlikely events leading up to the attack. Throughout the harrowing ordeal, their friendship never wavers, making it their greatest weapon and allowing them to save the lives of the more than 500 passengers on board.

The heroic trio is comprised of Anthony Sadler, former Oregon National Guardsman Alek Skarlatos, and former U.S. Air Force Airman First Class Spencer Stone, who play themselves in the film. Starring alongside them are Jenna Fischer (“Hall Pass,” TV’s “The Office”); Judy Greer (“War for the Planet of the Apes”); Ray Corasani (TV’s “The Long Road Home”); PJ Byrne (“The Wolf of Wall Street”); Tony Hale (TV’s “Veep”); and Thomas Lennon (“Transformers: Age

of Extinction”). Paul-Mikél Williams plays the younger Anthony, Bryce Gheisar plays the younger Alek, and William Jennings plays the younger Spencer.

Eastwood (“Sully,” “American Sniper”) directed from a screenplay by Dorothy Blyskal, based on the book by Anthony Sadler, Alek Skarlatos, Spencer Stone and Jeffrey E. Stern. Eastwood also produced the film, along with Tim Moore, Kristina Rivera and Jessica Meier. Bruce Berman executive produced.

Behind the scenes, the creative team included frequent collaborators Tom Stern, who served as cinematographer on 13 of Eastwood’s previous films, and Deborah Hopper, who has served as Eastwood’s costume designer on 17 prior films; editor Blu Murray, who most recently cut “Sully,” and that film’s composer, Christian Jacob. Kevin Ishioka, whose work can be seen in “Sully” and in “Dunkirk,” served as production designer.

“The 15:17 to Paris” is in theaters now.



Keith Bernstein Director/producer CLINT EASTWOOD on the set of Warner Bros. Pictures’ and Village Roadshow Pictures’ “THE 15:17 TO PARIS,” a Warner Bros. Pictures release.

Health&Fitness

Consider alternatives to opioids to manage pain after surgery

From Brandpoint

If you’re having surgery, you can expect to be sore and uncomfortable for a few days, whether you’re recovering at home or in the hospital. But it’s best to limit opioids or avoid them altogether, opting for alternatives to manage pain and discomfort, recommends the American Society of Anesthesiologists (ASA).

Unfortunately, many patients leave the hospital following surgery with a prescription for 30 or more highly addictive opioid pills (e.g., Vicodin, hydrocodone and oxycodone), and about 6 percent are still using them three months or longer after the procedure.

“Nobody needs a prescription for 30 or 50 opioids, and even those who are in major pain should only take them for a day or two,” said ASA President James D. Grant, M.D., M.B.A., FASA. “There are effective alternatives. Many people don’t need opioids at all or at least should drastically reduce the amount they take.”

Addiction can start after taking only a few opioids. More than 2 million Americans abuse these medications, which can create a feeling of euphoria and make the body believe the drug is necessary for survival. Since 2000, opioid overdose deaths in the U.S. have increased 200 percent.

Don’t take that chance. ASA offers advice for coping with pain and discomfort as you recover from surgery.

- **Ask about alternatives** — Only take opioids when you are in extreme pain. Medications such as ibuprofen (Motrin), naproxen (Aleve) and acetaminophen (Tylenol) can help with pain and soreness. While it’s never a good idea to rely on any type of pain pills for too long, these medications are not addictive and are far less risky than opioids.
- **Manage your expectations** — Everyone feels pain differently, but soreness and discomfort after surgery are normal and will improve within a day or two. These sensations are less severe than pain, which is usually sharp or intense. You usually don’t treat muscle soreness after a hard workout with an opioid, so if you are sore, and not in severe pain, try ibuprofen or naproxen.
- **Be an active participant in your own care** — While you are in recovery, the nurse will ask you if you are in pain and if so, how much. Be descriptive in explaining how you

feel. If you are in major pain, ask that the opioid prescription be written for a small amount, and only take them for a day or two, three at most. Unused pills can fall into the wrong hands. In fact, more than half of people who misuse prescription painkillers get them from a friend or relative. Your pain will improve significantly within a few days whether or not you take opioids.

“Nobody needs a prescription for 30 or 50 opioids, and even those who are in major pain should only take them for a day or two,”

ASA President James D. Grant, M.D., M.B.A., FASA

- **Be aware of other downsides to opioids** — Opioids cause severe constipation and often don’t manage pain as well as people expect. Additionally, they can cause hyperalgesia, or an increased sensitivity to pain.
- “The opioid crisis is huge and affects everyone, rich and poor, male and female. It’s got to stop, and reducing opioid use during recovery after surgery is a big part of the solution,” said Dr. Grant. “Those who are in continued severe pain after surgery should ask a physician anesthesiologist or other pain specialist about alternative strategies to manage pain, including exercise, nerve blocks and non-opioid medications.”
- ASA is committed to ending opioid abuse and has launched several initiatives to combat the epidemic. For more information, review ASA’s National Pain Strategy.

To learn more about the critical role physician anesthesiologists play before, during and after surgery, visit asahq.org/WhenSecondsCount.



Courtesy Brandpoint Carefully consult with your doctor before beginning any treatment with pain medicines.

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Russ Taff coming to Virginia Beach Sat. March 3rd with Band! Visit www.russtaffconcert.com

Garage Sale - Suffolk

Sleepy Lake 8787 Adams Dr. Thurs-Sat 2/15-17
9-5 Whole house full! Henkle Harris bed, mahog
furn FB betterhomesandbargainsstatesale1

Antiques & Collectibles

A Basic
American Antique Buyer
RAY HIGGINS
Buying All Antiques
& ESTATES. FURNITURE, ART
GLASSWARE, ANTIQUE GUNS
ALL COINS
Sterling Flatware
Older Men's/Women's
Wrist Watches
Pocket Watches
Working or Broken
25 Yrs. Exp. Licensed
Will Come to You For Antiques
24/7. Free Estimates.
757-617-4043

DECOYS WANTED

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

I BUY COINS

Coin Collections
STAMP COLLECTIONS
757-474-1303
BARRETT STREET AUCTION
Now Possesses A Federal Firearm
License. Auction Seller's Commission
10% FFL \$40 Per Firearm. 463-1911.
Next Auction Feb. 24th

WANTED

ANTIQUES & ESTATES
18th, 19th & 20th Century,
Furniture, Artwork, China,
Crystal & Collectibles.
1 Piece Or Entire Contents.
We Come To You With &
Courteous & Professional
Service. No Obligation
Offers. Please Get My
Offer Before You Sell!
Tag Sales & Estates Settled.
LARRY ZEDD
422-4477
Virginia Beach Antique Co.
Appraisal Service With 40
Years Experience.

Appliances

APPLIANCES - Refrigerator \$195;
A/C \$99; Stove \$125; Freezer \$150; Washer
\$150; Dryer \$125; Dishwasher \$100. All items
Like New. DELIVERY AVAIL 757-447-7347

Articles For Sale

LLADROS-24 for sale. Excel condition, box is
included. Call 757-497-5757.

Nordic 6 Person Hot Tub

Newly overhauled,
brand new lid \$2000. Rolltop desk w/ file drawers
& multiple accessory drawers \$300. Broynhill 6'
amroire \$250. 757-773-1350.

Boat Trailers

USED TRAILER SALE !!!

OVER 100 Avail. For Boats 12'-38'
BUDGET BOATS: (757) 543-7995

Boats/Rigs

SeaRay Sundancer 250 1989 LOA 26'9"

New Exhausts, rebuilt Outdrive in 2017. Beam 8'6"
Draft 36" In covered Storage, 11k Can be seen by
appointment. (757) 286-6463

Business Equipment

Liquidation Sale

General Foam Plastics is shutting their doors after
60 years of business. Everything must go and going
at great prices. Items include Office Furniture, Desk,
Chairs, File Cabinets, Computers, Office Supplies
and misc. office furniture. We also have some of
our wonderful Blow Mold items along with Christmas
trees. Hours of operation are 8:00 am until 2:30 pm
Monday thru Friday, CASH ONLY
33221 E Princess Anne Rd, Norfolk, VA

Cameras-Photography

35MM Minolta X700 film camera w/flash
& Quinary automatic lens 80-200 w/16 manuals,
travel bag & straps. \$125. 757-588-7163.

Cameras-Photography

**WANTED: High-End Film
Camera Collections.**
Call 757-481-5375.

Firewood-Fuels

100% SEASONED FIREWOOD
Stacking Available.
757-515-6933, 757-998-5327
FIREWOOD-SEASONED, Full, Half & Quarter Cords.
Pickup or Delivered
Jack Frost Firewood 430-2257

Furniture-Household

2 Pc. All New Mattress Sets-In Plastic
Twin \$99, Full \$119, Queen \$129, King \$189
Financing Available. Can Deliver. 757-490-3902.

Musical Merchandise

King B Flat Cornet, excel cond., \$375 or best
offer. Call or text Ray or leave msg 757-620-3312.
PIANO-BABY GRAND. Glossy/Black. Story &
Clark Prelude. QRS player system. Like new. Must
sell moving. Make offer. 477-7700. 340-2828.
Piano-Spinet, Lester, excel cond., will pay for
tuning. \$600. 757-481-6830.

Pet Stud Service

German Shepherd-AKC, stud, 120 lbs., proven,
gorgeous. 757-227-8046 or 757-285-3903.

Pets-Dogs,Cats,Other

**AKC Bloodhound Puppies born 11-22-17. 4 Males 2
Females** Text or call. 757-407-9672

**AKC Min. Schnauzer black w/ white feet 4 males 2
females** \$1000 757-7353200

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shots, vet checked. \$400. 757-235-0250.

**Aussie pups - asdr reg. 804-384-3125 call or txt for
details**

Australian Shepherd Pups-8 wks old, reg.
pedigree, shots, dewormed, parents on site, health
guarantee. \$300. 252-396-0233.

Cock A Poo Pups-1st shot, de-wormed,
males/females. \$600. Call or text 252-333-7554

Cock-A-Poo Pups-2 boys-black \$500, 2 girls-
tan \$550, de-wormed, 7 wks old, 757-758-0774.

Collie Pups-AKC reg. females, 14 wks, \$1500.
540-484-7055, email: laurelriver@privategarden.org

GERMAN SHEPHERD PUPS AKC BLACK&TAN.
SHOTS. PARENTS & GRAND PARENTS ON SITE. SO
YOU KNOW WHAT YOU ARE GETTING. GOOD QUALITY
GSD \$900. 804-691-6717

German Shepherd Pups-AKC, large boned,
black & black & reds, temperament & quality, fam.
raised, vet checked. 757-543-6288, 757-777-4902

**GOLDENDOODLE STANDARD EUROPEAN
CREAM PUPPIES!!** Born 1/12, ready 3/12,
beautiful females, going fast! Go to FB page:
Cathy Owens Absher for parent/puppy pics or
text/call 757-560-7566 for more info. 1200.00

Golden Retriever Pups-AKC, reds & blondes,
shots/wormed, vet ck. \$800. 757-651-1609.

Havachon Pups-7 wks old, ready to go, males
only. Vet checked. 1st shot, doggie door trained.
\$795. 252-473-5619.

Lab Pups-AKC registered w/1st shots & Vet ck.
757-563-9766, www.waggtailsalabradors.com

Lab Pups-Yellow, AKC, OFA, hunting pedigree,
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Labradoodle-Multi-generation. Smart, willing to
please. Shots/training. \$950. 757-274-2381.

Mini. Schnauzers-All Colors. Super Coats.
Year Health Guarantee. www.smithschnauzers.com
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Shepherd/Golden Retriever Mix Pups
Ready now. 1st shots & de-worming. \$400.
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Shih Tzu Pups-Hearts of Love, parents on
premises. \$400. No papers, no checks.
Call 757-498-0052. 408-0191

Standard Poodles-AKC, M/F, parents OFA/DNA
tested. ogspsdoodleinc.com. \$1000. 252-202-9605.

Yorkie Pup-AKC, \$1000. 5 female left, Teddy
Bear Lap Puppy. 757-479-5101.

Topsoil-Mulch

#01A Black Sifted TOPSOIL
6 yds \$205, Mulch \$25 yds, Compost \$30 yd.
Rock, Sand & Firewood. D. Miller's, 482-5083

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IMMEDIATE CASH for household items,
tools, electronics, building materials & any other
items. Call Josh 757-738-6275, anytime.

Auctions

3920 Wedgewood Cir/Ches. 2/17, 11 AM.
VAF#662 www.vaauction.com 538-0123

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1114 Harmony Rd. Norfolk, VA
Saturday, Feb. 17, 12 Noon
GATES OPEN AT 10 AM
Call 461-5765. Many late Models
90's+ CARS, TRUCKS,
MOTORCYCLES & SCOOTERS.
Cash or Certified Funds Day Of Sale.
www.jackstowing.com. VAAF 58

Barrett Street Auction, next Auction Feb 24.
Now Accepting Consignments. 463-1911

Phoenix Auction Gallery, Next Auction
Sun., March 18, 2018. VAF# 1597, 722-9210

Suffolk for Unpd R E Tax; 2/27, 10 AM
VAF 662 www.vaauction.com 538-0123

Drivers/Transportation/Shipping

Drivers CDL & NON CDL
Moving Company. Also packers &
helpers. All applicants must have
valid driver's lic. Apply Only @ 3325
Croft St. Norfolk, VA 23513. No
phone calls please.

TRUCK DRIVER - EXPERIENCED

Must have CDL A or B and current driving record,
TWIC CARD. DOT physical card must be
up-to-date & pass drug test. Call 757-426-6281.

Administration/General Office

Parking Cashier PT

The Norfolk Airport Authority @ is
currently accepting application forms for a
Part -Time Parking Cashier until 4:00
PM on February 26, 2018. Visit
www.norfolkairport.com/employment for
details. EOE F/M/Vets/Disabled

Advertising/Marketing Media

Asst. Dir. For Special Events/Office of Alumni Relations (00774A)

Plan, implement, manage, and evalu-
ate the special events and pro-
gram activities for the Office of
Alumni Relations. Salary commensurate
with education and experi-
ence. **Close Date is February 16, 2018.** To review position require-
ments in full, and submit an applica-
tion, please visit <http://jobs.odu.edu/postings/7433>

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HEAVY EQUIPMENT OPERATORS
NOW HIRING - F/T Benefits
Excellent pay and benefits package
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Exp in water, sewer & storm drain for com-
mercial and municipal work call W.R. Hall Inc
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Computers/IT/Technology

Sr. Full Stack Web Application Developer (#00120)

Architect, develop and maintain Center
for Learning & Teaching web applica-
tions in a senior developer/team lead
role using modern SDLC principles. Can-
didates should have experience with
numerous frontend and backend tech-
nology stacks, as well as SQL and
NoSQL databases. Salary is commensurate
with education & experience. Close
Date is February 9, 2018. To review position
requirements in full, and submit an
application, please visit
<http://jobs.odu.edu/postings/7362>

Education/Training

TECHNICAL WRITER (00580A)

Help facilitate a cohesive &
comprehensive presence for the
Center for Learning & Teaching both
digitally and in print. Salary commensurate
with education & experience. **Close Date Is February 23, 2018.** To review position
requirements in full, and submit an
application, please visit
<http://jobs.odu.edu/postings/7490>

General/Other

Janitorial - (PT) General Cleaners, Floor Techs, Team Leaders & Supervisors are

needed in the cities of Chesapeake and Virginia
Beach! Peninsula Cleaning Services, Inc. is looking
to fill all positions. Primary responsibility is to clean
and sanitize to include sweeping, dusting, mopping,
wiping and emptying trash. Must have 2-5 yrs.
exp. cleaning commercial facilities and be able to
work weekends. Valid ID & bgld check are
required. Apply to peninsulacleaning.com
or call 757-833-1603 for more info.
EOE AA M/F Vet Disability

UTILITY CREW POSITIONS

Virginia Equipment & Development, Inc. is
currently seeking pipe layers, tail man and
leader operators for utility crew. Must have ex-
perience on a pipe crew laying water and sewer.
email jobs@vedinc.net or call 757-368-3255

Healthcare/Medical

Appointment Scheduler/Health Information

Looking for a full-time medical
appointment scheduler. Applicants
must have strong communication
and customer service skills along
with attention to detail. Prior com-
puterized scheduling and proficient in
Allscripts PM software mandatory.
Please email resume to
hre@atlanticortho.com

Lake Taylor Hospital is hiring for all
Healthcare Related Positions. Visit our
website at www.laketaylor.org for more information.

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Looking for experienced Medical
office individual for Full Time Front
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Site Work & Underground Utilities
Local, well established general contractor
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Excellent pay and benefits package:
Full-Time, Salaried Position
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Ship Building Ship Repair

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Full Time ONLY. Overtime Mandatory. US Citizen,
Drug Testing, and Background check required. Ben-
efits. Apply Tues & Thurs. 8:30-10:30 AM at 731 East
25th St Norfolk, VA. APPLY IN PERSON

Burial/Cemetery Plot

Princess Anne Memorial Park-2 Mausole-
um crypts, \$10,000 both. For info 804-462-3107.

For Rent-Furnished Apts

5819 Northampton Blvd., Va. Bch. Rms start
at \$45.99 + tax daily & \$225+ tax w/ky. 460-1000.
Low Weekly Rates avail starting \$210 week.
Oceanfront Hotel. 1719 Atlantic Ave. 757-425-9511

Motel 6-Ocean View. New rms, near fishing pier,
\$199 wk, kitchenette avail. Pet ok. 757-480-9611

For Lease-Industrial

Va. Beach-3000 sq. ft. shop & 2 offices, 14'
doors, utilities & air included. \$1800. 499-8000.

For Rent-Norfolk Apts

Clean 1 BR Apt-East Ocean View, 7th Bay,
\$650 mo. Includes water/sewer. 646-2398.

Colonial Place-797 W. 50th St., 2 BR brick, air,
new carpet, appliances, \$775. Keystone 623-5193.

GHEHT-8 Great Locations
1 & 2 BR, free heat & hot H2O, \$650-\$995.
Meredith Mgmt. 622-8233
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\$300 Moves You In. \$735 Mo.
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carpet. \$700-\$730. Credit w/ req'd. (888)368-5920
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OCEAN VIEW'S BEST-5 Locations, 1-2 BR, extras
Near beach, air, laundry. www.capitalrentalsva.com
Some/Most Utilities. 625-7110. 623-8383

Wards Corner -1BR, \$650 & 2BR, \$750
Call 460-1992 or 625-8193.

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CALL ABOUT FREE HALF MO. RENT SPECIAL!!
\$250 Sec Deposit. Starting at \$675. 393-2111

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Churchland, W. Branch, Suffolk homes, apts,
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Move-In Ready \$1395 3br 2ba modern spa-
cious family home close to bases 757-915-5970.

For Rent-Rooms

Room For Rent: Near Princess Anne Plaza
Near Base, off Rosemont & Va. Beach Blvd.
Furnished \$500/mth Call 757-340-4835

Bellamy Plantation Area-Lovely neighbor-
hood, working professional w/refs, house privi-
leges, all utills incl. \$525 mo. 757-471-14748 iv msg

CHESAPEAKE-Battlefield/Volvo Pkwy, furnished,
incl. all utills, Wi-Fi. \$550 mo. + dep. 757-681-4067

Enjoy Living in a home with all your basic
needs, lg bedrm. & bath including TV to make life
easier, laundry rm. & kit. \$650. 757-481-9095.

Kempsville Area-Priv. entrance & bath. \$695
incl. utills & cable. Pets ok. 757-717-0129.

Near Norfolk State-Furnished rm, W/D, all utill.
incl. \$500 mo. + \$500 dep. 757-230-0723.

For Rent-Rooms

NEAR NSU/ODU - Norfolk/Furnished,
\$150 wk, all utills. Incl. 478-8488.

Norfolk, Berkley - Furn'd Rm,
All Utills Incl. \$135/Wk. 301-442-4202

Norfolk, Wards Corner-On busline, \$550 mo.
All utills included. 757-338-7188, 469-4355.

Norfolk-Furn'd Rm. Clean, Quiet, Cable, A/C.
\$140/wk + Deposit. 757-718-0698.

Norview-\$140 wk., near busline, clean, quiet.
Central a/c & heat, W/D. No smoke. 718-2317.

South Norfolk Area Furn'd cable, kit, privi-
leges. Drug free! No deposit. \$150/wk. 494-7848.

Truxton-Portsmouth close to shipyd \$500 mo.
Must have proof of income. Call/text 744-9749.

Va. Beach-Furnished rm. w/priv. bath, \$500
mo+ \$250 dep. No pets, no overnight guests,
laundry twice a wk, kit, privileges. 757-955-5976.

Va Bch-Furnished rm, professional, no drinking,
no drugs, no smoking. \$495 mo. 757-681-1403.

VB-Near Oceanfront - 1 Furn'd BR, Quiet, No
Smoking/Pets. \$495 incl Utills + Dep. 718-1813

For Rent-To Share

Blocks From Beach, 3 BR Condo to share, male
w/same, \$525/Utills Incl.+ Sec. Dep. 425-1731

Kempsville-\$495 inclu all utills & cable, deposit
required, medium room, pet ok. 757-717-0129.

For Rent-Va. Beach Apts

OCEANA/HILLTOP AREA Newly renovated
throughout, Spacious 2 BR, 1 BA. \$795/mo. 631-1306.

For Sale-Chesapeake Home

Western Branch-3 BR, 2 BA brick ranch,
\$212,000. Kline Realty 484-0123.

For Sale-Lots

16 ACRE Heavily Forested, HIGH
MOUNTAIN homestead in Amherst County. Seclusion
beyond the end of the road. \$100,900 - Owner
financing available. 434-534-1681

Antiques & Classics

Chevrolet 1970 Corvette LT-1 Coupe, Laguna Gray.
Black interior, Ttops. 350 ci engine, 4-speed manual
transmission, \$25,000. 757-672-4868.

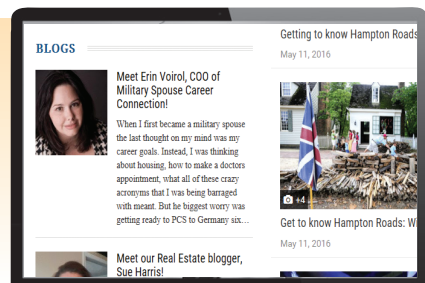
Ford 1956 Thunderbird red rust free 292 3 speed
needs paint, soft,only 21,000 or best offer. 757-
536-4523

Automobiles for Sale

BENTLEY 2008 CONTINENTAL FLYING SPUR STUN-
NING CONDITION. V-12 TWIN TURBO AWD. LOW
MILES, NAVY BLUE EXT., GRAY LEATHER INT WITH
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TIRES & BRAKES. 20" BENTLEY RIMS, NAV, BLUE,
TEETH, BACKUP CAMERA, CLEAR CARFAX, EXTREME
PERFORMANCE, ELEGANCE & LUXURY. OVER \$8K IN
OPTIONS. CURRENT BOOK \$63,000.00. REDUCED
\$54,880. (757) 373-3257 VaDr

Buick 2014 LaCrosse, 22K mi, loaded, sun-
roof, white, excel cond, \$19,400. 757-689-3308

CHEVROLET 2007 COBALT AC RECENT INSEC



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READY TO STAIN OR PAINT

\$934* *BASED ON A TYPICAL 10' x 10' KITCHEN

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NO ASSEMBLY REQUIRED

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FREE KITCHEN DESIGN
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STARTING AT **\$1,224*** *BASED ON A TYPICAL 10' x 10' KITCHEN



SOLID HARDWOOD BUTCHER BLOCK COUNTERTOPS

PLUS NEW TABLE TOPS



VARIETIES AND SIZES VARY BY STORE

HEVEA FROM THAILAND 1" AND 2" THICK			
8' x 26" x 1"	8' x 30" x 1"	10' x 26" x 1"	8' x 36" x 1"
\$99	\$109	\$129	\$135
8' x 26" x 2"	8' x 30" x 2"	10' x 26" x 2"	8' x 36" x 2"
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HEVEA BUTCHER BLOCK TABLE TOPS			
32" x 48" x 2"	\$119		
42" x 42" x 2"	\$145		

ACACIA FROM THAILAND NOW 1" AND 2" THICK			
8' x 26" x 1"	8' x 30" x 1"	10' x 26" x 1"	8' x 36" x 1"
\$109	\$119	\$139	\$145
8' x 26" x 2"	10' x 26" x 2"	8' x 30" x 2"	8' x 36" x 2"
\$229	\$279	\$299	\$319
ACACIA BUTCHER BLOCK TABLE TOPS			
32" x 48" x 2"	\$145		
42" x 42" x 2"	\$165		

BAMBOO FROM ASIA	
8' x 26" x 1.5"	\$199
8' x 30" x 1.5"	\$229
8' x 36" x 1.5"	\$279

CAMBARA FROM BOLIVIA	
REDUCED PRICE 8' x 26" x 1"	\$129
8' x 36" x 1"	\$199

MARA MACHO CURUPAU AND ALISO FROM BOLIVIA	
8' x 26" x 1"	\$149
8' x 36" x 1"	\$199

NEW SELECTION OF EXOTIC COWHIDE RUGS

THESE ARE SOME OF THE MOST BEAUTIFUL COWHIDES WE'VE EVER HAD!



7'-10' DIAMETER

\$148

10'-16' DIAMETER

\$177

EACH ONE IS UNIQUE

BRAZILIAN MINIATURE COWHIDE RUGS



10'-15' SQ. FT.

\$48

THROW ONE OVER THE BACK OF A CHAIR OR ARM OF A SOFA TO DRESS IT UP. PERFECT AS A BEDSIDE RUG DURING COLD WINTERS OR DRAPED OVER THE CORNER OF A BED OR BENCH FOR ADDED TEXTURE AND DRAMA.

HANDCRAFTED MEXICAN CHIMENEAS

GREAT FOR PATIOS, GARDENS, AND DECKS
BURNS WOOD OR CHARCOAL

\$79 **\$89** **\$99**
49" TALL 50" TALL 54" TALL
DOUBLE-SIDED

VARIETY OF STYLES & FINISHES TO CHOOSE FROM

INCLUDES CLAY RAIN CAP AND IRON BASE



FOR INDOOR USE, FILL BOTTOM WITH GRAVEL AND PLACE CANDLES INSIDE

PORCELAIN/CERAMIC FLOOR TILE

12" x 12" 13" x 13" 16" x 16" 18" x 18" 20" x 20" 24" x 24" 12" x 24" STARTING AT **29¢** SQ. FT.



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THE LOOK OF HARDWOOD FLOORING WITH WATERPROOF PORCELAIN TILE

66¢ TO **\$148** SQ. FT.

6" x 24" | 6" x 36" | 6" x 48" | 8" x 48" | 9" x 36" VARIETY OF LIGHT, MEDIUM & DARK STYLES
HUGE SELECTION IN STOCK!

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