

EXCELLENT BENEFITS, EXCELLENT PAY



NAVY HIRING CIVILIAN POLICE OFFICERS

MCC RJ Stratchko

U.S. Navy police officers in front of the aircraft carrier USS Gerald R. Ford during a direct hire police media event.

By MC3 Lindsay Preston
The Flagship Staff

NORFOLK

The Navy is looking to expand the civilian police force for installations in Navy Region Mid-Atlantic.

No experience is required and the hiring process is being done through direct hire authority which will streamline the process to help identify candidates who fit the job. Applicants must be 21 and pass a background check, a physical agility test and a drug screening.

“We’re going to bring them on board and send them to the federal law enforcement academy to get them certified,” Col. Teddy Smith, Chief of Police of Norfolk Naval Shipyard said. “It’s paid training and this job comes with great benefits — life insurance, paid annual leave and sick leave, health insurance and 401k.”

There are a wide variety of positions to be filled as well as career progression. Within a year of graduating the academy candidates can compete for more positions. Applicants work in a variety of missions such as patrolman, bike patrol, investigations, canine, harbor patrol and coordinating with local, state, and federal agencies for planning and protecting distinguished visitors.

“Excellent benefits, excellent pay and excellent opportunities for anyone willing to work in the law enforcement field,” said Naval Station Norfolk Police Department Lt. Col. James Scott. “It takes dedication, people skills and it takes people who are willing to rise above themselves and give back.”

Scott said he wanted to be a Master-at-Arms (MA) when he joined the Navy but the opportunity wasn’t available. Even though he no longer serves in the Navy, he is still able to serve his community and said he feels like an MA working alongside them every day.

Although Scott is a veteran, applicants do not have to have military experience for the job. “No experience is required and you don’t have to be a veteran to come in the door,” Smith said. “This is an opportunity that doesn’t come along very often for not being a veteran for some of these government jobs. We’re here to protect the national assets for the Department of the Navy and protect the warfighters that work on the installations along with federal employees.”

Smith said no degree is required, the pay is very competitive and there are possible performance bonuses as well as a uniform allowance.

The entry-level base pay is \$36,400 and in one year, Navy police officers can earn close to \$41,000. Applicants can email their resumes to directhirepolice@navy.mil

Enlisted credentialing and USMAP completions now viewable in electronic training jacket



U.S. Navy graphic

By MC2 Taylor L. Jackson

Center for Information Warfare Training Public Affairs

PENSACOLA

Sailors can now view their earned civilian certifications, licenses, and United Services Military Apprenticeship Program (USMAP) data in their Electronic Training Jacket (ETJ), Navy Training and Management Planning System (NTMPS), and Fleet Training Management and Planning System (FLTMPS).

Previously, Sailors’ credentialing data could only be viewed through their Joint Service Transcripts (JST). Navy Credentialing Opportunities On-Line (COOL), which funds certification exams for eligible Sailors, coordinated with the NTMPS and JST program to ensure Sailors’ civilian credentials were being

accurately reflected in FLTMPS and the Sailors’ ETJs.

The change aligns with Sailor 2025 initiatives to improve fleet manning. The availability of credentialing data in NTMPS, FLTMPS and the ETJ will allow Sailors to seek compatible billets or duties based on their earned credentials. The data will also allow leadership to readily seek well-qualified Sailors to fill billets or duties.

“This is a big win for both our Sailors and for Sailor 2025,” Director of COOL Keith Boring said. “Not having the credential data available would have hampered future goals of finding Sailors with compatible credentials to fill other positions or move to other enlisted ratings. Now that the data

» See **TRAINING** | A7

NAVIFOR CONDUCTS ACTIVE SHOOTER EXERCISE

By MCC Rafael Martie

NAVIFOR Public Affairs

SUFFOLK

Naval Information Forces (NAVIFOR) teamed with Federal Protective Services (FPS) and Suffolk Police Department (SPD) to conduct an active shooter exercise Feb. 6.

This exercise gave more than 300 participating Sailors, government employees and contractors an opportunity to familiarize themselves with the Navy’s Run-Hide-Fight training in a practice scenario.

“An active shooter response drill is required by DoD instruction to be performed twice every year for the purposes of staff training in the procedures and necessary actions to prevent massive losses of life at this command should a horrible act such as this take place,” NAVIFOR Physical Security



Robert Fluegel

Naval Information Forces (NAVIFOR) Sailors and Department of Navy Civilian employees conducted an active shooter exercise with Federal Protective Services (FPS) and Suffolk Police Department. This exercise gave more than 300 participating Sailors, government employees and contractors an opportunity to familiarize themselves with the Navy’s Run-Hide-Fight training in a practical application

Specialist/Antiterrorism Assistant Robert Baldwin said. “Training on safe zone locations, evacuation procedures, and emergency exit locations are some of the more critical aspects of this.”

Overall, the staff reacted swiftly and

» See **SHOOTER** | A7



www.flagshipnews.com



www.facebook.com/The.Flagship

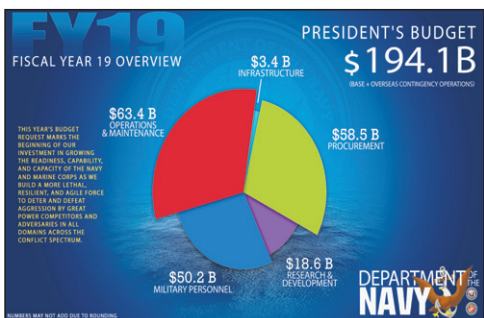


www.twitter.com/the_flagship

NAVY RELEASES FISCAL YEAR 2019 BUDGET

The Department of the Navy released its proposed \$194.1 billion (Base and Overseas Contingency Operations (OCO)) budget Feb. 12, for fiscal year (FY) 2019.

» See **A6**



SEABED TO SPACE:

The U.S. Navy information warfare (IW) pavilion concluded the three-day premier naval conference and exposition on the West Coast, WEST 2018, Feb. 8.

» See **B4**

5 TOP TRENDS FOR YOUR KITCHEN IN 2018

It’s your home’s focal point. The site of some of your best moments and the base of operations for entertaining — it’s your kitchen, and no room in your home is more valuable.

» See **C5**

THE FLAGSHIP’S FREE HOME DELIVERY

South Hampton Roads: Get the convenience of your Navy newspaper delivered right to your door for free!

Sign up today! Call 222-3965

Secretary of the Navy names two Littoral Combat Ships

From SECNAV Public Affairs

WASHINGTON

On Feb. 13, Secretary of the Navy Richard V. Spencer announced the next Freedom and Independence variant Littoral Combat Ships will be named USS Nantucket (LCS 27) and USS Savannah (LCS 28).

The future USS Nantucket (LCS 27), a Freedom-variant Littoral Combat Ship, will be the third commissioned U.S. Navy ship to honor the maritime history of Nantucket.

The future USS Savannah (LCS 28), an Independence-variant Littoral Combat Ship, is the sixth ship to bear the name of the oldest city in Georgia.

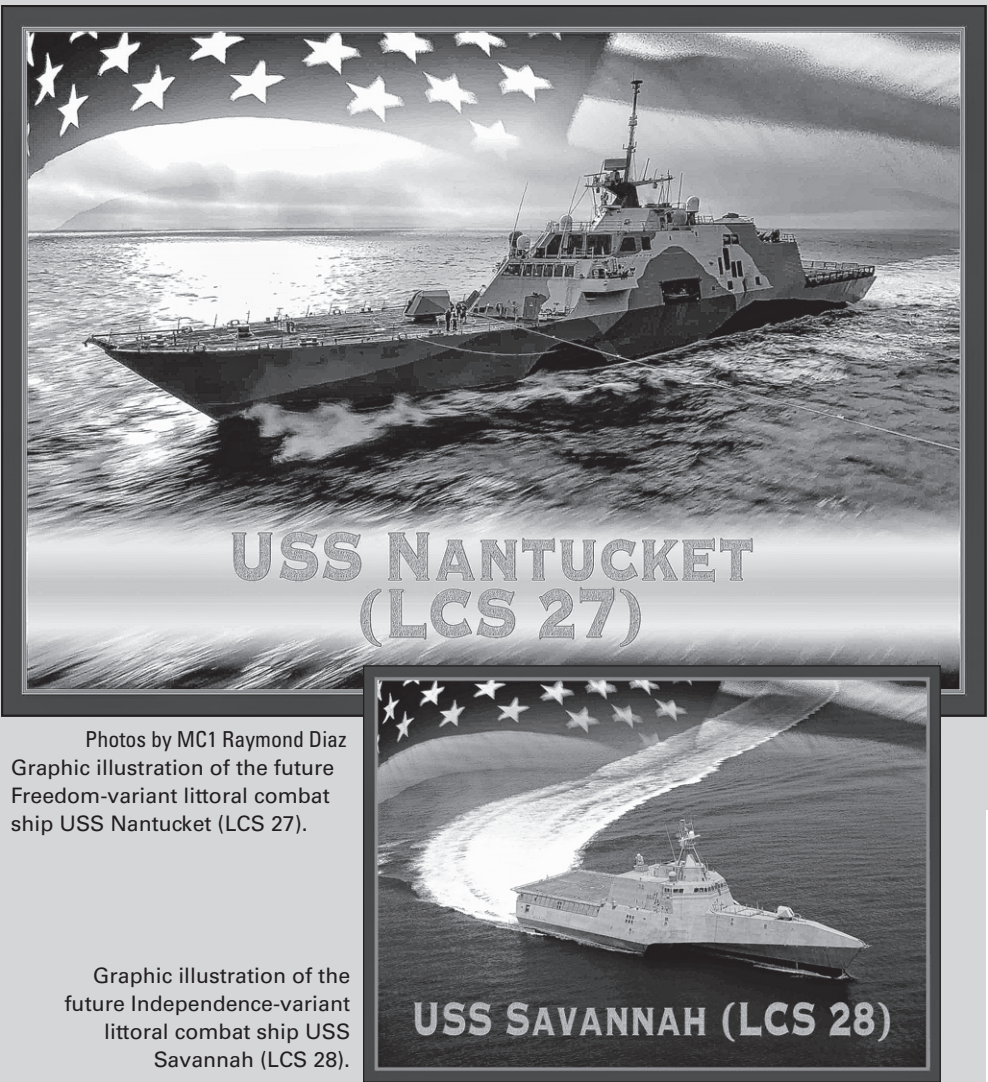
Nantucket will be built by Fincantieri Mari-

nette Marine in Marinette, Wisconsin. Savannah will be built by Austal USA in Mobile, Alabama.

LCS is a modular, reconfigurable ship, designed to meet validated fleet requirements for surface warfare (SUW), anti-submarine warfare (ASW) and mine countermeasures (MCM) missions in the littoral region. An interchangeable mission package is embarked on each LCS and provides the primary mission systems in one of these warfare areas.

For more news from Secretary of the Navy public affairs, visit www.navy.mil/SECNAV

For more news from Secretary of the Navy, visit www.navy.mil/local/secnav/.



Photos by MC1 Raymond Diaz
Graphic illustration of the future Freedom-variant littoral combat ship USS Nantucket (LCS 27).

Graphic illustration of the future Independence-variant littoral combat ship USS Savannah (LCS 28).

STRENGTH AND SACRIFICE: TRUMAN CELEBRATES BLACK HISTORY CHAMPIONS

By MC3 Thomas Bonaparte Jr.
USS Harry S. Truman Public Affairs

ATLANTIC OCEAN

Many were not allowed to serve in the U.S. Armed Forces or were banned from most American rights because of the color of their skin...it stayed that way for nearly 172 years.

The roots of Black History Month can be traced back to 1915, when Dr. Carter G. Woodson founded what is now known as the Association for the Study of African American Life and History, which initiated the first Negro History Week in February 1926. This became Black History Month at the height of the civil rights movement in 1976.

The Navy’s theme for this year’s Black History Month observance is ‘Success Always Leaves Footprints,’ and that’s exactly how many Sailors aboard USS Harry S. Truman (CVN 75) feel.

“The importance of Black History Month is recognizing those who have come before us,” Truman’s Multicultural Committee President Aviation Boatswain’s Mate (Handling) 1st Class Nekita Patrick said. “It allows us to celebrate those who have paved the way. Because of them, we are able to experience all the opportunities that we have right now, whether in the civilian sector or in the military.”

One of the greatest advances in this movement came on July 26, 1948, when former President Harry S. Truman signed an executive order abolishing racial segregation within the U.S. Armed Forces.

“I believe the Executive Order of 9981 was a major milestone for African-Americans,” Patrick added. “It allowed us to serve alongside our brothers and sisters without being judged for the color of our skin or the texture of our hair.”

The order increased the incentive for African-Americans to join the military and allowed opportunities for them to con-

tribute to its value. “Today’s Sailors stand proudly with the accomplishments of our predecessors, including people like Ensign Jesse Leroy Brown, the 8 black sailors who earned the Medal of Honor

“I believe the Executive Order of 9981 was a major milestone for African-Americans. It allowed us to serve alongside our brothers and sisters without being judged for the color of our skin or the texture of our hair.”

Nekita Patrick, Multicultural Committee President Aviation Boatswain’s Mate (Handling) 1st Class

during the Civil War, and the Golden 13 who were the first black naval officers,” Command Master Chief Charles Smith said, assigned to the “Rooks” of Electronic Attack Squadron (VAQ) 137. “The heritage of our service to our Navy doesn’t stop there. African-Americans have a long heritage of service within the Department of the Navy since its establishment in

1798.”

Smith says that everyone who celebrates this month uses it to remember the important contributions and achievements of African-Americans throughout our nation’s history. This month is an integral part of our nation’s tradition in which we continue to promote positive historical influence, exemplary leaders and steps towards changes in society.

The accomplishments of African Americans within the Navy range from aviators, combats heroes, and flag officers who broke through barriers and have made many great contributions to shape the Navy’s history.

“There have been a lot of opportunities for African-American Sailors to help make this Navy a better organization because of the diversity that each person brings,” Smith said.

Truman’s multicultural committee is scheduled to hold an observance to honor the history of African-Americans later this month.

Truman is currently underway conducting its composite training unit exercise (COMPTUEX), the final stage of pre-deployment workups for the strike group. For USS Harry S. Truman, the evolution caps off more than seven months of training to ensure the ship and crew are ready to deploy.

For more news from USS Harry S. Truman, visit www.facebook.com/usstruman or www.navy.mil/local/cvn75/.

Navy Submits 30-Year Ship Acquisition Plan

From Navy Office of Information

WASHINGTON

The Department of the Navy submitted the long-range ship acquisition plan to Congress Feb. 12.

The 30-Year Ship Acquisition Plan is a Congressionally-mandated report which describes the Department of the Navy’s long-range shipbuilding plans for 2019-2048. This year’s report focuses on meeting the Navy’s baseline acquisition requirements needed to build the Navy the Nation Needs (NNN) and sustaining the domestic industrial base to meet that aim.

In support of the National Defense Strategy’s stated goal of achieving a more lethal, resilient and agile force, the plan serves as a roadmap to reach a 355-ship fleet by the early FY2050s, potentially quicker with an aggressive investment of resources. The plan pursues acquisition strategies to build ships more quickly and affordably and places top priority on sustaining the industrial base now and for the future. Ultimately, the plan supports the Navy’s overall effort to build the Navy the Nation Needs to protect the homeland, defend the interests of America and its allies abroad, and preserve America’s strategic influence around the world.

This plan addresses the Navy’s most critical shipbuilding needs by:

- Building CVNs four years apart after CVN 82 instead of five to support a 12-ship CVN force.
- Building 12 Columbia-class SSBNs in support of the Nuclear Posture Review (NPR) and STRATCOM deterrence requirements.
- Establishing a stable profile of two per year Attack Submarines (SSN).
- Establishing a stable profile of 2.5 per year Large Surface Combatants (DDG), plus an additional ship in FY2022.
- Establishing a stable profile of two per year Small Surface Combatants (LCS, FFG) starting in FY2022, accommodating the transition to FFG(X).
- Increasing the pace for amphibious ship production to support a 12-ship LHD/LHA force and modernized lethality in FY2033, FY2036 and FY2039.
- Addresses the candidate long-term replacement for the NNN payload-based submarine, filled mid-term by Virginia Payload Module (VPM).

The plan can be viewed in its entirety here: www.secnav.navy.mil/fmc/fmb/Pages/Fiscal-Year-2019.aspx.



Editorial Staff

Military Editor | MCC RJ Stratchko
757-322-2860 / news@flagshipnews.com

Flagship Staff | MC1 Jeffrey Ballage
MC3 Lindsay Preston
MC3 Brittany Tobin

Graphic Designer | Mike Doyle

Flagship, Inc.

MNV Military Manager | Pam Bullock, 757-446-2795

Creative Director | Allyson Garner, 757-222-3955

Free Classified Advertising, 757-222-5373
Distribution, 757-222-5629
Home Delivery, 757-222-3965

Commander, Navy Region Mid-Atlantic (CNRMA):
Rear Adm. John C. “Jack” Scorby, Jr.
Regional program manager for Navy Region Mid-Atlantic (NRMA):
Public Affairs Director | Beth Baker

The Flagship® is published by Flagship, Inc., a private firm in no way connected with the Department of Defense (DOD) or the United States Navy, under exclusive written contract with Commander, Navy Region Mid-Atlantic. This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the paper, including advertisements, are not necessarily the official views of, nor endorsed by, the U.S. Government, DOD, or the Department of the Navy (DON). The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD; DON; Commander, Navy Region Mid-Atlantic or Flagship, Inc. of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is edited, prepared and provided by the Public Affairs Department of Commander, Navy Region Mid-Atlantic. Stories may be submitted via email to news@flagshipnews.com. The Flagship® is published every Thursday by Flagship, Inc., whose offices are located at 150 W. Brambleton Ave., Norfolk, Va. 23510.
© 2018 Flagship, Inc. All rights reserved.

Military Discount 15%
Enter Code: MILITARY15

Wash House
MODERN LAUNDROMATS & CAR WASH

WASH 2 COMFORTERS \$9.75

FREE VACUUMS
© 1200 W. Little Creek Rd.
Norfolk, VA 23505

Newly Renovated
Like us on facebook

Find nearest Locations @
www.washhouselaundromats.com
or Call 252-717-2911

Opening our hearts to all.

From the frail elderly to at-risk youth, from the homeless individual to the person with disabilities, and many others, Volunteers of America provides a continuum of services that uplifts the human spirit and helps those we serve rebuild lives.

Volunteers of America®

1.800.899.0089 VolunteersofAmerica.org
a CFC participant Provided as a public service.

BRAND NEW RENOVATED ROOMS!

\$45⁹⁹/Night
\$225/Week
PLUS TAX

Easy to Find, Easy to Book, & Easy on your Wallet!

Free Continental Breakfast
Free WiFi

www.choicehotels.com/va220

5819 Northampton Blvd., Virginia Beach, VA • 757-460-1000

EconoLodge
Inn & Suites

Foster LOVE

Become a Foster Parent Today

embrace
treatment foster care
An nsgCARE Partner

Heather.Watkins@embraceTFC.com
757.998.9466 | embraceTFC.com | [f](https://www.facebook.com/embraceTFC) [i](https://www.instagram.com/embraceTFC) [in](https://www.linkedin.com/company/embraceTFC) [yt](https://www.youtube.com/channel/UC...)

For more

military news visit

flagshipnews.com

FREE HOME
DELIVERY
for south hampton roads residents

The Flagship

SIGN UP
TODAY!
CALL 222-3900
OR
VISIT US
ONLINE
flagshipnews.com

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

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

The Flagship

Quarterdeck

RECORD NUMBER OF RECRUITS NATURALIZED AT RTC

On Liberty

Visit the Atlantis! A Labyrinth Adventure

Top schools embrace WebTA automation; Eliminate Navy college funding backlog

From Navy VOLED Public Affairs

Naval Education and Training Professional Development Center

VIRGINIA BEACH

Just seven months in from the launch of the Navy's Web Tuition Assistance (WebTA) automation, all of the top 30 TA colleges have uploaded their course catalogs, allowing more than 18,000 Sailors to take advantage of streamlined application funding.

"Schools and Sailors are benefiting from a vastly improved process that allows TA payment vouchers to be issued more quickly," Navy Voluntary Education Program Specialist Dr. Faye Messick said. "When we started the WebTA automation process, we were averaging a backlog of 500 manual approvals per day. Now that the top schools are automated, we've eliminated most of the daily backlog. Not all schools have their info automated, but we're working toward that."

Chief Aviation Boatswain's Mate Cassie Poepoe, Military Exam Leader at the Navy Advancement Center, has used WebTA before and after automation, and is impressed by the new system.

"Compared to the old TA system, the automation is quick and easy to navigate, with help if needed," Poepoe said. "One of the things that impressed me the most about the new system is that during the entire process, I was sent updated e-mails as my request worked its way through the system — I didn't have to call the Navy College Virtual Education Center for the status."

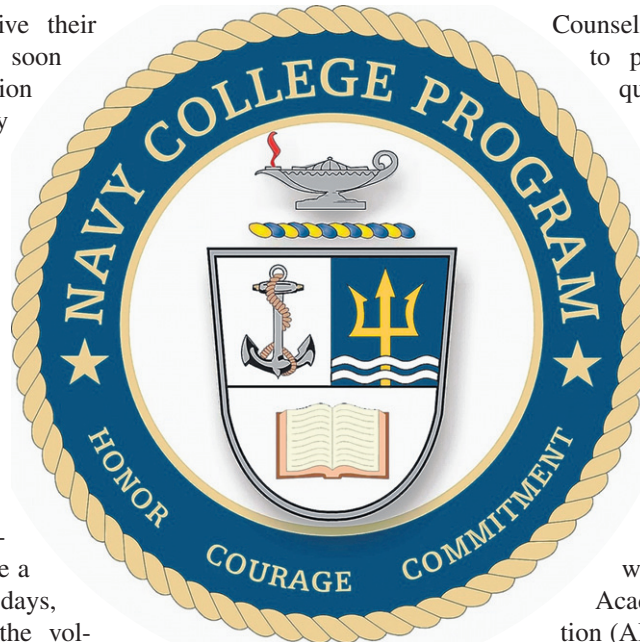
Streamlined approvals also include automation of the Navy College Program for Afloat Education/Distance Learning (NCPACE/DL).

Elizabeth Baker, NCVEC evening shift supervisor, said that WebTA/NCPACE DL automation typically saves Sailors several days in comparison to the manual process. In order for a Sailor to have their WebTA/NCPACE DL request accepted and command approved, they need to meet specific training and policy requirements, (training completed, academic counseling by a Navy College Counselor, degree plan uploaded, passing the PRT, recommended for advancement, etc.) to qualify.

"Sailors whose TAs are funded automati-

cally can receive their TA vouchers as soon as the application is approved by their command if it falls within the current funding availability window," Baker said. "Sailors with TA applications that need to be manually processed may have a delay of several days, depending on the volume of manual TA applications in the system."

Two mandatory training topics include the Navy Tuition Assistance Training or NCPACE Training and Navy Virtual Coun-



Counselors are available to provide the required academic counseling to help Sailors define their goals and select an education program. Once a college/university and a program have been selected, Sailors work with their Academic Institution (AI) to produce an education plan which they upload to their 'My Education,' 'education tab,' and 'view/upload files' icon. Academic counseling can be scheduled through the My Navy Portal (MNP) sched-

met, Sailors are able to create, save, and submit their WebTA/NCPACE/DL application, after entering the Command Approver's e-mail address. Applications that do not pass the automatic checks will be reviewed and manually processed by a Navy College Program staff member.

For assistance with WebTA or NCPACE, review the tutorial located on the Navy College Program website in several locations:

1. Under 'Hot Topics'
2. Under 'Tuition Assistance' tab, click on 'TA Steps,' in Section 5 <https://www.navy-college.navy.mil/tuition-assistance/steps-for-tuition-assistance.htm>
3. In the 'My Education' Module.

It is highly recommended that WebTA/NCPACE DL applications be submitted no later than 30 days in advance, but all applications MUST be command approved no later than 14 calendar days prior to an Academic Institution's published term start date. Applications may be submitted for approval up to 120 days prior to term start dates, and vouchers are issued as funds become available.

For questions, visit the NCP website and submit a Help Request at the 'Assistance Center,' initiate a Live Chat session, or call the NCVEC toll free 1-877-838-1659; DSN 492-4684; or CML (757) 492-4684. OCONUS Service members may contact their servicing Navy College Office (NCO). Contact information can be found under the "Contact and Feedback" section of the website.

Sailors can get the latest information by following Navy Voluntary Education on Facebook: <https://www.facebook.com/NavyVoluntaryEducation/>.

Additional information about the Naval Education and Training Professional Development Center can be found via: <https://www.netc.navy.mil/netc/netpdc/Default.htm>.

For more news from Naval Education And Training Professional Development And Technology Center, visit www.navy.mil/local/NETPDTC/.

“Compared to the old TA system, the automation is quick and easy to navigate, with help if needed.

One of the things that impressed me the most about the new system is that during the entire process, I was sent updated e-mails as my request worked its way through the system.”

Chief Aviation Boatswain's Mate,
Cassie Poepoe

selling 101. The link to My Education for required training can be found on the Navy College Program website www.navycollege.navy.mil under 'Tuition Assistance' or 'NCPACE' tabs. Navy College Education

uler available through the Navy College Program (NCP) website or via MNP: <https://www.mnp.navy.mil/group/training-education-qualifications/appointment-scheduler>.

When the above requirements have been

FREE STUFF & Weekend Plans Delivered to Your Inbox



ACTIVE DUTY MILITARY GOLF MEMBERSHIP

FULL GOLF BENEFITS

Only \$159 per month for first 15 months!*

ACTIVE DUTY MILITARY O.N.E. (Optimal Network Experiences) MEMBERSHIP INCLUDES:*

- Unlimited access to 54 holes of championship golf
- Monthly dues and all golf cart fees included
- 50% off á la carte dining at Ford's Colony
- Year round social events
- Access to ClubCorp's nationwide Network of more than 300 owned, operated and alliance clubs

FORD'S COLONY
COUNTRY CLUB
A Member of the ClubCorp Family

CONTACT THE CLUB TO LEARN MORE TODAY!

JAMES EMERY, Director of Membership
757.258.4115 • james.emery@clubcorp.com

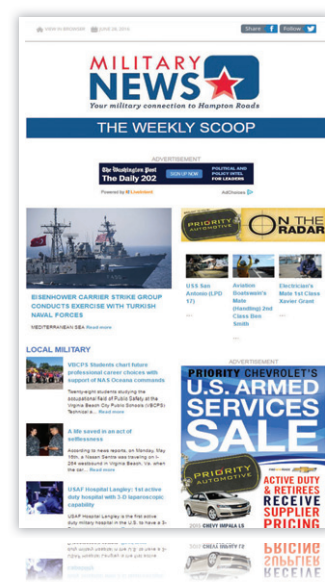
*Offer expires June 30, 2018 and may not be combined with any other promotions or discounts. Discounted dues valid until the earlier of (i) disqualification event, or (ii) fifteen-month anniversary of new Member enrollment date. The O.N.E. program and corresponding benefits are subject to certain restrictions and exclusions. Reservations must be made through ClubLine for My Community and My World benefits, and are subject to availability. Participating clubs subject to change. Cart fees and guest charges may apply. Alcohol, services charges and applicable taxes are excluded. Benefits are subject to the benefit terms and conditions, which may be found on clubcorpnetwork.com. Membership application or conversion form required, and membership is contingent on successful completion of the Club's enrollment process. All offers are subject to availability. Other restrictions may apply. See Club for details. © ClubCorp USA, Inc. All rights reserved. 37020 116 BB

Weekend Access offers exclusive contests for the military as well as events you won't want to miss! This weekly E-newsletter is distributed every Thursday to 22,000 opt-in subscribers (and growing) in and around the Hampton Roads region.

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



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



DEPARTMENT OF THE NAVY RELEASES FISCAL YEAR 2019 BUDGET

From Navy Office of Information

WASHINGTON

The Department of the Navy released its proposed \$194.1 billion (Base and Overseas Contingency Operations (OCO)) budget Feb. 12, for fiscal year (FY) 2019.

This budget is part of the \$716 billion (Base and OCO) defense budget President Donald Trump submitted to Congress the same day.

Deputy Assistant Secretary of the Navy for Budget, Rear Adm. Brian Luther, briefed media during a Department of Defense press conference on the Navy and Marine Corps portion of the budget.

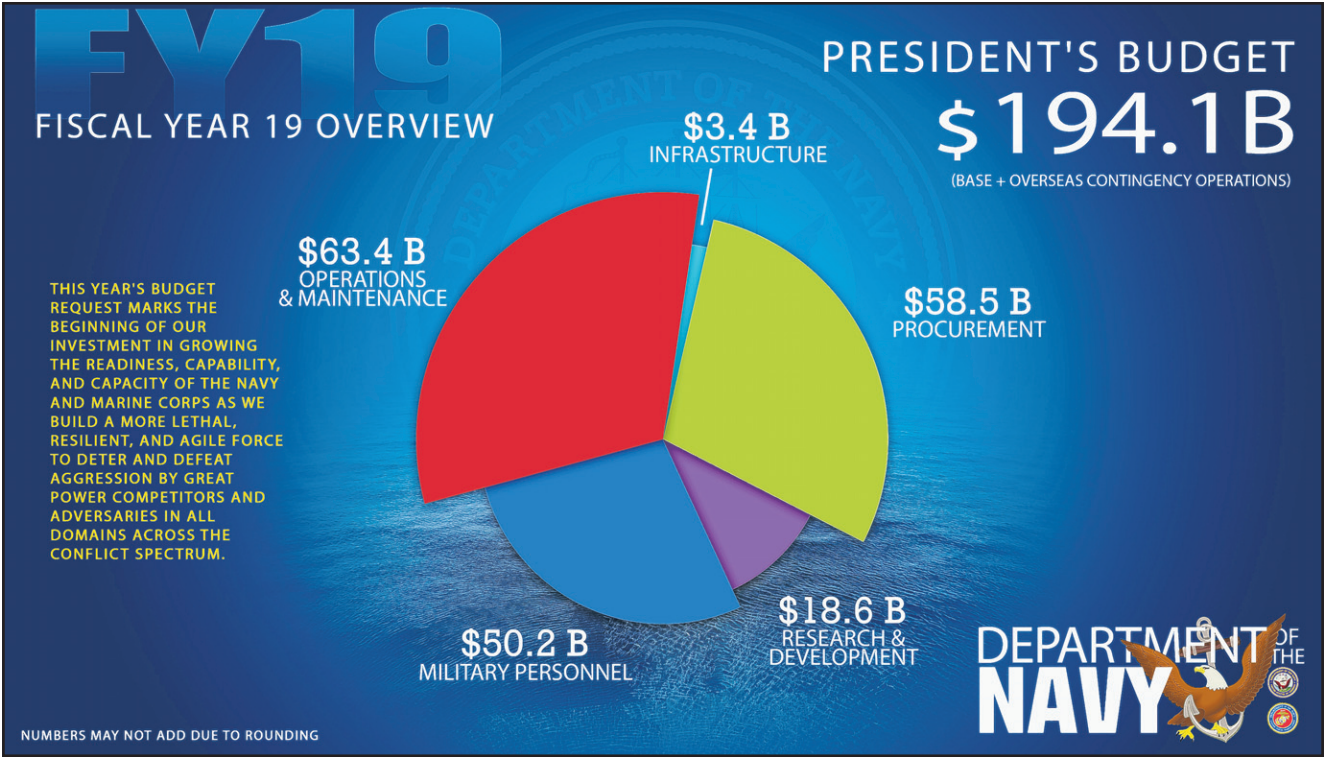
“Our ability to complete our mission rests on the entire Navy and Marine Corps team — Sailors and Marines, Active Duty and Reserve, our Civilian teammates and all our families,” Luther said. “The Department is grateful for the increased funding and has worked diligently in this request to ensure the funding provided protects and sustains the readiness gains of FY18 and creates a balanced warfighting force with the capabilities needed for the fight and the capacity to win the fight.”

This year’s budget request is focused on restoring wholeness by growing the readiness, capability and capacity of the Navy and Marine Corps in an effort to build a more lethal, resilient and agile force to deter and defeat aggression by great power competitors and adversaries in all domains across the conflict spectrum. This force is necessary to fulfill the maritime responsibilities articulated in the National Defense Strategy.

Wholeness will be achieved by focusing on six specific dimensions: building a bigger, better, networked, talented, agile and ready fleet.

This budget includes a \$63.4 billion (base and OCO) request for operation and maintenance, funding the maximum executable amounts for ship depot maintenance, aviation depot maintenance and the flight-hour program. The operation and maintenance request represents an emphasis on the importance of restoring wholeness to build capacity and improve lethality in the future.

The submission will build on current programs and invest



A graphic illustration depicting the 2019 budget request submitted to Congress by the Department of the Navy (DON). The \$194.1 billion (Base + Overseas Contingency Operations) strategy-driven budget submission reflects the DON’s effort to build the Navy the Nation Needs and the U.S. Marine Corps Force of Choice in support of our vital national interests: protecting the homeland, preserving peace through strength, promoting American prosperity and advancing America’s influence.

in innovation to enable the Navy to compete in a fast-paced, complex global maritime environment — today and in the future. The submission includes a \$58.5 billion (base and OCO) procurement budget that would buy 10 new ships and 54 ships across the Future Years Defense Plan (FYDP) and invest in high-tech systems including unmanned, cyber and directed energy weapons.

The 10 new ships the budget would purchase include three Arleigh Burke-class destroyers, two Virginia-class submarines, one littoral combat ship and one expeditionary staging base to prioritize stability in major combatant shipbuilding as the fleet continues to grow. Additionally, the budget funds the construction of 120 aircraft in FY19 and 655 aircraft across the FYDP

By fully funding the Columbia-class SSBN program, the FY19 budget maintains the Navy’s commitment to providing the nation with a credible and survivable sea-based strategic deterrent.

In order to meet dynamic changes in the security environment of today, this year’s submission includes \$18.6 billion for research and development, supporting the Navy-Marine Corps team of the future through technological advantages designed to counter adversaries in all environments and

across all spectrums.

The budget supports our personnel by funding career-development initiatives and providing a 2.6 percent pay increase, while developing and procuring the most cutting-edge platforms and weapons available. It also continues to invest in Sailor 2025, to promote the transformation of internal business processes to improve service to Sailors, increase organizational agility and responsiveness and reduce cost.

Lastly and equally important, the Department of the Navy (DON) remains fully committed to the audit effort and transforming our business culture by adopting strong internal controls consistent with industry standards. Internal processes and programs were reviewed to achieve reform and funding savings over \$5 billion across the FYDP. Our reform efforts continue to focus on improving organizational effectiveness; eliminating, restructuring or merging activities; and workforce management.

Highlights of the proposed DoD budget are outlined at <http://comptroller.defense.gov/BudgetMaterials.aspx>

The entire fiscal 2019 DON budget proposal may be viewed at www.finance.hq.navy.mil/fmb/PB/books.htm

The Road to Officer: GW Sailors Pursue Career as Officer

By MC3 Jamin Gordon
USS George Washington Public Affairs

NORFOLK

According to www.navymustang.org, a mustang is any Navy enlisted Sailor whom is promoted to the rank of officer, and has no interruption of service in their active duty career. Mustangs are not limited to the Navy.

Mustangs date back approximately as far as the 19th century. They were especially common during World War II and the Korean War.

The cross-over from enlisted to officer continues today. Chief Aviation Ordinanceman Jose Paz became Ens. Jose Paz Thursday, Feb. 1.

Family and friends gathered at Magnolia Methodist Church in Suffolk, Virginia to celebrate his accomplishment.

“The feeling I had on my commissioning was amazing,” Paz said. “I was excited to have all the people around me that made an impact in my career to get me to this point.”

Depending on what avenue a Sailor chooses, various steps must be completed. Sailors like Paz who take the Limited Duty Officer (LDO) route have to complete an extensive process in order to be considered for commissioning.

“I had to submit a request chit to request to apply,” Paz said. “After it was approved, I had a checklist and submitted an application which was reviewed numerous times. After that, I had to do a board where you get graded by senior officers. After I received my grade sheets, my application was finalized, and sent off. I started the process February 2016, and my final application was sent off October 2016. The results came out March 2017, and I waited 11 months for my commissioning.”

With all that goes into pursuing a career as an officer, the road to commissioning should not be traveled alone. It takes a lot of support and commitment from one’s family and chain of command.

Electricians Mate (Nuclear) 2nd Class Taylor Mallien, a Sailor aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73), currently putting together a Seaman-to-Admiral 21 (STA-21) package, found a great support system throughout the command.

“My chain of command, and reactor department have been nothing but supportive,” Mallien said. “Everyone I approach, and even others I didn’t approach, have made it apparent that they are more than willing to help me make the best package I can.”

Sailors choose to become an officer for various reasons.

While Paz followed this path to further challenge himself, and increase the quality of life for his family, Mallien sees it as an opportunity to make a large impact as an individual, and experience more ships and divisions across the Navy.

No matter the reason for pursuing a career as an officer, one should make the best use of their new position. Mustangs are in a unique position that allows them to understand the Sailors on the deck plates, and their officer counterparts.

“With over six years of enlisted service, I have learned a lot about growing as both a Sailor and an individual,” Mallien said. “I believe with my background I will be able to relate well with Sailors, better understanding the struggles and accomplishments that they may face.”

With both Mallien and Paz having ample years of experience as enlisted Sailors, it would be ideal for Sailors looking to follow in their footsteps to take heed to their advice.

“My advice is to challenge yourself and always take the hardest jobs,” Paz said. “It’s when you are out of your comfort zone that you grow and learn new skills. When you are in a leadership position take care of your Sailors, and the Navy will take care of you. Talk to the Mustang community, and get any advice they have to offer. Every community has different things they look for. The Mustang Association is always willing to help because they are always looking for their reliefs.”

Whether a Sailor is looking to become an officer, or complete one tour, and separate, Mallien’s advice will always be useful. It is basic military standards, show up to work on time with a decent haircut, and a ‘sat’ uniform.

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

Secretary of the Navy names Navy’s newest Expeditionary Fast Transport ship

From SECNAV Public Affairs

WASHINGTON

On Feb. 13, Secretary of the Navy Richard V. Spencer announced the next Expeditionary Fast Transport (EPF) ship will be named USNS Newport (T-EPF 12).

This is the fourth ship to bear the name honoring the Rhode Island city. Newport is home to several Navy activities, including Naval Station Newport and the Naval War College.

The Expeditionary Fast Transport (EPF), formerly named the Joint High Speed Vessel (JHSV), is a shallow draft, all aluminum, commercial-based catamaran that is

designed for High Speed Intra-Theater Surface Lift and serves in a variety of roles for the military branches to include support of overseas contingency operations, conducting humanitarian assistance and disaster relief missions and supporting special operations forces.

Austal USA in Mobile, Alabama, will build the new EPF, which will be 338 feet in length, have a waterline beam of 93.5 feet, displace approximately 2,362 tons and operate at speeds of approximately 35-plus knots.

For more news from Secretary of the Navy, visit www.navy.mil/local/secnav/.



Graphic illustration of the future Expeditionary Fast Transport (EPF) ship USNS Newport (T-EPF 12).

MC1 Raymond Diaz



MCC Rafael Martie

Naval Information Forces (NAVIFOR) Sailors and Department of Navy Civilian employees conducted an active shooter exercise with Federal Protective Services (FPS) and Suffolk Police Department. This exercise gave more than 300 participating Sailors, government employees and contractors an opportunity to familiarize themselves with the Navy's Run-Hide-Fight training in a practical application.

SHOOTER | *Drill creates safe environment*

Continued from A1

secured the building quickly as the role-playing active-shooter armed with a simulated handgun stomped through the hallways banging on office doors shouting threats and pretending to shoot anyone within sight, both military members and civilians.

"It was an effective drill, and we were able to identify areas of improvement," Chief Navy Career Counselor Monica Crumpvenn said, one of the safety observers for the exercise. "It was also great to work with local law enforcement during the exercise and share best practices so we could be better prepared if an actual event were to occur."

The active-shooter exercise is just one example of how the partnership between NAVIFOR, FPS and SPD are working together to provide a safe environment for Sailors and staff civilians.

"We at NAVIFOR are very fortunate to have such a close and highly cooperative relationship with the SPD as well as the FPS. Our active shooter drill serves as a multifaceted, integrated training platform for NAVIFOR staff but also for FPS and SPD who utilize this opportunity to exercise their interoperability in tactical response techniques," Baldwin said.

NAVIFOR's mission is to provide combat-ready information warfare forces to operational commanders, ashore and afloat, that are forward deployable, fully trained, properly manned, capably equipped, always ready, well-maintained and combat sustainable.

For more information on NAVIFOR, visit the command's web site at www.navifor.navy.mil, our Navy News Web page at www.navy.mil/local/nidf or Facebook page at <https://www.facebook.com/USNavyInformationDominanceForce>.

Navy College scheduler tool improved and added to My Navy Portal

From Navy College Program Public Affairs

VIRGINIA BEACH

The Navy College Program (NCP) announced Feb. 12, that the self-service Navy College Appointment Scheduler tool available via the NCP website has been enhanced and added to My Navy Portal (MNP).

According to Christy Minshew, Voluntary Education (VOLED) Appointment Scheduler program manager at the Navy College Virtual Education Center, the improved self-service scheduling tool includes several upgrades. The new version allows all Sailors to directly schedule academic counseling appointments with the Navy College Virtual Education Center (NCVEC) and OCONUS Sailors can schedule counseling appointments at their respective Navy College Offices. Overseas Sailors can also schedule either an academic test (SAT and ACT) or a Defense Language test.

"The old NCP Rapid scheduler was more of a manual process, where the new NCP/MNP scheduler allows increased functionality by all Navy College counselors; they can now see and manipulate their schedules, including access to the system by overseas Navy College locations," said Minshew. "The scheduler also has improved tools that allow us to rapidly adjust and improve our products based on the demand signals from our Sailors."

Availability through the NCP website and MNP will maximize scheduler access for Sailors, a Common Access Card is required to get to the scheduler. The new MNP Scheduler allows Sailors to choose from three scheduling menus:

1. Education Counseling — General counseling, Tuition Assistance counseling or Navy College Program for Afloat College Education (NCPACE) counseling. Education counseling appointments are conducted via the telephone by staff in the Navy College Virtual Education Center (NCVEC). Sailors stationed overseas may schedule an in-person appointment with a counselor in the OCONUS Navy College Office (NCO).

2. Foreign Language Testing — Defense Language Aptitude Battery (DLAB) and Defense Language Proficiency Test (DLPT).

Language Testing for CONUS locations is administered by the Center for Information Warfare Training (CIWT). Language testing for OCONUS locations is administered by the Navy College Offices (NCOs).

3. Academic Testing — SAT and ACT administered by OCONUS NCOs.

Once an appointment is made, Sailors can return to MNP to view or modify their appointment by clicking on "View Appointments" on the Navy College Program Scheduler landing page.

Jean Powell, a Navy College Program educational specialist and Virtual Education Center counselor was one of the first staff members to interact with the new MNP scheduler.

"I am very impressed and really like the new scheduler, because it allows me to look ahead into future appointments and better plan the support and research I'll need to help our Sailors," said Powell.

To visit the new NCP scheduler, from the MNP home page (www.mnp.navy.mil/html/portal/logout.jsp), navigate to the scheduler or select it from the carousel at the bottom of the home page: Nav Path =

Career & Life Events->Training, Education Qualifications->Appointment Scheduler or direct link: www.mnp.navy.mil/group/training-education-qualifications/appointment-scheduler. From the NCP website, the tool can be accessed via the Sailor Tab, Navy Education Counseling tab, by clicking on "VOLED Appointment Scheduler".

For more information regarding Navy College Program (NCP) opportunities, visit the website at www.navy-college.navy.mil/.

The site is available 24/7 for Sailors and commands to obtain Navy College Program updates and information and to submit electronic help requests. The Navy College Virtual Education Center (NCVEC) is available 7 a.m. to 7 p.m. EST Monday-Friday by calling: 877-838-1659, DSN 492-4684. OCONUS Sailors may contact their servicing Navy College Office (NCO) listed on the website at www.navycollege.navy.mil/contact.htm.

In addition to the NCP website and NCVEC, the NCP mobile app offers access to NCP planning tools, including required training. Sailors can download the app from the Apple or Google Play store at no cost. Search 'NCP App' in the stores.

For the latest information on Navy Voluntary Education, visit www.facebook.com/NavyVoluntaryEducation/.

For more news from Naval Education And Training Professional Development And Technology Center, visit www.navy.mil/local/NETPDTC/.

George Washington Carver: Inventor, educator, humanitarian

By MC3 Trey Hutcheson

USS George Washington Public Affairs

NORFOLK

Carter G. Woodson, founder of the Association for the Study of African American Life and History, launched Negro History Week in February 1926, as an effort to bring awareness of African American history to school systems. About 50 years later, President Gerald Ford declared February to be Black History Month, and deemed it a national observance.

Black History Month is a time designated to celebrate the contributions and accomplishments of African American innovators throughout history. George Washington Carver is one of these innovators.

Carver was a prominent African American scientist and inventor, best known for discovering the diversity of the peanut. According to his biography, Carver was born into slavery and went on to become a botanist and one of the most prominent scientists of his time and a teacher at the Tuskegee Institute, a private, historically black university located in Tuskegee, Alabama. Carver came up with more than 100 products using the peanut including dyes, plastics and gasoline.

According to a Tuskegee University article, Carver took a holistic approach to knowledge, which embraced faith and inquiry in a unified quest for truth. The article also said that Carver believed that commitment to a larger reality is necessary if science and technology are to serve human needs rather

than the egos of the powerful. His belief in service was a direct outgrowth and expression of his wedding of inquiry and commitment.

"It is not the style of clothes one wears, neither the kind of automobile one drives, nor the amount of money one has in the bank, that counts," Carver said. "These mean nothing. It is simply service that measures success."

Carver discovered more than 100 uses for the sweet potato and a variety of Southern plants. His work resulted in the creation of more than 300 products from peanuts, contributing greatly to the economic improvement of the rural South. An advocate for crop rotation, Carver helped educate farmers in the rural South through his bulletins that contained invaluable advice about improving soils using fixed nitrogen crops and growing low input crops."

Carver died Jan. 5, 1943 at age 78. He was buried next to Booker T. Washington on the Tuskegee grounds.

In 1943, in light of Carver's contributions to the nation, President Franklin D. Roosevelt dedicated \$30,000 to making the site of the plantation where Carver lived, the first national monument dedicated to an African American. The complex includes a statue of Carver as well as a nature trail, museum and cemetery.

Carver's legacy lived on after his death. He has numerous schools and two military vessels named after him. George Washington Carver, a hospital ship, was built just three months after Carver's death in 1943. The nuclear-powered ballistic-missile submarine USS George Washington Carver (SSBN-656) was commissioned in 1966 and decommissioned in 1993.

Carver's epitaph reads: "He could have added fortune to fame, but caring for neither, he found happiness and honor in being helpful to the world."

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

NAVSUP FLC Norfolk works with NAVSEA to help Sailors underway repair parts

By Tom Kreidel

NAVSUP FLC Office of Corporate Communications

NORFOLK

The Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC) Norfolk Real-Time Reutilization Asset Management (RRAM) program demonstrated a program to make more circuit card assemblies easier to fix for Sailors underway.

He went on to explain that the Gold Disk is a database that lists CCAs that have been extensively tested and meets Gold Disk standards. Before a CCA can be added to the Gold Disk, three known good "A" condition CCAs must be tested and all three profiles have to match. Testing consists of identifying the functional characteristics of the components on the CCA such as integrated circuits, transistors, diodes, and resistors.

The same test benches used to develop Gold Disk CCAs are installed onboard surface ships throughout the Navy enabling shipboard technicians to then compare and troubleshoot a suspect CCA to the characteristics of

that can be used by shipboard technicians to repair CCAs that otherwise would have to be replaced. The test bench will be manned by fleet sailors that have received Gold Disk Development Training from qualified NAVSEA MTR instructors.

He went on to explain that the Gold Disk is a database that lists CCAs that have been extensively tested and meets Gold Disk standards. Before a CCA can be added to the Gold Disk, three known good "A" condition CCAs must be tested and all three profiles have to match. Testing consists of identifying the functional characteristics of the components on the CCA such as integrated circuits, transistors, diodes, and resistors.

The same test benches used to develop Gold Disk CCAs are installed onboard surface ships throughout the Navy enabling shipboard technicians to then compare and troubleshoot a suspect CCA to the characteristics of

a known good CCA. When they find the defective component on a CCA, the technician can then repair it on-board, rather than having to buy a new one, saving the Navy millions of dollars.

"Having so many in one place it only makes sense from a logistical standpoint to bring the test bench here for ease of access, it also leaves the asset being tested in an issuable status if a fleet demand occurs," he explained.

Martin added that the major benefit of having a Gold Disk test bench at NAVSUP FLC Norfolk is that RRAM has thousands of "A" condition CCAs in their local inventory. With all the CCAs that go through the RRAM system, the database on the disc can grow far more rapidly, thus making the disc of even more use fleet-wide.

The 2M MTR program has been implemented fleet-wide in the Navy since 1976. According to Martin, in the period between April 1996 and September 2017, commands outfitted with 2M MTR capabilities reported nearly 210 thousand repairs, resulting in more than \$765 million in cost avoidance.

"Our mission is to support the warfighter while being good stewards of the taxpayer dollar," Martin said.

For more news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

TRAINING | *Viewable electronic training jacket*

Continued from A1

is flowing, credentialing data can be made readily available for Sailor and leadership detailing decisions."

Boring added that promotion and officer boards will be able to utilize NTMPS, FLT-MPS and ETJ credentialing data to assist in board decisions.

"This new process of automated integration is just awesome," Senior Chief Hospital Corpsman Fernandel Bardouille said, senior enlisted leader at Navy Aerospace Medical Institute. "In the past, it was very inefficient and difficult for Sailors to ensure their data was accurately reflected."

COOL provides active duty and Reserve Sailors, whether forward deployed, underway or ashore, a way to map their Navy education, training, experience and competencies to civilian credentials and occupations.

It also allows Sailors to pursue credentials throughout their military life cycle, from completion of technical training until they become eligible for transition opportunities.

Navy COOL is located with the Center for Information Warfare Training, which delivers trained information warfare professionals to the Navy and joint services, enabling optimal performance of information warfare across the full spectrum of military operations.

For more information about Navy COOL, visit www.cool.navy.mil/ or call (850) 452-6683.

For more news from the Center for Information Warfare Training organization, visit www.navy.mil/local/cid/, www.netc.navy.mil/centers/ciwt, www.facebook.com/Navy-CIWT, or [www.twitter.com/NavyCIWT](https://twitter.com/NavyCIWT)

**TOYOTA**THANKS TO ALL THE BRAVE MEN AND WOMEN
FOR YOUR SERVICE TO OUR COUNTRY.**NOW GET****\$-1,000****U.S. Military
Incentive***CAN BE COMBINED WITH TOYOTA SPECIAL CASH
BACK OR SPECIAL FINANCING OR SPECIAL LEASES!**NEW 2018 RAV4**

0%^{FOR} 60
APR FINANCING MONTHS**

+

\$500
FINANCE CASH***

OR

\$1000
CASH BACK FROM TOYOTA†

NEW 2018 CAMRY

0%^{FOR} 60
APR FINANCING MONTHS**

+

\$500
FINANCE CASH***

**— JUST ANNOUNCED —
ADDITIONAL
BONUS CASH****NEW 2018 HIGHLANDER**

\$1250
TOTAL CASH ALLOWANCE††

OR

\$339
A MONTH

36 MONTHS

\$2899 DUE AT SIGNING†††
Tax, Title, License, Dealer Fees and Insurance are Extra. Excl. Hybrids.

+

\$500 BONUS CASH*

NEW 2018 4RUNNER

LEASE AN SR5 FOR

\$379
A MONTH

36 MONTHS

\$2999 DUE AT SIGNING†††
Tax, Title, License, Dealer Fees and Insurance are Extra.

NEW 2018 COROLLA

\$1500
CASH BACK FROM TOYOTA†

NEW 2017 TACOMA

AS LOW AS

0%
APR FINANCING*

NEW 2018 TUNDRA CREW MAX

UP TO

\$1250
CASH BACK FROM TOYOTA†

CASEY TOYOTA601 East Rochambeau Drive • Williamsburg
757.259.1000 • caseytoyota.com**CHECKERED FLAG
TOYOTA**5301 Virginia Beach Blvd. • Virginia Beach
757.490.1111 • checkeredflagtoyota.com**GLOUCESTER TOYOTA**6357 George Washington Hwy. • Gloucester
804.693.2100 • gloucestertoyota.com**PRIORITY TOYOTA
GREENBRIER**1800 Greenbrier Parkway • Chesapeake
757.366.5000 • prioritytoyota.com**CHARLES BARKER
TOYOTA**1877 Laskin Road • Virginia Beach
757.437.4000 • charlesbarkertoyota.com**FIRST TEAM TOYOTA**3400 Western Branch Blvd. • Chesapeake
757.673.2345 • firstteamttoyota.com**PEARSON TOYOTA**12978 Jefferson Ave. • Newport News
757.874.6000 • pearsontoyotascion.com**PRIORITY TOYOTA HAMPTON**2301 W. Mercury Blvd. • Hampton
757.838.5000 • prioritytoyotahampton.com**ToyotaCare**
No Cost Service & Roadside****buyatoyota.com****TOYOTA**
Let's Go Places

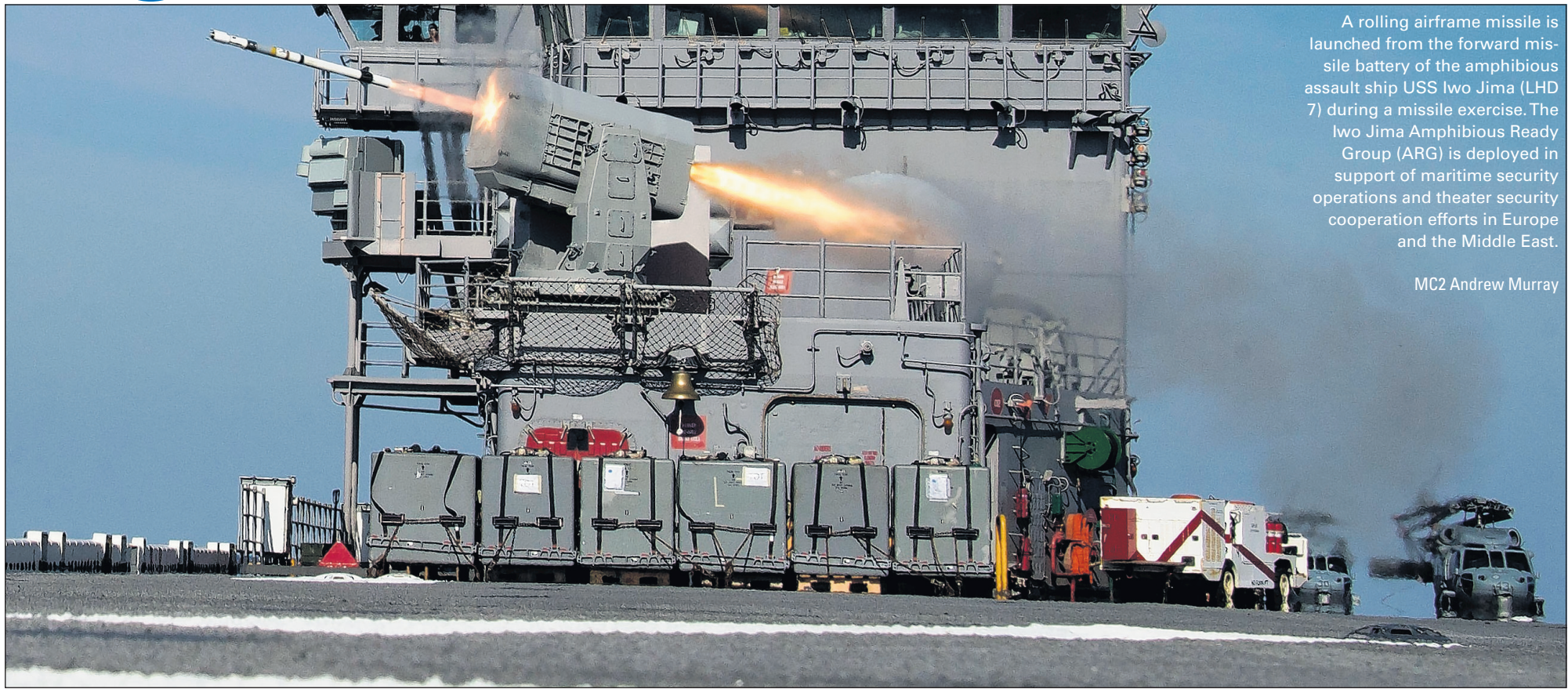
***HOW TO QUALIFY:** 1. BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE. SELECTED RESERVE AND INACTIVE NATIONAL GUARD, RETIRED MILITARY PERSONNEL ARE NOT ELIGIBLE EXCEPT FOR RETIREES OR VETERANS HONORABLY DISCHARGED WITHIN ONE YEAR OF SERVICE. HOUSEHOLD MEMBERS OF ELIGIBLE QUALIFYING MILITARY PERSONNEL ARE ALSO ELIGIBLE. 2. PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE AT THE TIME OF PURCHASE: LEAVE AND EARNING STATEMENT, MILITARY IDENTIFICATION CARD OR VETERANS/RETIREE DD FORM -214. 3. RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENTS FOR YOUR TOYOTA. 4. RECEIVE CREDIT APPROVAL THROUGH A TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. INCENTIVE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. ON LEASE CONTRACTS INCENTIVE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR DELIVERY WITH ANY REMAINDER APPLIED TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, INCENTIVE MUST BE APPLIED TOWARD THE DOWN PAYMENT. ONE INCENTIVE PER FINANCE OR LEASE TRANSACTION. NOT COMPATIBLE WITH THE TOYOTA COLLEGE GRADUATE INCENTIVE PROGRAM. FINANCE OR LEASE CONTRACT MUST BE DATED BY **FEB 20, 2018** FOR INCENTIVE OFFER. THE MILITARY INCENTIVE PROGRAM IS SUBJECT TO CHANGE OR TERMINATION AT ANY TIME. OFFERS ON APPROVED CREDIT TO QUALIFIED CUSTOMERS THROUGH A PARTICIPATING TOYOTA DEALERSHIP AND TOYOTA FINANCIAL SERVICES. TERMS, CONDITIONS AND RESTRICTIONS APPLY, INCLUDING A MAXIMUM TERM OF 72 MONTHS ON RETAIL AND 48 MONTHS ON LEASE FINANCE CONTRACTS. PROGRAM IS AVAILABLE AT PARTICIPATING DEALERS IN MARYLAND, VIRGINIA, WEST VIRGINIA, PENNSYLVANIA, AND DELAWARE; AND MAY NOT BE AVAILABLE IN ALL STATES. **NOT ALL APPLICANTS WILL QUALIFY. SEE PARTICIPATING DEALER FOR DETAILS.** **RAV4/CAMRY: 0% APR FINANCING UP TO 60 MONTHS AND TACOMA 0% APR FINANCING UP TO 36 MONTHS (EXCLUDES TRD PRO) AVAILABLE TO QUALIFIED BUYERS THRU TOYOTA FINANCIAL SERVICES. TOTAL FINANCED CANNOT EXCEED MSRP PLUS OPTIONS, TAX, TITLE, LICENSE AND DEALER FEES. 60 MONTHLY PAYMENTS OF \$16.67 AND 36 MONTHLY PAYMENTS OF \$27.78 FOR EACH \$1000 BORROWED. **NOT ALL BUYERS WILL QUALIFY.** ***BUYERS CAN RECEIVE A \$500 FINANCE CASH INCENTIVE FROM TOYOTA ON RAV4 OR CAMRY IN ADDITION TO SPECIAL APR FINANCING IF VEHICLE IS PURCHASED AND FINANCED THROUGH TOYOTA FINANCIAL SERVICES. INCENTIVE WILL BE APPLIED FIRST TO THE DOWN PAYMENT. ONE INCENTIVE PER FINANCE TRANSACTION. FINANCE INCENTIVE IS AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS THROUGH TOYOTA FINANCIAL SERVICES. **NOT ALL BUYERS WILL QUALIFY.** †PURCHASERS CAN RECEIVE \$1000 CASH BACK FROM TOYOTA ON RAV4 (EXCLUDES HYBRIDS), \$1500 CASH BACK FROM TOYOTA ON COROLLA, UP TO \$1250 CASH BACK FROM TOYOTA ON TUNDRA CREW MAX (EXCLUDES TRD PRO) OR CAN APPLY CASH BACK TO DOWN PAYMENT. ††EXCLUDES HYBRIDS. \$1,250 TOTAL CASH ALLOWANCE INCLUDES \$750 CASH BACK FROM TOYOTA AND \$500 BONUS CASH FROM TOYOTA. CUSTOMERS MAY RECEIVE CASH BACK OR CAN APPLY TO DOWN PAYMENT. \$500 BONUS CASH INCENTIVE FROM TOYOTA INCENTIVE WILL, ON FINANCE CONTRACTS, BE APPLIED TO THE DOWN PAYMENT; AND ON LEASES WILL BE APPLIED FIRST TOWARD THE AMOUNT DUE AT LEASE SIGNING, WITH ANY REMAINDER APPLIED TO THE CAPITALIZED COST REDUCTION. †††**ALL LEASES OFFERS:** OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$15 PER MILE IN EXCESS OF 36,000 MILES. **NOT ALL CUSTOMERS WILL QUALIFY.** HIGHLANDER LEASE DUE AT SIGNING INCLUDES \$2,560 DOWN (AFTER APPLICATION OF \$750 CASH BACK FROM TOYOTA), FIRST \$339 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2018 HIGHLANDER LE MODEL 6948, MSRP \$35,535 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$33,311. 4RUNNER LEASE DUE AT SIGNING INCLUDES \$2,620 DOWN, FIRST \$375 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2018 4RUNNER 4WD SR5 V6 MODEL 8664, MSRP \$37,470 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$36,074. LEASES DO NOT INCLUDE \$350 DISPOSITION FEE DUE AT LEASE END. EXAMPLE INCLUDES \$650 ACQUISITION FEE AND ASSUMES DEALER PARTICIPATION. YOUR PAYMENT TERMS MAY VARY BASED ON FINAL, NEGOTIATED PRICE. OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. *\$500 BONUS CASH FROM TOYOTA IN ADDITION TO SPECIAL LEASE. INCENTIVE WILL BE APPLIED FIRST TOWARD THE AMOUNT DUE AT LEASE SIGNING, WITH ANY REMAINDER APPLIED TO THE CAPITALIZED COST REDUCTION. **ALL OFFERS:** OFFER MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED OTHERWISE. DEALER FEES ARE EXTRA. VEHICLE SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. ACTUAL MODEL MAY VARY. DELIVERY MUST BE TAKEN FROM DEALER STOCK BY 2/20/18 AND IS SUBJECT TO AVAILABILITY. LEASE, APR AND CASH BACK OFFERS MAY NOT BE COMBINED. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS. **OFFERS END 2/20/18.** **TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.



USS Carney joins Ross in the Black Sea

Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) joined USS Ross (DDG 71) in the Black Sea to conduct maritime security operations Feb. 17, 2018. » See **B3**

SECTION B | FLAGSHIPNEWS.COM | 02.22.18



A rolling airframe missile is launched from the forward missile battery of the amphibious assault ship USS Iwo Jima (LHD 7) during a missile exercise. The Iwo Jima Amphibious Ready Group (ARG) is deployed in support of maritime security operations and theater security cooperation efforts in Europe and the Middle East.

MC2 Andrew Murray

IWO JIMA COMPLETES MISSILE EXERCISE

From USS Iwo Jima Public Affairs

ATLANTIC OCEAN

The amphibious assault ship USS Iwo Jima (LHD 7) successfully completed a missile exercise (MISSILEX) off the coast of Virginia, Feb. 9.

Following the detection of the simulated threat, Iwo Jima fired one Rolling Airframe Missile (RAM), striking a remotely controlled, subsonic missile drone meant to simulate an anti-ship cruise missile.

SSDS is Iwo Jima's primary defensive weapon, making maintenance on radars and weapons a top priority for the Combat Systems team. Year round, the crew tests the system's sensors and missile cells, performs maintenance on its gears and motors, and conducts corrosion control checks. The system's daily exposure to sun and salt requires a higher level of attention to ensure the integrity of the unit is not compromised.

"There have been countless hours of preparation for this exercise," Fire Controlman 2nd Class Damian Blackwell

said. "That's everything from scenario trainings throughout the entire year in the combat information center (CIC) to a plethora of maintenance hours to include daily operability tests, bi-weekly checks, and monthly checks to ensure that the RAM launchers are performing at their best condition."

Led by the Iwo Jima Amphibious Ready Group's (ARG) Air and Missile Defense Commander and Iwo Jima Commanding Officer, Capt. Joseph O'Brien, the exercise also demonstrated the Navy's continued efforts to train for today's warfighting environment.

The RAM system is scheduled to fire once prior to deployment, ensuring Iwo Jima is ready for any aerial threat it might encounter.

"The MISSILEX will demonstrate the proficiency of our air-side combat watch team in CIC," Blackwell said. "It will test the ability of our radars to track an inbound drone, assign a missile system and most importantly prove to the Navy that the Iwo Jima has the ability to defend its self when operating in our area of responsibility."

Tracking an inbound target and ensuring it's brought down

involves more than just the fire controlmen. The entire watch team in CIC plays a very critical role.

"It is CIC's job to successfully identify and track the drone or missile as it is headed inbound so that we can safely and effectively engage it," CIC Watch Supervisor Operations Specialist 2nd Class Tim Koester said. "Without those efforts, we couldn't possibly take down a threat."

While Combat Systems and bridge teams play a major role, every Iwo Jima department is a stakeholder in a successful MISSILEX.

"This MISSILEX is the culmination of our training efforts prior to deployment," O'Brien said. "It really takes the entire crew to make this evolution safe, efficient and effective. From the Fire Controlmen conducting pre-fire maintenance and loading the weapons to the watch standers on the bridge and in the Combat Information Center tracking the drone to ensure a good missile intercept, I'm proud of everyone's efforts today."

The Iwo Jima ARG is deployed in support of maritime security operations and theater security cooperation efforts in Europe and the Middle East. The Iwo Jima ARG embarks the 26th Marine Expeditionary Unit and includes Iwo Jima, the amphibious transport dock ship USS New York (LPD 21), the dock landing ship USS Oak Hill (LSD 51), Fleet Surgical Teams 4 and 8, Helicopter Sea Combat Squadron 28, Tactical Air Control Squadron 22, components of Naval Beach Group 2 and the embarked staff of Amphibious Squadron 4.

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



U.S. Navy graphic

SGLI BENEFICIARIES REMAIN IN PLACE AS NAVY TRANSITIONS TO NEW ONLINE SYSTEM

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

Sailors and families who log into the service member's group life insurance (SGLI) online enrollment system (SOES) for the first time may be surprised when they see there is no beneficiary information listed.

"Your SGLI coverage is still in place," said Navy Personnel Command Director of Pay and Personnel Ann Stewart. "Sailors who log into SOES for the first time will have to input their beneficiary information manually. That is why there is no information the first time you use the system. But rest assured, that that form you previously filled out to designate your SGLI beneficiaries remains valid, until you register with the SOES."

The Navy announced the launch of online SGLI enrollment in NAVADMIN 085/17 in April 2017 as part of a Department of Defense and Veterans Administration joint effort, to allow active duty and eligible reserve and National Guard members to review their group and family coverage online. SOES is the online replacement for the paper form SGLI Election and Certificate, SGLV 8286. The new system eliminates unclear designations and missing or incomplete forms —

problems identified with the paper-based system — and ensures all insurance holders receive the latest information about changes affecting their coverage.

The goal is for all Navy members to provide the beneficiary name(s), share(s) of proceeds and certify their record with a digital signature by April 2018.

While the SOES enables active duty and eligible reserve members to manage their group and family coverage online, there are some Sailors who shouldn't use the system. Sailors who already have a testamentary trust or a testamentary custodial account created by a Regional Legal Service Office (RLSO) attorney should not use SOES to update their SGLI designations. Sailors with a testamentary trust or a testamentary custodial account who have registered with SOES should see their RLISO to reinstate their trust and/or account. Sailors interested in creating a testamentary trust or a testamentary custodial account should also see their RLISO and not use the SOES.

Here's how to input beneficiary information in SOES:

1. Visit www.dmdc.osd.mil/milconnect.
2. Sign into milConnect on this page with your command access card (CAC). The

» See **SGLI** | B7



MC1 Nathan Laird

Chief of Naval Operations (CNO) Adm. John Richardson visits Naval Base Ventura County. During his visit, CNO held an all-hands call, conducted a reenlistment, and toured various facilities and tenant commands.

Navy updates selective reenlistment bonus plan

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy updated the Selective Reenlistment Bonus (SRB) award plan for active component (AC) and full-time support (FTS) Sailors in NAVADMIN 032/18 released Feb. 15.

This NAVADMIN updates NAVADMIN 311/17, adding award levels for 39 skills in 24 ratings and increasing one award level. There are no decreases or deletions of skills in this update.

In addition, this NAVADMIN provides Sailors more flexibility, by expanding the eligibility window to reenlist for SRB from 90 days to 180 days before a Sailor's EAOS. However, Sailors who are nuclear qualified, have an early promote on their most recent

regular periodic evaluation or are eligible for combat zone tax exclusion are authorized to reenlist any time during the fiscal year of their EAOS, per this NAVADMIN.

Eligible Sailors desiring SRB reenlistment are encouraged to work with their command career counselors, command master chiefs and chains of command to discuss the timing of reenlistment and procedures well before their EAOS. Requests are required to be submitted a minimum of 35 days prior to the requested reenlistment date.

SRB serves as an incentive for those Sailors with critical skills and experience to remain in the Navy. Enlisted community managers continuously monitor the health of their communities to maintain acceptable manning levels in critical skills, and recommend adjustments to SRBs when necessary.

Sailors can stay informed of award changes through the Navy's SRB webpage at www.public.navy.mil/bupers-npc/career/enlisted-careeradmin/Pages/SRB.aspx/ and review the NAVADMIN for a complete listing of changes to skills award levels eligible for SRBs.

NAVADMIN 032/18 can be read at www.npc.navy.mil/.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.



What I learned while binge-watching the Olympics

By Lisa Smith Molinari

Two weeks ago, I obliviously plopped onto my well-worn spot on the sofa to watch the Opening Ceremonies of the 2018 Winter Olympic Games. Although I knew the general idea behind most of the sports featured, I had no idea what “a double Michael Chuck,” “a hog line,” or “a Bellman spin” were.

But after meticulously recording every broadcast; obsessively watching while ignoring my family responsibilities, my marriage, and my personal hygiene; and ingesting three cans of Pringles and an entire bag of Dove squares — I have learned to speak Olympics and I can teach you, too!

Most of the sports are fairly straightforward. Speed skating, alpine and cross country skiing, ski jumping, hockey, and sledding events use terms that are simple for laypeople to understand from the comfort of their lounge furniture.

While watching the luge, bobsleigh, and skeleton for instance, we might hear terms such as “track,” “sliders,” “curve,” “wall,” and “ice.” Even the densest of us knows that the fastest sled to cross the finish line wins. (Although I must admit, I initially wondered if “skeleton” sledding was so named because hurling oneself down an ice chute head first at 80 miles per hour might very well rip flesh from one’s bones.)

However, there are a few winter olympic sports that have terms and rules that are so confusing, they mystify Pringles-munching armchair spectators far and wide.

For example, figure skating appears to involve ice skaters completing series of jumps, flips and spins for technical and style points. Simple enough, right? But when Johnny Wier stated that a skater’s “triple Axel triple toe is under review” and that she “finished her flying camel sequence with a haircutter,” I wondered if he was watching a three-ringed

circus. And when Tara Lipinski told us that a skating pair “began their program with the dreaded twizzle sequence” and “lost grade of execution points for their death spiral,” she was not describing a couple trying to kill each other with poisonous licorice.

It took me hours of binge-watching, and a little help from Google, but I learned that each jump (Axel, Lutz, Salchow, toe loop, loop, flip) is defined by how the skater launches and how many rotations are completed. Also, skating programs include a variety of turns and spins such as the Biellmann, flying camel, pancake, backscratch, shotgun, cannonball, haircutter, twizzle and death spiral.

The next winter event that sent me googling was the snowboarding halfpipe. Everyone knows who Shawn “The Flying Tomato” White is, but when the commentators said he might attempt “a massive 18-foot air-to-fakie with a stalefish grab followed by a switch stance McTwist and back to back 1440s” I checked to see if there were subtitles on the screen. Snowboarders clearly do not speak English. Theirs is a colloquial language only understood by resort rats with bushy hair who say things like, “Let’s shred first tracks in the powpow, Bro.”

But there’s a method to their madness. Olympic snowboarders earn points by catapulting themselves high above a 22-foot ice wall and executing complicated tricks. Each trick involves a specific series of moves with cryptic labels. Without getting into what “a beef curtains grab” or “a backside rodeo” are, the basic terms I learned were: wind up, hit, air, spins that range from one to four rotations, grab, and stomp. ‘Nuff said.

Lastly, with finals happening this weekend, I must say a word about curling — an obscure event involving bumpy ice, lumps of rock, Swiffer sweepers, and the oldest competitors at the olympics (Cheryl Bernard of Canada is my age, God bless her) shouting at each other. With confusing terms — skip, bend, hack, hog line, house, button, and hammer — and players screaming at each other — “Yup! Hurry hand! Right up! Right off! No line! Good line! Clean!” — it’s no wonder the teams can’t get sponsorships and the players all have day jobs.

No one gets it. However, I learned that if you ignore the words, curling is essentially a simple game of shuffleboard. Giant shuffleboard. On weird ice. With brooms. And old people.

If you can’t walk the walk, you gotta talk the talk, right?

www.themeatandpotatoesoflife.com

‘Navy Care’ Virtual Health App Launches at Naval Hospital Jacksonville

By Rodney Foushee
Naval Hospital Jacksonville Public Affairs

JACKSONVILLE, FLA.

Naval Hospital Jacksonville now offers some health visits as virtual visits, thanks to a new app.

Navy Medicine is conducting its world-wide pilot of Navy Care at Naval Hospital Jacksonville. Navy Care enables patients to have a virtual visit with a clinician, by using a smartphone, tablet, or computer. It’s private, secure, and free.

Navy Care offers care where the patients are, and where the providers are.

For a virtual visit, the patient can be at home, at work, or anywhere that offers privacy. The clinician works from their office at the hospital or branch health clinic. The patient and clinician see and talk to each other in real time, using Navy Care’s secure app or website, from any video-enabled device (such as a smartphone, tablet, laptop, or desktop computer).

“Navy Care delivers convenient care to our patients, with the same quality as a face-to-face visit,” Commanding Officer of Naval Hospital Jacksonville Capt. David Collins said. “It’s an extension of value-based care, which focuses on value from the perspective of the patient.”

Navy Care has rolled out for certain types of follow-up visits in allergy, behavioral health, clinical pharmacy, diabetes wellness team, family medicine, fitness enhancement program (FEP), neurology/sleep medicine, nutrition, orthopedics/podiatry, specialty pediatrics, peridodic health assessment (PHA), and urology.

“The Navy Care app was so easy to use,” Lt. Kurt Bogart said, a fleet division officer based at Naval Station Mayport. “It saved me two



Jacob Sippel
A Sailor uses the Navy Care app on her cell phone for a virtual health visit with a Naval Hospital Jacksonville provider. Navy Medicine is conducting its world-wide pilot of Navy Care in Jacksonville. Navy Care enables patients to have a live video visit with a clinician on a smartphone, tablet, or computer. It’s private, secure, and free.

hours in travel time for a follow-up visit with my doctor at Naval Hospital Jacksonville.”

Bogart appreciates the convenience the Navy Care app provides. “I think this technology is great,” he said. “My doctor could monitor my progress with the app and discuss my treatment with me, just like I was there in his office.”

If your medical needs are appropriate for a virtual visit, your provider will discuss Navy Care with you. You’ll fill out and submit consent forms. Hospital or branch clinic staff will create an account for you. You’ll access your account by visiting the website at <https://navy.care>, or by downloading the free Navy Care app (for iOS on the Apple App Store, or for Android phones at the Google Play Store). You’ll receive an email confirming your appointment. When it’s time for your virtual appointment, you’ll check-in using the link sent to you by email (or by logging in to the app or website). There’s a technical support team available by phone (at 866-795-8900) and by email (at navycare@americanwell.com).

To use Navy Care, the patient needs to own a video-enabled device (such as a smartphone, tablet, laptop, or desktop computer) that’s connected to a 3G, 4G LTE, or wireless (Wi-Fi) network.

“Our sleep medicine patients have been very pleased with the convenience of follow-up visits using the Navy Care virtual environment,” Naval Hospital Jacksonville Neurologist John Hawley D.O. said.

Each of the nearly 50 providers selected for this pilot program have completed specialized training to provide care through the new service.

Naval Hospital Jacksonville’s priority since its founding in 1941 is to heal the nation’s heroes and their families. The command is comprised of the Navy’s third largest hospital and five branch health clinics across Florida and Georgia. Of its patient population (163,000 active and retired sailors, soldiers, Marines, airmen, guardsmen, and their families), almost 85,000 are enrolled with a primary care manager and Medical Home Port team at one of its facilities. To find out more or download the command’s mobile app, visit www.med.navy.mil/sites/navalhospitaljax.

For more news from Naval Hospital Jacksonville, visit www.navy.mil/local/nhjax/.



Know your resources with your local FFSC

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

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

NAVY HOUSING
Norfolk (757) 445-2832
JEBLCFS (757) 462-2792
Oceana/Dam Neck (757) 433-3268
Yorktown (757) 637-9082



FLEET & FAMILY SUPPORT CENTERS
MID ATLANTIC

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

www.cnmc.navy.mil/navylifema

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help

Confidential

Worldwide 24/7

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



For confidential victim assistance, visit www.SafeHelpline.org



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

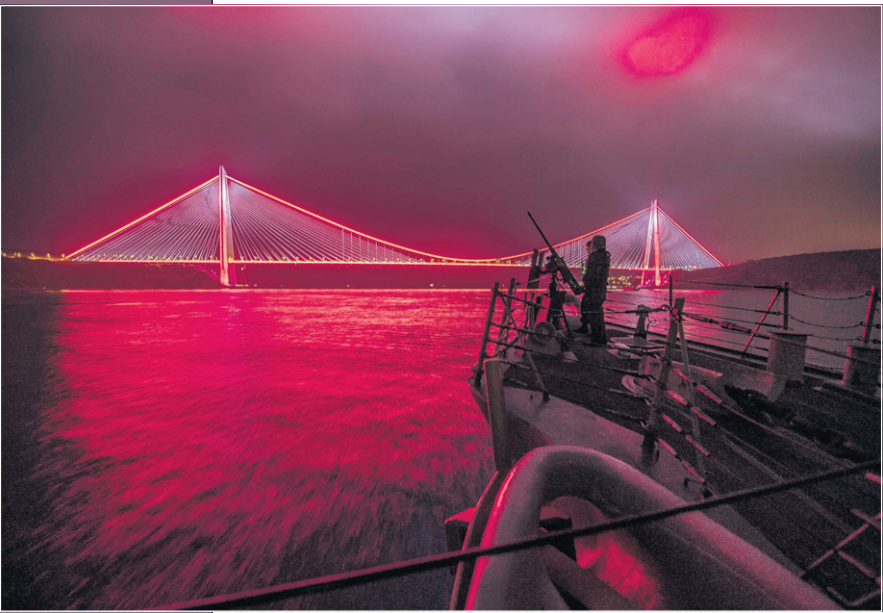


Text zip code or installation/base name to 55247
(Inside the U.S.) or 202.470.5546
(Outside the U.S.)

USS CARNEY JOINS ROSS IN THE BLACK SEA



The guided-missile destroyer USS Carney (DDG 64) transits the Bosphorus Straits. Carney, forward-deployed to Rota, Spain, is on its fourth patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners, and U.S. national security interests in Europe.



Photos by MC2 James Turner
Sonar Technician Surface 3rd Class Seth Chopper Nikki Benak and Sonar Technician Surface Surface 3rd Class Antony Bey man a .50 caliber machine gun aboard the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) as the ship transits the Bosphorus Straits.

From U.S. Naval Forces Europe-Africa Public Affairs

NAPLES, ITALY

Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) joined USS Ross (DDG 71) in the Black Sea to conduct maritime security operations Feb. 17, 2018.

A second U.S. Navy ship in the Black Sea is part of an operational schedule that helps sustain the U.S. Navy's operational presence in the region.

These naval activities will be conducted in accordance with international law, including the 1936 Montreux Convention which regulates maritime traffic through the Dardanelles and Bosphorus international straits.

"Our decision to have two ships simultaneously operate in the Black Sea is proactive, not reactive," said Vice Adm. Christopher Grady, commander, U.S. 6th Fleet. "We operate at the tempo and timing of our choosing in this strategically important region. By nature, ships are flexible, mobile forces and the Navy is uniquely capable of providing credible and capable forces to defend our nation's interests throughout the world."

The last time two U.S. ships operated in

the Black Sea was July 2017, during U.S.-Ukraine co-hosted exercise Sea Breeze. U.S. 6th Fleet ships regularly conduct bilateral and multilateral patrols with our Black Sea partners and allies, including Bulgaria and Turkey, and to conduct exercises with other partners and allies.

"The continued presence of the U.S. Navy in the Black Sea demonstrates our enduring commitment to regional stability, maritime security of our Black Sea partners, and the collective defense of our NATO allies," said Grady.

In 2017, the U.S. 6th Fleet participated in three exercises in the Black Sea: Spring Storm, Sea Shield and Sea Breeze.

Spring Storm took place March 13 –21, 2017. U.S. participation in the bilateral, Romania-led exercise focused on tactical unit and staff interoperability between Romanian and U.S. Navy forces. The Harpers Ferry-class dock landing ship USS Carter Hall (LSD 50) and the 24th Marine Expeditionary Unit led U.S. efforts in the exercise, which consisted of amphibious operations and maritime defense drills.

Sea Shield, a multinational Romanian-led exercise took place Feb. 1 –10, 2017. U.S.

participation included Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78) and focused on deploying leading technology and combat capability in support of allies and partners in collective defense of the Black Sea region. The goal of the exercise was to improve the interoperability and combat proficiency of participating units.

Exercise Sea Breeze took place July 10 –22, 2017. Air, land, sea and amphibious forces from 16 nations participated in the exercise, which focused on warfare areas to include maritime interdiction operations, air defense, anti-submarine warfare, damage control, search and rescue, and amphibious warfare. This exercise occurs annually and is designed to enhance flexibility and interoperability, strengthen combined response capabilities, and demonstrate resolve among allied and partner nation forces to ensure stability in the Black Sea region. Participating U.S. assets included the Ticonderoga-class guided-missile cruiser USS Hue City (CG 66) and the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64).

In addition to the three named exercises, five ships from U.S. 6th Fleet entered the Black Sea in 2017 –2018 to participate in bi-

lateral and multilateral training, and port visits: USS Carney from Jan. 5 –13, 2018; USS Porter from Aug. 18 to Sept. 1, 2017; Arleigh Burke-class guided-missile destroyer USS Oscar Austin (DDG 79) in May 2017; USS Carter Hall in March 2017; and Porter from Feb. 2-11, 2017.

Port visits provide an opportunity for U.S. forces to build regional relationships and gain an appreciation for diverse cultures. Bilateral and multilateral training is aimed at improving maritime capabilities and reassuring NATO allies and regional partners of the commitment of the U.S. to the alliance and to maritime security and stability in the Black Sea region.

U.S. 6th Fleet conducts joint and combined operations, often in concert with allied and interagency partners, in order to advance U.S. national interests along with security and stability in Europe and Africa.

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



Christian Brothers
AUTOMOTIVE®

**WE DIDN'T JUST FIX
TONYA'S CAR. WE
FIXED HER FEAR OF
GETTING IT FIXED.**

We'll Do the Same for You.

Oil Changes • Alignments
Engine Diagnostics • A/C Repairs
Brake Service

OCCASIONAL CAR
CARE EXPERT

Tonya

**Veteran Owned &
Operated**
Virginia Beach
3228 Holland Road.
CBAC.com/VirginiaBeach
(757) 689-1523

10% OFF

**On Labor Up to \$100
(for all active/retired
military personnel)**

Please present valid military I.D.
Present coupon at time of service.
Valid only at the Virginia Beach
location. Not valid with any other
offers.

FREE

**Alignment Check
+ Courtesy Inspection**

Please present valid military I.D.
Present coupon at time of service.
Valid only at the Virginia Beach
location. Not valid with any other
offers.

Buying a new home?

Talk to the VA Mortgage Experts.

At Dollar Bank, we've made it our business to be the mortgage experts. It's our priority that we provide you with the VA Mortgage that's right for you. Our Mortgage Experts are not paid a commission, unlike brokers or other financial institutions, so their focus is solely on your financing needs. Dollar Bank also keeps the servicing of our mortgages and will be there for you long after closing.

- Free pre-qualification
- VA Mortgages with no down payment up to \$458,850 and up to 100% financing
- Fixed Rate, Adjustable Rate and Construction Mortgages
- Low rates and fees
- 60-day rate lock with no charge

15-Year Fixed Rate VA Mortgage

60-Day Rate Lock

3.38%*

\$150,000 Loan Amount

**3.69%
APR***

Talk to a VA Mortgage Expert today!

Call 757-671-7900 ext. 161 or visit any office or dollar.bank/mortgage.

Dollar Bank®
Since 1855

Mutually Inspired®

Equal Housing Lender. Member FDIC. Copyright © 2018, Dollar Bank, Federal Savings Bank.

* The Rate and Annual Percentage Rate (APR) are current as of 2/16/18 and may change without notice. The Rate applies to Veterans Administration guaranteed home loan (VA Loan) for the purchase or refinance of single family, first lien owner occupied residential transaction for loan amounts up to \$453,100 with a maximum loan-to-value of 100% and the property securing the loan in Dollar Bank's Virginia market area. Rate assumes a 0% down payment. The APR displayed estimates charges based on a typical transaction and assumes a loan amount of \$150,000, 0% down, 30 days prepaid interest, prepaid finance charges of \$86 and an initial Up-front 2.15% Veteran Administration (VA) Funding Fee. These charges may vary. You will incur additional closing costs. 180 monthly payments of \$7.09 per \$1,000 amount borrowed. The payment does not include amounts for taxes and insurance and the actual monthly obligation will be greater. Property insurance is required, flood insurance may be required. An escrow for taxes, insurance and other property related charges is required. Approval subject to VA and Dollar Bank eligibility and underwriting guidelines. Call 1-877-261-2820 for details on estimated charges and the lock-in process. Other terms available.

MOR137_18

Seabed to Space: US Navy Information Warfare enriches cyber resiliency, strategic competition

From Space and Naval Warfare Systems Command Public Affairs

SAN DIEGO

The U.S. Navy information warfare (IW) pavilion concluded the three-day premier naval conference and exposition on the West Coast, WEST 2018, Feb. 8.

This year, the IW pavilion on the exhibition floor demonstrated the Navy’s commitment to warfighting in the information age through the use of speakers, panels, subject matter experts and capability displays from organizations including the Office of the Deputy Chief of Naval Operations for Information Warfare (OPNAV N2N6), Fleet Cyber Command/U.S. Tenth Fleet (FCC/C10F), Navy Information Forces Command (NAVIFOR), Space and Naval Warfare Systems Command (SPAWAR), Office of Naval Intelligence (ONI), Program Executive Office Command, Control, Communications, Computers and Intelligence (PEO C4I) and others.

OPNAV N2N6 “leads” the IW community from Washington, D.C. and provides strategic guidance on information warfare. SPAWAR “acquires” the funding and personnel (scientists, engineers) to create new technologies and systems for experimentation and use in the fleet. NAVIFOR “prepares” IW-rated Sailors for fleet mission sets through schools and training opportunities. FCC/C10F conducts the cyber “fight” during Navy or joint missions in cyber/networks, cryptologic/signals intelligence and space.

Demonstrations within the IW pavilion spotlighted various systems and capabilities that enrich information warfighting, including mixed reality technology (virtual and augmented reality) that can be applied to military training, operations and prototyping. Additionally, multi-intelligence, network systems, tactical sensor management, military satellite communications, unmanned undersea vehicles, and the research and development of commercial cloud services were featured for military, government and industry members who visited.

Vice Adm. Jan Tighe, OPNAV N2N6, stressed that IW makes the U.S. Navy a more lethal and versatile force. In order to maintain this edge, the IW community must identify, train and retain the best and most effective cyber workforce.

“Information warfare presents new and complex challenges



U.S. Navy photo by Steven Davis
Navy Information Warfare command representatives man the IW pavilion at WEST 2018 at the San Diego Convention Center on Feb. 8. The IW pavilion on the exhibition floor demonstrates the Navy’s commitment to warfighting in the information age through the use of speakers, panels, subject matter experts and capability displays. The Deputy Chief of Naval Operations for Information Warfare leads the IW community from Washington, D.C. and provides strategic guidance on information warfare. Space and Naval Warfare Systems Command acquires the funding and personnel (scientists, engineers) to create new technologies and systems for experimentation and use in the fleet. Navy Information Forces Command prepares IW-rated Sailors for fleet mission sets through schools and training opportunities.

day to day,” Tighe said. “As a Navy, we need to continue to modernize network architecture and capabilities, but also pay close attention to talent management. Our current cyber warriors in the fleet need to be trained and equipped to respond to high-end threats. The Navy’s cyber resiliency depends on both modernized architecture and our ability to train and prepare our Sailors, Marines and civilians who are the first line of defense.”

Rear Adm. Christian “Boris” Becker, SPAWAR, highlighted the strategic competition that exists in IW environment and how industry partners can assist with the innovation gap.

“Whether [the] battlefield is on the ground, whether the battlefield is at sea, in the air, in space, or on the network, we are facing strategic competition,” Becker said. “What are we going to do — what are you going to do — to make sure we can face that competition, that we can compete and win?”

Aerographer’s Mate 2nd Class Deserae Laczniaik, assigned to Naval Oceanography Special Warfare Center, manned a booth in the IW pavilion, but also enjoyed exploring all the IW

commands participating in WEST 2018.

“It was a lot of fun meeting new people and talking about my job in the Navy,” Laczniaik said. “Being able to see what everyone does in the information warfare community makes me excited for what’s to come in the future. My favorite thing in the IW pavilion was the augmented reality gun. This type of technology has already been tested on some ships on the waterfront and it’s really great, interactive training.”

WEST 2018 marks the conference’s 28th anniversary bringing sea service military and industry leaders together in a single locale to encourage discussion with personnel that design and build the technologies impacting the warfighter and the information warfare domain. The conference is co-sponsored by Armed Forces Communications and Electronics Association (AFCEA) International and the U.S. Naval Institute (USNI).

WEST 2019 will be held at the San Diego Convention Center, Feb. 13-15, 2019.



U.S. Navy photo
Center for Naval Aviation Technical Training (CNATT) Instructional Systems Specialist Mark Tinetti shows the ‘Aviation Corrosion App’ Feb. 12 aboard Naval Air Station Pensacola, Fla. The app, designed to augment existing corrosion training for aviation maintenance technicians, is a game-based scenario developed by CNATT and the U.S. Navy Sea Warrior Program and is available through the Navy AppLocker, iTunes and Google Play.

From Center for Naval Aviation Technical Training Public Affairs

PENSACOLA

The “Aviation Corrosion Challenge” app, offering Sailors and Marines an interactive, score-based gaming scenario for identifying corrosion, became available in app stores Feb. 8.

Center for Naval Aviation Technical Training (CNATT) and the U.S. Navy Sea Warrior Program (PMW 240) partnered to launch the app through the Navy AppLocker; Google Play for Android users; and iTunes for iOS users.

“CNATT and PMW 240 have been efforting this for six months, and to see this come to fruition represents a move toward the technology-based learning we’re embracing,” CNATT Instructional Systems Specialist Mark Tinetti said. “Students today have information at their

fingertips and putting out material in a format to which they’re accustomed is keeping in line with CNATT’s modernized learning model.”

The app will not replace or substitute existing corrosion training, according to Tinetti, but is designed to augment it through visual identification of corrosion; methods for removing and treating corrosion; and materials used in corrosion prevention. Using photographs and text, the game randomly generates elements associated with corrosion control, including types, effects on alloys, aircraft cleaning, preventative compounds and sealants. Game users answer questions within a set amount of time while earning points.

“The game format of this app is something we felt could be more appealing to users,” Tinetti said. “Individuals spend a lot of time on their phones and having a resource such as this immediately accessible is something we felt could effectively complement required training.”

Tinetti added that the game allows a review of questions at the end of each challenge and includes an achievement section, which unlocks trophies for points and levels earned.

Senior Chief Aviation Structural Mechanic Roger Nelson, a subject matter expert at CNATT, oversaw the content portion of the app’s development and said the game-based training aid is something supervisors can employ as part of regularly scheduled training.

“Corrosion is one of the biggest challenges service members at squadrons, fleet readiness centers and other facilities face on a daily basis,” Nelson said. “Incorporating this visual aid as something to augment training is something we’re hoping division officers and chiefs can stress to Sailors and Marines who deal with corrosion.”

The app offers public content and does not require authentication or authorization to access.

CNATT Commanding Officer Capt. Eric Simon said CNATT is moving toward electronic training.

“Using technologies that can assist us in providing better training to our Sailors and Marines is critical to support the naval aviation mission and keep us at the forefront of training,” Simon said. “The CNATT staff is always looking for methods to improve the way we train, and these sorts of applications should prove to be beneficial to the young men and women who are keeping our planes in the air and equipment operating safely.”

The app is available through the iTunes App Store at <https://itunes.apple.com/us/app/aviation-corrosion-challenge/id1337279306?mt=8>; the Google Play Store at <https://play.google.com/store/apps/details?id=mil.navy.corrosion>; and the Navy AppLocker at <https://www.applocker.navy.mil/#!/apps/F94B24A4-2D18-49E0-AF47-89764E4EE248>

CNATT is the technical training agent for the Naval Aviation Enterprise (NAE), an organization designed to advance and sustain naval aviation warfighting capabilities at an affordable cost under Naval Education and Training Command.

For more news from Center for Naval Aviation Technical Training, visit www.navy.mil/local/cnatt/.

Rewarding Work: ONR autonomous system a finalist for aviation award

By Sierra Jones

Office of Naval Research Public Affairs

ARLINGTON

Every year, new technologies emerge that could change how individuals, companies and even military commands operate. For the Navy and Marine Corps, one of those technologies is the Autonomous Aerial Cargo/Utility System (AACUS)-an Office of Naval Research-led program that can make any rotary-wing aircraft capable of fully autonomous flight, and landing on an unprepared field.

The program is intended to help save lives by enabling autonomous resupply to Marines in the field, even in contested environments.

And on Feb. 5, the National Aeronautic As-

sociation (NAA) announced the program as one of its finalists for the 2017 Robert J. Collier Trophy, one of the top aviation awards in the world.

“We at ONR are very excited and proud of the AACUS team that was selected as a finalist for this very prestigious Collier Trophy. When you consider that previous winners include the Apollo 11 and the Boeing 747 teams, you realize what a truly outstanding achievement this is,” Director of the Division of Aerospace Sciences in ONR’s Naval Air Warfare and Weapons Department Dr. Knox Millsaps said. “But our greatest sense of excitement and pride comes knowing we’ve provided a technology that could help the Marine Corps warfighter stay out of harm’s way during resupply missions.”

Being able to resupply Marines with the necessities-food, water, fuel, ammunition and medical supplies-is vital to warfighters on the front lines and in forward-operating bases. However, Marines can frequently find themselves under enemy fire, or as targets of improved explosive devices, which can make resupply missions difficult and dangerous.

That’s where AACUS comes in. AACUS is

a package of sensors and software that can be integrated into any existing rotary-wing aircraft to provide autonomous capabilities, including flight, flight route, obstacle avoidance, approaches, landings and takeoffs.

AACUS was designed for simple use. With minimal training, and using an intuitive handheld tablet, the user can call up needed supplies very quickly.

That capability was on display in December 2017 when AACUS successfully completed its final demonstration-featuring a UH-1 “Huey” helicopter-at Marine Corps Base Quantico, Virginia. This demonstration allowed a Marine, with no prior experience, to program a resupply after only 15 minutes of training.

“AACUS gives revolutionary capability to our fleet and force,” AACUS Program Manager Dennis Baker said. “It can be used as a pilot aid to operate in GPS- and communications-denied arenas, or allow fully autonomous flights in contested environments-keeping our pilots and crews out of harm’s way.”

And it’s that revolutionary capability that makes AACUS one of the finalists

for the 2017 Collier Trophy, which since 1911 has been awarded annually to persons or programs that have made “the greatest achievement in aeronautics or astronautics in America, with respect to improving the performance, efficiency and safety of air or space vehicles.”

A partnership between the Office of Naval Research and technology company Aurora Flight Sciences, AACUS will transition to the Marine Corps for further experimentation and development.

Other finalists for the 2017 Robert J. Collier Trophy include: Boeing 737 MAX; Cirrus Aircraft Vision SF50; Edwards Air Force Base F-35 Integrated Test Force; NASA/JPL Cassini Project Team; Perlan Project; TSA, ALPA and A4A Known Crewmember and TSA PreCheck Programs; Vanilla Aircraft VA001; and Zee Aero Division of Kitty Hawk Corporation.

The award winner will be announced on March 23.

Sierra Jones is a contractor for ONR Corporate Strategic Communications.

For more news from Office of Naval Research, visit www.navy.mil/local/onr/.

2018 team Navy trials commence

By MC2 Michael Lopez

JACKSONVILLE

The Team Navy trials for the 2018 Department of Defense (DoD) Warrior Games kick off Feb. 20, at Naval Station (NAVSTA) Mayport, where over 70 seriously wounded, ill and injured Sailors and Coastguardsmen will compete for a spot to represent the Navy in this year’s DoD Warrior Games. Navy Wounded Warrior-Safe Harbor (NWW-SH) and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, cycling, wheelchair basketball, shooting, sitting volleyball, swimming, track and field. The top-performing athletes will fill 40 competitive spots and five alternative spots on Team Navy.

“We hope the trials and the DoD Warrior Games pull athletes out of whatever they may be struggling with,” Navy Region Southeast Warrior Games Trials Coordinator Lt. Cmdr. Therese Pederson. “We hope this gives them something to focus on while achieving success in a sport that they may not have thought they could do before.”

Both first time and returning athletes from all over the country will be competing in the trials to participate in sports they’re familiar with while also trying their hands in sports they’ve never attempted.

“I’ve always been active and athletic,” Intelligence Specialist 2nd Class Cassidy Busch said, a first-time Team Navy



MC2 Michael Lopez
Yeoman 3rd Class Alexis King shoots a bow during archery training prior to the Team Navy trials at Naval Station Mayport’s fitness center in preparation for the 2018 Department of Defense Warrior games.

athlete. “I’ve really missed getting to be involved in sports and fitness like I was before, and the DoD Warrior Games just kind of fell into my lap as a way for me to be better and push myself at something new and exciting.” The Team Navy athletes, their families and caregivers arrived in Jacksonville Feb. 16, for informational events before



MC2 Michael Lopez
Senior Chief Hospital Corpsman Joseph Paterniti takes a breath during swimming training prior to the Team Navy trials at Naval Station Mayport’s fitness center in preparation for the 2018 Department of Defense Warrior games. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming. The top performing athletes will fill 40 competitive spots and five alternative spots for Team Navy at the 2018 Department of Defense Warrior Games.

beginning training for the trials. The athletes trained until the trials, then go into competition mode to earn their spot in the various sports until the final day of the trials Feb. 24.

“This is something that pushes me mentally and physically,” Busch said. “We’re all doing things adaptively that we may have never even tried before and it makes you utilize your mind and body in a different way than an able-bodied person would attempt the same thing, but the people here really make it a bonding experience as a healing process we’re all going through together.”

With athletes competing at NAVSTA Mayport’s fitness facilities, and the nearby Hannah Park, Fletcher High School and Jacksonville University, many local spectators are expected to attend the events to show their support.

“The important thing is that athletes get to become part of a team again,” Adaptive Athletics Coordinator Meagan McAllister said. “Many have been in places where they feel isolated, so it’s important that they’re around their Navy family and community in a fun team-building environment. I think this environment can show these athletes how much hope they have around them.”

After the conclusion of the trials, active duty service members and veterans representing teams from the Air Force, Army, Coast Guard, Marine Corps, Navy and U.S. Special Operations Command, as well as the Australian Defence Force and the United Kingdom Armed Forces, will go head to head at the DoD Warrior Games at the Air Force Academy in Colorado Springs, Colorado, June 2-9.

The DoD Warrior Games is an annual event recognizing the importance adaptive sports plays in the recovery and rehabilitation of wounded, ill and injured service members and veterans. Participation in the DoD Warrior Games allows service members and veterans to build a supportive social network and develop relationships with other athletes, giving them a sense of community on their path to recovery.



MC3 Kristopher S. Haley
Retired Information Systems Technician 1st Class Pou Pou practices shot put at Fletcher High School in Jacksonville, Fla. prior to Team Navy Trials.

“These events provide a unique sense of purpose and camaraderie,” Pederson said. “They are helping service members interact and compete with people who are in similar situations, and we ultimately hope that they feel supported and build important relationships that they can take with them after this to further build their support network.”

(NWW-SH) is the Navy’s sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support to their families. The program provides individually tailored assistance designed to optimize the success of the wounded warrior’s recovery, rehabilitation and reintegration activities.

For more information please visit the DoD Warrior Game’s official website at www.dodwarriorgames.com.



MC2 Alfred Coffield
Construction Mechanic 2nd Class Andy Gardner, assigned to Underwater Construction Team (UCT) 2, treads water during a pier assessment with Republic of Korea navy and Royal Thai navy UCT at the Thung Prong Pier in Sattahip, Thailand during Exercise Cobra Gold 2018. The 37th iteration of Cobra Gold is an important element of the United States and participating nations seeking to maintain readiness, develop capabilities, and enhance security and stability.

By MC3 Ian M Kinkead
III Marine Expeditionary Force

SATTAHIP, THAILAND

The underwater construction teams (UCT) of partnering nations train and operate together on the Thung Prong Bay Sattahip navy base in Thailand throughout the 37th annual Exercise Cobra Gold, which ends Feb. 23. “We are here to perform underwater inspection techniques and also to talk about maintenance plans,” said Construction Mechanic 1st Class Matthew Ramirez, from Uniondale, New York.

The main operation of the day for the UCTs was the inspection for the deterioration of Thung Prong Pier, which was originally built in the 1970s and was rebuilt for the first time last year.

“The UCTs completely rebuilt Thung Prong in 2017, in which they put 377 sacrificial anodes on the pier [used to protect submerged metal structures from corrosion], and we are here to measure the rate of deterioration on those anodes,” said Ramirez. “Since the pier was built, it has been used for various purposes, ammo offloads, mooring, getting supplies on and off the base and basically enabling the

Royal Thai navy to be a little bit more efficient since it has been built.”

The UCT members are also going to be preparing for a possible future rebuild of the DeLong Pier during Cobra Gold 18.

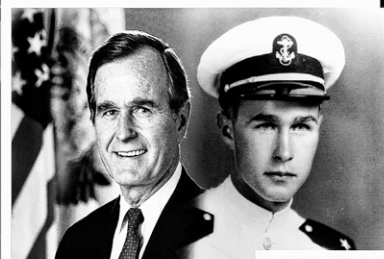
“The DeLong Pier was built in the 1960s,” said Ramirez. “It’s an ammo offload pier that the U.S forces built and right now it is dilapidated, so we are here to make some measurements and create a possible demolition plan for a future project.”

Republic of Korea (ROK) navy Lieutenant Donghyua Oh, from Jinhae Naval Base said that the Thai, ROK and U.S. UCT personnel working together strengthens the nation’s alliances exponentially. This Cobra Gold and every other one moving forward will continue to grow and strengthen the UCT’s ability to operate together.

UCTs are a small community in each nation’s Navy, which is a reason why their ability to operate together and build lines of communication is part of Cobra Gold 18.

Cobra Gold 18 is an annual exercise conducted in the Kingdom of Thailand and runs from Feb. 13–23 with seven full participating nations.

PRESIDENTIAL SAILORS



GEORGE H.W. BUSH
FLEW TORPEDO BOMBERS FROM THE DECK OF THE USS SAN JACINTO, EARNING A DISTINGUISHED FLYING CROSS AND NUMEROUS AIR MEDALS BEFORE BEING SHOT DOWN BY ANTI-AIRCRAFT FIRE DURING WWII.



JIMMY E. CARTER JR.
IS THE ONLY PRESIDENT TO GRADUATE FROM THE UNITED STATES NAVAL ACADEMY. HE WENT ON TO BE SELECTED FOR SERVICE IN NUCLEAR SUBMARINES BY ADMIRAL HYMAN G. RICKOVER.



GERALD R. FORD
SERVED IN NINE COMBAT OPERATIONS. ACHIEVED THE RANK OF LIEUTENANT COMMANDER. NEXT-GENERATION CLASS OF AIRCRAFT CARRIERS IS NAMED IN HIS HONOR.



RICHARD M. NIXON
HEADED UP A SERIES OF NAVY CARGO HANDLING UNITS AROUND THE PACIFIC DURING WORLD WAR II, ACHIEVING THE RANK OF COMMANDER IN THE NAVAL RESERVE DURING WWII.



LYNDON B. JOHNSON
TOOK A LEAVE OF ABSENCE FROM THE HOUSE OF REPRESENTATIVES TO SERVE IN THE SOUTH PACIFIC, EARNING A SILVER STAR WHILE FLYING AS AN OBSERVER ON A B-26 BOMBING MISSION DURING WWII.



JOHN F. KENNEDY
EARNED THE NAVY AND MARINE CORPS MEDAL AFTER SAVING THE LIVES OF HIS CREW FOLLOWING THE SINKING OF THE PT-109 DURING WWII.





The American flag at Naval Station Norfolk flies at half-mast to honor the victims of the Marjory Stoneman Douglas High School shooting in Parkland, Florida. The flags will remain at half-staff until sunset on Feb. 19, 2018.

MC3 Lindsay Preston

U.S. Navy graphic

Presidential proclamation honoring the victims of the tragedy in Parkland, Florida

From The White House

WASHINGTON

Our Nation grieves with those who have lost loved ones in the shooting at the Marjory Stoneman Douglas High School in Parkland, Florida. As a mark of solemn respect for the victims of the terrible act of violence perpetrated on Feb. 14, 2018, by the authority vested in me as President of the United States by the Constitution and the laws of the United States of America, I hereby order that the flag of the United States shall be flown at half-staff at the White House and upon all public buildings and grounds, at all military posts and naval

stations, and on all naval vessels of the Federal Government in the District of Columbia and throughout the United States and its Territories and possessions until sunset, Feb. 19, 2018.

I also direct that the flag shall be flown at half-staff for the same length of time at all United States embassies, legations, consular offices, and other facilities abroad, including all military facilities and naval vessels and stations.

IN WITNESS WHEREOF, I have hereunto set my hand this fifteenth day of February, in the year of our Lord two thousand eighteen, and of the Independence of the United States of America the two hundred and forty-second.

DONALD J. TRUMP

NAVAL BASE POINT LOMA DOUBLE-DECKER FUEL PIER IS FIRST OF ITS KIND

By Mario Icarl

Naval Facilities Engineering Command Southwest Public Affairs

SAN DIEGO

Naval Facilities Engineering Command (NAVFAC) Southwest took part in a ribbon cutting and dedication ceremony for Defense Fuel Support Point's new fuel pier Feb. 9 in Naval Base Point Loma.

NAVFAC Southwest helped continue to meet the fueling requirements of the Navy, Coast Guard, and Military Sealift Command ships homeported and transiting through San Diego by coordinating requirements and compliance of design and construction within regulatory and stake holder requirements throughout construction of the pier.

Tracy Addis, NAVFAC Southwest Facilities Engineering Acquisition Division (FEAD) Point Loma Project Management & Engineering Branch Head, was recognized during the dedication for the day to day construction oversight which balanced safety, quality, and production to keep this project on budget.

Capt. Michelle Morse, NAVSUP Fleet Logistics Center San Diego commanding officer, expressed her appreciation for the combined partnership effort between NAVSUP Fleet Logistics Center San Diego, NAVFAC Southwest, Defense Logistics Agency Energy, Naval Base Point Loma (NBPL), and contractors Burns and McDonnell and NOVA-Shimmick.

"It is really amazing what many of you have been a part of accomplishing over the past five years," Morse said. "As we celebrate the completion of our new pier facility and recog-

nize what an achievement this all represents how we merged the sources for funding, design, project management and engineering. Let me just thank all of you who had a hand in its inception, design, build and its future operations, and the

“There is no doubt this new fuel pier will better protect the environment from fuel leaks and spills and is completely compliant with California State Lands Commission, Marine Oil Terminal Engineering Maintenance Standards and federal regulations,”

Capt. Michelle Morse, NAVSUP Fleet Logistics Center San Diego commanding office

partnering that made it possible!"

The work on the pier was accomplished with all required inspections and tests successfully performed and documented without impact to fleet operations. NAVSUP Fleet Logistics Center San Diego fuels team remained fully operational during construction. The performance of work safety demonstrated phenomenal ownership and accountability across the Navy and Contractor team.

"There is no doubt this new fuel pier will better protect the environment from fuel leaks and spills and is completely compliant with California State Lands Commission, Marine Oil Terminal Engineering Maintenance Standards and federal regulations," Morse said.

The state-of-the-art, double-decker 1,100-foot fuel pier is the first of its kind that accommodates 50-ton capacity mobile cranes and 10-ton forklifts. It will support vessels up to 100,000 deadweight tons with a draft of up to 40 feet, outfitted to supply lubricating oils, and is equipped with 17 fueling stations with a transfer rate of 300,000 gallons per hour at 100 pounds per square inch for JP-5 and DFM.

The seismic compliant pier is designed to withstand a Richter scale 6.5 earthquake, allows for a two-foot increase in ocean levels due to warming trends, and was designed for a lifespan of 75 years.

More than 44 million pounds of concrete, three million pounds of steel rebar, 296 hollow steel piles, 132 polymeric fender piles, 104 concrete fender piles, and 16,000 feet of carbon steel piping were used to construct the pier.

Ribbon cutting party members included NAVFAC Southwest Commanding Officer Capt. Mark Edelson, DLA Energy Americas West Deputy Commander John Phinisey, NBPL Commanding Officer Capt. Brien Dickson, NAVSUP Fleet Logistics Center San Diego Commanding Officer Capt. Michelle Morse and Fuels Officer Lt. Cmdr. Madden, and DFSP Point Loma Fuels Superintendent Steve Frey.

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.

SGLI | New online system

Continued from B1

green button is located in the upper right corner.

3. After signing in, you will be sent back to the milConnect front page. The menu bar will now display multiple options, one of which is 'BENEFITS.'

4. Click on the 'BENEFITS' drop-down menu and click on 'LIFE INSURANCE (SOES-SGLI Online Enrollment System).'

5. On the following page, scroll down to the blue continue button and click it (you may have to do so twice).

6. The following page provides you with your current Defense Eligibility Enrollment System (DEERS) information that must be verified. When finished reviewing, click con-

tinue.

7. The following page is where you can make your beneficiary selections. If this is your first time logging in, you will not see any beneficiary information listed. This does not mean you are not covered. You remain covered if you have previously filled out and signed an SGLI paper form. Please input your beneficiary selections into SOES.

8. After making your selections, click on the 'YOUR COVERAGE' tab and select the blue 'CONFIRM AND CERTIFY' button in the bottom right.

9. The next screen will ask you to make some legal declarations. Review and check the appropriate boxes and click 'CONTINUE.'

10. You will be asked if you want to print a preview of the document. This is an uncertified copy for review. A certified copy is available at the end of the process. Click to continue.

11. Next, you will be asked for an electronic signature. Provide your full name and email address and click to continue.

12. The system will provide you an effective date for your SGLI election.

13. Print or email your certified document by navigating to the "Print/Save Certificate" tab.

For more information, take the online training course available at: www.benefits.va.gov/INSURANCE/training/SOES/SOES.htm

More information about SGLI can be found at the following links: www.npc.navy.mil/support/casualty/fsgli/Pages/default.aspx.

www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMIN/NAV2017/NAV17085.txt

2018 Military Spouse Awards

HEROES *at* HOME™



Heather
KUHN

2017 Heroes at Home Hampton
Roads Military Spouse of the Year

Spouse of O-3 William Kuhn,
USS Monterey, Norfolk Naval Station

PRESENTED BY



BRONZE SPONSORS

UNITED
CONCORDIA®
Protecting More Than Just Your Smile®



Hampton Roads
and Central Virginia

LINCOLN MILITARY HOUSING

MEDIA SPONSORS



NOMINATE A DESERVING SPOUSE!

Join us in recognizing our local military spouses for their unending strength, personal sacrifices, support for other military families and for their selfless commitment to our community.

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.**

**MARCH 15
NOMINATION
DEADLINE**

**POST YOUR NOMINATION ONLINE AT
HEROESATHOMEVA.COM**

HOSTED BY:

The Flagship

MNV MILITARY
NEWSPAPERS
OF VIRGINIA

PENINSULA
WARRIOR



Spring Break is upon us!
Check out these hacks to
make the most of your break.

Whether you want to bring your family along, get away with a few friends or explore some new, tropical destination, packing up and taking off on an unforgettable spring break vacation is easier and more affordable than you may think.

» See **C4**

SECTION C | FLAGSHIPNEWS.COM | 02.22.18

More than
pretty in pink

Molly Ringwald brings her critically acclaimed evening of jazz standards and pop classics to Hampton

From Hampton Arts

HAMPTON

Long before she was known as the Golden Globe-nominated actress for generation-defining performances in “The Breakfast Club,” “Pretty in Pink,” and “Sixteen Candles,” Molly Ringwald was performing with her jazz pianist father and his band. From that day on she never looked back. Next month, on March 24, she’ll bring her jazz show to Hampton’s American Theatre.

Ringwald gives a fresh spin on American Songbook standards and pops classics like nobody else, with a smile and charm that has illuminated hundreds of venues throughout the world. Appearing with her jazz quartet, Ringwald’s star-power vocals shine brightly on “Sooner or Later” (from “Dick Tracy”), “Don’t You (Forget About Me),” and many more legendary songs.

While most fans are familiar with Ringwald’s work in John Hughes’ iconic films, her captivating talents have been entertaining audiences since her first professional stage appearance in West Coast premiere of “Annie.” She has continued to charm fans through the years with critically acclaimed onstage roles in “Sweet Charity,” “Cabaret,” “When Harry Met Sally,” “How I Learned to Drive,” and many others. Musically, Ringwald has played more than 250 concerts worldwide since the release of her debut album “Except Sometimes.”

“Beyond her immense talents, one of the reasons I wanted to bring Molly Ringwald to The American Theatre is because she is a terrific role model,” said Hampton Arts Artistic Director Richard M. Parison, Jr. “Her work as a film and stage actress, musician, and author proves that anything is possible. Jazz enthusiasts of all ages will appreciate her take on standards as well as the fantastic arrangements of pop songs. She truly is something special.”

An Evening with Molly Ringwald

Saturday, March 24, 2018, 8 p.m.

Tickets: \$60 / \$50

The American Theatre, 125 East Mellen Street
Hampton, VA 23663

Hurrah Players to dedicate Peter Pan to late Command Master Chief

The Hurrah Players, Virginia’s Leading Family Theatre Company, present “PETER PAN,” at the Sandler Center For The Performing Arts, March 16, 17 & 18.

Based on J.M. Barrie’s classic tale and featuring an unforgettable score by Morris “Moose” Charlap and Jule Styne with lyrics by Carolyn Leigh and Betty Comden and Adolph Green, PETER PAN is one of the most beloved family favorites of all time. This high-flying Tony Award-winning musical has been performed around the world and delighted audiences for over 60 years.

This year’s performance holds special meaning to the cast and crew, the flying effects crew in particular. The stage crew responsible for this flying magic has been dedicated as “The Easy



The stage crew responsible for the production’s flying effects has been dedicated as “The Easy Day Flyers.” This elite team is named in loving memory of Command Master Chief Jeffrey Garber, who unexpectedly died in 2009 while deployed on the USS Dwight D. Eisenhower. Jeff was a beloved husband and father, and parent volunteer on the 2006 fly team for Hurrah’s last production of PETER PAN. An inspiration to all — Jeff is remembered for his devotion to family, his dedication to community and country, and genuine smile accompanying his wish for all he met to have an ‘Easy Day’. It is a treasured privilege for the 2017 cast to soar in his honor.

Featuring the iconic songs, “I’m Flying,” “I’ve Gotta Crow,” “I Won’t Grow Up” and “Never Never Land,” and a rousing book full of magic, warmth and adventure, PETER PAN is the perfect show for the child in all of us... who dreamed of soaring high and never growing up.

Under the Artistic Direction of

» See **HURRAH** |C2



Former Boxing Champ and Olympic gold medalist Pernell Whitaker (r), here with promoter Lisa Wells (l), said he was excited to see so many young boxers competing during the Sugar Bert Boxing Title Belt National Qualifier at The Founders Inn and Spa on Saturday, Feb. 10. More than 225 boxers attended the three-day competition.

Boxing greats attend Virginia Beach qualifier

By Rolanda Hatcher-Gallop

Amateur boxers from around the country converged on Virginia Beach this month to compete for a shot at earning a national title.

The Sugar Bert Boxing Title Belt National Qualifier drew hundreds of pugilists to The Founders Inn and Spa

» See **BOXING** | C3

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

Connect To Your Hotspot
With *Free WiFi*

Home
AWAY FROM HOME
Comfort

FRIENDLY, HELPFUL STAFF

FREE WIFI

RELIABLE SERVICES

FREE GUEST LAUNDRY

MICROWAVE, MINI-FRIDGE,
KEURIG COFFEE MAKER,
HAIR DRYER,
PERSONAL SAFE

LARGE FLAT-SCREEN TVS

BUSINESS CENTER

Navy Gateway Inns & Suites

High quality. Low rates. Added values.

All Branches are Welcome

- Active, retired reserves and dependents
- TDY travelers, DoD employees and sponsored family and friends (in most locations)
- Leisure/space available — guests need no orders

Reservations: **1.877.NAVY.BED (628.9233)**
DODLODGING.NET

Navy Gateway Inns & Suites is the preferred lodging choice.

Calendar

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

TAO Drum Heart
■ Feb 22, 7:30 p.m. \$53, \$48, \$33
■ Sandler Center for Performing Arts
201 Market Street, Virginia Beach, Virginia 23462
■ 757-385-2555
■ www.sandlercenter.org

TAO: Drum Heart is the latest production from TAO, internationally-acclaimed percussion artists. TAO’s modern, high-energy performances showcasing the ancient art of Japanese drumming have transfixed audiences worldwide. Combining highly physical, large-scale drumming with contemporary costumes, precise choreography, and innovative visuals, the performers of TAO: Drum Heart create an energetic and unforgettable production.



Canadian JUNO winner, Lights, comes to The Norva Feb. 23.

Lights in Concert
■ Feb 23, 8 p.m. \$16 advance, \$19 at door
■ The Norva, 317 Monticello Avenue, Norfolk, VA 23510
■ 757-627-4547
■ www.thenorva.com

Always pushing boundaries, alt-pop phenomenon Lights has never shied away from a challenge. Through her first three records, Lights built an incredibly passionate fan base, selling out tours around the world, earning 100M in U.S. streams, over 200K in U.S. album sales, two JUNO Awards, and three Gold album certifications; not to mention the 2M + rabid fans who follow her every move online. Yet through this success, she felt like she had more important things to say through her music but just didn’t know how to get them out. Thus was born Skin&Earth, the Canadian singer’s fourth record and companion comic book series of the same name, entirely written and illustrated by Lights herself. As Billboard explains, “Concept albums are nothing new, but it’s the lengths to which Lights takes her fourth album Skin&Earth that sets it apart.”

Ella at 100
■ Feb 25, 2 p.m. \$30–\$40
■ The American Theatre, 125 E. Mellen Street, Hampton, VA 23663
■ www.hamptonarts.net

Celebrating the 100th birthday of Ella Fitzgerald, a native of Newport News, Award winning Jazz artist and Virginia Native, Desirée Roots brings to life Ella’s most noted songs. Accompanied by some of Virginia’s most acclaimed Jazz musicians, this evening of celebration and joy comes to The American Theatre stage for just two performances. Joining Roots on stage will be Scott Wichmann as Frank Sinatra, Billy Dye as Louis Armstrong, and Anthony Cosby as Nat “King” Cole. Born April 25, 1917, Ella Fitzgerald was one of the greatest Jazz singers of all time. “The First Lady of Song” delighted audiences around the world for over 60 years, sold over 40 million albums, and received numerous awards and honors, including the Presidential Medal of Freedom. Join us as we commemorate Ella at 100!

Once Upon a Time ... Exploring the World of Fairy Tales
■ Feb 25, 11 a.m. \$10–\$11
■ Children's Museum of Virginia, 221 High Street, Portsmouth, VA 23704
■ 757-393-5258
■ www.childrensmuseumvirginia.com

Step inside beloved stories from around the globe in this hands-on exhibit that brings favorite multicultural fairy tales and folk tales to life. Once Upon A Time... Exploring the World of Fairy Tales is the first nationally touring exhibit devoted exclusively to fairy tales and the breadth of their cultural significance. The Exhibit was developed by The Magic House, St. Louis Children’s Museum in partnership with the St. Louis Public Library, and targets children ages 2–10

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/.



Women United volunteers prepare one of many pasta and veggie casseroles at the 2018 Stone Soup event.

UNITED WAY VOLUNTEERS PREPARE MEALS FOR 2,300 AT LOCAL SHELTERS

NORFOLK
More than 150 Women United volunteers and guests came together to convert thousands of dollars of groceries into meals for the hungry at the 7th Annual Stone Soup event. In less than three hours, these enthusiastic volunteers prepared 400 casseroles and 700 bag lunches. The donated food, enough to feed 2,300 men, women, and children, was distributed to 11 local shelters.
The volunteers made lasagna, pasta & veggie casserole, and chicken mac & cheese as well as brown-bag lunches filled with PB&J sandwiches and other treats. Representatives from community agencies picked up the casseroles and lunches to provide nutritious meals for those they serve. Gratefully receiving the food were the EDMARK Hospice, H.E.R. Shelter, Samaritan House, The Genieve Shelter, YWCA of South Hampton Roads, Judeo-Christian Outreach Center, Mission United Hampton Roads, The Union Mission, Ida Barbour Early Learning Center, Portsmouth Area Resources Coalition, and The Salvation Army.

“Today is a great example of what happens when women

leaders invest their time and financial resources to meet identified community needs,” says Women United Volunteer Chair Charity Anderson. “Not only does today represent an ongoing collaboration between United Way and local agencies, but it also highlights the importance of private sector partners that provide in-kind gifts, financial sponsorships, and opportunities for their employees to give back to the community.”
“United Way works efficiently with its donors and community agencies to provide essential services, such as access to food and shelter,” says United Way President and CEO Carol McCormack. “Beyond basic needs, Women United has prioritized its funding to partner with women in creating a path for self-sufficiency and economic independence.”
Women United’s Stone Soup sponsors included The Salvation Army Ray & Joan Kroc Corps Community Center who once again donated space for the event; USAA invested \$1,500 and provided 25 employee volunteers to prepare 300 bag lunches; Cox Communications and Kroger provided funding for supplies; and Chick’s Oyster Bar donated casserole pans and lids.

Colonial Williamsburg Expands On-site Amenities for Military Guests as Liberty Lounge Welcomes its 100,000th Visitor

From Percepture for Colonial Williamsburg
WILLIAMSBURG
Colonial Williamsburg’s Liberty Lounge, a complimentary space for ticketed military guests to relax and recharge in the Historic Area, welcomed its 100,000th visitor Feb. 3. The milestone comes less than two years since the lounge first opened its doors May 26, 2016.
Part of a broad military outreach ini-

tiative led by Elisabeth Reiss, wife of Colonial Williamsburg President and CEO Mitchell B. Reiss, the Liberty Lounge is staffed full-time by 63 Foundation volunteers with more than 435 years of collective service in the Army, Navy, Air Force and Marine Corps.
The donor-funded lounge, located in the Margaret Hunter Workshop just off Duke of Gloucester Street, offers amenities such as hot and cold beverages, wireless Internet access and a children’s area, and showcases vintage military

memorabilia from Foundation collections.
“It was a dream of mine to create a special space for our military guests and their families to recharge while visiting Colonial Williamsburg,” said Elisabeth Reiss. “We could never have anticipated the overwhelming support the Lounge has received from guests and the community, and we are grateful to our volunteers, donors and corporate sponsors for making it all possible.”
Elisabeth Reiss added that the Liberty Lounge assists volunteers and staff with communicating the year-round military discounts and offerings available to Colonial Williamsburg guests, including complimentary and discount admission through the Honoring Service to America program, sponsored by the Home Depot Foundation, and discounts on Colonial Williamsburg hotels, food and beverage, military retreats, golf and spa services.

Nauticus To Offer Education-Focused Homeschool Day

NORFOLK
In recognition of the growing number of homeschooled children throughout Hampton Roads, Nauticus is offering a special day of activities geared specifically for them. Homeschool Day at Nauticus and the Battleship Wisconsin will take place on Tuesday, February 27, from 10 a.m. to 5 p.m.
“We’ve hosted Homeschool Days since Nauticus opened in 1994,” said Abby Dotson, education manager. “Each time our numbers have grown, so we’re clearly meeting an educational need for homeschooled children.”
Throughout the day, lively education programs will cover a

range of science lessons, ranging from marine life to weather patterns. Homeschoolers can also explore the Battleship Wisconsin as well as watch 3D movies Jean-Michel Cousteau’s Secret Ocean and Aircraft Carrier in the Nauticus Theater.
Admission to Homeschool Day is just \$7.57 per adult or child ages 4–17 since it being offered during Nauticus’ 757 Admissions special, which runs through February 28. Children ages three and under are free. Advance reservations are not required. For more information, please call (757) 664-1034.

HURRAH | Peter Pan at Sandler

Continued from C1

Hurrah founder Hugh R. Copeland, PETER PAN features choreography by Lisa Wallace and musical direction by Ja’Mel Dean. Costumes designed by Anne Hilton. Set Design by scenic apprentice Ben Steinhauer under the mentoring of Set Manager, Scott Chasey. Properties designed by Lianne Stevenson and Ninah Pearson. Sound design is by Will Rodriguez of Prosperity Way Studios.

PHOENIX THEATRES

Main Gate Movies10
\$5 Movies!
ALL Seats ALL Shows
Every Day!

Febuary 23-March 1

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
Wed.: 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
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
TRUE GRIT (G)
2/18 & 2/28: 2:15, 7:15

GAME NIGHT (R)
Fri. & Sat.: 10:15, 11:35, 12:40, 2:10, 3:10, 4:35, 5:35, 7:10, 8:10, 9:35, 10:35
Sun.: 10:15, 12:40, 1:35, 2:10, 3:10, 4:35, 5:35, 7:10, 8:10, 9:35, 10:35
Mon., Thru. Thurs.: 12:10, 1:00, 2:40, 3:25, 5:10, 6:00, 7:40, 8:25, 10:10
THE 15:17 TO PARIS (PG-13)
Fri. Thru. Sat.: 11:15, 1:35, 3:55, 6:15, 8:35, 10:55
Wed. & Sun.: 11:15, 5:15, 10:15
Mon., Tues., Thurs.: 12:15, 2:35, 4:55, 7:15, 9:35
50 SHADES FREED (R)
11:45, 2:15, 4:45, 7:15, 9:45
Mon. Tues., Thurs.: 12:00, 2:35, 5:05, 7:35, 10:05
Wed.: 12:00, 2:30, 5:00, 7:35, 10:05

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

BOXING | *Holyfield and Whitaker attend panel*

Continued from A3

for the three-day competition, held Feb. 9-11. The event was sponsored by Sugar Bert Boxing Promotions and sanctioned by USA Boxing.

“We had an amazing turnout with more than 220 boxers competing,” said promoter Bert “Sugar Bert” Wells, who started the Sugar Bert Boxing Title Belt National Championship series in 2016.

The series is designed to groom boxers whose skills have the potential to take them to the top of the boxing arena, including the Olympic Games.

“Our events expose them to other boxers as well as help to sharpen skills and gain experience,” said Wells, a seasoned amateur boxer who coaches at his gym, the legendary Paul Murphy Boxing Club, outside of Atlanta.

The Virginia Beach event was the second of three regional qualifiers being held this year. Amateur boxers of all ages competed in double elimination tournaments for various weight divisions (bantam, intermediate, junior, senior, women, open men, novice, and master). Winners in each division secured title belts, rankings, and a spot to compete in the national championship scheduled for later this year.

“The qualifiers give boxers the opportunity to gain confidence in their abilities while experiencing what it feels like to perform at a high level,” Wells said.

Attendees also got to meet and greet professional boxers like Steve Cunningham as well as legends like Evander “Real Deal” Holyfield, whose son, Evan, competed in the qualifier.

Norfolk native and former World Champion, Pernell Whitaker, also attended the qualifier.

Whitaker, who won a gold medal in the 1984 Olympic Games, expressed excitement at seeing the next generation of fighters compete.

“This is really beautiful,” he said.



basetheaters \$3 Movies

In the epic finale to the Maze Runner saga, Thomas leads his group of escaped Gladers on their final and most dangerous mission yet. To save their friends, they must break into the legendary Last City, a WCKD-controlled labyrinth that may turn out to be the deadliest maze of all. Anyone who makes it out alive will get answers to the questions the Gladers have been asking since they first arrived in the maze.



Courtesy 20th Century Fox

JEB Little Creek, Gator Theater – 462-7534

Friday, February 23
6 p.m. Maze Runner: The Death Cure (PG-13)
9 p.m. Den Of Thieves (R)

Saturday, February 24
1 p.m. Paddington 2 (PG)
5 p.m. ADVANCE SCREENING
Death Wish (R)

Sunday, February 25
1 p.m. The Post (PG-13)
4 p.m. The Commuter (PG-13)
7 p.m. 12 Strong (R)

NAS Oceana, Aero Theater – 433-2495

Friday, February 23
6 p.m. Maze Runner: The Death Cure (PG-13)
9 p.m. Insidious: The Last Key (PG-13)

Saturday, February 24
12 p.m. Paddington 2 (PG)
3 p.m. The Commuter (PG-13)
7 p.m. Den Of Thieves (R)

Sunday, February 25
12 p.m. Paddington 2 (PG)
3 p.m. 12 Strong (R)
6 p.m. Maze Runner: The Death Cure (PG-13)

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

WELCOME
to a new
WEBSITE
dedicated to military families!

MILITARY NEWS
Your online military connection to Hampton Roads

INTRODUCING
MILITARYNEWS.COM

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

★ **RELOCATION INFO**
All the resources you need to make Hampton Roads your home.



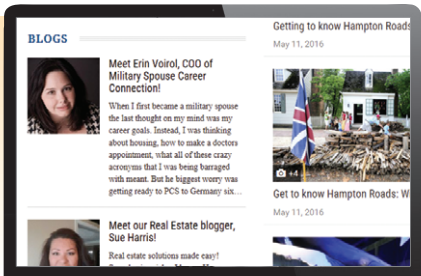
★ **DISCOUNTS & DEALS**
Great deals are easy to find with MilitaryNews.com’s list of military discounts and military-only coupons and contests!



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



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



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

5 TOP TRENDS FOR YOUR KITCHEN IN 2018

From Brandpoint

It's your home's focal point. The site of some of your best moments and the base of operations for entertaining — it's your kitchen, and no room in your home is more valuable. A magnificent kitchen defines a home, and bringing your kitchen to this level means capitalizing on today's top trends.

Many of the trends that will define kitchens for the year appear first at KBIS, the kitchen and bath industry convention held every year in January. More than 600 brands attended this year's event, and here are the five trends that stood out from the show and are sure to dictate kitchen styles for the rest of this year and beyond.

■ Appliances that can do it all. As home chefs have become much more refined, the need for kitchen appliances capable of delivering to these expectations has increased. Signature Kitchen Suite, the new-to-the-scene luxury brand, for example, debuted the first-of-its-kind pro-style range with built-in sous vide for the ultimate in precision cooking. The range is among the most versatile available with two extra-high burners that deliver 23,000 BTUs of cooking power and



two ultra-low burners to maintain temperatures as low as 100 degrees. This appliance is also Wi-Fi enabled, which means you can monitor and control your kitchen wherever you are.

■ **Unique backsplashes.** The tile backsplash still has plenty of staying power, but the latest trends are upping the wow factor of this kitchen mainstay. From mirrored glass and backlit onyx to decorative sculptures, the kitchen backsplash is becoming the statement piece of any kitchen and a unique way to express your own style and taste.

■ **Matte black finishes.** The standard appearance of kitch-

en fixtures is taking on a darker tone in 2018, as matte black finishes are flourishing in a big way. This elegant, luxe appliance finish complements any kitchen and is also designed to conceal fingerprints and smudges. This smooth, low-gloss design option enhances any style kitchen, from modern to farmhouse, traditional to contemporary and every style in between.

■ Design elements everywhere. Long a place of functional purity, the kitchen is getting a dramatically artistic makeover in 2018. Designers from one side of KBIS to the other were showcasing lavish kitchens complemented with unique patterns, angles and texture choices. You simply wanted to go out and touch and savor every single detail they offered. The takeaway? It is possible to enjoy looking at your kitchen as much as you enjoy working in it.

■ Smarter kitchens. New Wi-Fi enabled appliances are helping people control their homes in new ways, allowing for greater convenience — either through the touch of a button on their smartphone or via voice commands through Amazon Alexa and Google Assistant. Want to preheat the oven before you head home from work? Done! Need a fresh batch of ice before company arrives? You don't even have to get up. Forget to turn on the dishwasher? No problem. Choose a cycle and turn it on from virtually anywhere. Smart home leaders like LG have also teamed with food and recipe services such as Innit and SideChef to better assist home chefs with planning, shopping, preparing and cooking delicious meals.



FREE HOME
DELIVERY
for south hampton roads residents



SIGN UP TODAY!

CALL 222-3900

OR

**VISIT US
ONLINE**



flagshipnews.com

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

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



6 MUST-KNOW SPRING BREAK HACKS



From Brandpoint

Have you been watching the snow pile up outside? Are the gray, cold days wearing you down and making you count the minutes until blue skies and sunshine are the norm? You're not alone. As much fun as you can have sledding, building snowmen or donning a fashionable scarf, most people at this time of the year start dreaming of sun-filled beaches, flip-flops and shorts.

No wonder spring break is so popular.

Whether you want to bring your family along, get away with a few friends or explore some new, tropical destination, packing up and taking off on an unforgettable spring break vacation is easier and more affordable than you may think. From finding deals to getting there, here is your six-step guide to a perfect spring break.

1. Get everyone involved. Unless you're planning a surprise vacation for someone, you want to be sure everyone who is going weighs in and has a say. This is especially important if you're going on a family trip. Giving your kids the chance to participate in planning and decision-making can help them feel more invested in the trip. For example, while the adults might choose the destination and accommodations, let the kids pick a couple activities to book in advance. This will lead to a better experience for everyone.

2. Book early. We've all heard the mantra "earlier is better" and generally, that's true for booking airfare. According to a recent report from Expedia and the Airlines Reporting Corporation, for travel originating in the U.S., you should aim to buy tickets at least 30 days in advance. In other words: You should probably book your spring vacation now.

3. Avoid peak travel times. If you have flexibility in terms of your travel dates, make sure you compare prices for different departure windows. Often spring break travel can have an impact on prices, and leaving a week or two earlier or later can save you money. The same applies for travel during and around the Easter holiday (April 1). Use a site like Expedia.com, which will compare rates from all airlines and often provide suggestions for alternate travel dates that yield lower fares.

4. Bundle to save. Always buy your plane ticket and hotel room together. Why? Because 1) it's convenient and saves you time and 2) you can save some serious money when you do so. For instance, those who use the popular travel website Expedia to book their vacations save an average of \$600 when they bundle their flights and hotel rooms together. Oftentimes, when going to popular resort destinations like Los Cabos or Riviera Maya, the savings are even better, so don't leave that money on the table.

5. Fly on the right day. As many savvy travelers know, it takes a multi-pronged approach to find the best deals. Along with booking early and bundling, when you travel plays a big role in the price you pay. According to the same report from Expedia and ARC, booking on a Sunday often yielded the lowest average ticket prices for both economy and premium travel. Furthermore, depending on the itinerary, travelers departing on Friday may score a lower price.

6. Pack only the essentials. The beautiful thing about a beach vacation is the ability to pack light. Buy your sunscreen once you get to your destination, and opt for flip-flops and lightweight clothing that will all fit in a carry-on bag. Not only will this make life easier when you go to and from the airport, but you'll save on checked baggage fees as well.

An unforgettable spring break vacation for you and your family is more affordable than you think. So stop dreaming and start planning! Sunshine and sand are just a few clicks away!

New research calls pistachios superfood for people with desk jobs

From Brandpoint

Recent research is giving the 86 percent of Americans who sit all day at their jobs new reasons to reach for a handful of nuts while at work, and in particular, pistachios. Adding to an increasing volume of research around the health benefits of pistachios, one study and a national survey in the U.S. suggest a snack of pistachios might boost brain power and concentration levels at work.

Pistachios helped office workers stay focused until lunchtime

In a national survey, 1,000 American office workers who skipped breakfast consumed a snack of 42 grams (1 and 1/2 serving size) of pistachios between 9 and 11 a.m. Ninety-two percent of the participants said they are "distracted from their tasks at work due to hunger before lunch." Eighty percent said they usually get hungry in the mornings before lunch and think about food often or every day.

The midmorning snack of pistachios proved to be just what they needed to power through the morning. Ninety-two percent of the participants reported the pistachio snack helped improve their concentration at work as stated in the study, "somewhat or greatly."

That's not surprising, according to Dr. Mike Roussell, nutrition expert and adviser. "Skipping breakfast is never a good idea, but even with a good breakfast and lunch, hunger pangs and stress-driven hunger can be distracting, leading to unhealthy snacking habits."

Roussell says pistachios are an ideal midmorning or midafternoon snack because of their unique nutrient package that not only promotes feelings of fullness and satiation, but also, newer studies show, can promote an optimal mental state and more focus at work.

Increasingly, people with desk jobs are looking for a healthier snack alternative to the usual donuts and vending machine fare. Ninety percent of the survey's participants said they believe the snack of pistachios is healthier than their usual snack. The study involved office workers in the Northeast, South, Midwest and Western U.S. who snack at their desk two or more times a week at midmorning.

Pistachios may have a role in improved brain function. Loma Linda University (LLU) researchers found that eating nuts on a regular basis enhances brainwave frequencies associated with cognition, learning, memory, recall and other key brain functions. While the research studied multiple nuts, pistachios produced the greatest gamma wave response, which is critical for enhancing cognitive processing, information retention, learning and perception.

In the study, electroencephalograms (EEG) were taken to measure the strength of brainwave signals. EEG wave band activity was then recorded from nine regions of the scalp associated with cerebral cortical function.

"This study provides significant beneficial findings by demonstrating that nuts are as good for your brain as they are for the rest of your body," said the study's principal investi-



Courtesy Brandpoint

gator, Lee Berk, DrPH, MPH, associate dean for research at the LLU School of Allied Health Professions, in an interview featured in the November 2017 issue of LLU's publication, Today. An abstract of the study was presented at Experimental Biology 2017 in San Diego, California, and published in the FASEB Journal.

The workplace-snacking survey and health-benefit studies add to a growing base of pistachio research, solidifying that pistachios have all the ideal qualities for a go-to workplace snack.

TO PLACE AN AD:

Visit flagshipnews.com

Flagship Values

Hampton Roads Military Classified Marketplace

■ advertise your business

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

Announcements

BANKRUPTCY

Free Consultation
We Can Pull Your Credit Report For You. Reasonable Fees.
We Are A Federally Designated Debt Relief Agency. "We Help People File For Bankruptcy Relief Under The Bankruptcy Code"
Thomas B. Dickenson, Attorney-at-Law
489-1300. Offices in Norfolk & Suffolk

Southside Church of Christ

Meets in the
Diamond Springs Gardenwood
Park Civic League Building
5652 Haden Rd.
Services Sundays
10:00 AM Bible Study
11:00 AM Worship Services
Conservative Non-Instrumental
Robert Mallard 757-464-4574
www.southsideccoc.net

FREE Behavioral Health Provider Fair Feb.26 10-5
00U Ted Constant Center. Come engage with 50
behavioral health providers in and around Virginia.

Estate Sale

ESTATE SALES

MOVING SALES

We Offer On-Site Tag Sales With
A Knowledgeable & Courteous
Sales Team. Over 45 Yrs. Exp.
In Handling Antiques, Estates &
Moving Sales. References
Available. We Do It All For You!
Call Larry Zedd 422-4477.

Great Neck, 1113 North Inlynnview Rd., Feb. 24-26, 10am-4pm Antiques and collectors dream, peo
rod antiq., Ethan Allen, fine china, coins, Freemason
memorabilia, Capodimonte, orig. and print, art, blue
willow, grandfather clock, signed pottery, accent
tables, lamps, rugs, anties, books, Lladros, designer
clothing and accessories, kitchenware, and more! Pics.
available at Facebook Boulevard Treasures.

Middle Plantation, 3204 High Borough Ct, Feb.
17&18, 10am-4pm Antiques and collectors dream, peo
rod antiq., Ethan Allen, fine china, coins, Freemason
memorabilia, Capodimonte, orig. and print, art, blue
willow, grandfather clock, signed pottery, accent
tables, lamps, rugs, anties, books, Lladros, designer
clothing and accessories, kitchenware, and more! Pics.
available at Facebook Boulevard Treasures.

OLDE TOWNE PORTSMOUTH #1 CRAWFORD PARK-
WAY, ANTIQUES, MAHOGANY MARBLE FURNITURE,
BUTLER'S DESK, WALNUT BUREAU, CLOCKS, WIN-
TAGE CLOTHES & COSTUME JEWELRY, STERLING,
CUT GLASS, CHINA, LINENS, BOOKS, MEMORABILIA,
ORIENTAL RUGS, PAINTINGS, TOO MUCH TO LIST!
THURS.-SAT, Feb. 22&24TH, 9AM-4PM.

Flea Markets/Bazaars

BOY SCOUT TRADE-OR-EASY Buy, Sell, Trade
Scout Items. Fri, 2/23 4-11; Sat, 2/24, 8-2.
BINGO HALL - 5957 E. Va. Beach Blvd., Norfolk.
For Tables & Info, Call 757-496-9540 or 420-2039

DEEP CREEK HIGH SCHOOL SPRING CRAFT SHOW
MAR. 17th 9-4, visit www.mylink.org/dchspstsa/

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

ANTIQUES SHOW & SALE
Sat, Feb. 24, 10-5; Sun., Feb. 25, Noon-5 PM
Kings Fork Middle School
3500 Kings Fork Rd., Suffolk
Featuring 38 Antique & Collectible Dealers.
Admission \$6.
For Information Call 757-925-0448.



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 757-211-2746

I BUY COINS

Coin Collections
STAMP COLLECTIONS
757-474-1303

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 \$135,
A/C \$99; Stove \$125; Freezer \$150; Washer
\$150; Dryer \$125; Dishwasher \$100. All Items
Like New. DELIVERY AVAIL 757-447-7347

Whirlpool Side-By-Side Refrig. stainless
steel, 6 mos. excel cond. \$900 obo. 757-774-1649

Articles For Sale
Jitterbug Cell Phone w/CD, book & access-
ories. Like new, excel. Great chair, Thomasville,
custom made, w/fin. cond \$500. 757-479-4251.

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
at great prices. Items include Office Furniture, Desk,
Chairs, File Cabinets, Computers, Office Supplies
and misc. office furniture. We also still 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!
3321 E Princess Anne Rd. Norfolk, VA

Cameras-Photography

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

Clothing
Red Leather Jacket, like new, Size XL, \$125.
757-583-6729.

Firewood-Fuels
100% SEASONED FIREWOOD
Stacking Available.
757-515-6933, 757-998-5327
FIREWOOD-SEASONED, Full, Half & Quarter Cords.
Pickup or Delivery.
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.
Spring clothes: tops (some embroidered),
pants, shorts, etc., small sizes, excellent cond.,
757-482-0336, tg.owen@verizon.net.

Musical Merchandise
King B Flat Cornet, excel cond, \$375 or best
offer. Call or text Ray or leave msg 757-620-3312.

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 2 males 2
females \$1000 757735200

AKC registered Black Lab pups contact 757-348-
1548 or Cudabue1980@gmail.com

American Bulldog Pups-AKC reg, 3 females,
shots, vet checked, \$400. 757-235-0250.

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

Border Collie Pups-Classic black w/white,
purebred, reg ASCA, parents on farmstead, very
smart, wormed/1st shots. \$485. 757-506-4125.

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

First gen Labradoroodle Female Chocolate.....
Pick of the Litter. Ready to go! Born Dec. 27,
2017 Mother registered and Titled Labrador
Retriever & Father Registered Standard Poodle
For More Info, Contact 757-651-8024 10005

German Shepherd Mixed Pups-9 wks, 3/4
Shepherd & 1/4 Retriever, \$300. 757-525-7136.

GERMAN SHEPHERD PUPS, AKC, TRADITIONAL
SADDLE BACK BLACK & TAN, SHOTS AND CHECKED
FOR WORKS. PARENTS AND GRAND PARENTS ON
SITE. SO YOU CAN SEE WHAT YOU ARE GETTING.
GOOD QUALITY G-S PUPPY FROM A LOCAL BREED-
ER. WE ARE NOT A PUPPY MILL AND WE DO NOT
SHIP 900.00 804-691-6717

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 so to FB page:
Cathy Owens Absher for parent/puppy pics or
text/call 757-560-7566 for more info. 1200.00

Golden Lab Mix Pups-Ready to go. 1st shots
& de-worming \$400. 252-357-4829, 252-548-8327

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

Golden Retriever Pups-AKC, all certifica-
tions. Gaaviewkennel.com 540-896-7327.

Golden Retriever Pups-Reg, 1st shots,
de-wormed, \$500. Delivery available. Call
302-396-2735. 706-951-4742.

Havachon Pup-Ready to go, male. Vet ck. 1st
shot, doggle door trained. \$795. 252-473-5619.

Lab/Golden Retriever Pups-8 wks., shots,
wormed, awesome! \$350. Call/text 252-792-6211.

Lab Pups: AKC registered w/1st shots & Vet ck.
\$302-996-9766, www.waggtailslabradors.com

Lab Pups-Yellow, AKC, OFA, hunting pedigree,
shots/wormed. \$650. 757-642-0833.

Labradoodle-Multi-generation. Smart, willing to
please. Shots/training. \$950. 757-274-2381.

Maltese and maltipo puppies for sale. Small and
cute. Ready for their new homes. Vet checked and
registered. Asking \$90. to 1000. Call 252-315 6649

Mini. Schnauzers-All Colors. Super Coats.
Year Health Guarantee. www.smithschnauzers.com
For More Info 434-349-3854 or 434-770-1464

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

Two 10 week female Chihuahua pups:shots,wormed
cared trained \$150 ea. 252-717-0738

Westies-5 males, ready March 1, vet checked,
doggie door trained. \$795. 252-473-5619.

Sailboats
Hunter 30, on slip in Hampton, good cond,
make offer, 757-481-6106.

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

Auctions

AUCTION-Sat, Feb. 24 @ 9:30 AM
DALE OLD WRECKER SERVICES
1340 HEAD OF RIVER RD. CHESAPEAKE, VA
20+ Tow In & Abandoned Autos

**8:00 AM Sat., Feb. 24
BARRETT STREET
AUCTION CENTER**

Rookwood Pottery double handle vase c1890 signed
by artist Albert Robert Valentin, Rookwood vase
c1901 signed by Mary Nourse, Weller tall vase, 2007
Toyota Camry LE 81,000 miles-one owner-new state
inspection, Car Will Be Sold at 1:30, Silver Eagles,
bedroom sets, antique oak marble top chest, Fenton,
Handel bronze lamp base, Fulper Pottery, Lladros,
Hummels, Clocks, Fossil Collection, Vintage Phones,
10-40 cent Comics, New Old Stock Toys, Dolls,
yard cart, La Z Boy, dining sets, Pyrex, 1940's Boy
Scout Merit Badges, sash and records, mahogany
sideboard & secretary, drafting table, antique
trunks, Royal Doulton Bedford china, Globe Wernicke
barrister book case, antique oak, mahogany
secretary, Waterford crystal, Belleek, collectibles,
costume jewelry...700 MANY ITEMS TO LIST.
See www.facebook.com/barrettstreetauction.
Preview: Fri, Feb. 23 - 9 am to 5 pm
13% Buyer's Prem. discounted 3% for Cash/Check.
Barrett Street Auction 2645 Dean Dr.,
Virginia Beach, VA 757-463-1911
Tom Gironx VAAF #229
www.barrettstreet.com

Jack's Towing, monthly auto auction 3rd Sat.
at 12 Noon. Call 461-5765 for info.

Multi Parcels, Multi Cities, March 8th/6 PM
VAF 662 www.vauctiononline.com 538-0123

Phoebe Auction Gallery, Next Auction Sun.,
March 18, 2018. VAA# 1597. 722-9210

Ports, Auto Auction 10+ Feb 23, 12 PM
VAF# 662 www.vauctiononline.com 538-0123

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

WRECKER DRIVER
Good DMV. 21+ Years Old. Must live
near and apply @ 1244 Baker Rd. - Va. Beach.

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

Building & Construction/ Skilled Trades

ACOUSITCAL CEILING WORK
Mechanical, Driver/Trainers, Subcontract
License Required. Call 757-485-1323.

Field Supervision/Skilled Labor
Corman Kokosing Construction Company,
leading heavy hwy, bridge, & utility contractor
in the Mid-Atlantic region, has the following
positions available in Tidewater area:
Superintendents -Bridge experience required
Foremen - Bridge experience required
Heavy Equipment Operator - Structures,
utility experience preferred
Pipe Layer - RCP/DIP, storm/sewer/water
Carpenters - Form work/bridge exp preferred
Welder - AWS D1.5 (3G & 4G) required
Competitive wages/benefits. Apply in person:
**1403 Greenbrier Pkwy., Suite 575,
Chesapeake, VA 23320** or Email resume to
employment@cormanconstruction.com.
Equal Opportunity Employer. Minorities,
Veterans, Disabled & Women encouraged to apply.

Painter II #24824
The City of Virginia Beach Department of
Public Works is recruiting for an experienced
Painter with at least 4 years of
experience in painting and knowledge of
stains, sealers, solvents and most
paints, spray equipment, lifts and safe
practices. For more information and to
apply w/ 2/28/18 go to
www.vbgovcareers.com EOE

PROJECT ENGINEER & MANAGER
Corman Kokosing Construction Company,
leading heavy hwy, bridge, & utility contractor in the
Mid-Atlantic region, has immediate openings in the
Tidewater area for the following:

- **Project Engineer** - 5+ years exp in heavy
civil construction
- **Project Manager** - 10+ years exp in heavy
civil construction
- BS in Civil Engineering or Construction Man-
agement **REQUIRED**. Knowledge in structures
and earth moving, job cost, scheduling, safety,
construction related software systems, com-
puter literate.
- Competitive wages/benefits. Apply in person:
**1403 Greenbrier Pkwy., Suite 575,
Chesapeake, VA 23320** or Email resume to
employment@cormanconstruction.com.
Equal Opportunity Employer. Minorities,
Veterans, Disabled & Women encouraged to apply.

**Care Giving/
Child Care**

Essential Family Services
Hiring Direct Support Professionals
www.EFSVA.com Contact HR (757) 606-2111

Education/Training

**Executive Director,
Foundation & Development**
College of The Albemarle seeks
applications for an Executive Director,
Foundation & Development. Req.:
bachelor's degree in communications,
marketing, business administration or
related field; 3 yrs. exp. in fundraising,
planned giving, managing a marketing &
or public relations function in a public
sector or non-profit organization; exper.
preparing & managing operational
budgets

To apply for the position visit:
<https://www.governmentjobs.com/careers/albemarleedu/>

TEACHER/TEACHER'S ASSISTANT At
least 1 year teaching experience w/children. Call
Basics Primary School 757-424-0994 6 am-6 pm.

General/Other

Parking/Customer Service
A FUTURE IN PARKING?
REPUBLIC PARKING is hiring for seasonal
positions. (April 1 - Oct. 31) Looking for
highly motivated employees with excellent
customer service skills. Come join our team!
Become a parking professional. Day and
evening shifts available. Flexibility is a plus.
\$11.92-\$14.80/hr. currently hiring:
● **SUPERVISORS**
● **CASHIERS & PARKING AMBASSADORS**
(Must have a valid ID & good driving record)
Clean background & drug test req'd. EOE. Apply
online: <https://republicparking.jobs.net>

**Healthcare/
Medical**

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

Medical Facilities of America is a leading
transitional provider of post-acute rehab
and skilled nursing services. We are
currently recruiting for the position of:
**Licensed Nursing Home
Administrators**
Selected individuals must have a current
NHA license. They must be strongcritical
thinkers, customer service oriented,
quality care focused and business
driven.

We offer our employees fulfilling careers,
competitive wages and excellent
benefits.

Please submit your resume to
Phillip.Dick@mfia.net

MEDICAL RECEPTIONIST
Monday - Friday 2:30 p.m. - 7:00 p.m
Professional Attire & Positive Attitude Req'd.
Email atianticteaste@gmail.com

SCHOOL NURSES
Portsmouth Public Schools is seeking
energetic, team oriented Nurses looking
to make a difference for our children.
Nurses keep children healthy so these
young people can create a phenomenal
future. Work is 7 ½ hours per day with
only 192 days per year, which includes
school holidays off and receive the same
benefits as teachers in the division. Must
possess excellent interpersonal and
communication skills. If interested
please contact the Health Services
Supervisor at 757-393-8661 or go online
to the Portsmouth Public School website
under jobs to apply (ppsk12.us)

Virginia Beach Psychiatric Center
www.vbpcweb.com

**Law Enforcement/
Security**

Job Fair - Top Guard Security
February 24th 9am-1pm
Norfolk Office - 7400 Granby Street
\$250 Bonus - Current Armed DCJS
Must apply online @ www.topguardinc.com
Vet Friendly EOE M/F/Disability/VET

Law Legal

Bankruptcy Paralegal Assistant
to a Trustee. Part Time, 2-3 days or
mornings and/or afternoons each week.
Oceanfront area. Email resume to
office@tomcsmith.com

**Science/
Biotech/
Pharmaceutical**

**Laboratory Technician
(00048A)**

Student Health Services at Old
Dominion University is seeking candi-
dates for a full-time Health Care
Technician position. This position will
perform clinical laboratory testing
with precision and accuracy, to
assist in the diagnosis of pathologi-
cal conditions. This position closes
March 2, 2018. To review position
requirements and submit an applica-
tion, please visit <https://jobs.odu.edu/postings/7505> or follow the
on-line instructions. AAJ/EOE

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 wily. 460-1000.

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-S Great Locations
1 & 2 BR, free heat & hot H2O. \$650-\$995.
Meredith Mgmt. 622-6233
www.meredithmgmt.com

Little Creek Rd-2 BR Twnhse. Central heat/air,
carpet. \$700-\$730. Credit ✓ req'd. (888)368-5920
Ask About Our Specials Meredith Mgmt.
www.meredithmgmt.com

OCEAN VIEW'S BEST-5 Locations, 1-2 BR, extras
Near beach, air, laundry. www.capitalrentalsva.com
Some/Most Units. 625-7110. 623-8383

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

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

For Rent-Portsmouth House
Churchland, W. Branch, Suffolk Homes, apts,
townhms. \$725-\$1800. Kline Realty 484-0123

For Rent-Rooms
Room For Rent: Near Princess Anne Plaza
Near Base, off Rosemont & Va. Beach Blvd.
Furnished \$500/mth Call 757-304-4835

Bellamy Plantation Area-Lovely neighbor-
hood, working professional w/refs, home privileg-
es, all utlis incl. \$525 mo. 757-471-4748 lv msg

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

Dam Neck/Oceana-Priv. room, bath &
entrance, laundry, microwave, refrig, all utlis incl.
10 mins from the beach. \$600 mo. 757-270-6137.

Great Bridge-Ches. Quiet/clean, basic cable,
shared bath w/kit. priv's. \$550. Furn. Utills incl.
Dep. Ref needed. Avail now. 757-717-9332.

Kempsville Lake-Furn rm w/cable, own bath.
Full house priv's. \$700 mo. incl. all, will work with
you on dep. Avail March 1. 831-4165. Calls only.

Kings Grant-Furnished rm, TV, \$110 wk.
plus dep. Call Eddie 304-4990.

Norfolk, Bertley - Furn'd rm,
All Utills incl. \$135/wk. 301-442-4202

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

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

Portsmouth-Furnished room, cable, \$425 mo.
Use of house. Must be clean, private parking,
quiet area. No Pets. 757-719-2187.

ROOM 4 RENT-CHESAPEAKE-Great Bridge
Nice area, fenced in yard, utilities included.
\$500 per/mo. Call Diane at 757-560-0575

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

Va. Beach-Furnished rm. w/priv. bath, \$500
mo. \$250 dep. No pets, no overnight guests,
laundry twice a wk, kit. privileges. 757-985-5976.

VB-Near Oceanfront - 1 Furn'd RM, 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, \$485/Utills incl+ Sec

Fun and Games

Sudoku

Super Crossword SECRET SCOUTING MISSIONS

ACROSS

1 — Mart (retail giant)

4 Hushed "Hey!"

8 Part of PETA

15 Some snakes

19 Extra refrigerator convenience

21 Pre-euro Greek coin

22 Scrutinize, with "over"

23 Extremely bad weather, e.g.

25 Deep purple

26 Skating great Yamaguchi

27 Canton-born architect I.M.

28 Big cracker brand

30 Drink name suffix

31 Offering at a memorial service

37 Org. for Michelle Wie

40 '60s psychedelic

41 Nero's 1,006

42 Apply an oily liquid to

43 Folding art

46 It glances off the bat and counts as a strike

49 A while ago

50 Prevention of a blaze from spreading

53 Madden director

54 "Dracula" Browning

55 "— doin' it!" ("Forget it!")

56 Melt

58 Dunne of movies

60 Slow, tempo-wise

64 Not less than

69 To be, at the Louvre

70 Longtime tech ad slogan (and a hint to this puzzle's theme)

73 Essence

74 Actress Dawson

76 Hip-hop record label

77 "— suggest that ...?"

78 About

80 African land

83 Some vinyl records

84 Philately item

86 Clash between social groups

93 Beseech

94 Husky-toned

95 Ominous

96 "All of Me" director Carl

98 Little hotel

99 Notable time stretch

101 One writing briefs: Abbr.

102 Efforts to protect ecosystems, say

108 Simile middle

109 — avis

110 Existential declaration

111 How very close games are won

115 Mixed breed

117 Calamitous effects

122 Love god

123 Deep green

124 Repeal

125 Desiccated

126 Late-night flights

127 Draws on

128 Here-there linkup

DOWN

1 Laundry detergent brand

2 Aspire PC maker

3 — Strauss jeans

4 Trilogy start

5 Yarn bundle

6 Minute div.

7 Recurring themes

8 Murphy of "48 Hrs."

9 Prefix with glycende

10 Toque, e.g.

11 Here, in Arles

12 C minor, say

13 Prenatal test, briefly

14 Track racer's windup

15 iPhone extra

16 Comforting in sorrow

17 Discretion

18 College term

20 Text or email

24 Dweeby sort

29 Buddhism school

32 Film director Eastwood

33 "Hurry up!"

34 Half of a zygote

35 Cairo's river

36 When morning ends

37 More exalted

38 In advance of

39 Bridge parts

44 Skin ailment

45 Dairy sound

46 Conclusion

47 Blowup stuff

48 "— to Be You"

51 "Imagine —!"

52 Helped

53 Saddlery tool

57 Supped

59 School lobby gp.

61 Many a PC image file

62 Bite, break or bruise

63 "August: — County"

65 Mileage rating gp.

66 Send in via helicopter, maybe

67 Diamond-shaping method

68 Abounding in prickly plants

70 Grafton's "— for Innocent"

71 Saw edge

72 Apple desktop music

75 Hip-hop

77 Stupid

79 "— Day Will Come"

81 Jack Sprat's dietary rule

82 Genetic cell stuff

84 Family appellations

85 Value highly

86 Rabble-rouser

87 Diner list

89 Beef cut

90 Sunbathes

91 — Reader

92 Tilling

94 One walking

97 Flub up

99 Gabor and Mendes

100 French composer Jean-Philippe —

103 Felon's deed

104 Competed in a regatta

105 Fruit coats

106 "— hope so!"

107 Butter substitutes

112 Thom —

113 "Mr. Nobody" star Jared

114 River of Flanders

116 Mao — -tung

118 In advance of

119 Low coral reef

120 Bullring shout

121 Victims of NFL sacks

1	2	3		4	5	6	7		8	9	10	11	12	13	14		15	16	17	18	
19				20					21									22			
23									24									25			
26								27							28			29		30	
				31			32				33	34	35					36			
37	38	39					40				41						42				
43				44	45				46					47	48				49		
50									51	52								53			
54					55									56		57					
58			59					60			61	62	63		64			65	66	67	68
69							70	71						72				73			
74					75				76								77				
					78				79			80			81	82			83		
84	85	86	87				88		89	90	91							92			
93							94										95				
96							97				98				99	100			101		
102									103	104				105				106	107		
108							109							110							
115				116			117				118	119	120				121				
122							123										124				
125							126												128		

©2018 King Features Syndicate, Inc. All rights reserved.

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

CryptoQuip

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

Clue: Y equals N

QEJY TFA'WJ YJRW JYFAUE
CF WAY RWFAYH PY CEJ WRQ,
P WJBLFY TFA'WJ QPCPY
OCWJRLPYU HPOCRYBJ.

Last week's CryptoQuip answer

Coming-of-age comedy flick about some cats that are impish and playful: "Frisky Business."

last week's answers

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

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

Religious Services

For your installation's religious service times, visit:
www.flagshipnews.com/base_information/religious_services

A NEW WEBSITE

dedicated to our active duty military and their families!

MILITARY NEWS

Your online military connection to Hampton Roads

Meet Erin Voirol, COO of Military Spouse Career Connection!

When I first became a military spouse the last thought on my mind was my career goals. Instead, I was thinking about leaving, how to make a doctors appointment, what all of these crazy acronyms that I was being thrown at with meant. But he biggest worry was getting ready to PCS to Germany so...

Meet our Real Estate blogger, Sue Harris!

INTRODUCING MILITARYNEWS.COM

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

★ RELOCATION INFO

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

RELOCATION

Welcome to Hampton Roads

New

Educational Resources

Child Care

★ DISCOUNTS & DEALS

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

DISCOUNTS

Win an Island Grill Happy Hour for 6

Enter to Flight PCS

Enter to Harbor City

Enter to for One

★ EVENTS & CALENDAR

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

EVENTS

Heroes at Home Military Spouse Awards

Little Heroes Celebrate

Hampton Roads

Military

★ MILITARY NEWS & BLOGS

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

BLOGS

Getting to know Hampton Roads

May 11, 2016

Meet our Real Estate blogger, Sue Harris!

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

WE GET YOUR BUSINESS IN FRONT OF OUR MILITARY



PRINT | EVENTS | ONLINE

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

CONTACT US TODAY TO START ADVERTISING

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

