



MC3 Zachary P. Wickline

Ms. Caroline Wadhams, military legislative assistant and national security advisor for Sen. Mark Warner of Va., asks a question during a tour aboard the aircraft carrier USS George H.W. Bush (CVN 77). The ship is in port in Norfolk, Va., conducting routine maintenance in preparation for the Board of Inspection and Survey (INSURV).

Senate staff delegation visits USS George H.W. Bush

By MC3 Mario Coto

USS George H.W. Bush Public Affairs

NORFOLK

The aircraft carrier USS George H.W. Bush (CVN 77) welcomed a three-member senatorial staff delegation aboard to observe in-port operations, Feb. 20.

The delegation, representing Sen. Mark Warner of Virginia includes Ms. Caroline Wadhams, military legislative assistant and national security advisor; Mr. Zach Lewis, defense legislative correspondent; and Ms. Charlotte Hurd, local defense military assistant. Their visit to George H.W. Bush allows the group to expand their understanding of ship capabilities and interact with Sailors from their state.

The group toured the ship and had lunch on the mess decks with four Sailors from Virginia. This facilitated a two-way discussion between the staff delegates and their constituents about daily life in the Navy.

“Having lunch with the staff delegation was a pleasant experience,” said Yeoman 1st Class Kaila Spradlin. “They

» See **DELEGATION** | A7



MC2 Scott Swofford

The aircraft carrier USS Harry S. Truman (CVN 75) and ships assigned to the Harry S. Truman Carrier Strike Group (HST-CSG) transit the Atlantic Ocean while conducting composite training unit exercise (COMPTUEX). Truman is underway for COMPTUEX, which evaluates the strike group's ability as a whole to carry out sustained combat operations from the sea, ultimately certifying the Harry S. Truman Carrier Strike Group for deployment.

Zapped: The shocking world of Truman's Electrician's Mates

By MC3 Thomas Bonaparte Jr.

USS Harry S. Truman Public Affairs

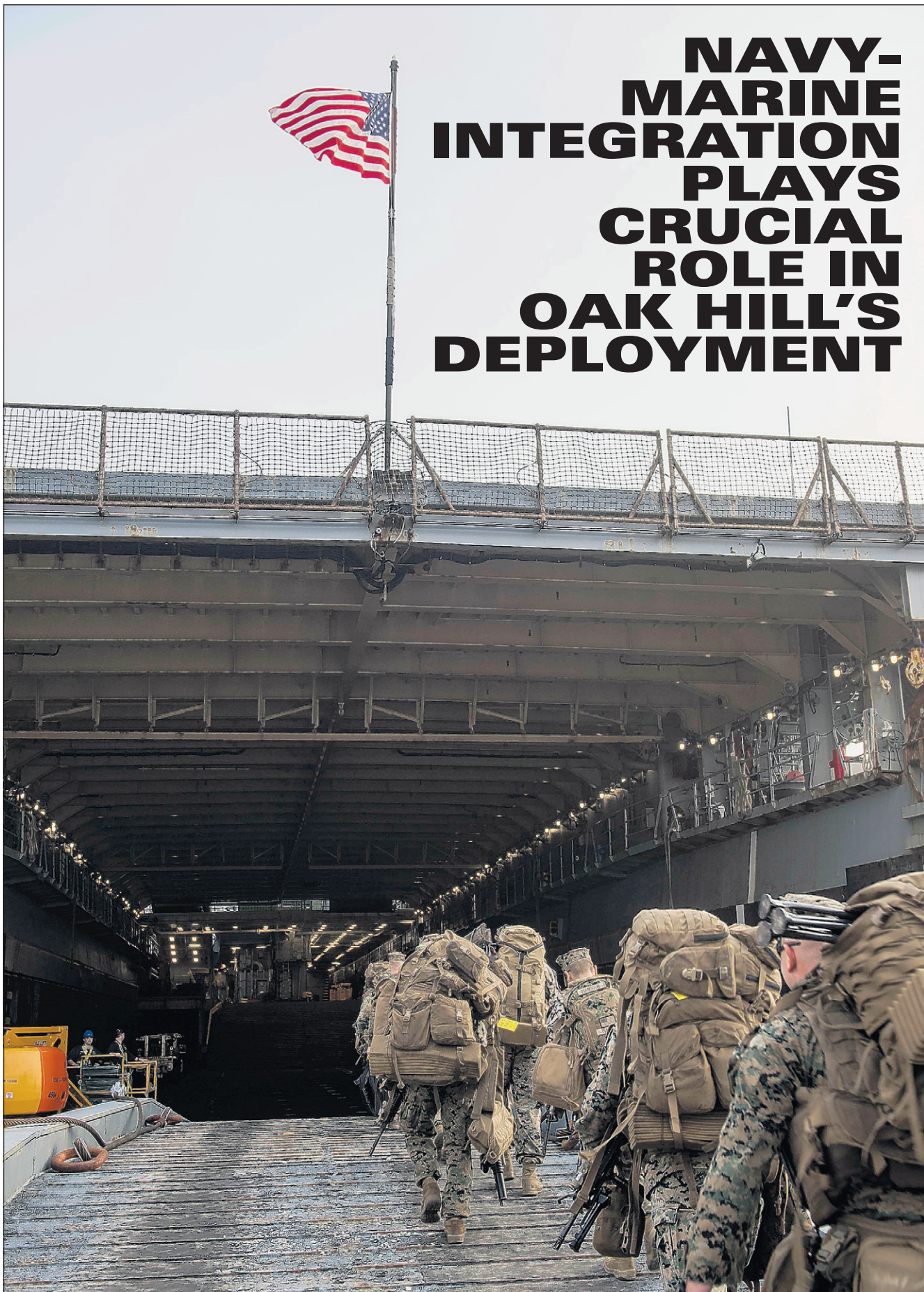
ATLANTIC OCEAN

Whether it is flight operations, prepping meals or operations in the propulsion plants, one thing required to perform nearly every task — electricity. This makes practically every job aboard USS Harry S. Truman (CVN 75) dangerous in some way.

Luckily, Truman has a dedicated team to keep its crew safe from the dangers of electricity.

“The consequences of us not doing our job are grave,” Electrician's Mate 1st Class Robert Allison said. “We

» See **ZAPPED** | A7



MC3 Jessica L. Dowell

The Iwo Jima Amphibious Ready Group embarks the 26th Marine Expeditionary Unit (MEU) and includes Oak Hill, the amphibious assault ship USS Iwo Jima (LHD 7), the amphibious transport dock ship USS New York (LPD 21), Fleet Surgical Team 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.

From Iwo Jima Amphibious Ready Group Public Affairs

ATLANTIC OCEAN

Nearly 400 Marines and equipment from the 26th Marine Expeditionary Unit (MEU) were loaded aboard dock landing ship USS Oak Hill (LSD 51) over a span of four days to begin a scheduled six-month deployment with the Iwo Jima Amphibious Ready Group (ARG).

The smooth and successful evolution would not have happened without the practice, preparation and full cooperation between the Navy and Marine Corps teams.

The two services' longstanding brotherhood is nothing new. Coming together to share one space and rely on each other to complete a mission is what the amphibious Navy is all about.

“We get a better appreciation for what the Navy does when they are on the ship,” Marine Corps Cpl. Anthony Panzarella said from Charles Town, West Virginia, who was previously enlisted in the Navy. “[Sailors] are aboard

for a lot longer than we are, and we can learn a lot from them and what they do.”

Panzarella sees the deployment as a huge opportunity for both Sailors and Marines. It will allow them to mutually develop both personally and professionally, ultimately helping the team complete their mission of ensuring maritime security and projecting a presence in Europe and the Middle East.

Having a deployable Marine Corps unit embarked aboard Oak Hill and throughout the Iwo Jima ARG introduces more unique Navy and Marine Corps capabilities and helps Sailors. Hospitalman Jacob Berry, assigned to Fox Company, Battalion Landing Team 2nd Battalion, 6th Marine Regiment, 26th MEU, showcases the integration of the blue-green team and serves as an example of the link between the two forces.

“I think everyone has something they bring to the table,” Berry said. “We have a slightly different skillset than the corpsmen aboard Oak Hill, but they also have a lot of capabilities that we don't.”

Berry and the other hospital corpsmen assigned to the MEU bring firsthand

knowledge that is accessible to benefit the professional development of Oak Hill Sailors. This sharing of knowledge would not be possible without the close cooperation of the blue-green team.

The ability of the team to execute the global mission at hand is directly affected by how well the two forces come together and support one another. Although differences between the two uniquely capable forces exist, the overall integration of the Sailors and Marines embarked on this six-month journey is that of a well-oiled machine.

“It's built around being mutually supportive,” Panzarella said. “We have to be ready anytime, anywhere.”

From Marines providing logistical support in combat cargo, to boatswain's mates directing well deck operations with assault amphibious vehicles, to hospital corpsmen having boots on the ground alongside Marines, the teamwork and cooperation aboard Oak Hill is a crucial part of a successful deployment.

The Iwo Jima ARG embarks the 26th

» See **INTEGRATION** | A7



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CIVIL RIGHTS LEADER RECOUNTS WAR, HEROES AT NAVY OBSERVANCE

Dr. Frank Smith was the keynote speaker at Naval Surface Warfare Center Dahlgren Division's 2018 African-American and Black History Month Observance



» See **A6**

INCREASED INCENTIVES FOR SOME FIRST-TERM FORWARD DEPLOYED SAILORS

Navy announced Feb. 21, Sailors serving their first term on sea duty in Japan, Guam and Spain now have an increased set of incentives available to them, in NAVADMIN 042/18.

» See **B6**

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Hampton Roads Convention Center Welcomes the Return of the Eighth Annual Hampton Roads Tattoo Arts Festival

» See **C1**

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TRUMAN BEGINS 2018 NMCRS FUND DRIVE

By MC2 Anthony Flynn
USS Harry S. Truman Public Affairs

ATLANTIC OCEAN

USS Harry S. Truman (CVN 75) held a Navy Marine Corps Relief Society (NMCRS) Fund Drive kickoff event on the ship’s mess decks, Feb. 21.

In attendance were Truman Commanding Officer Capt. Nicholas Dienna, Executive Officer Capt. Cassidy Norman and Command Master Chief Jonas Carter — all making contributions to the NMCRS during the event.

“We are getting ready to get into the most difficult, challenging and arduous portion of our training cycle, and I am here to talk about the [NMRCS] because it is that important,” Dienna said. “This program exists to help Sailors, and it absolutely helps Sailors.”

NMCRS is a non-profit organization founded in 1904 that provides financial assistance, interest-free loans, educational scholarships and other support to Navy and Marine families.

Each year, the local NMCRS from the Hampton Roads Fleet and Family Services Office organizes a fund-drive from March through April. Over the last two years this team has raised more than \$3 million.

“It’s a very critical fundraising drive created for Sailors and Marines, with the funds predominately coming from Sailors and Marines,” NMCRS Fund-Drive Coordinator Senior Chief Machinist’s Mate David Hickman said. “I don’t think people understand how much assistance they actually provide to our shipmates.”

Since 2016 Truman Sailors have contributed more than



MC2 Scott Swofford

The aircraft carrier USS Harry S. Truman (CVN 75) transits the Atlantic Ocean as part of the Harry S. Truman Carrier Strike Group (HSTCSG) while conducting its composite training unit exercise (COMPTUEX).

\$130,000 to the NMRCS.

“We want to help provide that soap box for the mission statement of the NMCRS, and help our Sailors better understand the importance of the drive and how it comes back to reflect on ourselves and our shipmates,” Hickman said.

Truman is underway conducting its composite training unit exercise (COMPTUEX). COMPTUEX is 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/.

Giving ‘em hell without passing the buck

By MC3 Jordan Twiss
USS Harry S. Truman Public Affairs

ATLANTIC OCEAN

President’s Day is a day that we pay tribute to the former leaders of the United States. For those presidents whose leadership greatly impacted our country, eight aircraft carriers bear their namesake. Harry S. Truman is one of those select few.

“Harry S. Truman was just a regular kid born on a farm,” said Personnel Specialist Seaman Tyler Monfette. “My home, the place where I live, eat and sleep is named after this man. It makes you want to learn who that person is. His

story shows everyone that humble beginnings can have an enormously positive influence on your life.”

Born on May 8, 1884, our 33rd president spent the majority of his childhood indoors due to poor eyesight. As an officer, he led 188 men assigned to the army’s 129th Field Artillery Regiment through multiple violent and deadly battles without losing a single soldier.

Nearly 110 years after his birth, the keel for the USS Harry S. Truman (CVN 75) was laid on Nov. 29, 1993. Approximately five years later that keel became an aircraft carrier and a mighty warship to maintain the freedom of the seas.

As if his spirit was a part of the crew, many of Truman’s mottos resonate with almost every Sailor aboard.

“On this ship, you’re constantly hearing someone say ‘Give ‘Em Hell’ and ‘The Buck Stops Here’,” says Chief Ship’s Serviceman Dexter Lace. “Those are our ship mottos. It’s a constant reminder that we always need to do what’s right. Plain and simple; just how Truman would’ve liked.”

Truman’s courage, empathy, honor and ownership are just a few of the many traits Sailors aboard CVN-75 carry with them.

“We’re leaders on this ship,” said Operations Specialist 2nd Class Jason Morton. “Taking on responsibility and not being a bystander isn’t even a choice, it’s a welcomed obligation. Any situation could arise, whether it’s your responsibility or anyone else’s, we don’t let anyone bear heavy burdens on their own. That’s just how it is on the Truman.”

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 visit www.navy.mil/local/cvn75/.

Naval Station Norfolk recognizes Civilian of the Quarter

By IC2 Shea Ray
Naval Station Norfolk Public Affairs

NORFOLK

Naval Station (NAVSTA) Norfolk announced its selection for Civilian of the Quarter, Feb. 8.

Captain Regis Mihalyo, from Naval Station Norfolk’s Regional Fire and Rescue Station 3, was selected as Civilian of the Quarter.

According to NAVSTA Norfolk’s Commanding Officer Captain Richard McDaniel, Captain Mihalyo consistently performed his demanding duties in an exemplary and highly professional manner; improving the quality of life and ensuring the utmost state of readiness for emergency response to Chambers Field.

“Captain Mihalyo goes above and beyond the “call of duty,” McDaniel said.

“The process of selecting these individuals is very meticulous. But it is very important to recognize our civilian counterparts and show that their hard work and dedication is an integral part of our mission. They are the continuity that makes

everything flow.”

After spending just under five years in the U.S. Navy as an Aviation Boatswain’s Mate, Captain Mihalyo has committed over 25 years of Federal Fire Service. He mentors junior firefighters, manages time for various projects regarding the upkeep of the firehouse and dedicates time to volunteer in his off time to enrich the community.

Anthony Sickell, District Fire Chief Naval Station Norfolk, spoke about how proud he is that his one of his Fire Fighters was chosen the honors of civilian of the of the quarter.

“Our firefighters are held to high performance standards and conduct themselves with a high level of professionalism,” Sickell said. “We are proud that he has received this recognition. Big Reg is hardworking, faithful to his craft which makes him a perfect representative for our command.”

Captain Mihalyo will be officially recognized during the March 14 All Hand Call.

Bravo Zulu to Captain Mihalyo for a job well done.

“Captain Mihalyo goes above and beyond the “call of duty.

The process of selecting these individuals is very meticulous. But it is very important to recognize our civilian counterparts and show that their hard work and dedication is an integral part of our mission.”

Captain Richard McDaniel,
NAVSTA Norfolk’s Commanding Officer

The Flagship

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NEWS FROM NAS OCEANA

Phillip Brashear, son of retired Master Diver Carl Brashear speaks at NAS Oceana

By MC2 Jacob S. Richardson

NAS Oceana Public Affairs

Naval Air Station (NAS) Oceana joined the Navy and the nation in celebrating the history of African American Sailors and civilians during African American/Black History Month, holding its black history month celebration Feb. 16. The event's guest speaker was Chief Warrant Officer 4 Phillip Brashear, son of retired Master Diver Carl Brashear. He spoke of both his and his father's extensive military careers and achievements, imparting wisdom and motivation to those in attendance.

"My father never allowed us to use the words 'I can't,' in our house when we were growing up. We always had to try, and if we failed, that's okay, as long as we pulled ourselves back up and tried again," Brashear said. "My father grew up poor, joined the Navy, got an education, and beat alcoholism. If my dad can do all that, then none of us have any excuse."

This month's observance has its origins in 1915 when historian and author Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History. Dr. Woodson and the association initiated the first Negro History Week in February 1926. Every U.S. president has officially designated the month of February as National African American/Black History Month since 1976.

This year's theme is "African Americans in Times of War," which recognizes the contributions African Americans have made to the nation during times of war from the Revolutionary War to present-day conflicts.

Brashear followed in his father's footsteps, not as a U.S. Navy diver, rather as a service member passionate about his career and grateful for his upbringing. In September 1981, Brashear enlisted in the U.S. Naval Reserves and served as an engine mechanic at VAW-78 on E-2B and E-2C Hawkeye aircraft. In 1985, he became a RH-53D Sea Stallion helicopter air crewman at HM-18 where he served until September 1989, but it was becoming a pilot that he dreamed about. "I knew I wanted to fly, but I didn't have a degree," he said. "I talked with an Army National Guard recruiter who said if I joined them, they'd send me to flight school, so I left the Navy and joined the Virginia Army National Guard." In 1991, Brashear graduated from the U.S. Army Warrant Officer Flight School Program as a qualified UH-1 helicopter pilot. In January 1994, he was assigned as a National Guard Technician in Sandston, Va. from April 1994 to May 2001. Between October 2001 and April 2002, Brashear deployed in support of Stabilization Force 10 in Bosnia-Herzegovina and in 2005, served as a Blackhawk Test Pilot in the Virginia Army National Guard, and from January 2006 to February 2007, he deployed to combat again in support of Operation Iraqi Freedom. Halfway through his tour in Iraq, Brashear received a Red Cross message that his father had been admitted to the Portsmouth Naval Hospital and was gravely ill. For five days, Brashear sat with him and embraced each moment of his father's last days. "That last Tuesday afternoon, I held his hand as the last breath left his body," Brashear recalled.



MC2 Jacob Richardson/

Chief Warrant Officer 4 Phillip Brashear, son of retired Master Diver Carl Brashear speaks during an African American/Black History Month celebration at Naval Air Station Oceana. This year's theme "African Americans in Times of War," recognizes the contributions African Americans have made to the nation during times of war from the Revolutionary War to present-day conflicts.

Brashear returned to duty in theatre and in 2007, he retired from the U.S. Army National Guard and then joined the U.S. Army Reserves in April 2009. "Even though I no longer fly today, I still hold that passion and drive to serve my country," said Brashear.

"My favorite part about being able to come here and speak to the Sailors is the fact that they can learn from an icon of the past, take the lessons, the successes and the failures from those before them, and do better," Brashear said. "I speak about my father because I don't want my father to become a myth. His legacy and my ability to bring it to the military communities all over, mean the world to me."

Brashear continues to share his father's story of unity in his role as the Carl Brashear Foundation president.

Also in attendance at Oceana's event were students and teachers from Seatack Elementary school, an achievable dream academy and longtime community partner with NAS Oceana. Seatack students sang the national anthem for the Sailors at the start of the celebration.

"NAS Oceana's Diversity and Heritage committee reached out and invited us to join in this great celebration. With Sailors always at the school and interacting with students, we thought this was a great opportunity to visit the Sailors for a chance, and get to see the base," Director of Operations and Student Services Chris Middleton said. "It really opens their eyes to everything the Sailors here do, how the base works and all the effort that goes into making everything run effectively."

With Sailors, civilians, students and teachers all participating in this year's African American/Black History Month celebration, NAS Oceana continues its dedication to forging ever stronger connections within the Oceana and Virginia Beach community.

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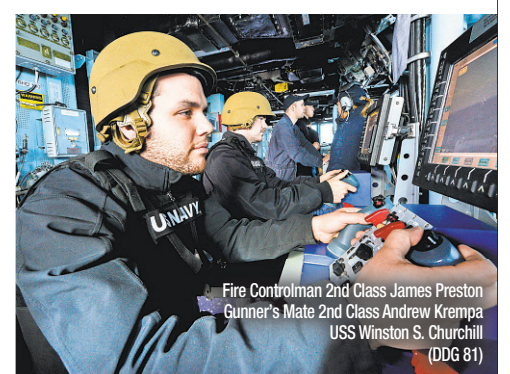
**WEEKLY PHOTOS OF
YOUR FRIENDS AND
LOVED ONES
ON DEPLOYMENT.**



Aircrew Survival Equipmentman 2nd Class Elizabeth Gilbert, right
Marine Cpl. Alexander Flaa, left
USS Iwo Jima
(LHD 7)



Electrician's Mate 2nd Class Robert Creech, right
Chief Information Systems Technician Dan Durkalski, left
USS Lewis B. Puller
(ESB 3)



Fire Controlman 2nd Class James Preston
Gunner's Mate 2nd Class Andrew Krempa
USS Winston S. Churchill
(DDG 81)



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

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MCSN Raymond Maddocks
An M240B machine gun shoots tracer rounds at a target during a live fire exercise aboard guided-missile destroyer USS Arleigh Burke (DDG 51). Arleigh Burke is underway as part of the Harry S. Truman Strike Group (HSTSG) composite training unit exercise (COMPTUEX), which evaluates the strike group's ability as a whole to carry out sustained combat operations from the sea, ultimately certifying the HSTSG for deployment.



MC3 Michael Chen
Fire Controlman 2nd Class James Preston and Gunner's Mate 2nd Class Andrew Krempa performs maintenance on a MK38 25mm machine gun following a live-fire exercise aboard the guided-missile destroyer USS Winston S. Churchill (DDG 81).

HARRY S. TRUMAN STRIKE GROUP CONDUCTS INTEGRATED LIVE-FIRE EXERCISE

By **MC2 Anthony Flynn**
USS Harry S. Truman Public Affairs

ATLANTIC OCEAN

The Harry S. Truman Carrier Strike Group (HSTCSG) executed an integrated live-fire exercise while underway conducting their composite training unit exercise (COMPTUEX), Feb. 21-22.

“This was an opportunity for us to train with the tactics and actual live ordnance we would utilize if a fast moving boat was to attack the strike group,” Commodore of Destroyer Squadron 28 Capt. Kevin Kennedy said. “We brought everything together in a live-fire situation where we had to layer the defense of our forces.”

The exercise tested the communication and execution of individual units as they worked together to defend the strike group, including USS Arleigh Burke (DDG 51), USS Forrest Sherman (DDG 98), USS Bulkeley (DDG 84) and aircraft from Carrier Air Wing (CVW) 1.

“It was impressive to see the execution of the integrated fire from surface ships, fixed wing and rotary assets from the [strike group],” Commanding Officer of USS Bulkeley

Cmdr. William Harkin said. “Our ability to find, fix and target multiple threats and effectively deploy a significant amount of ordnance should concern any adversary we face.”

“This was an opportunity for us to train with the tactics and actual live ordnance we would utilize if a fast moving boat was to attack the strike group,”

Capt. Kevin Kenned,
Commodore of Destroyer Squadron 28

Individual units have been training for the exercise over the last couple months, while the planning for the event itself has

been in progress for almost a year.

“It has been about a year long process establishing the criteria, training objectives and safeties that needed to be in place,” Kennedy added. “The last three to four months, the ships and aircraft that were going to be participating used synthetic trainers going through the scenarios, so we could see it synthetically before we did it live and safe.”

While the exercise was completed in a matter of hours, the results of it will have a lasting impact on future tactics and similar evolutions.

“There are few and far-between exercises, like this one, we get to do that we are able to get a lot of great lessons out of,” Kennedy said. “These lessons are going to go right back into developing future tactics for the fleet.”

COMPTUEX is 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/

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Vietnam Ambassador to United States visits USS George H.W. Bush

By MC3 Omar A. Diaz
USS George H.W. Bush Public Affairs

NORFOLK

The Ambassador of the Socialist Republic of Vietnam to the United States Pham Quang Vinh, along with Under Secretary of the Navy Mr. Thomas Modly and the Deputy Assistant Secretary of State for Southeast Asia Mr. Patrick Murphy, visited the aircraft carrier USS George H.W. Bush (CVN 77), Feb. 21.

While aboard, the Ambassador and the official party, including his wife, staff members and members from the Vietnamese media toured GHWB's hangar bay, flight deck, pilot house and the President George H.W. Bush Tribute Room which is dedicated to the ship's namesake. They were welcomed by the ship's executive officer, Capt. Chris Hill and had lunch in the ship's wardroom.

"It is an honor to host Ambassador Vinh aboard USS George H.W. Bush," Capt. Chris Hill said. "It is important to continue to build on these relationships in order to increase security cooperation, humanitarian relief efforts and the U.S.-Vietnam Comprehensive Partnership"

During his first embark on an aircraft carrier, Vinh expressed his gratitude and

appreciation for the crew of GHWB and explained the ongoing importance and value of the two nations' increasing cooperation and advancement of security and prosperity in the Asia-Pacific region.

"There's a number of messages which are very important, symbolically...and bilaterally reflect our partnership for peace," Vinh said.

Ambassador Vinh's tour was also an opportunity to preview the historic visit by USS Carl Vinson (CVN 70) to Danang in early March. The visit by the carrier will enhance U.S.-Vietnam ties by promoting friendship and mutual understanding.

GHWB was the first aircraft carrier to support Operation Inherent Resolve (OIR) for a second time. GHWB is the 10th and final Nimitz-class aircraft carrier.

Aircraft carriers provide decisive and sustained airpower to support a full spectrum of mission requirements.

The ship is in port in Norfolk while conducting routine maintenance in preparation for the Board of Inspection and Survey (INSURV).

For more news from USS George H.W. Bush visit www.navy.mil/local/cvn77 or www.facebook.com/uss-georgehwibush/.



MC1 Sean Hurt
Ambassador of the Socialist Republic of Vietnam to the United States Pham Quang Vinh passes through sideboys following a visit to the aircraft carrier USS George H.W. Bush (CVN 77). Vinh visited the ship to promote continued interoperability and a strong relationship between the Socialist Republic of Vietnam and the U.S. The ship is in port in Norfolk, Va., conducting routine maintenance in preparation for the Board of Inspection and Survey (INSURV).



Ambassador of the Socialist Republic of Vietnam to the United States Pham Quang Vinh, right, speaks to U.S. and Vietnamese officials during a visit of the aircraft carrier USS George H.W. Bush (CVN 77).



George H.W. Bush Executive Officer Capt. Chris Hill, left, shows Ambassador of the Socialist Republic of Vietnam to the United States Pham Quang Vinh a model of the aircraft carrier USS George H.W. Bush (CVN 77). V

MC2 Hank Gettys

MC2 Hank Gettys

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CIVIL RIGHTS LEADER RECOUNTS WAR, HEROES AT NAVY OBSERVANCE

By John Joyce
NSWC Dahlgren Division Corporate Communications

KING GEORGE, VA

Dr. Frank Smith recounted President Dwight Eisenhower’s response in 1957 to the Arkansas governor who ordered state National Guard troops to surround a school and prevent African-American students from attending classes.

Governor Orval Faubus, defying the U.S. Supreme Court’s unanimous 1954 ruling that racial segregation in educational facilities was unconstitutional, had repeatedly tried to thwart the Little Rock school board’s integration plan.

Smith — civil rights activist, historian, politician, museum founder, and keynote speaker at Naval Surface Warfare Center Dahlgren Division’s 2018 African-American and Black History Month Observance — told military, government, and defense contractor personnel that, “President Eisenhower sent the 101st Airborne to the schoolhouse in Arkansas, and sent a letter to the governor warning him that ‘If this is the Civil War all over again, you will have to fight my best Army.’”

Three weeks later, the U.S. Army’s 101st Airborne Division escorted nine black students into the all-white Central High School to begin the school year.

This was one of many stories that Smith — founder and director of the African-American Civil War Museum in Washington, D.C. — drew from the struggle for civil rights to illustrate a quote he selected from Dr. Martin Luther King, “The moral arc of the universe is long, but it bends toward justice.”

Smith’s talk primarily focused on this year’s theme, “African-Americans in Times of War,” to recognize the major contributions African-Americans made serving our nation in all its conflicts from the Revolutionary War to the present day, despite all injustices.

Speaking about African-American service members, Smith said, “Many led protests in the community when they came home from the military — and many were killed,” citing fellow civil rights leader Medgar Evers as an example.

“Medgar Evers was with me in Mississippi,” Smith said at the Feb. 14 observance held at the University of Mary Washington Dahlgren Campus. “I saw him a couple days

before he was killed getting out of his car when he came home from a civil rights rally.”

Evers’ wife and three children, who had just watched an important civil rights speech by President John F. Kennedy, heard the shot and quickly came outside. The murder of Evers was a terrible loss to his family, the community, and the nation. He was a devoted husband and father, a distinguished World War II veteran, and a pioneering civil rights leader. He served as the NAACP’s first field secretary in Mississippi, organizing protests and voter registration drives, recruiting new workers into the civil rights movement, and pushing for school integration. His death in 1963 was not in vain. The brutal, senseless murder helped galvanize the nation’s march towards equality and justice.

“America has changed. It’s a better place now,” Smith said. “It’s a better place for all of us, and for those of you who serve in the military, who have represented this country all around the world, you can talk more proudly about this being the land of the free and the home of the brave because you know now that all of us have the same skin in this game. We’re all working hard to make this a

better place. We’re all in this together.”

The civil rights activist — later to become a Washington, D.C. councilman — is most recognized as the first person associated with the Student Nonviolent Coordinating Committee who registered voters in Mississippi.

“All of those protests have come to mean a lot to me, and I tell the story to my grandkids all the time,” Smith said, pointing out that in 1950, there were only 75,000 African-Americans enrolled in college in the United States. “By the time President Obama ran for office in 2008, there were 2.5 million black people enrolled in college. Now, there are only 230,000 seats in all the historically black colleges combined. That means, there are more than 2.25 million African-Americans going to college in places where they could not have gone to college before the civil rights movement in the 1960s.”

Smith also shared statistics on voter registration since the 1960s.

“When I first got to Mississippi in 1968, there were about 5,000 African-Americans registered to vote,” Smith recounted. “By the

» See LEADER | A7



MC3 Anthony J. Rivera

The aircraft carrier USS Theodore Roosevelt (CVN 71) transits alongside the dry cargo and ammunition ship USNS Alan Shepard (T-AKE 3) during a replenishment-at-sea. Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

By MC2 Jason Pastrick
USS Theodore Roosevelt Public Affairs

ARABIAN GULF

Lt. Gen. William Beydler, commander, United States Marine Corps Forces Central Command (MARCENT), visited the aircraft carrier USS Theodore Roosevelt (CVN 71), Feb. 12, while underway in the Arabian Gulf.

Beydler, responsible for the U.S. Marine Corps forces in the Central Command area of responsibility, flew on board Theodore Roosevelt to visit the embarked Marines and Sailors in the “Checkerboards” of Marine Strike Fighter Attack Squadron (VMFA) 312 while the squadron is currently supporting Operation Inherent Resolve and maritime security operations in U.S. 5th Fleet.

“Our country expects us to be ready all the time,” Beydler said. “I understand how hard it is to do what you’re doing out here, and all of us need to maintain a sense of urgency. The challenges in front of us demand it.”

Beydler addressed non-commissioned officers and officers assigned to VMFA-312, as well as recognized individual Marines for their continued sacrifices and hard work while deployed.

“I thank you for your service. There is risk out here but there is one thing that comes from this and it’s the satisfaction of serving your country,” Beydler said. “So I thank you for your service and I thank your families for allowing you to serve.”

During the visit, Beydler also met with members of the strike group and air wing leadership, toured aircraft maintenance and squadron spaces, and observed flight operations at sea.

“We are proud to showcase the professionalism of our Marines, as well as highlight specific examples of their action in support of Operation Inherent Resolve,” Commanding Officer of VMFA 312 Lt. Col. Benedict Buerke said. “It takes every single Marine and Sailor out here to make it happen, and it means a lot to have General Beydler take the time to visit the ship while conducting operations 5th Fleet.”

The Checkerboards are one of only two Marine Corps fighter squadrons assigned to carrier air wings embarked on U.S. Navy aircraft carriers. The squadron of 224 Marines and the F/A-18C Hornets add a unique capability to the air wing mission and strengthen the overall capacity of the Theodore Roosevelt Carrier Strike Group.

Theodore Roosevelt, the flagship of (CSG) 9, is currently underway with USS Bunker Hill (CG 52), USS Halsey (DDG 97), USS Sampson (DDG 102), and USS Preble (DDG 88) for a routine deployment. The Theodore Roosevelt Carrier Strike Group deployment is an example of the U.S. Navy’s routine presence in waters around the globe, displaying commitment to stability, regional cooperation and economic prosperity for all nations.

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

Navy medicine draws from the past to outline the future of battlefield medical care

By MC1 John Paul Kotara II

QUANTICO

The U.S. Navy and U.S. Marine Corps held the 21st Century Battlefield Medical Care Symposium, Feb. 14–15, at Marine Corps Base Quantico.

Vice Adm. Forrest Faison, Navy surgeon general and chief, U.S. Navy Bureau of Medicine and Surgery (BUMED); Lt. Gen. Michael Dana, deputy commandant, Installations and Logistics; and Rear Adm. Gayle Shaffer, medical officer of the Marine Corps, co-hosted the symposium.

The event included more than 300 military and civilian participants, who explored past battlefield medical experiences and promised new ideas and technology to improve the treatment and movement of casualties in future distributed operational environments.

“This symposium gives us the opportunity to build upon the experience of the past, in order to shape our future medical response through innovation, critical thinking and collaboration,” Deputy Chief of BUMED, Readiness and Health Rear Adm. Bruce Gillingham said.

During the two-day event, military and civilian speakers presented lessons learned in Navy and joint medicine from Vietnam, Operation Iraqi Freedom and Operation Enduring Freedom, and discussed developing technologies, like 3-D printing, that might shape the future of medical care.

Capt. David Whittaker, BUMED, spoke on one panel that examined emerging medical challenges, technologies and the mindset of proactive invention that will transform battlefield care.

“Our Military Health System has grown from the past decade of war,” Whittaker wrote in a recent blog post on the subject. “As a healthcare enterprise, we have developed sophisticated algorithms for the care and recovery of the severely injured Soldier. However, we must continue to work toward innovative solutions in battlefield medical care.”

Chief Hospital Corpsman Christopher Marsh, BUMED, also served as a panelist and voiced his experiences serving alongside Marines, including how basic medical training can help save lives.

“When I was injured, I took a round through the arm. I wasn’t able to patch myself up,” Marsh said. “It was a Marine that ran over to me through fire to come bandage me up. He later went on to save three more lives with the training he received.”

Navy Medicine is a global health care network of 63,000 personnel that provide health care support to the U.S. Navy, Marine Corps, their families and veterans, in high operational tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.

For more news from Navy Medicine, visit www.navy.mil/local/mednews/.

INTEGRATION | *Crucial role in Oak Hill deployment*

Continued from A1

MEU and includes the amphibious assault ship USS Iwo Jima (LHD 7), the amphibious transport dock ship USS New York (LPD 21), Oak Hill, Fleet Surgical Team (FST) 8 and FST 4, Helicopter Sea Combat Squadron 28, Tactical Air Control Squadron 22, components of Naval Beach Group 2, and the embarked staff of Commander, Amphibious Squadron 4.

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

DELEGATION | *Senate staff visit*

Continued from A1

were very engaged while we were giving the tour and they genuinely cared about this ship and its Sailors.”

For Wadhams, the visit marks her first opportunity to be onboard an aircraft carrier.

“This was a fascinating tour. This aircraft carrier is incredibly impressive. It was clear from walking through the carrier how much the Navy is doing, how much the carrier is doing, the quality of the personnel, and how much the crew serves their country on a daily basis,” said Wadhams. “It really makes me proud as an American and I’m honored to have been given the opportunity. Thank you.”

George H.W. Bush was the first aircraft carrier to support Operation Inherent Resolve (OIR) for the second time and expended 907 tons of ordnance, the most expended by a CVN/CVW team since Desert Storm. George H.W. Bush is the 10th and final aircraft carrier.

Aircraft carriers provide decisive and sustained airpower to support a full spectrum of mission requirements.

The ship is in port in Norfolk while conducting routine maintenance in preparation for the Board of Inspection and Survey (INSURV).

For more news from USS George H.W. Bush visit www.navy.mil/local/cvn77 or www.facebook.com/ussgeorge-hwbush/.

RETENTION IS HERE TO STAY

By MCSN Shane Bryan

USS Abraham Lincoln Public Affairs

NORFOLK

Retention season is here, and many changes have been made to the Navy’s separation policies. These changes affect a large majority of the fleet and Sailors aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

Early this year, the Navy made significant changes to the Navy’s physical readiness program. All commands stopped processing members for separation as a result of physical fitness assessment (PFA) failures. Any Sailor who had separation orders resulting from a PFA failure with approved dates after March 31, 2018 are now cancelled.

“I think that this is a really good opportunity for both the Sailors and the Navy,” Navy Counselor 1st Class Shawn Fuller said, a career counselor aboard Abraham Lincoln. “It is giving Sailors a second chance at their career, and it is allowing the Navy to keep good Sailors and allow them to work on their physical fitness.”

The next change to the separation policies involve Sailors

who are at risk of reaching high year tenure (HYT). These Sailors now have the chance to make rank with the new HYT policy. Sailors who are at the pay grade of E3 now have 6 years before they reach HYT as opposed to the previous 5 years. E4 Sailors have 10 years instead of 6, E5 now have 16 years instead of 14 and E6 now have 22 years instead of 20.

“I’m happy to know I have some more time to advance,” said Hospital Corpsman 3rd Class Larry Knight said. “My rate doesn’t have a very high advancement rate, and this extra time will definitely help keep good Sailors in the fleet.”

The final change made to the Navy’s separation policy is the cancellation of all early out programs. The Enlisted Early Transition Program, Time-In-Grade and Next-Lower-Grade Waivers are cancelled and will not be considered.

“My number one priority is to keep the fleet properly manned,” Chief of Naval Personnel Vice Adm. Robert Burke said. “Retention of every capable Sailor is critical to the operational readiness of the Navy, while ensuring every Sailor has the opportunity to safely achieve and maintain fitness and body composition standards.”

For more information on the updated retention policy, seek assistance from your chain of command, departmental career counselors and command career counselors. You can also reference NAVADMIN 304/17, NAVADMIN 290/17, NAVADMIN 143/17 and NAVADMIN 288/17.

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

ZAPPED | *Truman’s Electrician’s Mates*

Continued from A1

take our tasks seriously, and safety seriously as well.”

The job of an electrician’s mate is as broad as it is important. With longer than normal hours, they stand watch in generator rooms, at switchboards and control equipment as well as, operate and perform organizational intermediate maintenance on power and lighting circuits. Along with these responsibilities, they also manage a program that protects against sometimes fatal incidences.

The electrical safety program is designed to perform two tasks: prevent electrical damage to the ship by ensuring that proper energizing procedures are followed and ensure the safety of the Truman crew by implementing security mea-

sures to avoid mishaps.

“One of the more important things that we do is to provide an electrical ‘tag outs’,” Electrician’s Mate 3rd Class Matthew Ritt said. “When we ‘tag out,’ we hang a tag on equipment notifying anyone who may want to try to operate that equipment that it is off and de-energized. This is done as a preventive measure against any risks.”

To these steadfast professionals, keeping the ship and its crew safe is a great source of pride.

“Pride is a pretty strong word when providing safety to your shipmates,” Allison said. “Everyone’s number one priority on this ship should be safety. Everyone should take pride in bringing that to the ship and it is taught throughout the ranks. From the highest officer to the lowest ranking enlisted, we must all focus on safety.”

Truman is currently at sea conducting its composite training unit exercise (COMPTUEX).

Harry S. Truman educates Sailors through NCPACE

By MC3 Kaysee Lohmann

USS Harry S. Truman Public Affairs

ATLANTIC OCEAN

USS Harry S. Truman’s (CVN 75) educational service office is offering face-to-face college classes during its upcoming deployment through the Navy College Program for Afloat College Education (NCPACE).

NCPACE provides Sailors a no-cost alternative to achieve educational goals while on sea-duty assignments.

“NCPACE is a great program that allows Sailors to take instructor-led college courses while in the military,” Truman’s Educational Services Officer Ensign Roger Engelhardt said. NCPACE provides both instructor-led and distance learning courses.

“Instructor-led is geared toward those Sailors who need a classroom setting,” Engelhardt added.

The NCPACE program is partnering with Central Texas College to offer instructor-led general electives such as English, math and history. NCPACE is also offering distance learning

general electives and common core courses, providing an opportunity to achieve a both a bachelor’s and master’s degree through the distance program.

“Sailors [have shown] enough interest to have every single course offered in every term. We plan on having every course offered twice a day in the Distance Learning Center and Training Classroom 2,” Engelhardt added.

Additionally, tuition assistance is available to help cover out-of-pocket costs such as textbooks and personal education materials.

Personnel Specialist 2nd Class Joseph McCarthy, an NCPACE coordinator, is one of Truman’s NCPACE team who can help walk Sailors through the sign-up process.

“First I find Sailors interested in the program, and then I help them put together a package for their head of department (HOD) to look at,” McCarthy said. “Lastly, I send messages to NCPACE in order to set the Sailors up for success. I’m basically a guidance counselor for the Sailors.”

Along with helping Sailors during the application process, Truman’s NCPACE team also handles all of the financial transactions with Central Texas College.

“Why wait until you get out to start school, if you can get free courses under your belt during your naval career?” McCarthy said.

Truman is currently at sea conducting its composite training unit exercise (COMPTUEX).

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

For more information on Voluntary Education (VOLED) Opportunities, visit www.navy-college.navy.mil.

LEADER | *Civil rights*

Continued from A6

time I left, there were about 100,000 registered to vote in Mississippi.”

At one point, federal registrars arrived to register voters in Mississippi. “That’s why I left and came to Washington D.C.,” Smith said. “Once I realized that people in D.C. were not registered to vote, we had another fight on our hands. I eventually got elected to the council.”

Smith was elected to the Washington, D.C. Board of Education in 1979, and subsequently to the Council of the District of Columbia in 1982, where he served for 16 years. His work focused on housing and economic development. While on the council, he served as chair of the Housing and Economic Development Committee, the Metropolitan Washington Area Transportation Authority, and the Baseball Commission.

Smith’s lifelong dream to honor African-Americans who fought for freedom as U.S. Colored Troops was realized as he oversaw the dedication of the African-American Civil War Memorial and Museum in July 1998.

After leaving the City Council in January 1999, Smith opened the African-American Civil War Museum, which attracts more than 200,000 visitors per year. He used a lifetime of leadership experience to secure financing; Washington, D.C. support; and the active involvement of public and private agencies to establish the memorial and museum.

“We built a monument to 209,145 African-Americans who served in the Civil War,” Smith said. “Their names are engraved on stainless steel plaques on the national monument. In front of their names is a bronze statue — three Soldiers and one Sailor are depicted on it. There were 25,000 Sailors who served in the Union Navy during the Civil War.”

The memorial centers around the “The Spirit of Freedom,” a nine-foot bronze scul-

ture by Ed Hamilton, an African-American artist. The front side of the sculpture depicts three rifle-wielding Soldiers and one Sailor at the helm of a ship. The reverse side features a scene of a black family sending a son off to war.

Surrounding the sculpture, a curved, stainless-steel Wall of Honor bears the names of the members of the United States Colored Troops arranged by regiment, along with the names of the unsegregated Navy Sailors who served in the Civil War.

The museum features a series of exhibits tracing the history of African-American military service, centering on the Civil War, but stretching from the arrival of African slaves in the 1600s, through the two world wars, to the present.

Smith mentioned the relationship and a meeting between President Abraham Lincoln and Frederick Douglass — the most prominent black man in the United States. Douglass consistently petitioned Lincoln to make emancipation an explicit war aim and to sanction the raising of colored regiments. Two of his sons served in the 54th Massachusetts regiment, the first to be composed of African-American Soldiers.

“At the end of the War in 1865, President Lincoln spoke with Frederick Douglass about war terms, including the right to vote,” Smith said, adding that the “15th Amendment is a crucial amendment.”

The 15th Amendment to the Constitution granted African-American men the right to vote by declaring that the “right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of race, color, or previous condition of servitude.”

After watching his life’s work ratified with the passage of the 13th, 14th, and 15th amendments to the Constitution, Douglass held various government posts and continued to work through the period of Reconstruction and beyond to secure civil rights for African-

Americans. “Verily, the work does not end with the abolition of slavery, but only begins,” Douglass once remarked.

Eighteen African-Americans won the Medal of Honor for their service in the Civil War, said Smith, adding that many went home as war heroes and were elected to public office.

Moreover, Smith spoke about the military and political career of escaped slave, Civil War hero and Medal of Honor winner, Robert Smalls, who served five terms as a congressman from South Carolina.

During the Civil War, the Confederate Army conscripted Smalls into service aboard the Planter, an ammunition transport ship that had once been a cotton steamer. On May 13, 1862, a black crew captained by Smalls hijacked the well-stocked ship and turned it over to the Union Navy. Smalls became a northern celebrity and his escape was symbolic of the Union cause. The publication of his name and former enslaved status in northern propaganda proved demoralizing for the South.

Smalls spent the remainder of the war balancing his role as a spokesperson for African-Americans with his service in the Union Armed Forces. His public career also began during the war. He joined free black delegates to the 1864 Republican National Convention, the first of seven total conventions he attended as a delegate. While awaiting repairs to his ship, Smalls was removed from an all-white streetcar in Philadelphia on Dec. 30, 1864. In the following months, his celebrity allowed him to lead one of the first mass boycotts of segregated public transportation. A city law finally permitted integrated streetcars in 1867.

ABOUT THE HISTORICAL SOCIETY OF WASHINGTON, D.C.

The Historical Society of Washington, D.C. is a community-supported educational and research organization that collects, interprets and shares the history of our nation’s capital. Founded in 1894, the Historical Society serves diverse audiences through

its collections, public programs, exhibitions and publications. The Historical Society offers exhibitions and programs throughout the year encouraging the collection of local history, as well as the documentation of contemporary D.C. The Historical Society galleries and research library are located in the historic Carnegie Library at Mt. Vernon Square, 801 K Street NW. *To support exhibitions and related programming at the Historical Society and to learn more, please visit www.dchistory.org.*

ABOUT THE AFRICAN-AMERICAN CIVIL WAR MEMORIAL AND MUSEUM

“The African-American Civil War Memorial Freedom Foundation was incorporated in 1992 to tell the largely unknown story of the United States Colored Troops (USCT). As a tribute to these Soldiers, the African-American Civil War Memorial was dedicated in July of 1998 under the leadership of Dr. Frank Smith Jr. and Colin Powell. The African-American Civil War Museum opened its doors in Jan. 1999 and communicates the stories of the USCT.

The core mission of the African-American Civil War Museum is to serve the educational needs of the local, national and international communities with a high-quality and effective learning experience, while interpreting the history of the USCT and the community life of African-Americans prior to, and after, the American Civil War. With this mission as the central aspect of its operations, the museum constantly seeks to provide a variety of learning opportunities for students of all ages, teachers, scholars, USCT descendants, churches and the general public through its programming.” *For information visit www.afroamcivilwar.org.*

For more news from Naval Surface Warfare Center Dahlgren, visit www.navy.mil/local/NSWCDD/.

2018 Military Spouse Awards

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NEWSPAPERS
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**PENINSULA
WARRIOR**



Exercise Cobra Gold 2018

The Somboonnaram School invited service members to join them in a sports day event during Exercise Cobra Gold 2018 in the Rayong province, Kingdom of Thailand, Feb. 16, 2018.
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SECTION B | FLAGSHIPNEWS.COM | 03.01.18



Photos by MC1 Steven Hoskins
Electronics Technician (Nuclear) 2nd Class Petty Officer Daniel Hurst greets his wife Hannah Hurst, his son Gavin Hurst and daughter Chloe Hurst with the traditional first hug during a homecoming celebration.

USS VIRGINIA RETURNS FROM DEPLOYMENT

Seven-year-old Gavin Hurst runs to greet his father Electronics Technician (Nuclear) 2nd Petty Officer Daniel Hurst with the traditional first hug during a homecoming celebration for the fast-attack submarine USS Virginia (SSN 774) on Naval Submarine Base New London in Groton, Conn. Virginia is returning from the European Command Area of Responsibility where they executed the Chief of Naval Operation's Maritime Strategy in supporting national security interests and Maritime Security Operations.

By MCC Steve Owsley

GROTON, CONN.

The overcast sky and threat of rain couldn't dampen the spirits of USS Virginia's (SSN 774) loved ones as they welcomed the boat and crew home from a regularly-scheduled, six-month deployment, Feb. 22.

The lead ship in the Virginia class of nuclear-powered, fast-attack submarines, under the command of Cmdr. Jeff Anderson, returned to its homeport of Naval Submarine Base, New London following a deployment to the European Command area of responsibility where they executed the Chief of Naval Operations Maritime Strategy in supporting national security interests and maritime security operations.

In accordance with longstanding U.S. Navy tradition, Lt. j.g. Heather Kerber and her wife Cecille Kerber shared the first kiss, while Electronics Technician (Nuclear) 2nd Class Daniel Hurst shared the first hug with his wife Hannah and their children, Gavin and Chloe.

During the deployment, Virginia steamed approximately 27,500 nautical miles or 31,650 statute miles and served as ambassadors for the United States, the Navy and the submarine force during port visits to Faslane, Scotland; Rota, Spain; and Haakonsværn, Norway.

The port calls may have been fun for the crew, but they never lost sight of the mission at hand.

"Virginia's deployment was hugely successful and was led by the crew's never-ending desire to operate our warship

at maximum lethality," Anderson said. "Our warriors of the deep worked hard to ensure Virginia continued to operate at the pointy end of the spear, conducting submarine missions, and protecting our homeland and all that we hold dear."

Many of the people the crew held dear were on the pier to welcome their Sailors home.

Some of the crew left young children, like three-month-old twins, Hannah and Makenna, who were three times older when their father, Chief Electrician's Mate (Nuclear) Dan Macomber saw them again for the first time. The twins were wearing matching outfits as Macomber took them in both arms and kissed his wife, Becca.

The time apart led to big changes. One-year-old Finnegan Davis learned to say "Da-Da" when he saw photos of his father, Senior Chief Electronics Technician Evan Davis. Now Finnegan will get plenty of practice saying it in person. Davis was never far from his daughter, seven-year-old Caroline's thoughts. "It means a lot to me because he was gone six months; because every day I woke up wondering when Daddy is coming back and I love him!" Caroline added with a smile and excitement that could barely be contained.

The crew put their time underway to good use. During the deployment 16 enlisted Sailors were advanced, three officers were promoted, 17 silver and five gold dolphins were earned, four crewmembers qualified as pilots, three qualified as engineering watch supervisors, and four qualified as engineering officer of the watch. In addition, a crewmember was recog-

nized as Commander, Submarine Squadron Four's (CSS 4) Junior Officer of the Year for 2017 and, as a crew, the boat won the CSS 4 Communications/Cyber Green "E."

"Successful deployments do not happen without sacrifice, hard work, rigorous training, and the highest level of dedication to our nation," Anderson said. "It was because of the team's devotion to the country and the goal of a successful deployment that Virginia was able to achieve such a high level of success."

Fast-attack submarines like Virginia are multi-mission platforms enabling five of the six Navy maritime strategy core capabilities of sea control, power projection, forward presence, maritime security, and deterrence. The submarine is designed to excel in anti-submarine warfare, anti-ship warfare, special operations, intelligence, surveillance and reconnaissance, and to project power ashore with special operation forces and Tomahawk cruise missiles in the prevention or preparation of regional crises.

Commissioned on Oct. 23, 2004, Virginia is 10th U.S. Navy ship to be named for the state of Virginia. It is 377 feet long with a beam of 34 feet. Virginia-class, fast-attack submarines have a crew of approximately 132 made up of 15 officers and 117 enlisted Sailors.

For more news from Naval Submarine Support Center, New London, visit www.navy.mil/local/nsscnlon/.



LITTORAL COMBAT SHIP HELPS THE HOMELESS IN MONTREAL

The future littoral combat ship USS Little Rock (LCS 9) is underway during a high-speed run in Lake Michigan during acceptance trials.

Courtesy Lockheed Martin

By USS Little Rock Public Affairs

MONTREAL

A group of Sailors from the littoral combat ship USS Little Rock (LCS 9) participated in a community outreach event in Montreal, Quebec.

Sailors volunteered at the Welcome Hall Mission where they assisted with daily operations by bagging groceries, building chairs and packaging food for the homeless, single parents and at-risk youth.

One of the volunteers, Operations Specialist First Class Petty Officer Aaron Huckabaa said, "It was nice to give back to the community. Especially since the people of Montreal have been so welcoming and kind, as a visiting American it was nice to give back to the community."

Throughout the day, Sailors were able to interact with local citizens both on the side of people receiving the food and those who

manage and operate the program.

"All of the people running this program were so passionate about serving the community and helping as many people as possible," said Operations Specialist Senior Chief Petty Officer Tarius Williams. "It was shocking to see how many people they feed and support here every week."

According to managers, Welcome Hall Mission was established in 1892 and offers support for the homeless, young single mothers, and at-risk youth in the Montreal urban community. The free grocery store provides basic food and living supplies for those in need.

USS Little Rock is visiting Montreal following its commissioning in Buffalo last December. Sailors continue to focus on training, readiness, and certifications, while also giving back to the local community through volunteer service.



U.S. Navy photo

Capt. Mark Vandroff answers a question during the first presentation of the Rear Adm. David W. Taylor Naval Architecture Lecture Series, held Feb. 15, 2018, at the West Bethesda, Md., headquarters of Naval Surface Warfare Center, Carderock Division.

Carderock CO kicks off first of naval architecture series

By Kelley Stirling

Naval Surface Warfare Center, Carderock Division Public Affairs

WEST BETHESDA, MD.

A new series of lectures with an emphasis on preserving knowledge and lessons learned of naval architecture began Feb. 15 at Naval Surface Warfare Center, Carderock Division in West Bethesda, Maryland.

Capt. Mark Vandroff, Carderock's commanding officer kicked the series off talking

about his experience as the major program manager for the Arleigh Burke-class destroyer (DDG 51) program.

The Rear Adm. David W. Taylor Naval Architecture Lecture Series was standing room only for the first event.

"There will be no Reynolds numbers, there will be no Froude numbers," Vandroff said, referring to specific calculations used in naval architecture. "It's not really a naval architecture brief because I'm not sure I'm entirely qualified to give such a brief."

Vandroff said he intended to communicate to the audience lessons learned from his time as a program manager of the DDG 51 program, a ship that has been part of his life for

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I ONLY HAVE EYES FOR YOU, DEAR, LIKE IT OR NOT



By Lisa Smith Molinari

One ordinary weeknight several years ago, my husband, Francis, and I were lingering at the dinner table after the kids had been excused. Francis sat in his unbuttoned blueberries, lazily chewing the last bites of beef roast, while I stared out the window of our base house, drumming my fingers on the table.

Suddenly, I perked up when I remembered a story to liven up our dull dialogue. “Hon, did I tell you about the infuriating conversation I had with the sixth-grade math teacher today? That guy is a real piece of work if you ask me,” I began, dabbing the corners of my mouth with a crumpled napkin.

Gnawing a particularly tough piece of meat, Francis shook his head with a dazed look on his face. After nearly two decades of marriage, he knew that I could take twenty minutes to describe cleaning fuzz out of a lint trap. He breathed a heavy sigh and braced himself for excruciating detail and superfluous analysis.

“Well, I called Mr. Lee about Lilly’s semester project,” I continued, “and do you know what that man said to me?”

“No. What.” Francis robotically replied, staring blankly into space, his water glass poised midair.

I went on to describe a rather unremarkable conversation with our daughter’s sixth-grade math teacher, a mundane event in my daily life as a stay-at-home mother of three that was, admittedly, not very interesting at all. However, I

had learned to give our dinner conversations a stimulating dose of drama and suspense by embellishing my otherwise ordinary stories with detailed descriptions, exaggerated voice intonation, and vivid facial expressions.

I knew that, with a few strategic enhancements, I could make the tale about my phone call with Mr. Lee seem like a thrilling off-Broadway play. I reenacted the story for Francis, and during the climax of my narrative account, I used my all my dramatic skills to convey the necessary range of emotions.

Francis, tired and irritated after a long day and a mediocre dinner, interjected sardonically, “Oh, please, do that thing again with the bulgy eyes. That’s really attractive.”

He was joking, but in that kind of way that told me there was a nugget of truth behind his humor. Seemingly intending to add insult to injury, he mocked me by trying to project his eyes outward like Marty Feldman, while I sat, stone-faced and silent, glaring at him. Although his deep-set eyeballs could never mimic the natural prominence of mine, Francis nonetheless contorted his face to look as ridiculous as possible.

As I watched his rude display and doggedly gripped my fork on that ordinary weeknight at the dinner table, our entire marriage passed before my genetically protuberant eyes.

“What’s happened to us?” I thought. “We used to be so sweet to each other. We used to enjoy talking for hours. We thought everything about each other was so damned cute. And now,

here we are pelting each other with insults over boxed rice pilaf? Does he think I’ve become unattractive and annoying? Is our marriage hopeless?”

Hurt and bitter, I finally interrupted his facial contortions, “So, who do you think you are over there, Robert Redford or something?” With blatant hypocrisy, Francis took immediate offense to my ridicule and scowled.

We sat in silence for several minutes, sucking pepper from our teeth and avoiding eye contact.

Never able to remain mute for long, I spoke weakly without looking up from the gristle on my plate, “I can’t help that my eyes bulge, you know.”

Francis’ biting sarcasm dissipated and was replaced with sincere remorse. “I’m sorry,” he said, moving in closer and placing his hand on mine.

I released the death grip I had on my fork as I looked into his deep-set eyes.

“Actually,” Francis offered, now striking the right balance, “I think you’re bulgy in all the right places.”

[Military service members and their spouses qualify for free, confidential, non-medical marriage and family counseling services through MilitaryOneSource.com. Additionally, military couples can seek help from Military Family Life Consultants, licensed clinical providers who offer services on military installations worldwide. See www.mhngs.com.]

www.themeatandpotatoesoflife.com

Navy Global Deployer app adds language and cultural data

By MC2 Taylor Jackson

Center for Information Warfare Training Public Affairs

PENSACOLA

An updated version of the previously released Navy Global Deployer application for mobile devices became available for download, Feb. 20.

The app is designed to support Navy personnel and their families stationed or deployed abroad with cultural awareness and language resources

The original app provided material for six fleet concentration areas: Bahrain, Italy, Japan, Spain, the Republic of Korea, and the Philippines. With this update, the Center for Information Warfare Training’s Language, Regional Expertise, and Culture (LREC) directorate provided additional resources on language, history, geography, people, ethnic groups, religious institutions, societal norms, behaviors, etiquette, and culturally-appropriate behaviors for an additional 21 countries.

With the option of deleting downloaded content and its starting size of 50MB, the updated version is more space efficient than its predecessor.

“We are very excited about the features and content in the second release of the app,” Commanding Officer of the Center for Information Warfare Training Capt. Bill Lintz said. “It offers Sailors, civilian employees and their family members an improved experience and minimizes space requirements on their device. As an on-demand language and culture learning tool, it makes living, visiting and working over-

seas better and improves relationships with our vital foreign partners.”

User-friendly information on the “LREC Navy Global Deployer” app includes operational cultural awareness training (OCAT) videos, culture cards, etiquette guides, common language phrases, and guides which provide suggestions for how to go about learning a lan-

“We are very excited about the features and content in the second release of the app. It offers Sailors, civilian employees and their family members an improved experience and minimizes space requirements on their device. As an on-demand language and culture learning tool, it makes living, visiting and working overseas better and improves relationships with our vital foreign partners.”

Capt. Bill Lintz ,
Commanding Officer of the Center for Information Warfare Training

guage.

The OCATs are narrated videos providing in-depth information on a country’s history, language, social norms, culturally-appropriate and taboo behaviors, and more. The culture cards are guides for a specific country summarizing much of the information presented in the corresponding OCAT. Most include a guide to each country’s naval rank structure and insignia. The etiquette guides offer everything from meeting and greeting to cultural values, to the signifi-

cance of common nonverbal gestures.

The U.S. Navy Sea Warrior Program (PMW 240) produced the app and Tracen Technologies Inc., a company which specializes in integrated mobile and web solutions, was the software developer.

The LREC Navy Global Deployer mobile application is available for download from the iTunes and Google Play online stores. To find the free app, search key words such as “CLREC” and “Navy global deployer” in the app stores or a web browser. Sailors can also find this app and many other Navy apps at <https://www.app-locker.navy.mil>.

The Navy’s LREC office delivers foreign language instruction and training on foreign cultures to prepare Navy personnel for global engagements to strengthen ties with enduring allies, cultivate relationships with emerging partners, thwart adversaries, and defeat enemies. Part of the Center for Information Warfare Training, LREC directorate is located at Naval Air Station Pensacola Corry Station.

Center for Information Warfare Training 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 news from Center for Information Warfare Training enterprise, visit www.navy.mil/local/cid/, www.netc.navy.mil/centers/ciwt/, www.facebook.com/NavyCIWT, or www.twitter.com/NavyCIWT.



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PACIFIC PARTNERSHIP MISSION PREPARES TO ENHANCE DISASTER RESPONSE COOPERATION, STRENGTHEN TIES IN INDO-ASIA-PACIFIC



MC3 Emiline L. M. Senn

Military Sealift Command hospital ship USNS Mercy (T-AH 19) returns to its home port of San Diego after completing Pacific Partnership 2016.

From CTF73 Public Affairs

SINGAPORE

The U.S. Navy will join allied and partner nation militaries for the 13th Pacific Partnership mission, scheduled to begin Feb. 23.

This annual maritime operation will help improve disaster response preparedness, resiliency and capacity while enhancing partnerships with participating nations and civilian humanitarian organizations throughout the Indo-Asia-Pacific region.

Pacific Partnership is the largest annual multilateral disaster response preparedness mission conducted in the Indo-Asia-Pacific. This year's mission will be led by Commander, Destroyer Squadron 31 and staff, embarked on the hospital ship USNS Mercy (T-AH-19) and the expeditionary fast transport ship USNS Fall River (T-EPF 4) and will include more than 800 military and civilian personnel from the United States, Canada, United Kingdom, Australia, France, Peru and Japan.

"Through Pacific Partnership we are deepening integral ties with our allies and partners across the Indo-Asia-Pacific region," Com-

mander of Task Force 73 Rear Adm. Don Gabrielson said, the executive agent for Pacific Partnership 18. "The challenges we face with natural and manmade disasters do not respect borders or national sovereignty. This dynamic mission enables many nations and subject matter experts to come together to pursue solutions to complex problems while enhancing preparations for disaster emergencies that reduce the severity of their impact. The foundation of trust created through Pacific Partnership engagement helps foster a cooperative environment that encourages collaborative approaches to improving the lives and conditions for the people of this region and beyond."

Mercy will make mission stops in Indonesia, Sri Lanka, Malaysia, and Vietnam while USNS Fall River (T-EPF-4) will visit Yap, Palau, Malaysia, and Thailand. Medical, dental, civil-engineering and veterinary teams will partner with each host nation to conduct civic-action projects, community health exchanges, medical symposiums and disaster response training activities. Additional community relations engagements will occur in each mission stop to enhance relationships

and camaraderie with citizens of the host nations. Following the mission stops, Mercy will also visit Japan during its return transit across the Pacific Ocean.

Engagements between Pacific Partnership participants and host nations are intended to improve capacity, enhance regional partnerships and increase multilateral cooperation for preparedness.

"Our staff and team have come together to form a dynamic team of professionals and we are ready to execute this mission and engage with our partners throughout the Indo-Pacific," Commodore of Destroyer Squadron 31 Capt. David Bretz said. "We are excited about forging new friendships and deepening partnerships across the region."

Pacific Partnership began in response to one of the world's most catastrophic natural disasters, the December 2004 tsunami that devastated parts of South and Southeast Asia. The mission has evolved over the years from emphasis on direct care to an operation focused on enhancing partnerships through host nation subject matter expert and civil-military exchanges.

Pacific Partnership 2018 will have several

other distinctions:

■ A multinational command-and-control structure will be used to include a deputy mission commander from the United Kingdom and mission chief of staff from Australia.

■ The mission will visit Sri Lanka for a second consecutive year to enhance ties with the Indian Ocean nation.

■ Pacific Partnership will continue to leverage the U.S. National Action Plan on Women, Peace and Security (WPS), a plan backed by Executive Order 13595 and UN Security Council Resolution 1325. Integration of WPS into Pacific Partnership yields opportunities to engage with partner nations on the topic of gender integration and perspectives, as well as preparedness in dealing with vulnerable populations (women, children, elderly and disabled) during and in the aftermath of crises.

■ This year's mission will return to Indonesia, Malaysia and Vietnam, where the United States continues its legacy of strong cooperation and defense ties with these nations.

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

Family Optometric Associates Welcomes Dr. Julie Rybarczyk



Dr. Rybarczyk grew up in Buffalo, NY and she attended the State University of New York at Plattsburgh, where she graduated Summa Cum Laude with a bachelor's degree in biology.

Dr. Rybarczyk received a full Armed Forces Health Professions Scholarship, under which she completed her Doctor of Optometry degree from Ohio State University College of Optometry. She then served four years in the United States Navy as a staff optometrist at the Branch Medical Clinic in Norfolk, Virginia. Here she earned many letters of recognition, a Letter of Commendation from the Branch Medical Clinic at Naval Air Station in Oceana, and the Navy Commendation Medal for meritorious service while serving at the Branch Medical Clinic at Naval Station Norfolk.

Following her time in the military, Dr. Rybarczyk has practiced in Hampton Roads in a variety of clinic modalities including general practice, contact lenses, pediatrics and alongside ophthalmology concentrating in medical eye diseases including diabetes, glaucoma, macular degeneration and cataracts.

Dr. Rybarczyk lives in Virginia Beach with her children and pets. In her free time she likes to paint and enjoy the outdoors.



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VP-8 Fighting Tigers rescue fishermen lost at sea for 8 days in South Pacific

By Lt. j.g. Danielle Tatchio

ANDERSEN AIR FORCE BASE, GUAM

Crewmembers assigned to the “Fighting Tigers” of Patrol Squadron Eight (VP-8) rescued three fishermen Feb. 20, whose vessel was adrift in the South Pacific for eight days. The 19-foot skiff was first reported missing Feb. 12, after it failed to return from a fishing expedition near Chuuk Lagoon in the Federated States of Micronesia. According to the report, the boat carried food and water, but no safety equipment or radios. Assets from U.S. Coast Guard Sector Guam searched for the vessel for several days before requesting assistance from the U.S. Navy.

The “Fighting Tigers” aircrew and maintenance team were tasked to support the search and rescue (SAR) operation, repositioning on short notice from Kadena Air Base, Japan to Andersen Air Force Base, Guam. The crew

flew the Navy’s newest maritime patrol aircraft, the P-8A Poseidon, which is equipped with an advanced APY-10 multifunction radar and MX-20 camera system, ideal for searching the 2,100-square-mile area. The vessel was located after only three hours and the aircrew deployed a UNI-PAC II Search and Rescue (SAR) kit, a new addition to the maritime patrol and reconnaissance aircraft (MPRA) fleet and the first time the kit had been successfully deployed by a P-8A in real-world SAR operations.

SAR kits are deployed at approximately 500 feet with a 150-yard trailing lanyard to deliver equipment as accurately as possible to survivors in the water. Kits generally include medical supplies, food, water, communications and signaling equipment, but can be configured with additional supplies depending on the mission type.



MC3 Alex Perlman

A P-8A Poseidon aircraft.

The three survivors were picked up by a nearby police vessel a few hours after being located by VP-8.

“It was incredibly rewarding to be a part of saving lives — it’s what everyone joins the Navy to do,” said Lt. Miles Schumacher, tactical coordinator of the VP-8 aircrew. “This aircraft allows for a massive step forward in the ability of SAR units to search large areas quickly and effectively, and we were excited to have the SAR kit loaded and be able to prove its effectiveness. We successfully dem-

onstrated the capability of the MPRA community to react quickly and effectively to operational requirements in the farthest corners of the globe. Hopefully, this is just the first of many successful rescues by P-8A Poseidon aircrews.”

Patrol Squadron Eight is currently deployed to the U.S. 7th Fleet area of responsibility conducting theater and national level tasking in support of U.S. 7th Fleet, U.S. Pacific Fleet and U.S. Pacific Command.

Best and Brightest: ONR, 2018 Young Investigator Program

From Office of Naval Research Public Affairs

ARLINGTON

The Office of Naval Research (ONR) today announced awards of \$16 million through its 2018 Young Investigator Program (YIP). The awards were made to 31 scientists whose research holds strong promise across a wide range of naval-relevant science and technology areas.

“To meet the demand signal from the 2018 National Defense Strategy, we must attract the best and brightest minds to work on naval warfighting challenges. The Young Investigator Program does just that,”

Rear Adm. David Hahn,
Chief of Naval Research

“To meet the demand signal from the 2018 National Defense Strategy, we must attract the best and brightest minds to work on naval warfighting challenges. The Young Investigator Program does just that, and I’m honored to announce the recipients for 2018,” Chief of Naval Research Rear Adm. David Hahn said. “Since 1985, this program has attracted

outstanding scientists and engineers from across academia to support our Navy and Marine Corps, and as we return to an era of great power competition, that is more important than ever before.”

The YIP is a highly competitive process, rewarding the achievements made by young faculty members. This year’s candidates were selected amongst more than 340 highly qualified applicants based on past performance, technical merit, potential for scientific breakthrough and long-term university commitment. All are college and university faculty who have obtained tenure-track positions within the past five years.

Awardees represent 22 academic institutions nationwide, in disciplines including advanced semiconductors, bio-inspired robotics, mathematical optimization, remote sensing and morphing aircraft. The YIP awards support laboratory equipment, graduate student stipends and scholarships, as well as other expenses critical to ongoing and planned investigational studies. Typical grants are \$510,000 over a three-year period.

Introduced in 1985, the ONR YIP is one of the nation’s oldest and most selective science and technology basic research programs. Its purpose is to fund early-career academic researchers-called investigators-whose scientific pursuits show outstanding promise for supporting the Department of Defense, while also promoting their professional development.

View the list of 2018 Office of Naval Research Young Investigator awardees. [LINK TO: <https://www.onr.navy.mil/Science-Technology/Directorates/office-research-discovery-invention/Sponsored-Research/YIP/2018-young-investigators>]

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

EXERCISE KHUNJAR HAAD CONCLUDES

By MC2 Kevin J. Steinberg

GULF OF OMAN

The U.S. Navy, U.S. Coast Guard, Royal Navy of Oman, United Kingdom’s Royal Navy and French Marine Nationale concluded Exercise Khunjar Haad, Feb. 8.

The exercise was part of a routine theater security cooperation engagement plan and an opportunity for all participating partner nations to focus on increasing defensive proficiency in critical mission areas while supporting long-term regional stability and freedom of navigation.

“The purpose of this exercise at sea was to conduct multi-threat training with a multi-national task group that operated together at sea to enhance maritime security by strengthening our capabilities of our surface, air and explosive ordnance disposal forces,” Commanding Officer of USS Hurricane Lt. Cmdr. Richard Mayer said.

Eleven ships from the four partner nations participated in the exercise. Khunjar Haad featured a variety of evolutions consisting of air-defense, surface, helicopter, officer-of-the-watch, expeditionary warfare, screen and naval communication exercises.

“I would say the biggest take away is learning the capabilities of our coalition forces,” Communications Officer onboard USS Hurricane Information Systems Technician 1st Class Lavashu Washington said. “Hopefully I’ll get to participate next year and take what we learned this year and build upon it to get even better.”

Participating ships included: coastal patrol ships USS Hurricane and USS Firebolt (PC 10); island-class patrol boats USCGC Wrangell (WPB 1332) and USCGC Aquid-

“The purpose of this exercise at sea was to conduct multi-threat training with a multi-national task group that operated together at sea to enhance maritime security by strengthening our capabilities of our surface, air and explosive ordnance disposal forces,”

Lt. Cmdr. Richard Mayer,
Commanding Officer of USS Hurricane

neck (WPB 1309); French Navy Horizon-class air defense destroyer Chevalier Paul (D 621); United Kingdom’s Royal Navy ships RFA Cardigan Bay (L3009), HMS Ledbury (M30) and HMS Bangor (M109); and Royal Navy of Oman ships Al Dhafirah, Al Muazzar and Al Bat’nah.

“The Omani’s did a fantastic job planning and executing all missions,” Commanding Officer of Aquidneck Lt. John Beal said. “My crew was very pleased to be a part of it.”

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



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Camp Lemonnier hosts Navy COOL representatives to help service members further professional goals

By MC1 David Wyscaver
Camp Lemonnier Public Affairs

CAMP LEMONNIER, DJIBOUTI

Service members forward deployed to Camp Lemonnier took part in a presentation by Navy Credentialing Opportunities Online (COOL) representatives, Feb. 19-20, to provide information on the importance of credentialing and licensing during their military careers.

The goal of the program is for Sailors and Marines to learn what civilian credentials pertain to their military training and experience and resources available to help them attain the credentials.

“We conduct these briefs to talk to service members about the advantages and opportunities of the Navy COOL program,” said Thom Seith, Navy COOL program analyst. “The program allows Sailors to take Navy ‘A’ and ‘C’ training, along with other technical expertise, and correspond it to civilian certifications.”

“The Navy COOL representative visit was an opportunity for the program managers to explain firsthand about the benefits of Navy COOL, the new changes that have been implemented and some of the things that are in the works coming down the line, as well as explaining how the funding works,” said Chief Navy Counselor Daniel View, Camp Lemonnier and Combined Joint Task Force-Horn of Africa command career counselor.

All services have recognized the important role that occupational credentials can play in professionalizing the force and in enhancing service members’ ability to transition to the civilian workforce upon completion of military service.

“Navy COOL is about civilian-level credentialing,” said View. “Basically, it’s taking what a service member is already doing in the military, background, training [and] schooling and correlating into terms on what civilian counterparts are doing and certified in. The benefits of the program [are] immense.”

In terms [of] benefits to the Navy, it helps with manning flexibility and provides an opportunity to fulfill billets based on credentials and skillsets, said View. Sailors have the opportunity to fulfill billets, not necessarily directly tied to their rating because based on the licenses and credentials through Navy COOL, Sailors qualify for these opportunities.

For those interested in learning more about credentialing and licensing opportunities and how it pertains to their military service, the COOL website offers a variety of resources and information.



MC1 David Wyscaver

Service members forward deployed to Camp Lemonnier took part in a presentation by Navy Credentialing Opportunities Online (COOL) representatives on Feb 20. The brief provided information on the importance of credentialing and licensing during military service.

The Navy COOL and Marine Corps COOL sites contain a multitude of service-specific information about certifications and licenses related to military occupations. Some benefits include background information about civilian licensure and certification on individual credentials, identify licenses and certifications relevant to individual Navy ratings, designators, collateral duties and Marine Corps military occupational specialties, learning how to fill gaps between Navy and Marine Corps training and experience and civilian credentialing requirements.

“Navy COOL is an excellent resource for a lot of ways to help with professional development,” said Seith. “The website contains useful information about certifications, bibliographies for advancement exams and no common access card (CAC) is needed to use the site, so it can be accessed from anywhere. There’s also an app available for download that service members can use to access Navy COOL information.”

The COOL initiatives began in 2002 when the Army launched the first COOL website. In 2006, the Army and Navy entered into an agreement to allow for collaboration on COOL for Soldiers and Sailors. The Navy launched its COOL website in 2006, and the Marine Corps and Air Force joined the COOL team and launched their own sites in 2014. Beginning fiscal year 2017, DON COOL was expanded to include credentialing opportunities for Department of Navy civilian personnel. Because DON civilian COOL focuses on the broad federal occupational series and not just Department of Navy-centric duties, the information contained in DON COOL can apply to all federal employees.

The Department of Navy (DON) COOL program began as part of a joint-service initiative to promote civilian credentialing opportunities for military service members and it has now been expanded to include civilian personnel. The Army, Navy, Air Force, and Marine Corps have collaborated to share data, research, analysis and best practices so that all service members can benefit from credentialing opportunities.

“It’s one of the programs that impact Sailors the most, in my opinion, as far as career progression. It’s a great program. It’s free and there’s no penalties for failing a test. I think it’s a program more Sailors should take advantage of. It’s a fantastic opportunity,” said View.

For more information about Navy COOL, please visit www.cool.navy.mil.

Camp Lemonnier’s mission includes enabling joint warfighters operating forward and to reinforce the U.S.-Djibouti relationship by providing exceptional services and facilities for the tenant commands, transient U.S. assets and service members.

Camp Lemonnier is one of Navy Region Europe, Africa, Southwest Asia, installations that conducts eight lines of operation to support air operations, port operations, safety, security, housing, MWR, Fleet and Family Support, and what is called the core: the fuels, water and power that keep the bases operating.

For more news from Camp Lemonnier, Djibouti, visit www.navy.mil/local/CAMPL/.

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U.S. Navy Sailors and members of the Thai armed forces play a game of soccer during sports day event at Somboonnaram School in support of Cobra Gold 2018 in Rayong province, Kingdom of Thailand. Humanitarian civic assistance projects conducted during the exercise support the needs and humanitarian interests of the Thai people.

U.S. Marine Corps photo by Cpl. Justin Huffty



U.S. Marine Corps photo by Cpl. Justin Huffty

A U.S. Navy Sailor stands ready at the starting line of a four-legged race during sports day event at Somboonnaram School in support of Cobra Gold 2018 in Rayong province, Kingdom of Thailand.

COBRA GOLD 18: SOMBOONNARAM SCHOOL SPORTS DAY

By Cpl. Justin Huffty
III Marine Expeditionary Force

RAYONG PROVINCE, THAILAND

The Somboonnaram School invited service members to join them in a sports day event during Exercise Cobra Gold 2018 in the Rayong province, Kingdom of Thailand, Feb. 16, 2018.

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

The sporting events kicked off with a twist on the commonly known game of golf. Other events included a four-legged race, wheelbarrow race and a game of soccer.

“The Singaporeans, the Thais and the Americans are com-

ing together and just playing sports and getting to know each other,” said U.S. Navy Builder 2nd Class Buz Spiers, with the Naval Mobile Construction Battalion 4, “which is pretty cool.”

Despite the differences in cultures, everyone was still able to participate and have a good time.

“It’s a learning experience, working with Thais and the U.S.,” said Lance Cpl. Jaycus Tan, with the Headquarters Army Combat Engineer Group of the Singapore army. “We learn different methods of doing things from both.”

The children that attend the school were there to cheer on the service members and to compete with them in certain events.

“I think it is quite fun playing with the children, especially

this type of fun and games,” said Tan. “You can really connect with them.”

“I love interacting with the kids,” said Spiers. “It’s a lot of fun. When they leave the school the first thing they do is run up to us and try to give us high-fives. They’re just so happy and it’s awesome to see them.”

During CG18, events like the sports day give service members an outlet to reach out and interact with the local populace. It helps support the needs and humanitarian interests of the civilian populations around the regions of Thailand.

“Our motto is, ‘The difficult we do now. The impossible takes a little longer,’” said Spiers. “I think that we have really shown that in this exercise.”

Navy announces changes, increased incentives for some first-term forward deployed Sailors

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

Navy announced Feb. 21 that Sailors serving their first term on sea duty in Japan, Guam and Spain now have an increased set of incentives available to them, in NAVADMIN 042/18.

According to the NAVADMIN, first-term Sailors who voluntarily extend their sea duty at the listed locations to a minimum of 48 months, will have any remaining sea time left on their prescribed sea tour waived and be allowed to rotate to shore duty for their next assigned tour. Those who extend their tours by 12 months or more will be given preferential consideration for announced billets in Career Management System/Interactive Detailing (CMS/ID).

Sailors who extend their sea tours for at least 12 months still have the option of the Sea Duty Incentive Pay. Overseas Tour Extension Incentive Program remains an option for eligible Sailors.

Additionally, with the release of this NAVADMIN, first-term Sailors in grades E-3 and below are now authorized accompanied orders to overseas locations where dependents are authorized.

“Our goal is to reward those Sailors who volunteer to extend to meet the demands from the fleet,” said Rear Adm. John Meier, director, Career Management Department, Navy Personnel Command (NPC). “In addition to the incentives already in place, which remain options for Sailors who meet extension criteria, these additional incentives should make it easier for Sailors who make the decision to extend.”



MC1 Nathan Carpenter

Sailors haul a line from a tugboat aboard the guided-missile cruiser USS Lake Champlain (CG 57) as the ship prepares to get underway.

Sailors interested in taking advantage of these incentives must request an extension by submitting an Enlisted Personnel Action Request (NAVPERS 1070/7 Rev. 1/03) 18–14 months prior to their Projected Rotation Date. For assistance, Sailors should contact their command career counselor.

For more information, read NAVADMIN 042/18 at www.npc.navy.mil, or contact the NPC Customer Service Center at 1-866-U-ASK-NPC (827-5672) or via email at cscmailbox@navy.mil.

Center for Surface Combat Systems Unit holds first IC A School graduation utilizing new curriculum

By Brian Walsh

Training Support Center Public Affairs

GREAT LAKES

Center for Surface Combat Systems Unit (CSCSU) Great Lakes held a graduation for Sailors who completed the Interior Communications Electricians (IC) “A,” Feb 16.

Students who passed the class were the first who went through the course following an update in the curriculum and equipment.

“We get constant feedback from the fleet on the effectiveness of our courses and some great recommendations that came from those interactions helped drive the development of this new curriculum,” Executive Officer of CSCSU Lt. Drew Serrecchia said. “We had the opportunity to revamp old and outdated curriculum with newer and more innovative training and associated training equipment that gets the Sailors more hands-on experience with faults similar to what they will see in the fleet. We’ve gone from a static display hands-on experience to a dynamic hands-on experience and the feedback we’ve received from students shows that this use of technology resonates with them.”

The modernization of the curriculum places extra focus on performance-based training. Included in the modernization was the course on alarms and central announcing systems. Students are now utilizing equipment identical to what they

will encounter regardless what platform ship they are stationed, like the IMC and Alarm circuits.

“The curriculum we updated was instructor based and interactive multimedia instruction — basically a computer based training coupled with classroom presentations,” IC “A” School Instructor Interior Communications Electrician 2nd Class Brandon Mitchell said. “The new curriculum has a trainer/simulator where we input faults. The students start doing their preventative maintenance, they use troubleshooting procedures and also correct and repair procedures.”

The ability to change faults over a network, verse physically switching components, allows students to have more time to work with and troubleshoot the equipment so they get a better understanding of what they need to know in the fleet. During IC “A” School, students complete quite a bit of computer based training. They also have Interactive Multimedia Instruction (IMIs) where they run through procedures on a computer.

“Now we are able to take that classroom and computer training and place it in a lab environment where they can use their reference material and tech manuals and put it to use,” Mitchell said. “In the alarms pilot and the central announcing systems pilot we are grading the trainees on their ability to understand the technical manuals, we grading them on their ability to perform tech manual procedures and combat systems operational sequencing system (CSOSS).”

CSOSS is a collections of manuals specifically designed for each class of ship. The manuals include step-by-step procedures and supporting material for combat system personnel to use in supporting the operation and maintenance of combat system equipment.

“Students are not just reading from a book and taking a test; they are actually doing the job,” Interior Communications Electrician 1st Class Stephen Biggie said. “Teaching the fundamentals of the equipment, this is how you use the tech manual, this is how you troubleshoot, making a decision on how to start looking at the equipment, understanding how it is supposed to work and what it is doing so you can understand how it is not working based on the information you know and using the tech manuals regardless of what the system is.”

The new curriculum is more relevant to what Sailors do out in the fleet. Instead of just having knowledge of tag out, safety, and 3M procedures; spot checks, troubleshooting, corrective and preventative maintenance, students will have hands-on training on those procedures.

“In addition to modernizing the course, the new Alarms and Announcing part-task trainers provide students with hands-on equipment training,” Commanding Officer of CSCSU Cmdr. James Dancer said. “They are provided with reps and sets in fault isolation that force them to use schematic diagrams and test equipment. During those reps and sets CSOSS, 3M and SSOPP are also reinforced. I see that the students are more engaged and learning skills through instruction and troubleshooting on our trainers are more in aligning with our goal of developing the best technician we can deliver to the fleet. This new curriculum and technology allows us to achieve that goal.”

For more news from Training Support Center, Great Lakes, visit www.navy.mil/local/tscgl/.

Navy COOL delivers 43 briefs at 6 locations in 21 days

By Glenn Sircy
Center for Information Warfare Training Public Affairs

PENSACOLA

After 21 days, entailing 18 flights and 43 briefs at six locations, representatives from Navy Credentialing Opportunities On-Line (COOL) wrapped up their overseas tour in the Kingdom of Bahrain, Feb. 22.

Navy 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.

Navy COOL’s Thom Seith and David Adkins spent three weeks travelling to different military facilities to speak with Sailors about the benefits of Navy COOL. The locations visited included Naval Base Rota, Spain; Naval Air Station Sigonella, Sicily; Naval Support Activity Naples, Italy; Naval Support Activity Souda Bay, Crete, Greece; Camp Lemonnier, Djibouti, Africa; and Naval Support Activity Bahrain, Kingdom of Bahrain.

“These programs allow Sailors to develop themselves while on active duty and prepare for life after the Navy,” Navy COOL Representative Thom Seith said. “It’s really all about personal and professional development and I encourage all Sailors to take advantage of the opportunities that the Navy COOL programs offer”.

Navy COOL regularly deploys representatives to specific geographic locations to brief their Navy programs to area

Sailors at no cost to the hosting command. These briefs are a great opportunity to share the importance of the value of certification and licensure, and as many Navy leaders know, this information can enhance career development boards (CDBs) and advancements, along with individual personal and professional goals.

“The purpose of the visit was to help increase awareness and encourage Sailors to pursue these valuable credentials through Navy COOL,” Chief Career Counselor Phillip Lopez said. “Our Sailors were very appreciative to have the Navy COOL team travel halfway across the world to ensure our Sailors are equipped with the knowledge on how to enroll.”

The briefs were normally one hour in length and the COOL representatives discussed and demonstrated the importance of credentialing and licensing during and after Sailors’ Navy careers. The team walked the Sailors through the Navy COOL website, Navy COOL mobile application, voucher submission processes, eligibility, and requirements for credential attainment. They also discussed and emphasized the importance of the learning and development roadmaps (LaDRs), Navy advancement bibliographies, and the United Services Military Apprenticeship Program (USMAP).

“I learned there are many different certifications I can obtain from already being in the Navy, and how good it will look for me in the civilian sector,” Aviation Boatswain’s Mate 2nd Class Joshua Ortiz said. “I had heard of Navy COOL before but was not really sure what it was or how it worked, but after this brief I learned a lot about the program, how it works, and it’s definitely something to take advantage of.”

With 1,663 funded credentialing opportunities available, every enlisted Sailor has at least one credential he or she can earn. More than 1,500 credentialing opportunities are mapped to officer designators.

Navy COOL is located with the Center for Information Warfare Training, which delivers trained information warfare professionals to the Navy and joint services, enabling



MC2 Christopher Gordon
Navy Credentialing Opportunities Online (COOL) program analyst Thom Seith instructs Sailors on board Naval Air Station (NAS) Sigonella on how to utilize Navy COOL. COOL helps Navy service members find information on certifications and licenses related to their jobs.

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.

The schedule for COOL briefs is available at www.cool.navy.mil/usn/news/briefs.htm.

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/NavyCIWT, or www.twitter.com/NavyCIWT.

Navy Railgun lines named for two electromagnetic railgun visionaries at ceremony

By John Joyce
NSWC Dahlgren Division Corporate Communications

DAHLGREN, VA.

The Navy dedicated and named its electromagnetic railgun lines in honor of two public servants who envisioned, nurtured, and laid the foundation for the U.S. Navy’s Electromagnetic Railgun Program at a ceremony held in their honor, Feb. 22.

Posters and plaques commemorating the naming of the railgun lines for retired Adm. James Hogg and Dr. Hans Mark were unveiled at the event and will be on permanent display to honor their efficacy and vision as the Navy continues working to push this revolutionary warfighting capability forward.

“These visionary men had the confidence that we could deliver here at Dahlgren, and we appreciate your support,” Executive Director for the Naval Surface Warfare Center and the Naval Undersea Warfare Center Don McCormack said. “We are forever in your debt for your guidance and support. We have solved many challenges and the folks here have exceeded our expectations in addressing those technical challenges.”

McCormack and Capt. Godfrey ‘Gus’ Weekes, Naval Surface Warfare Center Dahlgren Division (NSWCDD) commanding officer, told the audience comprising senior military and civilian leaders as well as the relatives and friends of the two men, that their vision and dedication to explore the warfighting advantages of the game-changing technology while advocating it to the Navy’s top leaders was pivotal in gaining the initial funding necessary to demonstrate its feasibility.

“This is a very significant day in history for our nation, our military, and the Navy,” Weekes said. “It is especially significant as this year Dahlgren Division celebrates 100 years of innovation. We are extremely honored that the names of Admiral Hogg and Dr. Mark will be permanently associated with the electromagnetic railgun lines here at Dahlgren. Their vision has contributed to our Navy’s ability to bolster our nation’s defense posture.”

For over 20 years, Hogg and Mark — both with long and distinguished careers including top government and military positions — collaborated and advocated for the technology while mentoring Navy leadership, scientists, and engineers.

“Like Jefferson and Adams, Admiral Hogg and Dr. Mark established a regular correspondence about the various aspects

of the railgun and its potential for naval warfare,” McCormack said.

Their work together brought the railgun concept from an abstract theory to the tangible reality before them as they toured the railgun lines with the other visitors at the NSWCDD Electromagnetic Railgun Facility. Moreover, the two met frequently with the Chief of Naval Operations’ Strategic Studies Group (SSG) to discuss warfighting and emerging technologies — especially the possibilities and potential for the railgun.

“Directed energy technologies like the railgun are the future of naval warfare as they provide superior lethality and greater economy than existing weapons,” Weekes added. “In the case of the railgun, this translates into an ability to launch projectiles at speeds that exceed the capability of conventional gun technology.”

While engaged in hands-on railgun research for the Institute of Advanced Technology (IAT) at the University of Texas, Mark began advising the Navy on its promising Electromagnetic Railgun Program in 2001. At the time, the institute was the center of railgun research in the United States.

Mark — former secretary and undersecretary of the Air Force as well as the former director of the National Reconnaissance Office — introduced young railgun leaders from NSWCDD to key Pentagon decision-makers.

Hogg served as the Director of the SSG from 1995-2013 where he actively explored and conceptualized the future of naval warfare. During that time, a number of the annual SSG studies examined the potential of the electromagnetic railgun from multiple perspectives.

“Dr. Mark worked closely with the SSG on various aspects of warfighting — propulsion, directed energy, and most significantly — railgun,” Hogg said as he gave his keynote speech, crediting the pioneers of the railgun effort. “Mark believed deeply in the ability of smart and dedicated engineers to overcome the challenges. I can tell you from personal observation that every time Navy leadership had technical questions and wondered about the SSG’s work on the railgun, they would go to Dr. Hans Mark to get the bottom line answer they were looking for in terms of the technical soundness of this program. Hans came through every time.”

NSWCDD engineers briefed the visitors on the hypervelocity projectile — a next-generation, guided projectile capable of completing multiple missions for gun systems such as the Navy 5-inch, 155mm, and future railguns.

Hogg gave an in-depth, historical account of the technical challenges solved time after time as the technology advanced. “What you saw today,” Hogg said as he spoke to the audience, “is the hypervelocity projectile — it’s the next generation of what the SSG was proposing.”

The retired admiral recounted former CNO Adm. Jay Johnson’s support for the electric drive with an integrated power system (IPS) networked across the ship that can, “generate



John F. Williams
Retired Adm. James Hogg, left, and Dr. Hans Mark pose with the plaques that bear their names and will be installed on the electromagnetic railgun line at Naval Surface Warfare Center Dahlgren Division.

enough electrical energy to propel a projectile 300 miles and beyond.” IPS provides for all of a ship’s electrical needs, including propulsion and ship service loads.

The Navy’s first combatant ship with an electric drive integrated power system is the guided missile destroyer DDG 1000 USS Zumwalt, commissioned two years ago.

“Zumwalt was built for railgun,” Hogg said. “The SSG’s efforts at railgun conceptual development were completed in 2001 — their mission accomplished.”

A few years later, railgun would become a funded program at the science and technology level of development supported by the Office of Naval Research (ONR) and the Naval Sea Systems Command (NAVSEA).

“The ability to do the things you just explained to us is really fantastic,” Mark said as he addressed Hogg during his brief speech. “We are now in a period of stress and, therefore, the military services and the weapons that we make have to be improved. This is the story of railgun. I am very pleased and honored to be with all of you.”

“Just the thought of this recognition is both exhilarating and humbling. Exhilarating because of your strong support since the whole idea started 10-12 years ago. Humbling because it is not about me,” Hogg said as he named early advocates and pioneers of the electromagnetic railgun as well as, “150 SSG members collaborating in creative thought for five years who really made it possible, which means it’s all about the SSG team.” He added, “I thank the SSG, NAVSEA, ONR, Navy leadership, railgun scientists and engineers wherever you may be. I thank all of you most genuinely.”

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

LECTURES | Architecture series

Continued from B1

the majority of his naval career, which spanned 27 years before he arrived at Carderock in September 2016.

“Twenty-three of those 27 years I spent in the DDG 51 program in one way or another, either as part of the wardroom on one of the destroyers, or at a Supervisor of Shipbuilding where those ships were being built, or in a program office where the ships were being managed, or in the Pentagon as an action officer where that program was in my portfolio,” Vandroff said.

The first DDG 51 was funded by Congress in 1985. Vandroff noted that about half the audience wasn’t even born before then and a handful of the audience actually was part of the early design efforts of DDG 51.

“I know of no program in the history of the Navy that benefited more from solid up-front systems engineering than the DDG 51 program,” Vandroff said, adding that this was an emotional statement without factual basis. “Its longevity is a testament to that systems engineering.”

Vandroff said the ship benefited from great systems engineering and great design, down to the way the berthing was designed in order to be more survivable and to be more redundant, to the overall survivability, reliability and ease of maintenance, to the hull form and to the propulsion system.

“It was a disciplined process and most importantly, it had, throughout its lifetime, good engineering, good systems engi-

neering, disciplined approach to design, disciplined approach to change, that served the program well,” Vandroff said.

Vandroff described the acquisition process of the DDG 51 and how the acquisition strategy changed over time as the quantity, the industrial base and the requirements changed. He also talked about the cost of the ship itself and how over the history of the ship, once the cost of initial design came down, there has been a fairly steady cost, which is also a testament to good systems engineering.

“It means you have to be disciplined in your change-management processes,” Vandroff said. “And you can’t be disciplined in your change-management process if you don’t have engineers that understand the systems engineering behind the systems that you change or upgrade.”

Vandroff said total ownership cost (TOC) has to be taken into consideration in systems engineering, adding that if something is very expensive to operate, even if it’s free at the front end, it’s no good to the customer.

“So, balancing what you pay upfront versus what you pay downstream to operate whatever thing you’re creating has always been a part of systems engineering,” Vandroff said, comparing TOC to baseball. “It’s a game of a lot of singles, I would urge you, don’t look for the one big solution, the home run, it doesn’t exist. You try to work it down one at a time, a little bit at a time and you never stop. The way you get the win is not with any one breakthrough. It’s dedicated teams of engineers working those singles throughout the entire production run of an acquisition program.”

Vandroff also used the teachings of Aristotle when talking about building ships. In Aristotle’s Ethics, he said that virtue existed at the midpoint between two different vices. Vandroff

used courage as an example.

“Too little courage and you’re a coward, too much and you’re a lunatic,” Vandroff said. “True courage is the middle point where you’re willing to take risks when it’s prudent, when it means something, when there’s some possible return for the risk.”

Vandroff said he thinks that when designing ships, a good ship is a mean point between two extremes. A ship that’s reconfigurable is a balance between it being overly malleable and overly survivable, and the balance between cost and performance is affordability.

He also said the longevity of the DDG program, which will probably span 40 years from funding the first ship in 1985 to funding perhaps the 90th ship in 2025, is pretty remarkable, adding that systems engineers should make that the standard.

“I want to design a ship that will be affordable today and then perhaps 40 years from now, people can still be buying some version of that and have it still be relevant and have it still be something that the warfighter needs,” Vandroff said.

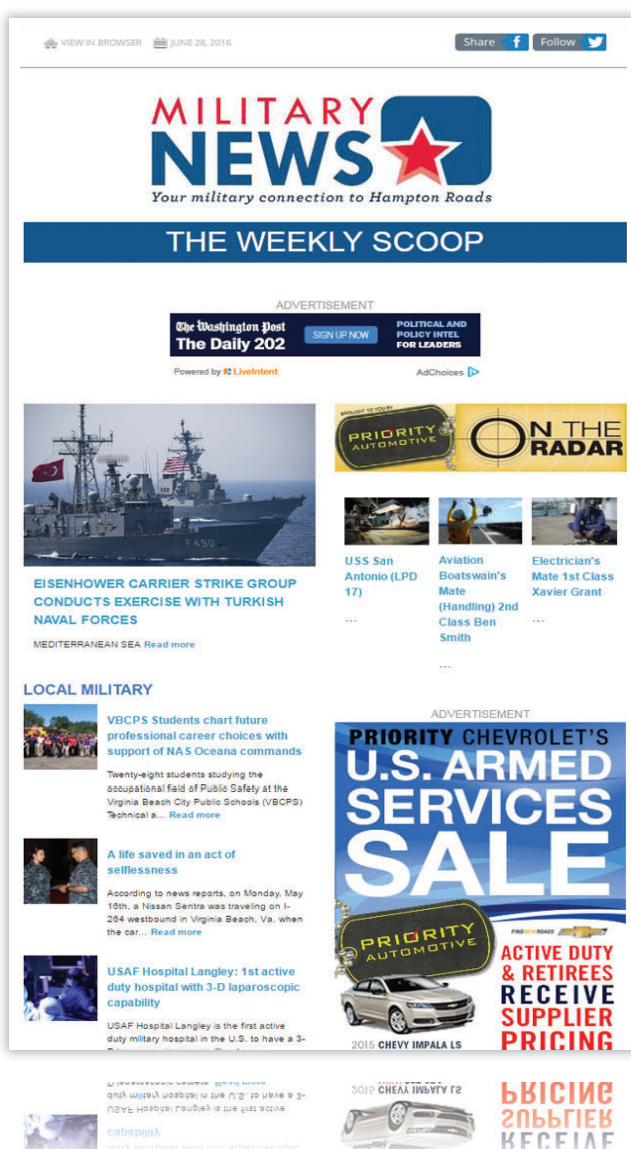
In response to a question about the ship requirements and engineering not necessarily going hand-in-hand, Vandroff said Rear Adm. Tom Druggan, commander, Naval Surface Warfare Center, is trying to drive that awareness across the Navy, trying to make systems engineering part of the requirements generation.

“I think that set-based design offers us a unique tool to help inform the requirements process,” Vandroff said. “And I think we are starting to see that.”

For more news from Naval Surface Warfare Center Carderock, visit www.navy.mil/local/nswcc/.

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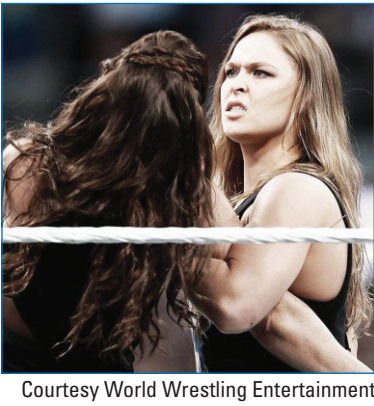


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Ronda Rousey signs with WWE.

Ultimate Fighting Championship (UFC) star “Rowdy” Ronda Rousey made her official WWE debut as a Superstar by making a surprise appearance at the end of the Women’s Royal Rumble match last month. Read about it, and other WWE news!

» See C4



Hampton Roads Convention Center Welcomes the Return of the Eighth Annual Hampton Roads Tattoo Arts Festival

Whether it’s a full sleeve, or just a little secret symbol on the inside of your ankle, tattoos have become massively popular over the last several years. For some it’s a whim on a crazy Saturday night, but for others, it’s a lifestyle. One thing’s for certain, tattoos are an art form, created by masters of the ink and can be admired similarly to any other kind of art. This weekend, in Hampton, it’s time to celebrate the world of ink!

On March 2-4, the Hampton Roads Convention Center welcomes the return of the Eighth annual Hampton Roads Tattoo Arts Festival. Presented by Folk City Tattoo and Twisted Ink magazine, this highly anticipated event will celebrate all aspects of the tattooing industry and welcome talented artists from across the country. This year the festival will once again take up two exhibit halls!

During the event, interested attendees have the option of speaking with tattoo artists from across the country and having the work performed on-site at the convention center. The cost of each tattoo is in addition to the entrance fee and is negotiated between customer and artist. Please note that many artists book fast and the best way to secure a tattoo at the festival is to set appointments with artists before the event.

“This year we have roughly 300 tattoo artists,” said Cann. “If you want to meet many great custom tattoo artists all under one roof, this is the festival to attend.”

The festival will feature several new and returning contests and activities, including the Sixth annual Kids Temporary Tattoo Contest and Best Booth. The Kids Temporary Tattoo Contest (ages 12 and under) will take place on Sunday, March 4 with up to 30 participants receiving a ribbon. First, Second, and Third place winners will receive trophies. In addition, there will be a new free game section for both adults and children.



Another big highlight of this year’s festival is the Seventh annual Miss Hampton Roads Pin-Up Girl Contest, taking place Saturday, March 3. Twenty pre-selected finalists will show in their pin-up inspired garb of the 50’s, 60’s, and 70’s to compete for top prize (\$2500 in total prizes, including \$1000 cash).

On Sunday, March 4, Family Day returns to the Hampton Roads Tattoo Arts Festival! Attendees will enjoy an expanded family area, with plenty of activities for the little ones, including a bounce house, balloon animals, and more.

In addition to all of the scheduled activities and events, the Hampton Roads Tattoo Arts Festival is happy to welcome The Olde City Sideshow, a fully scalable immersion performance that encompasses the ‘Old City’ stylings of Vaudeville, Burlesque, and the historical sideshow acts mixed with Philadelphia’s counter-culture influences.

Other highlights of this year’s festival include daily categorized tattoo contests, art vendors, tattoo supply vendors, BMX Stunt Team, Carnival of Curiosity and Chaos, live mural painting, and more.

HAMPTON ROADS TATTOO ARTS FESTIVAL

- COST**
- \$25 Daily
 - \$45 Weekend Pass (includes all three days)
 - \$35 Military Weekend Pass
 - 12 and under free
- HOURS**
- Friday, March 2, Noon until 11:00 p.m.
 - Saturday, March 3 11:00 a.m. –11:00 p.m.
 - Sunday, March 4 12:00 p.m.–8:00 p.m.
 - All ages welcome. Some adult content.
- MUST be 18 or older to get a tattoo.**



Photos by Charles Long
Hampton RoadsTattoo Festival attendees get inked at last year’s event.



Courtesy Dominion Energy
Dominion Energy workers successfully restored power to 2,000 Puerto Rican homes ravaged by severe storms in 2017.

Dominion Energy restoration workers return from Puerto Rico

Workers restored power to 2,000 homes

By Mike Doyle

Last week, 82 Dominion Energy employees returned safely from their month-long restoration mission in Puerto Rico, welcomed by family, friends, and colleagues after a job well done. When they arrived, only 50% of the Puerto Rican residents had power. But thanks to their efforts and others from across the country who joined the massive effort, more than 80% of the residents now have power

Restoration workers faced harsh conditions on the island—14-hour days under a hot, burning sun, intense humidity, exotic animals and treacherous roads/traffic conditions.

Despite the challenges over the last four

weeks, they installed 226 new poles, re-worked hundreds more, and replaced more than 14 miles of power lines that had been damaged by storms. It was painstaking work to get the lights on in the hard-hit area of Carolina (about 30 minutes northeast of San Juan), but 2,000 more homes on the island are now lit at night and have air conditioning and refrigeration.

What the crews will remember most, however, is the excitement and appreciation shown by the residents, who shared their stories and cooked homemade meals for the crews as a token of gratitude.

Restoration teams from other utilities will continue to arrive on the island to aid the recovery effort, however it is still a long road to fully recovering from the devastating storm damage.

JEKYLL AND HYDE: THE MUSICAL

Madness takes over Sandler Center this Weekend



Photos courtesy Virginia Musical Theatre
Constantine Maroulis stars in Jekyll & HydeThe Musical this weekend.

By Yiorgo

Virginia Musical Theatre (VMT) is very proud to announce the exclusive engagement of international star Constantine Maroulis as Dr. Henry Jekyll, who brings his Broadway and National Tour experience in Jekyll and Hyde The Musical.

Now entering its 27th season, and with more than 100 different Productions produced by VMT, it remains the only professional arts organization in Hampton Roads devoted exclusively to musical theatre.

Each year, VMT produces four musicals, generally two contemporary and two from the classical Broadway annals, that bring together the finest professional performers from Broadway, touring circuits and the Virginia region with leading musi-

cians, designers and young theatre aspirants.

This weekend we in the Hampton Roads area are very fortunate. VMT is presenting Jekyll and Hyde The Musical with Constantine Maroulis reprising his Broadway and National Tour role of Dr. Henry Jekyll.

And now, our interview with Constantine Maroulis.

Yiorgo (Y): Constantine, I like you am very proud of my Greek Heritage. Where in Greece are your grandparents (Papou, Yiayia) from?

Constantine Maroulis (CM): My papou and yiayia are from Kefalonia. On both sides they are Epirotes.

Y: And you, where were you born and who inspired you to be an entertainer?

» See MUSICAL | C5

Calendar

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

Virginia Musical Theatre presents Jekyll and Hyde
■ March 2–4, 8 p.m. \$58, \$48, \$20
■ Sandler Center for Performing Arts
201 Market Street, Virginia Beach, Virginia 23462
■ 757-385-2555
■ www.sandlercenter.org

The epic struggle between good and evil comes to life on stage in the musical phenomenon, Jekyll & Hyde. Based on the classic story by Robert Louis Stevenson and featuring a thrilling score of pop rock hits from multi-Grammy and Tony-nominated Frank Wildhorn and double-Oscar and Grammy-winning Leslie Briscusse, Jekyll & Hyde has mesmerized audiences. An evocative tale of two men – one, a doctor, passionate and romantic; the other, a terrifying madman, and two women- one, beautiful and trusting; the other, beautiful and trusting only herself, both women in love with the same man and both unaware of his dark secret. A devoted man of science, Dr. Henry Jekyll is driven to find a chemical breakthrough that can solve some of mankind’s most challenging medical dilemmas. Rebuffed by the powers that be, he decides to make himself the subject of his own experimental treatments, accidentally unleashing his inner demons along with the man that the world would come to know as Mr. Hyde. Directed by Chip Gallagher.

Corey Smith in Concert
■ March 3, 9 p.m. \$20, \$25
■ Boathouse Live, 11800 Merchandts Walk
Newport News, VA 23606
■ www.boathouselive.com

The way Corey Smith sees it, he owes a debt to his fans. And it’s one he is determined to repay with his 10th album, While the Gettin’ Is Good. The project, released on Sugar Hill Records, marks the first time that the singer-songwriter, a wildly popular touring artist who has produced all of his past efforts, has turned over the reins to a bona fide country music producer in Keith Stegall. The result is Smith’s most ambitious record yet, as well as a return on the investment made by the fans who have supported him since his first album in 2003.



Jeezy comes to The Norva March 6 at 8 p.m.

Jeezy in Concert
■ March 6, 8 p.m. \$42 advance, \$50 day of show
■ The Norva, 317 Monticello Avenue,
Norfolk, VA 23510
■ 757-627-4547
■ www.thenorva.com

No matter what is being supplied, a hustler is only as good as his word. With Atlanta serving up some of the hottest product in the rap game, native son Young Jeezy stands as one of the most exciting merchants of cool to emerge in years. Thanks to underground testimonials like “Air Forces” and “Chuuch,” Jeezy’s street swagger and authentic style has quickly made believers out of some the biggest players in the game, from Fabolous to P. Diddy.

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RED SPARROW (R) Fri. Thru. Sun.:12:15, 3:20, 6:25, 9:30 Mon. Thru. Thurs.: 12:20, 3:40, 6:45, 9:50 BLACK PANTHER (PG-13) Fri. Thru. Sun.: 10:00, 11:00, 11:30, 12:00, 1:00, 1:30, 2:00, 2:30, 3:00, 4:00, 4:30, 5:00, 5:30, 6:00, 7:00, 7:30, 8:00, 8:30, 9:00, 10:00, 10:30 Mon., Tues., Thurs.: 11:30, 12:00, 12:30, 1:00, 1:30, 2:30, 3:00, 3:30, 4:00, 4:30, 5:30, 6:00, 6:30, 7:00, 7:30, 8:30, 9:00, 9:30, 10:00 Wed.:11:30, 12:00, 12:30, 1:00, 1:30, 2:30, 3:00, 3:30, 4:00, 4:30, 5:30, 6:00, 6:30, 7:00, 7:30, 8:30, 9:00, 9:30, 10:00 PETER RABBIT (PG) 10:45, 1:05, 3:25, 5:45, 8:05, 10:20 Mon., Tues., Thurs.: 12:05, 2:25, 4:50, 7:05, 9:25 Wed.: 12:05 pm Sun.: 10:45 am	DEATH WISH (R) Fri. Thru. Sun.: 11:45, 2:20, 4:55, 7:30, 10:05 Mon. Thru. Thurs.: 11:45, 2:15, 4:45, 7:15, 9:45 THE GODFATHER (R) 3/4 & 3/7: 2:15, 7:15 GAME NIGHT (R) Fri. Thru. Sun.: 10:15, 12:40, 3:10, 5:35, 8:10, 10:40 Mon. Thru. Thurs.: 1:00, 3:25, 6:00, 8:25 THE 15:17 TO PARIS (PG-13) Fri. Thru. Sat.:10:35, 12:55, 3:15, 5:40 Wed. & Sun.: 11:15, 5:15, 10:15, 8:05, 10:35 50 SHADES FREED (R) 8:05, 10:35 Mon. Thru. Thurs.: 7:20, 9:50 Sun.: 8:05, 10:35
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GARDEN BROTHERS CIRCUS BRINGS THREE PERFORMANCES TO THE CONSTANT CENTER ON MARCH 17

GARDEN BROTHERS CIRCUS celebrates over 100 years of entertaining families throughout North America and the all new, fast paced, totally exciting show is returning to the Constant Center for three performances on Saturday, March 17 at 1:30, 4:30 and 7:30 PM.

Come see the all new GARDEN BROTHERS CIRCUS. With concert-style lighting and 3 rings bursting with excitement, laughter and memories that families will cherish. They have brought the very best performers from 18 countries making up a cast of 60 performers. Come see acts like the Human Pyramid, Daring Ariel Artists, 6 Motorcycles in the



Sphere of Fear, Chinese Acrobats, Death Defying Trapeze Contortionists, Clowns, Jugglers as seen on America’s Got Talent, animals and more.

Reserved VIP tickets ringside are \$41 for adults and \$23 for children. GA seating tickets are \$31 for adults and \$13 for children. Tickets are on sale now and can be purchased at YnotTix.com, the Constant Center Box Office, or by calling 877-YNOTTIX.

Free children’s tickets have been distributed at all elementary schools, pre-schools, day care centers and churches. Free Tickets are also available at sponsoring businesses in the area.

Become a paramedic in months, not years, thanks to two TCC programs

If you’re already a certified emergency medical services provider and you’d like to advance to paramedic, Tidewater Community College can get you there quickly beginning in March.

Students who have achieved Emergency Medical Technician (EMT) -Intermediate certification can bridge to paramedic in just 20 weeks by completing TCC’s “Intermediate to Paramedic Boot Camp.”

Classes meet twice weekly at the Regional Health Professions Center on the Virginia Beach Campus with flip/flop options available to accommodate shift schedules.

To be accepted into the program, applicants must be Virginia-certified Intermediates and pass the entry capstone exam. A mandatory two-week review course in preparation for this exam comprises the first two weeks of boot camp. EMT-Intermediates certified within the last year do not need to complete the capstone exam.

Classes for boot camp begin March 20-21 and conclude Aug. 4–5.

“The boot camp program is our newest addition,” said Jason Ambrose, head of the EMT program at TCC. “This program was designed for the practicing Intermediate looking to bridge up quickly while still working.”

Current EMTs can also advance their careers via TCC’s Accelerated Paramedic program. Classes meet nearly every weekday for five months starting March 5.

“The Accelerated Paramedic program is ideal for those with some existing medical knowledge, such as independent duty corpsmen, looking to transition to a new career in the EMS or fire industries,” Ambrose said.

Four rounds of clinical rotations are part of both programs. TCC will offer the national exam in the Regional Health Professions Center on Aug. 10.

Students can stack all their credits toward TCC’s Associate of Applied Science in Emergency Medical Services.

TCC offers the largest program in emergency medical services in the state. All of the college’s EMS programs are nationally accredited.

Easter Bunny Hops Into Bunnyville at MacArthur Center!

Family-Friendly Events Start Friday, March 9

A sure sign of spring is the arrival of the Easter Bunny, and those on the bunny trail will soon find him hoppily settled in his new home in Bunnyville in Center Court at MacArthur Center. Beginning Friday, March 9, Hampton Roads’ premier shopping destination is the springtime setting for keepsake photos with the Easter Bunny, including a special Easter breakfast, visits and photos with Calming Bunny and pet photos with the Bunny!

Family Photos with the Easter Bunny

Fri., March 9–Sun., March 25
• Monday–Thursday: 10 a.m.–8 p.m.; Friday–Saturday: 10 a.m.–9 p.m.; Sunday: Noon–6 p.m.
Mon., March 26–Sat., March 31: 10 a.m.–9 p.m.

The Easter Bunny eggcitedly awaits visitors in Bunnyville, a charming photo backdrop featuring a Hoppin’ Fresh Bakery, a Hare Salon, a 24 Carrot Bank and a Bunny House. Children, teens, adults and families are invited to visit the Bunny and capture the moment with high-quality digital keepsake photos. Greet him on Friday, March 9 at 10 a.m. Photo package prices range from \$24.99–\$39.99.

Military Discount

As a way to say thank you to our military, MacArthur Center will offer a 10 percent off discount on Photo Packages A-D for anyone with a valid military ID.

Join our Oh, So Simple Rewards Program

Take advantage of this egg-cellent hop-portunity! Become a member of our Oh, So Simple Rewards program and earn \$10 with every \$250 you spend.

Every Saturday from March 10-March 25 from noon-4 p.m., anyone who signs up for our Oh, So Simple Rewards program (see our ambassadors near Bunnyville) will receive a complimentary tote bag.



Courtesy MacArthur Center

Barnes & Noble Story Time with the Bunny in Bunnyville
Sat., March 10, Tue., March 13 and Wed., March 14, 10 a.m.

Enjoy an Easter themed storytime in Bunnyville.

Calming Bunny

Sun., March 11, 9–11 a.m.
The Easter Bunny understands that some children need extra patience and quiet time when they visit. Calming Bunny is a welcoming environment for children with autism and special needs to visit with the Easter Bunny in a more soothing and sensory-friendly environment. Reservations are required. Register by clicking here or calling 757-314-4402. Limited to 50 families.

Pet Photos with the Bunny

Sun., March 18, 6:30–8:30 p.m.
Proving that dogs and cats indeed get along with rabbits — at least those of the large, magical sort, MacArthur Center welcomes pets for a night of furry photos. Regular Easter Bunny photo packages apply. Dogs and cats only; need to be leashed or in carriers, please. See details here.

Breakfast with the Bunny
Sat., March 24, 8-9:30 a.m.
What does the Easter Bunny eat for breakfast? Breakfast pizza, of course. Kids of all ages are invited to hippity hop to California Pizza Kitchen for a special breakfast with the Bunny featuring breakfast pizza, juice and coffee and a chance to rub furry elbows with the Easter Bunny. Seating is limited and available on a first-come, first-served basis. All ages are welcome; prices are \$7 for kids and \$8 for adults.

Sports

RONDA ROUSEY SIGNS WITH WWE; ELIMINATION CHAMBER DETERMINES WRESTLEMANIA MATCH-UPS

By Jonathan McLarty
Contributing Writer

World Wrestling Entertainment (WWE) is on the road to WrestleMania 34 after a successful Elimination Chamber pay-per-view event on Feb. 25. Superstars of the Monday Night Raw brand competed at the event, broadcast from Las Vegas, NV. The night was headlined by two Elimination Chamber matches – one for the Male Superstars, and the first of its kind for the Women Superstars.

The Elimination Chamber is a steel structure that contains four pods within it that release competitors in timed intervals. Another first for this year's Elimination Chamber was that seven competitors were in the Men's match, resulting in the match beginning with three men – The Miz, Finn Bálor, and Seth Rollins. Roman Reigns was able to survive the Chamber match against those men, as well as Braun Strowman, Elias, and John Cena. The stage is now set for Reigns to compete for Brock Lesnar's WWE Universal Championship at WrestleMania 34 on April 8. Although Reigns eliminated Strowman last to win the match, Strowman eliminated each of the five other individuals in an impressive performance.

Raw General Manager Kurt Angle signed former Ultimate Fighting Championship (UFC) star "Rowdy" Ronda Rousey to a contract for the brand. Rousey made her official WWE debut as a Superstar by making a surprise appearance at the end of the Women's Royal Rumble match in January. Triple H and Stephanie McMahon (The Authority) joined Rousey and Angle at the contract signing. As Rousey went to sign her contract, Angle remarked that Triple H and McMahon solicited

Rousey to compete in WWE after their unpleasant run in with her at WrestleMania 31. Rousey ultimately signed her contract, but not before suffering a slap to the face from McMahon and slamming Triple H through a table. Will a showdown with The Authority at WrestleMania be in Rousey's plans?

Raw Women's Champion Alexa Bliss retained her title inside the Elimination Chamber against Bayley, Sasha Banks, Sonya Deville, Mandy Rose, and Mickie James. Asuka, the undefeated Superstar who won the Women's Royal Rumble match, appears to be competing against Bliss at WrestleMania 34 for the Raw Women's Championship. There was the possibility of this WrestleMania contest becoming a triple-threat match, but Asuka was able to defeat the powerful Nia Jax in a singles match at Elimination Chamber to prevent Jax's addition.

WWE's SmackDown Live Superstars will present Fastlane on March 11. Currently announced for the event is a five-way WWE Championship match between Champion AJ Styles, Kevin Owens, Sami Zayn, Baron Corbin, and Dolph Ziggler. WWE SmackDown Women's Champion Charlotte Flair will be defending her title against Ruby Riott. Fastlane, along with all past and future WWE pay-per-view events can be viewed on the WWE Network. For all of the latest WWE news and to subscribe to the WWE Network, visit WWE.com.

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

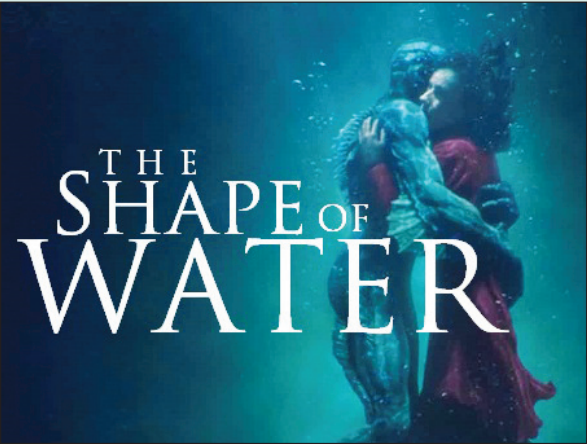
WWE Superstar Roman Reigns at a 2017 WWE Live event. Reigns will be competing against WWE Universal Champion Brock Lesnar in a title match at WrestleMania 34.

Courtesy Jonathan McLarty



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an other-worldly fairy tale, set against the backdrop of Cold War era America circa 1963. In the hidden high-security government laboratory where she works, lonely Elisa is trapped in a life of silence and isolation. Elisa's life is changed forever when she and co-worker Zelda discover a secret classified experiment.



Courtesy Fox Searchlight

JEB Little Creek, Gator Theater – 462-7534

NAS Oceana, Aero Theater – 433-2495

Friday, March 2

6 p.m. Winchester: The House That Ghosts Built (PG-13)
9 p.m. The Shape Of Water (R)

Saturday, March 3

1 p.m. Paddington 2 (PG)
5 p.m. Winchester: The House That Ghosts Built (PG-13)

Sunday, March 4

1 p.m. Paddington 2 (PG)
4 p.m. Den Of Thieves (PG-13)
7 p.m. The Shape Of Water (R)

Friday, March 2

6 p.m. The Shape Of Water (R)
9 p.m. Winchester: The House That Ghosts Built (PG-13)

Saturday, March 3

12 p.m. Paddington 2 (PG)
3 p.m. The Commuter (PG-13)
7 p.m. The Shape Of Water (R)

Sunday, March 4

12 p.m. Maze Runner: The Death Cure (PG-13)
3 p.m. The Shape Of Water (R)
6 p.m. 12 Strong (R)

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

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Arts & Entertainment

MUSICAL | *Interview with Constantine Maroulis*

Continued from C1

CM: I was born in Brooklyn but at a young age we moved to Wyckoff, New Jersey.

and that is mainly where I grew up with an excellent public school system and I was always into the arts and sports. My brother Athanasios who is quite older then me is a professional musician and goes by the name Athan. I always kinda worshiped him. Also I have a sister she is a principal of a public school. I always had the support of my family. They were not overly excited but it was undeniable once I got to high school.

After graduation I moved to New York, started auditioning, played in bands and went to drama school a little later in life at the age of 22-23 at Boston Conservatory, Berkley College of music.

After college I did a lot of things with the big one being Rent playing the lead Roger. It was a big Broadway show and I took it on the road for a year or two, and that led me into American Idol.

Y: Tell us about your experience with American Idol?

CM: A girl I knew said let's go audition for this TV show. I had never seen it, I heard of it but with being at school on the road everyday it was hard back then, so we just kinda went for it and things started to fall in place after that.

It was an incredible experience for me, a great platform, I'm looking forward to the new season, it's a great show and everyone needs an opportunity. I was so grateful for the opportunity I had.

It's funny by the time I was on the show, I was a little older 28-29, and I was the first man they had on the show because they had upped the age at that time. So let's just say that I was very close with all the adults that were on the set, on camera or behind the scenes. It was a great time in my life and it continues to be. I've been a big part of the Idol's family and continue to be. I am the only one nominated for a Tony, so it's been a nice thing for me to represent. Last year I was a big part of the series finale, I got to mentor on the show, and I hope to be a part of the new series as well.

Y: Let's talk about Jekyll and Hyde. Tell us abut your first time in the role and why are you doing it again?

CM: Over the years I established a great relationship with the Nederlander family, I did Rock of Ages with them and it was a big hit. Nick Scandalios is the Executive Vice President of the Nederlander Organization, and a big fan of mine. I was doing a show out

of town and he approached me about doing Jekyll and Hyde, that they were reviving it. It was a great show on Broadway, it ran for years but it had some problems and artistically it changed many times. I knew it was a big challenge and ultimately I just wanted the challenge. I toured it for a year, and we had a limited run on Broadway. It was an incredible experience and I made a ton of money, got incredible reviews, bad reviews, and at

“The true artistic message of this show is that it’s really Henry Jekyll’s story. He is an idealistic doctor who ultimately is trying to save his father who is schizophrenic, psychopathic. It’s story about family and love and passion and the quest of all things good and peaceful and to rid the world of evil and destruction and war.”

Constantine Maroulis

the end it was a great experience. Then I just kinda put it away.

This opportunity kinda came out of nowhere. The Virginia Musical Theatre is a great group in residence at The Sandler Center, that incredible venue at the Towne Center. They run the program out of the Governor's School, tons of incredible, talented kids have come out of the school, many I've worked with on Broadway and beyond, like Adrienne Warren and Emmy Raver-Lampman. You know, alumni so it was a perfect



Courtesy Virginia Musical theater
Americal Idol alum, Constantine Maroulis, plays Dr. Jekyll and his vicious alter-ego Mr. Hyde in “Dr. Jekyll & Mr. Hyde: The Musical.”



partnership to do a few master classes at the Governor's school. It's something I'm very passionate about helping kids and they were doing Jekyll and Hyde and wanted me to star in it. Even for the limited amount of time, I think it's ideal to bring in a star who has done the role before.

Chip Gallagher is directing it and he is a great guy and has been very cool about implementing some changes from my Broadway production, and other changes from the original production. Tiffany Hoss has also been on Broadway has done Wicked, and other things and is playing opposite me and Mia is playing Lucy is a bundle of energy and an incredible singer.

It's short little run but this show kicks my behind, especially the way I sing it, it's a lot and I'm five years older now. It's definitely very taxing especially when you are not training for the long run of the show. I'm looking forward to it it's going to be great!!

Y: Why should people see this show, what is the message behind it?

CM: That's a great question. The true artistic message of this show is that it's really

Health & Fitness

3 formerly misunderstood foods now a part of a well-balanced diet

From Brandpoint

Throughout history, misconceptions, misinformation and popular culture have influenced Americans' eating habits. Many foods that were previously eaten daily are now considered unhealthy. Conversely, some foods that were thought to be “bad for you,” are now considered nutritious.

“Nutrition is exciting. Just about every day there is new research about how certain foods work in our body,” says Registered Dietitian and Nutritionist Dawn Jackson Blatner. “Over time as research is done, foods that were once considered unhealthy can be found to actually play a key role in healthy diets.”

What historically “unhealthy” foods are now considered wholesome? Blatner provides some examples:

Eggs

Shunned for many years, eggs were believed to be bad for heart health due to high cholesterol levels. However, numerous studies have shown that intake of dietary cholesterol has little influence on blood cholesterol levels. In fact, the Harvard School of Public Health states that the biggest influence on blood cholesterol level is the mix of fats and carbohydrates in your diet — not the amount of cholesterol you take in from food.

Today, eggs are part of a healthy diet — so much so that recently the country's leading weight loss service announced that eggs are now included on its zero points list. Keep in mind, though, that not all eggs are created equal. When shopping for eggs, look for Eggland's Best eggs, which have significantly more nutrition than ordinary eggs.

“Many health and nutrition organizations are finally recognizing eggs for the nutrient powerhouse they are,” says Blatner. “Eggland's Best eggs have six times more vitamin D, more than double the omega-3s and more than double the vitamin B12 of ordinary eggs, making them the best egg option to maximize your nutritional intake.”

Nuts

Snacking on nuts today is typically considered a healthy way to keep hunger pangs at bay, but it wasn't always that way. Nuts used to have a bad reputation for being high in fat and calories, and were often avoided, especially for people who wanted to lose weight.

Today, many nuts are considered the ideal nutritious snack as they contain heart-healthy monounsaturated fats. For example, the versatile almond is relatively low in calories when compared to other nuts and has more calcium than other varieties, according to Health.com. Plus, almonds are rich in fiber and vitamin E, an important antioxidant.

“Nuts can make a great snack or wonderful addition to recipes,” says Blatner. “The one thing to be mindful of is sodium intake. Opt for raw nuts or dry-roasted varieties. These are minimally processed and typically won't contain the salt and oils you'll find in other varieties.”

Carbohydrates

Due to empty calories and low nutritional value, cutting carbs has been at the heart of diet



Courtesy Brandpoint

fads for decades. The problem with this is that it assumes all carbs are equal, which is false.

“The important thing to realize is there are high-quality and low-quality carbs,” says Blatner. “Instead of shaming all carbs, focus on high-quality sources of carbohydrates that fuel the body and give you energy — skip the refined grains like white bread and focus on whole grains.”

Want to try a recipe that uses some of these formerly misunderstood foods? Blatner shares one of her favorites.

Eggland's Best Spinach & Avocado Egg Sushi

Makes two servings.

Ingredients:

2 Eggland's Best Eggs (Large), 1 tablespoon milk, 1 dash of salt, 1 dash of ground black pepper, 1 large whole wheat tortilla (12 inch), 1/2 avocado (mashed), 1 cup fresh baby spinach

For the spicy sauce:

Mix 2 tablespoons plain Greek yogurt, 1 tablespoon Sriracha (or other hot sauce) and 1 teaspoon milk in a small bowl.

Directions:

Coat a 10-inch nonstick pan with cooking spray and heat on medium-low heat.

In a bowl, whisk together eggs and milk and season with salt and pepper.

Pour egg mixture into pan and cover with a lid. Do not scramble! Cook until set (about 3-4 minutes), flip and finish cooking (about 1-2 minutes).

Lay tortilla flat and spread with avocado, leaving a 2-inch border around the edges.

When eggs are finished cooking, place in the center of the tortilla and top with spinach.

Start at one end and roll tightly, but gently.

Coat the same skillet with nonstick spray and warm on medium-high heat.

Place roll seam-side down on skillet and brown slightly on both sides. Remove and allow to rest for 1-2 minutes.

Using a serrated knife, slice 1-inch pieces, drizzle with spicy sauce and serve with chopsticks.

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Golden Retriever Pups-AKC, English creams, vet ck, M/F. \$1200. 757-642-0805, 757-642-0833 or galspups@aol.com

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

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

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

Long Hair German Shepherd Pups-Red & black, 8 wks old, 1st shots, dewormed, vet checked, family raised, mother & father on premises, \$1000. 757-894-2485.

Maltese and malpoo puppies for sale. Small and cute. Ready for there new homes. Vet checked and registered. Asking 900. to 1000. Call 252-315 6649

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

Shepherd/Golden Retriever Mix Pups Ready now. 1st shots & deworming. \$400. 252-357-4829, 252-548-8327

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, 757-481-0106.
Topsoil-Mulch
#01A Black Sifted TOPSOIL
6 yds \$205, Mulch \$25/yd, compost \$30/yd. Rock, Sand & Firewood. D. Miller's, 482-5083

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Ports for Unpd RE Tax-1 Cammy Cir 3/14, 10 AM. VAF 662 www.vaauctionco.com 538-0123
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CDL Class A Drivers OTR
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Church Secretary, PT, M-F, 9-1pm \$10.00 p/hr Gen Office Duties w/Microsoft Office, Great People Skills. Email LACCPrecacher@gmail.com

CHURCH SECRETARY - Experienced
Provide secretarial, clerical and Missionary travel arrangement support to Pastor. Call 628-1430 or email: executiveadmn@secondcalvary.org.

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Mechanics, Driver/Laborers, Subcontract License Required. Call 757-485-1323.

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Career Fair - Tuesday 3/6/2018
8:30-11:30am and 1:00-4:00pm
Mini Price Storage Corporate Office
2900 Sabre Street, Suite 75, Virginia Beach
Mini Price Storage is seeking highly motivated candidates to fill Customer service positions for call center and stores. Positions may also include management.

Must be flexible to work nights and weekends
2 years' customer service experience preferred.
Bring resume for on-site interview.

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PART TIME HOUSEKEEPER
Taylor Bend Family YMCA
Hiring for a team member in maintaining the cleanliness & attractiveness of the Taylor Bend Family YMCA. Weekday & weekend shifts available. Apply online: www.ymcasmh.org

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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
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Experienced crew & licensed captains may apply online @ Womarine.com or call 757-627-3440

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Lake Taylor Hospital is hiring for all Healthcare Related Positions. Visit our website at www.laketaylor.org for more information.
Virginia Beach Psychiatric Center www.vbpcweb.com

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Assess training needs, design, develop, implement, and evaluate training to support the Department of Human Resources and the University's strategic plan. Salary is commensurate with education and experience. Close Date is March 09, 2018. To review position requirements in full, and submit an application, please visit <http://jobs.odu.edu> postings/7525

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Maintenance Person
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5819 Northampton Blvd. Va. Bch. rms start at \$45.99 + tax daily & \$225+ tax wky. 460-1000.
Low Weekly Rates avail starting \$210 week. Oceanfront Hotel, 1719 Atlantic Ave. 757-425-5511

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

For Rent-Norfolk Apts
\$300 Moves You In. \$735 Mo.
Ingleside Square Apts. 3515 Gatling Ave. 466-8111

For Rent-Rooms
Ches. Square Area Rm in very quiet house with "no traffic". w/d, wif \$500 mo. (757) 285-4929

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

Greenbrier/Clearfield-Furn rm, kit priv's, cable, utills & Wi-Fi incld. \$175 per wk or \$680 mo. + deposit. Call Brian 757-472-3518.

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 340-4990.

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

Norfolk/Included Dm. Clean, Quiet, Cable, A/C. \$140/wk + Deposit. 757-718-0698.

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

Oceanfront-\$450 mo. Priv BR, share BA, access to everything. Good ref's. Must have job. 470-9869

South Norfolk Area Furn'd, cable, kit, privileges. 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.

VaBeach/Kempsville Pvt Rm 4-rent\$500/mo. (No smoker/drinker/drugs) employed, 757-467-1150

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

For Rent-To Share
Blocks From Beach, 3 BR Condo to share, male w/same, \$485/Utills Incl+ Sec. Dep. 425-1731

Nice, Convenient & quiet place, 2 BR, 1.5 BA, near bus line, close to base & college. \$350/mo. Call (757) 719-7696

For Sale-Home (All)


Wellington Estates in Smithfield, Virginia All brick 1 owner custom home 4 sale. 5BR,3 FBA, 2-1/2 BA, 2 MBR's (1 down, 1 up), 1/2 ac fenced yd, 2 car att gar + 2-car brick det gar w/fin rm upstairs. Semi-open fir plan that still allows privacy. Central Vac.Generator,2 fpls. Too many extras to list - A MUST SEE! Call owner 757-582-6248 for appt. Pre-Approval Tr Req. (Listed on Zillow/FSBO websites for info/pictures.)

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

For Sale-Mobile Home
10X56, in Chesapeake. 2 BR, 1 full bath, shed, deck, \$510 mo. lot rent. \$8000. 208-249-8962.

Antiques & Classics

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

Look! 4 corners!
Everyday moments can be learning moments with your kids. For more tips, visit bornlearning.org


Automobiles for Sale


AUDI 2012 R8 SPYDER QUATTRO R-TRONIC, CONVERTIBLE, 5.2L V-10 LAMBORGHINI ENGINE, PHANTOM BLACK PEARL EXT, TITANIUM LIGHT GRAY INT, LEATHER INTERIOR, LOW 17K MILES, CARBON FIBER OPTIONS, DIFFUSER, NEW TIRES, DEALER SERVICED, IN NEW CONDITION, CLEAR CARFAX, VERY RARE, CURRENT MADAGUIDE VALUE WITHOUT OPTIONS \$111,890.00, ON SALE FOR \$109,000. CALL OR TEXT @ 757-373-3257 VaDr



BENTLEY 2008 CONTINENTAL FLYING SPUR STUNNING CONDITION, V-12 TWIN TURBO AWD, LOW MILES, NAVY BLUE LEATHER INT WITH REAL WOOD TRIM, HEATED & COOLED SEATS, NEW TIRES & BRAKES, 20" BENTLEY RIMS, NAV, BLUE TOOTH, BACKUP CAMERA, CLEAR CARFAX, EXTREME PERFORMANCE, ELEGANT & LUXURY OVER \$8K IN OPTIONS, CURRENT BOOK \$63,000.00 REDUCED \$54,880. (757)373-3257 VaDr

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

CHEVROLET 2007 COBALT AC RECENT INSPECTION MUST SEE! GOOD MILES 3750.00 963-2299 TRINITY PRE-OWNED vaDr

Chevy 2009 Cobalt, 4 dr., Auto & AC. 69K mis., great buy. Only \$4995. 757-498-8306.

Chrysler 1999 LHS 1 owner, 63K miles, garage kept, perfect leather interior, \$2400, 757-575-2608

FOR SALE


Ford 1998 Mustang GT Convertible: 4.6L, auto., P/S, P/B, A/C, 160 miles, AM/FM/CD, Red/Black leather int. NEW: VA Insp. - Conv Top - Tires - Brakes - Tune-up, CarFax. \$3500 OBRO - 757-818-4590.

Ford 2002 Taurus SEL, 3.0, 4 door, 73K mis., fully loaded, sunroof, \$3800 obo. 228-6656.

Ford 2007 Taurus 4 door sedan bronze 6 cylinder in good condition with a uhaul tow for bike or light trailer automatic current inspection 260000 miles Call Ken @ 757-718-2980 or email khlhl@verizon.net \$850 cash or best offer

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I CAN GET YOU DRIVING TODAY.
CALL ANGELA 757-715-4636

Honda 2004 Accord EX, 4 dr sedan, 232K, V-6, auto, leather, new tires, \$4500 obo. 421-3002

Honda 2013 Accord LX, very good cond, 59K mis., 33-36 mpg, \$11,500. 757-442-7211.



MASERATI 2008 QUATTROPORTE - LOW 34K MILES, 4-DOOR LUXURY SEDAN, SILVER EXT. W/ BLACK LEATHER & WOOD INTERIOR, AUTO, NAVIGATION, 400HP FERRARI ENGINE! AM/FM/CD IN DASH CD CHANGER, NEW TIRES & BRAKES, RECLINING REAR SEATS, JETLIKE PERFORMANCE, MUST SEE TO BELIEVE. CURRENT BOOK VALUE \$32,600. ON SALE \$29,890. (757)373-3257 VaDr



MAYBACH 2004 MODEL 57 - VERY RARE, NEW CONDITION, ULTRA LUXURY SUPERCAR, LOW 31K MILES, 2 TV'S & DVD PLAYER, REAR ENTERTAINMENT PKG, 2 REMOTE KEYS, POP-UP TABLES, SOLAR POWER VENTILATION SYSTEM, ONE OWNER CLEAN CARFAX. REMARKABLE INCREDIBLE POWER, HEAVENLY RIDE, NEW \$340,000. CURRENT BOOK \$98,000. ON SALE @ \$69,000. (757)373-3257. VaDr

Mercedes 1999 S320, 4 dr, sunroof, 126K mis., like new in & out, \$4250. 757-652-8886.

Toyota 1998 Camry LS, 4 cyl., auto, 4 door, good cond, make offer, \$2800. 757-228-6656.

Toyota 2002 Camry 757.618.8165. Runs great. Inspected. ac/heat, pwr. good condition. will go fast.

Campers/ RVs
Keystone Premier 2014 Bullet Ultralight Sleeps 6, 2 power pullouts, auto awning, camping package, many extras, 1.7k Text for pics, 757-286-6463

Motorcycles
Harley Davidson 2007 Street Glide Well maintained with all scheduled service performed by local dealer. Lot's of extras and garage kept, asking \$10,000 obo,482-5597

HONDA 2010 Shadow Phantom 750 \$6,000 Very Low Milage 1,470 Call (757) 338-1246

Honda 2014 CBR500R/RA, brand new, 145 mis., red & black, \$4500 obo 228-6656

Sport Utility Vehicles
Chevrolet 2008 Trailblazer LT, 4 dr., all power, looks/runs great, 4X4, \$5200. 228-6656.

GMC 2017 Acadia SLT-1 GMC 2017 Acadia SLT-1. Priced well below dealer price at \$28,500. It is in Excellent Condition, Fully Loaded with 14k miles. Black on Black. Leather Seats, Navigation System, and upgraded stereo. Selling for financial reasons. Pictures upon request. Call (757) 287-1843 with email address.

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Trucks
Chevy 2001 S10 Pickup, 4 cyl, 5 spd, air, 132K, very good cond, \$3000. 757-497-4740.

Ford 2005 F150 XLT. 4.2 Liter, good cond, \$6750 obo. 757-228-6656.


GMC 2004 Sierra 2500 HD, Duramax diesel. Like new. Allison transmission, new tires, CB radio, lots of custom storage. Trailer equipped. Outstanding condition, many extras. Must see. 90,600 miles. 757-4384500.

Isuzu 2016 NPR-HD 16ft box, truck under Lift gate, ext warranty till 2021 \$39,950 757 462-6664


NISSAN 2005 FRONTIER LE 4X4 104K QUAD CAB! LOADED! CLEAN CARFAX! REMOTE START! ALPINE W/ BLUETOOTH! TOWING!\$9,550 757-323-1

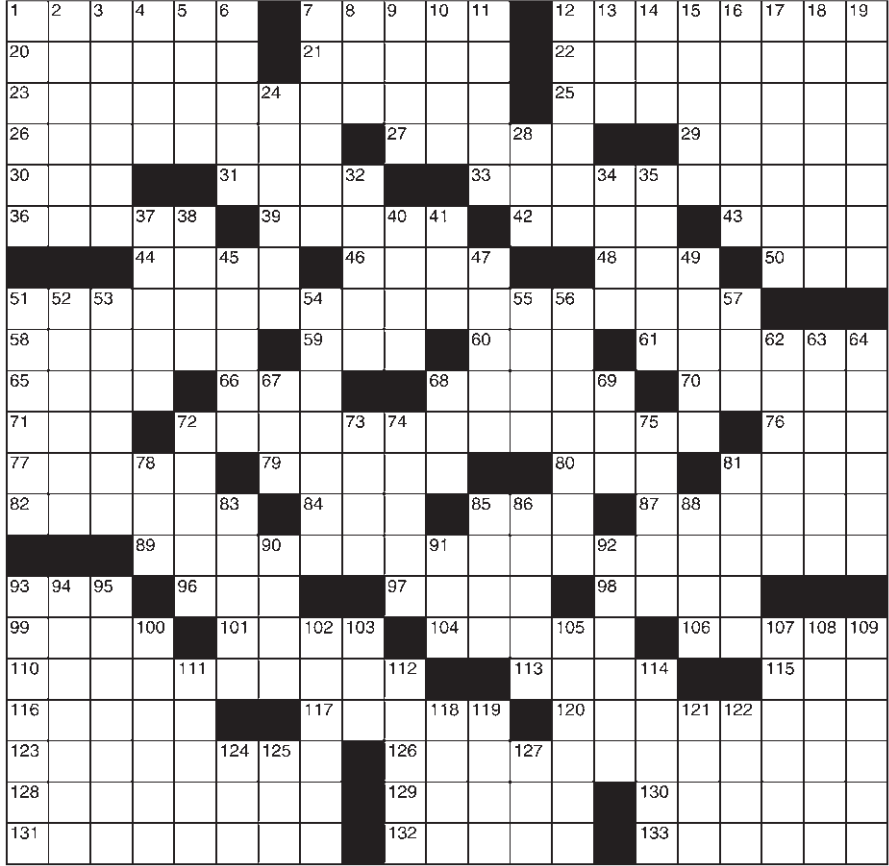
Fun and Games

Super Crossword

IN HONOR OF
LEAP YEAR

ACROSS

- 1 Spanish squiggles
7 Blue Ribbon brewer
12 Places for military craft
20 Declare the truth of
21 — Brothers ("That Lady" R&B group)
22 Most rare
23 Elicit the stamp "NSF"
25 Pause with uncertainty
26 Web site facilitating job-hunting
27 In — (prebirth)
29 Credit card come-on
30 Bit of work
31 Little mistake
33 Chinese appetizer
36 Premolars, e.g.
39 Splendor
42 "Allow — introduce myself"
43 Mail come-on
44 Austrian "a"
46 Nation due south of Iran
48 Maritime plea
- 50 Put a flaw in
51 Hell-bent
58 Got the soap out of
59 Sialom turn
60 "— won't!" (firm refusal)
61 Gave the slip
65 "That's —!" ("False!")
66 Its cap. is
68 French subway
70 Beethoven's "Für —"
71 Drill Sgt., e.g.
72 Sky's high arch, figuratively
76 Abbr. on a rap sheet
77 "Inferno" author
79 Milo of movies
80 Hector
81 Skated
82 Nuts
84 "Whether — nobler ..."
85 Beatty of movies
87 In-house
89 Start following a trend
93 Acct. amount
96 — Paulo, Brazil
97 Spanish coin
98 Starting from
- 99 List abbr.
101 Lands in the ocean, to Henri
104 Leave the house
106 Sky twinklers
110 Go by plane
113 Bronze coin in Harry Potter books
115 — chi
116 Stupefy
117 Angel player
120 Transverse rail support
123 Courage
126 Track-and-field event
128 Tangles
129 Come next
130 Irish city near Killarney
131 Scares
132 — Park, Colorado
133 Indian lutes
- DOWN
- 1 iPad Air, e.g.
2 Côte d'— (country in Afrique)
3 Cocktail bar
4 Flashy hoops shot
5 Latin "Lo!"
6 Tool-holding buildings
7 Lawn lunch
8 Car wood
9 Sky color, in Cannes
10 Religious branch
11 Rug rats
12 No longer sailing
13 See 73-Down
14 Univ. dorm monitors
15 BYOB part
16 Cast list
17 Froth made by waves
18 Ward of Miss Havisham
19 Pittsburgh footballer
24 Quinn who played Annie
28 Tachometer abbr.
32 Walks laboriously
34 "Who's there?" response
35 Nary a soul
37 Uplight
38 Animal skin
40 City of Iowa
41 Tit for —
45 Gymnast
47 Cherry with the 1989 hit "Buffalo Stance"
- 85 Stepson in "I, Claudius"
86 Thing read on a Kindle
88 Low cards
90 — sci
91 "O" in a letter, maybe
92 Essence
93 Isn't naughty
94 Super-insect of 1960s TV
95 City near Anaheim
100 More slothful
102 Means of exit
103 That lady
105 Mothers' brothers
107 Head Hun
108 Luise of "The Good Earth"
109 Long fights
111 Lavish meal
112 Giggly laugh
114 Wrongful acts, in law
118 Phoenix hoopsters
119 Once, old-style
121 Goa dress
122 Some jazz singing
124 Org. for pucksters
125 Mid grade?
127 Fitting



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Sudoku

4	8		5					3
		7		9			6	
	1				6	4		
		8	7				4	
	5				8			1
9				4		3		
	4				5			2
2			4				1	
		3		1		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: N equals S

QYVXO Q HSCD PXHQJ PKX VS

NSLX ECEVEQH NCQDN, VWX

VQEHSEO EN OXQPJ VS DS YKHH

NXQL QWXQP.

Last week's CryptoQuip answer

When you're near enough to run around in the raw, I reckon you're within streaking distance.

last week's answers



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

Religious Services

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

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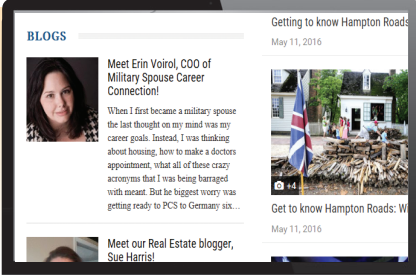
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