



MC3 Kaysee Lohmann

An F/A-18F Super Hornet assigned to the “Red Rippers” of Strike Fighter Squadron (VFA) 11 launches from the flight deck of the aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman has successfully completed its composite training unit exercise, certifying the ship and its carrier strike group for deployment.

By **MC3 Thomas Bonaparte Jr.**
Carrier Strike Group Eight Public Affairs

NORFOLK

The Harry S. Truman Carrier Strike Group (CSG) returned to Naval Station Norfolk after completing their Composite Training Unit Exercise (COMPTUEX) March 1, certifying the strike group ready for deployment.

Harry S. Truman CSG got underway Feb. 1, to participate in COMPTUEX — a series of training scenarios that tested the strike group’s abilities in multiple categories including air warfare, strait transiting, visual information, responses to surface and subsurface contacts, electronic attacks and more.

According to Commander of Carrier Strike Group (CSG) 4 Rear Adm. Kenny Whitesell, which mentored and assessed Harry S. Truman CSG throughout the exercise, COMPTUEX

provided dynamic learning opportunities for the strike group. “Every COMPTUEX is a little bit different,” Whitesell said. “We are a learning organization. Unfortunately, our threats are adapting as fast as we learn. This requires us to increase the complexity, the volume, and the difficulty of the exercise so that we prepare the Harry S. Truman Strike Group and its coalition partners for deployment.”

COMPTUEX demonstrates that Sailors are ready for deployment by evaluating their skills in a variety of scenarios while building cohesiveness with the other units involved. Although the team trains for specific tasks, the familiarity will allow the strike group to be ready for a variety of potential threats or situations.

“This crew has been tested under the most difficult environment, the toughest scenarios and against the most threatening enemy,” Whitesell said. “This strike group can perform

anywhere in the world. They are world-wide deployable and will be successful as a carrier strike group based on what they have accomplished over the last 28 days.”

“Throughout this exercise, I’ve seen all elements of our strike group — the flagship, the air wing, the destroyer squadron and USS Normandy — come together as one team to tackle even the most complex warfighting scenarios,” Harry S. Truman CSG Commander Rear Adm. Gene Black said. “The Harry S. Truman Carrier Strike Group is trained, and we are ready to answer our nation’s call.”

Truman is currently moored at Naval Station Norfolk conducting preparations for deployment.

For more news from *USS Harry S. Truman (CVN 75)*, visit www.navy.mil/local/cvn75/.

NAVSTA NORFOLK NMCRS AIMS HIGH FOR 2018

By **MC3 Stephanie Butler**
Naval Station Norfolk Public Affairs Office

NORFOLK

Naval Station Norfolk kicked off the annual Navy-Marine Corps Relief Society (NMCRS), March 1. NAVSTA Norfolk will be having a 46 day fund raising campaign for NMCRS starting March 1 and ending April 15.

The NMCRS fund drive is held annually to generate donations that benefit Sailors and Marines. Some of the services and programs offered by NMCRS include financial assistance and counseling, quick assist loans (interest free), education assistance, health education and post-combat support, Budget for Baby, emergency travel, disaster relief and thrift shops.

The Naval Station Norfolk NMCRS fund drive is being led by 21 volunteers and two Chief Petty Officers.

Throughout the 46 days there will be several other places available to donate. There will be small donation bottles located throughout the base. There will also be three larger bottles located at the Public Affairs Tours of-



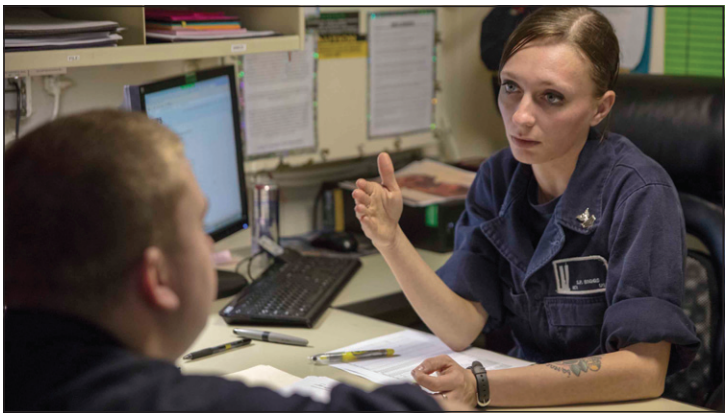
U.S. Navy photo

face located 9079 Hampton Blvd, building N26 on the quarterdeck and also one will be roving to all the donation event sites.

“We are hoping to supersede our 2017 funds raised, which was over \$15,000,” Aviation Boatswain’s Mate Handler Chief Ashley Geary said, NMCRS Representative for Naval Station Norfolk.

On March 14 there will be an all hands call at C-9 at 1000. At this event Kathy Nelson, NMCRS Director will be speaking to give all service members the information they need about NMCRS from where they can donate to where they need to go in their time of need. A skit will be put on by all of Naval Station Norfolk NMCRS volunteers. There will be more information given out about the “Dine and Donate” campaign, which partners with local

» See **NMCRS** | A7



MC2 Lyle H. Wilkie III

Navy Career Counselor 1st Class Stephanie Biggs talks with Damage Controlman 3rd Class Rodney Tilkins about his options.

Navy announces targeted reentry program

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

In support of Sailor 2025’s goal to retain and reward the Navy’s best and brightest, the Navy announced Feb. 27 the Targeted Reentry Program (TRP) and associated program guidelines to expedite reentry into the Navy in NAVADMIN 047/18.

The TRP is designed to benefit both the Sailor and the Navy by allowing a return to service for those who are well trained leaders with valuable and needed skills and will be offered to selected Sailors prior

» See **REENTRY** | A7



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NAVY CELEBRATES WOMEN’S HISTORY MONTH

This year, Navy commands are encouraged to celebrate and reflect on the theme “Honoring Women Who Fight All Forms of Discrimination.”



» See **A6**

USS CONSTITUTION SAILORS TEACH STUDENTS DURING SAN ANTONIO NAVY WEEK

Throughout the span of five days, USS Constitution Sailors reached out to more than 1,000 students in Texas during San Antonio Navy Week, Feb. 19–24.

» See **B6**

HAMPTON HISTORY MUSEUM ASKS RESIDENTS FOR HELP

The museum would like the public to help shape the future of the Air Power Park.

» See **C1**

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U.S. Navy photo

Naval Support Activity Hampton Roads-Portsmouth Annex hosts memorial ceremony for Russian Sailors

By MC3 Joshua M. Tolbert

Naval Support Activity (NSA) Hampton Roads-Portsmouth Annex held a memorial ceremony on Feb. 16 in remembrance of six Russian Sailors who were laid to rest in the Captain Theodore H. Conaway Memorial Naval Cemetery in 1877.

“It is such an honor to be here today to help remember these individuals from the Imperial Russian Navy who faithfully served [their] country,” Commanding Officer of NSA Hampton Roads Captain Jack Freeman said.

The Russian Memorial Ceremony is the second one held at the naval cemetery in the last 100 years, commemorating the 141st anniversary of the burial of the Russian Sailors at the cemetery.

“A core element of the ethos of our military is that we provide care and comfort in life and dignity in death to those who don

the cloth of [their] country,” Commanding Officer of Naval Medical Center Portsmouth Captain Christopher Culp said.

The Sailors were taken to NMCP for medical care after falling ill from typhus while on a ship visit to Norfolk.

Historians of the Russian fleet knew of the graves of the Russian Sailors, but it wasn’t until 2013 that they were identified online by volunteers of the project “Russian Memorials”. Only three of the six Russian Sailors have been identified to date, Seaman 2nd Class Gavriil Vyakhirev, Seaman 2nd Class Arseniy Bragin, and Seaman 1st Class Zakhar Lebedev.

“In respect to accounting for our missing in action, we have a great relationship with the Russians,” Retired United States Air Force General Robert “Doc” Foglesong said, the Co-chair of the United States- Russian Joint Commission (USRJC) on Prisoners of



U.S. Navy photo

War/Missing in Action (POW/MIA). “My Russian counterpart is equally passionate about trying to identify what happened to the United States and Russian POWs/MIAs, and this ceremony is another step forward in solidifying that relationship.”

The USRJC on POWs/MIAs continues efforts to identify the remaining three Russian

Sailors.

“I cannot tell you how large of an impact the cooperation of the USRJC has had,” Foglesong said. “Having the ability to bring closure to the relatives of service members is priceless.”

FROM PIT BULL TO FUEL BOSS

By MC3 Kenneth Rodgers

USS Bataan Public Affairs

NORFOLK

A sweat and adrenaline inducing close call with a pit bull lead Chief Warrant Officer Allen Michael Harris to a career in the Navy where he serves as the fuel maintenance officer aboard the amphibious assault ship USS Bataan (LHD 5).

“BOS’N,” as he is often referred to, is a New Orleans native and 2000 alumnus of Joseph F. Clark Senior High School. After graduating he did what average high school graduates do; he enrolled at Delgado Community College and got a part-time job as a meter reader for the local power company. A career in the military was never a thought until a close encounter with a not-so-friendly pit

bull during a routine reading that his life changed in 2001.

“That pit bull’s head was the size of yours and my head combined. So, I ran and that pit chased me for three blocks. I had nothing to jump on, so I finally threw my meter reader at him, which hit him on the nose,” Harris said. “When I got home after that ordeal, I thought to myself there was no future in getting chased by pit bulls for the rest of my life.”

Soon after, Harris enlisted in the Navy and a mere week after signing his contract he was off to Great Lakes, Illinois for recruit training.

As the fuels maintenance officer onboard Bataan, he is in charge of 650,000 gallons of fuel the ship carries while conducting training exercises or while deployed. His responsibilities are essential

when it comes to executing missions.

When he’s not keeping aircraft, vehicles and equipment mission ready, his naval career has afforded him the opportunity to earn a Bachelor’s degree in criminal justice and pursue his dream of becoming a police officer after he retires. When he is not on military duty, he is on duty as a volunteer police officer putting his criminal justice education to practical use.

“I’m a certified police officer in Chesapeake, Virginia. I work around two days a week now and I’ve been an officer for ten years,” Harris said.

When asked how he balances the Navy and his duties as a volunteer police officer he simply said that anything you make your focus and put your heart into, you will find a way to get it done.

So far in his 17-year career, he has faced many ups and downs, but says that one of the things he will never forget was having the privilege of participating in a passing of the line ceremony. This time-honored tradition came about from centuries past when

ships crossed the 13th parallel and tested new Sailors to determine whether or not the novices on their first cruise could endure the hardships of life at sea. The culmination of the trials changed the new Sailor, or “pollywog”, into a “trusty shellback.” It is a traditional rite-of-passage ceremony carried out to appease King Neptune, the mythological god of the seas.

“It was a time to reach back in history and take part in some of the traditions that our Navy was founded upon,” Harris said. “This is my most memorable moment in the Navy that allowed me to have fun, yet carry on tradition.”

Harris no longer needs a pit bull to nudge him in the right direction in life and takes these notions to heart while helping mold his junior Sailors with his compassion, and a pay-it forward attitude to make Bataan the exceptional command that it is today.

“Some of the lessons I try to pass down to my junior Sailors, is to always put your best foot forward because you’re always on display,” he said. “I have a lot of cliché

phrases I use, such as ‘produce or reduce.’ Basically, it’s an umbrella statement that says to do your job or lose your position. And be where you’re supposed to be on time and in the right uniform, and that perception is reality for most people. You don’t al-

ways get a second chance to introduce yourself.”

For more news from USS Bataan (LHD 5), visit www.navy.mil/local/lhd5/.

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Editorial Staff

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

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

Graphic Designer | Mike Doyle

Flagship, Inc.

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

Creative Director | Allyson Garner, 757-222-3955

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

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

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NAS Oceana commanding officer participates in last flight, reflects on 27 years of naval service

By MC2 Jacob S. Richardson

NAS Oceana Public Affairs

VIRGINIA BEACH

Naval Air Station (NAS) Oceana Commanding Officer Capt. Richard Meadows participated in a ceremonial last flight. The event marks the last time Meadows will fly in a military aircraft as an active duty member of the United States Navy.

"I have performed over three thousand flight hours in numerous naval aircraft, primarily the EA-6B Prowler, supporting combat missions in Operation Allied Force (Kosovo), Operation Iraqi Freedom and Operation Enduring Freedom," said Richard Meadows. "This flight was a culmination of 24 years flying naval aircraft. It was an awesome experience."

"The last flight is significant because it symbolizes the end of one phase of the career and the start of the next," said NAS Oceana Executive Officer Capt. Chad Vincelette. "The last flight occurs in each squadron at the end of the tour and may happen many times in a career, such as when leaving as a junior officer, department head, or commanding officer of a squadron. Capt. Meadows' last flight was different this time because he knew it was truly his last flight in a Navy aircraft."

"It's an emotional moment for all of us, symbolizing the closure of my husband's career; all of the time, energy and training up until this moment," said Meadow's wife,

Jennifer Meadows. "Rich grew up wanting to become a pilot and flying for his country; our family's entire life has been spent on or near the flight line and it's almost overwhelming to think this is the last week of our lives in the Navy."

Spending over a quarter of a century in service of one's country is no small feat. Commitment, expertise, professionalism and pride in your work are just a few characteristics needed to accomplish such an achievement.

Vincelette said he believes the most important factor in being able to sustain such a long career is a supportive spouse and family.

"If your family team is not on board with the demands of a Navy career then it is nearly impossible to maintain the focus and drive to be successful," said Vincelette. "The other key factor is being passionate about the job and the mission. Most aviators join the Navy to fly, but the ones who stay love leading Sailors and teaching younger aviators how to employ their aircraft in combat."

"It is essential to use your experience in the Navy to become a leader, both in the community as well as the profession you choose," said Meadows.

"The Navy presents unique challenges for families. A lot of time and effort is focused on the job, and you must be able to sustain that effort 24/7, year in and out," said Jennifer Meadows. "This sort of pressure weighs on relationships. It helps to step back and look at the

big picture and to see how much you and your spouse have grown; all of the successes you have had together. This is what has made us a stronger family."

As a Sailor progresses in his or her career, challenges are constantly met, victories achieved, and lifelong bonds are forged between shipmates.

"Capt. Meadows and I have been through a lot together, with the most stressful being the 2017 fuel spill. His calm demeanor, logical approach to the response, and willingness to own the problem were inspirational," said Vincelette. "We tackled every issue together, along with our Command Master Chief Richard Hanninger and then Command Master Chief Lee Salas. We did not know each other prior to my arrival as executive officer and I truly enjoyed the team we built. He has decided to retire in the local area and I look forward to a lifelong friendship."

"This has been the best job I have had in my career," said Meadows. "There have been numerous challenges; however, the NAS Oceana team is the best in the Navy, and we were always able to overcome obstacles."

Meadows and his families' decision to stay in the Hampton Roads area is common among Navy families upon leaving the military. With a strong community, public education system and first responders, the decision to stay in the Virginia Beach and Oceana area is an easy



MC2 Jacob S. Richardson

Naval Air Station (NAS) Oceana Commanding Officer Capt. Richard Meadows embraces his family after participating in his last flight. The event marks the last time Capt. Meadows will fly in a military aircraft as an active duty member of the United States Navy.

one.

"The communities surrounding Oceana and the City of Virginia Beach have strong military connections," said Jennifer Meadows. "Never have I lived anywhere and felt so welcomed because of the fact that my family is in the military. This is a special area because of the people, the families here grow up together; this area embraces its military and the thousands of service members who call Virginia Beach home."

Meadows touted the benefits of NAS Oceana's continued partnership with the cities of Virginia Beach and Chesapeake. It is evident in the coordination and strong partnership in a multitude of events and exercises to include emergency preparation, weather events, public communication, Air Show and the recent field trip to the NAS

Oceana STEM laboratory bringing now more than 12,000 5th and 6th graders to witness local and national Science, Technology, Engineering and Math possibilities. He expressed his thanks to the local community leadership for their continued support.

"NAS Oceana is the Navy's East Coast Master Jet Base. For 75 years it has trained and supported naval forces that have fought in every armed conflict from WWII to today's missions in Iraq, Afghanistan, and Syria," said Vincelette. "Throughout all of that time, the aircraft and technologies have changed, but the critical factor, the professionalism of the men and women stationed here, has remained the constant that makes Oceana the premier air station in the world."



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Cryptologic Technician (Technical) Seaman Daniel Gilland, left, goes up against Fire Controlman 2nd Class David Jones aboard the guided-missile destroyer USS Bulkeley (DDG 84).

Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) combat a simulated fire during a flight quarters drill.

Boatswain's Mate Seaman Alyssa Cortez aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).



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

VISIT ON THE RADAR AT
NORFOLKNAVYFLAGSHIP.COM.





Chief of Naval Operations (CNO) Adm. John Richardson speaks to Sailors during an all-hands call at Naval Air Station (NAS) Oceana. The all-hands call took place during a visit from the CNO and the Master Chief Petty Officer of the Navy (MCPON) Steven Giordano. The purpose of the visit was to tour NAS Oceana and to discuss key issues affecting today's Navy with junior personnel and leadership.

MC2 Jacob S. Richardson

CNO, MCPON visit NAS Oceana, speak on issues affecting Sailors

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

“One of the things that most interests me is how capable our Navy is and how talented our people are,” said Chief of Naval Operations (CNO) Adm. John Richardson, at an all-hands call at Naval Air Station (NAS) Oceana.

NAS Oceana hosted a visit from the CNO and the Master Chief Petty Officer of the Navy (MCPON) Steven Giordano, March 2. The purpose of the visit was to tour NAS Oceana and to discuss key issues affecting today’s Navy with junior personnel and leadership.

Adm. Richardson visited the “Gladiators” of Strike

Fighter Squadron (VFA) 106. CNO engaged with VFA-106 leadership, toured aircraft maintenance centers, and discussed challenges and concerns in the aviation community with squadron pilots.

One key issue discussed was the aging legacy environmental control systems (ECS) on board certain naval aircraft. The ECS controls the cockpit air temperature and cabin pressure within an aircraft; a complex aggregate of sub-components, all of which must function for the system to work as a whole. Issues such as aging parts and inadequate testing procedures contribute to incidents that include depressurization inside the cockpit and oxygen

deprivation.

Jennifer Yoder, an aviation mechanic working with the Air Wing on board NAS Oceana, met with the CNO, reviewing issues that are being seen on the ground level. Richardson spoke in length on his commitment to getting the necessary equipment in the right hands, to rectify issues faced by the Sailors and civilians working on the aircraft.

“I’ve worked in this field as an active duty Sailor and now as a civilian. Every day I see what these Sailors go through to maintain the aircraft,” said Yoder. “It’s important that our leadership on every level is aware of the issues we face; the test equipment, replacement parts, and the personnel

necessary to keep the aircraft mission ready. Ultimately we are all here to put safe aircraft in the air so our pilots come home.”

Wife of CNO Mrs. Dana Richardson also toured NAS Oceana, visiting the Fleet and Family Support Center (FFSC), talking with staff members and Oceana Ombudsman on topics affecting today’s Navy families.

Mrs. Richardson spoke specifically on how to improve Navy family support programs, how to better connect and inform Navy families, improving the Navy spouse training and education network, increasing meaningful command engagement and reinforcing the family connec-

tion to the Navy and its core values.

While CNO spoke with VFA-106, MCPON visited the Center for Naval Aviation Technical Training Unit (CNATTU), holding a roundtable with enlisted leadership.

“There is nothing more impactful than listening to what’s on the mind of Sailors on the deckplates and being able to harness that feedback into bettering our Navy,” said Giordano. “As I travel the world meeting with Sailors, I’m continuously impressed and proud of our ability to operate around the globe. While we have the best ships and equipment, our biggest strength is our Sailors who are skilled, dedicated, and professional. Because of them we have the best Navy in the world.”

After touring the base and facilities, CNO and MCPON held an all-hands call for the Sailors of Oceana at the base theater, asking individual Sail-

ors for their opinion on a variety of issues, and answering questions presented by Sailors in the audience.

Topics ranged widely, covering uniform changes, on-base gym access, child care services, promotion, advancement exams, on-base firearms policy, performance value and grading, personnel support detachment (PSD) changes, technology advancements in pay and service member information, changes in the aviation community, rate manning and modernization and fleet power projection.

“By every way we have at our disposal to measure human talent within the Navy: exam scores, evaluations, school grades and graduation rates, and physical fitness scores; this is the most able and talented Navy that has ever been on record, and we have so much respect for the choice you have made to serve,” said Richardson.



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NAVY CELEBRATES WOMEN’S HISTORY MONTH

From Navy Office of Information

WASHINGTON

The Navy joins the nation in celebrating Women’s History Month throughout the month of March 2018.

ALNAV 007/18 encourages participation in all the heritage celebrations and special observances throughout the year. This year, Navy commands are encouraged to celebrate and reflect on the theme “Honoring Women Who Fight All Forms of Discrimination.”

Women have served in the Navy as nurses dating back to the 1800s, most notably during the Civil War when the Sisters of the Holy Cross served aboard USS Red Rover, the Navy’s first hospital ship. In 1948, women gained permanent status in the Navy with the passage of the Women’s Armed Services Integration Act.

“Women’s History Month is a time to reflect on and express gratitude to the trailblazers who demonstrated unparalleled courage, tenacity and vision, sometimes in the face of systemic headwinds, to chart a course for today’s women who proudly and honorably serve in the U.S. Navy,” Deputy Chief of Naval Operations for Information Warfare/Director of Naval Intelligence Vice Adm. Jan Tighe said.

Over the last century, women have served aboard auxiliary ships beginning in 1978 and on combatant ships beginning in 1994. In 2016, the Department of Defense opened all military occupations and positions to women.

Female Sailors and civilians play an integral role in the success of the Navy as part of the One Navy Team. Women serve in every



A special “Rosie the Riveter” cake was created culinary specialists aboard USS Abraham Lincoln (CVN 72) in honor of Women’s History Month. The event honored iconic Navy women such as Rear Adm. Grace Hopper, Capt. Sarah Joyner, and Chief Yeoman Loretta Walsh.

MC3 Juan Cubano

rank from seamen to admiral and hold nearly every job from naval aviator to deep-sea diver. Twenty percent of the Navy’s enlisted force is women, including eight percent of all senior and master chiefs. Nineteen percent of the officer force and 10 percent of all admirals are comprised of women.

In the Navy’s civilian workforce, 27 percent are women and 26 percent are Senior Executive Service members.

According to the September 2016 “One

Navy Team” memo from Chief of Naval Operations Adm. John M. Richardson, actively being inclusive and open to diverse perspectives will produce leaders and teams who learn and adapt to achieve maximum possible performance, who achieve and maintain high standards, and are ready for decisive operations and combat.

Diversity also influences various thoughts, ideas, skill sets and experiences which ultimately helps increase the effectiveness of

the Navy. Integrating Sailors and civilians from diverse backgrounds enables the Navy to recruit and retain the nation’s top talent from a wide pool of skilled personnel.

A complete educational presentation, including a downloadable educational poster on Women’s History month, can be requested from the Defense Equal Opportunity Management Institute (DEOMI) by email at deomipa@us.af.mil.

Defense Advisory Committee on Women in the Services releases 2017 annual report

From Department of Defense

WASHINGTON

March 1, the Defense Advisory Committee on Women in the Services (DACOWITS) released its 2017 annual report on matters relating to women serving in the Armed Forces of the United States.

DACOWITS provides the Department of Defense with advice and recommendations on matters and policies relating to women in the Armed Forces. The committee provides these recommendations to the Secretary of Defense via a comprehensive annual report, based on information gathered throughout the year.

For 2017, DACOWITS studied 13 topics. The committee gathered information from multiple sources including briefings and written responses from DOD, service-level military representatives and subject matter experts; data collected from focus groups and interactions with service members

during installation visits; and peer-reviewed literature. DACOWITS collected qualitative data during their visits to multiple installations representing the Air Force, Army, Marine Corps, Navy and Coast Guard.

Based upon the data collected and analyzed, the committee submitted 17 recommendations to the Secretary of Defense on the following topics: accession and marketing, recruiting strategies, propensity to serve, mid-career retention, dual-military co-location policies, gender integration, key opportunities and assignments, gender integrated boxing, physiological gender differences, parent leave policies, childcare resources, family care plan policies, and the impacts of social media and sexual harassment online. The report is available online and includes detailed reasoning supporting each recommendation addressed by the committee.

Established in 1951, DACOWITS is one of the oldest DOD federal advisory committees. The committee was created following the signing of the 1948 Women’s Armed Services Integration Act. The law enabled women to serve as permanent, regular members of the Armed Forces in the Army, Navy, Marine Corps and Air Force.

Over the years, DACOWITS has been instrumental to the DOD and has made significant contributions on topics including opening career fields, specialties, schooling and training to women; developing gender neutral occupational standards; improving to the health of deployed servicewomen; and increasing marketing, accessions and recruiting.

Electronic copies of the committees annual reports and additional information about DACOWITS can be found at <http://dacowits.defense.gov/>.

Local military housing neighborhood receives one of many new little libraries

By IC2 Shea Ray

Naval Station Norfolk Public Affairs

NORFOLK

Naval Station (NAVSTA) Norfolk, Lincoln Military Housing, the City of Norfolk and the Friends of the Norfolk Public Library have partnered with the nonprofit organization, Little Free Library, to encourage literacy and community inspiration in and around Norfolk.

The Little Free Library is a nonprofit organization created by Tod Bol in Hudson, Wisconsin in 2009 that inspires a love of reading, builds community and sparks creativity by fostering neighborhood book exchanges around the world.

How it works is, where ever you see a Little Free Library you can take a book or leave a book. It’s that simple. If you have an old book you would like to donate, search for a local charter in your location and drop the book off. If you just so happen to be on a walk and discover a local library in your area and see a book you want to read, take it.

Homes for 14 of the 20 Little Free Libraries have been found in the following neighborhoods: West Ocean View, Hewitt Farms, Northside, Wards Corner, Talbot Park, Park Place, Lamberts Point, Villa Heights, Cromwell Drive, Coleman Place, West Ghent and Freemason.

Most recently, Whitehurst Military Hous-

ing neighborhood has received its very own Little Free Library.

“We feel this is a gift to the neighborhood” Community Services Director for Lincoln Military Housing Brooke Scarbrough said. “The families love opening it up to see what new books are inside. This is a great partnership between the Lincoln Military Housing, the Navy and the City of Norfolk. We are always looking for opportunities to improve

the quality of life for our military families and partnering with likeminded organizations.”

Capt. Brad Rosen, NAVSTA Norfolk Executive Officer and his family have joined in on the initiative. The Rosen family serves as stewards of the Whitehurst library, ensuring it stays maintained and stocked with books.

“The Little Library is the perfect fit for Norfolk and the Whitehurst neighborhood,” Rosen said. “I am very thankful for the outstanding

relationship that the Navy has with its housing partner, Lincoln Military Housing, as well as with the City of Norfolk and the Friends of the Norfolk Public Library. It is great to see important initiatives such as this come to fruition, and I am confident the popularity of these little libraries will continue to grow. I look forward to seeing many more pop-up throughout Hampton Roads.”

For more information, visit littlefreelibrary.org



U.S. Navy photo

Secretary of the Navy Richard V. Spencer visits Norfolk Naval Shipyard

By Michael Brayshaw

Norfolk Naval Shipyard Public Affairs

NORFOLK

Secretary of the Navy, the Honorable Richard V. Spencer, made his first visit to Norfolk Naval Shipyard (NNSY) Feb. 20. Spencer met with shipyard leadership to learn about NNSY’s optimization plan, facility needs and employee training and development programs.

Spencer took a tour of the structural, mechanical and piping departments where shipyarders perform vital work servicing the Atlantic Fleet. He visited a Continuous Training and Development (CTD) area for welders and shipfitters, learning how apprentices start their careers entrenched in training and gradually ramp up responsibilities to support ship work as they progress in their four-year apprenticeships. A CTD centerpiece in the structural department is the Learning Center 1, a multipurpose mock-up where employees apply classroom learning in a customizable hands-on training area that Welding Superintendent Chris Comar said provides “a prototypical shipboard environment where it’s safe to fail.”

NNSY Piping Group Superintendent John Tuthill discussed how 800 personnel perform

piping work at the shipyard, with equipment such as a pipe bending machine dating back to 1948 and requiring four to five persons to operate. Seventy-year-old equipment was juxtaposed with cutting-edge tools such as the FARO Arm, a coordinate measuring machine that can perform shipboard measurements to within a thousandth of an inch. Having already been used on USS La Jolla (SSN 701) and USS Rhode Island (SSBN 740), the FARO Arm provides great savings in servicing the Fleet by replacing piping systems with pinpoint accuracy. The piping group’s transition from analog to digital equipment has reduced some jobs that formerly required three business days to now taking four hours.

In NNSY’s Mechanical Department, leadership detailed shafting work, as well as successful efforts overhauling aircraft carrier

pumps, with a near 100 percent success rate for the USS Harry S Truman (CVN 75) and USS Dwight D. Eisenhower (CVN 69) availabilities. While the first-time quality is there, time could be saved in other ways, with Code 930 leadership detailing the long distances and roundabout routes frequently traveled across the shipyard to get something like a pump repaired.

While the shipyard is one of the Navy’s largest and most multi-faceted facilities, it’s also one of the oldest, having been founded in 1767. Its age and design have come to dominate the narrative in recent years when distinguished visitors such as Spencer come aboard the installation. The shipyard’s production buildings were designed to facilitate ship construction, which NNSY ceased in the early 1950s. The challenge now is reconfiguring the shipyard waterfront to streamline ship repair services,

and minimizing unnecessary movement of personnel and material. The shipyard’s optimization promises to improve production efficiency as well as quality of life for waterfront employees.

Spencer also met with USS Wyoming’s (SSBN 742) officers and project team leadership to discuss the boat’s 27-month Engineered Refueling Overhaul to resume its role at sea as a critical piece in the country’s nuclear deterrence strategy.

Visiting NNSY with Spencer was the Honorable James Geurts, Assistant Secretary of the Navy (Research, Development and Acquisition).

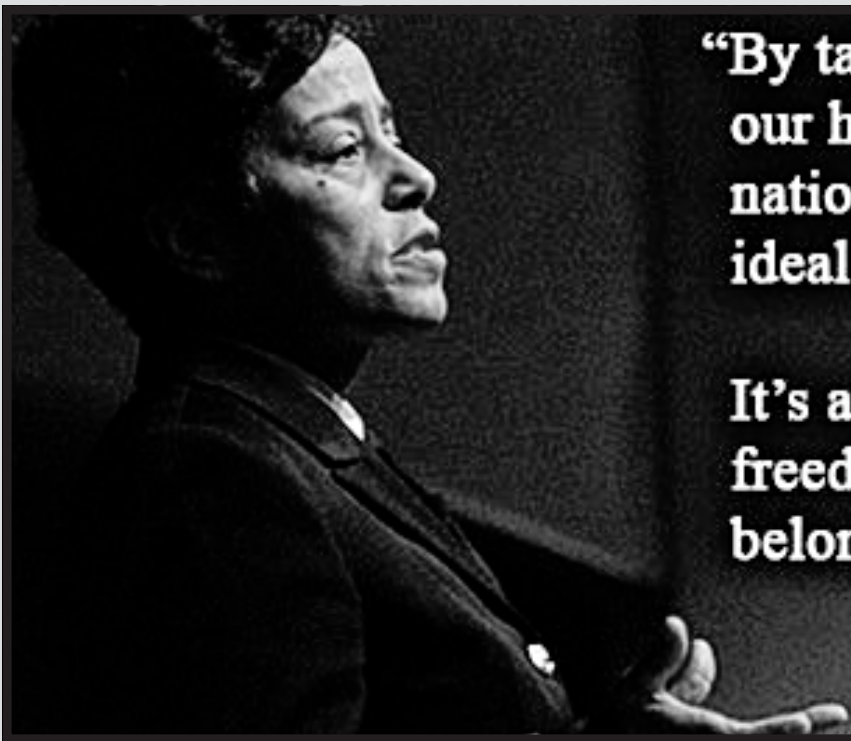
Reflecting on the biggest takeaway from his visit, Spencer said, “Number one, it shows we need to go forward with our shipyard infrastructure reset plan. That’s critical.”

He also pointed out the importance of the shipyard’s workforce and its support to the Navy and nation. “The amazing depth of qualified work people is very, very impressive. This is the backbone that keeps the end of the spear sharp,” he said.

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

“The amazing depth of qualified work people is very, very impressive. This is the backbone that keeps the end of the spear sharp.”

Honorable Richard V. Spencer,
Secretary of the Navy



“By taking the time to educate ourselves on our history and the people who shaped this nation, we can more fully appreciate the ideals set down by the founders. . . .

It’s a reminder that our work is to sustain freedom and ensure that rights and liberty belong to all our citizens.”

—Admiral Michelle J. Howard

U.S. Navy photo illustration

NMCRS | 46 day fund raising campaign

Continued from A1

restaurants that will donate to the NMCRS as people dine at their restaurant. There will also be a huge garage sale that all proceeds will go to the NMCRS. You can get rid of gently used items from your home and donate them to a good cause. Drop off locations include LP-1 and N26 career counselors office.

“Our goal is to have 100% meaningful contact with all service members attached to Naval Station Norfolk, we are doing this by having several events throughout the 46 day fund drive,” Geary said. “We will have donation slips at all fund raising locations so that you can make a one-time donation or you can have an allotment taken out every month to help your fellow service members in their time of need.”

NMCRS was founded in 1904 as private, nonprofit charitable organization that provides financial, educational and additional programs and services to members of U.S. Naval services, their family members and survivors. The NMCRS mission is to help Sailors and Marines become financially self-sufficient and prepare for the unexpected.

The fund drive will run from March 1-April 15. *For more information about NMCRS and the resources they offer, visit www.nmcrcs.org or call Fleet and Family Support Center Norfolk at (757)444 — 2102*

REENTRY | Designed to benefit both the Sailor and the Navy

Continued from A1

to their departure from the Navy.

The TRP empowers Commanding Officer’s (COs) to identify Active Component and Full Time Support officer and enlisted personnel who have elected to leave active duty (AD) service and do not desire to affiliate with the Ready Reserve and recommend them to be awarded a “Golden Ticket” or “Silver Ticket,” giving them the option for expedited reentry to AD if they decide to return to the Navy.

“Talent is tough to draw in and even tougher to keep,” Chief of Naval Personnel Vice Adm. Robert Burke said. “Just like corporate businesses are adapting, the Navy must adapt to modern personnel policies as well. These changes are designed to maximize opportunities for command triads to advance their best Sailors while managing community and individual rates’ health.”

O-3 and O-4 officers and E-4 to E-6 enlisted, who have completed their Minimum Service Requirement (MSR), but not yet reached 14 years of active service are eligible for consideration for TRP. Also, an officer’s or enlisted’s community qualifications must be obtained, superior performance annotated in Fitness Reports or Evaluations, and have passed their most recent Physical Fitness Assessment (PFA). Officers who have failed to select for promotion are not eligible. Perspective participants must meet character standards, i.e. no record of civil arrest/NJP, court-martials, failed drug screenings, etc.

The Golden Ticket recipients are guaranteed a quota and an expedited return to AD within one year of release as long as they remain fully qualified. Silver Ticket recipients are afforded an expedited return to AD within two years of release, subject to the needs of the Navy and that they remain fully qualified. Golden Tickets, if not used within one

year, will convert to Silver Tickets for an additional year. Silver Tickets not used within two years of release from AD expire.

Sailors who accept a Golden or Silver Ticket prior to release from active duty will go into a minimum reserve status, known as Standby Reserve- Inactive (USNR-S2) status. In this reserve status, Sailors will have no participation requirement and will not be eligible for promotion or advancement or be eligible for health care, retirement points, Servicemembers Group Life Insurance and other benefits. The Date of Rank of officers and Time in Rate of enlisted TRP participants will be adjusted upon returning to AD. Sailors who return to active duty using TRP will maintain the last rating and paygrade held at the time of separation.

BUPERS-3 is the approving authority for all TRP ticket request and will make determinations based on overall performance, community health, and needs of the Navy. Once approved for a Golden or Silver Ticket, officer and enlisted personnel will have the option to accept or reject participation in the TRP prior to their release from AD.

Sailor 2025 is comprised of nearly 45 initiatives to improve and modernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow. It is focused on empowering Sailors, updating policies, procedures, and operating systems, and providing the right training at the right time in the right way to ensure Sailors are ready for the Fleet. Sailor 2025 is organized into three main lines of effort, specifically Personnel System Modernization, Ready Relevant Learning and Career Readiness.

For more information on the TRP, see NAVADMIN 047/18 at www.npc.navy.mil.

SUCCESS ALWAYS LEAVE FOOTPRINTS: CNRMA HONORS BLACK HISTORY MONTH

By MC3 Lindsay Preston

The Flagship Staff

NORFOLK

Commander, Navy Region Mid-Atlantic’s (CNRMA) diversity team hosted a meet and greet with Mrs. Wilma Harper Horne in honor of African-American History Month Feb. 27.

Horne is a two-time graduate of Hampton University, receiving a Bachelor of Science degree in mathematics in 1964 and a Master of Arts degree in mathematics education in 1968. Horne spoke of her determination to go to college and going after what she wanted and overcame any obstacle life threw at her.

“The fact that I’m African-American isn’t a secret to anybody,” Horne said. “I decided if nobody brought it up, I didn’t bring it up. I wanted the same jobs anybody would get, I wanted the same preparation anybody would get and I took advantage of that.”

Horne said while the color of her skin may have been an issue to others in management, it was never a problem for her and never became a factor in anything she chose to do.

During Hampton University’s 4th annual “Day of Giving”, a 24-hour event which aims to inspire alumni, students, faculty, staff, and friends of the university to give a financial gift to their “Home by the Sea”, Horne gave a seven-figure gift to the university. The Science and Technology building at Hampton University was renamed in honor of Horne making her story of success a reflection of this year’s theme.

This year’s theme is “Success Al-



MC3 Lindsay Preston

Commander of Navy Region Mid-Atlantic Rear Adm. Jack Scorby presents Mrs. Wilma Harper Horne a gift during the Black History Month observance.

ways Leaves Footprints” which celebrates the achievements by African Americans in their struggles for freedom and a time for recognizing the central role they have played in the history of the U.S.

Originally founded as “Negro History Week” in 1926 by Carter G. Woodson, an African-American writer and historian, it recognized the contributions of African Americans to the country and fostered a better understanding of the African American experience. Woodson was known as the “Father of Black History,” and dedicated his career to the field of African-American history and pressed for the establishment of Black History Month. The month of February was chosen to honor the birth months of abolitionist Frederick Douglass and President

Abraham Lincoln.

In 1948 racial segregation within the armed forces was abolished and today African Americans serve in every rank from seaman to admiral and perform duties in nearly every rating in the Navy. This change increased the incentive for African-Americans to join the military and now approximately 17 percent, roughly 64,000 Sailors, of all Navy personnel are African American.

“By taking the time to educate ourselves on our history and the people who shaped this nation, we can more fully appreciate the ideals set down by the founders,” Adm. Michelle J. Howard said. “It’s a reminder that our work is to sustain freedom and ensure that rights and liberty belong to all our citizens.”

Warfare pins: A history of excellence

By MCSN Shane Bryan

USS Abraham Lincoln Public Affairs

NORFOLK

Confidence, knowledge, and professionalism — all of these character traits are exemplified when a Sailor completes his or her primary warfare program. Sailors have the opportunity to complete three programs aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72): Enlisted Surface Warfare Specialist (ESWS), Enlisted Aviation Warfare Specialist (EAWS), and Enlisted Information Warfare Specialist (EIWS).

ESWS was created on Dec. 1, 1978, when then Chief of Naval Operations Adm. Thomas B. Hayward approved the program. It was immediately followed by OPNAV instruction 1412.4, where it provided specific details on the program.

The ESWS pin recognizes Sailors who have attained professional expertise and proficiency, qualifying them

for service in the surface community aboard a ship.

The pin is authorized for wear by any enlisted Sailor who is permanently stationed aboard a Navy afloat command and has completed the ESWS personal qualification standard.

“When I first came on board, I was an E-6 and I didn’t have my surface pin,” Yeoman 1st Class Lawrence Anderson said, the ESWS coordinator aboard Abraham Lincoln. “I was overwhelmed at first. I didn’t know where to start, but I found the program had a lot of resources I could use to get it done. I passed my test the first time up, and then I had my board. I had no idea what to expect. However, I passed my board, and a couple of weeks later I was pinned. It was a huge weight off of my chest, or weight on my chest. Now I have the confidence to help other Sailors get their pins.”

Shortly after the introduction of the ESWS program, the EAWS program was created in 1980.

The EAWS pin recognizes enlisted members who have acquired the specialized skills, knowledge and experience that qualifies them for service in the aviation community.

“The best part about earning my pin was all of the knowledge I gained in the process,” Aviation Ordnanceman 3rd Class Shelby Blackford said, a Sailor assigned to the weapons department aboard Abraham Lincoln. “I apply everything that I learned during the program to work every day.”

The third pin available aboard Abra-

ham Lincoln is the EIWS pin. The

EIWS warfare program was created in 2010 in order to qualify Information Warfare Corps personnel. Earning this pin means a Sailor has achieved a high level of proficiency in Information Dominance (ID) and has acquired the necessary knowledge to enhance their role in ID.

“Earning your IW pin shows that you know what to do and how to think when it comes to cyber security,” Information Systems Technician 2nd Class Jose Salcedo said, a Sailor assigned to the combat systems department aboard Abraham Lincoln. “By the time a Sailor completes the program they should be able to do their job and have complete confidence doing it.”

Any Sailor who is stationed aboard Abraham Lincoln has the opportunity to earn all three of these pins. However, Aviation Boatswain’s Mate (Handling) 1st Class Ashton Hemphill, a triple-qualified Sailor aboard Abraham Lincoln, will tell you that earning all of the pins takes patience, diligence, and dedication.

“Earning my third pin took a lot of commitment since it was a completely different wealth of information than what I work with every day,” Hemphill said. “I was excited to achieve this and be able to share all of the knowledge with my Sailors.”

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

2018 Military Spouse Awards

HEROES *at* HOME™



Heather
KUHN

2017 Heroes at Home Hampton
Roads Military Spouse of the Year

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



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NOMINATE A DESERVING SPOUSE!

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

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

**MARCH 22
NOMINATION
DEADLINE**

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

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MNV **MILITARY**
NEWSPAPERS
OF VIRGINIA

**PENINSULA
WARRIOR**



Team Navy ready for DOD Warrior Games

The top 40 athletes have earned their spot in Team Navy and will now make their way to this year's DoD Warrior Games, an adaptive sports competition for wounded, ill and injured service members and veterans. » See **B3**

SECTION B | FLAGSHIPNEWS.COM | 03.08.18

IWO JIMA ARG UNITS RECEIVE HUMANITARIAN SERVICE MEDAL FOR HURRICANE ASSISTANCE EFFORTS



Cpl. Jon Sosner

A CH-53E Super Stallion helicopter assigned to Marine Medium Tiltrotor Squadron (VMM) 162 (Reinforced), approaches the fleet replenishment oiler USNS William McLean (T-AKE 12).



MC1 Shamira Purifoy

Florida Gov. Rick Scott greets Culinary Specialist 2nd Class Justine Ivanitskiy, from the Philippines, assigned to the amphibious dock landing ship USS New York (LPD 21).



MC1 Shamira Purifoy

Sailors hand out water to local residents.

From Iwo Jima Amphibious Ready Group Public Affairs

ATLANTIC OCEAN

Sailors and Marines attached to the Iwo Jima Amphibious Ready Group were awarded the Humanitarian Service Medal for providing initial disaster relief in 2017 following Hurricanes Irma and Maria.

The amphibious assault ship USS Iwo Jima (LHD 7) and transport dock ship USS New York (LPD 21) steamed off the coast of Key West, Florida, providing immediate aid to locals until federal and state authorities could take over long-term operations in Irma's aftermath.

From Sept. 11 to 16, the efforts of the two ships, 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 commander, Amphibious Squadron 4 left a positive impact on the devastated city. The Iwo Jima ARG and Marines from the 26th Marine Expeditionary Unit cleared debris from roadways, distributed food and water, repaired generators and other critical infrastructure, such as water-pumping stations.

"I'm proud of the determination and passion our Sailors and Marines showed in helping our fellow Americans during a time of hardship and tragedy," Commodore of PHIBRON 4 Capt. Jack Killman said. "They worked long days on short rest and always showed a commitment to do more."

USS Oak Hill's (LSD 51) crew also received awards for their response to the damage left by Irma and Maria in Puerto Rico and the U.S. Virgin Islands.

The dock landing ship and embarked 26th MEU spent September and most of October at sea helping move route-clearing equipment ashore to assist in opening roads that allowed basic necessities to reach people across the territories.

The Iwo Jima ARG is deployed to U.S. 6th Fleet in support of maritime security operations and theater security cooperation efforts. The Iwo Jima ARG embarks the 26th MEU and includes Iwo Jima, New York, Oak Hill, FST 4 and 8, HSC-28, TACRON 22, components of NBG 2 and the embarked staff of commander, PHIBRON 4.

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

Surface Warfare; Obtaining a fix on fleet NSS skill sets

From Commander, Naval Surface Force

U.S. Pacific Fleet Public Affairs

SAN DIEGO

Commander, Naval Surface Force (CNSF) and Surface Warfare Officer Schools (SWOS) Command continue to conduct officer of the deck (OOD) competency checks across fleet concentration areas.

Conducted by SWOS, the competency checkpoints provide Vice Adm. Rich Brown, CNSF, data on how first-tour, qualified OODs perform in navigation, seamanship, and ship-handling, via written test and simulated at-sea scenarios. The checks began in San Diego and have been conducted in Norfolk, Virginia and Yokosuka, Japan.

"This is an opportunity to take a running fix to make sure that the training we are providing our junior Officers is the right training, and if it isn't, we will look to make adjustments," Brown said.

The competency checks help SWOS assess the proficiency levels of the junior OODs and provide critical information on how they handle stressful situations. The data gathered will help identify areas where SWOS can improve training.

These assessments are con-

ducted on qualified OODs who are randomly selected from various ships in the fleet concentration area where the checks are taking place. They take an examination which includes questions from navigation rules of the road and applicable navigation and seamanship concepts, and then their ability to handle at-sea scenarios is evaluated in navigation, seamanship and ship-handling trainers (NSSTs). These state-of-the-art bridge simulators are used to train ship crews in navigation and ship handling using virtual reality technology.

"Our main focus is to gather data to inform how we can better train future Surface Warfare Officers," Commanding Officer of SWOS Capt. Scott Robertson said. "These competency checkpoints are designed to see how we are doing and where training gaps may lie in our officers of the deck. By conducting the checks across all ship platforms and from different commissioning sources, the data will help us understand the proficiency level of our OODs."

The intent of the competency checkpoints is not to take punitive action against these officers, but rather to build an understanding in what skill



MC3 Sean Galbreath

Lt. Richard Mehlmann stands bridge watch aboard the amphibious assault ship USS Wasp (LHD 1). The ship is transiting to Sasebo, Japan to conduct a turnover with the USS Bonhomme Richard (LHD 6) as the forward-deployed flagship of the amphibious forces in the U.S. 7th Fleet area of operations.

sets OODs are proficient and which skillsets they are deficient. Leadership wants to ensure each OOD has the foundational training and relevant skills to safely navigate the world's waters, and this is one of the many steps underway in the Surface Force.

"I do not believe anything like this has been done in the Surface Warfare Community before," Robertson said. "The time is right to really see what the trends are and then more importantly, take action to shore up holes."

The OOD competency checks are one of several initiatives designed by CNSF to improve the proficiency of Surface Warfare Officers and address issues identified in the 'Comprehensive Review (CR) of Recent Surface Force Incidents in 2017.' The initiatives were established from feedback received during all-hands

calls and leadership meetings following the mishaps. The competency checks are meant to provide SWOS and the fleet an objective assessment of the Surface Forces junior OOD's strengths and weaknesses. Additionally, the information gathered will help entities in the training community tailor instruction and scenarios to address gaps that may exist. Other initiatives include: increased shiphandling simulator training during the Basic and Advanced Division Officer Courses, mariner assessments during the Prospective Commanding Officer Course, a Junior Officer of the Deck Course, Bridge Resource Management Workshop, and additional OOD classroom and simulator training.

» See **WARFARE** | B7

SEABEES COMPLETE FIELD TRAINING EXERCISE

By MC3 Alexa Trafton

CAMP SHELBY, MISS.

Seabees completed a two-week Field Training Exercise (FTX) on board Camp Shelby, Mississippi.

Naval Mobile Construction Battalion (NMCB) 1 operated across Camp Shelby's rugged terrain while the FTX simultaneously tested the battalion's ability to enter and secure hostile locations, execute expeditionary construction, and defend against enemy attacks.

"It demonstrated our ability to operate in a forward deployed location to accomplish contingency engineering and support for mission commanders," said Senior Chief Constructionman Timothy Weisenburg, operations department chief. "The Seabees of NMCB 1 performed stellar across the board and set high standards throughout the exercise."

During the exercise, NMCB 1 completed multiple site "jumps" where the entire battalion and its equipment moved from an established base to a non-secure area. Seabees provided their own security, while moving to and setting up the new forward operating base.

During FTX, separate detachments operate independently from the main battalion, each having different assigned missions over the span of the exercise.

Bridge Det., an independent detachment, was comprised of 89 personnel, including 10 Marines assigned to Bridge Company of 8th Engineer Support Battalion from Camp Lejeune, North Carolina, that were temporarily assigned to NMCB 1 during the exercise. Together the Marines and Seabees erected a medium girder bridge and a Mabey Johnson bridge, and completed two other construction projects at their detachment site.

"The bridge mission of the exercise really gave us the chance to learn from the Marines, and have the Marines learn from us," said Builder 2nd Class Katherine York, from East Grand Forks, Minnesota. "We worked together to learn patrol techniques and building techniques as a team. It was a

» See **SEABEES** | B7

Losing sleep over daylight savings time



Elise Amendola | Associated Press/ Dan LaMoore sizes hands for an 8-foot diameter silhouette clock at ElectricTime Co., in Medfield, Mass. Daylight saving time ends at 2 a.m. local time Sunday, March 11, when clocks are set back one hour.

You’d think, after being married to a Navy guy for so many years, I’d know military time jargon by now. But when my husband, Francis, tells me he’s got a dentist appointment at “sixteen-thirty,” I start counting on my fingers and mumbling, “Subtract two ...”

Although I did manage to memorize Francis’ social security number (it’s seared into my psyche like a tattoo), I’ve never been one of those military spouses who internalized acronyms and military idioms. To this day, I still get confused.

This Sunday, daylight savings time (DST) begins, which further complicates time-telling for military folks. DST sounds simple — sets the clocks forward one hour in March and back one hour in November to take advantage of early daylight. We pronounce “spring forward, and fall back” as if we’re reading from a rudimentary Dick and Jane book, but in reality, calculating time in different parts of the world is a mind-boggling task when you take into account time zones, local time, universal time, solar time, longitude, and the tilt of the Earth’s axis.

To start, only 48 of the 50 states recognize DST. Hawaii, Arizona, and the US’s tropical territories don’t change clocks. However, Navajo Americans on native reservations in Arizona use DST. Go figure.

Most industrialized nations recognize DST, but the majority of the world’s population do not, since China, India and most countries in Africa never change clocks. Conversely, Argentina, Chile, Iceland, Singapore, Uzbekistan, Belarus, Turkey and Northern Cyprus use DST

year-round.

Add to that quagmire the 25 time zones across the world, each one based on Greenwich Mean Time (GMT). Greenwich, England, a suburb of London, happens to be zero degrees longitude and has a royal observatory that tracks the position of the sun. Noon GMT is when the sun is directly over the Greenwich meridian, but since the Earth’s rotational variables cause discrepancies, GMT noon is the annual average of those times. Struggling to wrap your brain around GMT? Don’t bother, because Coordinated Universal Time (which, for reasons too complicated to explain here, is abbreviated as “UTC” rather than “CUT”) has replaced GMT as the primary standard for world time. UTC is more precise than GMT (although it is criticized for including “leap seconds” — don’t ask) and has been recognized since 1960 as the true basis from which all time is calculated.

GMT and UTC start with Z or Zulu time zone, with 12 zones to the east, and 12 to the west, ending at the International Date Line in the Pacific Ocean. For every time zone east of Zulu, an hour is added. For every time zone west of Zulu, an hour is subtracted.

But brace yourself, because in the zones on either side of the International Date Line, time is exactly the same, only one day apart. Which means that if there were two different boats floating on either side of the International Date Line within sight of each other, it can be noon on Monday in one boat, and noon on Tuesday

in the other.

BOOM!

If your brain hasn’t exploded by now, consider that the U.S. military uses a 24-hour scale for local time zones, using DST where recognized (ex., 3:30 p.m. = 1530), but uses a 24-hour scale for Zulu time for operational communications across time zones. For example, the time to begin an airstrike might be communicated as 1850Z, which is 6:50 p.m. UTC. Which, by the way, is 1:50 p.m. Eastern Standard Time, unless it is Daylight Savings Time, which will make it 12:50 p.m. Eastern Standard Time.

Make sense? I didn’t think so.

So, this Sunday, if you are stationed in Germany which recognizes DST, and your spouse is on a ship somewhere off the coast of Japan, which doesn’t recognize DST, and you agree to call each other at exactly 6:00 p.m. Eastern Standard Time, then what time should you make the call?

I have no flipping clue. I would recommend calling every five minutes until someone picks up. Or just send an email.

There is only one thing I know for certain: At O-dark-thirty on Sunday, I’ll be losing an hour of sleep.

www.themeatandpotatoesoftlife.com

NATIONAL NUTRITION MONTH

By Registered Dietitian and Health Promotion Specialist Cheryl Masters

Naval Hospital Jacksonville

JACKSONVILLE

Each March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month. The theme for 2018 is “Go Further with Food,” a reminder that each one of us holds the tool to make healthier food choices.

Making small changes during National Nutrition Month, and over time, will help improve your health now and into the future.

Going further with food is important for many reasons. Whether it’s starting the day off with a healthy breakfast or eating right for an athletic event, the foods you choose can make a big difference. Preparing foods at home, rather than eating out, can be healthier and save you money in the long run.

Some ways in which we can make better choices are:

- Include a variety of healthful foods, from all of the food groups, on a regular basis.
- Consider the foods you have on hand before buying more.
- Buy only the amount that can be eaten or frozen within a few days. Plan ways to use leftovers later in the week.
- Be mindful of portion sizes. Eat and drink the amount that’s right for you,

as ChooseMyPlate.gov encourages us to do.

- Continue to use good food safety practices.
- Find activities that you enjoy, and be physically active most days of the week.
- Realize the benefits of healthy eating, by consulting with a health care professional.

Find out more, including your personal daily calorie limit, at www.ChooseMyPlate.gov or call Naval Hospital Jacksonville’s Wellness Center at 904-542-5292. The Wellness Center is located next to Naval Air Station Jacksonville’s Fitness Center.

NH Jacksonville’s priority since its founding in 1941 is to heal the nation’s heroes and their families. The command is comprised of the Navy’s third largest hospital and five branch health clinics across Florida and Georgia. Of its patient population (163,000 active and retired sailors, soldiers, Marines, airmen, guardsmen, and their families), about 84,000 are enrolled with a primary care manager and Medical Home Port team at one of its facilities. *To find out more or download the command’s mobile app, visit www.med.navy.mil/sites/navalhospitaljax.*

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

NAVSTA Mayport hosts Canadian artifact ceremony

By MC2 Megan Anuci

MAYPORT, FLA.

Naval Station (NAVSTA) Mayport hosted a ceremony to transfer artifacts uncovered from a 1958 jet crash to the Canadian armed forces, Feb. 26.

On Feb. 25, 1958, Royal Canadian navy Lt. William Thomas Barry Troy was flying an F2H-3 Banshee during a joint exercise with the U.S. Navy when he vanished into dense fog off the coast of NAVSTA Mayport.

In the aftermath of Hurricanes Irma and Maria, a few of Troy’s items washed ashore on the beach of neighboring Hannah Park. Among the items uncovered were a stenciled float coat, a life vest with “USN” printed on it and a parachute harness with “LT (P) TROY” stenciled on.

Along with representatives from the park service, who recovered the items, and the Jacksonville Sheriff’s Office, who maintained them, Troy’s younger brother William Richard Troy and his wife were present for the ceremony.

The younger Troy was grateful to be in the presence of the gear used by his late brother, particularly the parachute harness. “Knowing that my brother [wore it],” he said. “There’s a connection there.”

The Troy family had not previously received much closure.

“Sixty years ago yesterday, the Navy had called my father and told him my brother was missing,” said Troy. “A few days later they told us he had passed, and it was a big shock. He was my hero and that’s never changed. In a way, this is a good thing. It settles in our mind what happened.”

Commander of U.S. Fourth Fleet/ U.S. Naval Forces Southern Command Rear Adm. Sean Buck, was present to offer remarks, speaking about the opportunity to celebrate.

“We celebrate the humanity of individuals, as well as nations,” said Buck. “We celebrate sacrifice of individuals, as well as nations. We give thanks to an unbreakable bond, partnership and alli-

“ We celebrate the humanity of individuals, as well as nations. We celebrate sacrifice of individuals, as well as nations. We give thanks to an unbreakable bond, partnership and alliance that have served the world so well in times of peace and war.”

Rear Adm. Sean Buck, Commander of U.S. Fourth Fleet U.S. Naval Forces Southern Command

ance that have served the world so well in times of peace and war.”

For more news from Naval Station Mayport, visit www.navy.mil/local/ns-mayport/.



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Active duty service members and veterans compete in wheelchair basketball at Naval Station (NAVSTA) Mayport's Fitness Center during the 2018 Team Navy trials. Navy Wounded Warrior-Safe Harbor and NAVSTA Mayport are hosting the trials, in which athletes will qualify in eight adaptive sports: archery, track and field, cycling, wheelchair basketball, shooting, sitting volleyball, and swimming. The top performing athletes will fill 40 competitive spots and five alternative spots for Team Navy at the 2018 Department of Defense Warrior Games.



MC2 Michael Lopez Greta Neimanas, Team Navy's head cycling coach, encourages Hospital Corpsman 3rd Class Susan Guzowski as she competes in the cycling portion of the Team Navy Trials at Hanna Park in preparation for the 2018 Department of Defense Warrior Games.



Active duty Sailors and veterans compete in the shooting portion of the Team Navy Trials at Naval Station (NAVSTA) Mayport's fitness center in preparation for the 2018 Department of Defense Warrior Games.

MC2 Michael Lopez

TEAM NAVY READY FOR DOD WARRIOR GAMES

By MC3 Kristopher Haley
Naval Forces Southern Command Public Affairs
JACKSONVILLE, FLA.

The top 40 athletes have earned their spot in Team Navy and will now make their way to this year's DoD Warrior Games, an adaptive sports competition for wounded, ill and injured service members and veterans.

The 2018 Team Navy trials, which were hosted by Commander, Navy Installations Command's Navy Wounded Warrior — Safe Harbor program, came to a close Feb. 24 at Naval Station Mayport.

"The Navy's adaptive sports program provides a critical pathway to recovery for these resilient warriors," Commander of Navy Installations Command Vice Adm. Mary Jackson said, who oversees the 11 regions and 71 installations worldwide that are foundational to fleet and warfighter readiness. "Watching these athletes compete provides many with a renewed appreciation for life. The teamwork and the camaraderie that exist within and between these athletes are indescribably powerful and inspirational."

Approximately 70 athletes competed in various paralympic-style events, including track and field, swimming, shooting, archery, sitting volleyball, cycling and wheelchair basketball. Those who made the Navy roster will face off with athletes from the Air Force, Army, Coast Guard, Marine Corps, and U.S. Special Operations Command as well as the Australian Defence Force and the United Kingdom Armed Forces June 2-9 at the Air Force Academy in Colorado Springs, Colorado.

"It's more than just a sport," Kile Putman said, one of the Team Navy's adaptive field coaches. "It's about coming together with a common thread of 'our body is just not what it once was.' Sports allow service members to set specific goals to obtain. That technique can be applied to daily lives in the recovery process. It gives a chance to set a standard for their lives that they wish to obtain."

Along with the physical recovery and rehabilitation benefits, the Team Navy trials and the DoD Warrior Games help build new relationships with other competitors who have like-minded drives and experiences while supporting strong social networks and a sense of community they can rely on during their path to recovery.

"We're all here to compete, every one wants to make the team and go to the Warrior Games," Cryptologic Technician 1st Class Tyson Schmidt said, 2018 Team Navy Trials participant. "Our competitiveness is equally matched by support. Whether you're the first person to finish a race or the last one to finish a swim, the volume of cheers and support doesn't change."

Navy Wounded Warrior — Safe Harbor provides Sailors and Coast Guardsmen as well as their families with non-medical care while they are recovering from serious illness or injury. There are approximately 4,000 Sailors and Coast Guardsmen currently enrolled in the program. *To learn more, log onto www.navywoundedwarrior.com.*

For more news from U.S. Naval Forces Southern Command & U.S. 4th Fleet, visit www.navy.mil/local/cusns/.



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Annual Leadership Breakfast Featuring NFL All-Pro Brian Mitchell Wednesday, March 21, 2018 at 7:15AM Virginia Beach Convention Center

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Former Redskins great Brian Mitchell is the host of NBC Sports Washington's daily talk and debate show, SportsTalk Live with Brian Mitchell, and an analyst for the network's Redskins gameday shows.

As a co-host for SportsTalk Live since its launch in January 2012, he delivers extensive analysis and opinion covering the top regional and national sports stories nightly. As an NFL analyst, he is featured on the network's Washington Redskins game-day shows, Redskins Kickoff and Redskins Postgame Live.



As a player, Mitchell spent 14 years in the NFL as a return specialist and running back from 1990 to 2003, including 10 seasons with the Redskins. He also spent three years with the Philadelphia Eagles and one with the New York Giants. In 223 games, he gained more than 23,000 all-purpose yards, which is second on the all-time NFL list. He recorded 13 career special-team touchdowns, which also ranks second in NFL history.

A Super Bowl Champion with the Redskins in 1992, Mitchell was named an NFL All-Pro three times and was a Pro Bowler in 1995. He was inducted into the Redskins 'Ring of Fame' in 2009 and was named to the team's 70th Anniversary Team. Mitchell played collegiately at the University of Southwestern Louisiana, which is now the University of Louisiana at Lafayette.

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A former submariner adds impact at the Defense Language Institute

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From crossed anchors to cranes

By MCSN Michael A. Prusiecki

BREMERTON, WASH.

They hold one of the oldest ratings in the U.S. Navy. Their job entails some of the most dangerous and imperative evolutions required on a warship. Known as tough, hardworking Sailors, they're usually the first ones awake and the last asleep. You may have heard them referred to around the ship as their colloquial Navy term, "Boats."

They are U.S. Navy boatswain's mates (BM).

Originating in 1775, BMs are one of five Navy rates still in use today of the nine original ratings. Today, they perform underway replenishments (UNREP), small boat operations, and preservation and overhaul of the ship's hull and spaces.

Typical qualifications a BM can earn aboard a ship are coxswain, boatswain's mate of the watch, safety officer, UNREP rigger, rig captain, quality assurance inspector, rigger weight tester, and helmsman. These qualifications make

them a vital part of a warship's operations out to sea. Their skills range from taking on millions of gallons of fuel and thousands of pallets of food and supplies, to dropping the anchor, mooring the ship in port, and launching small boats to recover personnel in man overboard situations. Deck department plays a large and important role in the Navy's mission.

"BM is one of the hardest working rates in the Navy, and we are required to maintain operational readiness and continued support out at sea," said Chief Boatswain's Mate John Parkowski.

BM's duties and responsibilities are essential to the Navy for abundant reasons. They continually prove their worth in commands both at sea and ashore.

"We're the backbone of the Navy," said Boatswain's Mate 2nd Class Kenneth Burger. "Without us, the ship doesn't sail. We're pretty much a jack of all trades because we can get qualifications in almost all departments and positions aboard."



Boatswain's Mate 1st Class Harry J. Crawford III, assigned to the aircraft carrier USS Nimitz (CVN 68), signals to the crane operator aboard the fleet replenishment oiler USNS Yukon (T-AO 202) during a replenishment-at-sea in the Pacific Ocean. Nimitz is on an underway period in the U.S. 7th fleet area of operations.

MC3 Ian Kinkead

But just what can a BM do with their acquired skill outside of the Navy?

"You can do a lot more than most people think," said Burger. "In terms of civilian jobs, you're really only as limited as your imagination."

Former BMs can find themselves in positions within the civilian world such as a ferry/tug pilot officer, border patrol security guard, private security firm positions, shipyard crane service rigger, driving security boats for port operations, and various positions aboard Military Sealift Command ships, such as 1st, 2nd or 3rd mate, rig captain or master helmsman.

"Safety is a number one priority, and when you combine work ethic with safety vigilance, we are capable of doing anything, which is why hiring experienced personnel from the military brings a lot of advantages," said Brian Fazio, Puget Sound Naval Shipyard and Intermediate Maintenance Facility's Nimitz project superintendent. "Two jobs jump out at me when you talk about BMs. Lifting and handling riggers, and painting and preservation specialist take direct attributes from BMs in the Navy and apply them to shipyard specialties."

The qualities that transfer from the Navy to the shipyard also directly correlate to suitability with jobs in the civilian sector.

"A key aspect of being a boat-

swain's mate is making rank and becoming a manager and supervisor, which could transfer to most, if not all aspects of the civilian world," said Parkowski. "Every company, store or department, needs managers and supervisors, and that is vital experience that you acquire as a BM."

Since the U.S. Navy's inception, BM's have been working diligently, and their rating withstands the test of time. Many have proven to be vital assets in all aspects of the military and civilian workforce. So, whether they look for positions related to the skills they use in the Navy, or they want to enter a completely unrelated field, there is a myriad of positions available in the civilian world for these Sailors to transition to.

Nimitz is currently preparing for a docking-planned incremental availability at Puget Sound Naval Shipyard and Intermediate Maintenance Facility where the ship will receive scheduled maintenance and upgrades.

For more news from USS Nimitz (CVN 68), visit www.navy.mil/local/cvn68/.



U.S. Navy Sailors rig ordnance during an ordnance off-load with the dry cargo and ammunition ship USNS Carl Brashear (T-AKE 7) from the aircraft carrier USS Nimitz (CVN 68), in the Pacific Ocean.

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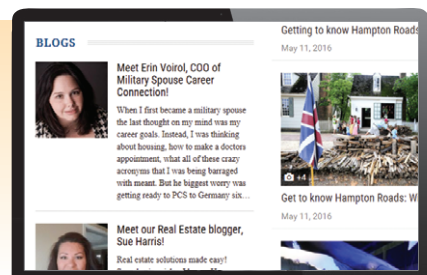
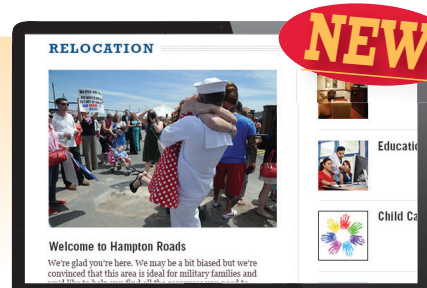
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USS Constitution Sailors teach students during San Antonio Navy Week

By SN Tiana Coots
USS Constitution Public Affairs

SAN ANTONIO

Throughout the span of five days, USS Constitution Sailors reached out to more than 1,000 students in Texas during San Antonio Navy Week, Feb. 19–24.

Constitution Sailors interacted with students from kindergarten to 12th grade. Old Ironsides’ Sailors gave their presentations in the schools’ gymnasiums, classrooms and auditoriums, and students were able to see visual representations of the ship and how it was constructed and operated in a Science, Technology, Engineering and Mathematics based presentation.

“The students were incredibly engaged,” said Seaman Ashley Watson, a Constitution Sailor. “It was rewarding to see them interact with us and learn history in such a fun way. They seemed to really enjoy it.”

The audiences ranged from smaller, intimate groups to more than 100 students at a time. The kids were encouraged to ask questions at the end of presentations and many came up to Sailors afterward to ask Old Ironsides’ crew, as well as to hold the sword brought along for story telling.

“We already went over the War of 1812 in school and to have the Crew of USS Constitution come in and speak has been an amazing experience for the students,” said James King, a teacher at Young Men’s Leadership Academy, a school visited by the crew. “I’m sure if you go upstairs to the students history and science classrooms the they’re saying ‘Hey! Guess what I’ve seen and learned today!’”

Navy Weeks focus a variety of assets, equipment, and personnel on a single city for a week-long series of engagements designed to bring America’s Navy closer to the people it protects, in cities that don’t have a large naval presence.

USS Constitution Sailors also visited the University of Texas at San Antonio, Girl Genius Tutoring Program-Girl



Aviation Electronics Technician 3rd Class Hagen Ward re-enacts a battle scene from the USS Constitution with the Girl Scouts of Southwest Texas. San Antonio is one of select cities to host a 2018 Navy Week, a week dedicated to raise U.S. Navy awareness through local outreach, community service and exhibitions.

Scouts of Southwest Texas, and San Antonio Children’s Hospital as a part of their San Antonio Navy Week schedule.

The Sailors spent two hours with young children at the hospital. Old Ironsides’ crew enjoyed playing games with the kids, painting, explaining pieces of their 1813 Sailor uniform, and educating them about the ship’s legendary history.

“I’m grateful for the opportunity to come represent USS Constitution at Navy Weeks and interact with the public,” said Watson. “It’s rewarding to connect the Navy’s history with our current mission and future endeavors.”

USS Constitution, the world’s oldest commissioned warship afloat, actively defended sea-lanes against global threats from 1797 to 1855. Now a featured destination on Boston’s Freedom Trail, Constitution and her crew of U.S. Navy Sailors offer community outreach and education about the ship’s history and the importance of naval sea power to more than 500,000 visitors each year. USS Constitution is scheduled to be drydocked in Charlestown Navy Yard in May 2015 for a three-year planned restoration period.

For more news and information on USS Constitution, visit www.navy.mil/local/constitution or www.facebook.com/ussconstitutionofficial.



“Shall I board her, sir?” Gas Turbine Systems Technician Mechanical 3rd Class Kyle Brennan assists in the recreation of the USS Constitution verses HMS Guerriere battle.

CIWT’s Special Security Office Vital in Delivering Trained IW Professionals to the Fleet

By Glenn Sircy
Center for Information Warfare Training Public Affairs

PENSACOLA

It’s no secret the Center for Information Warfare Training’s (CIWT) special security office (SSO) is a central component of the CIWT domain successfully fulfilling its mission.

The core CIWT SSO team, headquartered at Naval Air Station Pensacola Corry Station, Pensacola, Florida, is comprised of seven personnel with a combined 165 years of government and/or military security experience.

Doug Jones, CIWT’s command security manager and regional special security officer, leads CIWT’s SSO team. Jones serves as the principal advisor to CIWT Commanding Officer Capt. Bill Lintz, in the application of personnel security, physical security and information security programs that both enhance the command’s training mission and protects national security.

“First and foremost, our main mission is to protect classified information from unauthorized disclosure,” Jones said. “However, efficiently managing staff and student eligibility and access is paramount in supporting CIWT’s training objectives.”

Within established security guidelines, the CIWT SSO team is also very effective with physically protecting the integrity of classified information; conducting an aggressive se-

curity awareness training and education program; and strictly enforcing policies and procedures.

Some of the major functions and responsibilities of CIWT’s SSO team include processing more than 8,000 “A” and “C” school students annually; security manager for more than 2,600 personnel on a daily basis; conducting secret and top secret special compartmented information (SCI) security clearance indoctrinations on all new accession Sailors, civilians and select contractor personnel; providing regional special security officer support to tenant commands within Pensacola and the Gulf Coast area; supporting all Naval Education and Training Command (NETC) claimant SCI requirements worldwide; managing SCI accreditation through National Security Agency for all nine SCI facilities (SCIF) on board CIWT; managing all incoming and outgoing Defense Courier Service classified material; and managing classified material destruction, to include magnetic media and hard drives.

“Our successful SSO team ensures the CIWT domain sails smoothly across the ever challenging security landscape,” Lintz said. “Their roles are key in helping us train the Sailors for ‘the Navy the nation needs.’”

Due to the large number of “A” and “C” school students requiring access to SCI and secret information to complete their training, every effort is made by the CIWT N2 team to obtain SCI clearances for all initial entry students while they are at

Corry Station. However, only those requiring SCI access will be given the appropriate access and badges.

Personnel security is another concern with respect to these new students. Although the security indoctrination will stress the special trust and confidence placed in them as a result of their clearance and point out the common pitfalls of past and present, many will require reminders, counseling, and even punishment before they get the point. Inevitably, some students will fail to meet personnel security standards, but CIWT’s SSO team exhausts every effort to keep those to a minimum.

“At times, security practices and procedures may cause personal inconvenience,” Lintz added. “The compensation for the inconvenience is the knowledge that the work we are doing, within the framework of sound security practices, contributes significantly to the defense and continued security of our great nation.”

CIWT’s SSO team takes their roles in the all-encompassing security architecture very seriously, and this is why they continue to excel and flawlessly help deliver trained information warfare professionals to the fleet.

CIWT is one of the largest of the NETC learning centers with four schoolhouse commands, two detachments, and training sites throughout the United States and Japan. Training 22,000 students every year, CIWT delivers trained information warfare professionals to the Navy and joint services, enabling optimal performance of information warfare across the full spectrum of military operations. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians and officers in the information warfare community.

For more news from 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](https://twitter.com/NavyCIWT).

Seabees construct maintenance warehouse in Bahrain

By BU3 Karinne Yuki
NMCB 11 Public Affairs Office

U.S. 5TH FLEET

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 turned over a pre-engineered building (PEB) project to NMCB 11 in Bahrain.

Since their arrival in mid-February, Seabees from NMCB 11 have been working on the PEB, a facility used to maintain heavy equipment for various engineering operations. Seabees deploy to the U.S. 5th Fleet area of operations for engineering construction and to provide airfield damage repair assets in support of the U.S. Navy and Royal Bahraini Air Force

missions.

Since the start of construction in 2014, the project has experienced numerous delays. However, with improvements made by the previous battalion, NMCB 133, and planning done by NMCB 11, the project is set to be completed in the next few months.

Builder 3rd Class Nikolas Krecu expressed his excitement to begin construction.

“This is my first project as a crew leader, and it’s going to be a great learning experience for everyone,” he said. “We will all gain knowledge and skills that we can utilize in our future endeavors.”

The PEB is currently 60 percent complete and when fin-

ished, it will serve as a maintenance and dispatch building for Alpha Company’s equipment operators and construction mechanics.

“This PEB will be a tremendous asset to the NMCBs who deploy here”, said Project Supervisor Builder 1st Class Harry Drake, from New Field, New York. “I’m excited to lead my crew to the completion of this project.”

NMCB 11 is homeported in Gulfport, Mississippi, and is part of the Naval Construction Force (NCF). They currently have personnel assigned to more than 15 locations worldwide, performing a variety of missions in support of the Navy and the Department of Defense.

The NCF is a vital component of the U.S. Maritime Strategy and is comprised of deployable battalions capable of providing contingency construction, disaster preparation and recovery support, humanitarian assistance, and combat operations support.

For more news from Naval Mobile Construction Battalion 11, visit www.navy.mil/local/nmcb11/.

Data, data and more data: What do we do with it?

By Kelley Stirling

Naval Surface Warfare Center, Carderock Division Public Affairs

WEST BETHESDA, MD.

Data science, data analytics and Navy Digital Twin (NDT) were the topics for the National Engineers Week event Feb. 21 at Naval Surface Warfare Center, Carderock Division, in West Bethesda, Maryland.

“We recognize the contributions of our 1,500 world-class scientists and engineers here at Carderock,” said Larry Tarasek, Carderock’s deputy technical director, adding that he is proud of his engineering degree and the work he has done at Carderock as an engineer, specifically early in his career in the experimentation for the Seawolf program. “We have 60 years of acoustic trials; we have massive amounts of data through large-scale model testing. How are we going to do data analytics, how are we going to do machine learning going forward in the future?”

The event featured Trisha Shields, lead of the aviation data analytics projects for Carderock’s Sea-Based Aviation and Aeromechanics Branch, and keynote speaker Dr. Tom Fu, director for the Ship Systems and Engineering Research Division at the Office of Naval Research.

Shields talked about the new community of practice (CoP) for data analytics and data science she is leading for Carderock. She said that generating actionable information from data processing is one of the key underlying concepts that drive the community of practice, and it is the core to the Navy Digital Twin effort, which was the focus of Fu’s presentation.

“It’s the organization, structuring, contextualization and analysis of data to produce actionable information and to help us make decisions,” Shields said. “Right now, we are at a point where the generation of data is so easy and so cheap that it would be foolish of us not to take advantage of it.”

The main objective of the community of practice is to “maintain stewardship and technical proficiency of the past, present and future state of data analytics/science at Carderock, as well as their application to the Navy’s ships and ship systems.” Shields said in basic terms this means to establish and empower a fundamental competency within the workforce.

With the Department of Defense and the Navy’s unique problem space, Shields said that the workforce needs to keep in mind that the methods and techniques being developed in industry.

“They (industry) don’t necessarily take into account our mission requirements and our operating environments,” she said. “We need to work with industry and academia to take what they are doing and adapt it to our unique problem space. That’s where the community of practice comes in.”

The mission of the community of practice is to build a sustained and strong community of practitioners that help Carderock, and Shields laid out four key actions that the CoP will

focus on:

- Identify and leverage existing experience and expertise
- Network with others and share knowledge
- Develop and support analytics best practices
- Train and develop skills in the workforce

Shields said she intends to hold a monthly meeting of the CoP, featuring short seminars on a data analytics tool, method, technique, workshop or conference.

Fu, a member of the Senior Executive Service, is a former Carderock engineer who eventually became the deputy department head at Carderock for what is now the Naval Architecture and Engineering Department. During his talk about Navy Digital Twin, he linked the Navy’s overall vision to what the Naval Sea Systems Command (NAVSEA) provides.

When working as an engineer, Fu said he was very focused on his particular contribution. In his current position at ONR, he said he thinks about the bigger picture all the time, how NAVSEA provides maritime dominance.

“I think it’s a message that does get lost. You guys need to think about it also,” Fu said. “It is not a trivial vision; it’s not a trivial mission. It’s a very hard thing to execute.”

Fu used a definition by Srivathsan Govindarajan, the vice president of SAP Digital Twin, to describe digital twin as “a dynamic digital representation of a live physical object,” and that it will “dynamically change in near real-time as the state of the physical object changes.”

For the Navy, the physical object can be a full platform, a ship or ship systems, with Sailors actively working.

“We have the history of that object; we have the current state and we will have what happens in predicting what’s going forward,” Fu said. “I have an infinity of futures that I can project into and say, ‘What do I want that future of this platform to be?’”

Fu talked about not only the speed of technology improvements, but also the speed of technology adoption. He said from the onset of electricity in the late 19th century it was 46 years before a quarter of the population had adopted electricity. By the time the Internet came along, that adoption rate dropped to seven years.

“The speed of innovation and adoption continues to increase,” Fu said. “To maintain the competitive advantage, we will need to move faster to capture those opportunities.”

With the speed of technology advancements, Fu said the Navy has to be able to look into the future to support ships and submarines, which can have a 30-50 year lifetime.

“Maritime superiority starts here and the future is now,” Fu said, adding that maritime superiority is a hard problem. “It’s prompt and sustained combat; it’s seafloor to space, from deep water to littorals, information and cyber; it’s to conduct decisive combat operations. These are not trivial things, there are mil-



U.S. Navy photo

Director for the Ship Systems and Engineering Research Division at the Office of Naval Research Dr. Tom Fu speaks about Navy Digital Twin during the National Engineers Week event Feb. 21, 2018, at Naval Surface Warfare Center, Carderock Division in West Bethesda, Md.

lions of things that go into each one of those and how does it all roll together.”

He said digital twin can support the quest for maintaining maritime superiority, but digital twin needs its own set of support.

“All the things that Trisha talked about for the Community of Practice, you’re going to need those skills. We’re going to need that capability,” Fu said. “This is the challenge. You’re going to have to figure out how to do it.”

Fu ended by thanking the engineers for being engineers, recognizing that from his position, he can speak for the Navy in saying that everything the engineers do that supports the Navy is appreciated by leadership and the rest of the Navy.

Naval Surface Warfare Center, Carderock Division, a part of Naval Sea Systems Command, leads the Navy in hull, mechanical and electrical engineering. Headquartered in West Bethesda, Maryland, Carderock Division employs approximately 2,000 scientists, engineers, technicians and support personnel and includes detachments in Norfolk, Virginia (Little Creek); Port Canaveral, Florida; Fort Lauderdale, Florida; Memphis, Tennessee; Bangor, Washington; Ketchikan, Alaska; and Bayview, Idaho.

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

SEABEES | FTX on board Camp Shelby

Continued from B1

fantastic experience for both sides.”

Seabees also employed tactical weapons systems, operated armored vehicles, and employed heavy construction equipment in hostile environments throughout the exercise.

NMCB 1 is a Seabee battalion, homeported in Gulfport, Mississippi, that specializes in contingency construction, disaster response, and humanitarian as-

sistance. NMCB 1 is a part of the Naval Construction Force (NCF) and is a vital component of the U.S. Maritime strategy. The NCF offers deployable battalions capable of rapidly providing contingency construction, disaster response and humanitarian assistance, and combat operations support.

For more news from Naval Mobile Construction Battalion 1, visit www.navy.mil/local/nmcb1/.

WARFARE | Data helps identify areas of SWOS improvement

Continued from B1

“The success of the Surface Force is measured by properly manned, tactically trained, and effectively equipped ships ready to provide Fleet Commanders with combat naval power to fight and win at sea and to project that power ashore,” Brown said. “This is one step in assessing the professional growth of our officers and one step in ensuring our ships have the manning, training and equipment necessary to support our Fleet Commanders.”

In conjunction with the Readiness and Resto-

ration Oversight Council (led by the Undersecretary of the Navy, Mr. Thomas Modly and the Vice Chief of Naval Operations, Adm. Bill Moran), and complimenting the CR recommendations, CNSF is focused on using these initiatives to improve Surface Forces at the unit and individual levels. These initiatives will help to improve the safety and readiness of Surface Navy’s ships. Future SWOS-led competency checkpoints are planned in the fleet concentration areas of Mayport, Everett, Pearl Harbor and Rota.

USNS Salvor, MDSU divers team up with DPAA to recover WWII pilot’s remains near Palau

By Grady T. Fontana

Task Force 73 Public Affairs

KOROR, PALAU

A recovery team aboard Military Sealift Command’s USNS Salvor (T-ARS 52) completed an excavation, Feb. 25, of multiple aircraft losses shot down in 1944 near Ngerkebesang Island, Republic of Palau.

Although remains potentially associated with the losses were recovered by the team, the identity of those remains will not be released until a complete and thorough analysis can confirm positive identification and the service casualty office conducts next of kin notification.

The project was headed by the Defense POW/MIA Accounting Agency (DPAA), which deployed an Underwater Recovery Team (URT) comprised of U.S. Army, Navy, and Air Force service members and Department of Defense civilians that were embarked aboard the USNS Salvor.

“It’s very labor intensive work and they’ve had a large amount of bottom time making this operation successful,” 7th Fleet Salvage Officer Lt. Cmdr. Tim Emge said. “The Mobile Diving and Salvage Company 1-6 divers for this job have been pulling more than 12-hour-days for the past two months. The URT spent weeks excavating the area using a variety of archeological tools and meticulously inspecting the bottom sediment in their search and recovery of the missing personnel from World War II.”

The USNS Salvor is a rescue and salvage ship and was the ideal platform to support the recovery mission.

“The biggest advantage the Navy has with us on the Salvor is that we are standing by for them with a decompression chamber on board for divers, and we have heavy-lift capability,” Civilian Mariner and Master of USNS Salvor Capt. Mike Flanagan said. “It’s just a robust ship. With our 40-ton-lift crane we can bring large and heavy objects off the bottom of the ocean.”

The Salvor embarked the diving team at Guam and the DPAA personnel at Palau. Once the team was onboard, the Salvor got underway to various recovery sites until they reached the excavation area where the pilot was recovered.

“We did a four-point moor on top of the aircraft and then it really got busy,” Flanagan said. “The aircraft had been untouched for about 74 years. It’s been a long time since I’ve seen a military detachment working this hard for this long, seven days a week.”

Excavation was the primary duty of the URT, but MSC mariners were also at hand assisting. In addition to operating the cranes that moved the lift baskets, some crew members assisted sifting through sand while looking for any evidence. The mariners were trained by the embarked archeologist on how to sift through the sand.

“We helped out moving the ship and shipboard equipment around but we also helped screening some of the sand,” Chief Mate Jean Marien of the USNS Salvor said. “It’s very meticulous process. There was a lot of sand-a never ending supply.”

The sifting box was a 4-by-8-foot basket that was about 4-and-a-half-feet high. It took about five hours to sift through each basket.



U.S. Coast Guard photo

The Military Sealift Command salvage ship USNS Salvor (T-ARS 52) serves as a support platform for Mobile Diving and Salvage Unit (MDSU) 1, conducting underwater searches in the last known position of two Marine Corps CH-53E Super Stallion helicopters off the North Shore of Oahu. MDSU-1 is equipped with side scan sonar and a remotely operated vehicle.

The basket was submerged to the bottom of about 90-feet of water and filled with sediments dispersed over a large area.

“It took multiple dives to fill a sifting basket. Each dive lasted about an hour and the baskets took 5-to-6-hours to fill it up,” Marien said. “Sometimes we had two baskets going at the same time.”

The recovery operation had the support of the Koror State Government, the Bureau of Cultural and Historical Preservation, the Environmental Quality Protection Board, and other Palauan authorities.

According to DPAA, the recovery team is highly specialized and diverse and consisted of a forensic archeologist, diving officer, master diver, forensic photographer, explosive ordnance disposal technician, and non-commissioned recovery specialists.

The United States remains committed to recovery of missing personnel from World War II as DPAA continues their mission to provide the fullest possible accounting for missing personnel to their families and the nation.

MSC operates approximately 115 non-combatant, civilian-crewed ships that replenish U.S. Navy ships, conduct specialized missions, and strategically preposition combat cargo at sea around the world to move military cargo and supplies used by deployed U.S. forces and coalition partners.

As U.S. 7th Fleet’s executive agent for theater security cooperation in South and Southeast Asia, Commander, Task Force 73 conducts advanced planning, organizes resources, and directly supports the execution of maritime exercises, such as Pacific Partnership, the Naval Engagement Activity (NEA) with Vietnam, and the multi-lateral Southeast Asia Cooperation and Training (SEACAT) with Brunei, Indonesia, Malaysia, the Philippines, Singapore, and Thailand. The staff also provides ready logistics and salvage support to the U.S. Pacific Fleet.

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

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Great Wolf Lodge Partners with Alex’s Lemonade Stand

The annual Spring-a-Palooza celebration returns March 9 — April 15. For the first time, Great Wolf Lodge is partnering with Alex’s Lemonade Stand Foundation to generate funds and raise awareness to help end childhood cancer.

» See C4



HAMPTON HISTORY MUSEUM ASKS RESIDENTS TO HELP SHAPE THE FUTURE OF AIR POWER PARK

From Hampton History Museum

HAMPTON, VA

Hampton’s Air Power Park provides interesting outdoor displays of vintage aircraft, a playground and a geodesic domed building with a 1960s aesthetic. Because those exhibits are a key part of Hampton’s history, the Hampton History Museum is assuming operation and direction for the park. The museum would like the public to help shape that direction and is holding an input session “ReThink Air Power Park” on Thursday, March 29 from 7:00 p.m. — 8:00 p.m. at the Hampton History Museum.

“As we explore the possibilities for Air Power Park, it is critical for us to understand the community commitment and thoughts on such an iconic part of our personal histories —

who of us does not remember going to see the planes as a child?” asks museum director Luci Cochran. “We hope to create a conversation about revitalizing one of Hampton’s underused spaces and also a plan in which the community can be actively involved.”

Air Power Park sits on 15 acres between Mercury Boulevard and Newmarket Creek, near the Hampton Coliseum and Hampton Roads Convention Center. In addition to historic aircraft, it contains a floating dock and will be a part of the Waterwalk at Central Park. Though relatively small, the city landmark with good interstate accessibility creates a unique asset with a wide range of possibilities. Each year the park averages approximately 6,000-7,000 visitors.

In this first phase, the Hampton Parks, Recreation and Leisure Services Department is focusing on some small up-

grades for the pocket park, concentrating on protecting the landscape and waterway, while also functioning as an indoor and outdoor classroom and laboratory for school children and others.

Next steps are collecting community input in a public process, as well as an internal evaluation of the site and its inherent opportunities and obstacles. After that, we plan to focus on building partnerships, identifying resources and developing a long-term plan.

The Hampton History Museum is located at 120 Old Hampton Lane in Downtown Hampton. There is free parking in the garage across the street from the museum. For more information call 757-727-1102, visit www.Hampton-HistoryMuseum.org, or like the Hampton History Museum on Facebook and follow it on Twitter and Instagram.



Fifth Straight Home Win Sees Admirals Top Glads 4-1

By Norfolk Admirals

NORFOLK, VA

A pair of second period tallies did the trick as the Admirals claimed their fifth straight-home victory toping Atlanta 4-1 on Saturday night.

The victory concluded the season series with the Gladiators. Norfolk finished the season 3-2-1-0 against the Atlanta. Scoring in the third period, Darik Angeli extended his scoring streak to three-straight games. Norfolk is now five points back from the Gladiators for fourth place in the South Division.

In similar fashion to Friday night the Admirals took

a 2-0 lead midway through regulation. Unlike Friday, however both goals came in the second period. Tommy Schutt broke into the offensive zone on a breakaway but was hooked from behind by Taylor Doherty drawing a penalty shot. Schutt capitalized on the penalty shot, giving the Admirals a 1-0 lead. The lead would double 1:19 later. Christian Horn collected a puck and sent a long pass ahead to Grant Besse, breaking the forward in all alone. Besse slid the puck past Sean Bonar, giving Norfolk the 2-0 lead, and the eventual game-winning goal. The mid-game scoring flurry would continue though as Stephen Pierog



Courtesy of Norfolk Admirals

got the Gladiators on the board only 0:25 seconds after Besse’s goal, cutting the lead in half.

The three third period tallies held as the only scoring until late in the third when Atlanta pulled Bonar in favor of the extra attacker. Intercepting a pass and breaking into the offensive zone Grant Besse found the empty net for his second goal of the night, and the insurance marker for the Admirals. Darik Angeli would add another empty net goal to cap off the scoring at 4-1.

Ty Reichenbach, claiming his second straight win, stopped 39 of 40 shots for the Admirals while Bonar stopped 34 of 36 shots faced.

The victory moves the Admirals within five points of Atlanta for the fourth and final playoff spot in the South Division.

The Admirals hit the road for a three-game road trip next weekend as they head to Brampton, Manchester, and

Sports

FINAL BALLAD OF THE HALLSTARS; BILLY GUNN TO DEFEND VCW HEAVYWEIGHT CHAMPIONSHIP

By Jonathan McLarty
Contributing Writer

Vanguard Championship Wrestling (VCW) will present an event at Hampton High School on March 10 in Hampton. Proceeds from the event will be donated to benefit Hampton High School. Two big matches are set to headline the show: VCW Heavyweight Champion Billy Gunn defending his title against former champion Brandon Scott, and long-time VCW tag team The Hallstars (Ross and James Hall) will compete in their final match against wrestling legends The Rock ‘n Roll Express (Ricky Morton and Robert Gibson).

Brandon Scott, who held the VCW Heavyweight Championship for over 600 days before his loss in October, left Billy Gunn laying on the mat at the end of VCW’s latest event in Norfolk. Gunn was successful in defending his title against “Vampire Warrior” Gangrel, but was caught by surprise when Scott cracked him across the head with the championship. Gunn, with the distraction, caused Scott to lose his match with Reality of Wrestling’s Mysterious Q earlier that night, so Scott will have something to prove to the experienced champion.

Former multi-time VCW Tag Team Champions The Hallstars have made it their final mission to defeat World Wrestling Entertainment (WWE) Hall of Famers The Rock ‘n Roll Express in Hampton. The Hallstars, having been in the wrestling business since 2003, will hang up their boots once this contest is over. Ricky Morton and Robert Gibson are no strangers to the Mid-Atlantic region and have competed as a team for decades across the globe. Even after all of these years, Morton claims to still be in his prime and he’ll dare you to say otherwise. The Hallstars are no strangers to Rock ‘n Roll music as they have produced their own music album locally and often dispose of their opponents with gold records crashing against their skulls. Whichever team delivers their double dropkick finishing maneuver first is bound to be victorious on this night.

In February, Lutz Memorial Cup winner Ken Dixon defeated Liberty Lottery winner Benjamin Banks by referee stoppage due to repeated elbow strikes. With this victory, Dixon can compete for any title of his choosing whenever he pleases. Cashing in his new prize, Dixon



Jonathan McLarty

The Hallstars will compete in their final match against The Rock ‘n Roll Express on March 10 at Hampton High School.

has declared that he will compete for Gino’s VCW Commonwealth Heritage Championship in Hampton. In other title action, VCW United States Liberty Champion Phil Brown will defend his title against the debuting Greek God Papadon. Also announced for Hampton is the next match in the ongoing rivalry between Livid the Clown and Timmy Danger (accompanied by Neil Sharkey).

Billy Gunn and The Rock ‘n Roll Express will be meeting fans for photos and autographs at 6 PM on the day of the show. Bell time for the action packed card is 7:30 PM. For advanced tickets and other event information, visit VCW-Wrestling.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

basetheaters \$3 Movies

Peter Rabbit and his three sisters — Flopsy, Mopsy and Cotton-Tail — enjoy spending their days in Mr. McGregor’s vegetable garden. When one of McGregor’s relatives suddenly moves in, he’s less than thrilled to discover a family of rabbits in his new home. A battle of wills soon breaks out as the new owner hatches scheme after scheme to get rid of Peter — a resourceful rabbit who proves to be a worthy and wily opponent.



Courtesy Sony Pictures

JEB Little Creek, Gator Theater – 462-7534

Friday, March 9

6 p.m. Peter Rabbit (PG)
9 p.m. The 15:17To Paris (PG-13)

Saturday, March 10

1 p.m. Peter Rabbit (PG)
5 p.m. The 15:17To Paris (PG-13)
7 p.m. 12 Strong (R)

Sunday, March 11

1 p.m. Maze Runner: The Death Cure (PG-13)
4 p.m. The Shape OfWater (R)
7 p.m. Winchester: The House That Ghosts Built (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, March 9

6 p.m. Peter Rabbit (PG)
9 p.m. The 15:17To Paris (PG-13)

Saturday, March 10

12 p.m. Maze Runner: The Death Cure (PG-13)
5:30 p.m. ADVANCED SCREENING tomb Raider (PG-13)

Sunday, March 11

12 p.m. Peter Rabbit (PG)
3 p.m. The Shape OfWater (R)
6 p.m. The 15:17To Paris (PG-13)

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

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Great Wolf Lodge Partners with Alex’s Lemonade Stand to Raise Funds to Fight Pediatric Cancer

Spring is in the air at Great Wolf Lodge as the annual Spring-a-Palooza celebration returns March 9 — April 15. From spring picnics and bubble dance parties in the Grand Lobby to character-inspired flower gardens and more, Spring-a-Palooza is the perfect way for families to celebrate the changing of the season with the added benefit of helping raise money to fight pediatric cancer.

For the first time, Great Wolf Lodge is partnering with Alex’s Lemonade Stand Foundation to generate funds and raise awareness to help end childhood cancer.

“We’re honored to partner with such an important organization as Alex’s Lemonade Stand Foundation during our Spring-a-Palooza celebration,” says Erin Wallace, Chief Operating Officer of Great Wolf Resorts. “Our goal each and every day is to bring joy to families and what could be more joyful than for us to stand together as a pack to raise funds to end childhood cancer.”

During Spring-A-Palooza, families can visit a lemonade stand in the Grand Lobby for complimentary lemonade to be enjoyed together picnic-style. As a special twist this year, exclusive color changing cups will be sold for \$2.50, and 100 percent of the proceeds from the sale of the cups will be donated to Alex’s Lemonade Stand Foundation, a charity whose mission is to change the lives of children with cancer through funding impactful research, raising awareness, supporting families and empowering everyone to help cure cancer. Great Wolf Lodge anticipates at least \$15,000 will be donated to Alex’s Lemonade Stand Foundation through the sale of the keepsake Spring-A-Palooza cups.

“We are thrilled that Great Wolf Lodge chose us as a partner for their Spring-A-Palooza celebration. Through the efforts of generous partners like Great Wolf Lodge, and their amazing team and guests, we are moving closer to achieving the dream of my daughter Alex, a cure for all kids with cancer,” shares Liz Scott, Co-Executive Director of Alex’s Lemonade Stand Foundation.

In addition to the partnership with Alex’s Lemonade Stand Foundation, other highlights of Spring-a-Palooza include:

- **Spring Cinema:** Families can unwind after a fun-filled day and enjoy a family movie in the Grand Lobby.
- **Spring Picnic:** A time-honored spring tradition gets a



Courtesy Great Wolf Lodge

Williamsburg’s Great Wolf Lodge has partnered with Alex’s Lemonade Stand to help fight pediatric cancer.

Great Wolf twist, as guests can grab a blanket, spread it out on the floor and enjoy an afternoon picnic in the Grand Lobby. Guests can sip complimentary Minute Maid beverage available from the Great Wolf Lodge character-themed Lemonade Stand and play a few rounds of “Take A Wiley Guess” card game.

• **Bubble Dance Party:** This special Spring-a-Palooza event fills the Grand Lobby with cascading bubbles while Great Wolf Lodge’s Ambassadors of Fun keep energy-levels high with a family-friendly dance party.

• **Spring-a-Palooza Story Time:** Great Wolf Lodge’s nightly Story Time takes on a spring themed tale featuring the Great Wolf Lodge characters called “Natural Wonders.” Kids are encouraged to wear their favorite jammies to the Grand Lobby for this event and will have the opportunity to meet one of the Great Wolf Lodge characters in person.

• **Spring Scavenger Hunts:** Great Wolf Lodge features two self-guided scavenger hunts as part of Spring-a-Palooza. The “I Spy Spring” scavenger hunt will have guests looking high and low in the Grand Lobby to find a dozen hidden objects. The “Spring Sprint” scavenger hunt has guests solving clues that will take them on a journey throughout the lodge. When all 10 clues are solved, guests are rewarded with a prize.

• **Character Themed Flower Gardens:** A highlight of the Spring-a-Palooza celebration is the colorful springtime gardens found in the Grand Lobby. The gardens are designed

and handcrafted by Pack Members from the resort. The collection of flower pots are inspired by the Great Wolf Lodge characters. Guests are encourage to stroll around the garden and vote for their favorite display.

• **Jelly Bean Guessing Game:** A gigantic jar filled to the brim with jelly bean candies sits in the Grand Lobby and guests are invited to enter a contest guessing how many delicious treats are within the jar. The guests closest to the correct number without going over will be entered for a chance to win a Great Wolf Lodge Gift Card.

• **Spring Themed Crafts:** During Spring-a-Palooza, the resort’s Ambassadors of Fun will host several spring- inspired craft making events for kids of all ages. Character-themed crafting projects include Oliver’s Crazy About Bugs Jar, Violet’s Springtime Noodle Doodle, Brinley’s Don’t Blow Away Kite and Wiley’s Can You Spot It Binoculars.

In addition to two days of play in the water park for each night stayed at Great Wolf Lodge, all of the Spring-a-Palooza activities are included as part of an overnight stay for no extra charge. Activities vary daily and based on location. A complete listing of daily activities and times can be found in the Lodge Life event schedule provided to guests upon check-in, verified in advance at GreatWolf.com or by calling the location directly.

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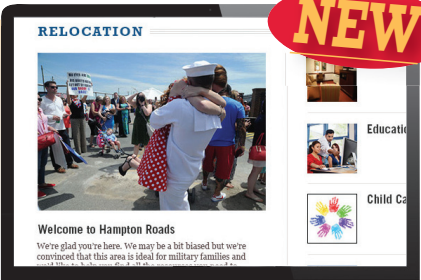
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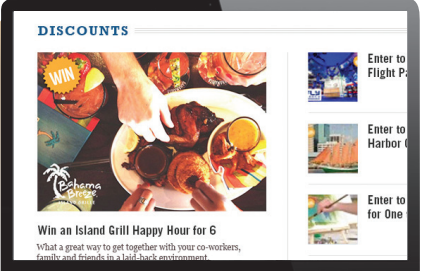
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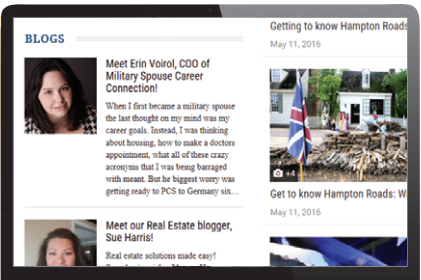
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5 THINGS TO KNOW ABOUT CONNECTED CARS

From Brandpoint

If you could go back in time and tell people that in the near future there would be a handheld device that would allow them to listen to virtually any song, watch virtually any movie or television show and have access to pretty much any book, they would probably think you were crazy.

As it is, we now take all those features of a smartphone for granted. In fact, what once would have been the stuff of science fiction is now commonplace. With technology advancing in leaps and bounds around us, perhaps the one thing that has generated the most buzz involves the marriage of the automobile with the computer: a connected car.

To shed some light — and whet your appetite — for current and future car technology, here are five important things to know about connected cars.

1. Connectivity already exists and is becoming mainstream. Vehicle connectivity is already present on approximately 40 million vehicles around the globe, which come equipped with such features such as in-car WiFi, Bluetooth connectivity, and satellite radio systems. By 2022 over 80 percent of all new vehicles sold are expected to be connected, through 5G and Wi-Fi cloud platforms. Industry estimates suggest this number could quadruple by 2020, and reach 90 to 100 percent of new car sales by 2025.

2. Telematic magic. Telematics allow a vehicle to communicate and share information with other networks helping to enhance everything from in-vehicle operation and efficiency to communicating with other connected vehicles and external infrastructure. In some ways, this type of communication is like having a team of people on the lookout for any maintenance or security issues you have with your car. All you have to do is enjoy your drive. The potential benefits of this data could result in everything from reduced accidents to reduced traffic congestion. The emergence of telematics is expected to become a multi-billion dollar industry.

3. Better maintenance. Year after year, more lights and alerts have shown up on dashboards. These help alert drivers to maintenance issues, but connectivity allows for a truly exacting system of diagnosis and prevention. One of the most advanced solutions, known as the integrated vehicle health management (IVHM) from Honeywell Transportation Systems, uses algorithms and computer models derived from data generated by vehicles already in service as well as highly sensitive sensors to monitor an automobile's system, such as tire pressure, fluids, timing, efficiency and overall operations. IVHM anticipates problems before they occur to better inform car owners when maintenance is needed, which can reduce the cost of unnecessary repairs by up to 50 percent.



Courtesy Brandpoint

- 1. Connectivity already exists and is becoming mainstream.
- 2. Telematic magic
- 3. Better maintenance
- 4. Securing the vehicle
- 5. The electrified powertrain

4. Securing the vehicle. Today, Bluetooth connectivity represents one of more than a dozen vehicle attack surfaces that can be hacked. Research shows that people's fear of malicious vehicle hacking and breaches of data privacy is a lead-

ing concern with future autonomous vehicles. In response, Honeywell Transportation Systems has developed cybersecurity technologies including intrusion detection and protection software to monitor and protect connected vehicles. Based upon the very tools and systems that have been implemented in the aerospace industry and used to protect critical infrastructure such as nuclear power plants and oil refineries, the software uses advanced analytics specifically designed for the automotive industry to detect abnormal behavior in a car's connected network. Operation center will then provide rapid feedback to auto makers to help mitigate potential threats.

5. The electrified powertrain. One of the needs that comes with increased connectivity is more electrical power in the vehicle. Auto makers are developing new

48-volt architectures to replace existing 12-volt systems. The upgraded system supports electric motors, a sophisticated network of sensors and internet-enabled devices. This has the potential to transform the automobile into a mobile office. In addition, the electrification of the powertrain makes for more efficient operations, helping auto makers meet more stringent emission regulations. In time, it is plausible municipalities could use the connectivity of the vehicle to determine access to certain routes in downtown areas or other locations where vehicle emissions are controlled.

Of course, these topics are just the tip of the connected-car iceberg. If you're in the market for a new car, it's likely that in the next few years, you'll experience these features firsthand.



Courtesy Brandpoint

5 WAYS TO SUPPORT YOUR CHILD AND ADDRESS ISSUES AT SCHOOL

From Brandpoint

Children and teens experience some of the most important moments of their lives at school. It's where they spend two-thirds of their waking hours. Of course, school can be stressful, too — and not just because of pop quizzes and science projects.

"Stress isn't the same for all children, and it impacts every one differently," said Dr. Cheryl S. Al-Mateen, medical director of the Virginia Treatment Center for Children. "In fact, in some cases this stress can even be traumatic. If left unnoticed, it can lead to real mental health concerns, including depression, anxiety, self-harm and even substance abuse."

Everyone deserves to feel comfortable talking about mental health — it plays an important role in a child's overall health. Sometimes, however, topics around mental health can feel overwhelming or confusing for parents. Many may find it difficult to spot the difference between traditional school stress and the possibility of potential trauma. Fortunately, there are many resources available to help. As a start, Dr. Al-Mateen has five recommendations to support parents in understanding school issues, helping children cope and tackling potential problems.

■ Check in about school. It can be difficult in our go-go-go world, but give your child your undivided attention for 5

to 10 minutes every day. Talk about their friends, teachers and classes. Open yourself to hearing the good and the bad, and ask what they find difficult — like feeling too nervous to talk or being teased for talking too much. These conversations help you identify problems as they arise, teach your child problem-solving skills and reinforce how deeply you care about their wellbeing.

■ Strengthen your lines of communication. Your child may be more open about school if you have frequent conversations about other things as well. Talk to them about the little stuff, and they'll be more apt to tell you about the big stuff. Listen without judging, and be ready to engage them in an activity if that makes them more comfortable. Braiding your child's hair, shooting a few baskets in the driveway or working a puzzle can lead to a great conversation.

■ Work with your school. If your child is showing signs of stress that concern you, don't be afraid to reach out to their teacher(s) or school principal. Your child's teacher may be able to shed light on what's causing the stress and, if nothing else, can help watch out for your child during the school day.

■ Establish a routine at home. Children thrive in stable, consistent environments. Creating a predictable schedule is helpful, if you can, but sometimes that's just not possible. Make a big family calendar and keep it where everyone can

access it. This empowers children to know what's coming up and helps provide the solid foundation they crave at home. They'll be better prepared to deal with changes and unexpected situations they may face at school.

■ Seek help when you need it. How do you know if your child needs help beyond what you or the school can provide? Look for warning signs. For example, young children may complain about stomachaches and headaches that have no physical explanation. When depressed, a child may say that they're angry, rather than sad, so listen for both — especially when their eating or sleeping patterns also change dramatically, they seem to have low energy or they aren't taking pleasure in things they enjoyed before. These may be signs of a larger problem that needs to be addressed immediately with help from mental health professionals.

The school years are exciting, important times for your children, but they can be tough. Check in with your child daily and don't downplay the stress they may feel. Recognizing potential issues quickly can help prevent larger problems down the road. To learn more about the Virginia Treatment Center for Children and to find more resources to support you and your child, visit chrichmond.org/vtcc.

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

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Bldv. Near Ches. Square Mall
Friday & Saturday
Mar. 9 & 10, 9-3 PM
House is full, some antiques, heavy chopping block, marble-top washstand & chest, beautiful walnut wardrobe, din rm, liv rm & bedrm. furniture, dishes & China, glass, lamps, costume jewelry, lots of stuff, unpacking everyday. Cash/Check Only. Larry Zedd, Va Beach Antique Co

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Flea Markets/Bazaars

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

Indian River High School Spring Fling Craft Show, March 10, 9-4. Free Admission. Find that perfect item as crafters feature their crafts. Bring your camera to take pictures with the Easter Bunny. 1369 Braves Trail, Chesapeake. Call 578-7000.

St. Gregory The Great Women's Club Craft Fair & Flea Market Sat., 3/10, 9-2 PM in the gym at 5356 Va. Beach Blvd., Va. Bch. Many tables of crafts, specialty foods, jewelry, flea market treasures & much more. Something For Everyone.

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A Basic

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Swans and Shorebirds. Also buying
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Boat oars Nautical & Lifesaving items
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Coin Collections
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All Store Fixtures & Antiques for Sale
at Drastically Reduced Prices.
Must See!

Boat Trailers

USED TRAILER SALE !!!
OVER 100 Avail. For Boats 12'-38'
BUDGET BOATS: (757) 543-7595

Boats/Rigs

SeaRay Sundancer 250 1989 LOA 26'9"
New Exhausts, rebuilt Outdrive in 2017. Beam 3'6"
Draft 36" In covered Storage. 11k Can be seen by
appointment. (757)286-6463



Thundercraft/Doral 1989 35" Twin 6.2L
fuel inj/fresh water cooled Mercs. Low hours/
many extras. Needs fuel tank modification and
batteries. \$9800. Call 757-692-2628.

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

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Spring clothes: tops (some embroidered),
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22,000 Baseball, Football & Basketball
Cards from mid '80's to mid '90's, excel cond.
\$400. Call 757-227-1959.

Firewood-Fuels

FIREWOOD-SEASONED. Full, Half & Quarter Cords.
Pickup or Delivery.
Jack Frost Firewood 430-2257

Fishing Equipment

Fishing Flea Market - March 10, 8 AM-2:30.
Chesapeake Conference Ctr., 700 Conference
Center Dr. Fishing equip. only. 120 vendors. \$3
admission, kids under 12 free. Info 757-287-0330.

Furniture-Household

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

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33 Inch Club Cadet Walk Behind Mulch-
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Musical Merchandise



Knade Grand Piano, 5'8", Red Mahogany, 93
years old completely rebuilt, exquisite sound, must
sell, moving to assisted living. Asking \$2,100 or
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ciobellared3@gmail.com or 540-455-6205 (local)

Pet Supplies

AQUARIUM-30-GAL. 1/2 moon, COMPLETE
SET UP. Day/night lighted hood, gravel, pirate
motif, sunken ship, opening chest. Heater, plants,
filters. \$250 OB0. Pd. over \$550. 757-572-1837

Pets-Dogs,Cats,Other

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

Aussie Doodles & Labradoodles-Smart,
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Aussie pups - asdr reg. 804-384-3125 call or txt for
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The Office of Finance at Old Dominion University is seeking candidates for an Administrative and Office Specialist III position. This position will ensure invoices received from assigned vendors are processed promptly and accurately in accordance with prompt Pay, and will monitor, research, and analyze reports independently to ensure processed payments are matched and approved for payment via the electronic three-way matching process. **This position opens March 5, 2018.** To apply, please visit <http://jobs.odu.edu/postings/7560> and follow the online instructions. AA/EOE

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Budget management, maintain all employment files, and processes payroll for all adjunct faculty and students workers. Assists with special projects as assigned; and supports the departmental senior secretary in various departmental offices as needed. Salary commensurate with education and experience. **Close Date is March 16, 2018.** To review position requirements in full, and submit an application, please visit <http://jobs.odu.edu/postings/7591>

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3412 Western Branch Blvd Chesapeake, VA
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Construction Carpenter. F/T. Min. Req.: 6 mos exp. Mail resume to: I-Icon-SOUTHEAST: 2809 Crusader Cir, Virginia Beach, VA 23453. No phone calls.

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An Achievable Dream seeks a Director of Middle School Program. Visit achievabledream.org to apply.

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

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Virginia Beach Psychiatric Center
www.vbpcweb.com

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Colonial Grove Garden of 2 plots, 2 vaults w/bronze on granite markers w/vase, 460-4912.

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Rosewood Memorial Garden of Singing Tower, 2 lots, \$4250 each. 757-340-7091. 469-1872.

For Rent-Furnished Apts

5819 Northampton Blvd. Va. Bch. Rms start at \$45.99 + tax daily & \$225+ tax w/ky. 460-1000.

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

For Rent-Norfolk Apts

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

GHENT-8 Great Locations
1 & 2 BR, free heat & hot H2O, \$650-\$995.
Meredith Mgmt. 622-8233
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\$300 Moves You In, \$735 Mo.
Ingleside Square Apts. 3515 Gatliff Ave. 466-8111

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

OCEAN VIEW'S BEST-5 Locations. 1,2 BR, extras Near beach, air, laundry, www.capitalrentalsva.com
Some/Most Utils. 625-7110. 623-8353

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

For Rent-Portsmouth Apts

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

For Rent-Portsmouth House

Churchland, W. Branch, Suffolk homes, apts, townhomes. \$725-\$1800. Kline Realty 484-0123

For Rent-Rooms

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

Greenbrier/Clearfield-Furnished rm, kit priv's, cable, utils & Wi-Fi incld. \$150 per wk or \$600 mo. + deposit. Call Brian 757-472-3518.

Kempville-\$540 mo. Furn & unfurnished rm. Avail. March 1. House privileges. 757-639-7707.

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

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

Portsmouth-Prentiss Park on Piedmont Ave. Central air, bed & dresser incld. \$500. 373-1983.

Portsmouth-Rm incl cable, washer, central air/heat, very nice location. Directly across from Naval Shipyard. \$135/wk. + \$75 dep. 515-5953.

Portsmouth-Sterling Point. Private rm. Cable. Call for particulars. \$650 mo. 757-484-9000.

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

For Rent-Rooms

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

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

For Rent-To Share

Blocks From Beach, 3 BR Condo to share, male w/same, \$485/Utils incl.+ Sec. Dep. 425-1731

Bruce ST, Norf Seek RM, Utility Inclcd. \$135
WK + \$100 Dept PH#7576194974 ART

Fun and Games

Sudoku

Super Crossword OH GEE!

ACROSS
1 Pres. Lincoln
4 Bar mitzvah officiant
9 Placed a burden on
14 Broke, as a horse
19 Fake signatures
21 Billy Joel's "— Extremes"
22 Rock's Cooper
23 "The Golden Girls" co-star being a rascal?
25 Bit of gossip
26 Conical-bore woodwinds
27 Winslet and Middleton
28 Source of great wealth
30 Make juice of
33 Mean beasts wearing disguises?
35 Burg
38 Life story, for short
40 Suffix with cloth or cash
41 With 45- Down, place for paternity testing
42 "Sad to say ..."
43 Record of the years
47 Serpentine fish
49 Unearthly
53 Stared creepily at a group of wolves?
56 Long deli sandwiches
58 Pretend to be
59 Mythical man-horse
60 Red chapter heading, e.g.
62 Ancient French region
64 In re
67 Minerva, to the Greeks
68 Comes out on top
70 "Make no edits to those script lines!"
76 Sleek, informally
77 How some freelancers work
78 Bellyache
79 Iditarod Trail animal
81 Very spirited
84 Swiftly
89 Brand of fruit drinks
96 Notion, to Luc
92 Heavy
95 Comedian
97 Apr. clock setting
99 Countdown expression
100 Manila money
101 Lively spirit
103 Smidge
105 Phys ed class
106 Epochs
107 Airport area that's only an illusion?
114 Stair unit
116 Mexican revolutionary
117 Oasis beast
119 Capital of the Beaver State
123 Poe's bird
124 Evil poet
128 Belgian port
129 Wise up
130 Aggressively defiant
131 — Domingo
132 Unable to relax
133 Composer Erik
134 "Prob'ly not!"
4 Actress Witherspoon
5 Equip for war
6 Razor brand
7 Radio host Glenn
8 Koran's faith
9 Tablecloth material
10 Tennis great Andre
11 Shout on "The Simpsons"
12 Curio display stands
13 Giving type
14 Late state
15 Female grads
16 Copy closely
17 Low-cost, in product names
18 Freedom from govt. control
20 Brown-and-white cow
24 Get from — B
29 '60s drug
31 Blind as —
32 Ho Chi —
34 Golf peg
35 New Mexico ski spot
36 Bond girl Kurylenko
37 Drawer Disney
39 Burdensome
44 Storekeeper on "The Simpsons"
45 See
41-Across
46 Try to harm with claws
48 Angola's capital
50 Cosine, e.g.
51 Cake topper
52 JFK guesses
54 "Blast!"
55 Kin's partner
57 Linda of "The Exorcist"
61 "— ching!"
63 Hole tool
65 Stomached
66 Used a tool to grab, as an ice block
68 Engraved work of art
70 Screenwriter Ephron
71 Big name in vacuums
72 "Yes" signal
73 EMS skill
74 Tune in to
75 On — with (similar to)
76 Pasty
80 Enters headfirst, as a pool
82 Cup edge
83 "So far — know ..."
85 Any of six pontiffs
86 Wine ripener, e.g.
87 House, south of the border
88 Son of Seth
91 Female hormone
93 Van —, Calif.
94 Cellar, in apt. ads
96 Luxurious
98 Piper's cap
102 School gp.
104 Kitchen choppers
107 Arctic floaters
108 Large city in Nebraska
109 Established fact
110 — Gay (warplane)
111 Tot watcher
112 Latin "I love"
113 Some jabs
115 Suffix similar to -like
118 Pre-euro Italian money
120 Security claim
121 Italian peak
122 Tall tale
125 "Gimme —!" (rude demand)
126 Granola bit
127 Here, in Lyon

1	2	3		4	5	6	7	8		9	10	11	12	13		14	15	16	17	18					
19				20						21							22								
23										24							25								
26								27								28		29							
				30		31	32		33					34											
35	36	37				38		39								40									
42						43				44	45	46		47		48		49		50	51	52			
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			9	1				7	
9				5		1			7
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			3	2				4	
			6			8	7		
7				4					3
	3				9			6	8

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: Q equals T

MH O FUDOWQMP PUBYVN HFUD

JOFAOJ NWR BY LNQQMWL

ANYOFOQNR, XUB DMLKQ AOX

QKNX OFN YUVNA OYOFQ.

Last week's CryptoQuip answer

After a long delay due to some initial snags, the tailor is ready to go full seam ahead.

last week's answers

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

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

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