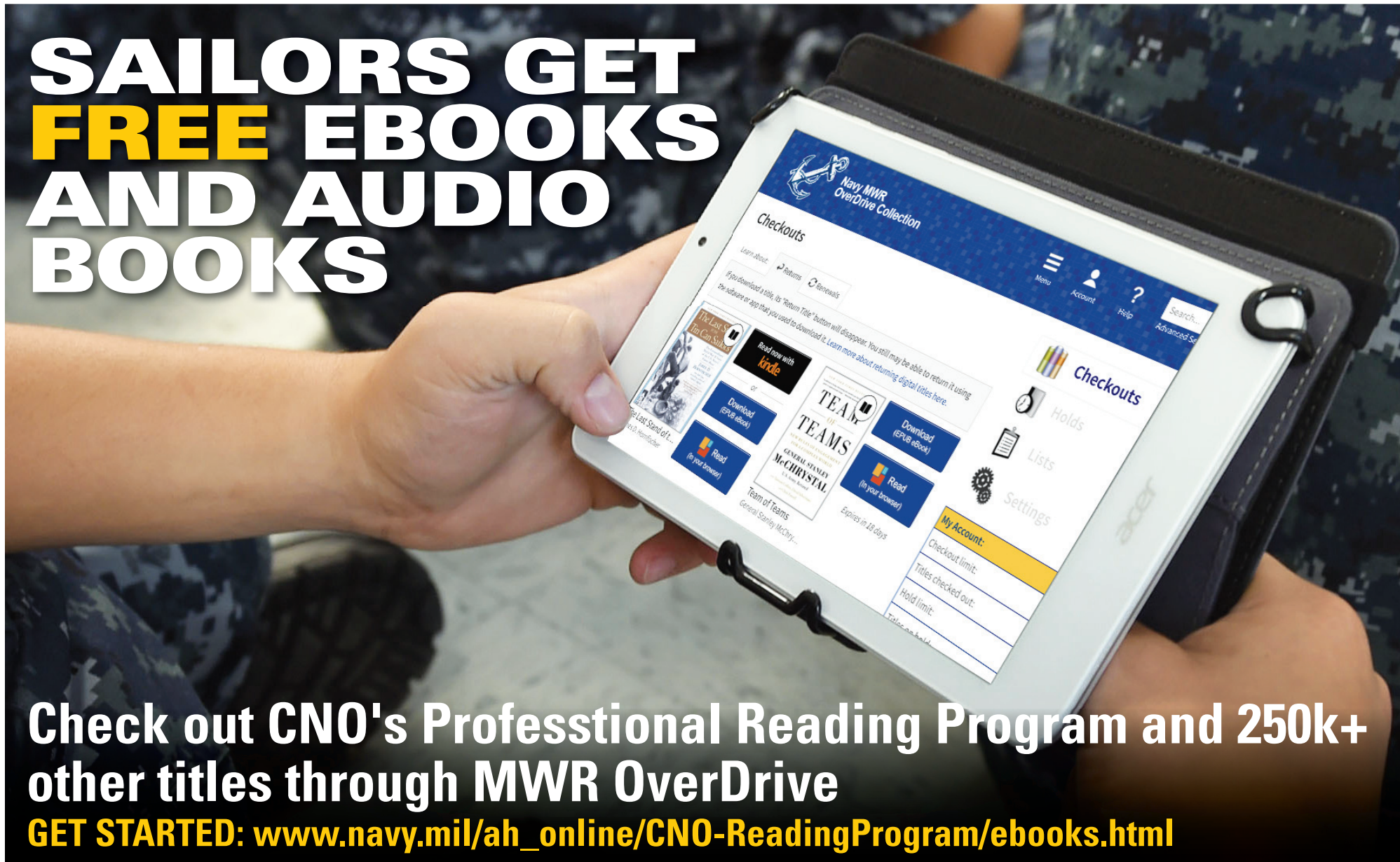


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U.S. Navy photo illustration

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By MC3 Lindsay Preston
The Flagship Staff

NORFOLK

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"Warfare is a violent, intellectual contest between thinking and adapting adversaries. The team that can think better and adapts faster will win. As we prepare for operations and war with an increasingly complex set of potential adversaries, we must do more to sharpen our thinking, learn the lessons from history and expand our minds," Chief of Naval Operations Adm. John Richardson said.

CNO's Naval History Essay Contest: The Influence of History Upon Seapower

From Naval History and Heritage Command

WASHINGTON

The Chief of Naval Operations (CNO) has announced the requirements for the 2018 Naval History Essay Contest with a submission deadline of June 30.

The essay requires entrants to elaborate on a naval history topic of their choice that relates a lesson from history that applies to establishing and maintaining maritime superiority in today's environment. Specific requirements can be found in NAVADMIN 029/18. There are a number of prizes at stake, including \$5,000 for first place, \$2,500 for the second place entry, and \$1,500 for third place.

According to the message, the CNO directed the contest to further our understanding of how lessons from history inform our way ahead. The goal of the con-



MCSA Rosa A. Arzola
Logistics Specialist 1st Class Martha Mayoral, assigned to the Maintenance Support Center aboard the aircraft carrier USS Carl Vinson (CVN 70).

test is to inspire insight and dialog from across the widest spectrum of academic, operational, military and civilian personnel both from within the naval services and those with a sincere interest in the history of the Navy, Marine Corps

and Coast Guard.

The essay contest is open to professional and amateur historians alike, whether they're in the Navy or not; whether they're U.S.

» See **ESSAY** | A7

Junior officers sought to be White House aides

From Navy Office of Information

WASHINGTON

Navy junior officers interested in serving as White House social aides are invited to apply for ac-

ceptance into the program through April 9.

White House social aides have supported presidents and first ladies since the administration of President Theodore Roosevelt and

are represented by all branches of the military. They help manage guests who attend social functions at the White House, facilitate interactions with the president and first lady and escort dignitaries.

Unmarried naval officers in the paygrades of O-2 through O-4 who are currently stationed in the

» See **AIDES** | A7



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USS ASHLAND DEPARTS SASEBO

The forward-deployed amphibious dock landing ship departed Sasebo, Japan for an amphibious certification assessment and follow-on patrol in the Indo-Pacific, March 8.

» See **B3**

DOMINATE SPRING: 5 EASY STEPS TO WAKE UP YOUR LAWN

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» See **C5**

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Graphic illustration of the future Arleigh-Burke class guided-missile destroyer USS Gallagher (LCS 127).

U.S. Navy illustration by MC1 Raymond D. Diaz III

SECNAV names newest destroyer in honor of U.S. Marine

“Lance Corporal Gallagher is an American hero. His exemplary service in defense of our nation and his strength and sacrifice leaves an example for all servicemen and women to emulate. His legacy will live on in the future USS Gallagher and his heroic actions will continue to inspire future Sailors and Marines.”

Secretary of the Navy Richard V. Spencer

From SECNAV Public Affairs

WASHINGTON

Secretary of the Navy Richard V. Spencer named the next Arleigh Burke-class guided-missile destroyer in honor of Marine Corps Vietnam veteran and Navy Cross recipient Lance Cpl. Patrick Gallagher.

In 1966, Gallagher, who immigrated from Ballyhaunis, Ireland in 1962, joined the Marine Corps where he served in H-Company, 2nd Battalion, 4th Marine Regiment, 3rd Marine Division during Operation Hastings in the Republic of Vietnam.

“Lance Corporal Gallagher is an American hero. His ex-

emplary service in defense of our nation and his strength and sacrifice leaves an example for all servicemen and women to emulate,” Spencer said. “His legacy will live on in the future USS Gallagher and his heroic actions will continue to inspire future Sailors and Marines.”

Gallagher was awarded the Navy Cross for his actions on July 18, 1966, when he selflessly threw his body on an incoming grenade, shielding his fellow Marines. He quickly pitched the grenade to a nearby river where it safely exploded out of harm’s way, without injury to himself or others. Gallagher was killed in action one year later

in DaLoc near De Nang on March 30, 1967. He is one of only 30 known Irish citizens to have died in the Vietnam conflict.

Arleigh-Burke class destroyers conduct a variety of operations from peacetime presence and crisis response to sea control and power projection. The future USS Gallagher (DDG 127) will be capable of fighting air, surface and subsurface battles simultaneously, and will contain a combination of offensive and

defensive weapon systems designed to support maritime warfare, including integrated air and missile defense and vertical launch capabilities.

The ship will be constructed at Bath Iron Works, a division of General Dynamics in Maine. The ship will be 509 feet long, have a beam length of 59 feet and be capable of operating at speeds in excess of 30 knots.

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

IN GOOD HANDS

By MC3 Cody Anderson
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

Preventive medicine is just one of the many features and responsibilities of the Medical Department, in the effort to stop sickness from occurring aboard the USS Abraham Lincoln (CVN 72).

From flu shots and birth month recall, to potable water and food inspections, preventive medicine is a small program that has a big impact on the ship.

A crew of three medical Corpsman, the only preventive medical technicians on Abraham Lincoln, has the responsibility of preventing the spread of illness and educating the ship in creating a proactive, healthy environment.

The first line of defense and the greatest threat to preventive medicine is personal hygiene habits. Depending on the Sailor’s habits, the best preventive medicine practices are literally in the hands of the crew.

“The best things that Sailors on Abraham Lincoln can do is wash your hands, wash your clothes, wash your body and keep your living spaces clean,” Hospital Corpsman 2nd Class Brandon Schram said. “If you can keep the areas that you stay in clean, the chances of you getting sick are less. Good hygiene is huge.”

The preventive medical technicians who stress good hygiene also promote safe sex practices. The medical department provides sexual health counseling and education for all members to educate crew members on the prevention of sexually transmitted diseases (STD).

“You need to care for yourself and protect yourself when you can,” Chief Hospital Corpsman Patrick Lumas said.

Although many of the factors that work into preventive medicine rely on the individual decisions of the Sailors serving aboard, other environmental factors, to include the ship’s water and food, need extra attention as well.

The ship’s water is tested weekly in port and daily while underway for harmful bacteria. All spaces that hold food are routinely inspected for safe storage practices. This includes all vending machines, the ship’s store, food storage and all galleys and messes.

“With this amount of personnel and everyone eating and drinking from the same sources, if a source is contaminated then a full-blown outbreak can occur,” Hospital Corpsman 1st Class Naphtali Odongo said. “Once one person catches it, it is so easy for it to spread all over the ship.”

Since there are only three preventive medicine technicians aboard, responsibility for health falls on all crew members.

From taking care of personal hygiene, to reporting any suspicious food or water, more can be done to help stop the production and spread of communicable disease and sickness.

If you would like more information, or help from the ‘Navy’s finest preventive medicine team,’ as Chief Lumas says, visit the medical department.

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

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NAS OCEANA HOLDS A CHANGE OF COMMAND

By MC2 Jacob S. Richardson

NAS Oceana Public Affairs

VIRGINIA BEACH

Capt. Chad Vincelette became the 45th commanding officer of Naval Air Station (NAS) Oceana during a change of command ceremony at the Center for Naval Aviation Technical Training Unit, March 9, 2018.

Formerly serving as Oceana's executive officer, Vincelette relieved Capt. Richard Meadows in a hangar filled to capacity with senior Navy leadership, city officials, former Oceana commanding officers, family, friends and those who have worked with both naval officers.

Commander of Navy Region Mid-Atlantic Rear Adm. Jack Scorby Jr. was the presiding officer and guest speaker for the ceremony.

"It is an honor to be here, to be able to speak of the outstanding achievements of Capt. Meadows and the Oceana team," said Scorby. "It is events like this, and many others, which are part of the glue that binds us all together. Today's ceremony helps us to solidify those bonds. It is a public demonstration of the continuity of Navy leadership."

Scorby noted some of the accomplishments NAS Oceana was able to achieve under the command of Meadows.

"Over 342 thousand flight operations conducted both here and at Naval Auxiliary Landing Field (NALF) Fentress in support of deploying strike fighter squadrons who are taking the fight to our enemies, flawless execution of 220 million worth of projects and service to improve base facilities, security upgrades worth nine million to six operational support centers, a first for NAS Oceana as well as the Navy," said Scorby. "In addition, NAS Oceana hosted several unbelievable safe and successful air shows the past two years, with over 250 thousand attendants



Naval Air Station (NAS) Oceana Executive Officer Capt. Chad Vincelette relieves NAS Oceana Commanding Officer Capt. Richard Meadows of command during a change of command ceremony, becoming the 45th commanding officer of NAS Oceana. Vincelette relieved Meadows in a hangar filled to capacity with senior Navy leadership, city officials, former Oceana commanding officers, family, friends and those who have worked with both naval officers.

MC2 Jacob S. Richardson

at each show. Not to mention your Science, Technology, Engineering, and Mathematics (STEM) initiative and field trip, hosting more than 55 thousand 5th graders, allowing them to see first-hand naval aviation at its finest."

Scorby presented Meadows with the Legion of Merit for his many accomplishments as the commanding officer of NAS Oceana, Dam Neck Annex and NALF Fentress.

In addition to being relieved, Meadows also retired from the Navy during the ceremony.

As Meadows began his final remarks as Oceana's commanding officer and as an officer in the U.S. Navy, he thanked various Navy officials, community leaders and family members for taking the time to attend the ceremony.

Meadows also recounted how rewarding his military service has been.

"When I was 9 years old, I bought a poster of the USS Constellation, underway, launching jets, and hung the poster over my bed. The poster stayed there through high school, through college," said Meadows. "I was fortunate enough to do the last carrier qualification detachment on USS Constellation, the same ship on that picture I hung over my bed. Talk about dreams coming true."

Meadows recognized Capt. Vincelette and his family for their support and friendship. "Vinny, you have been a great friend and sounding board the past eighteen months. Thank you for your leadership and calm demeanor when issues came to a head. I can't thank you enough. It was a pleasure getting to know you, Beth, BB and Jackson."

In his last remarks, Meadows spoke of the Oceana team.

"I would like to thank the NAS Oceana team, the civilians and Sailors, that support the fleet, warfighters and families that makeup Oceana and the United States Navy," said Meadows. "The executive officer and commanding officer rotate in and out every eighteen months, but you are the glue of this operation, the corporate knowledge that keeps Oceana what it is today, the world's finest master jet base. It has been an honor and great privilege to serve with all of you."

Capt. Vincelette also impressed upon the importance of NAS Oceana and its Sailors.

"From their inception in the 1940s, NAS Oceana, Dam Neck Annex, and NALF Fentress have been training and supporting Naval Forces that have fought in every armed conflict from WWII to today's missions in Afghanistan, Iraq and Syria," said Vincelette. "This year's 75th anniversary is a celebration of the men and women that have served on-board NAS Oceana and a celebration of the partnership the Navy has built with the cities of Virginia Beach and Chesapeake."

Capt. Vincelette went on to speak on the personal importance of becoming NAS Oceana's commanding officer.

"As a local from Virginia Beach, when I heard I was coming back to Oceana, I felt like I won the lottery. I spent my entire career flying the Big Fighter and the Super Hornet out of Oceana. Unlike most Navy families, my kids were born here and spent kindergarten to twelfth grade in the Virginia Beach

School system," said Vincelette. "On and off for the last 46 years, between my father and me, there has been a Vincelette stationed at Oceana. When I received my orders here, I was so excited to have the opportunity to work again with the finest young people our nation has to offer, the men and women of NAS Oceana, Dam Neck Annex, and NALF Fentress."

He went on to thank the civilian workforce at NAS Oceana.

"You don't have to be in uniform to serve our nation. Over 700 civil servants and contractors have dedicated their lives to customer service at Oceana," said Vincelette. "Many are embedded alongside our Sailors, and others work at MWR, Public Works, the fire station, safety and IT departments, and our Fleet and Family Support Center. Together, they support the fleet just as their predecessors have done since Oceana was designated a Naval Auxiliary Landing Field on August 17, 1943."

Capt. Vincelette continued, affirming his dedication to Oceana.

"Throughout the 75 years of Oceana's existence, 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," said Vincelette. "I am humbled and honored to be given the opportunity to lead this amazing installation."

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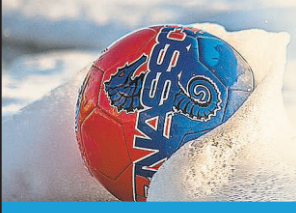
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WEEKLY PHOTOS OF

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Hospital Corpsman 3rd Class Ivan Chagoyan, left

Lt. Anna Hosig, right

USS Oak Hill (LSD 51)



Airman Shaderricka Lee

USS George H.W. Bush (CVN 77)



Quartermaster Seaman Breaune Gonzalez

USS Iwo Jima (LHD 7)



ON THE

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US FLEET FORCES ANNOUNCE 2017 USFF SEA, SHORE SAILORS OF THE YEAR

By MC2 Michael Fiorillo
U.S. Fleet Forces Command Public Affairs

NORFOLK

Commander of U.S. Fleet Forces Command (USFF) Adm. Phil Davidson announced the 2017 USFF Sea and Shore Sailors of the Year (SOY) during a ceremony hosted by the Hampton Roads Navy League at the Half Moone Cruise Center in Norfolk, March 8.

Naval Air Crewman (Operator) 1st Class John Herrman of Patrol Squadron (VP) 16 was named the 2017 Sea Sailor of the Year and Aviation Electronics Technician 1st Class Sheldon Hunter of Fleet Readiness Center Mid-Atlantic Detachment, Patuxent River was selected as Shore Sailor of the Year.

“You all are the best of the best. When you return to your units, whether you are the sea or shore Sailor of the Year, I hope you take back what you learned this week and work diligently at trying to make a better team out of your unit and all the teams that will make up

that unit going forward. Units that are focused on the mission, communicate up, down and across the chain of command, and function and perform as a team are the most successful,” said Davidson.

During the ceremony, all of the nominees were recognized for their success and awarded the Navy and Marine Corps Commendation medal.

“First of all I would like to thank the other candidates, I didn’t see this week as a competition but as an opportunity,” said Hunter. “Any one of us could have been standing here at this moment and I’m humbled to be selected to represent the shore Sailor of the Year.”

Over the course of the week, the candidates participated in board interviews, nomination package reviews and leadership courses taking place at military installations across the Hampton Roads area. The SOY finalists also participated in tours of local historical landmarks, training at area commands and team-building exercises.



Photos by MC2 Stacy M. Atkins Ricks

Commander of U.S. Fleet Forces Command (USFF) Adm. Phil Davidson, center, poses with the 2017 USFF Shore Sailor of the Year (SOY), Aviation Electronics Technician 1st Class Shelldon L. Hunter, left, and USFF 2017 Sea SOY Naval Air Crewman (Operator) 1st Class John Herrman following an announcement luncheon at Half Moone Cruise and Celebration Center in Norfolk.

“If I have learned anything through this journey it is that there is nothing exceptional about me, every step along the way I’ve been surrounded by exceptional individuals like the people I have the privilege to share the stage with now,” said Herrman. “I can tell each and every one of you that I look forward to this career of service because I know these are people that I get to serve with daily.”

Herrman will travel to Washington, D.C., and be meritoriously promoted to chief petty officer by the Chief of Naval Operations. Hunter will advance to the final selection process for the Chief of Naval Operations Shore Sailor of the Year.

The Sailor of the Year program was established in 1972 by Chief of Naval Operations Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy John Whittet to recognize high-performing E-4 through E-6 Sailors across the fleet. The intent of the competition is to recognize individual Sailors who best represent the ideals of the professional Sailor and the Navy. Initially only Atlantic and Pacific Fleet Sailors on sea duty were recognized. Within 10 years, however, the SOY program was expanded to include shore duty and Navy Reserve Sailors.

Finalists for Fleet Sea Sailor of the Year:

Naval Air Crewman (Operator) 1st Class John Herrman, Patrol



Commander of U.S. Fleet Forces Command (USFF) Adm. Phil Davidson and USFF Fleet Master Chief Paul Kingsbury present Aviation Electronics Technician 1st Class Shelldon L. Hunter with the Navy and Marine Commendation Medal after his selection as the 2017 USFF Shore Sailor of the Year (SOY). Hunter will compete for Chief of Naval Operations Shore Sailor of the Year.

Squadron (VP) 16

Cryptologic Technician (Technical) 1st Class Brandon B. Sneyd, Navy Information Operations Command San Diego

Electronics Technician 1st Class Michael Kugler, Naval Special Warfare Development Group

Hospital Corpsman 1st Class Luis Figueroa, USS Detroit (LCS 7)

Intelligence Specialist 1st Class Michael Eaker, Commander, U.S. 6th Fleet, MCC TLAM Detachment

Logistics Specialist 1st Class Shaun P. Witt, Naval Mobile Construction Battalion (NMCB) 11

Machinist’s Mate (Nuclear) 1st Class Marshall Evan Ross, USS La Jolla (SSBN 701)

Finalists for Fleet Shore Sailor of the Year:

Personnel Specialist 1st Class Nicole Florent, Navy Expeditionary Combat Command

Yeoman

1st Class David O’leary, Military Sealift Command Detachment Far East, Singapore

Interior Communications Electrician 1st Class Ronnie F. Byrd, Commander, Naval Surface Squadron (CNSS) 14

Aerographer’s Mate 1st Class Pedro J. Henry, Commander, Naval Meteorology and Oceanography Professional Development Center

Aviation Electronics Technician 1st Class Shelldon L. Hunter, Commander, Fleet Readiness Centers, Patuxent River

Logistics Specialist 1st Class Samantha Mincey, Trident Refit Facility, Kings Bay

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



Commander of U.S. Fleet Forces Command (USFF) Adm. Phil Davidson presents Naval Air Crewman (Operator) 1st Class John Herrman with the Navy and Marine Corps Commendation Medal after his selection as the 2017 USFF Sea Sailor of the Year (SOY) during an announcement luncheon at Half Moone Cruise and Celebration Center in Norfolk. Herrman will be meritoriously promoted to chief

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ROSE & WOMBLE REALTY

NOT A HAIR OUT OF PLACE

By MCSA Adam Ferrero
USS George Washington Public Affairs

NEWPORT NEWS, VA.

The United States Navy has a long history of regulations and policies regarding how Sailors wear their hair. For reasons ranging from field safety to uniformity and professionalism, these policies are outlined by Navy Personnel Command (NPC), and the Navy enforces them throughout the entire fleet.

“Strict hair regulations make it so people aren’t getting distracted from looking at hair,” said Personnel Specialist 1st Class Shavaughn Hunter, lead petty officer of the personnel department aboard the aircraft carrier USS George Washington (CVN 73). “Also, we’re on a ship, so we don’t want our hair getting caught in hatches or scuttles. When we have drills, or if there’s a casualty, we don’t want our hair getting in the way and possibly causing another casualty because our hair is too long.”

There are grooming standards for men and women alike, but for female Sailors, the policies on hair are much longer, covering a far wider variety of hair criteria.

“I look at the NPC website because they’ll often update different things that have changed with the uniforms and hair regulations in general,” said Chief Personnel Specialist Tiffany Jordan, leading chief petty officer of the George Washington personnel department. “A lot of females have questions about it. Things do change, and there can be misunderstandings or misinterpretations, so you have to look it up.”

According to the Navy Personnel Command website, hairstyles and haircuts shall present a professional and balanced appearance, and appropriateness of a hairstyle shall be evaluated by its appearance when headgear is worn. Hairstyles will not interfere with the proper wearing of headgear, protective masks or equipment. Hair is not to protrude from the opening in the back of the ball cap, except when wearing a bun hairstyle.

The Navy Personnel Command website



also says that lopsided and extremely asymmetrical hairstyles are not authorized. Angled hairstyles will have no more than a 1-1/2 inch difference between the front and the back length of hair. Layered hairstyles are authorized provided layers present a smooth and graduated appearance.

With a vast number of possible hairstyles, it can sometimes be easy for Sailors to wear their hair in a way that accidentally puts them outside of regulation.

“We run into this more often with younger Sailors,” said Jordan. “They’ll try to maneuver their way around policies because it’s not in black and white. Often times, we’ll go and see what the hair policy does address, and if there are questions, you can reach out to NPC or the policy writers for clarification. In unclear circumstances, just be professional and make sure it’s not faddish.”

While the current list of acceptable hairstyles is not all-inclusive, it currently lists and defines buns, twists, two or more braids

or cornrows as allowed. Some examples of hairstyles not allowed are ponytails, pigtailed, braids that are widely spaced and, or protrude from the head, and locks or dreads.

“Before I get my hair done, if it’s something that could possibly be out of regs, I always show a picture to my chief,” said Hunter. “I’ll say, ‘Hey, I want to get this done. Is this going to be acceptable or not?’ Also, when I go to get my hair done, I always let the people know that I’m in the military, and it has to be done a certain way. Normally they’re accommodating because they know how the rules work.”

While hairstyle is a major part of these policies, there are other variables as well.

“One of the most common issues I see is hair coloring,” said Jordan. “The policy says you can have natural hair colors such as blonde, red, brown and black. You have Sailors though whose natural hair color is completely opposite, like someone with dark hair who wants to dye it red, and then that gives their hair a tint that doesn’t look professional.”

The Navy Personnel Command website says that hair, wigs, or hair extensions must be of a natural hair color, such as blonde, brunette, brown, red, gray or black. Hair extensions must match the current color of hair. Wigs, hairpieces and extensions shall be of such quality, and fit so as to present a natural appearance and conform to the grooming guidelines.

If Sailors see that they are out of regulations, or that a fellow Sailor is, it’s important to correct it, even if doing so might make them feel uncomfortable.

“I tell my junior Sailors all the time that if they see somebody that’s out of regs, or if they aren’t sure if that person is within policy

to go ahead and talk to that person. Ask them about it, and double-check the policy. It can be difficult to ask, especially if it’s a more senior Sailor, but at the end of the day we’re all Sailors, and we all follow the same policies.”

Sometimes, preventing someone from going outside regulations is as simple a matter as helping keep fellow Sailors informed.

Hunter said that when she hears about policy changes affecting Sailors that she often puts it out on Facebook, since oftentimes it’s where a lot of people tend to get their information most quickly.

For female Sailors who may have been struggling with keeping their hair regulation-friendly, the Defense Media Activity created an online hair viewer for the All Hands Magazine website, which displays photographic examples of numerous regulation hairstyles, giving Sailors something visual to reference if needed.

Regardless of rank, U.S. Navy Sailors are all individual parts of one fleet. Keeping to a strict grooming policy may seem like a lot of work, but it allows Sailors, and by extension, the fleet, to maintain an appearance of professionalism that keeps them mission-ready.

For more information on grooming standards, visit the Navy Personnel Command website at www.public.navy.mil/bupers-npc/pages.default.aspx, and to see the All Hands Magazine online hair viewer, visit www.navy.mil/ah_online.

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



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MC2 K.R. Jackson-Smith

A group of participants engage in a break out session during the Commander’s Training Symposium hosted by Commander, Naval Air Force Atlantic (CNAL). The purpose of the event was to brief CNAL leadership on fleet-wide initiatives, current readiness and provide a venue where participants can share ideas and provide feedback.

CNAL hosts Commander’s Training Symposium

By MC2 K.R. Jackson-Smith
Naval Air Force Atlantic Public Affairs

NORFOLK

Commander, Naval Air Force Atlantic (CNAL) hosted a Commander’s Training Symposium on Naval Station Norfolk, March 6-7.

The purpose of the event was to update CNAL leadership on fleet-wide initiatives, current readiness and provide a venue where the group can share ideas and provide genuine feedback.

The training symposium’s theme, “Current Readiness, Leading Every Day, Future Readiness,” highlighted Rear Adm. Roy Kelley’s vision, priorities and lines of effort as the CNAL commander while providing a roadmap for leadership at all levels.

“What a great opportunity to get Naval Aviation leadership together and share not only questions and concerns, but the future opportunities we have with the new National Defense Strategy and budget,” Kelley said. “We now have clear direction to build naval capacity, capability, and readiness.”

Participants also had the opportunity to engage in several roundtable discussions, where other topics such as leadership development, Navy manpower and manning, material readiness and major perspectives were discussed.

I really enjoyed the leadership discussion we had this morning,” said Cmdr. Kelly Harrison, executive officer of HSC-26. “We don’t always have a lot of time to talk about leadership development as a group so that was really nice. I also enjoyed the brief and Q&A with Rear Adm. Kelley. It’s always nice to have an opportunity to ask more senior leaders for their perspective on the different issues we face and get their take as experienced members of the decision making process.”

Commander Naval Air Force Atlantic is responsible for overseeing the manning, training, and equipping of six nuclear-powered aircraft carriers, 80 squadrons, more than 1,000 aircraft and 30,000 personnel on the east coast of the United States.

“Rear Adm. Kelley has already asked us for direct inputs on our top three things we would want him to know from our perspective,” Harrison continued. “I think this is a great opportunity for him to get unfiltered information from the lower levels about our officer’s concerns and clearly articulate the issues we wrestle with. His brief yesterday really steels me in my resolve that even though we may face some challenges at this moment; we still need to do everything in our power to help our commands maintain the standard across the board.”

GHWB successfully completes 3MI



Sailors tighten a line during a sea and anchor detail aboard the Nimitz-class aircraft carrier USS George H.W. Bush (CVN 77). George H.W. Bush is underway hosting the Board of Inspection and Survey for the ship’s material inspection.

MC3 Zachary P. Wickline

By MC3 Mario Coto
USS George H.W. Bush Public Affairs

NORFOLK

The aircraft carrier USS George H.W. Bush (CVN 77) (GHWB) completed the Maintenance and Material Management Inspection (3MI), March 9.

While the final scores are still being recorded, initial estimates indicate a final score of 95 percent or better.

The 3M inspection is conducted every 24 months on board an aircraft carrier to ensure the ship is being properly maintained and upkept for a projected 50-year lifespan.

During the five-day event, inspectors from Commander, Naval Air Forces (COMNAVAIRFOR) conducted over 250 supervised checks throughout the ship to ensure GHWB and its crew met material readiness standards.

“Every single Sailor had a role in how we performed during 3MI,” said GHWB Commanding Officer Capt. Sean Bailey. “It was a collective effort, and the success of those Sailors who were picked to perform spot checks was enabled by the professional excellence of our entire 3M team.”

What made this unique for GHWB is that its crew had just completed the Board of Inspection and Survey (INSURV) the week prior and had little rest before the 3MI. Despite the high op-tempo, Sailors were successful in

“It was a collective effort, and the success of those Sailors who were picked to perform spot checks was enabled by the professional excellence of our entire 3M team.”

GHWB Commanding Officer
Capt. Sean Bailey

both inspections.

“It was unprecedented to schedule INSURV and 3MI back-to-back,” said Bailey. “It was an extraordinary task and an extraordinary achievement to do very well in both.”

Bailey announced the ship’s success at an all-hands call held in the ship’s hangar bay. He attributed the ship’s success to the crew’s pride in ownership and the extensiveness of their training.



MC3 Zachary P. Wickline
Aviation Boatswain’s Mate (Fuels) Airman Jeremy Hackbarth checks the national item identification number on hazardous material aboard the aircraft carrier USS George H.W. Bush (CVN 77). The ship is in port in Norfolk, Va., undergoing the maintenance material management (3M) inspection.

“The excellent results we’ve received and the praise we got from the 3MI team speaks volumes for the crew as individuals and Sailors, and I couldn’t be more proud,” said Bailey. “Everything we did and how professionally we performed reflects what it means to be the absolute best ship in the Navy.”

The ship is in port in Norfolk, Virginia, conducting sustainment exercises to maintain carrier readiness.

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

CNO visits USS Arlington

By MC2 Brandon Parker
USS Arlington Public Affairs

NORFOLK

The chief of naval operations (CNO) visited the amphibious transport dock ship USS Arlington (LPD 24) for a discussion with major commanders from across the Hampton Roads area, March 2.

During CNO Adm. John Richardson’s visit he had the opportunity to view Arlington as it prepares for its upcoming Board of

Inspection and Survey (INSURV).

“I thought I would come to the LPD side of the house,” Richardson said. “Arlington is about to go through INSURV and it’s ready for action.”

Prior to meeting with the major commanders, Richardson joined Arlington Sailors on the mess decks for lunch.

“I love eating with Sailors. I do it all the time,” Richardson said. “I love Navy chow halls. The food is delicious and the company is great.”

“I love eating with Sailors. I do it all the time. I love Navy chow halls. The food is delicious and the company is great.”

CNO Adm. John Richardson

Sailors sitting on the mess decks were surprised when he selected their table for lunch. “I usually don’t have this kind of luck,” Electronics Technician 3rd Class Kimberly Seger said. “You usually don’t think about

this sort of thing. One day you’re just sitting there eating lunch and then the CNO is asking if he can sit at your table. Of course you say ‘Sure.’ He’s the CNO.”

Seger said her conversation with the CNO consisted of his time as a submarine captain and other topics.

“We were asking him about his experiences as a submarine captain and he talked about that,” she said. “I asked him where he was from, where he grew up and things like that. Just normal chit-chat like you would with anyone else.”

Seger said that the experience was fortunate and had made her day.

“He was pretty awesome. I enjoyed talking to him a lot,” she said.

For more news from USS Arlington (LPD 24), visit www.navy.mil/local/lpd24/.



Aviation Electronics Technician 3rd Class Avana Gibson cleans a mirror aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

MC3 Victoria Foley

CLEANING UP SHOP: FIELD DAYS

By MCSA Adam Ferrero
USS George Washington Public Affairs

NEWPORT NEWS

From the time a recruit ships off to boot camp, carrying on well into their career in the fleet, Sailors are given opportunities to master a great number of skills.

In addition to the vital skills learned, there is one other essential concept heavily enforced and that is cleanliness. It is often said that cleanliness is next to readiness. No matter if a Sailor is underway on a cruiser, stationed on some far shore overseas or assigned to a dry-docked aircraft carrier here in the U.S., a regular cleaning schedule is something all can expect from their command.

Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) are all too familiar with the standard cleaning stations held each afternoon. However, with the ship currently undergoing refueling complex overhaul (RCOH) in Newport News Shipyard, the command decided to take cleaning stations a step further.

February marked a return to one of the Navy's more rigorous cleaning exercises, a two-hour ship-wide field day. Every Thursday afternoon and Friday morning, Sailors from all departments break out the brooms, mops, cloths and brushes on the ship and floating accommodation facility (FAF), and they set about deep-cleaning their assigned spaces as thoroughly as possible.

For Lt. David Setyon, George Washington's Deputy FAF Mayor, a return to field days is a much-needed step forward.

"The cleanliness on the ship and FAF had seen something of a downturn as we focused on production, and the 45 minutes of daily cleaning stations were not sufficient to accomplish the deep clean needed after intense industrial evolutions such as sandblasting," Setyon said. "Departments that own the largest number of spaces on the ship struggled to keep up with cleanup after contractor work had been done."

Airman John Sadiarin, a Sailor assigned to the air department aboard George Washington, said that field days have been helpful in getting legitimate cleaning done, rather than just pushing dust around.

"With 45 minutes of cleaning during cleaning stations, you have time to pick up some of the dust and sweep the floors, but things wind up getting overlooked," Sadiarin said. "If you have old, caked-on dust somewhere, it takes more than a few seconds with a broom to take care of it. You need to really get in there with a cloth and cleaning solution."

Given the nature of RCOH, there are certain unique challenges present in maintaining ship-wide cleanliness.

"There's a never-ending battle to police our civilian counterparts to ensure that, following the completion of a shift of work in a space, building materials, debris, and trash bags are sufficiently cleaned up," Setyon said.

Setyon said that George Washington Sailors, however, can't simply point the finger at contractors, as they still need to take responsibility for the state of their own spaces.

"We also need to combat the mentality that space condition



MCSN Michael Hogan

Logistics Specialist Seaman Daniel Rodriguez cleans a fire station aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom

“This is our workplace, and how it looks reflects on us,” Sadiarin said. “If our spaces look clean and professional, then we look clean and professional. It’s definitely a matter of pride.”

Airman John Sadiarin

doesn't matter just because spaces are being overhauled, and the ship isn't getting underway for years," Setyon said. "It is still our ship. We take pride in it, and we need to be sure that we turn over a newly outfitted CVN-73 that is in the best condition possible. One of the first steps is cleanliness."

Sadiarin said that he thinks general cleanliness and pride in the ship are definitely linked.

"This is our workplace, and how it looks reflects on us," Sadiarin said. "If our spaces look clean and professional, then we look clean and professional. It's definitely a matter of pride."

As the number of cleaning hours during the week increase, Sailor mentality is very important.

"Cleaning may not seem connected to war-fighting, but I would encourage Sailors to think about what GW will do for our nation in the future, and the part we play in keeping the ship in the best possible condition we can, even in the hectic industrial RCOH environment," Setyon said. "When we see what missions GW accomplishes years down the road, we can feel pride for the roles we played in enabling her success as the nation's most formidable war-fighting machine."

For some Sailors, so much cleaning might seem tedious and mundane, however, a clean ship is a reflection of personal professionalism, and it's something worth doing well and with pride.

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

ESSAY | Prizes ranging from \$1,500 to \$5,000

Continued from A1

citizens or not. The selections will be screened by the United States Naval Institute (USNI) and the finalists will be presented to a joint committee comprised of senior staff from USNI (1 person), the U.S. Naval Academy (1), the Naval War College (1), the Naval History and Heritage Command (1), the Office of the Chief of Naval Operations (2), and one distinguished naval historian from outside the Navy.

History's impact on the modern age can be a pretty broad question, so essay entries should be able to cut across an enormous array of answers. Maybe Capt. John Paul Jones or Adm. Chester Nimitz's leadership inspires you as a model when discharging your duties. Or perhaps the successful effort, in the face of overwhelming odds, of the crew of USS Samuel B. Roberts (FFG 58) in saving their ship after it struck a mine emboldens you to hone your damage control abilities.

The contest is not limited to specific subjects like those. You can also think more strategically, such as how the Navy has projected power differently across time. Unintended consequences of actions — good or bad — are also fair game. If it has to do with history, today, and the sea services-write about it!

"We're looking for subjects that study the history of the U.S. Navy, for sure, but any other historical, maritime history that relates to our maritime strategy," Naval History and Heritage Command's Assistant Director for the Director's Action Group Cmdr. Ryan Ahler said. "I think this is a really good opportunity for us to take a look at the long history of lessons learned and apply them to the present and how we maintain maritime superiority."

"The Navy is really looking for entries from a full spectrum of writers, not just professional historians and people who do this for a living, but also for entries from those on the deck plates," Ahler said. "The hardest part will be getting amateur historians and Sailors out in the fleet to submit, but honestly I think that's where a lot of the best stuff will come from."

Submissions may not exceed 3,500 words (excluding footnotes/endnotes/sources), nor may you include your name on the entry. All submissions will be judged blind, so in addition to the essay, please create a separate attachment including your biography, phone number and mailing address.

Your submission package should be emailed to cnessaycontest@usni.org with the subject heading the title of your essay. For more details, see the NAVADMIN, or go to <https://www.history.navy.mil/get-involved/essay-contest.html>. For more details about this contest, please visit the NHHC CNO Naval History Essay Contest web page, or email jday@usni.org.

The Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of U.S. naval history and heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy's unique and enduring contributions through our nation's history, and supports the fleet by assisting with and delivering professional research, analysis, and interpretive services. NHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, nine museums, USS Constitution repair facility and the historic ship Nautilus.

For more news from Naval History and Heritage Command, visit www.history.navy.mil.

AIDES | Junior officers invited to apply for acceptance into the program

Continued from A1

National Capital Region are eligible to apply to the program, which is a collateral duty, not a permanent change of station. Due to a lengthy clearance process, applicants must have 18–24 months remaining on current orders within the National Capital Region. The program also requires the signed endorsement of an applicant's commanding officer articulating support for participation in the program to include a time commitment of one full morning, afternoon or evening per week.

Selected aides in good standing are eligible to remain in the program until they are no longer assigned to a command in the National Capital Region, become married or promote to O-5.

Applicants interested in this program must be comfortable interacting with the public, possess the highest levels of tact and discretion, and have demonstrated sustained superior performance in their careers as naval officers. Those selected represent the Navy, and must possess impeccable appearance and military bearing.

Applications must be requested via email from the navy service program manager, Lt. John Harry, at john.harry@navy.mil.

Scanned applications must be emailed to john.harry@navy.mil no later than April 13. Selected officers will be invited to interview at the Pentagon, April 26. Each interview will last approximately 15 minutes. The selection results will be available no later than May 4.

Mustang's morning breakfast blessing

By MC1 Jaq Renard
USS Bataan Public Affairs

NORFOLK

When a parent has a sick child in the hospital their main concern is the wellbeing of their child and not so much for themselves. Eating, showering and other usual morning routines take a back seat. This is where the USS Bataan's (LHD 5) Mustang Officer Association steps in.

Teaming up with the Norfolk Ronald McDonald House Feb. 27, the Bataan's Mustang Association cooked and served breakfast to residing families while their children are receiving medical treatment at the local hospital.

"It's very helpful to the families when the military come in and fix different meals," Ronald McDonald House Assistant Director Vickie Kennedy said. "When you wake up

and you smell bacon and food being prepared for you, it's one less thing you have to worry about, because when you have a sick child, that's your priority."

The Norfolk Ronald McDonald House is one of five facilities in the state of Virginia and 365 homes worldwide. During their 37 years of service, they have provided living arrangements to over 20,000 people. And in 2001, they expanded the house from eight to 17 bedrooms to accommodate and serve the ongoing need.

"We serviced over a 1,050 families in 2017," Kennedy said. "We service any child that's under the age of twenty-one and their parents can stay here too."

Chief Warrant Officer Keith Shaw, who organized the morning breakfast, said members of the Bataan Mustang Association wanted to sponsor

the event because either they have benefited or their family members have benefited from the services of the Ronald McDonald House.

"We realize and recognize there are families here, and the hospital is right across the street and they may not have the chance to eat breakfast because of what's going on with their emotional mind state," Shaw said. "So we want to make sure that we could come here and have breakfast prepared for them so they don't have to worry about going out and getting it anywhere else."

A mustang officer was once an enlisted service member who rose up through the ranks to become a commissioned officer in the United States military. With their humble beginning and dedication to hard work they become the subject matter experts in their job field. For mustangs aboard

the Bataan, volunteering is an integral part of being a mustang officer.

"We volunteer at various charitable events, which are sponsored from the monetary collections of dues and Mustang memorabilia sales," Shaw explained.

Shaw said the Bataan Mustang Association wants to leave a footprint in the community by giving back through outreach events like the Ronald McDonald House.

"Right now, we want to be a blessing to our community and organizations like the Ronald McDonald House, feeding the homeless and the local public school system."

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

2018 Military Spouse Awards

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NAVY KICKS OFF ICEX 2018



From Submarine Forces, Public Affairs

ARCTIC CIRCLE

Commander, Submarine Forces (COMSUBFOR) officially kicked-off Ice Exercise (ICEX) 2018 in the Arctic Ocean with the construction of temporary Ice Camp Skate and the arrival of two U.S. Navy fast-attack submarines and one U.K. Royal Navy submarine March 7.

ICEX 2018 is a five-week biennial exercise that allows the Navy to assess its operational readiness in the Arctic, increase experience in the region, advance understanding of the Arctic environment and continue to develop relationships with other services, allies and partner organizations.

The Seawolf-class fast attack submarine USS Connecticut (SSN 22) from Bangor, Washington, the Los Angeles-class fast attack submarine USS Hartford (SSN 768) from Groton, Connecticut, and the Royal Navy Trafalgar-class submarine HMS Trenchant (S91) will conduct multiple arctic transits, a North Pole surfacing, scientific data collection and other training evolutions during their time in the region.

“With every ICEX we are able to build upon our existing experience and continue to learn the best way to operate in this unique and harsh environment,” Commander of Undersea Warfare Development Center (UWDC) Rear Adm. James Pitts said. “We are constantly testing new tactics, techniques and procedures (TTP) under the ice, and this exercise allows us to do so on a larger scale and alongside our U.K., joint and academic partners.”

The Navy’s Arctic Submarine Laboratory (ASL), based in San Diego, serves as the lead organization for coordinating, planning and executing the exercise involving three nations services, three submarines and over 100 participants over the five weeks of operations.

Ice Camp Skate is a temporary ice camp that was established on a sheet of ice in the Arctic Ocean, known as an ice floe. Skate will serve as a temporary command center for conducting submarine operations, including under-ice navigation and torpedo exercises. The camp consists of shelters, a command center and infrastructure to safely house and support more than 50 personnel at any one time.

“Our Arctic Submarine Laboratory team has been working for over a year to ensure our Submarine Force is able to conduct dynamic torpedo and under-ice operations in this

The fast-attack submarine USS Connecticut (SSN 22) breaks through the ice in the Beaufort Sea in support of Ice Exercise (ICEX) 2018. The five-week exercise that allows the U.S. Navy to assess its operational readiness in the Arctic, increase experience in the region, advance understanding of the Arctic environment and continue to develop relationships with other services, allies and partner organizations.

MC2 Michael Lee



Airman 1st Class Kelly Willett

A Royal Canadian DHC-6 Twin Otter aircraft delivering supplies and personnel flies over Ice Camp Skate during camp build during Ice Exercise (ICEX) 2018. ICEX 2018 is a five-week exercise that allows the Navy to assess its operational readiness in the Arctic, increase experience in the region, advance understanding of the Arctic environment, and continue to develop relationships with other services, allies and partner organizations.

unique environment,” Director of Arctic Submarine Laboratory Larry Estrada said. “This year’s camp is prepared to support the force with communication and weapons recovery.”

The camp gets its namesake from USS Skate (SSN 578), the first submarine to surface through open-water surrounded by ice in 1958 and the first submarine to surface through the arctic ice at the North Pole in March 1959. Since the success of Skate’s surfacing, arctic operations have been a crucial part of the missions conducted by nuclear submarines.

For more than 70 years, submarines have conducted under-ice operations in the Arctic regions in support of inter-fleet transit, training, cooperative allied engagements and routine operations.

The U.S. Submarine Force has completed more than 27 Arctic exercises; the last being conducted in 2016.

For more information about ICEX 2018, visit www.dvidshub.net/feature/ICEX2018 or www.facebook.com/arcticsublab.



MC3 Devin Monroe

Senior leadership from Vietnam and from U.S. 7th Fleet, the U.S. Embassy in Hanoi and the Carl Vinson Carrier Strike Group, pose for a photo during a welcome ceremony in Da Nang, Vietnam for the aircraft carrier USS Carl Vinson (CVN 70) as part of its port call.

US aircraft carrier arrives in Vietnam for historic visit

From Carl Vinson Strike Group Public Affairs

DA NANG, VIETNAM

USS Carl Vinson (CVN 70) arrived in Da Nang, Vietnam, for a scheduled port call March 5, marking the first time a U.S. aircraft carrier has visited the country in more than 40 years.

The aircraft carrier arrived with two escort ships, cruiser USS Lake Champlain (CG 57) and destroyer USS Wayne E. Meyer (DDG 108). The Carl Vinson Strike Group is on a regularly scheduled deployment in the Indo-Pacific region.

“The visit marks an enormously significant milestone in our bilateral relations and demonstrates U.S. support for a strong, prosperous, and independent Vietnam,” U.S. Ambassador to Vietnam Daniel Kritenbrink said. “Through hard work, mutual respect, and by continuing to address the past while we work toward a better future, we have gone from former enemies to close partners.”

Commander, U.S. Pacific Fleet Adm. Scott Swift, echoed similar sentiments.

» See **VIETNAM** | B7



U.S. Navy photo

From left, Space and Naval Warfare Systems Center (SSC) Atlantic Executive Director Chris Miller; Resident Officer in Charge of Construction (ROICC) Lieutenant Commander Timothy Gehling; SSC Atlantic Commanding Officer Capt. Scott Heller and SPAWAR Program Manager for the project Gilbert Huff cut the ribbon on two new facilities on board Joint Base Charleston — Naval Weapons Station.

SSC Atlantic Red Team: The good ‘bad guys’

By Susan Piedfort
Space and Naval Warfare Systems Center Atlantic Public Affairs

CHARLESTON, S.C.

To protect cyber systems from hackers, you have to think like hackers.

That’s all in a day’s work for Space and Naval Warfare Systems Center (SSC) Atlantic’s Red Team, an expert team of good “bad guys” who conduct adversarial assessments on Department of Defense (DOD) and other

networks to find vulnerabilities before the real bad guys get a chance to.

SSC Atlantic’s Red Team, certified by the National Security Agency (NSA) and accredited by the United States Cyber Command (USCYBERCOM), is one of nine certified DoD Red Teams and one of only two in the Navy. The SSC Atlantic Red Team assesses DoD cyber security service providers (CSSP), provides adversarial and aggressor support to DoD cyber exercises, and supports cyber developmental and operational testing to DoD acquisition programs with information technology (IT) components. Their customers include the Defense Health Agency (DHA), Defense Contract Management Agency, U.S.

» See **HACKERS** | B7

Heroes at Home

Turns out, civilians are people, too

By Lisa Smith Molinari

I never imagined that our family’s old minivan — the budget-friendly 2005 Toyota with embarrassing filth ground into her carpets, a spider infestation, and a pizza box once taped over a broken window — would one day teach me a profound lesson about the innate goodness of the human race.

But it happened last week. Despite the fact that our minivan has safely transported our family during many tours of duty, I’ve been longing for an upgrade. She served us faithfully, never quitting when the kids upchucked onto her upholstery or dropped sticky fruit snacks between her seats. Her dashboard sometimes lit up like a Christmas tree, but her engine never quit. She never left us stranded, whether negotiating the pristine autobahns of Stuttgart or the dicey inner-city streets near our kids’ school in Jacksonville.

But when we got orders to the Naval War College in fancy-schmancy Newport, Rhode Island, our minivan stuck out like a sore thumb. Our public school kids were offered scholarships to become day students at a prestigious local boarding school. As “the military kids” among mostly privileged students, they were a novelty at first, but they soon fit in just like everyone else.

Well, almost. I’d show up to school drop offs in our bedraggled minivan, making a scene among the shiny european imports driven by the other parents. To make matters worse, the doors froze shut on cold mornings, requiring our kids to climb in and out of the hatchback door. So when news of Winter Storm Riley hit last week, I parked our minivan under a big tree in our



Courtesy Lisa Smith Molinari



Courtesy Lisa Smith Molinari

front yard, and prayed for Mother Nature to put her out of our misery. But, alas, not so much as a twig fell on her dull, pitted hood. The next day, my husband, Francis, and I drove to the school to watch the semi-final basketball game. Driving past Audis, Range Rovers, and BMWs, we found the only parking spot left in a grassy area behind the field house. When the game was over, we snuck out a back door to our waiting van. “Oh crap,” Francis barked from the driver’s seat, “she’s stuck in

the mud!” Sure enough, when Francis pressed the gas, the wheels oozed deeper into the storm-saturated earth. Francis got out to push, but this only aggravated his sciatica. I pitched handfuls of gravel into the sloppy ruts, and shoved an abandoned two-by-four under the wheel. But nothing worked. Francis and I were mortified. Not only did we own the most unsightly vehicle in the parking lot, but we were also making a scene, revving the old heap’s engine, splattering mud, and gouging the pristine grounds of the historic campus. Regardless of our shame, we needed help. The useless revving of the engine finally attracted other parents, and soon four couples were pushing our front bumper with all their might. “One, two, three!” I bellowed. They groaned and shoved against mushy turf while I hit the gas. Strangers brought bundles of sticks, sheets of plywood, and rubber floor mats for traction. But after many attempts to free our heap from the sludge, our make-shift team had nothing to show for itself but destroyed shoes and soil-

splattered clothing. Defeated but touched by our fellow parents’ kindness, we called for a tow-truck, and bid the good Samaritans adieu. Driving home after the fiasco, I was ashamed that I’d thought the parents at our school would avoid helping us. I knew about the “military-civilian divide” and I’d assumed it was all their fault. “Civilians don’t understand us. Civilians won’t give us a chance. Civilians don’t respect our sacrifices,” I’d thought. Perhaps it’s not fair to place all the blame on them. Military communities can be insular, and we often behave as if we’ve cornered the market on service and honor. However, our civilian neighbors deserve the same understanding and compassion that we demand from them so vehemently. It took our minivan 216,370 odometer miles to teach us that respect is a two-way street, but I gratefully patted her dashboard, as we parked her back under the big tree to await the next storm. www.themeatandpotatoesoflife.com



Cmdr. Emily Bassett, commanding officer of the future USS Manchester (LCS 14) (center) accepts delivery of the ship during a ceremony in Mobile, Alabama, Feb. 28. Delivery marks the official transfer of LCS 14 from the shipbuilder, an Austal USA-led team, to the Navy. It is the final milestone prior to commissioning, which is planned for May in Portsmouth, New Hampshire.

U.S. Navy photo

Navy accepts delivery of future USS Manchester

From PEO Littoral Combat Ship public affairs
MOBILE, ALA.

The Navy accepted delivery of the future USS Manchester (LCS 14) during a ceremony in Mobile, Alabama, Feb. 28. Delivery marks the official transfer of LCS 14 from the shipbuilder, an Austal USA-led team, to the Navy. It is the final milestone prior to commissioning, which is planned for May in Portsmouth, New Hampshire. “Delivery marks a major milestone in the life of the future USS Manchester, as she is transferred to the Navy and her in-service counter begins,” LCS Program Manager Capt. Mike Taylor said. “Manchester is an exceptional ship which will take her crew around the globe as they sail to protect our country. I look forward to celebrating her upcoming commissioning in Portsmouth.” Manchester is the 12th littoral combat ship (LCS) to be delivered to the Navy and the seventh of the Independence variant to join the fleet. The Independence variant is noted for its unique trimaran hull, ability to operate at high speeds and its large flight deck size. “The future USS Manchester is joining the fleet at a thrilling time in LCS history; LCSs are operationally proven and continue to be in high demand by combatant commanders around the globe,” Commander of LCS Squadron 1 (COMLCSRON-1) Capt. Jordy Harrison said. “We enthusiastically welcome

the future USS Manchester to LCSRON-1 and I both admire and envy the work the crew has undertaken to make this important milestone in the ship’s history possible.” COMLCSRON-1 supports the operational commanders with warships ready for tasking by manning, training, equipping and maintaining littoral combat ships on the west coast. Manchester will be homeported in San Diego with her fellow ships USS Freedom (LCS 1), USS Independence (LCS 2), USS Fort Worth (LCS 3), USS Coronado (LCS 4), USS Jackson (LCS 6), USS Montgomery (LCS 8), USS Gabrielle Giffords (LCS 10) and USS Omaha (LCS 12). “To see the crew come together with Austal, Supervisor of Shipbuilding and the Program Office to celebrate this milestone is an awesome reminder of the team effort that is shipbuilding and warfighting,” Commanding Officer of Manchester Cmdr. Emily Bassett said. “LABOR VINCIT! Work Conquers! That’s our ship’s motto. The delivery gives the work of the ship over to her Sailors, and we are ready to conquer.” The LCS is a modular, reconfigurable ship designed to meet validated fleet requirements for surface warfare, anti-submarine warfare, and mine countermeasures missions in the littoral region. An interchangeable mission package is embarked on each LCS and provides the primary mission systems in one of these warfare areas. Using an open architecture de-



U.S. Navy photo

The crew of Pre-Commissioning Unit (PCU) Manchester (LCS 14), conducts a mast-stepping ceremony in Mobile, Alabama, Oct. 20. PCU Manchester is currently undergoing the final stages of production in the Austal USA shipyard of Mobile, Alabama. LCS vessels are high-speed, agile, shallow draft, mission-focused surface combatants designed for operations in the littoral environment, yet fully capable of open ocean operations. As part of the surface fleet, LCS has the ability to counter and outpace evolving threats independently or within a network of surface combatants. sign, modular weapons, sensor systems and a variety of manned and unmanned vehicles to gain, sustain, and exploit littoral maritime supremacy, LCS provides U.S. joint force access to critical theaters. Program Executive Office Littoral Combat Ships is responsible for delivering and sustaining littoral mission capabilities to the fleet. For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.



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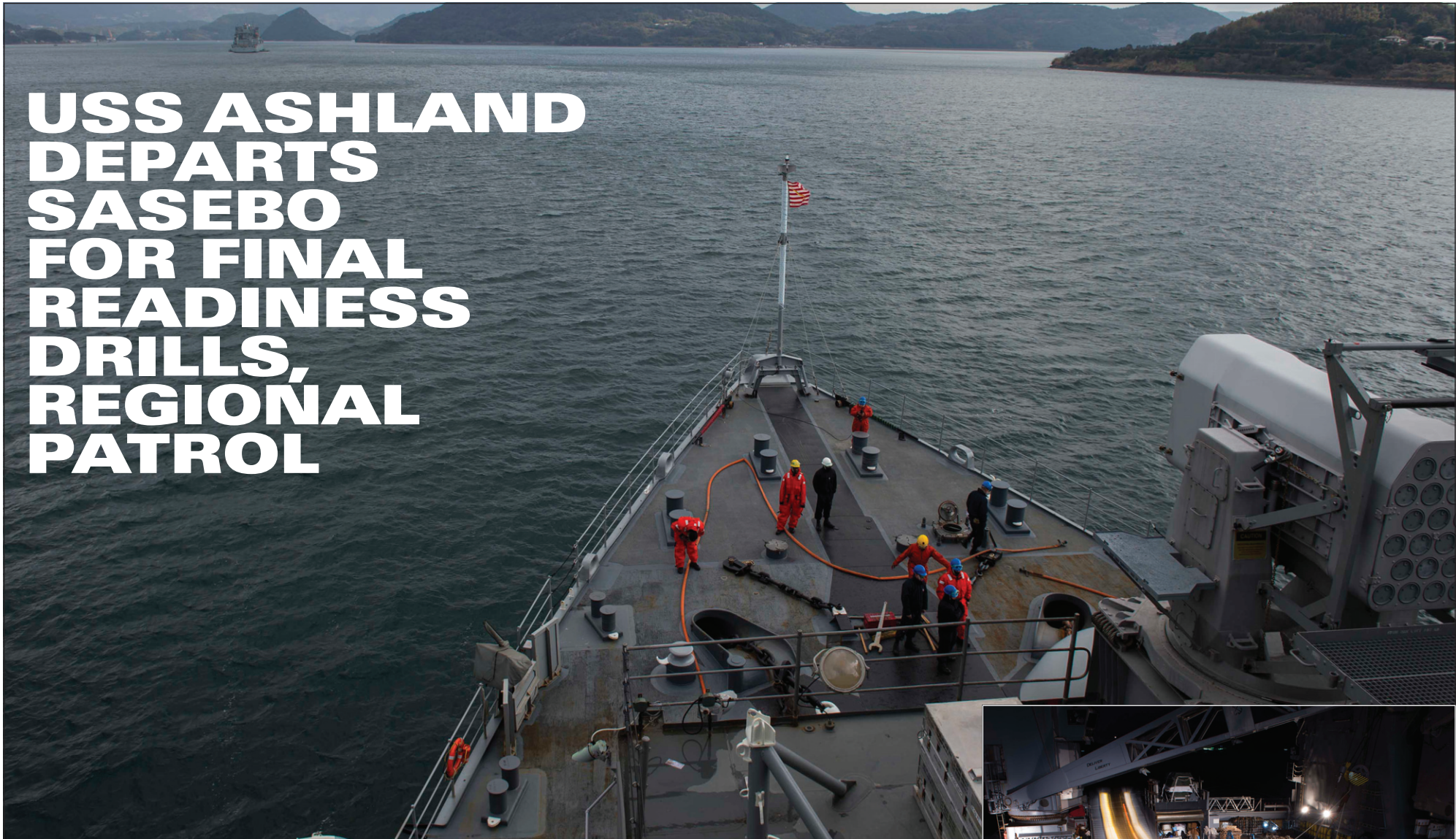
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USS ASHLAND DEPARTS SASEBO FOR FINAL READINESS DRILLS, REGIONAL PATROL

By MC3 Joshua Mortensen
USS Ashland Public Affairs

SASEBO, JAPAN

The forward-deployed amphibious dock landing ship USS Ashland (LSD 48) departed Sasebo, Japan for an amphibious certification assessment and follow-on patrol in the Indo-Pacific, March 8.

Ashland is deploying after several months of maintenance and training in preparation for a Board of Inspection and Survey (INSURV) that will take place in late spring. The amphibious certification assessment will test the ship's ability to land and launch landing craft prior to upcoming amphibious operations.

Ashland, assigned to the Wasp Expeditionary Strike Group (ESG), is scheduled to embark Marines of the 31st Marine Expeditionary Unit (MEU) and associated equipment to support a range of training and missions in the region.

Our presence is a commitment to the region and to maintain interoperability across a broad spectrum of missions with our partners and allies, Commanding Officer of Ashland Cmdr. Steven H. Wasson said. I look forward to enhancing our partnerships during this deployment.

Ashland completed a five-month deployment in Nov. 2017, where the ship participated alongside Australian forces in the bilateral exercise Talisman Saber off the coast of Australia;

conducted amphibious training with the MEU; and partnered with 3rd Marine Division for joint exercise Blue Chromite.

When we returned, the crew had a chance to recharge their batteries and get trained up by Amphibious Training Group and the numerous inspectors they have aboard, Command Master Chief of Ashland Ryan M. Colosimo said. There was no doubt in my mind that we would be ready. The crew is professional, sharp, and they are ready to go.

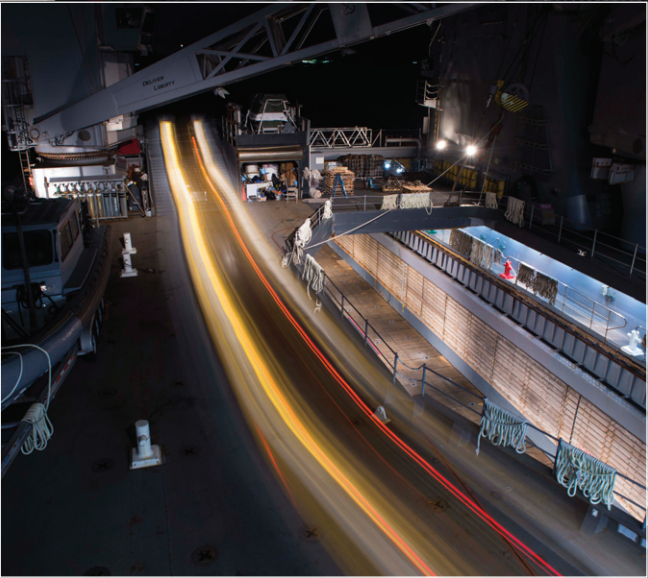
As an amphibious dock landing ship, Ashland is capable of taking several landing craft and mechanized Marine equipment, in addition to about 500 Marines.

Many of the new Sailors aboard Ashland are looking forward to operating at sea and developing skills.

I'm ready to be out at sea, Quartermaster Seaman Alex Gray said, from San Antonio, Texas. I like being in port, but I joined the Navy to travel and anytime we leave means I get to go see something new. It's hard work, no doubt about that, but I feel like it all pays off in the end.

The Wasp ESG is on a routine patrol operating in the Indo-Pacific region to enhance interoperability with partners and serve as a ready-response force for any type of contingency.

For more news from Commander, Amphibious Force, U.S. 7th Fleet, visit www.navy.mil/localctf76.



Above: A forklift is moved to the flight deck of the amphibious dock landing ship USS Ashland (LSD 48). Ashland is operating in the Indo-Pacific region to enhance interoperability with partners and serve as a ready-response force for any type of contingency.

Top: The amphibious dock landing ship USS Ashland (LSD 48) departs Sasebo, Japan, to join with the Wasp Expeditionary Strike Group in the Indo-Pacific region.

Photos by MC3 Joshua Mortensen

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The guided-missile destroyer USS Curtis Wilbur (DDG 54), left, sails in formation with the Japanese Maritime Self-Defense Force destroyer JS Fuyuzuki (DD-118) during a close quarters maneuvering exercise. Curtis Wilbur is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.

Photos by MC1 Benjamin Dobbs

By MC2 Sara B. Sexton
Commander, Task Force 70 Public Affairs

APRA HARBOR, GUAM

Units and personnel from the U.S. Navy and the Japan Maritime Self-Defense Force (JMSDF) are scheduled to participate in the annual bilateral training exercise MultiSail 2018, March 8–14.

MultiSail is an annual bilateral training exercise that improves interoperability between U.S. and Japanese forces. In 2018 the focus of the exercise will be on improving fundamental skills such as tracking and defeating submarines, combatting other surface forces, live fire training, and interoperability with U.S. and JMSDF units.

“MultiSail is an opportunity for our ships to increase our combat proficiency at sea,” said Commander of Destroyer Squadron 15 Capt. Jon Duffy. “We have designed MultiSail to exercise how we detect, locate, track and engage simulated units at sea, in the air, on land, and underwater with our Japan Maritime Self-Defense Force allies to help us increase our interoperability in a range of mission areas.”

Participants include USS Antietam (CG 54), USS Curtis Wilbur (DDG 54), USS Benfold (DDG 65), USS Mustin (DDG 89), JS Fuyuzuki (DD-118), and a number of sub-surface and other special units.

“MultiSail 2018 provide us a valuable opportunity to increase JMSDF tactical capabilities and to strengthen our interoperability with our U.S. Navy allies,” said JS Fuyuzuki’s Commanding Officer Cmdr. Kazuteru Hirano. “The Japan-U.S. alliance is stronger than it has ever been, and it is growing stronger.”

The participating forces will exercise a wide range of capabilities and demonstrate the inherent flexibility of our combined forces. These capabilities range from maritime security operations to more complex anti-submarine and air defense exercises.

The lessons learned from exercises like MultiSail 2018 will assist the U.S. Navy and JMSDF to develop regional capabilities that provide a full range of options in defense of their interests and those of their allies and partners around the world.

MultiSail uses realistic, shared training scenarios to enhance the ability of the U.S.



Commanding Officer Cmdr. Leroy Mitchell of the guided-missile destroyer USS Benfold (DDG 65) and Ensign Nancy Smith observe as Japanese Maritime Self-defense Force destroyer JS Fuyuzuki (DD-118) sails alongside during a close quarters maneuvering exercise. USS Benfold is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.

Navy and JMSDF to work together to confront any contingency. MultiSail prepares forces that will provide the deterrence and stabilizing effects of a force-in-being, ready at the outset of a contingency without delays for buildups or extensive mission rehearsal.

For more news from Commander Task Force 70, visit www.navy.mil/local/ctf70/.



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Commander, Amphibious Force 7th

An F-35B Lightning II with Marine Fighter Attack Squadron (VMFA) 121 touches down on the amphibious assault ship USS Wasp (LHD 1), marking the first time the aircraft has deployed aboard a U.S. Navy ship and with a Marine Expeditionary Unit in the Indo-Asian-Pacific region. VMFA-121, assigned under the Okinawa-based 31st Marine Expeditionary Unit, will remain embarked aboard Wasp for a regional patrol meant to strengthen regional alliances, provide rapid-response capability, and advance the Up-Gunned ESG concept.



An F-35B Lightning II with Marine Fighter Attack Squadron (VMFA) 121 touches down on the amphibious assault ship USS Wasp (LHD 1) as a second F-35B makes its approach, marking the first time the aircraft has deployed aboard a U.S. Navy ship and with a Marine Expeditionary Unit in the Indo-Asian-Pacific region.

Cpl. Bernadette Wildes

Historic First: F-35B lands on Wasp, launching era of increased Navy-Marine Corps sea-based capabilities in Indo-Pacific

From Amphibious Force 7th Fleet Public Affairs

EAST CHINA SEA

A detachment of F-35B Lightning II's with Fighter Attack Squadron 121 (VMFA-121) arrived aboard the amphibious assault ship USS Wasp (LHD 1) March 5, marking the first time the aircraft has deployed aboard a U.S. Navy ship and with a Marine Expeditionary Unit in the Indo-Pacific.

The F-35B, assigned under the Okinawa-based 31st Marine Expeditionary Unit, will provide a robust set of sea-based capabilities that will enhance Navy-Marine Corps expeditionary operations. The aircraft is equally capable of conducting precision strikes inland, supporting Marines inserted ashore or providing air defense for the Expeditionary Strike Group.

"Pairing F-35B Lightning II's with the Wasp represents one of the most significant leaps in warfighting capability for the Navy-Marine Corps team in our lifetime," Commander of Expeditionary Strike Group 7 Rear Adm. Brad Cooper said. "This 5th generation stealth jet is extremely versatile and will greatly enhance and expand our operational capabilities."

VMFA-121 Pilots are scheduled to conduct a series of qualification flights on Wasp over a multi-day period. Following qualifications, the F-35B's and 2,300 Marines that make up the 31st MEU will deploy aboard ships of the Wasp Expeditionary Strike Group for follow-on operations in the Indo-Pacific region as part of a routine patrol to strengthen regional alliances, provide rapid-response capability and advance the 'Up-Gunned ESG'

concept.

The 'Up-gunned ESG' is a U.S. Pacific-fleet initiated concept that aims to provide lethality and survivability to a traditional three-ship amphibious ready group by integrating multi-mission surface combatants and F-35B into amphibious operations. By adding these enabling capabilities, the amphibious force can more effectively defend against adversarial threats in the undersea, surface and air domains, as well provide offensive firepower to strike from the sea.

The 31st MEU is the only forward-deployed MEU in the region. The F-35B serves as one airframe within a multitude of air capabilities of the MEU's Air Combat Element. Air, ground and logistics forces make up the MEU's Marine Air-Ground Task Force (MAGTF), a composite of capabilities that al-

low the MEU, in partnership with Navy amphibious ships, to conduct a wide-range of missions from crisis response to disaster relief.

"This is a historic deployment," 31st MEU Commanding Officer Col. Tye R. Wallace said. "The F-35B is the most capable aircraft ever to support a Marine rifleman on the ground. It brings a range of new capabilities to the MEU that make us a more lethal and effective Marine Air-Ground Task Force."

Multi-mission guided-missile destroyers USS Dewey (DDG 105), with embarked Helicopter Maritime Strike Squadron (HSM) 35 "Magicians," and USS Sterett (DDG 104), with embarked Helicopter Maritime Strike Squadron 49 "Scorpions," are scheduled to support a range of operations and training with the Wasp Expeditionary Strike Group for varying stretches during the patrol.

The arrival of the F-35B culminates testing and shipboard structural modifications on Wasp that began in 2013. Wasp completed an overhaul in 2017 and subsequently departed Norfolk to forward-deploy to Sasebo, Japan, as part of a Department of Defense effort to place the most advanced capabilities in the Indo-Pacific.

"Deployment of the versatile

F-35B enhances the full range of Expeditionary Strike Group capabilities with one of the world's most technologically-advanced air warfare platforms," Commanding Officer of USS Wasp Capt. Colby Howard said. "With the specific upgrades Wasp has received, the Navy Marine Corps team in the Pacific is better positioned than ever before to support our commitment to the security of Japan and the Region."

The Wasp ESG is on a routine patrol in the Indo-Pacific, providing U.S. 7th Fleet a rapid-response capability in the event of a contingency and working with partners and allies to increase combined capacity for regional security.

Seventh Fleet, which celebrates its 75th year in 2018, spans more than 124 million square kilometers-stretching from the International Date Line to the India/Pakistan border and from the Kuril Islands in the North to the Antarctic in the South.

Seventh Fleet's area of operation encompasses 36 maritime countries and 50 percent of the world's population with between 50-70 U.S. ships and submarines, 140 aircraft and approximately 20,000 Sailors in the 7th fleet.

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The amphibious assault ship USS Essex (LHD 2) transits under the Coronado Bridge on its way to participate in the Navy’s first full-length Amphibious Readiness Group (ARG) Surface Warfare Advanced Tactical Training (SWATT) exercise. SWATT is led by the Naval Surface and Mine Warfighting Development Center and is designed to increase warfighting proficiency, lethality and interoperability of participating units.

Photos by Lt. Matthew Stroup

USS Essex Amphibious Readiness Group underway for pre-season tactical workout

From Naval Surface and Mine Warfighting Development Center Public Affairs

SAN DIEGO

Sailors and Marines from the USS Essex (LHD 2) Amphibious Ready Group (ARG) departed Naval Base San Diego March 5, in a first for the Navy’s Surface Warfare community — an ARG Surface Warfare Advanced Tactical Training (SWATT) exercise.

The exercise is focused on advanced tactical training at sea to improve warfighting proficiency, lethality, and ship interoperability before further training in the ARG’s deployment cycle.

“Providing watch teams and warfare commanders the reps-and-sets they need to exercise and build their combat muscle is critical,” Commander of the Naval Surface and Mine Warfighting Development Center (SMWDC) Rear Adm. John Wade said. “It’s easy to look at a group of sports teams and see who’s been putting time in at the track and the weight room. That’s what this is — spring training to ensure these ships are fit, ready, and lethal.”

Units participating in the Essex ARG SWATT are Amphibious Squadron (PHIBRON) 1, Essex, USS Anchorage (LPD 23), and USS Rushmore (LSD 47). They will also operate with embarked forces representing elements of the 13th Marine Expeditionary Unit (MEU) and Marine Fighter Attack Squadron 211 (VFMA 211).

SMWDC is the command leading the exercise, and was established in 2015 to increase the lethality and tactical proficiency of the Surface Force as the Surface Warfare com-

munity’s Warfighting Development Center. Advanced tactical training is one of SMWDC’s four lines of operation, and SWATT exercises are a key avenue of approach for the command to support its other three lines of operation; doctrine and tactical guidance development, operational support to deployed forces, and capabilities assessments, experimentation, and future requirements.

ARG SWATT exercises provide dedicated in port and at sea training for surface ships that focus on watch team, unit, Air Defense Commander, and Surface Combat Commander training prior to full Marine Expeditionary Unit (MEU) integration. The exercise provides focused training in a number of specific warfare areas including Surface Warfare (SUW), Surface Anti-Submarine Warfare (SuASW), Integrated Air & Missile Defense (IAMD), Amphibious Warfare (AMW), Mine Warfare (MIW), and Information Warfare (IW).

“The goal is for surface ships to go through a SWATT event during each and every deployment training cycle,” Wade said. “This is something that other communities carve out as sacred time for units and warfare commanders to learn to work together as teams before moving along in the training cycle. Quite simply, this is something we have to do as a community to maintain a competitive advantage against the peer and near-peer threats outlined in the National Defense Strategy.”

While the Essex ARG SWATT is the first full-length SWATT for an ARG, it isn’t the first SWATT exercise ever completed. The first was a cruiser-destroyer (CRUDES) SWATT with ships from the Nimitz Carrier Strike Group (CSG) in 2016.

In between the CRUDES and ARG SWATTs there have been a number of SWATT-like events where SMWDC leveraged existing exercises to deliver advanced tactical training to surface ships. Recent successful training events include those conducted with USS America (LHA 6) ARG, USS Theodore Roosevelt (CVN 71) CSG, USS Harry S. Truman (CVN 75) CSG, and Destroyer Squadron (DESRON) 15. These SWATT-like exercises served not only as an opportunity to provide training to the fleet, but also as a critical part of SMWDC’s organizational learning process. For example, the curriculum developed for the Essex ARG SWATT relied on the feedback and iterative processes in place to ensure that SMWDC-delivered training prepares ships for the high-end, integrated scenarios they will see during future training exercises.

What makes SMWDC’s training unique isn’t simply a focus on learning — it is also the methods by which the command drives at them. First, senior mentors including post-major command commanders, Warfare Tactics Instructors (WTI), and technical community experts plan the training events, brief teams, and embark the ships for the entirety of the exercises to walk teams through a defined Plan, Brief, Execute, and Debrief process. Second, the training team’s efforts are aided by newly developed playback tools that leverage data existing within combat systems that WTI and members of the technical have found ways to process more quickly and effectively — providing ground truth performance data to shipboard teams within the same day. The key benefit of this is that instead of waiting for feedback, WTIs



The amphibious assault ship USS Essex (LHD 2) transits San Diego harbor on its way to participate in the Navy’s first full-length Amphibious Readiness Group (ARG) Surface Warfare Advanced Tactical Training (SWATT) exercise. SWATT is led by the Naval Surface and Mine Warfighting Development Center and is designed to increase warfighting proficiency, lethality and interoperability of participating units.

are able to debrief watch teams the same day.

“We sometimes find that shipboard teams are tentative and resistant when we first start debriefing them after training events,” Amphibious Warfare Tactics Instructor (WTI) Lt. Cmdr. Emily Royse said. “It’s uncomfortable when we take the guesswork out of what happened during the event, reach ground truth, and spotlight areas for team improvement. But, by the time we leave the ship, teams are hard on themselves and learning faster as a team because they see the value in the principles and method.”

Ultimately, SWATT events provide high-fidelity system, tactics, and human performance data that are needed by the Surface Warfare enterprise to improve warfighting readiness and increase lethality. Even after SWATT, data recorded in the events is further extracted through a partnership between SMWDC and Naval Surface Warfare Center — Corona. The data is then reviewed in a Data Analysis Working Group (DAWG) which analyzes system, operator, and performance analysis and is completed 4-6 weeks after training event completion. That data is parsed out to appropriate entities within SMWDC and the Surface Warfare community to refine doc-

trine and tactical guidance, provide capabilities assessments, define future requirements, and to inform future training events.

Commander, Amphibious Squadron ONE Capt. Gerald Olin (PHIBRON 1) expressed enthusiasm about the opportunity to participate in the first full-length ARG SWATT.

“Any opportunity that we have to gain a competitive edge against our adversaries and to become a more capable, lethal force is a win in my book,” Olin said.

“SWATT represents the first opportunity that the Essex ARG ships and staff have had to train together as a team. We are looking forward to the advanced tactical training that we will go through during SWATT. This training will bridge the gap between the unit level training our ships recently completed and will prepare us for advanced fleet training which will prepare us for our next deployment.”

The Essex ARG is part of Expeditionary Strike Group (ESG) 3, and U.S. 3rd Fleet. Third Fleet leads naval forces in the Pacific and provides realistic, relevant training necessary for an effective global Navy.

For more news from Naval Surface and Mine Warfighting Development Center, visit www.navy.mil/local/SMWDC/.

Nimitz enters drydock

By MC3 Cole Schroeder
USS Nimitz Public Affairs

NAVAL BASE KITSAP-BREMERTON, WASH.

The aircraft carrier USS Nimitz (CVN 68) shifted from its homeport pier at Naval Base Kitsap Bremerton to a dry dock at the Puget Sound Naval Shipyard and Intermediate Maintenance Facility, Bremerton site, March 1.

“I’ve seen this ship come full circle,” Aviation Ordnanceman Airman Jordan Manuel said, from San Jose, California. “I got to the boat in the middle of Nimitz’s last maintenance availability so I got to experience all the work-ups and underway periods that led up to our previous deployment, and now we’re back in the yards getting ready for our next mission. I’ve experienced everything it takes to get an aircraft carrier back on deployment, and this is just a part of the process.”

This shift is part of the ship’s scheduled 15-month docking planned incremental availability (DPIA) period which officially be-



gins March 1, following a six month deployment to the U.S. 5th and 7th Fleets.

Nimitz took part in multiple operations during its last deployment. In June 2017, the ship participated in a series of bilateral training operations with the Royal New Zealand Navy to increase interoperability. Exercise Malabar 2017 took place in Chennai, India and the Bay of Bengal, which increased relations and maritime security between the U.S. Navy, Indian Navy and the Japan Maritime Self-Defense Force. They also took part in Operation Inherent Resolve, flying more than 1,000 combat sorties into Iraq and Syria, dropping more than 900 pieces of ordnance.

“It’s a different mission for these guys,” Project Superintendent Brian Fazio said. “This isn’t deployment, but it is depot level maintenance that requires attention to detail and a safety mindset.”

Although Nimitz is being moved from an operational to a maintenance status, the work for the crew does not stop.

“We still have to execute the same way we have been,” Chief Engineer for Nimitz Cmdr. Chuck Jones said. “This is still our home, and we have to take care of this ship and get it ready for the next deployment.”

Nimitz will receive upgrades and renovations to a variety of systems to include steering components, hull preservation, combat systems

equipment, aircraft elevator doors, berthing areas and a new stern dock. This will be the ship’s most recent upgrade since it’s last maintenance period from January 2015 to October 2017.

“In all reality, this preservation period should be one of the last for Nimitz,” said Fazio. “With new counter measure systems and refurbishments to multiple areas of the ship including antennas; close-in weapons systems; rudders, shafts and propellers; habitability areas; and overall hull preservation, Nimitz should expect a busy preservation period.”

With a lengthy and high work tempo yard period ahead, the crew anticipates 15 ship’s force teams to

U.S. Navy Sailors and Puget Sound Naval Shipyard and Intermediate Maintenance Facility (PSNS-IMF) workers shift the aircraft carrier USS Nimitz (CVN 68) from its homeport pier in Bremerton, Wash., to a dry dock in PSNS-IMF, March 1, 2018. Nimitz is currently preparing for a docking planned incremental availability at PSNS-IMF where the ship will receive scheduled maintenance and upgrades.

MC3 Ian Kinkhead

split up 315,000 man hours to get the ship back in fighting condition and back out to sea.

“This crew performed extremely well since the ending of the last yard period,” Commanding Officer of Nimitz Capt. Kevin P. Lenox said. “I have no doubt that this crew will efficiently and safely execute this DPIA period the same way they executed their last at-sea period.”

“This is nothing like deployment, but this is work all the same,” Manuel said. “This is the preparation it takes to get a ship through a deployment or combat operations safely, and effectively.”

Although some sailors won’t be on board long enough to see this yard period all the way through, it’s going to take the work of everyone to get Nimitz back to operations.

“My time on Nimitz is coming to an end, and I won’t be here to see the ship come back out to sea, but just like any other cycle, Nimitz will continue to push and get through this availability,” Manuel said. “Just like a lot of things in the Navy, the beginning of the process feels daunting, but you always come out of it better and with more experience.”

Nimitz is slated to return to sea May 2019 to perform sea trials in preparation for future operations.

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

Navy Preventive Medicine Unit Sailors participate in Read Across America

By Lt. Janice Whittaker
Navy Environmental and Preventive Medicine Unit Five Public Affairs

SAN DIEGO

Navy Environmental and Preventive Medicine Unit (NEPMU) 5 partnered with Olympic View Elementary School in Chula Vista, California, for their annual Read Across America Day, March 2.

Read Across America Day, an observance on the school day closest to the anniversary of Dr. Seuss’s birthday, is part of a year-long program focused on motivating children and teenagers to read. The program, led by the National Education Association (NEA), is celebrating its 21st year of building a nation of readers one story at a time.

Thirteen Sailors from NEPMU 5 traveled to Olympic View Elementary to read Dr. Seuss books to the children. Each of them had an opportunity to visit different classrooms and speak to the children about their experiences in the Navy.

“It’s an honor to have the Navy engage with us. NEPMU-5 has been with us for six years,” Olympic View Elementary School Principal Gloria McKearney said. “The NEPMU 5 Sailors are amazing because they reach the children. They speak to them and get them interested, so it is more meaningful. Thirty percent of our 800 students come from military families, so it makes them proud to see military personnel come and be looked up to.”

Sailors from NEPMU 5 are also involved with different activities within Olympic View Elementary throughout the

“It’s a great experience to be able to be with the kids, to talk to them and read to them, and to provide something different and new,”

Hospital Corpsman 2nd Class Diana Camacho

course of the year, including awards assemblies, Red Ribbon Week and Veterans Day celebrations. A long-standing partnership between the command and local school has been established for a number of years, which provides an opportunity for the military to participate in the community on a consistent basis.

“It’s a great experience to be able to be with the kids, to talk to them and read to them, and to provide something different and new,” Hospital Corpsman 2nd Class Diana Camacho said.

The mission of NEPMU 5 is to maximize readiness of operational forces and Navy medical commands within the Pacific region by providing specialized public health support. Their main focus is to man, train, equip and deploy forward-deployable preventive medicine units.

“Events like these allow us to engage and educate our community in a positive, family-friendly environment,” Officer In Charge of NEPMU 5 Cmdr. Shelton Lyons said. “These children are our future leaders, Sailors and Marines, so it is important that we show them who we are and what we stand for as leaders in public health.”

For more news from Navy and Marine Corps Public Health Center, visit www.navy.mil/local/nmcphc/.

VIETNAM | Aircraft carrier visits

Continued from B1

“Our nations’ relationship has reached new heights in the past few years, and USS Carl Vinson’s port visit to Vietnam is a reflection of that,” Swift said. “I am confident that engagements like this will further expand the comprehensive partnership between the United States and Vietnam.”

Top leaders from the United States and Vietnam discussed the possibility of an aircraft carrier visit last year as part of an effort to further defense relations.

“This is a historic day and we are honored to receive such a warm welcome here,” Strike Group Commander Rear Adm. John Fuller said. “Also, we’d like to thank Vietnam for the excellent logistical support that makes this visit possible. The United States and Vietnam are co-operating more closely than ever before.”

Sailors will participate in cultural and professional exchanges during commu-

nity service projects, sports competitions, and receptions planned for the port call. Additionally, Navy musicians from the U.S. 7th Fleet Band will perform free concerts for the public.

Carl Vinson is America’s third Nimitz-class aircraft carrier with a crew of 5,000 Sailors who support and conduct air operations at sea. The strike group is comprised of a total of 6,000 Sailors, an aircraft carrier, an air wing, a cruiser and two destroyers.

The carrier group’s deployment marks the second time it is operating in the Indo-Pacific region under U.S. 3rd Fleet’s command and control. U.S. 3rd Fleet’s control of ships and aircraft across the Western Pacific and beyond the international dateline to India, enables U.S. 3rd and 7th Fleet to operate together across a broad spectrum of maritime missions in the region.

For more news from USS Carl Vinson CVN 70, visit www.navy.mil/local/CVN70/.

HISTORY UNTOLD: WORLD WAR II VETERAN SHARES TALES OF THE MONTFORD POINT MARINES

By Bobby Cummings
Office of Naval Research Public Affairs

ARLINGTON, VA.

As part of the Office of Naval Research (ONR) National African-American History Month observance, members of the Montford Point Marines Association discussed the experiences of the first African-American Marines who entered the Marine Corps during World War II at an ONR event Feb. 22.

During the early stages of World War II, the U.S. Marine Corps, for the first time in its history, allowed African-Americans to serve within its ranks. But they were not sent to traditional boot camps of Parris Island, South Carolina or San Diego, California. Instead, African-American Marines were segregated and completed basic training at Montford Point, a facility at Camp Lejeune, North Carolina. Many of these Marines would be among the first African-American Marines to experience combat during the Battle of Saipan, in 1944.

The retired Marines who spoke at the event included Master Gunnery Sgt. Carroll Braxton, a World War II veteran and Montford Point Marine, and Chief Warrant Officer 3 Carmen E. Cole, Montford Point Marine Quantico Chapter No. 32 president and national recording secretary.

Braxton, a native of Manassas, Virginia, enlisted in the Marine Corps with several friends in June 1943.

“A letter came to our school ex-

plaining they were now going to accept black men into the Marine Corps,” Braxton said. “Three of us decided we would volunteer to go into the Marine Corps. We were sworn in, March of 1943, but they wouldn’t allow us to enter service until we graduated from high school. We graduated in May 1943, and the fourth of June we were at Montford Point.”

Approximately 20,000 African-American recruits received training at Montford Point Camp during World War II.

“When we got to Montfort Point, military police (MP) met us, and they had a few names to call us,” Braxton said. They said, ‘Empty your pockets. Do you have any knives in your pockets? We have knives for you here, you won’t need those knives.’ I had this hat and this MP walked up to me, grabbed my hat, threw it down on the ground and he stomped on it. He said, ‘Boy, you won’t need that again.’ I never did see that hat again.”

World War II marked a turning point in racial relations. On June 25, 1941, President Franklin Roosevelt signed Executive Order 8802, prohibiting racial discrimination in the national defense industry.

“In affirming the policy of full participation in the defense program by all persons regardless of color, race, creed, national origin, and directing certain actions in furtherance of said policy, all departments of the government including the armed forces shall lead the way in erasing discrimination over color or

race,” Roosevelt said.

During Braxton’s time at Montford Point, he recalled Roosevelt once came and delivered a short speech.

“One afternoon, we were called outside and this long convertible came along,” Braxton said. “You know who it was? It was President Roosevelt. He said, ‘Gentlemen I’ve got a short speech to give you. You have broken every record that the Marine Corps has ever set, and as far as I’m concerned you’re just as good as any Marine who puts on that uniform.’”

In June 2012, a Congressional Gold Medal was awarded collectively to the Montford Point Marines in recognition of their personal sacrifice and service to their country during World War II.

“These great warriors known as Montford Point Marines we consider barrier-breaking American heroes whose shoulders we stand on. Without these African-Americans, we would not have had the opportunity to serve in the Marine Corps,” Cole said. “The Montford Point Marine Association is proud to be a thriving part of the Marine Corps family.”

Bobby Cummings is a contractor for ONR Corporate Strategic Communications.

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

HACKERS |The good bad guys

Continued from B1

Marine Corps, United States Special Operations Command, Program Executive Office Defense Health Management Systems (PEO DHMS) and Naval Enterprise Networks Program Office (PMW 205).

The Red Team’s real-world attack simulations are designed to assess and significantly improve the effectiveness of an entire information security program, including those controlling weapons systems, platforms, sensors and networks.

“The thinking is, if you simulate bad guys and put network defenders and system owners under controlled stress in a controlled environment, you get a better sense of how they will perform,” said Jason Jurand, director of SSC Atlantic’s Red Team.

“If you wait long enough, the real-world adversaries will tell you what’s wrong with your system, usually at the worst time,” Jurand said. “Our first rule is ‘do no harm.’ Our adversaries don’t have that rule.”

Jurand continued to emphasize that the Red Team better positions customers to deal with these vulnerabilities on their terms rather than the adversary’s terms.

The Red Team’s functional capabilities were developed when SSC Atlantic’s CSSP was created and certified. The CSSP’s mission is to protect, detect, respond and sustain IT systems, and as part of the “protect service,” the Red Team assesses the defense capabilities of CSSPs across the DOD Information Network (DODIN).

SSC Atlantic’s Red Team has the ability to surge and adjust their size to the demand signal through the use of their contracting strategy and has 13 government employees. They are technically skilled with backgrounds in computer science, computer engineering, software development, test and evaluation, networking and system administration.

According to Jurand, a knowledge of how things work — and an understanding of how to degrade, disrupt or deny a customer’s cyber environment while actually doing no harm — requires a deep technical background.

“From a temperament point of view, you have to be naturally curious and think unconventionally. Red Team people are tinkers,” he said, “with maybe a little bit of a dark side.”

SSC Atlantic’s Red Team is certified to perform a variety of assessments across the DoDIN, including local assessments, where they are invited in by a customer and work col-

laboratively and cooperatively to help identify and mitigate known vulnerabilities — and often to discover new ones.

They also perform remote assessments, which are more covert in nature. The Red Team tries to gain access to the customer’s network without the knowledge of the customer’s CSSP or “Blue Team.” Persistence missions involve the Red Team staying in the network as the customer’s Blue Team is actively pursuing it.

“They are trying to pry us out of network, and we are trying to burrow in and stay in,” Jurand said.

The Red Team assesses wireless security, which ranges from systems as innocuous as a home Wi-Fi to anything in the RF spectrum, such as shipboard or aircraft wireless systems.

The Red Team is very effective with user-driven attacks, which Jurand describes as complicated but usually the most successful.

“Most cyber-attacks are user-driven, where you manipulate the user into doing something that gets them in trouble,” Jurand said. “For a Red Team, it’s the easiest to get at and yields the most reliable results. We’ve never had a phishing campaign that failed.”

Jurand explained that cybersecurity deficiencies found by the Red Team fall into the categories of people, processes and technology, with people being most common deficiency found.

“Insider threats are real. It’s not just about getting past the guy at front gate or tailgating into a building; it’s user attacks and social engineering,” he said. “And even though everyone gets cybersecurity training every year, invariably we’ll find some kind of shortcoming.”

Something as simple as going into a hospital or military health clinic can pose cybersecurity challenges that can actually risk lives. Those going in for outpatient appointments or visiting patients admitted to a hospital may want to use their phones or tablets on the facility’s Wi-Fi. In a worst-case scenario, these devices could pose a threat to IT systems that connect patients to life-saving equipment. To combat this threat, SSC Atlantic’s Health Systems Security Engineering integrated planning team, headed by Cal Stephens, provides full scope network/cybersecurity services to the DHA, including network protection suite design and development, accreditation, deployment and operations fused with USCYBERCOM-accredited Tier 2 CSSP services.

“Cal was part of developing a secure intranet for DHA, engineering the design, deploying it, doing network operations and sustainment of that infrastructure, and we were serving in an information assurance capacity,” Jurand said.

This series of events provided SSC Atlantic a unique operational cyber

perspective within the Navy. Given their capability, it made sense for SSC Atlantic to provide CSSP and Red Team services for other customers. The CSSP team was originally certified by Defense Information Systems Agency (DISA) and accredited by U.S. Strategic Command in 2012.

Today, SSC Atlantic’s Red Team is more and more in demand.

“Once we got certified, the phone starting ringing off hook and it hasn’t stopped since,” Jurand said. “It has really led to a great capability for SSC Atlantic.”

“There is so much complexity in cybersecurity threats; new ones pop up every day. We make folks take training and we do checkups to try to keep networks and systems healthy, but invariably, when Red Teams do assessments we always find shortcomings,” Jurand said.

“We are looking for stuff that is unusual,” he said, spending lots of time and energy looking through the assessment data to find what he describes as a “horrifying collection of success event audit records” that may indicate a compromise.

For example, why is someone logged in at 2 a.m. on Christmas morning? Why is an administrator surfing the Internet and downloading data to the server? Are detections being made the way they are expected even when there are no failure or deny event audit records?

While the Red Team’s mission is to help and protect customers, they are not always welcomed with open arms.

“People are often taken out of their comfort zones or feel violated when the Red Team shows up,” Jurand said. “That’s a healthy reaction to have,” he said, since some people think they could get fired or that the network is actually being compromised.

“We are not the bad guys, we are trying to teach them about threats and how to mitigate them,” Jurand said. “Red Team operations really represent an investment in a customer’s cybersecurity infrastructure and in the people who use it. We are teaching them to be more aware of their vulnerabilities.”

“In the end, they realize that a real adversary would probably teach the same, but on much worse terms.”

SSC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable command, control, communication, computers, intelligence, surveillance, reconnaissance (C4ISR), cyber and information technology (IT) capabilities.

For more news from Space and Naval Warfare Systems Command, visit

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BEAUTUTIFUL:
The Carole King Musical

Get an inside look at the life of musical legend, Carole King, in the hit Broadway musical playing at Chrysler Hall this weekend.

» See C3



Naval Station Norfolk's Sailing Center and Marina, located on Willoughby Bay off Massey Hughes Dr., will be starting it's summer season in May this year. Until then, it is open Monday through Friday from 8:30 a.m.–5 p.m. and offers personal docking piers, boating and fishing rentals along with a supply store and conference rooms.

U.S. Navy photo

FUN IN THE SUN AT NAVAL STATION NORFOLK

By MC3 Emily Ziegler
Naval Station Norfolk Public Affairs

NORFOLK

Stationed at Naval Station Norfolk? Looking for a new adventure or hobby? Visit the base's Sailing Center and Marina. The Naval Station Norfolk Sailing Center and Marina is located on Willoughby Bay off Massey Hughes Drive. It is in a quiet spot on base perfect for family fun and nautical activities.

The Marina is a full-service boating center offering 200 deep water slips, a boat launch and plenty of equipment and boats to rent. The rentable vessels include kayaks, paddleboards, skiffs, dinghies, powerboats and sailboats. Active duty and retired military can rent space at the piers to dock their personal boats as well.

Don't know how to use any of the boats? No problem. The Marina holds boater safety courses on Mondays, Wednesdays and Fridays from March through October where you can earn your Virginia state boating license and Morale, Welfare and Recreation (MWR) qualification. You can also get your U.S. Sailing Certificate in small boats and basic keel boats by passing their two days, 16-hour course on site. If kayaks and paddleboards are more up your alley, they are a self-taught sport, but learning is half the fun!

This year, the Sailing Center and Marina is hosting junior sailing camps. There are four camp programs, including beginner and advanced courses for ages 8 to 12 and ages 13 to 16, costing \$265, a junior big boat camp (ages 13 to 16) for \$285, and a two-day racing clinic (ages 8 to 16) for only \$80. They also offer discounts for children participating in more than one of the camps. There is also an all-ages paddleboard

yoga class held weekly, weather permitting, as part of the MWR fitness program from May through September.

Off the water, the Marina provides free wifi, free laundry services, conference rooms with waterfront views, bathhouses with showers, and a boating supply and tackle shop, where you can purchase fishing equipment and bait to use at the nearby fishing pier. There is also a fish cleaning station on site to bring your catch of the day.

The Sailing Center and Marina has been a staple on Naval Station Norfolk for over 10 years and continues to grow its' programs and strives to provide safe family fun and activities.

For more information on courses, prices and hours, call 757-444-2918 or visit their website at www.navymwrnaval-stationnorfolk.com/rams/42ec4e47-054d-41b8-8fdc-ffdc-1fef08c

ZOO WELCOMES BABY ZEBRA

By Ashely Grove Mars

The Zoo's zebra herd is growing. Abby, the 16-year-old Hartmann's mountain zebra gave birth to "Athena," a female foal on Monday, March 5, 2018. This is the fourth filly for Abby and third for father, seven-year-old, Zack. Zoo Keepers picked "Athena" based on the tradition of choosing a name with the first initial "A" after mom, Abby.

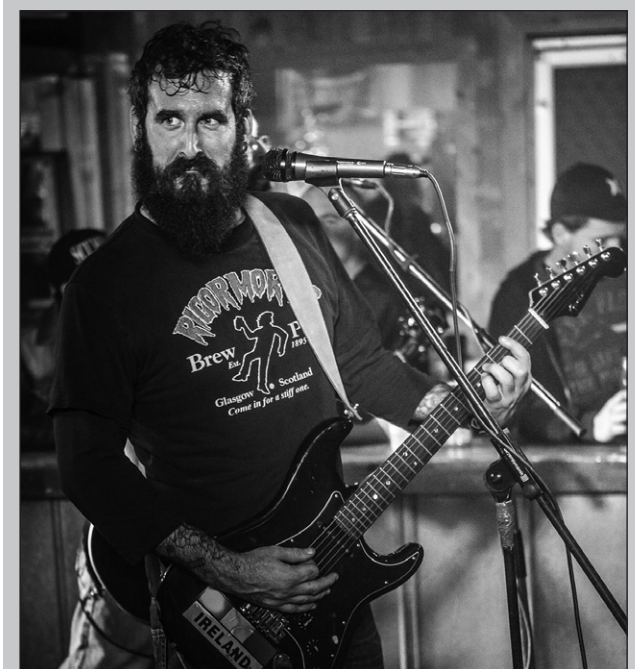
"The foal weighed 80 and stands approximately three feet tall," said Dr. Colleen Clabbers, the Zoo's Veterinarian. "Abby is a great, experienced mom and is taking good care of baby Athena," Clabbers added. Female zebras produce a single foal every one to three years, after a gestation of approximately one year. The foal will stay close to her mother for eight to twelve months before being weaned.

This is a significant birth for the species as Hartmann's mountain zebras are threatened in the wild and there are less than 60 individuals in the North American zoos as part of the Association of Zoo and Aquarium's Species Survival Plan® (SSP). The Zoo has a total of four zebras, Abby, Zack, 13-year-old Rose and the now Athena. Both mom and foal are behind the scenes during the cooler weather, but should be gradually introduced to the exhibit in the coming weeks.

Athena, the newest addition to the Va Zoo's zebras, was born on March 5. Courtesy VA Zoo

Calendar

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



Chesbay 360

Hey Hey Hooligan rocks the MacArthur Center Green on Friday for their St. Paddy's Day Festival.

St. Paddy's Day Festival After Work
■ March 16, 5:30 –8:30 p.m.
■ MacArthur Center Green
■ Music from Hey Hey Hooligan and the Newport News Fife & Drum band

You don't need to be Irish to join in the liveliest holiday of the season: St. Patrick's Day! Everyone in the community is invited to the MacArthur Center Green after work for the St. Paddy's Day Festival, an evening of FREE fun and festivities on Friday, March 16, from 5:30 to 8:30 p.m. Music by Hey Hey Hooligan and the Newport News Pipe & Drum Band will get toes tapping. Traditional Irish food and drink will be on hand for purchase to keep spirits chipper.



Yuengling Shamrock Marathon Weekend
■ March 16–18
■ Virginia Beach Oceanfront at 31st Street & Atlantic Avenue, Virginia Beach, VA 23451.
■ www.shamrockmarathon.com

Come celebrate the "Luck of the Irish" as 30,000 runners from all 50 states and several other countries will lace up their sneakers, adorn themselves in green and take to the streets. The annual Yuengling Shamrock Marathon Weekend, first held in 1973, has expanded to become a tradition for many — young and old, residents and non-residents, athletes and spectators.

51st Annual St. Patrick's Day Parade
■ March 17, 10:00 a.m.
■ Oceanview in Norfolk
■ www.norfolkaparade.com

Join Us for the 51st Annual Saint Patrick's Day Parade. The Parade steps off at 10:00am on March 17, 2018. Don't miss the After Parade Party, presented by the Columbian Club of Ocean View starting at noon at 211 W. Government Ave featuring live bands: Tidewater Drive (outside) and TBA (inside the Hall). Plenty of food and refreshment vendors will be available as well.

Cock Of The Walk: All Male Comedy
■ March 18, 7:00 p.m. \$23
■ The Norva,
■ 757-627-4547
■ www.thenorva.com

Cock of the Walk is an all-male comedy show that pokes fun at what it means to be a guy in today's day and age. This show is guaranteed to be dumb, absurd, masculine and most definitely hilarious. All profits from Cock of the Walk will go to the YWCA of South Hampton Roads to help support survivors of assault.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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



Courtesy Brandpoint

The key to protecting children and teens from diseases like measles, rubella and HPV is vaccination, according to the CDC.

Childhood vaccine rates increase but more parents also are refusing

From Brandpoint

Childhood and adolescent vaccination is considered by many to be one of the greatest public health accomplishments of the 20th century, but based on the results of a new study by the Blue Cross Blue Shield Association (BCBSA), there is still more work to do to ensure children and teens are protected against the diseases vaccines were developed to eradicate.

The Blue Cross Blue Shield: Health of America Report shows childhood vaccination rates climbed 12 percent among young commercially insured members. Data shows 69 percent of young BCBS members born in 2010 were up-to-date on their CDC-recommended vaccinations by the age of 2 years and 3 months compared to 77 percent of children born in 2013.

The study also found that the rate of documented vaccine refusal — in other words, doctors charting parental refusal of vaccines for their children — went up by nearly 70 percent for children born in 2013 compared to those born in 2010 (4.2 percent versus 2.5 percent, respectively).

The result of vaccine refusal can be dangerous, not only for the child who is vulnerable to diseases like measles and diphtheria, but for the community at large.

It played itself out in Minnesota last year, when a measles outbreak in the Twin Cities exceeded the total number of cases reported in the entire U.S. the year before. Health officials didn't have to look far for the cause. Spread of the highly infectious disease started in the state's Somali-American community.

According to the Minnesota Department of Health, the vaccination rate among Somali-American children dropped from the high 80s to a low of 42 percent last year in response to the anti-vaccine movement's targeting efforts, fueling the outbreak. But the disease wasn't confined to the Somali community. It spread throughout the Minnesota public school system as well, infecting non-vaccinated children.

The disease is nothing to take lightly. At the low end, it causes fever, runny nose, cough, sore throat and a rash, but it can be deadly, spawning pneumonia, blindness and even encephalitis. One especially alarming complication lurks in the brain for years after a person has recovered and mysteriously reawakens, causing seizures, coma and death. No one who has contracted that complication has survived.

Low uptake of HPV vaccine

It's not just childhood vaccines that parents are refusing. According to the BCBSA report, only 29 percent of adolescents received a first dose of the human papilloma virus (HPV) vaccine before their 13th birthday.

The HPV vaccine rates lag far behind other adolescent vaccines, meningococcal and Tdap, which have rates of 72 percent and 82 percent, respectively.

And that's a problem. According to estimates from the Centers for Disease Control and Prevention, 31,500 people die every year from cancers caused by HPV.

It's a heartbreaking statistic, especially because the American Cancer Institute estimates that, if all teens were vaccinated against HPV, cervical cancer would be eliminated within one generation.

What parents can do

The key to protecting children and teens from diseases like measles, rubella and HPV is vaccination, according to the CDC.

Talk to your child's doctor about the safety and benefits of vaccination, if you have any doubt.

Vaccinate your children according to the CDC-recommended Seven-Vaccine series: Diphtheria, Tetanus and Pertussis (DTaP), Heamophilus Influenza (Hib), Hepatitis B (Hep B) Polio (IPV), and Measles, Mumps and Rubella (MMR).

Vaccinate your adolescent against HPV, Meningitis and DTaP.

For more information, or to download the Health of America report, visit www.bcbs.com/healthofamerica.

Navy SEAL foundation earns charity navigator's highest four-star rating for seventh straight year

SEAL warrior-based nonprofit among nation's top 4% charitable organizations based on financial responsibility and governance

From Navy Seal Foundation

The Navy SEAL Foundation (NSF) has once again received a 4-star rating from Charity Navigator, America's largest and most-utilized independent evaluator of charities. Also, for the third consecutive year, NSF scored a perfect 100 on the charitable watchdog's ranking system.

Michael A. Thatcher, Charity Navigator's President & CEO, recently confirmed the "Four-Star" rating and perfect score to the Navy SEAL Foundation's management staff and board of directors.

"This is our highest possible rating and indicates that your organization adheres to sector best practices and executes its mission in a financially efficient way," Thatcher said. "Attaining the four-star rating verifies that Navy SEAL Foundation exceeds industry standards and outperforms most charities in your area of work."

Thatcher continued, the designation "... sets Navy SEAL Foundation apart

“To put this accomplishment in perspective, only 4 percent of the charities rated have received this level of excellence consistently.”

Chairman of the Board Of Directors, Navy SEAL Foundation, Retired Rear Admiral Garry J. Bonelli

from its peers and demonstrates to the public its trustworthiness." The review of the Navy SEAL Foundation's financial health and commitment to accountability and transparency is posted

on Charity Navigator's website (www.charitynavigator.org)

"I'm so very proud of our team," said Retired Rear Admiral Garry J. Bonelli, chairman of the board of directors of the Navy SEAL Foundation. "To put this accomplishment in perspective, only 4% of the charities rated have received this level of excellence consistently. Earning Charity Navigator's coveted 'Perfect 100' score places our Foundation among just 65 other exceptional nonprofits out of over 9000 charities rated."

Robin King, executive director of NSF, stated, "Everyone associated with NSF works hard on a daily basis to serve the NSW community in the best possible way. News like this serves to re-invigorate our efforts to always look for ways to be better, more efficient, and agile."

More than 9,000 charities in the U.S. have been profiled by Charity Navigator, ten times more charities than the next comparable rating agency. The Glen Rock, N.J.-based organization's one-of-a-kind technique of implementing data-based analysis to the charitable sector has been praised by publications such as Business Week, Forbes and Kiplinger's Financial Magazine, among others. The Navy SEAL Foundation joins an elite group of nonprofit organizations as just 4% of all charities evaluated by Charity Navigator have earned its top rating for seven consecutive years.

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Mon., Tues., Thurs.: 12:00, 1:00, 2:45, 4:00, 5:30, 7:00, 8:15, 9:45

Wed.: 12:00, 1:00, 2:45, 4:00, 5:30, 7:00, 8:15, 9:45

GRINGO (R)

Fri. Thru. Sat.: 11:30, 2:15, 5:00, 7:30, 10:15

Sun.: 11:30, 4:50, 10:15

Mon., Tues., Thurs.: 11:30, 2:10, 5:00, 7:40, 10:20

Wed.: 11:30, 4:50, 10:20

THE STRANGERS: PREY AT NIGHT (R)

Fri. Thru. Sun.: 12:00, 2:10, 4:20, 6:30, 8:40, 10:50

Mon. Thru. Thurs.: 12:20, 2:35, 4:50, 7:20, 9:30

THE HURRICANE HEIST (PG-13)

Fri. Thru. Sun.: 10:10 pm

Mon. Thru. Thurs.: 10:35 pm

RED SPARROW (R)

Fri. Thru. Sun.: 12:15, 3:20, 6:25, 9:40

Mon. Thru. Thurs.: 12:25, 3:40, 6:50, 9:55

BLACK PANTHER (PG-13)

Fri. Thru. Sun.: 10:35, 1:35, 4:35, 7:35, 10:35

Mon. Thru. Thurs.: 12:45, 3:45, 6:30, 10:00

A WRINKLE IN TIME (PG)

Fri. Thru. Sun.: 10:45, 11:15, 1:30, 2:00, 4:15, 4:45, 7:00, 7:30

Mon. Thru. Thurs.: 11:45, 12:15, 2:30, 3:00, 5:15, 5:45, 8:00, 8:30

PETER RABBIT (PG)

Fri. Thru. Sun.: 10:40, 1:00, 3:20, 5:40, 8:00, 10:20

Mon. Thru. Thurs.: 11:40, 2:20, 4:40

SUNSET BOULEVARD (NR)

3/18 & 3/21: 2:15, 7:15

DEATH WISH (R)

Fri. Thru. Sun.: 11:55, 2:40, 5:20, 8:10, 10:45

Mon. Thru. Thurs.: 11:50, 2:25, 5:05, 7:35, 10:10

At Naval Station on Norfolk, Across from the NEX Building 1500 Mall Dr., Bldg. CD-12 Norfolk, VA

(Additional \$1.50 for 3-D Movies / Movies & Times Subject to change) www.PhoenixTheatres.com

Arts & Entertainment

BEAUTIFUL:

The Carole King musical at Chrysler Hall through Sunday

By Yiorgo

The Tony, Grammy and Olivier Award winning musical Beautiful: The Carole King Musical (BTCKM) that has been wowing audiences on Broadway, the United Kingdom, Ireland, Australia and all over the United States has finally arrived here in Norfolk and is playing through this weekend at Chrysler Hall.

The musical premiered in October 2013 and the critics were quick to praise it:

From The Huffington Post, “Instantly joins the ranks of the irresistible!! Take my word, the earth under the theater moves, it moves!”

NBC, New York says, “A Must-see!! It’s a rich thrill to see the new musical BEAUTIFUL, whether you’re a King fan or you’re fascinated by the music business.”

The Wall Street Journal: “Out of control amazing!”

From Newsday “Carole King fans will love it!”

New York Observer says, “Lead me to Beautiful and I’ll happily follow!”

With March being Women’s History Month, Carole’s story, is the perfect play to not only take your daughters to, but for all to see and be inspired. Before she was Carole King, she was Carole Klein, a shy Jewish teenage girl songwriter who after many trials and tribulations gradually comes into her own as Carole King, the headlining voice of a generation and a Rock & Roll Hall of Famer. This is her inspiring true story.

Originally from Brooklyn, NY Carole attended Queens College where she met Ger-

ry Goffin, a handsome young lyricist. They quickly become a couple and agreed to collaborate, musically and romantically, creating “Some Kind of Wonderful” which The Drifters then recorded. They married and wrote their first hit song “Will You Love Me Tomorrow?” in 1959. Together they created fifty Top 40 hits including “The Locomotion” and “Up On The Roof.”

It was King’s solo album Tapestry in 1971 that brought her a new level of success.

By the time Carole was 20 years old, she was writing number one hits for the biggest acts in rock ‘n’ roll, including The Drifters, The Shirelles, Aretha Franklin and The Monkees.

Eventually her personal life began to unravel but she was able to find her own voice and became the most successful female songwriter of the latter half of the 20th century. Her music is the soundtrack of that generation with over 1,000 artists having recorded more than 400 of her songs.

Beautiful opened on Broadway in January 2014 at the Stephen Sondheim Theater. It won two Tony Awards and the 2015 Grammy Award for Best Musical Theater Album. The Broadway production has broken every box office record at the Sondheim Theater, and recently it became the highest grossing show in the venue’s history. The London production opened in February 2015, winning two Olivier Awards and the US touring production is currently wowing audiences throughout the country.

The musical features many of the songs you grew up singing that went on to become such unforgettable classics as: “You’ve Got a Friend”, “One Fine Day”, “So Far Away”, “Take Good Care of My Baby”, “Up on the Roof”, “You’ve Lost That Lovin’ Feeling”, “Will You Love Me Tomorrow”, and “Natural Woman”.

In Beautiful: The Carole King Musical the

» See **BEAUTIFUL** | C4



“Natural Woman”
Sarah Bockel (“Carole King”)

Matthew Murphy

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Save time in your morning with these kitchen hacks

From Brandpoint

It happens: You hit the snooze button once, twice, then three times, so when you’re finally showered, dressed and ready to tackle the day, you’re already behind schedule. Oftentimes that causes you to skip breakfast completely.

Turns out, your breakfast habit is one time-saving step that should not be skipped. First off, eating a nutritious, high-protein, balanced breakfast every morning is a proven way to kick-start your brain, improving concentration and performance. Plus breakfast is linked to better weight control, as it provides your body energy and may reduce hunger later in the day.

Change up how you approach your morning meal and test some of these chef-inspired time-saving tricks and shortcuts in the kitchen.

Put away the knife and grater: Grocery stores are waking up to the fact that customers love preparing delicious foods at home, but they don’t love the time it takes to chop and peel. Let the grocery store take on the “sous chef” role, and explore your produce section for inspiration. Pick up a container of sliced fruit and peeled eggs, and you’ll have a grab-and-go breakfast. When you have extra time, pre-chopped veggies and grated cheeses will complete your omelet station in no time.

Pull out your slow cooker: The slow cooker is a must-have tool for anyone wanting to save time in the morning. Just pop in some oats, measure the water and add a cinnamon stick, and you’ll wake up to the sweetly scented aroma of a hot, comforting breakfast. Otherwise, hop online and discover other surprisingly easy overnight breakfast ideas, including egg casseroles and quick breads.

Find ways to consolidate: One of the frustrations of cooking is how recipes sometimes layer in multiple steps that leave you with a sink full of dirty pans and utensils to scrub. Minimize the mess and look for one-pot recipe options. Do all the sauteing and simmering in one Dutch oven or stockpot, setting aside the cooked ingredients as needed.

Keep it real: A photo-worthy homemade breakfast is always a treat, but all you need are a handful of simple ingredients to create an inspired breakfast, with minimal prep and cooking time. For example, apples, quinoa and a few warm spices are all you need to make an unexpected but protein- and fiber-packed breakfast entree. Even better, opting for a boil-in-bag option like Success Tri-Color Quinoa gives you amazing cooked quinoa that’s ready for the apple topping in just 10 minutes. Not to mention, Success Quinoa is gluten-free and 100 percent whole grain.



Apple Cinnamon Breakfast Quinoa

Courtesy Brandpoint

Apple Cinnamon Breakfast Quinoa

Serves 2

Ingredients:

- 1 bag Success Tri-Color Quinoa
- 1 cup apple juice
- 2 tablespoons unsalted butter
- 1 tablespoon brown sugar
- 1 large apple, cored and sliced
- 1 tablespoon maple syrup
- 1/4 cup dried cranberries
- 1 tsp ground cinnamon
- 1/4 cup walnuts, optional
- 1 cup vanilla yogurt, optional

Directions:

Prepare quinoa according to package directions, adding apple juice to water. Melt butter in a medium skillet over medium-low heat. Add brown sugar, apple, maple syrup, dried cranberries and cinnamon. Cook, stirring occasionally, until apples are just tender, about 5 minutes. Stir in nuts, if desired. Serve quinoa topped with apple mixture and yogurt, if desired.



Barry and Cynthia. Jacob Heimer (“Barry Mann”) and Sarah Goeke (“Cynthia Weil”)

Carnegie Hall. Sarah Bockel (“Carole King”)

Photos by Matthew Murphy

BEAUTIFUL | *Carol King*

Continued from C3

National Tour, Sarah Bockel plays Carole King and is thrilled to be back on the road with her Beautiful family having been on Broadway and in the First National Tour playing Betty and in the Ensemble. As far as playing Carole King this time around, Sarah says, “Carole had the ability to find joy in every moment. That joy inspired songs that shaped a generation, and now, by telling her story, a new generation can fall in love with that incredible music.”

Andrew Brewer plays Gerry Goffin in the National Tour and is equally excited to return to his Beautiful family as well. He was with them before on Broadway and the National Tour as Swing/Ensemble and as the understudies for Gerry and Don. As far as playing Gerry Goffin this time: “Gerry

is a conflicted guy. An abundance of charisma paired with a heavy dose of doubt makes for an intriguing mix of talent and discord. He’s an honor to play.”

Sarah Goeke is elated to be playing Cynthia Weil in the National Tour. To Sarah, Cynthia was “A pioneering determination in the face of adversity, the relentless spirit of a fighter, and the capability to love boundlessly are some of the qualities that I most admire about Cynthia, who wrote the words to standards like “You’ve Lost That Lovin’ Feeling,” “Here You Come Again” and “He’s So Shy.”

Jacob Heimer plays Barry Mann in the National Tour: “It’s exciting to play Barry because he’s got a ton of moxie and no filter. He can be a bit neurotic, but what drives him is his

passion for music and his love for Cynthia. Together, over the course of their careers, Barry Mann and Cynthia Weil wrote the melodies and lyrics to some of the most influential pop songs in musical history.”

The story of Carole King has continued to inspire audiences to find their true voice with timeless music with the songs you remember – and a story you’ll never forget.

For ticket prices and info go to www.sevenvenues.com/events/detail/beautiful.

Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.



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Courtesy Brandpoint



DOMINATE SPRING:

5 EASY STEPS TO WAKE UP YOUR LAWN

From Brandpoint

There are a lot of things people miss during the winter — flip-flops, shorts and warm sunshine. But one of the things homeowners miss the most is the sight of green grass.

For months their lawns go into hibernation and disappear under a blanket of snow. Once the temperature starts to rise and the days start getting longer, many are eager to get outside and restore their lawns to their former glory.

But in order to get a lush green lawn that is the envy of your block, it's crucial to get to work at the beginning of spring. The lawn experts at Lowe's have shared five key steps you can take right now to ensure you have a beautiful and healthy yard all year long.

1. Tune up your equipment

Before you start work on your lawn, you want to make sure your mower is ready for the season. This means changing out the oil, tightening up any loose bolts or fasteners and starting the season with fresh spark plugs. You should also make

sure the air filter is clean, and don't forget to have your blade sharpened. Be sure to follow the manufacturer's instructions.

2. Evaluate your lawn

Once all the snow has melted, set aside some time to walk over your lawn. Take note of any dead spots, snow mold or raw patches of earth that need reseeding. Bring a rake with you to clean up dead leaves or break up any thatched areas that may have formed over the winter.

3. Take care of snow mold

If you find a spot of snow mold and other types of lawn fungus that are common in early spring, take a rake and gently break up the matted grass so it can dry. Oftentimes, this will be enough to dry out the mold and get the grass in the area growing again. However, depending on the extent of the damage, you might have to patch or reseed the area.

4. Reseed where needed

For the bare spots as well as areas of your lawn that are looking a little thin, overseeding is a great way to return it to its full, lush state. Spread grass seed over the area you want to patch, add some fertilizer and about a half inch of topsoil and gently rake the mixture in with the grass and soil. Thoroughly water these patches every day until the seeds begin to germinate.

5. Plant while it's still cool

The cooler temperatures in spring are ideal for roots to take hold before the hot summer weather arrives. This is why spring is the best time to seed your lawn. Also, if you've been thinking of planting any shrubs or trees, you should do it before it gets too warm.

The smell of fresh-cut grass is almost upon us! Lowe's has all of the products and services you need to get your lawn ready for spring.

intheatersnow

BLACK PANTHER

"Black Panther" follows T'Challa who, after the events of "Captain America: Civil War," returns home to the isolated, technologically advanced African nation of Wakanda to take his place as King. However, when an old enemy reappears on the radar, T'Challa's mettle as King and Black Panther is tested when he is drawn into a conflict that puts the entire fate of Wakanda and the world at risk.

A WRINKLE IN TIME

Meg Murry is a typical middle school student struggling with issues of self-worth who just wants to fit in. The daughter of two world-renowned physicists, she is intelligent and uniquely gifted, as is Meg's younger brother, Charles Wallace, but she has yet to realize it for herself. Complicating matters is the mysterious disappearance of Mr. Murry, which has left Meg devastated and her mother broken-hearted. Charles Wallace introduces Meg and her fellow classmate Calvin to three celestial beings (Mrs. Which, Mrs. Whatsit and Mrs. Who) who have journeyed to Earth to help search for their father, and together they embark on their formidable quest. Travelling via a wrinkling of time and space known as tessering, they are transported to worlds beyond their imagination where they must confront a powerful evil force. To make it back home to Earth, Meg must face the darkness within herself in order to harness the strength necessary to defeat the darkness rapidly enveloping the Universe.

RED SPARROW

Dominika Egorova is many things. A

devoted daughter determined to protect her mother at all costs. A prima ballerina whose ferocity has pushed her body and mind to the absolute limit. A master of seductive and manipulative combat. When she suffers a career-ending injury, Dominika and her mother are facing a bleak and uncertain future. That is why she finds herself manipulated into becoming the newest recruit for Sparrow School, a secret intelligence service that trains exceptional young people like her to use their bodies and minds as weapons. After enduring the perverse and sadistic training process, she emerges as the most dangerous Sparrow the program has ever produced. Dominika must now reconcile the person she was with the power she now commands, with her own life and everyone she cares about at risk, including an American CIA agent who tries to convince her he is the only person she can trust.

DEATH WISH

Paul Kersey becomes a divided person: A man who saves lives, and a man who takes them; a husband and father trying to take care of his family, and a shadowy figure fighting Chicago crime; a surgeon extracting bullets from suspects' bodies, and the vigilante called "The Grim Reaper" who detectives are quickly closing in on.

GRINGO

The story follows mild-mannered businessman Harold Soyinka (Oyelowo), who has a new wife and a stake in a pharmaceutical company about to go public. He seemingly has the American Dream in



JASON BATEMAN as Max and RACHEL McADAMS as Annie in New Line Cinema's action comedy "GAME NIGHT," a Warner Bros. Pictures release. Hopper Stone

his grasp - until everything goes wrong. Stranded south of the border, with a price on his head, Harold discovers that the life he had never really existed in the first place.

THE STRANGERS: PREY AT NIGHT

A family's road trip takes a dangerous turn when they arrive at a secluded mobile home park to stay with some relatives and find it mysteriously deserted. Under the cover of darkness, three masked psychopaths pay them a visit to test the family's every limit as they struggle to survive.

GAME NIGHT

Jason Bateman and Rachel McAdams star as

Max and Annie, whose weekly couples game night gets kicked up a notch when Max's charismatic brother, Brooks (Chandler), arranges a murder mystery party, complete with fake thugs and faux federal agents. So when Brooks gets kidnapped, it's all part of the game - right? But as the six uber-competitive gamers set out to solve the case and win, they begin to discover that neither this game - nor Brooks - are what they seem to be. Over the course of one chaotic night, the friends find themselves increasingly in over their heads as each twist leads to another unexpected turn. With no rules, no points, and no idea who all the players are, this could turn out to be the most fun they've ever had... or game over.

basetheaters \$3 Movies

Set at the dawn of time, when prehistoric creatures and woolly mammoths roamed the earth, EARLY MAN tells the story of how plucky caveman Dug, along with sidekick Hognob, unites his tribe against the mighty Bronze Age in a battle to beat them at their own game.



Courtesy Aardman Animations

JEB Little Creek, Gator Theater – 462-7534

Friday, March 16
6 p.m. Early Man (PG)
9 p.m. Black Panther (PG-13)

Saturday, March 17
1 p.m. Early Man (PG)
5 p.m. Black Panther (3-D) (PG-13)
7 p.m. The Shape Of Water (R)

Sunday, March 18
1 p.m. Jumanji: Welcome To The Jungle (NDVD) Free Admisson, (PG-13)
4 p.m. Peter Rabbit (PG)
7 p.m. Black Panther (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, March 16
6 p.m. Black Panther (PG-13)
9 p.m. Black Panther (3-D) (PG-13)

Saturday, March 17
12 p.m. Early Man (PG)
3:00 p.m. Black Panther (PG-13)
7:00 p.m. The 15:17 To Paris (PG-13)

Sunday, March 18
12 p.m. Peter Rabbit (PG)
3 p.m. Early Man (PG)
6 p.m. Black Panther (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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The Flagship is a weekly publication aimed at military service members, family, and retirees.

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

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Why Hall? Competitive salaries and benefits, Professional development & Training programs, Available positions at 14 locations throughout the Hampton Roads region

Estate Sale

ESTATE SALE 3049 Little Haven Rd VB Fri-Sat & Sun Mar 9,10,11 9am-3 Antiques, Mid Cent Mod, Vintage, Collectibles, Furniture, Henkel Harris, Henredon, Davis, Packed House! Go to ThisN-ThatCompany.com for pics & details.

ESTATE SALES MOVING SALES

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

Larchmont, Norfolk Estate Sale Mar 9, 10 & 11 from 10-4, 1100 block Magnolia Ave. Antiques, Karastan, sterling, jewelry, Mohawk canvas, power yard tools. More information at www.estatesales.net

Flea Markets/Bazaars

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

Flea & Craft Market Princess Anne HS Chorus fundraiser (VB). Sat. Mar 17th 8-2pm. 4400 Va Beach Blvd. Spaces \$12 Tables \$8. 648-5600 x58452

Garage Sale - Chesapeake

Beasley's Farm Market Annual Multi-Fam Yardsale 4001 Indian River Road Fri-Sun(4/16-4/18) 8am-4pm See Craigslist and Facebook for more details

Garage Sale - Portsmouth

Manor View, 514 Delham Rd., Sat. March 10, 9-2 House and garage, furniture & tools, Rain or Shine

Garage Sale - Virginia Beach

Haygood Point Moving sale on Saturday 3/10 AM-12pm. A little bit of everything. Great prices. Everything must go. 741 Harris Point Dr 23455

Kempsville 4912 Brandywine Dr. Thurs-Sat 3/15-3/17 9-5 Entire home stuffed, garage, tiki bar, beach decor, furn, neon signs, truck, mermaids, jewelry, clothes FB betterhomesandbargainsstatesales1

Kempsville DESIGNER CONSIGNORS
SPRING CHILDREN'S SALE!!
Mar 15 10AM-7PM, Mar 16 10AM-7PM, Mar 17 8AM-12PM
Ascension Catholic Community Center
4853 Princess Anne Rd. VB 23462
Cash and credit cards accepted
www.designerconsignors.net and Facebook

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Lost-Diamond & blue sapphire pin pendant at BJ's 2/22/18. Large reward. 757-647-3954.

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APPLIANCES - Refrigerator \$195;

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SHEDS & DOG HOUSES FOR SALE - 8' x 12', 10' x 12', 10' x 16', 10' x 20', 12' x 20' Well Built & Reasonable. MUST SEE! Call (757) 589-5359 or visit www.shedguy757.com

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

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SeaRay Sundancer 250 1989 LOA 26'9"
New Exhausts, rebuilt Outdrive in 2017. Beam 8'6" Draft 36" In covered Storage, 11k Can be seen by appointment. (757)286-6463



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.

Cameras-Photography

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

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Spring clothes: tops (some embroidered), pants, shorts, etc., small sizes, excellent cond., 757-482-0336, tg.owen@verizon.net.

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A-1 BLACK, Screen/Sitted Black Topsoil, Mulch, Sand, Compost, Prompt Delivery, Visa/MC, Jack Frost Enterprises 430-2257

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Half-Pound Egg \$10.00 or Half-Pound Bon-Bons \$10.00

No advance orders this year. Come and pick up your choice of flavors from existing inventory.

Available 10 a.m. to 3 p.m. Thurs. & Fri. March 15 - 16.

And 10 to 3 Monday-Thurs, March 19 - 22

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Ideal for knee, leg or foot surgery recovery. Used once. \$160.00 FIRM. Cash or certified Ck. Contact (252) 339-7212 for info.

Pets-Dogs,Cats,Other

AKC registered Black Lab pups contact 757-348-1548 or Cudablue1980@gmail.com

Aussie Doodles & Labradoodles-Smart, shots & training started. Starts \$550. 274-2381.

Border Collie Pups-Classic black w/white, purebred, reg ABCA, parents on farmstead, very smart, wormed/1st shots. \$485. 757-606-4125.

Cock-A-Poo Pups-1 boy, black \$500, de-wormed, 11 wks old, 757-758-0774.

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

Golden Doodle Pups-Parents reg & on site, vet ck guaranteed, \$950. 757-620-6026.

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

Golden Retriever Pups-AKC, English crosses, vet ck, M/F. \$1200. 757-642-0805, 757-642-0833 or palspupsva@gmail.com

Golden Retriever Pups-AKC, parents reg & on-site, vet ck guaranteed, \$950. 757-620-6026.

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

Lab Pups-Yellow & blacks, males/females, excel pedigree, field & show line, OFA & Cert. \$1500 for blacks, \$2000 yellows. 804-402-1459

Mal-SHI 8 weeks old vet cert. shots ut d-wormed papered NAPP 700 7573755752

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

Malti Poo Pups-2 females & 1 male, \$650. Ready on 3/18. 757-463-1595.

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

Pitbull Pups-Beautiful, Ready now. Females. De-wormed, tails docked. \$190 ea. 252-724-0459.

Poodles-AKC standard, DNA/OFA tested parents, 1st shots, health gaur, limited or full reg. \$950. 252-267-6607 www.opsisdoodlesofnva.com

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

Three beautiful AKC registrable English Cream Retrievers. 11wks old vet checked and de-wormed and a one-year health guarantee. Beautiful personalities and very friendly. \$1250 Call or text Jonathan at 804-839-3258.

Westies-5 males, ready now, vet checked, doggle door trained. \$795. 252-473-5619.

YORKIE PUPS 8 wks., 2 Males, 2 Females, excel cond, CKC reg. \$900. You Must See To Believe!! Call 804-731-5210.

Yorkie Pups-AKC, vet ck, 1st shots, wormed, 8 wks, male & female, \$1000. 757-334-4398.

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6 yds \$205, Mulch \$25/yd; Compost \$30/yd. Rock, Sand & Firewood. D. Miller's, 482-5083

ORGANIC MUSHROOM COMPOST
Screened topsoil 5 yds \$190, Mulch \$26, Compost \$26, Sand, Gravel, Sm. loads. **\$53-7233**

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Especially Silver, China, Serving Pieces, Glassware. Call 757-544-5757 before 6 PM.

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JACK'S TOWING

1114 Harmony Rd. Norfolk, VA Saturday, Mar. 17, 12 Noon GATES OPEN AT 10 AM

Call 461-5765. Many Late Models 90+ CARS, TRUCKS, MOTORCYCLES & SCOOTERS.

Cash or Certified Funds Day Of Sale. www.jackstowing.com. VAAF 58

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

Franklin & Emporia for Upnd RE Tax Mar. 23. VAF 662 www.vaauctionco.com 757-538-0123

Norfolk Upnd RE Tax-March 15, 6 PM. VAF 662 www.vaauctionco.com 538-0123

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

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Drivers CDL & NON CDL

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

Accounting/Finance

Assistant Controller (#00830)

The Office of Finance at Old Dominion University is seeking candidates for a Financial Services Manager II position. This position will provide leadership and planning for the General Accounting Unit for all related financial matters in accordance with GAAP, GASB, Federal and State policies and procedures. **This position opens March 12, 2018.** To apply, please visit <http://jobs.odu.edu/postings/7617> and follow the online instructions. AA/EOE

Fiscal Technician (01001A)

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>

Administration/General Office

Job Opening - Intake Specialist (Paralegal)

LEGAL AID seeks FT individual to perform intake eligibility. SPANISH SPEAKING A PLUS. Must have MS Office knowledge and database experience. Experience preferred, but will train. Entry level position + excellent benefits. Typing required. Mail resumes to: Administrator, LASEV, 125 St. Paul's Blvd, Suite 400, Norfolk, VA 23510 or email sherryh@laseva.org. EOE Employer

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Carpenter, F/T. Min req.: 24 mos. exp. Mail resume to: Manco Equipment Corp Inc. P.O. Box 16109, Chesapeake, VA 23328. No phone calls.

Outside Sales Nags Head, N.C. Knowledge of Windows & Doors desired. Resume Skip@burton-lumber.com or fax to 757-545-8852

Education/Training

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K-12 Regional Public School Consortium
April 21, 2018
8AM - Noon

Recruiting:
*Special Ed. Teachers
*Alternative Ed. Teachers
Math, English, Science & SS
*Speech & OT
*Teacher Assistants
*Teacher Development
Program Candidates

Please come visit and learn about employment opportunities. There will be a licensure specialist to answer questions.

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Dennis Hedspeith
Hedspeith.dennis@secep.n
www.secep.net 757-892-6100

General/Other

~ JOB FAIR ~

FLUOR, one of the world's largest engineering, services and maintenance companies is looking for professionals to fulfill a potential Government Contract in the Williamsburg, VA area. Positions that we are looking to fill are Program Manager, Deputy Program Manager, Food Services Manager, Custodial Manager, Motor Pool Manager, Facilities Manager, Security Manager, Training & Conference Manager, Logistics Manager, Electrical Engineer, Mechanical Engineer, Environmental & Safety Manager, Airfield Operator, Natural Resources Manager, Security Operations Center Manager, Administrative Support, Logistics, Trades, Facilities, Custodians, Food Service, Project Managers, Construction Managers, Motor Pool, Audio Tech, Access Control, Security Monitors, CAD Operator, Cooks, and Engineers. All applicants must possess a USG Security Clearance. FLUOR would like to invite all applicants to our **JOB FAIR at the Hampton Inn, 718 Bypass Road, Williamsburg, VA, on March 16, 2018 from 10 AM to 8 PM.**

Government/Civil Service

EXECUTIVE DIRECTOR
Chesapeake Redevelopment and Housing Authority (CRHA) is seeking a highly qualified candidate for the position of Executive Director. The qualification, skill sets and application requirements for this position are available at www.crhava.org. An e-mail application must be received by April 25, 2018, and must be emailed to both Stan Ouy, President/Principal, the Organizational Leadership Edge at Squy@cox.net and Nancy Tarkenton, Assistant to the Director, CRHA at nancy.tarkenton@crhava.org.

Healthcare/Medical

Direct Support Staff for ICF/IID

Must have 6 months experience working with children. Must be at least 21 years of age and possess a HS Diploma or GED. Full-time, Part time & Split shifts available. Apply at Holiday House of Portsmouth, 4211 County Street, M-F 9 AM-4 PM www.holidayhouseofportsmouth.org.

Healthcare/Medical

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

Healthcare/Medical

Medical Receptionist

Part Time 4pm - 9pm

Looking for experienced Medical office individual for Front Desk position. Compassionate, well organized person needed for fast paced office. Knowledge of insurance coding helpful. Only Medical Office Experienced individuals need apply. Email resume to millerp@atlanticortho.com

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is currently seeking a

● **Director Clinical Services & Clinic Coordinator III** - Fredericksburg Outpatient Clinic

● **Clinic Coordinator II** - Stafford Outpatient Clinic

Full-time positions offer competitive salaries and comprehensive benefits. Please visit our website www.racsbs.org for position details and to apply online. RACSB is an Equal Opportunity Employer

Virginia Beach Psychiatric Center www.vbpcweb.com

Maintenance

Fun and Games

Super Crossword

DRESSING ROOM DELAY

ACROSS

- 1 Bible book between Zephaniah and Zechariah
7 Largest New Deal agcy.
10 "The Wizard —"
14 In the slightest
19 Radiant
20 Vacillating response
22 Olive-green bird
23 Start of a riddle
26 iPod model
27 Musician Brian
28 From Jan. 1 until today
29 Disagreeing (with)
30 Tomorrow, to Jose
33 Essen article
35 Santa — winds
36 Riddle, part 2
45 Former WB rival
46 Classical music record label
47 Coup d'—
48 Rises rapidly
49 Overjoy
- 51 Grafton's "— for Evidence"
53 By way of
55 Impel
56 Riddle, part 3
63 Within: Prefix
64 Weapon
65 Special span
66 Lang. of the U.S.A.
67 IRA options
68 Riddle, part 4
73 "... Mac — PC?"
76 Buddhist discipline
77 Letter after pi
78 Pass along, as an email: Abbr.
79 Male deer
80 Riddle, part 5
87 Minestrone, e.g.
88 Moo — pork
89 Pewter metal
90 Reformer Sinclair
91 Wide open, as a mouth
93 Wide-mouthed fish
96 Lassos
100 Co. name ender, often
101 End of the riddle
105 Imitate a wolf
- 106 "— -haw!"
107 Morally base
108 Lipstick messes
112 "Evil Woman" gp.
114 Riddle-me-—
115 Actress Rowlands
119 Riddle's answer
125 Lopez of pop music
126 More smart
127 Straight, as an arm or leg
128 Praise
129 Trig calculation
130 Gridiron pts.
131 When wages are given
- 10 Phrase on a thin coin
11 New Deal prez
12 Add- — (extras)
13 Wildlife park
14 Incarnations of deities
15 Jazz great
16 Very dry
17 Advance, as money
18 Captains' journals
21 More fitting
24 "For want of —, the shoe was lost"
25 Half of Mork's sign-off
31 Poker stakes
32 Feel likewise
34 Insect snare
35 Be part of, as a film
36 Montreal's province
37 Elevated region
38 Puts into law
39 Tobaccolless smoke
40 Sitarist Shankar
41 Like a child
42 Toad feature
43 Jason's ship
44 Reverse of NNW
- 50 Boxing ref's ruling
52 Be sure the job is done
54 Docket
57 Spoils
58 "— longa, vita brevis"
59 Big maker of SUVs
60 Mr. Capote, to pals
61 Tartan cap
62 Neither Rep. nor Dem.
68 "I'm talkin' to you!"
69 Munic. law
70 "Quiet down!"
71 Little newt
72 "So adorable!"
73 Ear malady
74 Kid-lit "pest"
75 Part of NSA
76 With 109-Down, one of five famed comedic brothers
79 Big name in fuel additives
80 For takeout
81 Red Scare gp.
82 "Hot dog!"
83 Oahu feast
84 Sorvino of Hollywood
85 Monogram, e.g.: Abbr.
86 Japanese fish dish
87 Used a bench
92 Involve in conflict
94 Pig's place
95 Honey
97 Loving ones
98 Drowsy
99 Made sense
102 Part of 44-Down
103 Trojan beauty
104 Move past carefully
108 Place
109 See 76-Down
110 Send forth
111 Latin "year"
113 "Think nothing —"
116 One — jack
117 "99 Luftballons" group
118 J.D. holder
120 NFL players who pass
121 Mentalist Geller
122 Swimming star Thorpe
123 Blushing hue
124 — big way

1	2	3	4	5	6		7	8	9		10	11	12	13		14	15	16	17	18
19							20				21					22				
23						24									25					
26						27				28					29					
			30	31					32		33	34		35						
36	37	38							39				40			41	42	43	44	
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49			50						51		52			53		54		55		
56					57	58	59						60	61			62			
63					64						65					66				
67					68				69	70				71	72			73	74	75
			76						77					78				79		
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87						88							89					90		
91				92		93			94	95		96		97	98	99			100	
101					102						103							104		
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108	109	110	111							112	113	114					115	116	117	118
119							120	121	122				123				124			
125							126										127			
128							129					130					131			

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Sudoku

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

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: **V** equals **E**

FBVSVUVC K QI KS OI ZVWIHKO

RD FVVMPD GBVGMH, VUVCDYIZD

MVVWH PIIMKSQ TO RV FKOB

YTSM HOTCVH.

Last week's CryptoQuip answer

If a romantic couple from Warsaw end up getting separated, you might say they are Poles apart.

last week's answers

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

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

Religious Services

For your installation's religious service times, visit:

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

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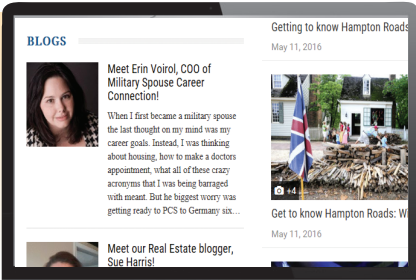
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Looking for fun, military friendly events for the whole family? Check out our events and calendar pages for all the military happenings.



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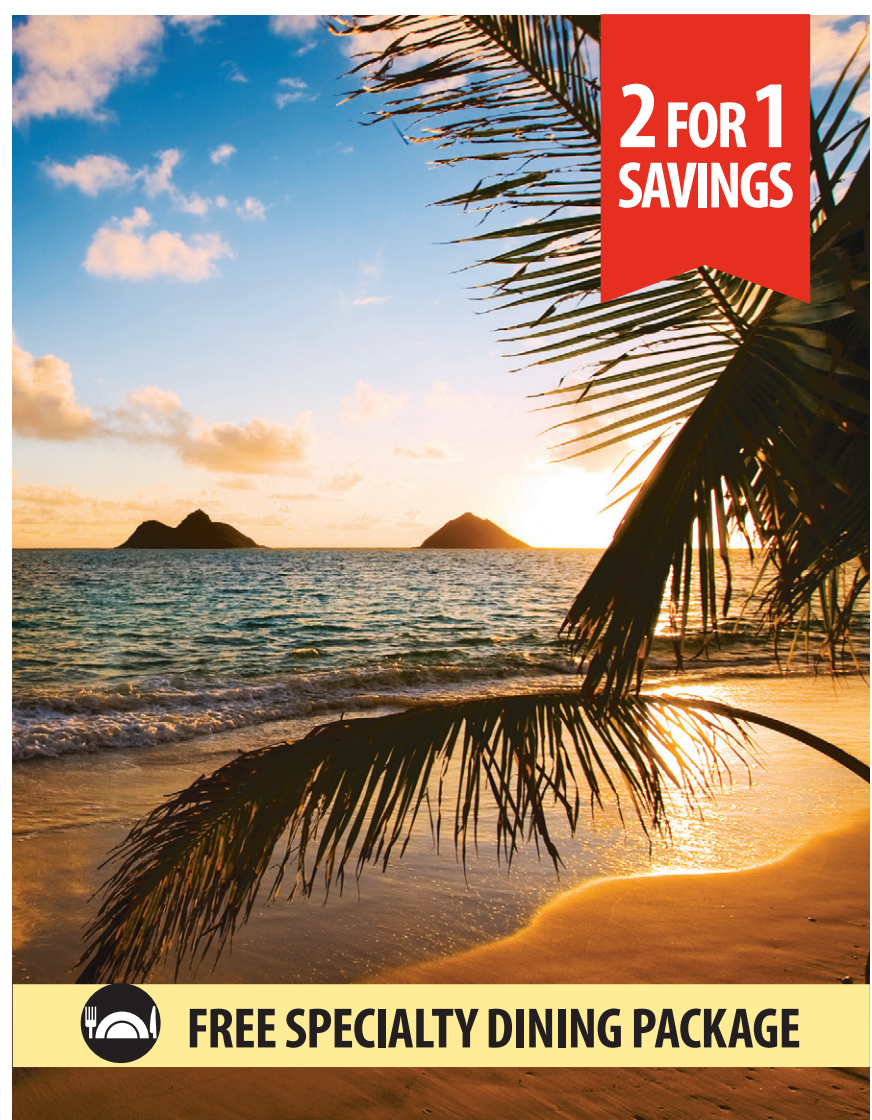


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