



An F/A-18F Super Hornet.

MC3 Matthew Granito

F/A-18F CRASH OFF THE COAST OF FLORIDA

From Naval Air Force Atlantic

NORFOLK

The F/A-18F crash which occurred on Wednesday, March 14 just east of Naval Air Station Key West is currently under investigation. Today, the squadron took the day off from training in order to grieve. The remaining squadrons of Carrier Air Wing EIGHT were briefed on the mishap and then resumed normal training operations. The F/A-18F remains in the water where it crashed and will stay there until a Mishap Investigation Board (MIB) conducts its investigation. The MIB consists of high qualified Naval officers with extensive experience in all aspects of aviation. The MIB thoroughly examines previous aircraft maintenance, number of hours flown on the aircraft, physical condition of the aircrew and their activities previous to the accident.

Naval Facilities Engineering Command (NAVFAC) South-

east has a Navy On Scene Coordinator (NOSC) who is the Commander, Navy Region Southeast representative who oversees emergency environmental impacts and makes a decision on the best way to remediate or mitigate environmental hazards. These hazards may be caused by circumstances such as aircraft mishaps or hurricanes. The goal is to restore the impact to the pre-existing condition and to coordinate the overall Navy response. This includes close coordination with other Navy entities, state, local and federal stakeholders and possibly outside agency contractors.

The primary next of kin of the two aviators killed in the mishap have been notified and per DOD instruction, names of the deceased will be released 24-hours after notification. A release will be sent out this evening at 10 p.m. for official confirmation of those killed in the crash.

VFA-213 is scheduled to complete their training in Key West on March 21 where they will return to Naval Air Station Oceana.

The following information was posted March 15 at

8:30 a.m. EDT

An F/A-18F Super Hornet crashed on final approach to Boca Chica Field, Naval Air Station, Key West, Florida at approximately 4:30 p.m. EDT, March 14.

Search and rescue crews were notified shortly after the crash where they recovered both the pilot and weapons systems officer from the water approximately one mile east of the runway. Both were taken by ambulance to Lower Keys Medical Center.

The F/A-18F is a dual-seated aircraft assigned to the "Black Lions" of Strike Fighter Squadron Two One Three (VFA-213), based at Naval Air Station Oceana and was conducting a training flight.



MC3 Zachary P. Wickline

Capt. Sean Bailey, commanding officer aboard the aircraft carrier USS George H. W. Bush (CVN 77), addresses Sailors during an all-hands call aboard the ship. The ship is in port in Norfolk, Virginia, conducting sustainment exercises to maintain carrier readiness

By MC3 Mario Coto

USS George H.W. Bush Public Affairs

NORFOLK

The aircraft carrier USS George H.W. Bush (CVN 77) earned the 2017 Battle Efficiency "E" Award from Commander, Naval Air Forces (COMNAVAIRFOR), March 13.

The Battle "E" is awarded annually to ships that demonstrate sustained superior perfor-

mance and battle readiness in an operational environment throughout the calendar year.

"I could not be more proud of this ship and its Sailors," GHWB's Commanding Officer of George H.W. Bush Capt. Sean Bailey said. "Our Sailors are some of the most dedicated in the fleet. It's a huge honor to lead such a great team."

» See **AWARD** | A7



Composite image showing naval aviators Lt. Cmdr. James Brice Johnson, left, and Lt. Caleb Nathaniel King. The Florida residents died March 14, 2018, when their F/A-18F Super Hornet crashed on final approach near Naval Air Station, Key West, Florida.

U.S. Navy photo

NAVY IDENTIFIES DECEASED SAILORS IN F/A-18F CRASH

From Naval Air Force Atlantic

NORFOLK

Two U.S. naval aviators died March 14, 2018, when their F/A-18F Super Hornet crashed on final approach near Naval Air Station, Key West, Florida.

The aviators have been identified as Lt. Cmdr. James Brice Johnson and Lt. Caleb Nathaniel King, both Florida residents.

Both pilots were assigned to the "Black Lions" of Strike Fighter Squadron Two One Three (VFA-213), based at Naval Air Station Oceana and assigned to Carrier Air Wing Eight.

"The entire Blacklion Family is grieving the loss of two great Americans. Lt. Cmdr. Johnson and Lt. King were phenomenal young men, exceptional naval aviators and were living models of what honor, courage and commitment really mean," said VFA-213's Commanding Officer Cmdr. Kevin Robb.

Johnson, a naval aviator and 2007 graduate of the U.S. Air Force Academy, was piloting the jet when the incident occurred while King, a 2012 U.S. Naval Academy graduate,

» See **SAILORS** | A7



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IN THE ARCTIC CIRCLE

The fast-attack submarines USS Hartford (SSN 768) and USS Connecticut (SSN 22) both surfaced in the Arctic Circle March 10 during the multinational maritime Ice Exercise (ICEX) 2018 in the Arctic Circle north of Alaska.

» See **B6**

NORFOLK ADMIRALS ADD NEW PLAYERS:

Meet T.J. Moore and Zane Schartz, the latest additions to the Norfolk Admiral's hockey team.

» See **C3**

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SUFFOLK DOD COMPLEX CELEBRATES WOMEN'S HISTORY MONTH

By MCC Rafael Martie
Naval Information Forces Public Affairs

SUFFOLK

Sailors and DOD civilians assigned to Naval Information Forces (NAVIFOR), Joint Staff-Hampton Roads (JS-HR), Naval Network Warfare Command (NNWC), U.S. Fleet Cyber Command (FCC) South and Navy Cyber Defense Operations Command gathered to observe Women's History month during a ceremony March 13.

Commander of NAVIFOR Vice Adm. Matthew J. Kohler kicked off the event and thanked the guest speakers, multi-cultural committee and attendees for supporting the event.

“Women have long been underrepresented, underpaid, underserved, and underappreciated in our society, and in much of our world remain second-class citizens or even without status,” Kohler said. “From the Navy’s perspective, we have no shortage of examples of women who overcame institutional barriers to make an impact and to pursue their ambitions. It doesn’t take much imagination to realize that fact when you take a look at history.”

After Kohler finished his opening remarks he introduced Headquarters, U.S. Army Training and Doctrine Command Deputy Chief of Staff, G-8, Ellen Helmersen.

In her position, Helmerson serves as the Chief Financial Officer and Comptroller administering resources supporting 37 Army schools organized under eight Centers of Excellence, each focused on a separate area of expertise within the Army. She plans, develops, directs and ensures stewardship of the command across a diverse portfolio that includes: accounting, audit readiness, budgeting, programming, manpower analysis, force management, and acquisition oversight.

“As I think about myself as a woman and a leader, I would ask you to think about women leaders in your life, and who comes to mind first; leaders, professors, teachers, coaches, wives, friends, sisters, aunts, grandmothers and mothers,” Helmerson said. “Those are the leaders we grew up with, learned from and helped shape ourselves.”

During the ceremony, one guest speaker and special guest who were in the Navy during Women Accepted for Volunteer Emergency Service (WAVES) shared their experiences of what it was like to be in the Navy under WAVES.

Former President and founder of WAVES Hampton Roads Unit 152, Dassa Carvey, enlisted in the U.S. Navy in 1963 and advanced to Petty Officer Second Class, as a journalist.

After her discharge from the Navy, she volunteered as an Ombudsman for two commands while being a military wife and pursued a career, working for more than 30 years as a budget analyst for the Department of the Navy, retiring with nearly 35 years of service to include active duty.

After attending her first WAVES National (WN) convention, she was so impressed with the organization that she started a unit in the Tidewater area and subsequently chartered Unit 152, Tidewater Tidal WAVES in January 2002, serving as the president of the unit until 2004, when she assumed the duties of WN 2nd Vice President.

Carvey was installed as WN president in September 2008, and again for a second term, in August 2010. When WN opened membership to all service women in 2014, she again ran for president and was elected for a third term, overseeing the transition of all units and membership from WN to Military Women Across the Nation.

"I was discharged at the end of my enlistment because I was pregnant. I received an honorable discharge but not recommended for reenlistment. If I had not been married, I would have been taken to the gate and stripped of military insignias, but still receive the honorable discharge," Carvey said. "Women today are being afforded many more opportunities — serving aboard combatant ships, submarines, moving up in rank. Being able to raise a family and still serve."

Carvey noted that we still have work to do to continue to pave the way for future generations, and given the opportunity if she were younger, she would gladly take on the challenge again under the same circumstances.

Special guest retired Master Chief Petty Officer Kathy Montgomery, a Storekeeper (SK), spoke with attendees following the official observation ceremony about overcoming challenges in the Navy from the moment she first joined until her retirement as a Master Chief Petty Officer.

She left boot camp undesignated, and reported to her first command, the Naval Amphibious School, Little Creek, where she worked in the supply office as the coffee mess clerk. Each day, it was her job to keep the 55 gallon containers of coffee full and to sell donuts to students and faculty of the school. Her civilian supervisor saw potential in her, and within 4 months, she was sent to Storekeeper "A" school in San Diego, where she was the only female in the class.

Montgomery was discharged from the Navy six years later because of a family hardship,

assuming command.

"I have continued to observe an upward trend in the capacity, capabilities, sophistication, and persistence of cyber threats against our networks," he said during his opening statement. "Cyberspace intersects every one of our Navy's missions, requiring an adaptive approach to counter the threat."

Gilday emphasized how the Navy intends to meet these threats in the coming years and how our cyber posture will ensure that we maintain an advantage over our adversaries.

“We are modernizing & defending our networks by implementing our Cyber Resilience Strategy, focused on hardening our network infrastructure and reducing its attack surface. We are in the 5th year of this ongoing effort. Further, we have extended our defensive posture to include deploying defensive cyber teams with the Navy’s carrier strike groups and amphibious ready groups,” he said.

“Lastly, I still believe we have much room to grow. In particular, we will continue to seek improvements in how we recruit, train, retain and reward our cyber workforce — while ensuring they are equipped to compete and defeat the adversary.”

The hearing also featured testimony



Photos by MCC Rafael Martie
Headquarters, U.S. Army Training and Doctrine
Command Deputy Chief of Staff, G-8, Ellen
Helmerson, spoke during an observance of a
multi-cultural event to celebrate Women's His-
tory Month.

but soon realized after she got home that she had made a mistake in leaving the Navy. Within three years, she reenlisted and retained her rank and rate of Petty Officer Second Class. Fast forward 16 years, she retired as a Master Chief Petty Officer.

During her time in the Navy, she saw the first enlisted women assigned to the Hospital Ships, then tug boats, and finally to tenders. Ratings became less restricted. Women changed from being WAVES to WINS (Women in the Naval Service), and finally, Sailors.

“This is my story, and all the firsts I saw firsthand. What will your story be like? How will you solve your dilemmas? What will your firsts be? Enjoy your time in the Navy; it’s the best purposed life you can live,” Montgomery said.

The celebration as a whole had two guest speakers, a special guest, a multimedia presentation, static displays, a potluck and a cake cutting ceremony.

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

Female Sailors and civilians play an integral role in the success of the Navy as part of the One Navy Team. Women serve in every rank from seamen to admiral and hold nearly every

job from naval aviator to deep-sea diver. Twenty percent of the Navy's enlisted force is women, including eight percent of all Senior and Master Chief Petty Officers. Nineteen percent of the officer force

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NAS Oceana hosts nothing but net basketball tournament championship

By MC2 Jacob Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

Naval Air Station (NAS) Oceana hosted the championship tournament and shootout for the 2nd annual Nothing but Net 3-on-3 Basketball Tournament & 3-Point Shootout at the Flight Line Fitness Center, March 1.

The event, presented by Moral, Welfare and Recreation (MWR) in partnership with Navy Exchange (NEX) and Viasat (GoWiFi), is held at Hampton Roads Navy installations throughout the month of February, where winners earn the right to compete in a winner take all finale.

Laura Erie, Commercial activities program manager for NAS Oceana MWR, said the tournament started as a way to engage local service members, giving them more ways to become involved with their base and those they serve with.

“Last year’s tournament was so successful, and everyone that participated really loved it. We wanted to keep that inertia going, so we held it again this year,” Erie said. “We were very happy to gain sponsorship from Viasat, the same company that provides WiFi to the barracks and other facilities here at NAS Oceana and throughout Hampton roads.”

In conjunction with the Navy Exchange Service Command’s (NEXCOM) Telecommunications Program Office, Viasat was proud to sponsor the recent MWR Nothing but Net Basketball Tournament in the mid-Atlantic region.

“All games took place at on-base gyms where Viasat goWiFi is provided for free to sailors. As part of our contract with NEXCOM, Viasat connects sailors across almost all CONUS Navy bases, and several overseas, with complimentary Wi-Fi in select MWR and lodging locations. ViaSat goWiFi also provides affordable and more premium Wi-Fi service to sailors living in the barracks,” Viasat Marketing Director Amy Brown said.

Before the championship tournament and shootout, each participating base and their teams competed at home for the opportunity to be at the championship.

“Preliminaries are held at each installation, with the championship tournament and shootout taking place at the last year winner’s base. NAS Oceana took home first place last year, so this year we get to hold the championship,” Erie



Naval Air Station (NAS) Oceana Moral Welfare and Recreation (MWR) staff stand with the winning team for the 2018 Nothing but Net 3-on-3 Basketball Tournament & 3-Point Shootout championship, at NAS Oceana’s fitness center. The event, presented by MWR in partnership with Navy Exchange (NEX) and Viasat (GoWiFi), is held at Hampton Roads Navy installations throughout the month of February, where winners earn the right to compete in a winner take all finale.

MC2 Jacob Richardson

said. “Bases that participated were York Town, NSA Hampton Roads, Norfolk Naval Shipyard, NAS Oceana, Norfolk Naval Base, and Joint Expeditionary Base Little Creek-Fort Story. Two teams from each base are here today for the championship. The team and 3-Point Shooter that wins will be the champion for Hampton roads, taking the trophy home to their installations athletic department.”

NAS Oceana held its preliminaries earlier in the month, narrowing a total of nine teams and twenty-one 3-Point Shooters down to just two teams and two 3-Point Shooters to enter into the championship. The work, however, is not just done by the players. Many NAS Oceana MWR personnel are required to provide such a large, high quality event to the Sailors and fans.

“The fitness teams at Oceana and Dam Neck Annex worked together to coordinate the tournament brackets as each base in the region completed their preliminary tournaments,” Fitness Director for NAS Oceana MWR Lisa Sibelius said. “In addition to our fitness team, we partnered with other fitness teams from around the region. We also worked with other departments such as concessions, sponsorship, and marketing, all dedicated and performing specific tasks in order to plan and facilitate this event today.”

“I think it’s great that we get to host this event. It allows Sailors and fitness teams from other installations to come and visit NAS Oceana and see what we are doing here, our facilities, our programs, and show off a little,” Sibelius said. “It is also a great opportunity for our basketball teams that compete in our events to be able to compete against other teams they might not get to meet otherwise.”

The winning team for the 2018 Nothing but Net 3-on-3 Basketball Tournament is team Little Creek. Player names are as follows: Anthony Bradley, Patrick Cohens, Justin Jefferson, Tommy Black, and Tedarryl Sands.

The winning competitor for the 3-Point Shootout is Patrick Cohens from Little Creek.

“I’m feeling really good about my team’s performance today, the first two games were pretty tough but we pulled off wins,” Yeoman 1st Class Patrick Cohens said. You have to play basketball for a long time to play competitively like this, I’ve been playing since I was three years old. There’s a lot of good competition out here today.”

“I think this event is great, and I really hope we get to participate next year. It’s been a lot of fun,” Cohens said.

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Capt. Bryan J. Finman, left, Navy Lt. Shauna Hailes, right Capu Midia Training Area, Romania USS Oak Hill



Seaman Taimia Wickliff, right Seaman Gabriela Luzanocornejo, left USS Benfold (DDG 65)



Hospital Corpsman 1st Class Nick Belflower, right Fleet Support Operations Medical (FSO-M)



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

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U.S. Navy photo

Combat Direction Systems Activity announced March 15 that it received final approval to change its name to Naval Surface Warfare Center Dahlgren Division Dam Neck Activity (NSWCDD DNA). The short name is NSWCDD Dam Neck Activity. The command is located on Naval Air Station Oceana Dam Neck Annex where it is situated on the Atlantic coast, five miles south of the downtown resort of Virginia Beach. NSWCDD Dam Neck Activity is a systems engineering, acquisition, and in-service support organization that engineers and fields warfare systems superiority.

COMBAT DIRECTION SYSTEMS ACTIVITY CHANGES COMMAND NAME

By Joe Navratil
NSWCDD Dam Neck Activity Public Affairs

VIRGINIA BEACH

Combat Direction Systems Activity (CDSA) gained final approval recently to change its name to Naval Surface Warfare Center Dahlgren Division (NSWCDD) Dam Neck Activity (DNA), the command announced, March 15. The short name will be NSWCDD DNA. “The name change reflects the fact that Combat Direction Systems Activity was a largely outdated name, with only four advanced combat direction systems left in the Navy on LHDs 3-6,” said NSWCDD DNA Commanding Officer Cmdr. Andrew J. Hoffman.

“It was also not reflective of the breadth of the research and development work we do across our command. This helps us to better align with our echelon four command, Naval Surface Warfare Center Dahlgren Division, as well as other NSWC divisions. It was past time to change our name and better align with our mission and the NSWC naming convention.” The name change also provides a “common, aligned understanding of the name change across the NSWC enterprise,” added Hoffman. “We remain an echelon five command under NSWC Dahlgren Division with the same organizational alignment and our mission areas and work remain the same.” The command has had several name changes since it began as Fleet Computer Programming Center in 1963. The name was changed to Fleet Combat Direction Systems Support Activity in 1971, but based upon software support of the Combat Direction System, the command was renamed CDSA in 2000. NSWCDD Dam Neck Activity hosts NSWC Dahlgren Division’s Readiness and Training Department which maintains most of its workforce at Dam Neck, including the department head, Dr. Marty Irvine. Several branches from other departments at Dahlgren are also hosted at NSWCDD Dam Neck Activity. “We are the only waterfront research and development, test and engineering command in the Navy’s largest fleet concentration area,” said Hoffman. “No matter the name, we will continue to provide the same great support that we always have to the Navy and nation.”

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NMCRS: A SHIPMATE’S TESTIMONIAL

By MC3 Joe Boggio
USS George H.W. Bush Public Affairs

NORFOLK

I’ve donated to the Navy-Marine Corps Relief Society (NMCRS), but like many other Sailors who donate, I didn’t think much about it. We all hear the stories about Sailors and Marines who must take out a loan to get through difficult times, but these stories are often lost in the haze of “donate this much,” or “our command is trying to raise this much this year.” Like many other Sailors, I mostly forget that I make the monthly allotment that can help others in their time of need. I didn’t think, however, about the importance of this fund until I got a letter from the American Red Cross telling me I needed to come home as soon I as could.

My ship was in England at the time, with the end of the 2017 deployment in sight. We made it. We were almost done. We would be home soon. It was the first day of our port stop and I was called into my divisional officer’s office to read what I had feared all of the deployment. My father, Roger Boggio, was being placed into hospice care after a short battle against pancreatic cancer. The world slipped away as my breath caught in my chest. How could the man of steel, my own Superman ... die? I have little memory of what was said that night, besides my chief telling me I was going home as soon as it could be worked out.

Two days later I was alone on a train to London as I realized that now was not the time for tears or anger at a perceived injustice about his life ending. I thought about the often used expression by people who fight breast cancer, a quote from Bob Marley, “you never know how strong you are until being strong is the only choice.” With this I pushed forward and eventually made it back to Norfolk like so many of our crew couldn’t wait to do. I, however, found myself in need of a ticket to Arizona.

I wish it was inexpensive to fly from across the world on short notice, but it is not. I had to make it home as soon as I could. Search-

ing for a cheap ticket was not an option, and I began to feel anxious about how I could make it across the country. That first night back I weighed my options, and the next morning I walked into an NMCRS office. I sat in the office, weary from travel, exhausted thinking about the journey still to come, and morose about what waited at the end of it. In those moments I was thankful that this organization exists to assist when called upon. I found myself thankful for an organization I didn’t think much about until I needed it. They printed my flight itinerary and away I went.

I landed a mere couple of hours after my father arrived so that he may die in his own home. We said everything that needed to be said, spoke about the good times, his beliefs in what I would someday become, and his pride as a father. It was a wonderful time. Three weeks later, even before deployment ended, I was there to hold his hand as he went still and turned cold. I no longer had to be strong and finally the tears I had kept in could fall, tears I was thankful to have because I was there at the end of his life.

Without the donations that the NMCRS relies on, I would not have made it back, or perhaps not have made it back so quickly. I donate and will continue to donate to an organization that many people may not think about until they need it. Even when we are strong or forcing ourselves to be strong in the difficult times, we can still use a helping hand from one another.

Petty Officer Boggio is currently stationed aboard the aircraft carrier USS George H.W. Bush (CVN 77). He was born Sept. 2, 1990 in Tijuana, Mexico as Juan Carlos Torres Baez. Due to poverty and while still in the womb, his mother and father decided that an international adoption would be the best future for him. A few months after birth, Charles Roger Boggio, better known as Roger and his partner Philip Alan Schjolberg made him their son. Boggio was raised in Southern California and enlisted in the Navy in January 2014.



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Suffolk DOD complex celebrates African-American/Black History Month

By MCC Rafael Martie

NAVIFOR Public Affairs

SUFFOLK, VA.

Sailors and DoD civilians assigned to Naval Information Forces (NAVIFOR), Joint Staff — Hampton Roads (JS-HR), Joint Naval Network Warfare Command (NNWC), U.S. Fleet Cyber Command (FCC) South and Navy Cyber Defense Operations Command gathered to observe National African-American Black History Month during a ceremony.

Commander of NAVIFOR Vice Adm. Matthew J. Kohler kicked-off the event and thanked the guest speakers, Heritage High School Choir, multi-cultural committee and attendees for supporting the event.

“It is the strength of our nation that allows us to bring together all of our talents to stand up against our adversaries. Today we recognize our diversity by honoring African Americans’ contributions to our Navy and our nation by this year’s theme African Americans in Times of War: Collaborating, Building and Teaming,” said Kohler. “African Americans have been part of our nation since its earliest days, they have served and continue to serve in every war and every branch of the Armed Services since our nation began. We are a stronger Navy and nation for their talent and their service even if that service was often given in the face of diversity.”

Kohler introduced U.S. Army retired Brig. Gen. Arnold N. Gordon-Bray who completed over three decades of service.

Gordon Bray has extensive experience in commanding various levels of military forces from a platoon of 40 soldiers to a Brigade Combat Team (BCT) in Iraq. Before Brigade Command, he commanded the 1st Battalion of the 508th Airborne Combat Team in Vicenza, Italy, becoming the first African American commander of the then largest infantry battalion in the Army. He also commanded 2nd Brigade of the 82nd Airborne Division — Falcons. His unit spearheaded the 2003 attack into Iraq, where he was the only African American Brigade Commander. He was featured in the book, “Boots on the Ground,” detailing the early days of the 82nd Airborne’s participation in the deployment.

“If you believe that our nation has always been great, stand, if you believe that our nation has the capacity to be the best, stand, if you believe that best days are before us, stand, if you believe we are the greatest fighting force that the world has

ever seen because of our depth and our strength, stand, if you are still sitting then in the words of Martin Luther King Jr., ‘If you don’t stand for something, you’ll fall easily,’” said Gordon-Bray.

During the ceremony, everyone also took a moment to remember U.S. Navy retired Master Chief Petty Officer Sherman Byrd, a Boatswain’s Mate; the first African American explosive ordnance disposal (EOD) technician. He was born in Carrollton, Mississippi, Sept. 7, 1930, the youngest of five children of Lloyd and Annie Lloyd Byrd and joined the Navy at age 17 in 1947 while it was still segregated.

Byrd graduated from the Naval School Explosive Ordnance Disposal (NAVSCOLEAD) at Indian Head, Maryland in 1958. Six years later, he became an instructor. Byrd routinely worked with the United States Secret Service helping to protect four Presidents of the U.S. to include former president Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson and Richard Nixon. He was only 40 years old when he passed away from a heart attack following a physical training exercise April 9, 1971.

Navy retired Chief Petty Officer Mike Coulter, a Machinist’s Mate, who was also an EOD technician, spearheaded efforts with the help of Byrd’s family members to recognize Byrd’s contributions in the Navy.

“There used to be a volleyball court named after Master Chief Byrd and I used to hear stories from master chiefs that worked for him when I was a young Sailor. The first thing that went through my head back then was that we can do better than this,” said Coulter. “We need to remember our history as EOD technicians and Master Chief Byrd was our history.”

Explosive Ordnance Disposal Training and Evaluation Unit (EODTEU) 2 dedicated a plaque in honor of the former explosive ordnance disposal technician Master Chief Byrd at Joint Expeditionary Base Little Creek-Fort Story, Sept. 25, 2009.

Cynthia Byrd Conner spoke about her father and the impact his naval service during segregation meant to her.

“EOD techs are forged in unity, they are one, and if you take anything away from what I said today, I want you to remember this one thing for EOD techs; any of us/any bomb, anywhere,” said Conner.

Senior Executive Service Vice Director, Joint Staff J7, Monica Shephard, ended the ceremony by thanking everyone



Robert Fluegel United States Army retired Brig. Gen. Arnold N. Gordon-Bray speaks to Sailors and Department of Defense (DoD) civilians assigned to Naval Information Forces (NAVIFOR), Naval Network Warfare Command (NNWC), Tenth Fleet, Suffolk and Navy Cyber Defense Operations Command (NCDOC) during National African American Black History Month.

and providing closing remarks.

“We are a team. We must recognize, honor and revere every member of that team. Because, if we miss even one person, we are doomed,” concluded Shephard.

The celebration as a whole had a guest speaker, a special guest, multimedia presentation, video clip, static displays, music, potluck and a cake cutting ceremony.

“Today, I really enjoyed what the guest speakers had to share with us and it was very inspiring,” said Petty Officer First Class Michelle Smith.

Established in 1926 as a week-long observance of African American history and heritage, President Gerald R. Ford expanded the celebration in 1976 to include the entire month of February. This year, U.S. Navy commands were encouraged to celebrate and reflect on the theme, “African Americans in Times of War: Collaborating, Building and Teaming.”

For more information about NAVIFOR, visit the website www.navifor.navy.mil/ and like us on Facebook at www.facebook.com/Forces.

Fifth Mobile Implementation team stops at Norfolk Naval Shipyard

By Kristi Britt

Norfolk Naval Shipyard Public Affairs Specialist

PORTSMOUTH, VA

Naval Sea Systems Command (NAVSEA) Tactical Innovation and Implementation Lab (TIIL) Mobile Implementation Team (MIT) began its fifth tour at Norfolk Naval Shipyard (NNSY), Jan. 29.

The MIT delivered six innovative technologies from Puget Sound Naval Shipyard and Intermediate Maintenance Facility (PSNS & IMF).

Ken Sisk, a test house mechanic from PSNS & IMF, delivered innovative tools alongside Suzie Simms, NAVSEA 04X tactical implementation manager.

“The TIIL is all about doing,” Simms said. “We recognize that there are many great ideas and innovative technologies across our shipyards that should be shared with all of our mechanics across the board. That’s where the MIT comes in. We take those steps to deliver these products to the other shipyards and into the hands of the mechanics.”

This tour included providing the radiography column support fixture bracket which was designed to be used along with a support stand to handle the weight of the energy source dur-

ing radiography inspection of the steam reboilers. This technology was created when the original support was not sufficient to support the weight of the collimator.

The simple go-or-no-go bevel check tool was an innovative technology created as a replacement for adjustable bevel protractors. The tool is made to withstand heavy damage while also providing laser cut precision when measuring angle requirements. It has the basic shipfitter and welder bevels marked and fits easily in a mechanic’s pocket.

Other tools shared were the VAC Box Test Kit which is a smaller air inductor developed for easy transport and storage. This tool replaces a 30 pound vacuum pump with a compact, one pound system that is easy to transport. Also provided to the NNSY mechanics were the salvage air killroys, FME, and sand blast protection covers which secure over salvage air valves for protection during painting or air blasting on submarines. Two of these FME covers were installed the same day on USS Albany (SSN 753). Finally, NNSY mechanics were provided a 3D-printed claw device that removes rubber studs from the interior of a tank without damaging it in the process.

“We strive to take these mechanics who develop these innovative technologies and bring them to the other shipyards so they can provide hands-on demonstrations and immediately implement,” Simms said. “When you bring these mechanics together and get the tools in their hands, they can see firsthand what these new technologies can do and excite the innovation process in their own work areas”

Code 2320.1 Engineer Donald Hoover experienced the MIT tour for the first time.

“We got to see a lot of good things today that could not only do amazing things for the shipyard solely for their intended purpose, but we are also coming up with ideas on how these technologies can be adapted to other areas within the ship-

yard,” Hoover said. “There’s a lot of good applications and we’re working together to find the best fit.”

“One of the big things we’ve noted from the MIT tours is that when we bring these new technologies to the other shipyards, the mechanics are able to see what the technology can do and modify it to best fit what works for them,” Simms said. “Today we saw that with the FME covers. They were able to adjust and modify the covers to fit what they needed. So not only were they able to use a new technology, but they were able to modify it and improve the technology.”

Process Improvement Manager for the Rapid Prototype Center (RPC) Martrail Parker and Code 930 Eric “Chops” Clarke are two of the leads for innovation at NNSY.

“I think having the MIT is a huge success, not only for our shipyard, but for all the shipyards across the Navy,” Clarke said. “When we have a need at the shipyard to get things done quicker and safer, it’s important to utilize our shipyard family across the country. We can share these technologies and this data, learning from one another, and improve ourselves. And that’s a big thing about what innovation is as a whole.”

Parker added, “We’re all one shipyard family and we benefit from each other. It takes a lot of communication to know what’s going on, and with the MIT in place, we are able to bridge these gaps and succeed together.”

NNSY will be leading the next MIT, March 12-16. One of the products they will be delivering to the other shipyards is a fiber optics test kit created by NNSY Mechanic Chris Nocon.

If you have an idea for an innovation or would like to share a technology already developed and used at the shipyard, contact Parker at 757-778-4181 or email martrail.parker@navy.mil.

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

CNATTU Oceana hosts high school students for tour

By AMEC Phil Fotopoulos

Center for Naval Aviation Technical Training Unit Oceana Public Affairs

VIRGINIA BEACH

More than 50 Floyd E. Kellam High School students toured the Center for Naval Aviation Technical Training Unit (CNATTU) Oceana facilities, Feb. 27.

The visiting students are enrolled in a course specializing in automotive and mechanical repair. Students had the opportunity to ask questions and interact with CNATTU Oceana Sailors and Marines.

CNATTU Oceana Executive Officer Cmdr. Gary Shelly welcomed the group on behalf of the staff.

“It’s always exciting having the local schools come through this facility for a tour because we get to demonstrate how we train some of the Navy’s most valuable assets — its people,” said Shelly. “I enjoy seeing the

excitement on the faces of the young men and women in front of me who, very well, might become the Sailor or Marine of tomorrow.”

CNATTU Oceana’s training facilities provide instruction on various strike fighter aircraft systems. Aviation Structural Mechanic 1st Class Denis DeMichiel delivered a presentation on landing gear and arresting hook systems, providing a live demonstration using a Maintenance Training Suite (MTS). The MTS simulates a real-world scenario showcasing the complexity of the timing and rigging of more than 100 different aircraft components working together.

The visiting students observed CNATTU Oceana’s newest type of trainer, the Interactive Virtual Electronic Maintenance Trainer (IVEMT). Aviation Electronics Technician 2nd Class Deidreann Dewar led the students through a hands-on experience, allowing them to sit in the trainer’s seat for an authentic feel of a strike fighter control station. The

IVEMT is a highly versatile trainer that simulates multiple systems and operations on an aircraft, allowing instructors to have an all-in-one training suite.

Dewar also used the IVEMT to display a visualization of the Forward Looking Infra-Red (FLIR) camera system on the monitors of the trainer, showing the high schoolers the highly sophisticated night vision capability of the aircraft’s weapon delivery system.

Students received a presentation on the basic operation of the strike fighter turbine jet engine and the in-flight refueling system from Aviation Machinist Mate 1st Class Scotty May, who explained the basics of a jet engine. Using the “Inlet, Compression, Combustion, Exhaust” method, he explained the importance of each section of the engine.

Aviation Structural Mechanic 1st Class Francis Obeya showed the students several different types of material used to maintain and make repairs to an aircraft’s skin, explaining composite repair and the importance of structural integrity.

Marine Corps Gunnery Sgt. Michael Strickland ended the half-day tour at CNATTU Oceana’s Paint and Final Finish Course where the students learned the importance of proper paint application in maintaining air-

craft viability.

“Community outreach opportunities like this are an impactful way to represent how the Navy maintains the highest level of technical acumen among its maintainers,” said Shelly. “But this also offers a mentorship opportunity for us to talk about what it’s like to be a Sailor or Marine, and possibly create an interest in a future career or stepping stone for a younger generation.”

CNATTU Oceana provides specialized technical training to aviation maintenance professionals for F/A-18 Hornets and automated test equipment in direct support of genuine and emerging fleet requirements.

CNATTU Oceana is part of the Center for Naval Aviation Technical Training, which provides single site management for Navy and Marine Corps aviation technical training.

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

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

NRL celebrates 60 years in space with Vanguard

By Daniel Parry
Naval Research Laboratory Public Affairs

WASHINGTON

Sixty years ago, March 17, 1958, the Navy launched Vanguard I, the Navy’s first Earth-orbiting satellite and the oldest remaining man-made object in space.

Vanguard I, a component of the Vanguard Project, is a small aluminum sphere (16.5 cm in diameter) that was designed to partake in the International Geophysical Year (IGY) — a series of coordinated observations of various geophysical phenomena during solar maximum, spanning July 1957 through December 1958.

The basic objectives of the Vanguard Project were to build a satellite launching vehicle, get one satellite in orbit, track and verify orbital path, and accomplish one scientific experiment all before the end of the IGY. Homer E. Newell Jr., then acting superintendent of NRL’s Atmosphere and Astrophysics Division, wrote, “To be useful, an artificial satellite must be observed. To launch an unobservable object into an orbit would be simply stunted, hardly to be classed as a worthwhile scientific endeavor.”

Following the unexpected launches of two Earth-orbiting satellites, Sputnik I and II, by the Soviet Union, and following a series of NRL’s own suborbital tests with the prior launches of test vehicles (TV) zero, one and two, NRL set out to launch the first Vanguard satellite, TV3, into orbit, December 6, 1957. The launch however suffered a launch system failure and crashed on the launch pad in a fiery explosion.

Despite this unfortunate setback, the Vanguard Project had still come a long way toward solving the problems of putting a satellite into orbit. This proved a

valuable asset to U.S. engineers and researchers and was an enabling factor that contributed to the successful launch of the U.S. Army’s Explorer I, January 31, 1958, the first U.S. satellite placed in Earth orbit.

Three months later, on March 17, NRL successfully launched Vanguard I, becoming the second U.S. satellite in Earth orbit and attaining the highest apogee of any satellite, an altitude of nearly 2,500 miles.

“We are all still in awe of what the Vanguard team accomplished 60 years ago,” Director of Naval Center of Space Technology (NCST) at NRL John Schaub said. “In just 30 months, with the successful launch of Vanguard I, their work brought to a culmination the efforts of America’s first official space satellite program.”

With the launch of Vanguard I, the NRL Vanguard Project had finally begun to see many of the mission goals come to fruition, to include testing of three-stage launch vehicles, establishing a network of terrestrial tracking stations known as Minitrack, and measuring the effects of the space environment on an Earth-orbiting satellite.

Vanguard’s orbital data proved invaluable toward the understanding of upper atmospheric physics, geodesy, geodynamics, solar-terrestrial relationships, dynamical astronomy, and exospheric structure. Additionally, Vanguard I returned a wealth of information on air density, temperature ranges and micrometeorite impacts, as well as revealing that the earth is slightly pear-shaped rather than round.

Instrumentation onboard Vanguard I included a set of mercury batteries, a 108-MHz transmitter, two temperature sensors, and a Minitrack beacon powered by six square solar cells — the first satellite on-orbit to be powered by photovoltaic cells. On-board transmitters were used primarily for engineering and tracking data, but were also used to determine the total electron content between the satellite and ground stations.

Although the satellite’s batteries lasted only 20 days, the crystal silicon photovoltaic, or solar cells, developed by the Army Corps of Engineers, continued to provide power for another seven years.

“As the first major U.S. space technology demonstration, the Vanguard Project instilled the rudiments of successful



Courtesy of NASA

Vanguard I satellite.

spacecraft engineering and space systems developments in the Navy, NASA and even the first Explorer payloads,” NRL Historian Dr. Angelina Callahan said. “By the time Vanguard I transmitted its last signal in 1964, NRL had launched a prototype weather satellite, the world’s first intelligence satellite and performed an important series of transionospheric propagation experiments for submarine communications.”

With the signing of the National Aeronautics and Space Act, by President Dwight D. Eisenhower, the National Aeronautics and Space Administration (NASA) was formed. By way of presidential order 10783, NRL’s Vanguard Project civil service personnel were transferred into the newly created administration on October 1, 1958, and became the “nucleus” of the Goddard Space Flight Center.

Although data transmissions fell silent in 1964, ground-based tracking of Vanguard I has continued to provide scientists with data concerning the effects of the sun, moon and the atmosphere on satellite orbits.

“Vanguard I paved the way for NRL to leave our mark in the space technology field,” Schaub said. “We continue to draw inspiration from the innovation and uniqueness of the Vanguard Project, perpetuating our legacy of changing the way we see space down here on the surface.”

With a present apogee and perigee virtually unchanged from initial launch, Vanguard I and subsequent satellites Vanguard II (Feb. 1959) and III (Sept. 1959) are all destined to continue to orbit the Earth and provide atmospheric and environmental data sets for well over another 60 years.

For more news from Naval Research Laboratory, visit www.nrl.navy.mil or www.navy.mil/local/nrl/.

Dry Dock 4 to get a modernization conversion for its 100th birthday

By April Brown
Norfolk Naval Shipyard Public Affairs Specialist

PORTSMOUTH, VA

After servicing and repairing hundreds of ships for almost 100 years, one of Norfolk Naval Shipyard’s oldest dry docks, Dry Dock 4, will soon get a major overhaul and top-of-the-line upgrades.

Age, deterioration, leaks, and broken parts played a critical role in the decision to rebuild the dry dock. “It all started in 2010 when the caisson seat (locked gate) cracked and 3,000 gallons of water were flowing into the dry dock every minute,” Code 984 General Engineer Brian Gray said.

After de-watering and in order to save the dry dock, personnel drove multiple large rods into the ground. Three feet of concrete was poured over the rods and bolted down for a second time.

“We did an immediate fix, but it was only temporary,” Gray explained. “With rising sea levels, hurricanes, nor’easter storms, and water pressure building behind the caisson, there is still a good chance it could leak again and cause more damage or shut down operations. That is why it is so important to design a dry dock that is protected from catastrophic flooding,” Gray said.

Storms and tidal flooding are the shipyard’s biggest threats when it comes

to operations. It can cause a work stoppage which affects availability, getting the ships out on time, and costs a lot of money.

After analyzing permanent repairs for the caisson seat, Code 984 Long Term Planning and the Naval Facilities (NAVFAC) team discovered there was an opportunity to remodel and upgrade the 100-year-old dry dock to current standards.

After being briefed on the situation, Naval Sea Systems Command Logistics, Maintenance and Industrial Operations (NAVSEA) 04 and Commander, Navy Installations Command (CNIC) granted a \$120 million, 33-month renovation project, and a temporary certification waiver to keep Dry Dock 4 operational until the USS Wyoming (SSBN 742) undocks.

Upon the submarine’s departure, the Dry Dock 4 project will begin. “It is going to be a lot of work, and after a few Planned Incremental Availability (PIA) stays, the new dry dock will pay for itself. It proves to be a good return on investment that is both valuable to the shipyard and the Navy upon completion,” explained Gray.

The Dry Dock 4 project will be done in two phases. The first phase will begin in Aug. 2019 with a scheduled completion date of Jan. 2020. The new construction will have a state-of-the-art caisson that allows water to flow through it during docking operations and a cofferdam that will hold back the Elizabeth River during dry dock reconstruction.

The second phase will begin Jan. 2020 with a scheduled completion date of June 2022. It includes construction of new caisson seat, removal and replacement of 30 inches of concrete from the dry dock

floor, 24 inches of concrete from dry dock walls, redesign of utility systems and utility trench, and the addition of a flood and safety wall around the coping edge of the dry dock to meet new flooding requirements and needed upgrades to Dry Dock 4 pump well.

The newly designed dry dock will go from 144 feet wide to 132 feet wide, and have a state-of-the-art utility and computer control system. It will be able to dock all class ships for which it is certified, and is designed to increase the operational availability and decrease the duration of a shipyard Planned Incremental Availability (PIA).

“The changes and upgrades are going to leave a positive impact on the shipyard’s mission and give us the ability to provide better service to the ships so they can return to the fleet before or on time,” Gray expressed. “It will also allow leadership to tell Congress this renovation is going to increase fleet operational availability, is a huge cost savings for the shipyard, and built to last more than 50 years.”

“It is amazing how far we have come since Dry Dock 4 was built in 1919,” Gray added. “We are continually evolving with technology and innovation to meet the demands and mission of the shipyard and the Navy; it is simply incredible.”

Dry Docks 2, 3 and 8 are in the plans to be modernized and upgraded by 2040. Their reconstruction will go in phases, and receive upgrades based on their design and needs.

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



MC3 Emily Ziegler

Staff from Naval Station Norfolk’s Liberty program attend the grand opening of the new Bellissimo Café at building Q-80 on NAVSTA Norfolk.

Coffee, Anyone? A New Café opens on Naval Station Norfolk

By MC3 Emily S. Ziegler

Naval Station Norfolk Public Affairs

On Thursday, March 14th, Naval Station Norfolk welcomed its’ newest business, the Bellissimo Café, at the Q80 waterfront gym.

A ribbon cutting ceremony was held for the grand opening and in attendance was Commanding Officer Naval Station Norfolk, Captain Richard McDaniel, and Executive Officer Naval Station Norfolk, Captain Bradley Rosen, along with a small group of special guests and the staff involved in the process of opening the new business.

“I appreciate everything that everyone did to make this special. I know sailors will be thrilled that this place is up and running,” Captain McDaniel stated before the ribbon cutting.

The project was primarily organized by Recreational Specialist, Brandon Lopez, who works for the Liberty Center on base. It has been in the works for two years with the help of 11 hardworking staff members from the Liberty Center and involved about five other outside organizations.

“Every sailor should come in at least once and experience the coffee shop,” Lopez said, “because when people come here, we want them to have an experience. We don’t want them to just come and say ‘I’m going to go get a coffee.’ We want them to say ‘Hey, let’s go to the coffee shop and hang out’.”

The Bellissimo Café serves Starbucks brand coffees and specialty drinks. They also have a variety of fruit smoothies, baked goods, snacks and bottled drinks. The café will be open from 5 a.m. to 7 p.m. on weekdays and 11 a.m. to 5 p.m. on Saturdays and Sundays and will be closed during observed holidays.

“We’re going to have giveaways some days and we’ll do raffles. We also want to start having a book club here,” Lopez said on future plans for the café.

This is the second Bellissimo Café on Naval Station Norfolk. The first is in building C-9 on Gilbert Street. So, if you’re looking for a cozy, friendly atmosphere and quality hot beverages, stop in at either location and take a coffee break!

For more information on hours and services, visit <https://www.navy.mwrnavalstationnorfolk.com/programs/32240ab0-d797-47a9-aa7c-34c70b5a7b7e> or call (757) 444-4033.

SAILORS | Men identified

Continued from A1

was serving as the weapons systems operator.

“As warfighters they excelled in combat, as naval officers they exemplified the qualities of what our Navy values most dear. I was extremely proud to have led, flown and served with both Brice and Caleb,” Robb said. “I would ask that during this trying time we all keep the families of our two heroes in our thoughts and prayers.”

The F/A-18F remains in the water where it crashed and will stay there until a Mishap Investigation Board (MIB) conducts its investigation. The MIB consists of highly qualified naval officers with extensive experience in all aspects of aviation.

“Our thoughts and prayers go out to the families and squadron mates of these two aviators,” said Commander and Naval Air Force Atlantic Rear Adm. Roy J. Kelley. “A full investigation will be conducted to discover the cause of this mishap.”

AWARD | The “Battle E”

Continued from A1

Battle “E” is only achieved by meeting and exceeding multiple operational standards based on individual and community efforts.

“Every single Sailor had a role in earning this award,” Bailey said. “It was a collective effort, and that effort is what made the difference as to why this ship maintained the same high level of excellence throughout its deployment, INSURV (Board of Inspection and Survey) and 3MI (Maintenance Material Management Inspection). Based on the way the team performed during that stretch, I’m not surprised we’re Battle ‘E’ awardees.”

The recipient of the Battle “E” award is decided through departmental awards, which mark excellence in the ship’s individual departments.

“Earning the Battle “E” is the culmination of all the hard work this team put in last year,”

Bailey said. “It represents not only the success of a seven-month combat deployment, but also the dedication and hard work that went into the preparation for deployment and the efforts to sustain our readiness upon return to home port.”

The ship is in port in Norfolk 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/ussgeorgehwush/.



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*HOW TO QUALIFY: 1.BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE, SELECTED RESERVE AND INACTIVE NATIONAL GUARD. RETIRED MILITARY PERSONNEL ARE NOT ELIGIBLE EXCEPT FOR RETIREES OR VETERANS HONORABLY DISCHARGED WITHIN ONE YEAR OF SERVICE. HOUSEHOLD MEMBERS OF ELIGIBLE QUALIFYING MILITARY PERSONNEL ARE ALSO ELIGIBLE. 2.PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE AT THE TIME OF PURCHASE: LEAVE AND EARNING STATEMENT, MILITARY IDENTIFICATION CARD OR VETERANS/RETIREE DD FORM -214. 3.RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENTS FOR YOUR TOYOTA. 4.RECEIVE CREDIT APPROVAL THROUGH A TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. INCENTIVE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. ON LEASE CONTRACTS INCENTIVE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR DELIVERY WITH ANY REMAINDER APPLIED TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, INCENTIVE MUST BE APPLIED TOWARD THE DOWN PAYMENT. ONE INCENTIVE PER FINANCE OR LEASE TRANSACTION. NOT COMPATIBLE WITH THE TOYOTA COLLEGE GRADUATE INCENTIVE PROGRAM. FINANCE OR LEASE CONTRACT MUST BE DATED BY **APRIL 2, 2018** FOR INCENTIVE OFFER. THE MILITARY INCENTIVE PROGRAM IS SUBJECT TO CHANGE OR TERMINATION AT ANY TIME. OFFERS ON APPROVED CREDIT TO QUALIFIED CUSTOMERS THROUGH A PARTICIPATING TOYOTA DEALERSHIP AND TOYOTA FINANCIAL SERVICES. TERMS, CONDITIONS AND RESTRICTIONS APPLY, INCLUDING A MAXIMUM TERM OF 72 MONTHS ON RETAIL AND 48 MONTHS ON LEASE FINANCE CONTRACTS. PROGRAM IS AVAILABLE AT PARTICIPATING DEALERS IN MARYLAND, VIRGINIA, WEST VIRGINIA, PENNSYLVANIA, AND DELAWARE; AND MAY NOT BE AVAILABLE IN ALL STATES. **NOT ALL APPLICANTS WILL QUALIFY. SEE PARTICIPATING DEALER FOR DETAILS.** **0% APR FINANCING UP TO 60 MONTHS AVAILABLE TO QUALIFIED BUYERS THRU TOYOTA FINANCIAL SERVICES. TOTAL FINANCED CANNOT EXCEED MSRP PLUS OPTIONS, TAX, TITLE, LICENSE AND DEALER FEES. 60 MONTHLY PAYMENTS OF \$16.67 FOR EACH \$1000 BORROWED. **NOT ALL BUYERS WILL QUALIFY.** ***BUYERS CAN ALSO RECEIVE A \$500 FINANCE CASH INCENTIVE FROM TOYOTA IN ADDITION TO SPECIAL APR FINANCING IF VEHICLE IS PURCHASED AND FINANCED THROUGH TOYOTA FINANCIAL SERVICES. INCENTIVE WILL BE APPLIED FIRST TO THE DOWN PAYMENT. ONE INCENTIVE PER FINANCE TRANSACTION. FINANCE INCENTIVE IS AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS THROUGH TOYOTA FINANCIAL SERVICES. **NOT ALL BUYERS WILL QUALIFY.** †PURCHASERS CAN RECEIVE \$750 CASH BACK FROM TOYOTA ON CAMRY (EXCLUDES TRD PRO), \$1000 CASH BACK FROM TOYOTA ON HIGHLANDER (EXCLUDES HYBRIDS), \$1500 CASH BACK FROM TOYOTA ON COROLLA AND RAV4, \$5000 CASH BACK FROM TOYOTA ON AVALON OR CAN APPLY CASH BACK TO DOWN PAYMENT. **††ALL LEASES OFFERS:** OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS THROUGH TOYOTA FINANCIAL SERVICES. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$.15 PER MILE IN EXCESS OF 36,000 MILES. **NOT ALL CUSTOMERS WILL QUALIFY.** RAV4 DUE AT SIGNING INCLUDES \$2,610 DOWN (AFTER APPLICATION OF \$1,000 TOYOTA LEASE CASH INCENTIVE FROM TOYOTA FINANCIAL SERVICES), FIRST \$189 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2018 RAV4 LE FRONT WHEEL DRIVE MODEL 4430, MSRP \$25,405 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$24,132. HIGHLANDER DUE AT SIGNING INCLUDES \$2,720 DOWN, FIRST \$279 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2018 HIGHLANDER LE MODEL 6948, MSRP \$35,535 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$33,971. LEASES DO NOT INCLUDE \$350 DISPOSITION FEE DUE AT LEASE END. EXAMPLES INCLUDES \$650 ACQUISITION FEE AND ASSUME DEALER PARTICIPATION. YOUR PAYMENT TERMS MAY VARY BASED ON FINAL NEGOTIATED PRICE. OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. **ALL OFFERS:** OFFERS MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED OTHERWISE. DEALER FEES ARE EXTRA. VEHICLE SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. ACTUAL MODEL MAY VARY. DELIVERY MUST BE TAKEN FROM DEALER STOCK BY 4/2/18 AND IS SUBJECT TO AVAILABILITY. LEASE, APR AND CASH BACK OFFERS MAY NOT BE COMBINED. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS. **OFFERS END 4/2/18.** †††TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.



USS Colorado comissioned

The most modern and sophisticated attack submarine in the world is commissioned. » See **B3**

SECTION B | FLAGSHIPNEWS.COM | 03.22.18



MC2 Micheal H. Lee

The aurora borealis displays above Ice Camp Skate March 9, 2018 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.

By **Cmdr. Corey B. Barker**

ICEX Public Affairs

BEAUFORT SEA, ARCTIC CIRCLE

A temporary ice encampment built on a moving ice floe in the Beaufort Sea is providing critical support for three nuclear-powered submarines.

The fast-attack submarines USS Connecticut (SSN 22) and USS Hartford (SSN 768), and the Royal navy hunter-killer submarine HMS Trenchant (S-91) participate in the multinational maritime Ice Exercise (ICEX) in the Arctic Circle.

Under the direction of Undersea Warfighting Development Center (UWDC), the Arctic Submarine Laboratory (ASL), based in southern California, serves as the lead organization for the Navy in coordinating, planning and executing the drifting ice station and the overall Arctic exercise.

“We named the outpost ‘Ice Camp Skate’ after USS Skate (SSN 578), the first submarine to surface at the North Pole in 1959 after traveling 3,000 miles in and under Arctic ice for more than a month,” said Director of the Arctic Submarine Laboratory Mr. Larry Estrada.

Since the success of Skate’s voyage, Arctic operations have been a crucial part of the missions conducted by nuclear submarines.

According to Estrada, the primary purpose of establishing the ice camp is to support the participating submarines, system testing and exercise torpedo recovery operations.

“The advantage of having a camp on the ice floe is to provide a stable platform to deploy a tracking range, sensors and test equipment for the exercise,” Estrada said.

“For this year’s exercise, the Navy needed a large and very stable ice flow to support the tracking range and a fixed-wing runway,” Estrada said. “The camp uses daily aircraft flights to maintain its logistics ‘lifeline’ back in Prudhoe Bay, Alaska,” he said.

At the heart of Skate is a multinational command center. From here, camp personnel keeps tabs on everybody leaving or returning to camp, monitor any changes in the weather or the ocean environment and control the movement of vehicles and aircraft. Range Safety Officers (RSOs) in the command center monitor and control all movements of the submarines. In addition to its command and control capabilities the

temporary camp houses a galley capable of feeding over 50 people, a medical bay for potential injuries, a diving shelter torpedo recovery, basic lavatory infrastructure and warm storage for science experiments and gear that should not be frozen.

After the completion of the exercise and departure of the submarines, ASL along with team members from University of Alaska Fairbanks and Ukpea vik Iñupiat Corporation will dismantle the camp and return the site to its original condition.

“Great care is taken to preserve the environmental integrity of the ice floe,” said Estrada.

The Navy is committed to environmental stewardship and employs all practicable means to mitigate any potential environmental effects of activities in the Arctic to safeguard marine and natural resources.

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

For more news from Commander, Submarine Force, U.S. Pacific Fleet, visit www.navy.mil/local/subpac/.

Seabees celebrate operation deep freeze



By **Leslie Yuenger**

Naval Facilities Engineering Command Northwest Public Affairs

SILVERDALE, WASH.

Naval Facilities Engineering Command (NAVFAC) Northwest celebrated the 76th anniversary of the Seabees, while hearing about great accomplishments on Antarctica, March 10.

“Hearing Capt. Ball speak about his deployments to the seventh continent and the challenges he faced from all fronts each day, was more than educational, it was inspiring”, Commanding Officer of NAVFAC Northwest Capt. Chris Kurgan said.

This year’s guest speaker was Civil Engineer Corps retired Capt. Kevin Ball, who served as the engineering officer for Naval Support Force Antarctica during the late 1970s. Ball was on-island for three separate deployments and learned how to keep this

remote outpost functioning with its extreme weather conditions, including temperatures down to negative 74 degrees Fahrenheit and meet the needs of the International Science community.

The Navy’s construction battalion or Seabees, got their start in Antarctica prior to the International Geophysical Year, spanning 18 months from 1957 through 1958. The Navy was chosen to build and maintain several scientific research stations including, Wilkes Land, Mount Ellsworth, Byrd, Cape Hallett and expand Little America, which is the principal American base on Antarctica. A specialized Seabee battalion was formed at the Naval Construction Battalion Center in Davisville, Rhode Island, Task Force 43, to meet this mission labeled Operation Deep Freeze.

U.S. 4TH FLEET ESTABLISHED 75 YEARS AGO

From **4th Fleet Public Affairs**

MAYPORT, FLA.

Through the early years of WWII, the Americas largely remained neutral from the conflicts raging in Europe and Asia. This neutrality allowed German U-boats to patrol and attack merchant ships with little to no opposition in the South and Western Atlantic.

This problem was identified, and U.S. 4th Fleet was established March 15, 1943 to combat the Axis presence in the South Atlantic. As one of the original numbered fleets, their mission was to protect the U.S. and allies against German and Axis raiders, blockade runners and German U-boats.

During WWII, U.S. 4th Fleet was commanded by two 3-star admirals, Vice Admirals Jonas Ingram and William Monroe, who used their expertise to successfully employ naval and aviation assets, contributing to the War effort.

In total, forces deployed to the U.S. 4th Fleet successfully sank 18 U-boats and 1 Italian submarine, along with sinking or stopping an uncounted number of Axis blockade runners.

U.S. 4th Fleet worked hand-in-hand with Brazil throughout their operations in the South Atlantic utilizing military bases along the Atlantic Ocean, with their primary base located in Recife.

Three years after its establishment, Apr. 15, 1945, U.S. 4th Fleet was renamed Task Force 27, thus dissolving the numbered fleet. However, just under a year later, U.S. 4th Reserve Fleet was reactivated. The reactivation as a reserve fleet was purposed to stand ready should the war reignite. The reserve fleet status held strong until Jan. 1, 1947 when U.S. 4th Reserve Fleet was dissolved once more.

On May 5th, 2008, U.S. 4th Fleet was reestablished by then Chief of Naval Operations Adm. Gary Roughead. As the component command to U.S. Southern Command (USSOUTHCOM), U.S. 4th Fleet’s mission is to direct U.S. forces operating in the US-SOUTHCOM area of operations.

“Reestablishing the 4th Fleet recognizes the immense importance of maritime security in the southern part of the Western Hemisphere and signals our support and interest in



U.S. Navy
illustration

Heroes at Home



MC1 Amanda Kitchner

Recruits receive hands-on training on proper line-handling procedures as they practice hauling in mooring lines at Recruit Training Command (RTC). Hands-on learning means recruits will “train how we fight.” Recruits practice through hands-on training in firefighting, damage control, seamanship, and watchstanding. Approximately 30,000-40,000 recruits graduate annually from RTC.

‘We are ready to get underway’ Navy recruits train for life at sea

From Naval Service Training Command Public Affairs

GREAT LAKES

A Sailor belongs at sea, and the foundation of life at sea depends on seamanship skills. Recruit Training Command (RTC), the Navy’s only boot camp, builds the foundation of seamanship skills for all enlisted Sailors.

During their eight weeks of basic training, recruits conduct more than 30 hours of seamanship training.

“Seamanship is a warfighting skill that all Sailors rely on to accomplish our mission,” Aviation Ordnanceman 1st Class Matthew Timour

said, one of the RTC instructors responsible for seamanship training. “We develop that skill through deliberate and repetitive practice.”

Part of the new hands-on learning curriculum, designed by RTC’s senior enlisted instructors to develop tough, more qualified Sailors through realistic training, recruits receive familiarization with equipment used in each seamanship evolution, then practice in applied labs and on the USS Marlinespike dedicated practical seamanship trainer.

Recruits train in line handling, sea and anchor details, and basic underway operations. They are drilled, timed, and tested to ensure they report to their first ship with a strong foundation

of seamanship skills and ready for service.

With no notice, at any time of day or night, recruits also experience man-overboard drills, a timed evolution, where recruits must account for each one of their shipmates and report an accurate muster to the bridge. The goal time for man overboard drills starts at 10-minutes for new recruit divisions, and becomes increasingly more difficult as they progress in training. By their final week at RTC, recruits must complete the drill within five minutes.

On board USS Trayer, where recruits experience their final exam called “Battle Stations-21,” recruits are graded on their seamanship proficiency among other critical skills. During a series of stressful overnight scenarios, recruits must properly and safely demonstrate ship replenishment, sea and anchor detail, operations at sea, and emergency procedures before completing basic training and becoming a United States Sailor.

“We believe in practicing skills exactly how you are supposed to in the Fleet,” Machinery Repairman 1st Class Jeffrey Tumacder said. “Our training provides recruits with a lot of practical experience. They handle real mooring lines and practice with real chocks and bitts, conduct surprise man-overboard drills, and learn to properly employ these skills under stressful conditions.”

Recruit Training Command is approximately eight weeks and all enlistees into the U.S. Navy begin their careers at the command. Training includes physical fitness, seamanship, firearms, firefighting and shipboard damage control along with lessons in Navy heritage and core values, teamwork and discipline. About 40,000 recruits graduate annually from RTC and begin their Navy careers.

For more news from Recruit Training Command, visit www.navy.mil/local/rtc/.

For more news from Naval Service Training Command, visit www.navy.mil/local/great-lakes/.

NCTS Sicily — who we are, what we do

By PO2 Benjamin Larkin

Technical Support Communications Watch Officer

SIGONELLA, SICILY

From Naval Computer and Telecommunication Station’s (NCTS) first presence in Sicily 50 years ago, to today’s initiatives in the Mediterranean, information and communications serve as critical enablers, with a distinct ability to determine the victor in any conflict.

Reliable communications warn allied nations of the adversary’s presence or possible invasion, and intercepting intelligence turns the tide of battle. NCTS Sicily serves the 6th Fleet area of operations by ensuring each and every warfighter has access to reliable, secure communications. The command’s main site in Sigonella, Sicily, supports rebroadcasting vital messages to nuclear missile deterrent forces across the Europe and Africa theatres. This means that the Sailors, host nation civilians, and U.S. civilians work 24/7 to guarantee that critical mes-

sages make it to the warfighter without interruption or delay.

NCTS Sicily operates and maintains all internet services provided for Naval Air Station Sigonella. Loss of such communication connections is detrimental to the warfighter planning and operations, and the NCTS team at the local network service center (LNSC) work to make sure any downtime is resolved as quickly as possible.

Executive Officer of NCTS Sicily Lt. Cmdr. James Scianna said, “We’re not the people you call when things run smoothly. When your internet works and you have access to critical communications, most folks don’t know who NCTS is. But the second the internet is down, or your boss cannot reach her boss on VTC (video teleconference), we’re the people on speed dial.”

Perhaps the most commonly used support system is housed at the Technical Support Communications (TSCOMM) site where NCTS Sicily personnel provide U.S., NATO, allied air strike, anti-submarine, surface fleet, search and rescue, and ballistic missile defense forces with multiple lines of data and communication across various spectrums. With missions constantly being underway and ever-changing, the NCTS Sicily personnel of



U.S. Navy photo

NCTS Sicily manages the Naval Radio Transmitter Facility Niscemi, housing low frequency (LF) and high frequency (HF) transmitter and antenna systems, as well as the Mobile User Objective System (MUOS) ground terminals.

TSCOMM work closely with U.S. fleets, squadrons, and mobile units to make sure they have access to the valuable warfighting communications tools they need to successfully complete their corresponding missions.

NCTS Sicily is also responsible for one of the key Mobile User Objective System (MUOS) antenna arrays that deliver worldwide coverage for our ground troops in multiple areas of responsibility with global positioning satellite (GPS) and satellite communications (SATCOM) at a moment’s notice. This means

that ground troops in various parts of the Middle East and Africa are able to call in support equipment, emergency evacuations, or tactical strikes with high precision, ensuring greater mission success.

NCTS Sicily remains the ever-vigilant watch stander dedicated to ensuring mission success across the Mediterranean and North African areas of responsibility. One of only three NCTS sites in both Europe and Africa, NCTS Sicily provides reliable and secure air and surface communications for U.S, NATO, and allied forces.

Pantomiming parasites during spring break

By Lisa Smith Molinari

After months of relentless snow in Germany, we were headed to Spain for spring break. We’d splurged on a rental house along Costa Brava, with breathtaking views up the wazoo. What could possibly go wrong?

We showed up at the Stuttgart Airport right on time. When called to board, we cattle-prodded our three kids through the tight line up. Excited to escape the frigid confines of Patch Barracks, I envisioned pitchers of sangria, casual tapas dinners, and lounging seaside without a care in the world.

Then, I saw something moving on Anna’s forehead. A tiny bug crawled along her hairline. Horrified, I instinctively grabbed her, pinching the bug between my thumb and finger. The girls had been complaining of itchy scalps, but I’d thought it was dry skin.

“Boarding passes, please,” the Lufthansa rep demanded. Francis produced our tickets and herded us through the gate, wondering why I looked like I’d seen a ghost.

With the unidentified beast clamped between my thumb and forefinger, I threw myself into our row of airplane seats, peered down at my pinched fingers, and slowly released my grasp.

The speck was motionless. Was it a harmless flake of skin? A fragment of leaf? A sesame seed from our morning bagels? Had I panicked for no reason? Silly me!

Just then, I squealed as spied six wriggling legs.

Francis was irritable — his usual mood during family travel — so he was annoyed by me waving frantically across the isle. He leaned over and barked, “What is it, for criminy’s sake?”

“Lice!” I whisper-screamed, pointing at Anna’s head. No one in our family had ever had lice, so the idea of our 5th-grade daughter being infested with parasites was terrifying. I spent the rest of our flight picking at Anna like a crazed chimpanzee. Of course, Lilly had lice too.

Debarking the plane, I peered into Francis’ eyes and enunciated desperately, “FIND A PHARMACY. NOW.”

Francis sputtered through the streets of Girona in our rental car, searching for a green neon cross, the universal sign of european pharmacies. “There’s one,” I exclaimed, pointing ahead, but there was no where to park on the busy street.

“Jump out! I’ll circle back and pick you up!” Francis yelled, and I leapt toward the green cross. I flung the door open and lunged breathlessly into the tiny establishment. Three startled Spaniards stared back at me.

In Europe, patrons ask the pharmacist for most products, which are located behind the counter. (A year later, this custom proved particularly embarrassing when I was constipated during a trip to Venice.) “My daughters have lice!” I blurted to the pharmacist. His puzzled look reminded me that I was in Spain.

Like a bad mime, I pantomimed, supplementing with the few Spanish words I remembered from 6th grade. “My niños!” I pleaded. I scratched my

head violently, pinched an invisible bug, and grimaced. “Un poquito,” I growled, then hopped around, gnashing my teeth and clawing at the air like a giant, marauding louse.

Swallowing a giggle, the pharmacist said, “Si señora, un momento por favor.”

An hour later, Anna and Lilly were in the rental house bathtub, their heads in frothy turbans of shampoo and shower caps from the lice kits the Pharmacist had sold me.

Despite our initial panic, we didn’t let those lousy lice ruin our spring break.

To my relief, I learned that an estimated 6 to 12 million infestations occur each year in the US among children 3 to 11 years of age. Head lice are most commonly spread through direct hair-to-hair contact. Infestation has nothing to do with cleanliness or environment. Although it may take several treatments and multiple sessions of combing and nit-picking, lice can be eradicated in a couple of weeks. And, it is quite common for children to get head lice during school breaks, because that is when children have the most direct contact during selfies or sleep overs.

That week in Spain, we added nit-picking to our daily repertoire of sangria, tapas and breathtaking views up the wazoo. Spring break wasn’t as care-free as I’d envisioned, but sometimes, you have to take the good with the bugs.

[For more information on head lice, see <https://www.cdc.gov/parasites/lice/head/index.html>.]

www.themeatandpotatoesoflife.com



■ Q. Are my dependents covered if I get orders to deploy?

A. Yes, under the SCRA dependents are covered and can terminate the lease with you. This is the reason we ask service members not to sign any lease that has them “waive all rights under the SCRA.” A service member can waive his “right of stay,” but that is the only one. Contact the HSC for details.

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

Functions and/or services FFSC provides:

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- Information & Referral
- Family Employment Assistance
- Transition Assistance
- Family Advocacy Program
- Deployment and Mobilization Support
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- Relocation Assistance
- Parenting Programs
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- Command Support
- Crisis Support
- Suicide Prevention
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USS COLORADO COMMISSIONED



U.S. Navy graphic



MC1 Steven Hoskins

Annie Mabus announces “Bring the Ship to Life” spurring its crew members to race across the brow and fall in formation aboard USS Colorado during the commissioning ceremony on Naval Submarine Base New London. Colorado is the U.S. Navy’s 15th Virginia-Class attack submarine and the fourth ship named for the State of Colorado.

By Submarine Forces Public Affairs

GROTON, CONN.

Colorado is the first submarine to bear the name and third vessel to be named for the state and was brought to life by her sponsor, Annie Maybus Mabus, daughter of the 75th Secretary of the Navy Ray Mabus.

“To the crew of USS Colorado, this is your day” Mabus said, addressing the crowd and ship’s company during the ceremony. “The commissioning crew truly does bring life to the boat. The pride I feel for the crew of this boat knows no bounds.”

As the most modern and sophisticated attack submarine in the world, the submarine can operate in both littoral and deep ocean environments and presents combatant commanders with a broad and unique range of operational capabilities.

“This is an amazing group of Sailors that are outfitted here. Every day we are doing something new for the first time. Just in the time that I’ve been here, I’ve watch the team transform into a high performance team that is able to operate the Navy’s newest and most capable war fighting ship at sea, in the harsh ocean environments, ready to carry out our mission,” Commanding Officer of Colorado Cmdr. Reed Koepp II said, as he underscored the boat’s most important asset: the crew. “I have seen them achieve greatness in qualifications and I have seen them build to a level of experience and expertise, ready to start executing the nation’s missions and get through our initial tactical certifications and engineering readiness.”

Colorado is a flexible, multi-mission platform designed to carry out the seven core competencies of the submarine force: anti-submarine warfare, anti-surface warfare, delivery of Special Operations Forces (SOF), strike warfare, irregular warfare, intelligence, surveillance and reconnaissance and mine warfare.

Colorado is a part of the Virginia-class’ third, or Block III, contract, in which the Navy redesigned approximately 20 percent of the ship to reduce acquisition costs. Colorado features a redesigned bow, which replaces 12 individual Vertical Launch System (VLS) tubes with two large-diameter Virginia Payload Tubes (VPTs) each capable of launching six Tomahawk cruise missiles, among other design changes that reduced the submarines’ acquisition cost while maintaining their outstanding warfighting capabilities.

After the ceremony, Colorado was opened up for tours to the general public, to include the crew’s mess, the wardroom, control, and the torpedo room.

“Our submarines are in high demand today and the expectations for Colorado are a mile high,” Director of Naval Reactors, Adm. J. Franklin Caldwell, Jr. said as he addressing the attendees. “In her lifetime, Colorado will travel thousands of miles undetected to protect our nation and our interests around the globe. We cannot begin to imagine all the missions that she will do and all of the places she will sail, but we do know that Colorado’s stealth, her endurance, her combat power, and her speed will ensure that our Navy remains in control of the undersea domain.”

Colorado also has special features to support Special Forces, including a reconfigurable torpedo room which can accommodate a large number of personnel and all their equipment for prolonged deployments and future off-board payloads.

“We are very proud to represent the great state of Colorado and we are very excited for the future of the ship,” Executive Officer of Colorado Lt. Cmdr. Stephen Col said. “I can honestly say I have the greatest job in the Navy.”

Also, in Virginia-class SSNs, traditional periscopes have been replaced by two photonics masts that host visible and infrared digital cameras atop telescoping arms, which are



MC1 Jeffrey Richardson

Lt. Gregory stands Officer of the Deck while underway aboard the Pre-Commissioning Unit Colorado (SSN 788).



MC1 Jeffrey Richardson

USS Colorado Commanding Officer, Cmdr. Reed Koepp II, delivers remarks to the attendees and crew during the boat’s commissioning ceremony.

maneuvered by a Xbox controller. Through the extensive use of modular construction, open architecture, and commercial off-the-shelf components, the Virginia class is designed to remain at the cutting edge for its entire operational life through the rapid introduction of new systems and payloads.

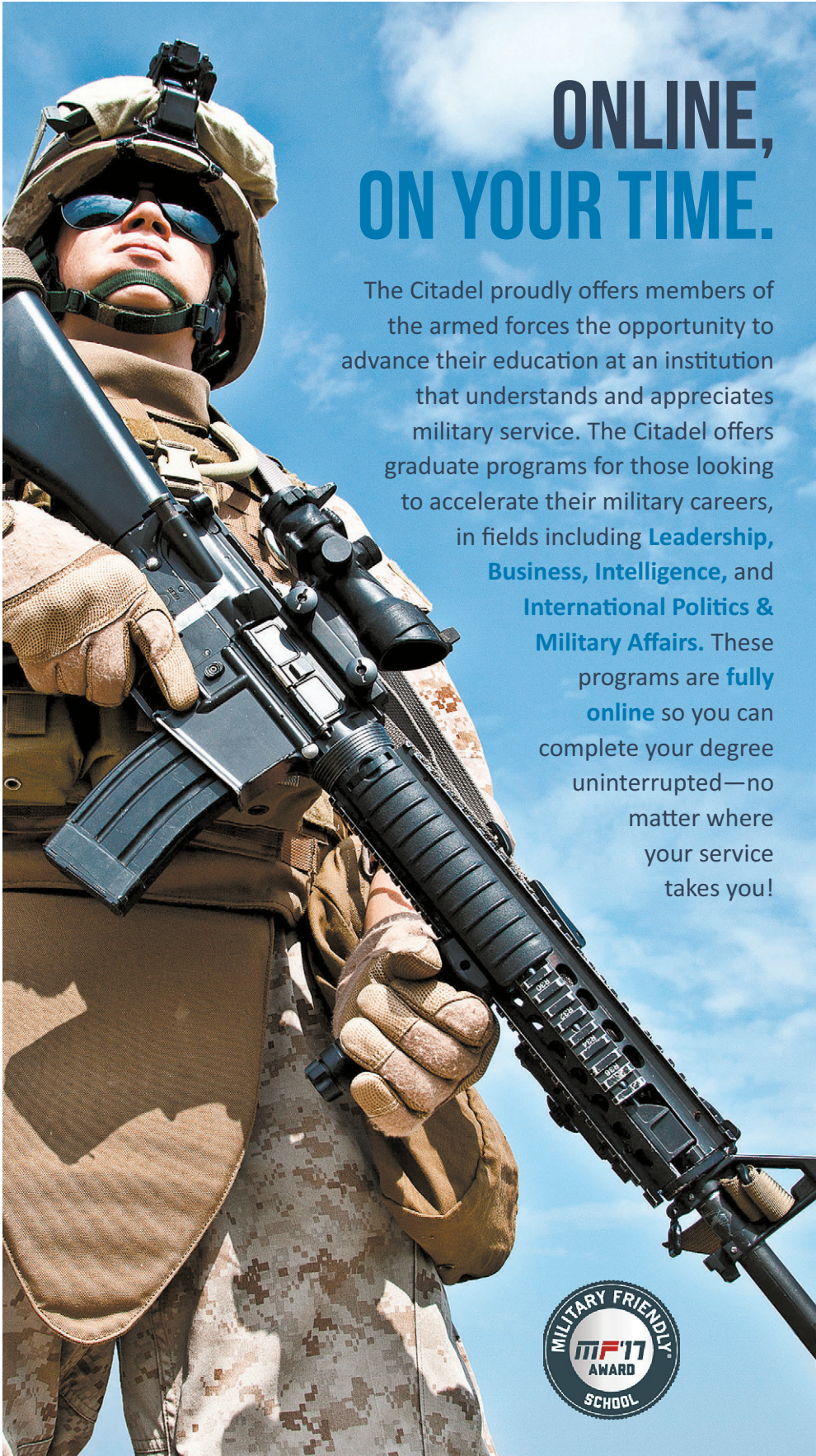
“I couldn’t be more proud and honored to serve with and for the crew,” Koepp said. “The Colorado is a gem of an assignment for any submariner, whether you are a first-term, junior Sailor or you are the commanding officer. I couldn’t be more proud to lead and serve with the crew.

SSN 788 was built at Electric Boat in Groton, Conn and is 7,800 tons and 377 feet in length, has a beam of 34 feet and operates at more than 25 knots submerged. It is designed with a nuclear reactor plant that does not require refueling during the planned life of the ship, reducing lifecycle costs while increasing underway time.

For more information about the USS Colorado visit: www.navy.mil/coloradocommissioning and <http://navylive.dodlive.mil/2018/03/13/five-things-to-know-about-uss-colorado/>

For more information on the submarine force, visit the Submarine Force web site at www.sublant.navy.mil and www.navy.mil/local/sublant/.

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



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BREAKFAST WITH CHAMPIONS

SATURDAY, APRIL 7TH, 2018

Featuring

THE CLASS OF 2018



FRANK BEAMER



MICHAEL CUDDYER



DOUG DOUGHTY



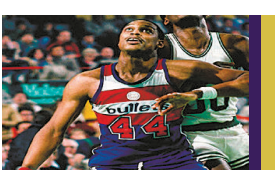
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BRAIN INJURY: KNOW THE SIGNS

Jacob Sippel
Noah Duncan, Traumatic Brain Injury (TBI) Program Coordinator at Naval Hospital Jacksonville, discusses brain health with a sailor. March is brain injury awareness month. TBI can severely reduce performance and can occur when an outside force impacts the head with enough force to move the brain within the skull, resulting in a direct injury to the brain.



By Yan Kennon

Naval Hospital Jacksonville Public Affairs

JACKSONVILLE, FLA.

National Brain Injury Awareness Month is a time to recognize the millions of Americans living with traumatic brain injury (TBI)-related disabilities.

TBI is caused by a bump, blow or jolt to the head, or penetrating head injury that disrupts the normal function of the brain. However not all blows or jolts to the head result in a TBI. It's a major cause of death and disability in the U.S., contributing to about 30 percent of all injury deaths each year, according to the Centers for Disease Control and Prevention.

"Everyone is at risk for a TBI, especially children and older adults," TBI Program Director Kirsten Pollick, Ph.D. said. "Know the signs and symptoms of TBI and seek proper care."

Physical signs and symptoms of TBI include headache, fuzzy or blurry vision, nausea or vomiting (early on), dizziness, sensitivity to noise or light, balance problems, or feeling tired or having no energy.

Some symptoms might appear right away, while others might not be noticed for days or months after injury. Children with a brain injury can have the same symptoms as adults, but it's often harder for them to let others know.

According to the CDC, about 75 percent of TBIs that occur each year are concussions or other forms of mild TBI. Repeated mild TBIs occurring over an extended period of time

can result in cumulative neurological and cognitive deficits. Repeated mild TBIs occurring within short periods of time (hours, days, or weeks) can be catastrophic or fatal.

Leading causes of TBI include falls, being hit by an object, and motor vehicle crashes. According to the Defense and Vet-

(such as improvised explosive devices, suicide bombers, and grenades).

TBI is a serious condition. Individuals with suspected brain injuries should seek medical care immediately by contacting their Medical Home Port team to schedule an urgent care appointment, or for emergencies going to the emergency room or calling 911.

NH Jacksonville patients can be evaluated by the hospital's TBI screening program after receiving a consultation or referral from their Medical Home Port team, Deployment Health Center, Neurology, or Behavioral Health.

To learn more about brain injury awareness visit the CDC website at www.cdc.gov.

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

“Everyone is at risk for a TBI, especially children and older adults. Know the signs and symptoms of TBI and seek proper care.”

Kirsten Pollick, Ph.D., TBI Program Director

erans Brain Injury Center, active duty and reservists are at increased risk of sustaining a TBI compared to their civilian peers, as a result of several factors: demographics (age), operational and training activities, and deployment to areas that put service members at risk for experiencing blast exposures

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

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USS MUSTIN SHARPENS SKILLS DURING MULTISAIL 18



MC2 William McCann

The forward-deployed Arleigh Burke-class guided-missile destroyer USS Mustin (DDG 89) fires the 5-inch gun weapon system in the Philippine Sea during MultiSail 18. MultiSail is a bilateral training exercise improving interoperability between the U.S. and Japanese forces. This exercise benefits from realistic, shared training enhancing our ability to work together to confront any contingency.

By MC2 William McCann
USS Mustin Public Affairs

PHILIPPINE SEA

The Arleigh Burke-class guided-missile destroyer USS Mustin (DDG 89) operated as Destroyer Squadron (DESRON) 15’s flagship during MultiSail 2018 and functioned as the center of combat readiness for all warfare areas.

MultiSail 2018 is designed to increase readiness and interoperability between U.S. and Japan Maritime Self-Defense Force (JMSDF) units.

“MultiSail is an opportunity for Destroyer Squadron 15 ships like Mustin to exercise warfare skills with other 7th Fleet ships and our Japanese allies,” said DESRON 15 Commander Capt. Jonathan Duffy. “It has been superb training being able to operate with live submarines, fire missiles, and practice

advanced tactics at sea. My staff and I have been very lucky to sail in Mustin as the DESRON 15 flagship for the exercise.”

To further interoperability between with Japanese counterparts, Mustin and JS Fuyuzuki exchanged personnel during the exercise to better understand how each unit operates.

“To keep international peace and security, the Japan-U.S. alliance takes an important role,” said Ensign Syuhei Kimura, JMSDF. “It is a great opportunity for me to serve as the liaison officer on the USS Mustin.”

MultiSail 2018, which takes place off the coast of Guam, started March 8 and continues through March 15. It is an annual bilateral training exercise that increases interoperability between U.S. and JMSDF with a focus on improving skills such as tracking and defeating submarines, engaging surface forces, live fire exercises, and navigational maneuvers.

“Participating in the MultiSail 2018 is a

great experience for our Sailors to practice true warfighting skills with our JMSDF counterparts on the open seas,” said Cmdr. Ray Gamicchia, Mustin’s executive officer. “This exercise provides an invaluable opportunity annually to continuously hone our skills and further our relations with the Japanese military.”

Coordinating with the other vessels engaging in the exercise, Mustin works with all units to smooth out the timeline of events for MultiSail 2018.

“We prepared by building MultiSail operational areas in all C4I (command and control, communication, computers and intelligence) systems,” said Chief Operations Specialist Elijah Cox. “We are also generating HSMST (High-Speed Maneuvering Surface Target) Pre-ex for a smooth live-fire execution.”

The Missile Exercise (MISSILEX) portion of MultiSail gives participating units an op-

portunity to test and fire surface-to-air missiles targeting a remote control long-range drone at sea. Mustin successfully tracked, targeted and destroyed a drone with a Standard Missile 2 (SM-2) during the exercise.

MultiSail 2018 included U.S. Navy ships the Ticonderoga-class guided-missile cruiser USS Antietam (CG 54); the Arleigh Burke-class guided-missile destroyers USS Curtis Wilbur (DDG 54), USS Benfold (DDG 65), and USS Mustin (DDG 89); and JMSDF ship JS Fuyuzuki (DD 118). MultiSail trains and improves leadership at all levels, including individual proficiency, and sharpens command and control skills while challenging participants to adapt to changing conditions as part of a combined force.

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



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MOR195_18



The fast-attack submarine USS Hartford (SSN 768) surfaces in the Beaufort Sea during Ice Exercise (ICEX) 2018.

By **Cmdr. Corey B. Barker**

Ice Exercise 2018 Public Affairs

BEAUFORT SEA, ARCTIC CIRCLE

The fast-attack submarines USS Hartford (SSN 768) and USS Connecticut (SSN 22) both surfaced in the Arctic Circle March 10 during the multinational maritime Ice Exercise (ICEX) 2018 in the Arctic Circle north of Alaska.

Both fast-attack submarines as well the UK Royal navy submarine HMS Trenchant (S91), are participating in the bi-ennial exercise in the Arctic to train and validate the warfighting capabilities of submarines in extreme cold-water conditions.

“From a military, geographic and scientific perspective, the Arctic Ocean is truly unique and remains one of the most challenging ocean environments on earth,” said Commander of Undersea Warfighting Development Center (UWDC)Rear Admiral James Pitts.

ICEX provides the U.S. Submarine Force and partners from the Royal navy an opportunity to test combat and weapons systems, sonar systems, communications and navigation systems in a challenging operational environment. The unique acoustic undersea environment is further compounded by the presence of a contoured, reflective ice canopy when submerged.

According to Pitts, operating in the Arctic ice alters methods and practices by which submarines operate, communicate and navigate.

“We must constantly train together with our submarine units and partners to remain proficient in this hemisphere,” Pitts said. “Having both submarines on the surface is a clear demonstration of our proficiency in the Arctic.”

In recent years, the Arctic has been used as a transit route for submarines. The most recent ICEX was conducted in 2016 with USS Hampton (SSN 767) and USS Hartford (SSN 768).

The first Arctic under-ice operations by submarines were done in 1947–49. On August 1, 1947, the diesel submarine USS Boarfish (SS-327), with Arctic Submarine Laboratory’s founder Dr. Waldo Lyon onboard serving as an Ice Pilot, conducted the first under-ice transit of an ice floe in the Chukchi Sea.

In 1958, the nuclear-powered USS NAUTILUS made the first crossing of the Arctic Ocean beneath the pack ice. The first Arctic surfacing was done by USS Skate (SSN 578) in March 1959. USS Sargo was the first submarine to conduct a winter Bering Strait transit in 1960.

The units participating in the exercise are supported by a temporary ice camp on a moving ice floe approximately 150 miles off the coast of the northern slope of Alaska in international waters. The ice camp, administered by the Arctic Submarine Laboratory (ASL), is a remote Arctic drifting ice station, built on multi-year sea-ice especially for ICEX that is logistically supported with contract aircraft from Deadhorse, Alaska. The ice camp will be de-established once the exercise is over.



Photos by MC2 Micheal H. Lee

A Sailor assigned to the fast-attack submarine USS Hartford (SSN 768) mans the sail after the boat surfaces through the ice cover March 10, 2018 in support of 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.

ASL is an operational fleet support detachment of the Undersea Warfighting Development Center (UWDC). ASL is also the Navy Program Manager for the Submarine Arctic Warfare Program.

For more information about ICEX 2018, visit www.dvidshub.net/feature/ICEX2018or www.facebook.com/arcticsublab.

For more news from Commander, Submarine Force, U.S. Pacific Fleet, visit www.navy.mil/local/subpac/.

SECDEF speaks with Sailors and Marines at NSA Bahrain

From **U.S. Naval Forces Central Command Public Affairs**

MANAMA, BAHRAIN

U.S. Secretary of Defense (SECDEF) James N. Mattis held an all-hands call on board Naval Support Activity Bahrain, March 15.

During the all-hands call, he thanked service members for their hard work and dedication while reminding them of the important role they play in the 5th Fleet area of operations.

“My fine young shipmates, I’m coming out here for one reason and that is to pay my respect for your service. I want you to know that I know you do all the work,” said Mattis.

Mattis delivered this message to a standing-room-only audience of more than 800 service members in the base gymnasium, and many of them arrived an hour early to ensure a seat.

“I think it’s great for morale when our leaders take the time to speak to the troops and show an appreciation and respect for what it is we do on a daily basis,” said Chief Hospital Corpsman Erik Abalos. “And I think the impact is even more significant when the leader is someone like the SECDEF, who has actually worn the uniform and served side-by-side with service members.”

The SECDEF spoke to service members for approximately 30 minutes before taking questions, and he made it a point to conclude his speech with a message to not only those in attendance, but to a global audience as well.

“There is one part of America that no one has any doubt about in the world, and that is the U.S. military. You need to make certain in



MC1 Bryan Neal Blair

U.S. Secretary of Defense Jim Mattis speaks to service members at the Naval Support Activity Bahrain gymnasium during a visit to the U.S. 5th Fleet area of operations.

this imperfect world that there is never any doubt on the part of our allies that you’re with them, and the part of our adversaries that they really don’t want to mess with us,” said Mattis. “They want to talk with our diplomats, because they don’t want to deal with the Department of Defense.”

The Secretary of Defense is the principal defense policy adviser to the President and is responsible for the formulation of general defense policy and policy related to all matters of direct concern to the Department of Defense, and for the execution of approved policy. Under the direction of the President, the Secretary exercises authority, direction and control over the Department of Defense. The Secretary of Defense is a member of the President’s Cabinet and of the National Security Council.

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

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



Sailors assigned to the amphibious dock landing ship USS Ashland (LSD 48) man the rails as the ship arrives at White Beach Naval Facility in Okinawa, Japan, to disembark Marines assigned to 1st Battalion, 3rd Marines, after the completion of exercise Blue Chromite.

MC3 Jonathan Clay

USS Ashland arrives in Okinawa to embark 31st MEU Marines

By **MC3 Joshua Mortensen**

USS Ashland Public Affairs

OKINAWA, JAPAN

The amphibious dock landing ship USS Ashland (LSD 48) arrived at White Beach, Okinawa, March 15 to embark the 31st Marine Expeditionary Unit (MEU) as part of a regularly scheduled patrol in the Indo-Pacific.

Since deploying from Sasebo on March 8, the Ashland has been conducting an amphibious warfare (AMW) certification, which includes several events that consist of small boat operations, ballasting and de-ballasting, cargo handling, crane operations, and a wide range of amphibious landing craft drills. Ashland completed the certification just before arriving to Okinawa and is ready to begin executing amphibious operations with the MEU.

“The crew is doing a great job making sure that we are operationally ready for this patrol,” said Ashland Commanding Officer Cmdr. Steven H. Wasson. “Conducting this certification shows that the Ashland and her

crew are safe, proficient, and capable when we are out at sea.”

Once embarked, MEU ground and logistics elements will launch off Ashland to train for missions such as disaster relief and amphibious raids, building proficiency as a Navy-Marine Corps team.

Ashland crew is looking forward to being reunited with their Marine Corps teammates.

“I enjoy working with the Marines when we are on patrol,” said Seaman Jessica Garcia. “We work with their combat cargo team often. They are out on the deck plates as much as we are, checking and maintaining equipment, so we work well together to get the job done.”

Ashland, assigned to the Wasp Expeditionary Strike Group, 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/local/ctf76/.

FUTURE USS TULSA (LCS 16) COMPLETES ACCEPTANCE TRIALS

From Program Executive Office Littoral Combat Ships Public Affairs

MOBILE, ALA.

Littoral Combat Ship (LCS) Tulsa (LCS 16) successfully completed acceptance trials, March 9, after a series of in-port and underway demonstrations for the Navy’s Board of Inspection and Survey.

Acceptance trials are the last significant milestone before delivery of the ship to the Navy. During trials, the Navy conducted comprehensive tests of the future USS Tulsa, intended to demonstrate the performance of the propulsion plant, ship handling abilities and auxiliary systems.

“The Navy and industry trials team in Mobile executed another solid Acceptance Trials. The performance of the ship demonstrated incorporation of lessons learned and continual ship-over-ship improvements which will ultimately result in a decreased cost to the Navy,” LCS Program Manager Capt. Mike Taylor said. “Tulsa is well on track to provide needed LCS warfighting capability to the fleet and the nation.”

While underway, the ship successfully demonstrated her bow thruster, twin-boom extensible crane operations with the 11-meter rigid-hull inflatable boat, completed surface and air self-defense detect-to-engage exercises and demonstrated the ship’s handling and maneuverability through high-speed steering and operation of her anchor.

Tulsa will be commissioned into service following delivery, an industrial post-delivery availability, and a post-delivery availability that is focused on crew training, certifications and familiarization exercises in Mobile. The ship will be homeported in San Diego with sister ships USS Independence (LCS 2), USS Coronado (LCS 4), USS Jackson (LCS 6), USS Montgomery (LCS 8), USS Gabrielle Giffords (LCS 10), USS Omaha (LCS 12), and the future USS Manchester (LCS 14), which delivered, Feb. 28, and will be commissioned, May 26,



U.S. Navy photo

The future littoral combat ship USS Tulsa (LCS 16) rises level with the Mobile River as the BAE Ship Systems drydock floods during the final stage of the launch process.

in Manchester, New Hampshire.

Several more Independence-variant ships are under construction at Austal USA in Mobile. Charleston (LCS 18), Cincinnati (LCS 20), Kansas City (LCS 22), Oakland (LCS 24) and Mobile (LCS 26) are in varying stages of construction. In addition to these hulls, contracts for Savannah (LCS 28) and LCS 30 were awarded to Austal in 2017.

LCS is a modular, reconfigurable ship designed to meet validated fleet requirements for surface warfare, anti-submarine warfare, and mine countermeasures missions in the litto-

ral 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 design, 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.

MCPON puts recruits to the test

From Naval Service Training Command Public Affairs

GREAT LAKES, ILL.

Master Chief Petty Officer of the Navy (MCPON) Steven S. Giordano visited Recruit Training Command (RTC) March 14–16, to experience how recruits develop and test their warfighting skills before they reach the Fleet.

MCPON was joined by Fleet Master Chiefs Paul Kingsbury and James Honea to observe the new hands-on learning curriculum at RTC, which focuses basic training on the critical skills and core competencies of firefighting, damage control, seamanship, force protection and watch standing, to develop tough Sailors who are more qualified for service at sea.

The training was designed by RTC’s senior enlisted instructors to provide more realistic training to recruits and contribute to Fleet readiness and overall Force lethality.

“Much of this refocus has been a direct result of the great work put forth by Rear Adm. Bernacchi and his team,” Giordano said. “By thinking differently and being innovative, they truly own the environment and take great pride in developing Sailors.”

The visit included walkthroughs of sev-

eral barracks, called “ships” at RTC, where recruits are constantly drilling to prepare for their evaluations, as well as practicing for life at sea. The ships host applied lab spaces for recruits to gain more hands-on practice time in seamanship, firefighting, damage control, and first aid.

“These applied labs really make a difference in recruit training,” Giordano said. “They learn the equipment, practice each evolution repeatedly, and will not only be better prepared for their graded practical events, but also for life in the Fleet.”

Recruits conduct further hands-on repetitions and sets at the USS Marlinspike and USS Chief training facilities.

USS Marlinspike is RTC’s dedicated practical seamanship trainer, where recruits conduct timed drills in shipboard and pier line handling, sea and anchor detail and at-sea watch stations.

USS Chief is a controlled training environment, where recruits fight real fires in shipboard compartments. Drilling with various fire suppression agents, lifesaving equipment and safety gear; teamwork and communications are critical elements recruits must embrace to advance in training.

Recruits also maintain an around-the-clock



Photos by Scott A. Thornbloom

Master Chief Petty Officer of the Navy (MCPON) Steven Giordano, left, talks with Rear Adm. Mike Bernacchi, commander of Naval Service Training Command (NSTC) about new training at Recruit Training Command (RTC). MCPON was on hand at RTC to see changes in the curriculum to a more intensive hands-on training.

watch rotation in each ship, practicing various watch stations as they are manned in the Fleet. Stations include roving sentry, sounding and security, quarterdeck watch, as well as bridge watch and navigation lookout during seamanship evolutions. During small arms familiarization training, recruits also have the opportunity to earn their M9 Service Pistol qualification.

In the classroom, applied labs and practical trainers, recruits conduct more than 30 hours of seamanship training, and more than 40 hours of firefighting and damage control training before reaching their final exam on board USS Trayer, a 210-ft replica of an Arleigh Burke-class guided missile Destroyer.

The final exam at RTC is called “Battle Stations-21” (BST-21), where recruits must apply the critical skills they have acquired over eight weeks of training by performing a series of overnight scenarios on board USS Trayer. Each scenario is designed to test recruits as individuals and as a team.

MCPON joined RTC leadership to formally recognize the Sailors and BST-21 staff, who worked diligently to implement the new BST-21 grading system, where the overall grade is comprised of 75% individual proficiency and 25% team proficiency. Failure in either category or an overall score below 80%, results

in training remediation and impacts recruit graduation dates.

“Stores onboard, getting underway, sea and anchor detail, bridge watch standing, missile strikes, fighting fire and flooding, and medical emergencies, all in one night — this is one tough test!” Giordano said. “The instructors at RTC have done an outstanding job to create realistic training for recruits, and implement a graded test that ensures our Navy is developing tough, capable, and ready Sailors.”

MCPON completed his visit to Great Lakes by serving as the Reviewing Officer at recruit graduation, where 489 of the Navy’s newest Sailors celebrated the completion of basic training.

Recruit Training Command is approximately eight weeks and all enlistees into the U.S. Navy begin their careers at the command. Training includes physical fitness, seamanship, firearms, firefighting and shipboard damage control along with lessons in Navy heritage and core values, teamwork and discipline. Approximately 40,000 recruits graduate annually from RTC and begin their Navy careers.

For more news from Recruit Training Command, visit www.navy.mil/local/rtc/ or visit www.navy.mil/local/greatlakes/



Master Chief Petty Officer of the Navy (MCPON) Steven Giordano talks with recruits at Recruit Training Connand (RTC) in Great Lakes, Ill.

SEABEES | Operation deep freeze

Continued from B1

The Seabees purpose was to build and maintain science labs, barracks and dining halls, and provide water, power, fuel handling, storage, aircraft support, and a desalination plant on this remote site, in extreme weather. Once construction was complete, maintenance of power, water, sewage, waste disposal, inland station support, seaports and airfields was a daily occurrence.

Materials and supplies were brought in by

C-130 and the 10,000-foot runway, carved on the sea-ice, was laid out, cleared, marked and maintained, along with space for taxi and aircraft parking area. If you are familiar with sea-ice, you know that it breaks up every year with the summer season. Each year a new runway was required to be built.

“Not many folks know that the Seabees went to Antarctica and the work they accomplished in some of the toughest weather known to man, but Seabees “Can do”, Kurgan said.

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

FLEET | History of the 4th Fleet

Continued from B1

the civil and military maritime services in Central and South America,” Roughhead said. “Our Maritime Strategy raises the importance of working with international partners as the basis of global maritime security. This change increases our emphasis in the region on employing naval forces to build confidence and trust

among nations through collective maritime security efforts that focus on common threats and mutual interests.”

U.S. 4th Fleet continuously reaches back to its roots in cooperating with partner nations by participating in multilateral exercises and deployments each year. Such exercises include Unitas, Panamax, Southern Seas, Continuing Promise and Southern Partnership

Station.

These exercises focus on a wide array of maritime objectives, but the common theme throughout all of them is fostering and strengthening our relationships with partner nations, working together and building upon the foundation and legacy that was started in 1943.

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



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SECTION C | FLAGSHIPNEWS.COM | 03.22.18

SHE FOUND A WAY

Gold Star daughter to run Shamrock Marathon in memory of fallen father

This one's for you, Dad.

By Amy Poulter
The Virginian-Pilot

VIRGINIA BEACH

Air National Guard Sgt. Gregory Skurupey was on a plane in 2001, hours from ringing in his 35th birthday. He was heading back to his home base of Camp Pendleton, soon to see his wife, Kathryn Tidwell, and their two children, Sheridan and Logan. A party was set and some guests had already arrived.

All for a celebration that would never happen.

The plane carrying Skurupey and 17 other National Guards members crashed in a Georgia field.

A little over a week ago, Sheridan Skurupey counted 17 years since the last time she saw her father. She was 5 years old.

"It's hard at times. It's not so much because of the memories I have but what I've had to miss since then," she said. "You just kind of wonder what life would have been like."

This Sunday, Sheridan Skurupey will lace up her sneakers and run 26.2 miles in the Shamrock Marathon in honor of her father. By running, she'll also raise funds for other Gold Star children.

With just days left, she's surpassed her goal of \$3,500. Her mother, Tidwell, said it's just an example of how driven her daughter has always been.

Both Sheridan Skurupey and her brother have been able to pay for their college educations through the Children of Fallen Patriots Foundation, which provides financial assistance and scholarships to children who have lost a parent or guardian in the line of duty.

The money she raises for running the marathon will go toward another Gold Star child's education.

"Being a college student, she doesn't really have the funds to give back to another stu-

dent," Tidwell said. "But she found a way."

Now a senior at Randolph-Macon College, Sheridan Skurupey said before the foundation began helping her, she was always one of the last students to pay her tuition. With the foundation's help, she was able to purchase a car and work fewer hours so she could focus on her coursework in business management.

Because of the foundation, she'll soon graduate debt-free.

And she was able to study abroad for a few weeks in January. "She was able to travel to Martinique for school, and the foundation made that possible," Tidwell said.

The marathon trail will lead Sheridan Skurupey right in front of Camp Pendleton, she said, where a memorial was erected in honor of her father's Air National Guard 203rd Red Horse Squadron. It includes a large red horse kneeling before a black stone boulder – the names of the victims etched on it.

She last visited the memorial two years ago during the 15th anniversary ceremony and remembers exactly where his memorial flag and the brick that bears his name are placed.

"You can see the memorial from the front gates," she said. "It will be bittersweet."

Nearly two decades after his death, Sheridan Skurupey said she is always learning new tidbits of information about who her father was and what he was like. There's still "so much to be told," she said.

What would dad think of her running a marathon? He would probably think she was mad, she said. But Sheridan Skurupey also thinks he would be on the sidelines yelling, "That's my daughter!"

He'd be proud, she said.

"I have to do this for my dad," she said, "and for all the kids out there who have lost someone."

Amy Poulter, 757-446-2705, amy.poulter@pilotonline.com

EDITOR'S NOTE: This story was previously printed in *The Virginian-Pilot* prior to the Shamrock Marathon. Reprinted with permission.



Photos courtesy of Sheridan Skurupey

A young Sheridan Skurupey with her father, Gregory, and her brother, Logan.



A young Sheridan Skurupey with her father Gregory.

Jersey Mike's kicks off 8th annual "Month of Giving"

By Christine van Moorsel

Three local charities are joining forces with 14 Jersey Mike's restaurants in the Virginia Beach area for the 8th Annual March "Month of Giving" campaign. During the month of March, customers can make a donation at participating restaurants to:

- Children's Hospital of the King's Daughter (11 locations)
- The Outer Banks Relief Foundation (Nags Head location)
- Foodbank of the Albemarle (Elizabeth City and Moyock locations)

The campaign will culminate in Jersey Mike's "Day of Giving" on Wednesday, March 28, when local Jersey Mike's restaurants will give 100 percent of the day's sales – not just profit – to the partner charities.

On Day of Giving, local Jersey Mike's owners and operators throughout the country will donate their resources and every single dollar that comes in to more than 170 differ-

ent charities including hospitals, youth organizations, food banks and more.

"I would like to extend a personal invitation to you and your family to visit Jersey Mike's Subs throughout the month of March, and especially on Day of Giving when 100 percent of sales – every penny – will help support neighborhood needs," said Peter Cancro, Jersey Mike's founder and CEO, who started the company when he was only 17 years old.

Last year's Month of Giving campaign raised more than \$5.5 million for local charities nationwide. An astounding \$4.6 million of that amount was raised on Day of Giving alone. Since 2010, Jersey Mike's locations throughout the country have raised more than \$28 million for worthy local charities and distributed more than 2 million free sub sandwiches to help numerous causes.



OCEANA TO HOST 125TH CHIEF PETTY OFFICER BIRTHDAY CELEBRATION FOR HAMPTON ROADS

By MC2 Jacob Richardson

Naval Air Station (NAS) Oceana is proud to host the Hampton Roads area 125th Chief Petty Officer Birthday Celebration. This year's events will bring together sea and shore Chief Messes by conducting community relations projects, athletic events, and social gatherings. The planned events showcase unity and pride within the Chief Petty Officer community. The week of March 26 through March 30, 2018 is an opportunity for all Chief Petty Officers (active, reserve, and retired) to celebrate camaraderie and heritage. This year's theme is "Leading with Purpose and Embracing Change for 125 Years".

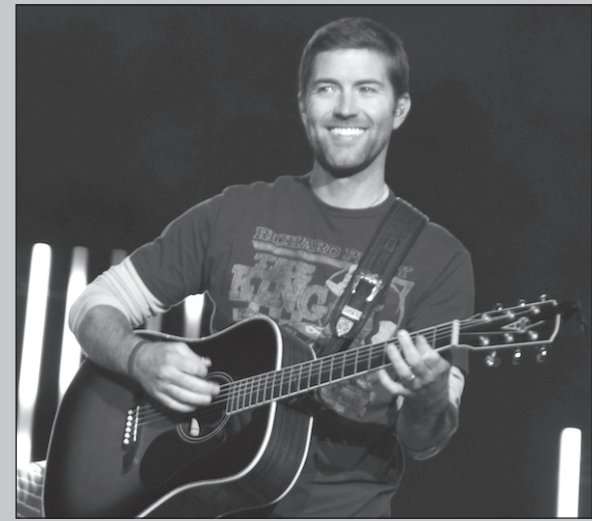
Schedule of events:

In the spirit of the MCPON'S CPO-365 Guidance, First Class Petty Officers and Junior Officers are encouraged to participate in an Anchor Leadership 5K. Runners will assemble at 9:00am for a group photo. Formation and individual run will begin at 9:30am. All registered runners will receive a T-shirt if registered by March 23. Registration fee is \$35 per person. Event coordinator is ATCS

» See **BIRTHDAY** | C2

Calendar

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



Country For Kids: Featuring Josh Turner
■ March 24, 7:00 p.m. \$20 advance \$23 day of show
■ Hampton Roads Convention Center, 1610 Coliseum Drive, Hampton, Virginia 23669
■ 757-315-1610
■ www.visithampton.com/hrcc

Agent Orange in concert
■ March 24, 7:30 p.m. \$15–\$18
■ Shaka’s Live, 2014 Atlantic Avenue Virginia Beach, Virginia 23451
■ 757-656-9116
■ www.shakaslive.com

Agent Orange with The Atom Age, Glenrose, Mosquito Cabaret. Agent Orange is an American punk rock band formed in Orange County, California in 1979. The band were one of the first to mix punk rock with surf music.



Drive By Truckers in concert
■ March 25, 7:30 p.m. \$20 advance \$23 day of show
■ The Norva,
■ 757-627-4547
■ www.thenorva.com

Drive-By Truckers have always been outspoken, telling a distinctly American story via craft, character, and concept, all backed by sonic ambition and social conscience. Founded in 1996 by singer/songwriter/guitarists Mike Cooley and Patterson Hood, the band have long held a progressive fire in their belly but with their latest release, *AMERICAN BAND*, they have made the most explicitly political album in their extraordinary canon. A powerful and legitimately provocative work, hard edged and finely honed, the album is the sound of a truly American Band – a Southern American band – speaking on matters that matter..



Norfolk Tides vs. Baltimore Orioles
■ March 26, 3:05 p.m. \$15–\$25
■ Harbor Park, 150 Park Avenue, Norfolk, Virginia 23510
■ www.norfolktides.com

The Tides begin their 2018 campaign by hosting the Baltimore Orioles in a special exhibition game at Harbor Park. Gates open at 1:00 PM. The first 10,000 fans entering Harbor Park will receive a special souvenir program courtesy of BB&T.

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 ASYMCA HR

Fathers and daughters had a blast at last year’s Royal Ball.

Armed Services YMCA of Hampton Roads announces 2018 Military Father-Daughter Royal Ball

By Pam Catindig

By Royal Proclamation, the Armed Services YMCA of Hampton Roads announces the Military Father-Daughter Royal Ball.

Six o’clock on Friday, April 13th at the Norfolk Waterside Marriott, a fairytale evening will unfold for Daughters and their devoted Daddy escorts. The pretty princesses will be a vision in fancy dresses and gowns, ribbons and tiaras in their hair. They’ll be accompanied by their handsome Fathers, dressed in their military finest, who will whirl them around the dance floor. The pre-

cious moments will seem fleeting, but the memories will last forever.

This majestic evening will include a delightful plated dinner and dessert, specially designed and prepared by the Marriott’s Executive Chef, John MacLure. Guests will enjoy dancing, D.J.-led activities and amazing prizes. To help remember the special occasion, Dads and their princesses may take advantage of magical photo opportunities.

“I am so excited about this event! We are ready to host hundreds of royal guests. The ball sells out every year, so people should secure their tickets as

soon as possible to avoid disappointment. For 2018, we have expanded the space and we have loads of enchanting surprises planned!”, said Russell Ariza, Executive Director of ASYMCA of Hampton Roads.

This magical evening will be filled with precious moments to be reflected upon for years to come.

ASYMCA HR is fortunate to have USAA as the ball’s title sponsor.

■ If you go

What: The Military Father-Daughter Royal Ball

When: Friday, April 13 | 6-9 p.m.

Where: Norfolk Waterside Marriott

Cost: E5 and under \$28/each; E6-E9 \$38/each; Officers \$48/each

More info: www.ASYMCA.org/HamptonRoads

Discover your inner scientist as TCC celebrates Women’s History Month

Campus events include symposiums, talks and films

By Laura J. Sanford

Tidewater Community College celebrates Women’s History Month with a keynote speech by a nationally recognized scientist, a women’s empowerment symposium and a luncheon geared toward female students returning to college.

All events are free and open to the public.

Ainissa G. Ramirez, who aims to awaken the inner scientist in everyone, will deliver an address on March 27 at 12:30 p.m. at the Virginia Beach Campus Student Center in room K-320.

A scientist herself, Ramirez co-authored “Newton’s Football: The Science Behind America’s Game,” which tackles topics that include why woodpeckers don’t get concussions to how improved helmets actually make the game more dangerous.

Ramirez graduated from Yale University and earned her doctorate at Stanford University.

An assortment of free, public activities throughout March will be held at each of TCC’s campuses. Events are subject to change and are on a first-come-first-served basis.

CHESAPEAKE CAMPUS

Returning Women’s Luncheon

March 22, 11:30 a.m. – 1:30 p.m.

Chesapeake Campus Student Center

Representatives from student support services and TCC’s Women’s Center will be on hand for networking. Regina Brayboy, executive director of Healthy Suffolk, will present the keynote address. RSVP at tccreturningwomenchesapeake.eventbrite.com.

NORFOLK CAMPUS

Why Does She Matter?

March 15, Noon – 2 p.m.

Norfolk Campus Student Center, 5th Floor

LaJuan Hines-Rome, founder and director of She’ Matters GIRLS, Inc., a Norfolk based nonprofit that connects females ages 6 to 22 with mentors, will speak.

Documentary Day – “Hidden Figures”

March 21, Noon – 2 p.m.

Norfolk Campus Student Center, Women’s Center (3rd Floor)

Learn about women’s contributions to NASA during a showing of “Hidden Figures.”

PORTSMOUTH CAMPUS

Women’s Empowerment Symposium

March 23, 9:30 a.m. – 3:30 p.m.

Portsmouth Campus Student Center

Following the national theme of Women’s History Month, “Nevertheless, She Persisted,” the symposium will include plenary sessions, a keynote luncheon and a girl power exhibition fair. Reserve your seat at tccwomen empowerment.eventbrite.com.

Women’s Empowerment Pledge

March 28, 12:30 – 1:30 p.m.

Portsmouth Campus Student Center, Commons

Support women in their lives and pledge to be an agent of change on campus.

VIRGINIA BEACH CAMPUS

Voter Registration Drive

March 15, 11 a.m. – 1 p.m.

Virginia Beach Campus Student Center Café

Register to vote in honor of the 19th Amendment.

Visual Arts Center

Her Story Pop-up

March 21, 11:30 a.m. – 1 p.m.

Challenge your knowledge of women’s contributions to culture and advancement and win prizes.

BIRTHDAY | Oceana hosts celebration

Continued from C1

Smart. Email: dana.smart@navy.mil.

Monday, March 26 at Battleship Wisconsin, Chief Petty Officers will assist staff with persevering, maintenance, and general up-keep of ship from 7:45am-12:00. Event Coordinator is CSC Brobbey. Email: stacey.brobbey@navy.mil

CPO golf tournament will be held at NAS Oceana aeropines golf club March 29, at 7:00am. Event is open to all active duty, reserve, and retired chief petty officers. Price is \$60 per person. Event coordinators are ADCS Rentas, email: david.rentas@navy.mil, and AEC Alaniz, email: jason.c.alaniz@navy.mil.

Celebrate our 125th CPO birthday with active, reserve, and retired chiefs. All active duty chief petty officers are highly encouraged to invite at least one retired chief petty officer to celebrate this momentous occasion. Event will be held Friday, March 30 from 11:00am to 2:00pm. CPO social event

will be held on the upper deck of the Marriot from 2:00pm to 5:00pm. Event coordinators are CSC Richardson, email: carlos.richardson2@navy.mil, and ITC Kelli rogers, email: kelli.f.rogers@navy.mil.

Please contact any coordinator for information on sales, registration or merchandise and visit us online at <http://www.hrcpobirthday.com> or on facebook at “hampton roads area 125th CPO birthday week” for updates, ticket sales, registrations, coin and tee shirt purchase.

For volunteer opportunities please contact the event coordinators or

MACS Hausmann, phone/text: 757-816-0098, email: christopher.m.hausma@navy.mil

ABHCS Burks, phone: 757-433-3557, email: maurk.r.burks@navy.mil

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Fri. Thru. Tues. & Thurs.: 11:00, 1:35, 2:05, 4:10, 4:40, 6:45, 7:15, 9:25

3D: 11:30, 9:55
Wed.: 11:30, 1:35, 4:10, 4:40, 6:45, 7:15, 9:25

3D: 2:05, 9:55
TOMB RAIDER (PG-13)
Fri. Thru. Sun.: 10:45, 1:30, 4:15, 7:05, 9:50

Mon., Tues., Thurs.: 12:30, 3:15, 6:00, 8:50

THE STRANGERS: PREY AT NIGHT (R)
Fri. Thru. Sun.: 8:00, 10:30
Mon Thru. Thurs.: 7:00, 9:30

MIDNIGHT SUN (PG-13)
Fri. Thru. Sun.: 11:35, 2:15, 4:50, 7:35, 10:35

Mon. Thru. Thurs.: 12:35, 3:10, 5:50, 8:25

UNSAFE (R)
Fri. Thru. Sun.: 11:45, 2:10, 4:35, 7:10, 9:35

Mon., Tues., Thurs.: 12:10, 2:35, 5:00, 7:30, 10:05

Wed.: 12:10, 2:35, 5:20, 7:30, 10:05
SHERLOCK GNOMES (PG)
Fri. Thru. Sun.: 10:00, 12:15, 12:45, 2:30, 3:00, 4:45, 5:15, 7:00, 7:30, 9:15

3D: 10:30, 9:45
Mon. Thru. Thurs.: 11:45, 2:00, 2:30, 4:15, 4:45, 5:00, 6:30, 7:00

8:45 3D: 12:15, 9:15
BLACK PANTHER (PG-13)
Fri. Thru. Sun.: 10:25, 1:25, 4:25, 7:25, 10:25

Mon., Tues., Thurs.: 12:45, 3:45, 6:50, 10:00

Wed.: 12:45, 3:45, 6:50, 10:00
A WRINKLE IN TIME (PG)
Fri. Thru. Sat.: 11:20, 2:20, 5:00, 7:40, 10:15

Mon., Tues., Thurs.: 12:45, 3:45, 6:50, 10:00

Wed.: 12:45, 3:45, 6:50, 10:00
PETER RABBIT (PG)
Mon. Thru. Thurs.: 12:10, 3:00, 5:45, 8:30

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

Mon. Thru. Thurs.: 11:40, 2:20, 4:50

THE DARK CRYSTAL (PG)
3/25 & 3/28: 2:15, 7:15

At Naval Station on Norfolk, Across from the NEX Building 1500 Mall Dr., Bldg. CD-12 Norfolk, VA
(Additional \$1.50 for 3-D Movies / Movies & Times Subject to change) www.PhoenixTheatres.com



Sports

Why you should be taking the Cleveland Browns seriously

By Jon Tetreault

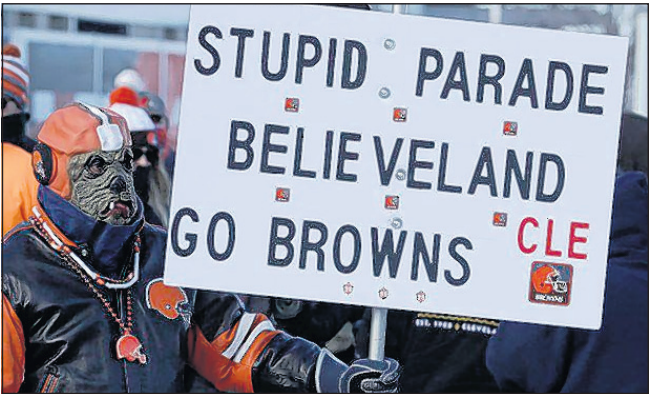
After only winning one game in the past two seasons, the Browns are on a mission to change that. They have 5 picks in the first 3 rounds of the draft, including the first and fourth overall picks. These picks set them up to get some players who can make an immediate impact. Before the start of free agency the Browns also made some trades to acquire some proven players. Let's take a look at the three impressive trades they have made in the past week.

This makes so much sense for the Browns who are looking to develop a young QB from the draft. Their receiving corps now include; Jarvis Landry, Josh Gordon, and Corey Coleman. Those 3 guys alone can help a QB find success in the NFL. Also the Browns didn't give up much to get what I think is a first round talent in Landry. On the Dolphins, Landry has been nothing less than a pro bowl receiver these past few years.

The Browns' front office made another smart move. Grabbing a starting caliber QB in the NFL for just a third round pick is the best it can get for the Browns. Why does this make so much sense? Well the Browns (hopefully) are looking to draft a QB, and develop him into their franchise guy. Getting Taylor lets the young guy learn from a veteran, and gives him time to develop as a backup.

After this move it became clear the Browns are all in on getting a QB in the draft. Giving up on Kizer, who honestly wasn't that bad, and grabbing a starting corner in the NFL is what they needed to do. After moving on from Joe Haden last year, they needed more depth at corner.

These three moves should put the Browns on everybody's radar. All I can hope is they take Saquon Barkley with the #1



Courtesy www.couchguysports.com

It may be hard to believe, but the Cleveland Browns might be a contender next season.

pick. Barkley is clearly the best player in the draft and can make an immediate impact on the Browns offense. After that they can either take a QB with the 4th pick or wait until later in the draft. Either way I'm giving the Browns a real shot to have a winning record next season.

Reprinted from www.couchguysports.com

NORFOLK ADMIRALS ADD NEW PLAYERS

By Issac Berkly

The Norfolk Admirals have signed forward T.J. Moore the team announced last week.

Moore, who played four seasons at Holy Cross, finished his college career netting a career high 30 points (8g, 22a) in 36 games. Moore, who led the Crusaders in goals during two of his four seasons with the team, finished with 106 points (47g, 59a) in 133 games during his college career. The forward was an alternate captain during both his junior and senior seasons.

Before attending Holy Cross, Moore was teammates with Grant Besse and Christian Horn at Benilde-St. Margaret's High School in Minnesota. Moore was second on the team in scoring behind Besse during his junior year when the Red Knights won the MN State Title. The 23-year old netted 189 points (87g, 102a) in 140 games during his high school career. He also played five games for the Chicago Steel of the USHL.

Another addition to the team is defensiveman, Zane Schartz. Schartz, who joins the Admirals on an ATO, played the last three seasons with Liberty University (ACHA Division 1). The Plano, TX native led all ACHA defensemen in scoring this season with 59 points (23g, 36a) in 35 games in addition to a plus 14 rating. In three seasons with Liberty, Schartz averaged 1.30 points per game, netting 129 points (48g, 81a) in 99 games. Prior to joining the Eagles, Schartz played three seasons in the BCHL split between Surrey, West Kelowna, and Trail.



Photos Paul Jensen Photography TJ Moore



Zane Schartz



Miss Historic Hanover, Hallie Hovey-Murray, Miss Virginia Dogwood, Kati Roberts, Miss Virginia, Cecili Weber, Miss Piedmont Region, Andolyn Medina and pictured in front is MDA Goodwill Ambassador, Elijah.

Courtesy Norfolk Admirals

Admirals host 18th Annual MDA charity game

By Samantha Torrez

The Norfolk Admirals hosted their 18th Annual Muscular Dystrophy Association (MDA) Charity Game and Jersey Auction Event on Saturday, March 17

Upon conclusion of the game, a LIVE auction took place directly on the ice with the players auctioning their signature jerseys provided by PAPCO right off their backs. Proceeds benefited the Greater Virginia Chapter of the MDA.

Additional activities during the game included participation from local MDA Goodwill Ambassadors, Emily Wheeler. Miss Virginia, Miss Piedmont Region, Miss Historic Hanover, and Miss Virginia Dogwood who were there to sign autographs, take photos and encourage community members to participate in both the LIVE auction and silent auction benefitting the MDA.

Over the course of eighteen seasons, the annual Admirals charity game and jersey auction has raised more than \$520,000 for the Greater Virginia Chapter of the MDA.

HOW TOMMASO CIAMPA BECAME WWE'S TOP HEEL

By Braden Jackson

It's been almost a year now since NXT Takeover: Chicago. The same night that Tommaso Ciampa broke all of our hearts, betraying NXT's beloved underdog: Johnny Gargano. Since then, Ciampa has only had one night where he's spoken into a microphone and only a handful of appearances on NXT (most of which were quite short.)

And that is exactly what has propelled him into the spot of WWE's most effective heel.

In his case, less is more. Every time he shows up, every hateful tweet he sends out, every opportunity that he's foiled for Johnny Gargano, he makes it leave an impact. He doesn't need to show up every week to get under our skin. He comes out precisely when he needs to...at the worst possible time.

The last time we saw him, prior to his return, was when he explained why he did what he did. Reason being: because rumors began circling that he was injured before their big match in Chicago, and fans started instantly coming up with fantasy replacements to pair with Gargano. He felt like we betrayed him, and made him an afterthought.

He was right. We dreaded his return, knowing it was going to be when Johnny was most vulnerable. It was right after Johnny lost the biggest (and possibly best) match of his life, failing to win the NXT Championship from Andrade "Cien" Almas. Striking him with a crutch to the back and standing over him as if to say, "This isn't the last you'll see of me!"

It certainly wasn't the last, as he showed up again, but this

time costing Johnny his career in NXT. He challenged Almas to one final match for the NXT Championship, but this time if he couldn't win the big one, he would leave NXT. Sure enough, right when it seemed like Johnny had won the match, Tommaso snuck in at the end, and struck him again with a crutch.

That spelled the end of Johnny Gargano's NXT run. All at the hands of the man the SquaredCircle subreddit calls "that ahole Ciampa." As Johnny hugged his wife and waved to the fans that didn't want him to see him leave, Ciampa was waving too...

He has become so vilified, that the last couple weeks he's been on NXT he can't even get a word in. Every time he raised a microphone to his mouth, the crowd would erupt. They hate him so vehemently that he couldn't even find a moment to break through the booing and constant chanting of "Johnny Wrestling!" This week was even louder than the last, and the crowd came equipped with posters of the symbol Johnny Gargano uses on his gear.

As he walked by, kids were jumping out of their seats and screaming at him as he stared menacingly. It was as if their disbelief was completely suspended. They truly HATE him.

Sure, there are instances of heels being cheered by the fans — especially when they're good at what they do, or because it's fun to go along with the movement. You're kidding yourself if you're going to boo Rusev on Rusev Day. Guys like Roman Reigns or John Cena are booed and hated because they're overexposed and forced down our throats as "the best," but this is unlike that. This is that old school heat — "stab-your-best-friend-in-the-back" heat. "I did it for The Rock" heat. If NXT and Ciampa keep this up, I think they'll have their best heel superstar since Vince McMahon waged war with Stone Cold in the Attitude Era. They just need to remember: less is more.

Reprinted from www.couchguysports.com



Courtesy Tommaso Ciampa Twitter

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Stemming the leak: 4 ways to encourage STEM in your middle schooler

From Brandpoint

Even though many Americans understand the importance of STEM education, children in the U.S. continue to lose interest in science, technology, engineering and math subjects at young ages.

Not surprisingly, 44 percent of U.S. adults say they felt more excited about science when they were kids, reports the State of Science Index, a global study commissioned by 3M examining the general population’s attitudes toward science. Maintaining students’ interest in science during the middle school years is crucial to increasing the likelihood they’ll pursue STEM careers. That’s important, since studies show our nation will need to produce an additional one million STEM workers between 2012 and 2022 alone.

That said, we’re still not on track to meet demand, partly because students continue to lose interest.

What’s the answer? Creating a rich culture of STEM education in schools requires professional development, suggests Cindy Moss, vice president of global STEM initiatives for curriculum developer Discovery Education. She points to research showing teachers need 80 hours of cumulative targeted professional development before effectively teaching STEM-promoting classes.

“Many educators in our country believe we need to accelerate our approach to STEM education,” Moss says. “There are three to four million STEM job openings in the U.S. right now, and companies can’t find American workers with the skills they need. Fifty percent of everybody’s jobs right now are STEM, and they’re predicting that in the next 10 years about 75 percent of all jobs will involve STEM.”

What can parents and educators do to foster more interest? Consider the following:

- Find role models. If a child doesn’t know anyone working in STEM, he or she may be unable to imagine a career in such roles. Introduce him or her to people actively working in such fields, then encourage discussion and/or job shadowing. Teachers might bring in speakers who can answer candid questions about the rewards and challenges in their fields — including significant demand and attractive pay scales.
- Seek achievement opportunities. Introducing children



Courtesy Brandpoint

to engaging events like the annual Discovery Education 3M Young Scientist Challenge may spark their sense of competition and passion for STEM. The annual contest, which is accepting submissions until April 19, invites innovators in grades five through eight to develop one- to two-minute videos describing their ideas for creative solutions to tackle everyday problems. The top 10 finalists receive a summer mentorship with a 3M scientist, and the winner will receive \$25,000. Last year’s winner, Gitanjali Rao, developed a device that measures lead levels in drinking water, inspired by the recent water crisis in Flint, Michigan.

- Keep participating. Reducing involvement in your child’s daily academics once he or she enters middle school may backfire. One study shows middle schoolers maintain a more positive attitude toward science when their parents continue to display interest. The Rao family, for example, frequently visits museums and holds game nights focusing on problem solving. “We encourage our children to communicate their ideas clearly and concisely and understand real-world issues,” notes Bharathi Rao, Gitanjali’s mother. “We hope we can instill the value of compassion while helping them understand they have the power to create change.”
- Discourage snap decisions. During adolescence, Moss

notes, kids struggling to figure out who they are can easily form inaccurate perceptions of their academic weaknesses. Reassure your child one challenging assignment or bad grade need not rule out a future career. “Kids often make up their minds by sixth grade whether they’re capable of doing science and math,” says Moss. “We have definitive evidence that by age 6, girls have already started to internalize negative stereotypes that science and math are not for girls.” In reality, she notes, understanding science and math simply requires more thinking for some people than others; it’s not a skill based on gender.

According to State of Science Index findings, 96 percent of U.S. parents want their kids to know more about science. It’s critical for us to maintain interest during the middle school years, and according to Moss it’s our responsibility to help children see the possibilities.

“Kids in fifth through eighth grade have a whole lot of empathy and really do want to make the world a better place,” she says. “They have the power, but we need to instill confidence and give them the tools and encouragement to pursue STEM.”



Courtesy Brandpoint

5 INGREDIENTS FOR A PERFECT FAMILY VACATION

From Brandpoint

It’s hard to believe it, but the kids who were labeled “millennials” have all grown up and started their own families. As this next generation enters the realm of parenthood, many will be thinking about what they want to do and where they want to go for their family vacation.

Needless to say, for a young family planning a vacation, things will be a little different than when mom and dad trav-

eled. Now it’s all about the kids, and making memories together. For those who are looking to get away with the family this year, here are some essential ingredients for making a memorable vacation.

- 1. Be on the lookout for “firsts.”**
Parenting is a series of milestones and firsts: first steps, first words, first day of school. When you and your family step off the plane or out of the car, get ready, because there’s going to be a whole lot of firsts, and it might be a little overwhelming! Travel to a destination like Myrtle Beach, South Carolina, where from the first step into the ocean to watching dolphins jump through the waves, you can expect some unforgettable moments.
- 2. Come as you are.**

When deciding where to go, pick someplace you can be yourself, where you can relax, experience something new and let the kids be kids. Leave everything else at home and enjoy the easy, laid-back beach-loving lifestyle. South Carolina’s iconic Myrtle Beach boasts over 60 miles of sandy beach, boardwalks, amusement parks and over 1,800 restaurants. With so much to offer, all you need to do is show up!

- 3. Playing is learning.**
Parents know that their kids learn best when they’re at play. Vacations are a fantastic opportunity for learning through play. Minutes away from the ocean at Myrtle Beach is WonderWorks, an amusement park with over 50,000 square feet of entertainment and education, what they call “edu-tainment.” Here kids can learn about natural disasters, space exploration, art, and tire themselves out playing laser tag, tackling an indoor ropes course and much more.
- 4. Take a day to go explore.**
Many parents find that one of the truly rewarding parts of traveling with young kids is that their sense of wonder and discovery is contagious. If you found a beautiful beach-side resort, it can be hard to leave. Take even a half day to explore nearby natural wonders, such as those found at Huntington Beach State Park, and you’ll be rewarded with thousands of secluded acres for you and your family to explore.

- 5. Enjoy the little things.**
No matter how well you plan, it’s impossible to anticipate all of the small, intimate moments that make a vacation so memorable. Whether it’s a perfect sunset, a newly built sand castle or a bucket full of sand dollars, there are hundreds of little details that await, so be ready!

You can choose whatever ingredients you want to put into your next family vacation — sunshine, blue sky, an ocean, sand beaches, plenty of diversions. It only takes a few of these to make memories that will last a lifetime.

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Personalize your ride with a new set of wheels

From Brandpoint

The idea of a new car or truck is exciting. What’s even more exciting is making that new vehicle your own.

There are countless ways to personalize a vehicle, but one of the easiest ways to spruce up a vehicle is by adding a new set of wheels. In fact, wheels are typically the first thing vehicle owners upgrade on a car or truck after purchasing it from the dealership.

According to the Specialty Equipment Market Association (SEMA) in its 2017 Market Research Report, wheels are among the most purchased items by consumers in the \$42 billion aftermarket industry. Because there are many wheel options, SEMA recommends researching the various wheel types available for your specific vehicle and learning about the different wheel finish options, each of which has its advantages and disadvantages.

Here are basics about wheel finishes to keep in mind:

PAINTED: Opting for painted wheels will give you an endless amount of options when it comes to colors and effects, allowing you to personalize your vehicle exactly how you desire. Painted wheels are typically primed before wet paint is applied, and they are finalized with a clear topcoat to protect the paint. To minimize damage or discoloration due to heat or dust brought about by daily use, painted wheels should be cleaned with a non-acidic and non-abrasive soap that should not be allowed to dry onto the wheel.

POLISHED: Polished wheels are great if you want a wheel with a shiny look or mirror-like finish that is not heavy, which could aid in fuel economy. The wheel is polished to a high luster by buffing it using a machine or by hand before being protected with a high-gloss clear coat. Polished wheels can be cleaned with mild soap and dried with a microfiber towel, then coated and hand-polished with a non-abrasive wax to help it maintain its luster.

CHROME: If you want the shiniest look possible, opt for a chrome wheel. This popular and classic type of wheel finish is achieved by adding layers of metals, such as copper, nickel and chromium, to create a very reflective finish. You can easily clean chrome wheels with soap and water, then dry them with a soft cloth. To prevent dirt and dust from sticking to the wheels, add a layer of wax after cleaning them.

POWDER-COATED: For an extremely durable wheel finish that is resistant to scratches and fading and comes in many color options, go with a powder-coated wheel. To achieve this finish, a wheel is grounded and sprayed with a powder-coat (usually a polyester or epoxy), then exposed to heat (usually in a heating oven), essentially baking on the smooth finish. Like their painted counterparts, powder-coated wheels can be cleaned with a mild soap that should not be allowed to dry on the wheel finish. You can further protect the finish by applying a wheel sealant or coating solution.

These are but a few of the many types of finishes available in the wheel segment of the automotive aftermarket industry that can help give your vehicle an updated look. Every type of wheel finish provides variations in shine, color and required maintenance, so take the time to research what’s available. Regardless of the wheel you decide to go with, it will surely help get you on the road to creating a vehicle that meets your unique, individual needs.

Manufacturers introduce new wheels and many other products annually at the SEMA Show, the leading trade-only show for businesses in the automotive industry. Consumers can connect with some of these businesses at the official SEMA Show after-party, also known as SEMA

Ignited, where one-of-a-kind custom vehicle builds featuring the newest aftermarket products, including wheels, parade out of the convention center before making their way to the ultimate car show open to the public. For more information, visit www.semaignited.com.



New rims can add style and personality to any ride.

Courtesy Brandpoint

intheatersnow

TOMB RAIDER

Lara Croft is the fiercely independent daughter of an eccentric adventurer who vanished when she was scarcely a teen. Now a young woman of 21 without any real focus or purpose, Lara navigates the chaotic streets of trendy East London as a bike courier. Determined to forge her own path, she refuses to take the reins of her father’s global empire just as staunchly as she rejects the idea that he’s truly gone. Going explicitly against his final wishes, she leaves everything behind in search of her dad’s last-known destination: a fabled tomb on a mythical island that might be somewhere off the coast of Japan. Suddenly, the stakes couldn’t be higher for Lara must learn to push herself beyond her limits as she journeys into the unknown.

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.

PACIFIC RIM: UPRISING

John Boyega (Star Wars: The Force



ALICIA VIKANDER as Lara Croft in Warner Bros. Pictures’ and Metro-Goldwyn-Mayer Pictures’ action adventure “TOMB RAIDER,” a Warner Bros. Pictures release.

Awakens) stars as the rebellious Jake Pentecost, a once-promising Jaeger pilot whose legendary father gave his life to secure humanity’s victory against the monstrous Kaiju. Jake has since abandoned his training only to become caught up in a criminal underworld. But when an even more unstoppable threat is unleashed to tear through our cities and bring the world to its knees, he is given one last chance to live up to his father’s legacy by his estranged sister, Mako Mori (Rinko Kikuchi) who is leading a brave new generation of pilots that have grown up in the shadow of war. As they seek justice for the fallen, their only hope is to unite together in a global uprising against the forces of extinction.

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.

LOVE, SIMON

Everyone deserves a great love story. But for seventeen-year old Simon Spier it’s a little more complicated: he’s yet to tell his family or friends he’s gay and he doesn’t actually know the identity of the anonymous classmate he’s fallen for online. Resolving both issues proves hilarious, terrifying and life-changing. Directed by Greg Berlanti (Riverdale, The Flash, Supergirl), written by Isaac Aptaker & Elizabeth Berger (This is Us), and based on Becky Albertalli’s acclaimed novel, LOVE, SIMON is a funny and heartfelt coming-of-age story about the thrilling ride of finding yourself and falling in love.

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

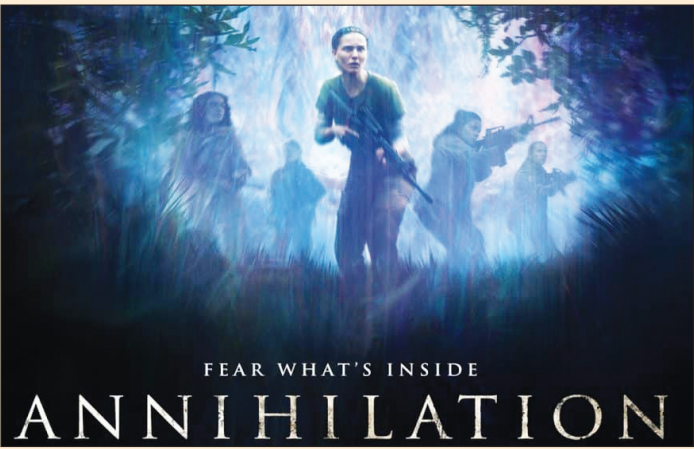
mysteriously deserted. Under the cover of darkness, three masked psychopaths pay them a visit to test the family’s every limit as they struggle to survive.

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.

base theaters \$3 Movies

Lena (Natalie Portman), a biologist and former soldier, joins a mission to uncover what happened to her husband inside Area X - a sinister and mysterious phenomenon that is expanding across the American coastline. Once inside, the expedition discovers a world of mutated landscape and creatures, as dangerous as it is beautiful, that threatens both their lives and their sanity.



Courtesy Paramount Pictures

JEB Little Creek, Gator Theater – 462-7534

Friday, March 23
6 p.m. Black Panther (PG-13)
9 p.m. Game Night (R)

Saturday, March 24
1 p.m. Black Panther (PG-13)
4 p.m. Early Man (PG)
7 p.m. Annihilation (R)

Sunday, March 25
1 p.m. Peter Rabbit (PG)
4 p.m. Black Panther (PG-13)
7 p.m. The Shape of Water (R)

NAS Oceana, Aero Theater – 433-2495

Friday, March 23
6 p.m. Game Night (R)
9 p.m. Annihilation (R)

Saturday, March 24
12 p.m. Peter Rabbit (PG)
3:00 p.m. Black Panther (PG-13)
7:00 p.m. Game Night (R)

Sunday, March 25
12 p.m. Early Man (PG)
3 p.m. Winchester: The House that Ghosts Built (PG-13)
6 p.m. Annihilation (R)

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

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Estate Sale

Bay Colony, 1317 Bruton La., Mar. 24-25, 10am-4pm Cottage chic; lovely blend of vintage and classic furnishings. Unique cabinets, etched mirrors, antiques, books, full office, original art, sterling flatware, art glass, jewelry and more! Pics. available at Facebook Boulevard Treasures.

ESTATE SALE-4625 Winston Rd., Portsmouth, 67 yrs. of furniture, clothes, books, collectibles & more. 9-4 PM, March 23, 24, 25.

ESTATE SALE
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Thurs., Friday & Saturday
Mar. 22, 23, 24, 9-3 PM
Everything must and will be sold. Some antiques, antique dentist cabinet, mahogany secretaries, large collection of shaving mugs & moustache cups, tea pot collection, lots of crystal, cut glass, China, bedrm. furniture, pine furniture, ladderback chairs, wrought-iron outdoor furniture, lamps, mirrors, garage stuff, tools, stainless steel work table, set of First Ladies' Madame Alex. dolls, other dolls, spinet piano, outdoor ornaments, lots of costume & silver jewelry, TONS OF STUFF!! Cash/Check Only. Larry Zedd, Va. Bch Antique Co

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4001 Indian River Road Fri-Sun(3/16-3/18) 8am-4pm See Craigslist and Facebook for more details

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See www.facebook.com/barrettstreetauction. Preview: Fri., March 23 - 9 am to 5 pm 13% Buyer's Prem. discounted 3% for Cash/Check.

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C&B Farms in Cape Charles, VA is accepting referrals through the State Workforce Agencies for 20 farmworkers. The job includes duties associated with the harvesting of herbs and vegetables. This work can require standing, walking, stooping, bending, and lifting up to 75 pounds for long periods of time outdoors in all weather conditions. This is a temporary position from 4/24/18 to 12/15/18. Three-fourths of an avg. of 40 hrs/wk guaranteed. Work tools, supplies and equipment provided at no cost. Housing will be provided without cost to workers who cannot reasonably return to their permanent residence at the end of the workday. If applicable, expenses for subsistence & transportation to the worksite will be provided. Employment eligibility checked on all applicants. Wage rate \$11.46/hr and/or piece rate. Apply for this job at your nearest State Workforce Agency or the 3119 Picketts Harbor Drive - Cape Charles, VA 23310 job order #1298551.

Sales

Motorcycle Sales Person Wanted Sunrise Auto. Apply in person, 1559 E. Little Creek Road, Norfolk, VA 23518

Burial/Cemetery Plot

American Heritage Plot-At Princess Anne Memorial, last one avail, valued \$4995. Family will sell for \$4000 firm. 757-374-3414.

Greenlawn Memorial Gardens-Portsmouth, Azalea Section 3, mausoleum companion crypt, valued \$6100, asking \$4300. 757-337-0663.

Mausoleum crypt Princess Anne Memorial Park-Tandem (2 person) Mausoleum crypt (head to head) outside level 5, Bldg. 1 (behind office) in premiere cemetery in VA Beach, VA located off Great Neck Road. Includes one interment (open and closing, current cost \$395.00). One vase valued at \$95.00. Cost for all would be over \$12,000 if purchased new from cemetery. DEED transfer to be sold by SELLER if full price contract.

Calling for \$8200 or best offer Text 757-810-9557 if interested. Serious inquiries only.

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

For Rent-Furnished Apts

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

Motel 6-Ocean View. New rms, near fishing pier, \$225 wk, kitchenette avail. Pet ok. 757-480-9611.

For Lease-Industrial

Chesapeake-S. Military & Galberrly, 1.5 Acres, 3 bays, \$2150 mo. 757-647-3954.

Office Warehouse

Chesapeake 1200 x 1500 sq. ft. Call 485-1323.

Va. Beach-3000 x 5000 sq. ft. shop & 2 office, 14' doors, utils, & air incl. \$1800. 499-8000.

For Rent-Norfolk Apts

Clean 1 BR Apt-East Ocean View, 7th Bay, \$650 mo. 757-468-2398.

GHENT-8 Great Locations 1 & 2 BR, free heat & hot H₂O, \$650-\$995. Meredith Mgmt. 622-8233 www.meredithmgmt.com

\$300 Moves You In. \$735 Mo. Ingleside Square Apts. 3515 Gatliff Ave. 466-8111

Lindenwood-831 Hayes St. 5 rms, 2 BR, gas heat, carpet, appliances \$650. 623-6193, Keystone

Little Creek Rd-2 BR Twinhome. Central heat/air, carpet. \$700-\$730. Crested \$145 wk. (869)368-5920 Ask About Our Specials Meredith Mgmt. www.meredithmgmt.com

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

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

For Rent-Portsmouth Apts

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

For Rent-Portsmouth House

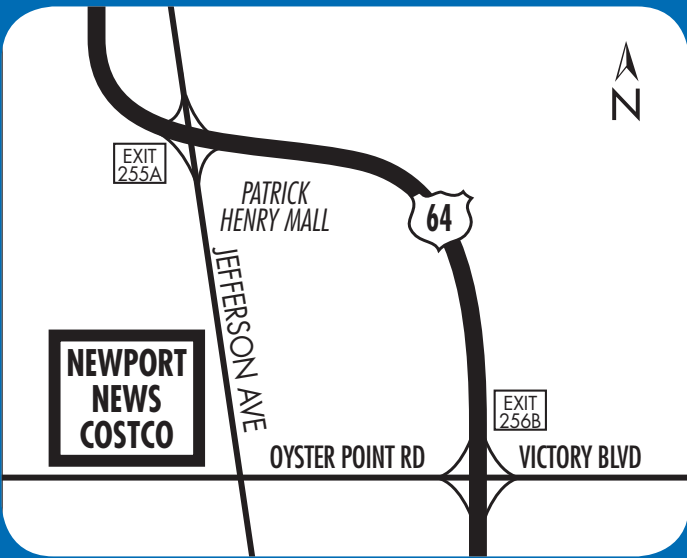
Churchland, W. Branch, Suffolk, homes, apts, twinhomes. \$725-\$1800, Kline Realty 484-0123.



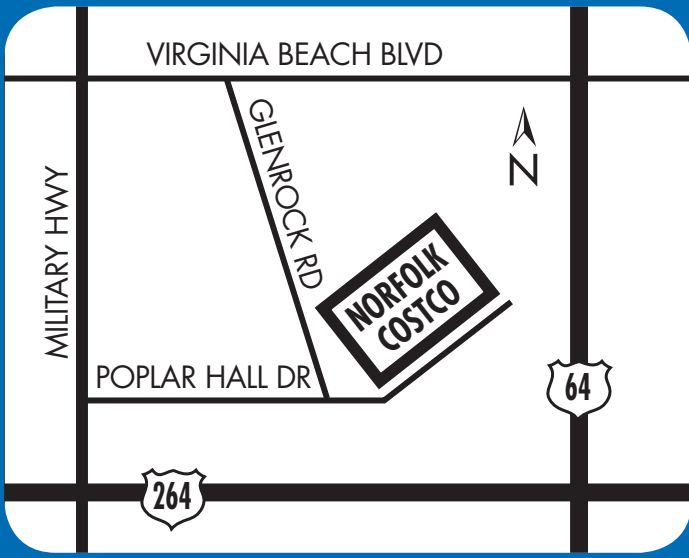
MILITARY HOUR

A special shopping event for
active duty military, veterans
and their families!

Saturday, March 24, 2018
0800 – 0930



12121 Jefferson Ave.
Newport News, VA 23602



850 Glenrock Road
Norfolk, VA 23502

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