



Explosive ordnance disposal (EOD) technicians assigned to Explosive Ordnance Disposal Group (EODGRU) 2 look on as other EOD technicians rappel from an MH-60S Sea Hawk Helicopter attached to Helicopter Sea Combat Squadron (HSC) 22.

Photos by MC1 Jeff Atherton

EOD TRAINS NEWEST HRST, CAST MASTERS

By MC1 Jeff Atherton
EOD Group 2 Public Affairs

VIRGINIA BEACH

“One minute out,” he shouts from the open door of an MH-60S Sea Hawk helicopter, holding up one finger to show his team the call. He checks the anchor points of a rope he is preparing to drop from the helicopter, then looks out the door at the quickly approaching ship coming into view, before glancing at the forces on the helicopter readying themselves to exit the aircraft.

“Get ready.” At 30 seconds out, all of the ropers show gloved hands and the helicopter rope suspension technique (HRST) master examines the landing zone on the ship, ensuring there is no obstruction on the deck.

“Unbuckle,” he signals. The personnel unhook their safety lanyards, and the HRST master looks outside to watch for the insertion point to steady under the helicopter and waits for the air crew to tell him to drop the rope.

“Rope, rope, rope!” yells the HRST master as he pushes the rope out the door onto the deck, confirming that it is not tangled or fouled.

“Go, go, go!” he yells and signals, as one-by-one, the forces slide out of the helicopter to begin their mission.

After ensuring the safe insertion of the special operations team, the HRST master is the last to exit the aircraft to start the mission.

These skills, while seemingly rudimentary, are vital to a successful mission, and these are the skills that ten explosive ordnance disposal technicians learned at the two-week HRST/cast master course of instruction at Joint Expeditionary Base Little Creek-Fort Story, March 12-23.

“The job of the HRST/cast master boils down to safety and interoperability,” said Cmdr. Craig Smith, commanding officer of Explosive Ordnance Disposal (EOD) Training and Evaluation Unit (TEU) 2. “The HRST/cast masters can now deploy anywhere in the world with special operations forces to conduct highly specialized missions.”

The two-week course is split into two sections, HRST and cast. Some of the techniques covered in the HRST portion include rappelling

with descending devices and fast-roping and special patrol insertion/extraction (SPIE). The cast portion covers safely inserting swimmers into the water and recovering them back into the helicopter when the mission is complete. All techniques are trained and practiced in the daytime and nighttime conditions.

The course is not about learning all of the techniques though; these skills are already in a Navy EOD technician’s toolbox. The course is about planning, briefing, managing and safely leading teams using these skills during training and missions.

“The graduates of this course are expected to go out and safely get the forces to the mission,” said Chris Wagner, EODTEU 2 air operations trainer examiner. “They go through all of the motions in a controlled and safe manner at the tower, and each person gets a chance to lead the others in the operation.”

After training at the tower, the class spent a day honing their skills, setting up rigging and attaching ropes to helicopters before a day of casting and roping onto rooftops at a training compound.

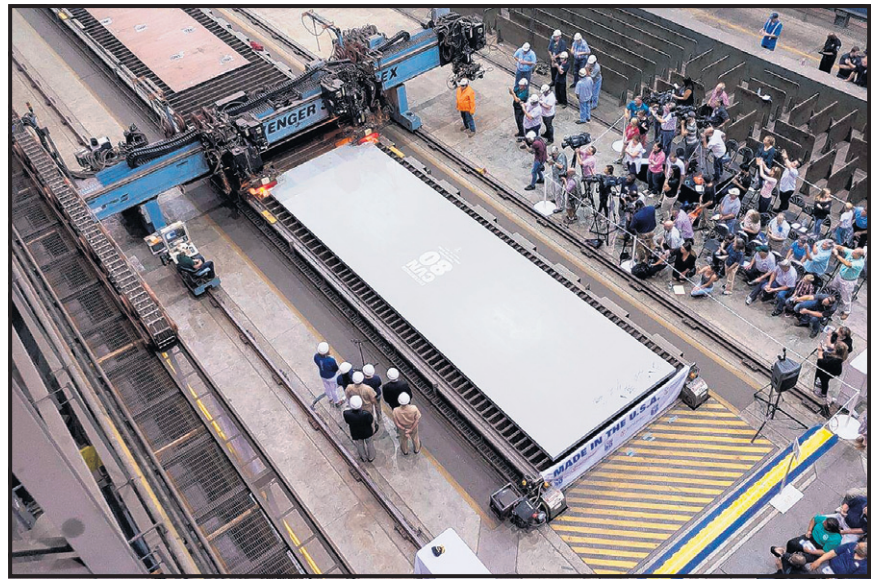
“There is no training comparable to the real thing,” Wagner said. “To get these students up in the helicopters to get their hands on the equipment and perform like they will when on a mission is going to be extremely valuable for them in the long run.”

When the rotor wash has settled, the gear is all stowed and long after the sun has gone down, the graduates of the HRST/cast master course will go back to their platoons with this new skillset and added responsibility of keeping their brothers and sisters in arms safe on highly specialized missions.

“Fast roping, rappelling and casting are all tools that EOD technicians have in their toolbox. The HRST/cast master course is an extension of that and allows for increased mobility during our operations,” Smith said. “These technicians will now be expected to not only complete the EOD mission but are going to be instrumental in the planning, safety and execution of the future missions that they will go on.”



Explosive ordnance disposal technicians assigned to Explosive Ordnance Disposal Group (EODGRU) 2 look out of the ramp of an MH-53 Sea Dragon helicopter assigned to Helicopter Countermeasures Squadron (HM) 15 during helicopter rope suspension technique (HRST)/cast master training at Joint Expeditionary Base Little Creek-Fort Story.



U.S. Navy photo courtesy of Huntington Ingalls Industries by Matt Hildreth
A 35-ton steel plate is displayed at Newport News Shipbuilding division during a ceremony to start advance construction of the aircraft carrier Enterprise (CVN 80).

Navy seeks savings, releases two-carrier RFP

From Naval Sea Systems Command
Public Affairs

WASHINGTON

The Navy released a CVN 80/81 two-ship buy Request for Proposal (RFP) to Huntington Ingalls Industries — Newport News Shipbuilding (HII-NNS) March 19 to further define the cost sav-

ings achievable with a two-ship buy.

With lethality and affordability a top priority, the Navy has been working with HII-NNS over the last several months to estimate the total savings associated with procuring CVN 80 and CVN 81 as a two-ship buy.

“In keeping with the National Defense Strategy, the Navy developed an acquisition strategy to combine the CVN 80 and CVN 81 procurements to better achieve the Department’s objectives of building a more lethal force with greater performance and affordability,”

» See RFP | A7



www.flagshipnews.com



www.facebook.com/
The.Flagship



www.twitter.com/
the_flagship

PREVENTATIVE MEDICINE, SAVING LIVES

Public health is an essential part of daily life. Navy Environmental and Preventive Medicine Unit (NEPMU) 2 performs many tasks to help protect the Sailors and Soldiers, as well as the local community during CP18.

» See A6



“WE ARE READY TO FIGHT FOR OUR SHIP”

Recruits conduct more than 40 hours of firefighting and damage control training at RTC, developing skills to keep their ship in the fight.

» See B7

PROMOTING LITERACY:

5 simple things you can do to promote literacy at home and beyond. It’s never too early to start!

» See C4

THE FLAGSHIP’S FREE HOME DELIVERY

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

Sign up today! Call 222-3965

NAVY LEADERS HOST HEAD OF INDIAN NAVY TO EXPAND PARTNERSHIP

From Chief of Naval Operations Public Affairs

WASHINGTON

Chief of Naval Operations Adm. John Richardson hosted Indian Navy chief Adm. Sunil Lanba at the Pentagon March 21. The two heads of Navy met with Secretary of Navy Richard V. Spencer and discussed ways to improve interoperability to include additional naval exercises and staff talks. The relationship between the U.S. Navy and the Indian Navy has never been stronger, Richardson said. There has been meaningful progress made in strengthening the cooperation between our two great democratic and maritime nations. We are exploring every way to expand that partnership even further based on our shared interests. This is Richardson’s fourth time meeting with Lanba. The two last met at the IMDEX Asia defense conference in May 2017. *For more news from Chief of Naval Operations, visit www.navy.mil/local/nco.*



MC1 Nathan Laird Chief of Naval Operations Adm. John Richardson presents a plaque to Indian Navy chief Adm. Sunil Lanba at the Pentagon. The two heads of Navy met with Secretary of the Navy Richard V. Spencer and discussed ways to integrate and improve interoperability.

Naval War College workshop examines the future of US trade policy

By Daniel Marciniak

NEWPORT, R.I.

The William B. Ruger chair of national security economics at U.S. Naval War College (NWC) hosted a workshop titled “U.S. Trade Policy: What Should the Future Be?” March 6-7. The event, conducted in a nonpartisan, academic environment, was attended by academics, former trade officials and NWC faculty and students, and aimed to gain a better understanding of previous trade policy and explore what future U.S. policy might look like.

“Since the 1930s, the U.S. has generally supported free trade,” the conference chair and former U.S. ambassador to the Republic of Lithuania John A. Cloud said. “The U.S. is now looking at a fundamental change in this approach, which may lead to a change in how we look at our friends and allies. As such, it merits analysis and understanding.” Over the course of the event, there was much discussion on how the public views trade. While Pew Research suggests that the plurality of Americans support free trade, their research also shows that trade is not a high priority for the majority of Americans.

“[I was] surprised by the depth of the resonance that an anti-trade agenda had with the voting public,” one of the workshop participants said. There was also considerable discussion about China’s new role in the international trading system, which has evolved since China joined the World Trade Organization in 2001. Additionally, the workshop discussed the costs and benefits of some of the previous U.S. free trade agreements — particularly the North American Free Trade Agreement (NAFTA). Participants hoped the outcome of the renegotiations would be a “better, updated NAFTA.” “I chose trade policy for this year’s theme because I have extensive background in the subject and it is an area of potentially major policy change,” Cloud said. “The desired outcome was to gain a greater understanding of the weaknesses of previous trade policies and implications for the future.” *For more news from Naval War College, visit www.navy.mil/local/nwc/.*

90th Annual Easter Sunrise Service to be held on Joint Expeditionary Base Little Creek-Fort Story

From Little Creek-Fort Story Public Affairs

VIRGINIA BEACH

Joint Expeditionary Base Little Creek–Fort Story will host its 90th Annual Easter Sunrise Service at 6:30 a.m., Sunday April 1 at the historic Cape Henry Memorial Cross on JEB Fort Story.

The guest speaker for this years’ service is Cmdr. Steven Dundas, command chaplain, JEBLCFS. Also participating will be Joint Base Commander, Capt. Joey Frantzen and Mayor William D. Sessoms, Jr., from the City of Virginia Beach. The service site is historically rich dating back more than four hundred years. The on-site memorial cross was erected in 1935 by the Daughters of the American Colonists to commemorate the raising of a cross by the first settlers who came ashore in 1607. The Cape Henry Memorial Cross is a part of the Colonial National Historical Park administered by the National Park Service. This public is invited to participate in the annual event. There is limited seating available. Guests are encouraged to bring lawn chairs. For more information please call the JEBFS Chapel at 757-462-7472.

Navy secretariat restructures to accelerate business operations improvements

From Navy Office of Information

WASHINGTON

The Under Secretary of the Navy, Thomas Modly, released a memorandum March 16 announcing a significant restructuring of how the Secretary of the Navy staff is organized in order to accelerate the pace of change and improve enterprise alignment in the business operations of the Department. “A more agile, accountable, and lethal force must be matched by business operations that reflect the same qualities,” said Modly in the memorandum. “We must build a business operations culture that employs faster access to accurate information, reduces overhead and bureaucracy, and streamlines process that impeded rapid decision making. This culture must demonstrate the relentless pursuit of operational improvements in order to stay ahead of our adversaries and make the best use of the resources we are provided by the

American people.” Changes announced include: -The Deputy Under Secretary of the Navy for Management, otherwise referred to as DUSN(M), is disestablished. - In its place will be a new Office of the Department of the Navy (DON) Chief Management Officer (OCMO). The OCMO will report directly to the Under Secretary of the Navy as the Chief Management Officer. The purpose of this office is to rapidly prioritize and accelerate business transformation initiatives and it will initially focus on improvement of naval audit outcomes and financial accountability; business systems rationalization and modernization; data strategy for improved business operations; and business reform across the Navy and Marine Corps. - The Under Secretary of the Navy will assume the responsibilities and authorities of the Department of the Navy Chief Information Officer (DON CIO). A small DON CIO Office of the Chief Information Officer (OCIO) will remain for statutory compliance. The remaining CIO functions will be divested to the DON CIO Deputies which are the Deputy Chief of Naval Operations for Information Warfare/Director of Naval Intelligence (N2N6) and the Director Marine Corps Command, Control, Communications, and Computers (C4/CIO)

The Flagship

Editorial Staff

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

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

Graphic Designer | Mike Doyle

Flagship, Inc.

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

Creative Director | Allyson Garner, 757-222-3955

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

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

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

Military Discount 15%
Enter Code: MILITARY15

Wash House
MODERN LAUNDROMATS & CAR WASH

WASH 2 COMFORTERS \$9.75

FREE VACUUMS
© 1201 W. Little Creek Rd, Norfolk, VA 23505

Newly Renovated
[Like us on facebook](#)

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

Opening our hearts to all.

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

Volunteers of America®

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

BE YOUR OWN BOSS WITH NEW AVON



Susan Anderson
National Leader

Call or email me today!
1-301-733-9168
ownitlikeaboss@yahoo.com
www.youravon.com/empowerment

h, the Things You'll Know With

The Academy of Learning

NOW ENROLLING!

Ages 2-5 • Kindergarten Readiness • Degreed Teachers • Fine Arts Program & More!

757-578-2231

www.theacademyoflearning.com

Licensed Child Day Center

PM-2559935BR

BRAND NEW RENOVATED ROOMS!



\$45⁹⁹/Night
\$225/Week
PLUS TAX

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

Free Continental Breakfast
Free WiFi

www.choicehotels.com/va220

EconoLodge Inn & Suites

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



NEWS FROM NAS OCEANA

CAPT. VINCELETTE REFLECTS ON CONNECTION TO NAS OCEANA, VIRGINIA BEACH COMMUNITY, FAMILY LEGACY

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

As Naval Air Station (NAS) Oceana's 45th commanding officer, in the city he grew up in and where his parents still live, Capt. Vincelette is now in charge of the base where he has spent his entire flying career and raised his two children with his wife, Elizabeth, who also is from Virginia Beach.

"I've spent my career flying, been a squadron commander here at Oceana as well, and afterward chose to go the path of installation commander," said Vincelette. "It's a small city that we run here; two airports, hotels, restaurants, police and fire departments. It's a very different experience from what I was used to, and I think that's where the value of previously being the executive officer is. You receive a lot of valuable training that way."

Capt. Vincelette's father, Paul, also spent his career at NAS Oceana, flying the A-6 Intruder. Few base commanding officers have had as many connections to NAS Oceana or the local community as Vincelette does. "On and off for the last 46 years, between my father and me, there's been a Vincelette flying out of here," he said.

As Oceana's commanding officer, Vincelette will be responsible for managing an expansive base that is one of the largest employers in Virginia's largest city. About 17,000 military personnel, civilians and contractors work at Oceana, which is home to 17 F/A-18 squadrons and serves as the Navy's master jet base on the East Coast.

"My focus right now, as the commanding officer, is the new runway construction which should be done within the next year and a half. In addition, we have a number of infrastructure needs that need to be addressed," said Vincelette. "It's our job as a customer service operation to support the fleet, the fighters and the families. It's my mission here at Oceana to ensure the Sailors



U.S. Navy photo
Naval Air Station (NAS) Oceana Commanding Officer Capt. Vincelette stands by F/A-18 super hornet before flight.

here have a strong quality of life and workplace environment."

Capt. Vincelette said as the commanding officer he will still get a chance to fly jets, but the Top gun pilot said that doesn't happen as often as he would like. But he still gets to use his competitive drive by participating in cycling races around Virginia.

surf," Vincelette said. "It's all Navy families down there, so it's all very nice and cordial. If somebody's young kid is learning to surf and cuts me off, I'm excited for them. I don't get upset."

Speaking about family with Capt. Vincelette, it is hard not to touch on the subject of his time flying the F-14 in 2003 during Operation Iraqi Freedom when he faced his greatest challenge.

On his daughter Annie's 4th birthday, he and his radio intercept officer had to eject over the Iraqi desert after his aircraft malfunctioned following a bombing run. Following ejection he was rescued by special operators from the Air Force.

Reflecting on the event, he looks at the wall where he keeps a map of Iraq, a picture of his jet before it crashed, and a framed copy of The Virginian-Pilot that highlighted his and his family's ordeal.

"Whenever I'm having a bad day, I just look at that picture and go, you know, things can be worse. So I'm fortunate to be here," said Vincelette.

As Vincelette assumed command of Oceana, his daughter was there with his family to mark the occasion, and ceremonially redesignated an F/A-18 with her father's new title on the jet.

"From my first training squadron until now, this is my sixth tour at NAS Oceana. Every time I have had a flying job, I've been stationed here. Even when I wasn't in Virginia Beach, my family stayed here because it was important for me to keep a stable environment for them," said Vincelette. "Growing up here, attending Kempsville High School and with my family being here, I think it benefits me immensely because I am so familiar with the base. I've gotten to know a lot of the commands here and the Sailors that make up those commands."

"I love the beach, love the water, love to



THE REALITY OF HOMEOWNERSHIP IS CLOSER THAN YOU THINK.

Visit us today and learn how HHHunt Homes can help make buying a home easy and affordable.



Townhomes from the mid \$200s and single-family homes from the upper \$200s.

20 minutes from Langley Air Force Base!

Schedule Your Tour Today!

757.383.8547
HHHuntHomes.com



HHHUNT HOMES

Because it's how you live that matters



BROUGHT TO YOU BY

PRIORITY AUTOMOTIVE

MILITARY PRIORITY #1

WEEKLY PHOTOS OF YOUR FRIENDS AND LOVED ONES ON DEPLOYMENT.

Seaman Sebastian Diez
USS Mitscher (DDG 57)

Personnel Specialist 1st Class Ariella Feracho, right
Lt. Cmdr. Melissa Chope, left
USS Gerald R. Ford's (CVN 78)

Sailors take the Navy exam
USS Laboon (DDG 58)

ON THE RADAR

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

VISIT ON THE RADAR AT
NORFOLKNAVYFLAGSHIP.COM.



Sgt. Joshua Hoyt and Spc. Huy Nguyen, representing Fort Drum, New York, prepare a meal during the mobile kitchen trailer event as part of the Joint Culinary Training Exercise (JCTE). The annual Fort Lee JCTE is the largest American Culinary Federation-sanctioned competition in North America.

Photos by MC3 Patrick T. Bauer

RATATOUILLE MEETS MILITARY

By MC3 Patrick T. Bauer

FORT LEE, VA.

Walking through the double doors onto the floor there is an aroma in the air. It's is not a typical smell that one would think to find entering a fitness center. The smell of garlic, roasted cashews, pan-seared duck, candied sweet potatoes and butter-tossed brussels sprouts all hit the nostrils at once. The sound of chefs saying "a little more salt" and the chopping of onions almost makes one feel like they have just walked into the kitchen of a restaurant. No. They have just walked into the Joint Culinary Training Exercise (JCTE) at Fort Lee, Virginia.

The JCTE is the largest American Culinary Federation (ACF) sanctioned competition in North America with military chefs from all branches of the U.S. armed forces around the country, including international military members from Germany, France, Canada and the United Kingdom.

At the JCTE, military members use the different competitions as morale boosters, in-depth training and a priceless experience.

Stafford T. DeCambra, the ACF president and lead judge at the JCTE, said that participating in this event does wonders for the military members' spirit.

"For the military members who are here for the first time, they build a lot of self-esteem and confidence," said Stafford. "We are trying to teach, mentor and nurture these young soldiers."

Whether one is a military chef or a civilian chef, they all become a family at the event, said Stafford.

Along with building morale and camaraderie, honing the various skills that go into being a chef is a large takeaway from this event.

Chief Warrant Officer Alicia Lawrence, who oversees the Navy team in the competition, said that commands get a big



Sgt. Joshua Hoyt and Spc. Huy Nguyen, representing Fort Drum, New York, roll out pasta during the mobile kitchen trailer event as part of the Joint Culinary Training Exercise (JCTE).

return on investment by participating in the exercise.

"They learn different knife skills and how to work with different foods," said Lawrence in reference to the competitors in the contest. "Food is a culture and there are so many different varieties that you are exposed to in this competition."

The service members that participate in the exercise are able to take the knowledge and skills they have been taught back to their command and give the crew a taste of their new-found finesse.

Roland E. Schaeffer, an ACF approved culinary judge and a chef consultant at the JCTE, believes that the exercise is a priceless experience for those who participate.

"We are not here to criticize, we are here to help," said Schaeffer in regards to the judge-participant relationship during the competition. "We want to make them better cooks, better professionals. I have seen a lot of cooks here that make connections for when they get out of the military, and line a job up for themselves from this competition."

A prime example of someone using this experience to gain exposure is Culinary Specialist 2nd Class Steven Cholewka, who is a Navy representative from the Hawaii Detachment.

"Hopefully winning this will open up some doors for me in the near future," said Cholewka who plans to obtain his Su Chef certification upon his return to Hawaii.

Cholewka won three gold medals in the contemporary cooking competition during the JTCE.

The competition ran from March 10-15 and the award ceremony was held on March 16th. The Army Hawaii Detachment won the Culinary Team of the Year, with the team representing the Coast Guard finishing as the runner-up.



Culinary Specialist 2nd Class Matthew Ndambuki, representing the Navy team, slices shallots during the mobile kitchen trailer event as part of the Joint Culinary Training Exercise (JCTE).

In Honor Of Your Service

MILITARY DISCOUNTS

SEASON PASSES & DAILY ADMISSION
AVAILABLE AT AREA MWR/ITT OFFICES

WATERSLIDES
WAVE POOL
WATER PLAYGROUND

FREE

Parking
Inner Tubes
Sunscreen

2 MILES SOUTH OF THE VIRGINIA BEACH OCEANFRONT

www.oceanbreezewaterpark.com

*Planning a
Command Picnic?*

Contact the Group Sales Team
for the *Best Price*
on one-day admission and
an all-you-can-eat buffet
757-422-4444 ext. 229

Navy Surgeon General visit to Williamsburg and Yorktown

By MCSN Chris Roys
NPASE East

WILLIAMSBURG

Vice Adm. Forrest Faison, Navy surgeon general and chief, U.S. Navy Bureau of Medicine and Surgery, visited Navy Expeditionary Medical Support Command (NAVEXPMED-SUPCOM) March 20 and Naval Ophthalmic Support and Training Activity (NOSTRA) March 21.

The visits included all hands calls with the staffs, facility tours, lunch with junior Sailors, and meetings with command leadership.

Faison spoke of the commands’ roles in maintaining the health and well-being of Sailors and Marines not only today, but into the future.

“Survival in the maritime domain depends most critically, and most importantly, on the training, preparation and experience of the hospital corpsman,” Faison said. “The hospital corpsman is the most important person on the medical team for combat survival.”

Faison also discussed the future of the Navy’s medical footprint aboard Navy ships and the need to preserve clinical skills to maintain a high survival rate in future conflicts.



MCSN Chris Roys
Vice Adm. Forrest Faison, Navy surgeon general and chief, U.S. Navy Bureau of Medicine and Surgery, speaks with Hospital Corpsman 2nd Class Abdou Diouf during a tour of Naval Ophthalmic Support and Training Activity.

Faison said the training hospital corpsmen presently receive is constantly evolving and improving. He went on to talk about ways Navy leadership is looking to partner with civilian hospitals to allow corpsmen to advance

the readiness of future medical professionals throughout the Fleet.

“We’ve got a PQS [Personnel Qualification Standards] program to get [corpsmen] into the ORs [Operating Rooms] and the ICU [Intensive Care Units] and the clinics to give [corpsmen] the patient experience,” Faison said. “The aim is to give [corpsmen] the patient experience.”

Sailors in attendance expressed their appreciation for Faison taking the time to meet with and discuss the importance of their role during future conflicts in an expeditionary environment.

“Navy medicine goes beyond being in the hospital and, being in clinics,” Hospital Corpsman 1st Class Shantell Allen said, a Sailor assigned to NAVEXPMEDSUPCOM. “We have different units. We have people that are forward deployed on humanitarian missions. I think it was really important for [Faison] to come out and see the expeditionary side of Navy Medicine.”

Navy Medicine is a global health care network of more than 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine person-

nel deploy with Sailors and Marines worldwide, providing critical mission support aboard ships, in the air, under the sea and on the battlefield.

NAVEXPMEDSUPCOM is a tenant command at Naval Weapons Station Yorktown-Cheatham Annex. The team consists of military, civilian and contracted personnel responsible for designing and building modular, scalable, expeditionary and fully-functional medical facilities that can be packed up and deployed anywhere in the world.

NOSTRA, also located at the Yorktown Naval Weapons Station in Virginia, is one of 24 labs in the Optical Fabrication Enterprise (OFE) that fabricate eyewear for all eligible personnel. The OFE also includes eight Army fabrication labs. As DoD’s “tertiary” fabrication site, NOSTRA has the people and equipment needed to fabricate the most complex prescriptions filled in the military. NOSTRA is also the training site for Navy and Army personnel training to become laboratory and clinical opticians through the Tri-Service Optician School.



MCSN Chris Roys
Vice Adm. Forrest Faison, Navy surgeon general and chief, U.S. Navy Bureau of Medicine and Surgery, speaks at an all hands call during a tour of Naval Ophthalmic Support and Training Activity.

AMAZING PHONES

WHEN YOU SWITCH.

FREE

Requires unlimited LTE rate plan. Sales tax not included.

metroPCS

WIRELESS FIGURED OUT.™

Switcher Instant Rebate: For a limited time at participating MetroPCS stores, purchase an LG Aristo 2 or Samsung Galaxy J3 Prime phone and port-in an existing eligible wireless number to that phone on an unlimited LTE rate plan and receive an instant \$39 rebate off regular purchase price, or purchase a Samsung Galaxy J7 Prime (16GB) or ZTE Blade ZMAX phone and port-in an existing wireless number to that phone on an unlimited LTE rate plan and receive an instant \$19 rebate off regular purchase price, or purchase an LG Stylo 3 Plus or Samsung Galaxy J7 Prime (32GB) phone and port-in an existing eligible wireless number to that phone on an unlimited LTE rate plan and receive an instant \$149 rebate off regular purchase price. Limit one (\$1) per account/household. Excludes phone numbers currently active on the T-Mobile network. Phone Instant Rebate Offer: Requires new line activation or phone upgrade. For a limited time at participating MetroPCS stores, purchase a ZTE Blade ZMAX or Samsung Galaxy J7 Prime (32GB) phone and receive an instant \$60 rebate off regular purchase price, or purchase an LG Stylo 3 Plus or Motorola Moto E4 phone and receive an instant \$70 rebate off regular purchase price, or purchase an LG Aristo 2 or Samsung Galaxy J3 Prime phone and receive an instant \$80 rebate off regular purchase price, or purchase a Samsung Galaxy J7 Prime (16GB) phone and receive an instant \$90 rebate off regular purchase price. Limit five (\$1) per account/household. Instant Rebate: Provided in form of credit against regular purchase price at time of sale and have no cash value. See store associate for complete details. Sales tax not included and is collected in accordance with state and local laws. Certain restrictions apply. Offer available while supplies last. No cash checks. General: Not all phones or features available on all service plans. Coverage and services not available everywhere. Rates, services, coverage, and features subject to change. Phone selection and availability may vary. Screen images simulated and subject to change. MetroPCS features and services for personal use only. See store or metropcs.com for details, coverage maps, restrictions and Terms and Conditions of Service (including arbitration provision). MetroPCS, the MetroPCS logo, product names, company names, trademarks, service marks, and other intellectual property are the exclusive properties of T-Mobile USA, Inc. All other brands, product names, company names, trademarks, service marks, and other intellectual property are the properties of their respective owners. Copyright ©2018 T-Mobile USA, Inc.

Travelpro®

Luggage Outlet

TAKE AN EXTRA

20% OFF

of your entire purchase of \$100 or more.

ITEMS ARE ALREADY

30% to 50% OFF

May not be combined with other discounts and offers. See an associate for details. Offer valid through 6/30/18

NORFOLK PREMIUM OUTLETS

1600 Premium Outlets Blvd., Norfolk, VA 23502

(757) 673-3779

PM-25609652R

Preventive medicine, saving lives

By MC2 Brianna K. Green

Continuing Promise Public Affairs

PUERTO CORTES, HONDURAS

The ability to shower in a remote campground, or shave every morning in a plastic storage container or walk on dry sand because of proper drainage are all luxuries made possible by the Continuing Promise 2018 (CP18) Forward Deployed Preventive Medicine Unit.

Public health is an essential part of daily life, in and out of the military. Navy Environmental and Preventive Medicine Unit (NEPMU) 2 performs many tasks to help protect the Sailors and Soldiers, as well as the local community during CP18.

“Public health is a critical part of any mission, because if troops are sick, they cannot complete the mission,” Hospital Corpsman 1st Class Adriane Weldon said. “Educating the public really does help lessen the transmission and spread of diseases, as well as build a bond between nations.”

Public health covers a wide range of necessities such as water purification, epidemiology, parasitology, food-borne illnesses, and berthing and food inspections.

“This is really a team effort here,” Officer in Charge of the Forward Deployed Preventative Medicine Unit Lt. Cmdr. Amy Rogers said. “We have a physician, an entomologist, environmental health officer and three preventative medicine technicians.”

The team began their mission in Honduras by coordinating meetings with local hospitals. Then, they gathered a list of needs and organized trainings accordingly.

Rogers explained the impact is more than one or two patients, it’s about the larger population and sustaining preventive measures like the use of bug spray or proper hand washing and sanitation measures.

The team hosted an interactive table with microscopes and specimens such as a scorpion, mosquitoes and houseflies. They went a step further and explained how children can minimize standing water, which is a breeding ground for mosquitoes.



MC2 Brianna Green

Lt. Cmdr. Amy Rogers, assigned to Navy Environmental and Preventative Medicine Unit TWO, shows a Honduran child mosquitoes caught by a BG-Sentinel mosquito trap outside the Franklin D. Roosevelt School in Puerto Cortes, Honduras during Continuing Promise 2018. U.S. Naval Forces Southern Command/U.S. 4th Fleet has deployed a force to execute Continuing Promise to conduct civil-military operations including humanitarian assistance, training engagements, and medical, dental, and veterinary support in an effort to show U.S. support and commitment to Central and South America.

Furthermore, during black-flag weather conditions, the team set up two BG-Sentinel mosquito traps around an open grass field behind the Franklin D. Roosevelt school in Puerto Cortes, to trap day-biting mosquitoes.

“Day-biting mosquitoes spread many of the epidemic diseases we are trying to prevent,” Weldon said. “This area is a great place to catch mosquitoes because the temperature, climate and extended period of time that it’s warm.”

Mosquitoes have a hard time flying against the wind, so the traps consist of a fan and catch net. The bait is a clear tube filled with small blue pebbles made of human hormone derivatives and scents, which mosquitoes cannot resist. Once they enter the trap to explore the scent, they are unable to fly out against the fan.

“Once we catch the mosquitoes, we usually freeze them,” Weldon said. “We then identify the females by species so we can determine if they’re carrying any diseases.”

Weldon went on to say that this area is very high in ma-

laria and Zika, testing here provides a great deal of valuable knowledge that helps the team educate the public on how to minimize the risk of transmission.

“A lot of our job is learning and sharing that knowledge with the host nation,” Rogers said. “That’s why it’s so great having a team with all different specialties, so we can communicate things from disaster response to mosquito safety and preventive measures.”

Members of the Forward Deployed Preventive Medicine Unit are truly the unsung heroes of any mission they’re on. While here, they are often hard to find, pending their time exploring the tall grasses and reeds of Honduras to seek out the creatures that most people avoid. They are the first line of defense between people and the dangers of the natural world around them.

For more news from Continuing Promise, visit www.navy.mil/local/cp/.

NAVY CONTINUES AND EXPANDS AVIATION BONUS PROGRAM

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced March 20 the Active Component (AC) fiscal year 2018 Aviation Department Head Retention Bonus (ADHRB) and Aviation Command Retention Bonus (ACRB) and the expansion of Aviation Incentive Pay (AvIP) for both AC and the Reserve Component aviators in NAVADMIN 065/18.

The AC Aviation Bonus (AvB) program, consisting of the ADHRB and ACRB, incentivizes highly-talented, hard-working, career-minded Naval Aviators and Naval Flight Officers (NFO) to choose to remain on active duty.

“Our Bonus and flight pay programs have proven successful in the past at retaining our best and brightest Aviators. However, these programs have remained essentially unchanged for well over a decade, and are beginning to lose their effectiveness in the face of growing competition for talent,” Head of Aviation Career Management at Naval Personnel Command Capt. Michael Baze said.

“We asked Aviators of all ranks how we should modernize and improve moving forward. Aviators reported they wanted our programs to be more flexible, merit based, and competitive with civilian opportunities. We took that feedback seriously, incorporating each of these elements in the program changes you see here today.”

AC ADHRB has undergone substantial reform. Capable and dedicated department heads are vital to mission effectiveness and represent the crucial link between senior leadership and junior personnel. The eligibility timeline has shifted from the expiration of the aviator’s winging service obligation to their lieutenant commander board. Aviators can choose from a five-year contract or a three-year contract. Members who take the five-year contract early will receive a higher annual amount than members who take a five-year later or a three-year contract.

AC ACRB is designed to retain those officers with the talent and command experience in primary warfighting missions that are critical for the future of our service. The new ACRB



MC3 Alex Perlman

An F/A-18F Super Hornet assigned to the Mighty Shrikes of Strike Fighter Attack Squadron 94 launches from the flight deck of the aircraft carrier USS Theodore Roosevelt.

shifts from a 2-year, \$36,000 total contract to a 3-year, \$100,000 total contract. Members must select after screening for commander command and the obligation takes them through 22 years of service or the completion of their post-commander command tour, whichever is longer.

For AvIP, Navy is establishing expanded rates for aviators who screen and serve in career milestone billets. Aviators who do not screen or serve in milestone billets, but continue to qualify for flight pay, will continue to receive flight pay, but at a different rate than aviators in milestone positions.

“Aviation has taken a holistic approach that synchronizes targeted increases in both flight pay and bonuses in a mutually supportive fashion with achievement of major leadership milestones. The end state will be a judiciously applied, merit based, more competitive continuum of pay for our top Aviators from Department Head through post-Commander Command,” Baze said. “Coupled with a range of non-monetary incentive improvements we are making, these changes will go a long way towards helping us retain the warfighting talent we need into the future.”

For more information go to NAVADMIN 065/18.

PEO C4I program offices host Fleet Stakeholders Working Group summit

By Jim Vitha

Program Executive Office Command Control, Communications, Computers and Intelligence

NEWPORT NEWS, VA.

The Navy’s Information Assurance and Cyber Security Program Office (PMW 130) and the Navy’s Tactical Networks Program Office (PMW 160) hosted a Fleet Stakeholders Working Group (FSWG) March 6-8. Both PMWs are part of the Program Executive Office Command Control, Communications, Computers and Intelligence (PEO C4I).

The three-day working group provided a discussion forum to help enhance awareness and promote understanding of PMW 130 and PMW 160 programs, their capabilities and limitations in the fleet today, and their plans for future capabilities. The FSWG also provided an opportunity for direct user feedback through a series of panel discussions, plenary briefings and breakout focus groups. Attendees included afloat fleet representatives, fleet information technology leads (N6s), cyber operators and maintainers, resource sponsors, and supporting shore command and acquisition community personnel.

Claude Barron, director for Assured Command and Control (N2N6F1) within the offices of the Deputy Chief of Naval Operations for Information Warfare (N2N6), kicked off the

event with a keynote speech. Focusing on the National Defense Strategy, he noted that networks play an important role in national defense now and have for decades. He referenced the use of radar during the Battle of Britain as an analogy.

“The British didn’t win the Battle of Britain because they had radar,” Barron said. “They won when that technology was implemented as part of a networked system with a corresponding concept of operations that included other sensors, command and control nodes, and fighter squadrons.”

Barron challenged the acquisition work force personnel in attendance to effectively steward their resources in a challenging fiscal environment.

Rear Adm. Carl “Chebs” Chebi, program executive officer, PEO C4I, also spoke about making effective use of resources, speaking about the need for the Navy to accelerate the delivery of required C4I capabilities that are affordable, integrated and interoperable.

He also stressed the importance of having PEO C4I members listen to the voice of the fleet.

“We want to hear from the Sailors who operate and maintain our equipment, especially if our training and support materials need work,” Chebi said. “We need that feedback.”

He added that the solution to training deficiencies isn’t more training materials, it is often a single well-crafted training product targeted at the Sailor.

Capt. Kurt Rothenhaus, PMW 160 program manager, added to the discussion on Navy networks, explaining that the present is an important time to be working in this field.

“In the past, we enjoyed significant advantages in networking capability over our potential adversaries,” Rothenhaus said. “Maintaining our technological edge will become in-

creasingly difficult as potential adversaries improve their own capabilities and efforts to deny our access.”

He asserted that working with key stakeholders at events like the FSWG is critical to ensuring that acquisition professionals deliver the right capabilities to the Sailors and Marines they have the privilege to serve.

However, finding the right capabilities in the right configuration isn’t an easy feat. Rob Diaz, PMW 130 program manager, explained that, “Defense in depth is the key. There is no single tool or capability that protects Naval networks. Not only do we need multiple tools/capabilities at various levels in our architecture-we owe it to the Sailors and Marines we support to ensure they can operate them as necessary. We are providing numerous tools to secure the network and, based partly on last year’s FSWG, we provide mission essential training of our systems at the deck plate level now-not just in the classroom.”

PMW 130 plans, manages and executes program resources to ensure continued protection of Navy and joint information, telecommunications and information systems from hostile exploitation and attack. PMW 130’s mission is to acquire and sustain cyber security products and services to ensure strong authentication, data integrity, confidentiality, non-repudiation and availability of network resources and information.

PMW 160 is PEO C4I’s program office for tactical networks, providing operationally effective and cost-efficient networks for Navy tactical forces. PMW 160 delivers integrated wide area, local networking and foundation computing systems to support a robust network of cyber-ready, geographically dispersed Naval Force supporting Joint and coalition global operations.

CSG-4 Task Force Exercise underway

From Carrier Strike Group 4 Public Affairs

NORFOLK

Sailors and Marines from the Arleigh Burke-class guided-missile destroyer USS Mitscher (DDG 57), the dock landing ship USS Gunston Hall (LSD 44) and the German frigate Hessen (F221) are currently underway participating in Task Force Exercise (TFEX) led by Carrier Strike Group FOUR (CSG 4).

A scenario driven exercise, TFEX serves as the certification exercise for independent deploying ships and is designed to test mission readiness and performance in integrated operations.

“Task Force exercise will test us to the maximum,” Commanding Officer of USS Mitscher Cmdr. Ian Scaliatine said. “Together as a team we will need to perform at our best — and I know we will.”

CSG-4 will evaluate the ships’ performance across 15 mission areas including command and control and maritime security operations.

The German frigate Hessen will be deploying with the Harry S. Truman Carrier Strike Group later this year and is participating in the exercise to train with a partner Navy.

“We are looking forward to the exercise and we will perform professional and competent while demonstrating our air defense capabilities,” Commanding Officer of USS Hessen Cmdr. Olliver Pfenning said. “As a multimission platform German warship FGS Hessen can provide excellent seamanship to the practices. My crew is well equipped, highly trained and fully motivated to participate in this training event with our allies.”



MC2 Bobby Siens

German Navy frigate FGS HESSEN (F 221) approaches Pier 5 at Naval Station Norfolk.

Commanded by Rear Adm. Kenneth Whitesell, CSG-4 is a team of experienced Sailors, Marines, government civilians and reservists, who mentor, train and assess Atlantic Fleet combat forces to forward deploy. CSG-4’s experts shape the readiness of Atlantic Fleet CSGs, Expeditionary Strike Groups (ESG), Amphibious Ready Groups (ARG) and Independent Deploying ships.

Carrier Strike Group 2, Destroyer Squadron (DESRON) 22, and USS Hue City (CG 66) are also supporting the exercise.

For more news from Carrier Strike Group 4, visit www.navy.mil/local/csg4/.



The Arleigh Burke-class guided-missile destroyer USS Mitscher transits the Atlantic Ocean.

MCSA Raymond Maddocks



MC1 Brian Wilbur

An F-35C Lightning II assigned to the Grim Reapers of Strike Fighter Attack Squadron 101 performs an arrested landing on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln.



MC1 Josue Escobosa

An F-35C Lightning II from the Grim Reapers of Strike Fighter Squadron 101 launches from the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln.



MC1 Brian M. Wilbur

Aviation Boatswain's Mate (Handling) 3rd Class Caleb Swaim directs an F-35C Lightning II assigned to the Grim Reapers of Strike Fighter Attack Squadron 101 on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln.

INTO THE FOLD: F-35C CARRIER QUALIFICATIONS ABOARD LINCOLN

By MC2 Jessica Paulauskas
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) completed fleet carrier qualifications (CQ) for the F-35C Lightning II program, marking another milestone for the new aircraft, while underway March 17-21.

Pilots assigned to the “Rough Raiders” of Strike Fighter Squadron (VFA) 125 and the “Grim Reapers” of VFA 101 accomplished day and night qualifications with 140 traps in anticipation of F-35C operational testing later this year.

Aboard for part of the CQ was Rear Adm. Dale Horan, director of the U.S. Navy F-35C Fleet Integration Office, who was previously embarked aboard Abraham Lincoln during a nine-and-a-half-month deployment in 2002.

“I have tight ties to Lincoln,” Horan said. “It’s personally interesting for me, but also professionally, it’s really neat to see this aircraft out there with other aircraft; we haven’t done that before. Previously, all the CQ evolutions have just been F-35s.”

The F-35C complements the tactical fighter fleet with a

dominant, multirole, next-generation aircraft capable of projecting U.S. power and deterring potential adversaries. The continued integration of the F-35C into the carrier air wing will enable the carrier strike group of the future to be more lethal and survivable in high-end threat environments.

One of the major milestones for this carrier qualification evolution was the operational use of the F-35C’s foldable-wing feature. This feature is a critical component of the integration of F-35Cs with F/A-18C Hornets, F/A-18E/F Super Hornets and EA-18G Growlers, facilitating the movement of the different platforms on the flight deck and rehearsing for operating as part of a full air wing aboard the carrier.

“My original platform is the Hornet, which I’ve flown for the past three years,” Lt. Nick Rezendes said, a pilot attached to VFA 101, who qualified on the F-35C during this CQ. “I wanted to switch to flying the Navy’s newest aircraft, and now that I have, I wouldn’t mind sticking with it for the rest of my career.”

Another important piece of this underway period was the continued integration of the F-35’s Autonomic Logistic Information System (ALIS) with Abraham Lincoln. ALIS is a secure, off-board fleet management tool that integrates F-35

mission planning, maintenance, supply chain and sustainment information. Operators were able to plan, maintain, and sustain F-35C systems by transmitting up-to-date data to users and maintainers worldwide.

During Abraham Lincoln’s previous F-35C Fleet Replacement Squadron (FRS) carrier qualifications in December of 2017, an operational squadron accomplished the use of the Joint Precision Approach and Landing System (JPALS) for the first time. The GPS-based, all-weather landing system works to provide accurate and reliable information for carrier landing approach, allowing F-35Cs to land during inclement weather.

“It’s pretty clear that this aircraft is the Navy’s future for strike warfare,” Horan said. “It’s shaping up to be a fantastic aircraft. As with any program, there are always complexities in getting it fielded, but we are working through those. This aircraft is very capable and it’ll be really neat to watch it develop.”

By 2025, the Navy’s aircraft carrier air wings are scheduled to consist of F-35Cs, F/A-18E/F Super Hornets, EA-18G Growlers electronic attack aircraft, E-2D Hawkeye battle management and control aircraft, MH-60R/S helicopters and carrier on board delivery logistics aircraft.

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

RFP | Navy’s two-ship buy

Continued from A1

Assistant Secretary of the Navy for Research Development and Acquisition James F. Geurts said. “This opportunity for a two-ship contract is dependent on significant savings that the shipbuilding industry and government must demonstrate. The Navy is requesting a proposal from HII-NNS in order to evaluate whether we can achieve significant savings.”

The two-ship buy is a contracting strategy the Navy has effectively used in the 1980s to procure Nimitz-class aircraft carriers and achieved significant acquisition cost savings

compared to contracting for the ships individually. While the CVN 80/81 two-ship buy negotiations transpire, the Navy is pursuing contracting actions necessary to continue CVN 80 fabrication in fiscal year (FY) 2018 and preserve the current schedule. The Navy plans to award the CVN 80 construction contract in early FY 2019 as a two-ship buy pending Congressional approval and achieving significant savings.

Enterprise (CVN 80) is the third ship of the Gerald R. Ford class and the numerical replacement for USS Eisenhower

(CVN 69). CVN 81, not yet named, will be the fourth ship of the class and will be the numerical replacement for USS Carl Vinson (CVN 70). CVN 80 began advanced planning and initial long-lead-time material procurement in May 2016.

For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.



TOYOTA

THANKS TO ALL THE BRAVE MEN AND WOMEN
FOR YOUR SERVICE TO OUR COUNTRY.



NOW GET



\$1,000

U.S. Military
Incentive*

CAN BE COMBINED WITH TOYOTA SPECIAL CASH
BACK OR SPECIAL FINANCING OR SPECIAL LEASES!



Offers end April 2

NEW 2018 RAV4

0%
APR FINANCING
FOR 60
MONTHS**
+
\$500
FINANCE CASH***

OR

\$1500
CASH BACK
FROM TOYOTA†

OR

LEASE AN LE FOR
\$189
A MONTH
36
MONTHS
\$2799 DUE AT
SIGNING††
Tax, Title, License, Dealer Fees
and Insurance are Extra.

NEW 2018 CAMRY

0%
APR FINANCING
FOR 60
MONTHS**
+
\$500
FINANCE CASH***

NEW 2018 HIGHLANDER

\$1000
CASH BACK
FROM TOYOTA†

OR

LEASE AN LE FOR
\$279
A MONTH
36
MONTHS
\$2999 DUE AT
SIGNING††
Tax, Title, License, Dealer Fees
and Insurance are Extra.

NEW 2018 COROLLA

\$1500
CASH BACK
FROM TOYOTA†

NEW 2017 TACOMA

\$750
CASH BACK
FROM TOYOTA†

NEW 2018 AVALON

\$5000
CASH BACK
FROM TOYOTA†

CASEY TOYOTA

601 East Rochambeau Drive • Williamsburg
757.259.1000 • caseytoyota.com

CHARLES BARKER TOYOTA

1877 Laskin Road • Virginia Beach
757.437.4000 • charlesbarkertoyota.com

CHECKERED FLAG TOYOTA

5301 Virginia Beach Blvd. • Virginia Beach
757.490.1111 • checkeredflagtoyota.com

FIRST TEAM TOYOTA

3400 Western Branch Blvd. • Chesapeake
757.673.2345 • firstteamtoyota.com

GLOUCESTER TOYOTA

6357 George Washington Hwy. • Gloucester
804.693.2100 • gloucestertoyota.com

PEARSON TOYOTA

12978 Jefferson Ave. • Newport News
757.874.6000 • pearsontoyotascion.com

PRIORITY TOYOTA GREENBRIER

1800 Greenbrier Parkway • Chesapeake
757.366.5000 • prioritytoyota.com

PRIORITY TOYOTA HAMPTON

2301 W. Mercury Blvd. • Hampton
757.838.5000 • prioritytoyotahampton.com



ToyotaCare
No Cost Service & Roadside†††

buyatoyota.com



TOYOTA
Let's Go Places

*HOW TO QUALIFY: 1.BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE, SELECTED RESERVE AND INACTIVE NATIONAL GUARD. RETIRED MILITARY PERSONNEL ARE NOT ELIGIBLE EXCEPT FOR RETIREES OR VETERANS HONORABLY DISCHARGED WITHIN ONE YEAR OF SERVICE. HOUSEHOLD MEMBERS OF ELIGIBLE QUALIFYING MILITARY PERSONNEL ARE ALSO ELIGIBLE. 2.PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE AT THE TIME OF PURCHASE: LEAVE AND EARNING STATEMENT, MILITARY IDENTIFICATION CARD OR VETERANS/RETIREE DD FORM -214. 3.RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENTS FOR YOUR TOYOTA. 4.RECEIVE CREDIT APPROVAL THROUGH A TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. INCENTIVE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. ON LEASE CONTRACTS INCENTIVE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR DELIVERY WITH ANY REMAINDER APPLIED TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, INCENTIVE MUST BE APPLIED TOWARD THE DOWN PAYMENT. ONE INCENTIVE PER FINANCE OR LEASE TRANSACTION. NOT COMPATIBLE WITH THE TOYOTA COLLEGE GRADUATE INCENTIVE PROGRAM. FINANCE OR LEASE CONTRACT MUST BE DATED BY **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 TACOMA (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 FROM TOYOTA FINANCIAL SERVICES. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$.15 PER MILE IN EXCESS OF 36,000 MILES. **NOT ALL CUSTOMERS WILL QUALIFY.** 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.



Bonhomme Richard in Okinawa

The amphibious assault ship USS Bonhomme Richard (LHD 6) arrived in Okinawa, March 22, following a week of unit-level training at sea.

» See **B6**

SECTION B | FLAGSHIPNEWS.COM | 03.29.18

THEODORE ROOSEVELT SUPPORTS OIR AND OFS IN U.S. 5TH FLEET



An F/A-18E Super Hornet assigned to the “Stingers” of Strike Fighter Attack Squadron (VFA) 113 flies by the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

MCSN Michael A. Colemanberry

From USS Theodore Roosevelt Public Affairs

5TH FLEET

The aircraft carrier USS Theodore Roosevelt (CVN 71) and the ships of Carrier Strike Group (CSG) 9 have performed a vital role in Operations Inherent Resolve (OIR) and Operation Freedom’s Sentinel (OFS) since December within the U.S. 5th Fleet area of operations.

“We have made it our priority to meet every tasking in support of counterterrorism operations and the defeat of ISIS,” Commander of CSG 9 Rear Adm. Steve Koehler said. “The complex environment on the ground in Syria, Iraq and Afghanistan and on the sea in the 5th Fleet AOO takes every ship and aircraft in the strike group to perform at the very best, and Sailors and Marines assigned to operate those to do the same. Every Sailor and Marine has done a fantastic job doing their part to contribute to the overall success of our deployment to 5th Fleet.”

CVW-17 has launched more than 1,000 sorties in support of OIR and OFS. Primary tasking includes close air support for coalition forces on the ground and defensive counter air patrols in addition to flying sorties in support of the strike group.

“Our time spent supporting combat operations has helped contribute to the progress being made in the defeat ISIS campaign,” Commander of Carrier Air Wing 17 Capt. Chris Ford said. “Through the safe and efficient launch and recovery of aircraft, precision strikes, and seamless integration with our coalition partners, CVW-17 provides a critical capability and capacity to the region.”

The Theodore Roosevelt Strike Group’s scheduled deployment to the U.S. 5th Fleet area of operations supports the commitment

of the U.S. Navy to the region and the continued effort to defeat and destroy ISIS. Theodore Roosevelt was the first carrier to simultaneously launch missions in support of two different operations in separate geographic locations. On the same day, strike fighters flew missions over Iraq and Syria while also flying missions into Afghanistan.

“The same day support of OIR and OFS is a testament to the inherent flexibility and broad capacity for combat operations of a carrier-based air wing,” Ford said.

In addition to anti-ISIS missions, the strike group has conducted maritime security operations to reassure allies and partners, preserve freedom of navigation, and maintain the free flow of commerce. The ships of CSG 9 and Destroyer Squadron (DESRON) 23, including Arleigh Burke-class guided-missile destroyers USS Preble (DDG 88), USS Halsey (DDG 97), USS Higgins (DDG 76), and USS Sampson (DDG 102) have conducted 51 transits through the Strait of Hormuz and Strait of Bab el-Mandeb and have also completed more than a hundred non-choke-point escort events for high-value units in the AOO.

Further, CSG 9 has integrated with coalition navies while in U.S. 5th Fleet including the French Marine Nationale’s destroyer FS Jean De Vienne (D 643) and the Royal Australian Navy frigate HMAS Warramunga (152). In January, the French Marine Nationale’s destroyer FS Chevalier Paul (D621) integrated with TRCSG as the integrated air defense commander alongside guided-missile cruiser USS Bunker Hill (CG 52).

“We have worked very closely with our partners, in particular the Australians and the French,” Koehler said. “They were integrated fully and we placed a high amount of trust



MC3 Andrew Langholf

An F/A-18F Super Hornet assigned to the Fighting Redcocks of Strike Fighter Attack Squadron (VFA) 22 readies for launch from the flight deck of the aircraft carrier USS Theodore Roosevelt (CVN 71).

them as part of our team.”

Additionally, TR CSG has reinforced the U.S. commitment to regional partners during in-port bilateral engagements and underway distinguished visitor embarks. Theodore Roosevelt hosted more than 260 people of influence from numerous countries, including leaders from the Bahrain Defense Force, Qatari Emiri Naval Forces and the Royal Saudi Naval Forces.

“The Rough Riders are performing superbly in all aspects,” Koehler said. “Whether conducting complex operations at sea in support of the mission or representing the U.S. Navy in foreign ports, I am incredibly proud of this team.”

The carrier has made three scheduled port visits, visiting Manama, Bahrain, once and Jebel Ali, U.A.E., twice. Port visits allow for maintenance and routine repairs to the ships, liberty and foreign travel for the Sailors and Marines on board, as well as an opportunity to

conduct bilateral engagements through community relations and in port tours. More than 160 Sailors and Marines have participated in various community service events to enhance their own cultural understanding and build on existing relationships between the U.S. and partner nations.

“Navies around the world continue to grow and challenge all aspects of the maritime, and so our training doesn’t stop on deployment,” Koehler said. “We will continue to maintain our tactical prowess and be ready for any tasking until we are safely at the pier in San Diego.”

Join the conversation with TR online at www.facebook.com/USSTheodoreRoosevelt and at www.Twitter.com/TheRealCVN71. For more news from USS Theodore Roosevelt (CVN 71), visit www.navy.mil/local/cvn71/.

Michael Murphy begins joint patrols in oceanic region

By Lt. j.g. Danielle Moser
Carl Vinson Strike Group Public Affairs

PACIFIC OCEAN

The guided-missile destroyer USS Michael Murphy (DDG 112) and the U.S. Coast Guard began joint maritime security patrols designed to reduce and eliminate illegal fishing in the Western Pacific, March 26.

The guided-missile destroyer and embarked Coast Guard personnel began a mission called the Oceania Maritime Security



MC3 Jasen MorenoGarcia

The guided-missile destroyer USS Michael Murphy (DDG 112) and the French frigate FNS Vendemiaire are underway in formation during a passing exercise (PASSEX) in the Pacific Ocean.

Initiative (OMSI), a U.S. Defense Department program aimed to suppress illicit activities on the high seas. The efforts are concentrated in the exclusive economic zones for the Pacific Island Nations of Oceania.

“This will be Michael Murphy’s third OMSI patrol following previous events in

Navy establishes mobile capability on Guam to test FDNF ships’ combat electromagnetic systems

From Naval Undersea Warfare Center
Newport Public Affairs

NEWPORT, R.I.

Naval Sea Systems Command’s Shipboard Electronic Systems Evaluation Facility (SESEF) program established a mobile electromagnetic (EM) test and evaluation capability at Naval Base Guam in February to support U.S. 7th Fleet’s Forward-Deployed Naval Force ships’ combat systems.

To meet a Commander, U.S. Pacific Fleet requirement, the commanding officer of Naval Base Guam authorized the SESEF program to outfit the base’s mobile command post with a removable SESEF enhanced ra-

dio direction-finding test system.

The SESEF program is establishing a permanent, full-capability site on Naval Base Guam that is planned to be operational by 2020. In the meantime, the SESEF director requested the base’s support in using its mobile command post as a temporary facility.

Naval Base Guam Commanding Officer Capt. Hans Sholley said he was happy to support an “adaptive partnership” between the Naval Base Guam emergency management team, which operates the mobile command post, and SESEF partners to provide an immediate fleet capability at a reduced cost.

“I’m glad that we could assist them and take advantage of utilizing the mobile command post for other uses outside of real-world emergency situations while they establish their permanent presence in Guam,” Sholley said.

Naval Undersea Warfare Center Division Newport, which provides project management and technical direction for the SESEF program, coordinated with Naval Base

» See **SESEF** | B7

» See **MURPHY** | B7

NOBODY’S FOOL

By Lisa Smith Molinari

If I had a dollar for every time I’ve slapped my hand to my forehead and thought, “I’m such a fool,” I’d be rich. They say— whoever “they” are— that one should live without regrets, but for me, regret has always been a part of my schtick. Something in my childhood made me this way — a person who focuses on her own faults and beats herself up for them. Some are lucky to have iron-clad egos that protect them from criticism and self-doubt. I, on the other hand, was a kid with dreaded “self-esteem issues” that compelled me to constantly seek reassurance. Like many people with insecurities, humor and self-deprecation became my defense mechanisms.

At my first dance in middle school, I won best costume when I came dressed as a huge onion, much to my parents’ dismay. That night, I got the laughs and attention I was shooting for, along with a “Boomtown Rats” record as my first-place prize. But, not surprisingly, no boys asked me to dance. In high school, my misplaced pleas for attention earned me the title “1984 Class Clown,” which I hid from my parents until it was reported in my hometown newspaper. Needless to say, they were not amused.

In college, I fully embraced my newfound freedom to make a complete idiot of myself, much of which (mercifully) I cannot recall. The college memories that are clear make me cringe with embarrassment to this very day. Thankfully, digital photography and social media had not yet been invented.

As a young adult in the workforce, I thought I made every rookie mistake in the book and was doomed to failure. I was actually quite fastidious, dedicated, hard-working and reliable, but as always, I focused on everything I did wrong rather than right.

Today I still feel as if I’m bumbling through life. I’m always running late, I inevitably burn the toast, I say the wrong thing, I overstay my welcome, I never remember people’s names, I eat too much.

But as our last child prepares to graduate from high school and leave the nest for college, I’m reflecting more clearly on my last 24 years as a military wife and mother of three, and I’m surprised to find that I have no shame, no remorse, no regrets.

In fact, I feel pretty damned good about it.

Being a military wife and mother hasn’t been easy by any



means. At first, marrying a Navy guy seemed so glamorous. At our wedding, our relatives oohed and ahhed when Francis’ uniformed buddies formed a sword arch. Everyone believed we would lead a life of adventure, honor, pomp and circumstance.

But reality soon hit, and I found myself where most military spouses eventually turn up — alone in an unfamiliar place without a job or friends, solely responsible for the household and kids. Facing daunting circumstances, nature, instinct or pure necessity kicked in, revealing qualities I didn’t know I possessed. I didn’t make a conscious decision to be a dedicated wife and mother, I just did what needed to be done without thinking about it. Hour after hour, day after day, year after year.

When we were stationed in England, and our son was diagnosed with autism spectrum disorder, I shed tears, then hit the

ground running because I had no choice. During deployments and TDY, I did what every military spouse does — I chopped onions, did carpool pick ups, nursed the baby, cut grass, took out garbage, paid bills, folded laundry, visited in-laws and fixed the leaky faucet.

The added responsibility and stress that military moves, deployments and separations added to marriage and parenting forced me to put my own fragile ego aside and get to work. Looking back now, I realize that I — the bumbling class clown — became a rock for our family.

I mix up left and right, forget to add email attachments, miss exits, and overcook beef, but I’m no fool. I’m a proud military wife and mother, who did whatever it took to create a stable home, and to raise three human beings who will soon go out into this world and touch the lives of others.

www.themeatandpotatoesoflife.com

Naval War College will accept applications for 2018-2019 Fleet Seminar Program

By MC2 Lewis
Naval War College Public Affairs

NEWPORT, R.I.

U.S. Naval War College (NWC) will accept online applications April 1 through May 31 for NWC’s College of Distance Education’s 2018-2019 Fleet Seminar Program (FSP).

NWC’s FSP offers intermediate level joint professional military education (JPME-I) through a set of three courses: Strategy and War, Theater Security Decision Making and Joint Maritime Operations. Each of these courses are available at multiple locations across the U.S. in keeping with efforts of the Chief of Naval Personnel to foster a deliberate and flexible learning environment.

Applications from active and reserve commissioned officers and civilian employees of the federal government are accepted. There are no tuition fees and course materials are

provided on a loan basis. All applicants must have previously earned at least a baccalaureate degree.

To be eligible for FSP, applicants must either be: Navy, Marine Corps or Coast Guard O-3 and above; Army or Air Force O-4 and above; or federal civilian employees in the grade of GS-11 or equivalent and above. Selected staff members serving in the federal Executive, Legislative, and Judiciary branches are also eligible for enrollment.

For academic year 2018-2019, the program’s planned 19 regional locations are: Annapolis, Maryland; Dahlgreen, Norfolk, and Pax River, Virginia; Everett, Kitsap and Whidbey Island, Washington; Fort Worth, Texas; Great Lakes, Illinois; Jacksonville and Pensacola, Florida; Millington, Tennessee; New Orleans, Louisiana; Newport, Rhode Island; Pearl Harbor, Hawaii; and Port Hueneme and San Diego, California.

The FSP courses are similar in content and delivery methodology to the intermediate level program of study offered by

the resident NWC’s College of Naval Command and Staff. Coursework is conducted by NWC in unison at all FSP locations. This provides students a unique opportunity to attend class at multiple FSP locations while completing mission-essential transfers and temporary assignments.

Qualified individuals currently stationed at FSP locations and those who expect to transfer to a FSP location, prior to Sept. 1, 2018, are encouraged to apply. The application deadline is May 31, 2018, and all applicants will be advised of their enrollment status by mid-June 2018.

All FSP students are led by adjunct and visiting NWC faculty and meet as a seminar of no more than 18 students, one evening per week, starting in early September and ending in May.

Successful completion of all three courses results in the award of a NWC College of Naval Command and Staff diploma, as well as credit for intermediate JPME Phase I.

For more information read NAVADMIN 066/18 and visit NWC’s College of Distance Education FSP website at www.usnwc.edu/college-of-distance-education/fleet-seminar.

For more news from NWC, visit www.navy.mil/local/nwc/.

Navy Surgeon General strengthens Navy medicine’s ties with Brazil

By MC1 John Paul Kotara II
Navy Bureau of Medicine and Surgery Public Affairs

BRASILIA, BRAZIL

Vice Adm. Forrest Faison, Navy surgeon general and chief, U.S. Navy Bureau of Medicine and Surgery, met with senior officials and toured Brazilian Navy medical facilities during a visit to Brazil March 11-14.

Accompanied by Force Master Chief Hosea Smith, director, Hospital Corps, this series of meetings gave Faison the opportunity to strengthen Navy Medicine’s ties with their Brazilian counterparts.

“Our friendship with Brazil and the friendship between our militaries is not only important to preserving peace and stability in light of the global challenges we face, it is important because of our ability to work together in order to save lives,” Faison said.

Faison kicked off the four-day trip with an office call with U.S. Ambassador P. Michael McKinley at the U.S. Embassy in Brasilia. Faison also met with Dr. Anna Toness, Environment Office director for the United States Agency for International Development, and Aristides Barbosa, director of the Brazilian Center for Disease Control (CDC), to discuss ways the U.S. military and Brazil can collaborate to get critical care to those in need throughout Brazil.

“I see a great opportunity for the U.S. and the Brazil CDC to work together,” Barbosa said. “We help and save lives throughout the country, but with so many people needing help, and spread throughout remote areas, it is incredibly tough.”

Faison received a tour of the facilities and spoke with Brazilian service members at the Marclio Dias Naval Hospital and the Biomedical Research Institute in Rio de Janeiro. He also discussed educational opportunities and potential partnerships with Vice Adm. Edmar da Cruz Areas, director of Brazilian Navy Health, and Rear Adm. Liz Claudio Barbedo Fres, director, Marclio Dias Naval Hospital.

“It was amazing to meet with our Brazilian counterparts and discuss issues of mutual concern,” Faison said. “Participating in this partnership and in these discussions will help improve the overall medical care for our two countries.”

While at the Brazilian Navy Operational Medical Center in Rio de Janeiro, Faison and Rear Adm. Humberto Giovanni Canfora, director, Brazilian Navy Center of Operative Medicine, emphasized the strong relationship between the United States and Brazil, and efforts to reinforce growth and the bonds between the two countries.

“I believe there is great potential to continue to make a change,” Canfora said. “We will continue to address and grow the partnership between Brazil and the U.S. in order to promote health throughout our countries.”

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

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

“Our friendship with Brazil and the friendship between our militaries is not only important to preserving peace and stability in light of the global challenges we face, it is important because of our ability to work together in order to save lives.”

Vice Adm. Forrest Faison,
Navy surgeon general and chief, U.S. Navy Bureau of Medicine and Surgery



Military Sealift Command hospital ship USNS Mercy (T-AH 19) transits the waters near Guam en route for Pacific Partnership 2018 (PP18). PP18's mission is to work collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region, and foster new and enduring friendships across the Indo-Pacific Region. Pacific Partnership, now in its 13th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific.

MC2 Kelsey Adam

USNS Mercy delivers medical supplies to Ulithi Atoll

By MC2 Kelsey Adams
Pacific Partnership Public Affairs

PACIFIC OCEAN

Servicemembers assigned to Military Sealift Command hospital ship USNS Mercy (T-AH 19) made a brief mission stop, March 20, near Ulithi Atoll, part of the Caroline Islands in the Federated States of Micronesia (FSM). This is the first official engagement of Pacific Partnership 2018 (PP18), where Mercy will be sailing near Ulithi Atoll and using helicopters to deliver medical supplies to an advanced echelon team of PP18 medical professionals embarked on USNS Brunswick (T-EPF 6), the secondary mission platform. PP18 medical professionals plan to work alongside Ulithi Atoll public health professionals, assisting in treating local citizens at a clinic.

“It’s truly a pleasure for our PP18 team to conduct this exercise and strengthen the partnership between our two countries,” PP18

Mission Commander Capt. David Bretz said. “This mission also holds a deeper meaning because of the strong historical ties the United States has had with Ulithi in the past.”

On March 19, 1945, Comfort-class hospital ship USS Mercy (AH 8) reported to the Imperial Japanese Navy 5th Fleet at the Ulithi Atoll to assist the Okinawa campaign during WWII. Throughout this campaign, USS Mercy made several stops in Okinawa where they began embarking and treating patients despite the frequent air raids and kamikaze attacks. The Ulithi Atoll became one of the centralized points for the allies to treat patients and gather supplies for four months. For her service during World War II, the Mercy received two battle stars.

Seventy-three years and one day after USS Mercy made a stop in the Ulithi Atoll, USNS Mercy (T-AH 19) anchored near Ulithi Atoll. This feat was significant to many.

“It’s very special to be doing this in a place like the Ulithi Atoll, which has incredible

historical significance for the Allies’ efforts in the Pacific Theater during World War II,” Her Majesty’s Royal Navy Capt. Peter Olive said, deputy mission commander for Pacific Partnership 2018. “Joint efforts such as these are what Pacific Partnership is all about; multiple nations coming together to achieve a common goal and to share experiences.”

During this mission, several government officials from the Federated States of Micronesia were flown onto Mercy from the Ulithi Atoll, where they were given a tour of the ship and were able to meet Sailors stationed aboard the ship.

“We are really excited to help out in any way that we can,” Lt. Brian Ford said, family physician and the event lead for the medical portion of this exercise. “Ulithi has done a lot historically for the United States, and I think it will be an amazing opportunity to give back to a community that has assisted the United States in the past by working alongside their local health professionals in a

clinic and bring medical supplies to this clinic to be used for current and future patients.”

Mercy, along with Military Sealift Command expeditionary fast transport ship USNS Brunswick (T-EPF 6), is participating in Pacific Partnership 2018 (PP18), the largest annual multinational humanitarian assistance and disaster relief (HA/DR) preparedness mission conducted in the Indo-Pacific. PP18’s objective is to enhance regional coordination in areas such as medical readiness and preparedness for man-made and natural disasters.

Pacific Partnership 2018 consists of more than 800 U.S., partner and host nation personnel working side-by-side to better prepare for potential humanitarian aid and disaster response situations.

For more news on about USNS Mercy or PP18 visit the Facebook page at www.facebook.com/pages/PacificPartnership/.

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

ATTENTION

ACTIVE DUTY & RESERVE





You're invited to compete in the

2018 FERGUSON NORTH AMERICAN SAND SOCCER CHAMPIONSHIPS

June 8th-10th in Virginia Beach

FREE ENTRY FOR THE FIRST 12 MILITARY TEAMS!

(\$550 per team value in appreciation of your service!)
5V5 Competition on 30x40 Yard Oceanside Sand Fields

Co-Ed Adult Division Competition; Game Dates: Saturday & Sunday
12 Person Teams – Minimum of 3 Females on Roster;
Open to: Active Duty, Reserve & Dependents.

Email: Info@sandsoccer.com
for registration instructions & military validation
to be one of the first 12 FREE Teams!

REGISTRATION DEADLINE IS MAY 1, 2018

757-368-4600
WWW.SANDSOCCER.COM

“Your Commissary... It's Worth The Trip!”



PM-35623164R



Christian Brothers

AUTOMOTIVE®

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

We'll Do the Same for You.

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

OCCASIONAL CAR CARE EXPERT



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



10% OFF

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

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



FREE

Alignment Check
+ Courtesy Inspection

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

Pacific Partnership 2018 kicks-off in Yap

By Lt. Clyde Shavers
Task Force 73/DESRON 7 Public Affairs

YAP, FEDERATED STATES OF MICRONESIA

Pacific Partnership 2018, the largest annual multilateral humanitarian assistance and disaster relief (HA/DR) preparedness mission, kicked off aboard the expeditionary fast transport ship USNS Brunswick (T-EPF 6) in Yap, Federated States of Micronesia, March 21.

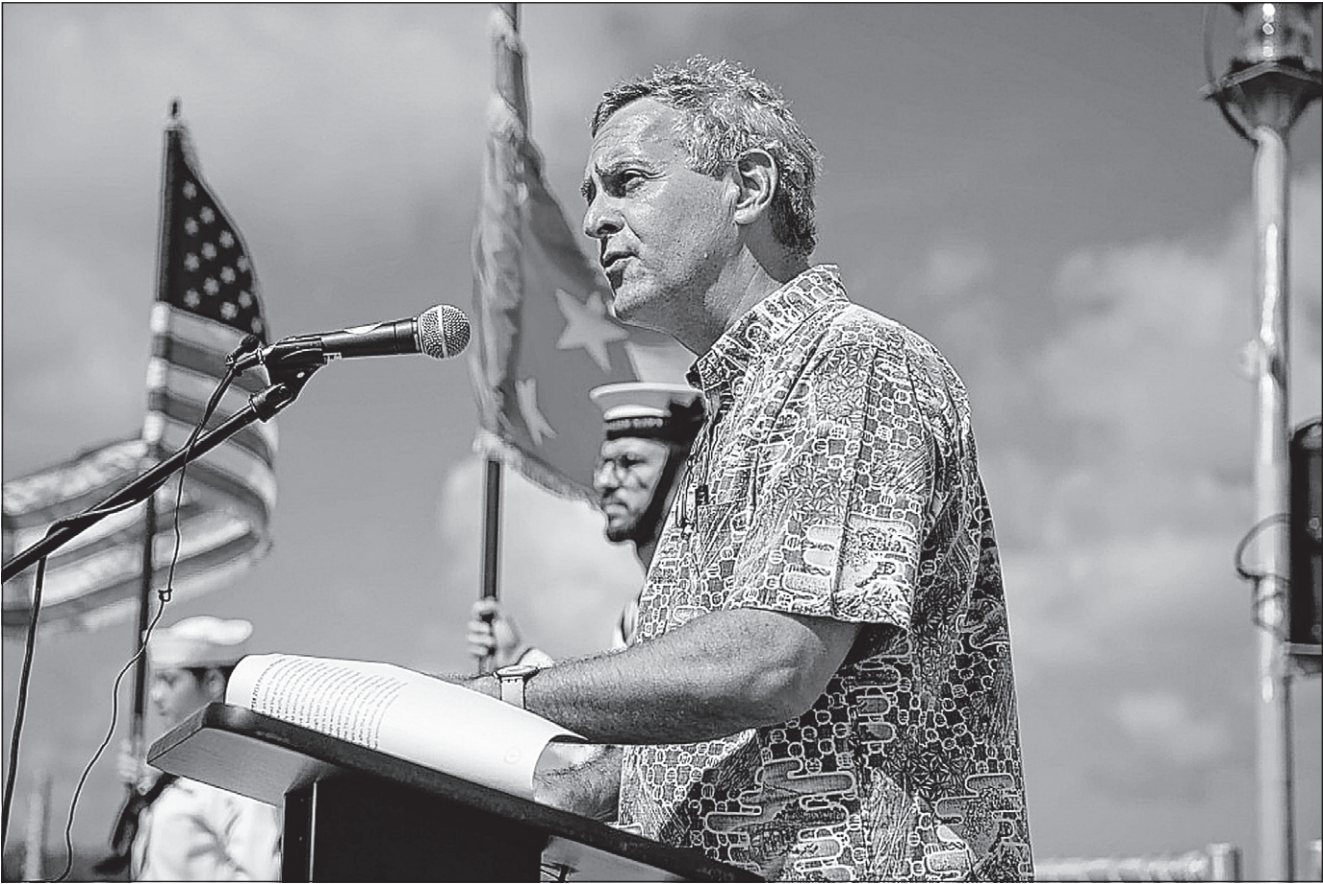
Military personnel from the U.S., United Kingdom, Japan and Australia will conduct medical, dental and veterinary services and engineering projects throughout the community while working side-by-side with local professionals on HA/DR readiness.

“We are excited to be working with our friends in Yap and throughout the greater Southern region during Brunswick’s first visit,” Pacific Partnership 2018 Deputy Mission Commander Capt. Peter Olive said. “Our time in Yap is about building relationships and the capability and capacity to work together for the future.”

Pacific Partnership, in its 13th iteration, began as a humanitarian response to the 2004 tsunami that devastated parts of Southeast Asia. By building on the region’s shared goal to strengthen national capacities and preparedness for disaster response, 22 partner nations around the globe in 18 host nations in the region have participated since 2006.

Brunswick is one of three expeditionary fast-transport ships in the U.S. 7th Fleet area of responsibility to continue its mission of providing rapid intra-theater transport of troops and military equipment. Specially configured for humanitarian and disaster relief operations, Brunswick is currently capable of accommodating a robust multi-specialized team of medical, engineering and civic assistance personnel to support the Pacific Partnership mission.

More than 800 military personnel aboard hospital ship



MCSN Caledon Rabbipal

The Honorable Robert A. Riley, United States Ambassador to the Federated States of Micronesia, delivers remarks during the opening ceremony of Pacific Partnership 2018 aboard USNS BRUNSWICK March 21. PP18’s mission is to work collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region, and foster new and enduring friendships across the Indo-Pacific Region. Pacific Partnership, now in its 13th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific.

USNS Mercy (T-AH-19) and Brunswick, host nation civilians and non-government organization participants will support this year’s Pacific Partnership mission in Indonesia, Malaysia, Palau, Sri Lanka, Thailand, Vietnam and Yap.

“We are committed to the U.S. and to the friends of the U.S.,” President of the Federated States of Micronesia his Excellency Peter M. Christian said. “I want to thank the U.S. government for the treaty of 1989 which confirms that small we may be, we are important.”

The U.S. and the Federated States of Micronesia (FSM) continue a long history of friendship, having participated in the Pacific Partnership mission as host nation for five years with many Micronesia men and women having served or currently serving in the U.S. armed forces.

“The U.S. is committed to the FSM,” U.S. Ambassador to the Federated States of Micronesia the Honorable Robert A.

Reilly said. “There is no sunset to the dedication of the protection of FSM for a free and open Pacific.”

Pacific Partnership continues to focus on developing sustainable projects on a range of topics including clean water practices, preventative health, maintenance of fisheries, methods of recycling, combined animal/public health campaigns and alternative energy initiatives, enabling critical infrastructure development across the region.

Since 2006, the Pacific Partnership mission has provided medical care to more than 300,000 patients and veterinary services to nearly 40,000 animals and completed nearly 200 engineering projects while building meaningful and close partnerships throughout the region.

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

Game of drones? Computers to help Navy recruit unmanned systems operators

By Warren Duffie Jr.
Office of Naval Research

ARLINGTON, VA.

Can a video game help the U.S. Navy find future operators for its remotely operated, unmanned vehicles (UxV), popularly called drones?

To find out, the Naval Aerospace Medical Institute and Adaptive Immersion Technologies, a software company, are developing a computer game to identify individuals with the right skills to be UxV operators. The project, sponsored by the Office of Naval Research (ONR), is called StealthAdapt.

“The Navy currently doesn’t have a test like this to predict who might excel as UxV operators,” said Lt. Cmdr. Peter Walker, a program officer in ONR’s Warfighter Performance Department. “This fast-paced, realistic computer simulation of UxV missions could be an effective recruitment tool.”

Since the wars in Afghanistan and Iraq began, UxV have played ever-larger roles in intelligence, surveillance and reconnaissance, and other missions. Consequently, there’s an increasing need for well-trained UxV operators.

In recent years, the Air Force established its own formal screening process for remotely piloted aircraft operators, and the Marine Corps designated an unmanned aviation systems (UAS) career path for its ranks.

The Navy, however, doesn’t have an official selection and training pipeline specifically for its UxV operators, who face challenges unique to the service. For UAS duty, the Navy has taken aviators who already earned their wings; provided on-the-job, UAS-specific training; and placed them in temporary positions.

However, this presents challenges. It’s costly and time-consuming to add more training hours, and it takes aviators away from their

manned aircraft duties. Finally, the cognitive skills needed for successful manned aviation can vary from those needed for unmanned operators.

StealthAdapt is designed to address this issue. It consists of a cognitive test, personality assessment and biographical history assessment. The cognitive exam actually is the game-based component of the system and takes the form of a search-and-rescue mission. Each player’s assignment is to rescue as many stranded friendly forces as possible, within a pre-set time limit, while avoiding fire from hostile forces.

If that’s not stressful enough, players must simultaneously monitor chat-based communications, make sure they have enough fuel and battery power to complete missions, memorize and enter authentication codes required for safe rescue of friendlies, decode encrypted information and maintain situational awareness.

“We’re trying to see how well players respond under pressure, which is critical for success as an unmanned operator,” said Dr. Phillip Mangos, president and chief scientist at Adaptive Immersion Technologies. “We’re looking for attention to detail, the ability to multitask and prioritize, and a talent for strategic planning-thinking 10 moves ahead of your adversary.”

To maintain this pressure, players complete

multiple 5- to 10-minute missions in an hour. Each scenario changes, with different weather, terrain, number of friendlies and hostiles, and potential communication breakdowns.

After finishing the game portion, participants answer questions focusing on personality and biographical history. Mangos’ team then crunches this data with game-performance metrics to create a comprehensive operator evaluation.

Last year, over 400 civilian and military volunteers participated as StealthAdapt research subjects at various Navy and Air Force training centers. Mangos and his research team currently are reviewing the results and designing an updated system for validation by prospective Navy and Air Force unmanned operators. It will be ready for fleet implementation this year.

Mangos envisions StealthAdapt serving as a stand-alone testing and recruitment tool, or as part of a larger screening process such as the Selection for UAS Personnel, also known as SUPer. SUPer is an ONR-sponsored series of specialized tests that assesses cognitive abilities and personality traits of aspiring UxV operators.

Warren Duffie Jr. is a contractor for ONR Corporate Strategic Communications.

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



Tickets On Sale Now!
NORFOLK SCOPE | APR 12 – 15

© 2018 MARVEL

MarvelUniverseLive.com



FREE STUFF & Weekend Plans

Delivered to Your Inbox



Weekend Access offers exclusive contests for the military as well as events you won’t want to miss! This weekly E-newsletter is distributed every Thursday to 19,000 opt-in subscribers (and growing) in and around the Hampton Roads region.

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



Sign Up Today!
www.flagshipnews.com/eblast

Training Support Center Great Lakes celebrates Women’s History Month

By Brian Walsh
Training Support Center Public Affairs

GREAT LAKES

Staff and students from Training Support Center (TSC) Great Lakes were on hand to celebrate Women’s History Month, Mar. 21.

Over 80 people attended the event which included guest speakers and a cake cutting ceremony.

“The diverse Navy of today has been built on Sailors from all backgrounds who have challenged the barriers and overcome discrimination,” Commanding Officer of TSC Great Lakes Capt. Mark Meskimen said. “Women have been a huge part of that. This month’s celebration is a chance to reflect on those women who have forged ahead and opened paths making of the Navy today.”

The guest speaker for the event was Lt. Katy Bock, student management officer at TSC. She reflected and honored women who fought all forms of discrimination, echoing the theme for this year’s Women’s History month.

“Looking back at my own career I found that whatever stage of my naval service I was in, or wherever I was stationed, or whatever billet I was filling, I was surrounded by women and a Navy that broke barriers and fought discrimination,” Bock said. “I have seen our Navy make sweeping, large scale changes to ensure women had the opportunity to excel, I’ve seen women climb the ranks into some of the most senior leadership positions our armed forces have, and I see my peers, my shipmates and my Command leadership provide an example everyday of how to fight all forms of discrimination.”

During her time at TSC, Bock has seen the Navy open all jobs to women and has seen females from all different backgrounds excel in some of the most challenging courses the Navy has to offer. She has also seen Staff make real world fleet impacts to fight discrimination every single day.

“I count myself fortunate, because I can come to work and I can work hard and do my best because that’s what Sailors do,” Bock said. “I don’t really feel the need to prove myself because I am female, I prove myself

because I am a Sailor. I don’t need to spend time worrying if I will get as many opportunities as my male counterparts, I don’t spend time wondering if I’m accepted as a Sailor or if people will underestimate me.”

Electricians Mate Fireman Daniela Cardenias Martinez, entered and won a command Women’s History Month essay contest writing about her mother.

Cardenias Martinez immigrated to the United States with her mother and father from Cuba in 2013 at the age of 14. She wrote of her mother’s difficulties growing up in a third-world country, very poor, suffering abuse and neglect. She also wrote of her mother’s persistence and inspiration in which made her feel protected and safe at all cost.

“In learning the topic, I wanted to celebrate my mother and her story of survival,” Cardinias Martinez said. “Women’s lives in the past have been hard; it has gotten a lot better due to their tenacity. Writing an essay was my way of showing appreciation to all those that advanced women’s issues making our lives easier today. If it wasn’t for the women in the Navy, I wouldn’t be here today.”

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



Photos by Matt Mogle
TOP: Capt. Mark Meskimen, commanding officer of Training Support Center Great Lakes, Lt. Katy T. Bock, student management officer and senior watch officer, and Electricians Mate Fireman Daniela Cardenias Martinez cuts a cake during the women’s history month celebration held at Training Support Center.



LEFT: During Training Support Center Great lakes women’s history month celebration Electricians Mate Fireman Daniela Cardenias Martinez read her essay on her mother’s difficulties growing up in a third-world country, very poor, suffering abuse and neglect. She also wrote of her mother’s persistence and inspiration in which made her feel protected and safe at all cost. Cardenias Martinez won the Training Support Center writing contest.

Find Success at Top-Ranked Regent

DoD Logistics Manager Bill Dudley leveraged his training as a Navy chief warrant officer with his prestigious Regent University credentials to excel as a service member and transition to a fulfilling civilian career. You can earn your degree and advance your career too. Regent offers academic challenge and a values-based approach to prepare you for a lifetime of leadership and purpose. With Regent’s dedicated Military Resource Center, military tuition discounts, frequent course starts and online degree options, it’s your time to succeed.

Associate | Bachelor’s | Master’s | Doctoral
ONLINE & ON CAMPUS

APPLY TODAY.
regent.edu/military | 888.638.3573

REGENT UNIVERSITY

Military Resource Center

MIL170859



An MH-60S Sea Hawk attached to Helicopter Sea Combat Squadron (HSC) 26 assigned to the Wasp Expeditionary Strike Group flies by the amphibious assault ship USS Bonhomme Richard (LHD 6).

MC3 Taylor King

By MC2 William Sykes
USS Bonhomme Richard Public Affairs

WHITE BEACH, OKINAWA

The forward-deployed amphibious assault ship USS Bonhomme Richard (LHD 6) arrived at White Beach Naval Facility, Okinawa, March 22, following a week of unit-level training at sea.

Since Bonhomme Richard’s departure from White Beach on March 14, the ship’s crew has conducted several drills and training to ensure readiness and sharpen the crew’s rapid-response skills.

“We train so we are ready to respond to any kind of contingency or crisis in the AOR (area of responsibility),” said Bonhomme Richard Commanding Officer Capt. Larry McCullen. “I believe the strength

of our Navy lies in the time we put towards training, so we’ve been doing drills throughout the ship, to include ship-handling with the bridge team, all while staying focused on safety and the basics.”

From simulated aircraft and main machinery room fires, ship maneuvering from the bridge, to a mass casualty drill in the hangar bay and medical, Bonhomme Richard Sailors had the opportunity to strengthen their skills and gain hands-on experience during a week focused on shipboard training.

As a member of the ship’s medical training team, Hospital Corpsman 3rd Class Michael James oversaw the first-aid response and medical treatment provided during the mass casualty drill.

“The importance of conducting

training like this is mainly because you never know what might happen day to day,” said James. “Preparing for the worst case scenario ensures that the corpsmen, providers and personnel on the ship are all on the same page, and that we can all provide the high-level medical care necessary to keep patients alive.”

While in port, Bonhomme Richard’s crew will have the opportunity to participate in events and tours hosted by the ship’s Morale, Welfare and Recreation division.

Bonhomme Richard is operating in the Indo-Pacific region as part of a regularly scheduled patrol and provides a rapid-response capability in the event of a regional contingency or natural disaster.



MC2 Jeanette Mullinax

Sailors combat a simulated aircraft fire on the flight deck of the amphibious assault ship USS Bonhomme Richard (LHD 6). Bonhomme Richard is operating in the Indo-Pacific region as part of a regularly scheduled patrol and provides a rapid-response capability in the event of a regional contingency or natural disaster.

Navy COOL announces new “Best Sources” for USCG license

By MC2 Taylor Jackson
Center for Information Warfare Training Public Affairs

PENSACOLA

Navy Credentialing Opportunities On-line (COOL), in partnership with Military Sealift Command (MSC), announced “best sources” training opportunities available to Sailors, March 19.

These courses can be used for gap/delta training to help prepare Sailors, officers and enlisted, for U.S. Coast Guard credentials. The USCG credentials can be funded for eligible Navy COOL.

Navy COOL provides active duty and reserve Sailors, whether forward deployed, under way or ashore, a way to map their Navy education, training, experience and competencies to civilian credentials and occupations. It also allows Sailors to pursue credentials throughout their military life cycle, from completion of technical training until they become eligible for transition opportunities.



U.S. Navy graphic

As part of the Military to Mariner Program and credentialing programs supported by Navy COOL, MSC provides the mandatory Coast Guard certification training to Sailors seeking to transition into Merchant Marine careers.

The latest courses offered include Immersion Suit Training, which satisfies the required personal survival techniques training, and Proficiency in Survival Craft, which satisfies the survival craft training requirements for endorsement as a lifeboatman.

“These course offerings continue the close collaboration between the Navy Voluntary Education (VOLED) Department, Navy COOL, and MSC to enhance Sailors’ ability to earn Coast Guard credentials aligned with their training and qualifications,” VOLED Chief Jim Johnson said. “Working toward a Coast Guard credential while in service positively impacts readiness through increased awareness of national and international maritime standards and can lead to valuable post-service job opportunities.”

The Immersion Suit Training course locations vary depending on equipment and instructor availability. Proficiency in Survival Craft will be offered in Norfolk and San Diego aboard hospital ships USNS Comfort (T-AH 20) and USNS Mercy (T-AH 19), respectively.

To be eligible for certification, Sailor applicants must have completed U.S. Navy Recruit Training and have acquired at least one year of sea service every five years since the completion of recruit training.

“MSC benefits greatly from having a pool of qualified, experienced, and trained mariners who can help us, as well as our commercial partners, meet Navy fleet support and military sealift needs,” Michael Morris said, MSC’s Total Force Management department head. “They enable us to support the joint warfighter across the full spectrum of military operations.”

For enrollment information, call MCS Underway Replenishment Training Center at (757) 462-1732, or email at msc_mutc.fct@navy.mil.

For funding availability through Navy COOL visit www.cool.navy.mil/usn/.

For more news from Center for Information Warfare Training, visit www.navy.mil/local/cid/.

THE BIG STICK EARNS BATTLE “E”

By MC2 Anthony Hopkins II
USS Theodore Roosevelt Public Affairs

ARABIAN GULF

Commander, Naval Air Forces awarded the 2017 Battle Efficiency “E” for West Coast-based aircraft carriers to the crew of USS Theodore Roosevelt (CVN 71), March 10.

The Battle “E” is an annual award to recognize the ships and crews that display the highest level of sustained proficiency and readiness to perform in an operational environment.

“Earning the Battle ‘E’ is a testament to the hard work and dedication of the USS Theodore Roosevelt crew,” Commanding Officer of USS Theodore Roosevelt Capt. Carlos Sardiello said. “In every evaluation, in every milestone leading up to deployment, the crew exceeded expectations and performed superbly.”

Achieving the Battle “E” requires outstanding performance during evaluation of a multitude of operational standards based on individual and community shipboard efforts.

“The graded events for the Battle ‘E’ award are the foundation of a well-trained, proficient, high-performing crew,” Executive Officer of USS Theodore Roosevelt Capt. Fred Goldhammer said. “Whether in damage control drills, maintenance, or flight operations, success

in all areas led to success on deployment and ultimately mission accomplishment.”

Recipients of the Battle “E” award are decided through departmental awards, marking excellence within the ship’s various departments. Theodore Roosevelt earned all 15 departmental awards, to include excellence in supply, deck, engineering, and many others.

“This recognition for the crew came during a demanding time of deployment, and really energized the crew to sprint to the finish,” Sardiello said. “Through renewed emphasis on safety, ownership, and supervision, we can repeat this performance level to complete our deployment successfully.”

Theodore Roosevelt, the flagship of Carrier Strike Group (CSG) 9, is currently underway with USS Bunker Hill (CG 52), USS Halsey (DDG 97), USS Sampson (DDG 102), and USS Preble (DDG 88), for a scheduled deployment to U.S. 7th and 5th Fleets. The Theodore Roosevelt Carrier Strike Group deployment is an example of the U.S. Navy’s routine presence in waters around the globe, displaying commitment to stability, regional cooperation and economic prosperity for all nations.

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



MC3 Alex Perlman

Aviation Boatswain’s Mate (Equipment) 3rd Class Matthew Dowdell signals to an E/A-18G Growler assigned to the Cougars of Electronic Attack Squadron 139 on the flight deck of the aircraft carrier USS Theodore Roosevelt. Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

CARL VINSON COMPLETES BILATERAL EXERCISE WITH JAPAN

From Carl Vinson Strike Group Public Affairs

PACIFIC OCEAN

The Carl Vinson Strike Group completed a bilateral exercise in the Western Pacific with the Japan Maritime Self-Defense Force (JMSDF), March 23.

The aircraft carrier USS Carl Vinson (CVN 70) and guided-missile destroyer USS Wayne E. Meyer (DDG 108) conducted combined operations with Japanese helicopter destroyer JS Ise (DDH 182) in the South China Sea and waters near Okinawa, Japan. The operations began March 11 and included a series of training drills and Sailor-to-Sailor exchanges designed to enhance maritime interoperability between longstanding allies.

“I thought it was really cool to have this opportunity,” said Information Systems Technician 2nd Class Jeremiah Karelius, a communications watch officer aboard Carl Vinson. Karelius hosted a communications operator from Ise during a four-hour exchange visit on the aircraft carrier.

“We talked about the similarities in our jobs and what made them different,” he said. “Working together now makes it easier to understand how our systems are structured so that we can troubleshoot if we encounter problems while working together again.”

Japanese and U.S. Sailors also conducted anti-submarine and air-defense exercises as well as training drills for multinational command and control functions. The three ves-



MC3 Dylan M. Kinee

The aircraft carrier USS Carl Vinson (CVN 70), left, the guided missile destroyer USS Wayne E. Meyer (DDG 108), right, and Japan Maritime Self-Defense Force helicopter destroyer JS Ise (DDH 182) participate in a bilateral exercise. The Carl Vinson Carrier Strike Group is operating in the western Pacific as part of a regularly scheduled deployment.

sels also steamed in close formation and completed several replenishments-at-sea together.

“It was pretty fun,” said Hospital Corpsman 3rd Class Aaron Roberts who participated in an exchange with Japanese counterpart from Ise. “It was pretty much just an all-around learning experience for both parties. This was a great building block.”

During the bilateral exercise, Carl Vinson also operated jointly with the U.S. Marine Corps. Okinawa-based MV-22B Osprey aircraft from Marine Medium Tiltrotor Squadron

(VMM) 262 completed carrier deck landing qualifications aboard Carl Vinson and helped transport personnel to and from shore.

Carl Vinson Strike Group is on a regularly scheduled deployment in the Western Pacific. It also includes Carrier Air Wing 2 and a complement of more than 70 aircraft, Destroyer Squadron 1 and guided-missile destroyer USS Michael Murphy (DDG 112).

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

‘We are ready to fight for our ship’ Navy recruits train for emergencies at sea

From Naval Service Training Command Public Affairs

GREAT LAKES

“Keep fighting, keep fighting!” This is the mantra that firefighting and damage control instructors at Recruit Training Command (RTC), the Navy’s only boot camp, preach to recruits.

Recruits conduct more than 40 hours of firefighting and damage control training at RTC, developing skills to keep their ship in the fight.

“Every Sailor is a firefighter,” Damage Controlman 2nd Class Amanda Copas said, one of the RTC instructors responsible for firefighting training. “Recruits first develop firefighting and damage control skills here at boot camp, so they will be ready to respond in an emergency.”

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 firefighting and damage control equipment, then practice in applied labs and on the USS Chief dedicated practical firefighting trainer.

USS Chief is a controlled training environment, where recruits conduct hands-on training and testing while fighting 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.

“It is important that recruits start learning these skills during basic training,” Copas said. “We teach them how to respond to emergency situations, and we test them under considerable stress. They quickly learn that if they work together and keep fighting, whether it is against fire or flooding, they can overcome the toughest situation.”

On board USS TRAYER, where recruits receive their final exam, called “Battle Stations-21,” they are graded on their firefighting and damage control proficiency in addition to



Photos by MC1 Amanda Kitchner

Recruits practice proper fire team hose-handling procedures during hands-on training at Recruit Training Command. Hands-on learning means recruits will “train how we fight.” Recruits practice through hands-on training in firefighting, damage control, seamanship, and watchstanding.

other critical skills. During a series of overnight scenarios, recruits must properly and safely demonstrate fighting real fires, flooding, and casualty response, before completing basic training and becoming a United States Sailor.

To view some of the firefighting and damage control training experience at RTC, click [here](#).

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/greatlakes/.



Recruits practice the application of jubilee pipe patches during hands-on training 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.

SESEF | Testing electromagnetis system

Continued from B1

Guam, Space and Naval Warfare Systems Command, Naval Undersea Warfare Center Division Keyport Detachment Pacific and Navy and Marine Corps Spectrum Office Pacific to design, install and test the new mobile capability.

SESEFs provide electromagnetic systems test and evaluation services to the U.S. Navy, Department of Defense, U.S Coast Guard and allied navies’ ships and engineering activities for developing and validating the performance of new and upgraded EM systems. SESEFs perform real-time readiness assessments of EM systems in an operational environment.

Typically located near fleet concentration areas, SESEFs use state-of-the-art systems which radiate or receive EM energy, serving as a reliable partner for two-party testing, analysis and troubleshooting of shipboard EM sensor systems. SESEFs provide real-time data analysis while minimizing test time. Their sites are manned as required to support scheduled fleet testing as well as on-call operations.

For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.

MURPHY | Security patrols

Continued from B1

2014 and 2017,” said Michael Murphy Commanding Officer Cmdr. Kevin Louis. “OMSI is critical to supporting maritime security and law enforcement in the Oceanic region and also serves to strengthen U.S. relationships and presence in the region.”

Nine personnel from the Coast Guard and regional law enforcement officers from the Federated States of Micronesia and the Marshall Islands are operating from Michael Murphy during the mission.

“A lot of the countries we are helping out depend mainly on fishery as the main source of their gross domestic product,” said Lt. j.g. John M. Dierker, the Coast Guard’s liaison officer aboard Michael Murphy. “OMSI helps deter illegal fishing in the area and it shows the island nations of the Western Pacific that the United States cares about them and their natural resources.”

Michael Murphy, based in Pearl Harbor, began its current deployment Jan. 15 as part of the Carl Vinson Strike Group. The ship has conducted passing exercises with the French frigate FNS Vendemiaire and port calls to the Philippines and Guam.

Michael Murphy was commissioned in 2012 and is named after former U.S. Navy SEAL Lt. Michael P. Murphy. Murphy was posthumously awarded the Medal of Honor for his heroic actions during Operation Red Wings in Afghanistan, June 28, 2005. He was the first person to be awarded the medal for actions in Afghanistan and was the first member of the U.S. Navy to receive the award since the Vietnam War.

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



HOSTED BY: *The Flagship*



PENINSULA **WARRIOR**

PLEASE JOIN US FOR A

CELEBRATION OF THE MILITARY CHILD

SATURDAY, APRIL 7 | 11:00 AM - 3:00 PM
HAMPTON ROADS CONVENTION CENTER

COURTESY OF FELD ENTERTAINMENT - MARVEL UNIVERSE LIVE!

ROCKWALL

IMAGINE, INVENT, INSPIRE.
FUN FOR ALL AGES | FAMILY ACTIVITIES | ENTERTAINMENT
GAMES | FACE PAINTING | GIVEAWAYS & MORE!

MILITARY I.D. REQUIRED
FREE – ALL SERVICE MEMBER AND THEIR FAMILIES ARE WELCOME

SILVER SPONSOR



BRONZE SPONSORS:

- DAVE & BUSTERS
- GEICO
- FELD ENTERTAINMENT - MARVEL UNIVERSE LIVE!
- KINGS DOMINION
- KROGER
- LINCOLN MILITARY HOUSING
- NAVY FEDERAL
- RAYTHEON
- UNITED CONCORDIA
- USO
- HAMPTON ROADS & CENTRAL VIRGINIA
- VACATION VILLAGE

FREE HOME DELIVERY

for south hampton roads residents



GET THE PAPER DELIVERED TO YOUR DOOR FOR FREE!

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

SIGN UP TODAY!

CALL 222-3900

OR VISIT US ONLINE

flagshipnews.com







10 REASONS
TO PLANT A TREE
THIS SEASON:

Did you know planting a tree is one of the easiest and most powerful things you can do to have a positive impact on the environment?

» See C3



From Hampton History Museum

Operated by the Hampton History Museum, the former Buckroe Beach carousel, one of the City of Hampton’s most treasured historic assets, opens for the 2018 season on April 3.

Built in 1920, the carousel is completely restored to its original beauty and housed in its own weather-protected pavilion at Carousel Park on the city’s downtown waterfront. It is one of only 170 antique wooden merry-go-rounds still existing in the U.S. Hand crafted by the Philadelphia Toboggan Company for the Buckroe Beach Amusement Park, Hampton’s Carousel is a whirling tribute to the skill of its creators.

After untold numbers of young and old enjoyed the carousel over its 65-year tenure, it was put in storage with the closure of Buckroe Beach Amusement Park in the mid-1980s. It was moved and restored at its current location in Carousel Park on Settlers Landing Road in Downtown Hampton in 1991. It still boasts its original mirrors and oil paintings, as well as 48 intricately decorated horses. Rising and falling to the strains of the original band organ, many of these carousel horses are so finely carved that the veins in their necks and legs are visible. Special hours are available for groups or special occasions.

The Hampton Carousel is located at 602 Settlers Landing Rd. Tickets are available at the Hampton History Museum and at the Hampton Carousel. For more information, call the Hampton Visitor Center at 757/727-1102 or visit www.HamptonHistoryMuseum.org.

CHKD physicians
honored as “Best Doctors
in America”

By Heather Kent

21 CHKD physicians have been named to the 2017-2018 Best Doctors in America® list by Best Doctors, Inc. Approximately 4 percent of doctors in America earn this prestigious honor as a result of the biennial Best Doctors Poll.

The Gallup®-certified polling process begins with a survey asking physicians currently on the Best Doctors in America® list, “If you or a loved one needed a doctor in your specialty, who would you choose?” Best Doctors, Inc. reviews and verifies the credentials of each physician identified through the survey before finalizing its list.

“I’d like to congratulate the CHKD physicians acknowledged by Best Doctors in America for their ongoing contributions to our success. Through the extraordinary skills and compassionate care of all our providers, our patients receive the very best every day,” says Jim Dahling, president and CEO of CHKD Health System.



CHKD physicians named to the list are featured below, in alphabetical order, along with their area of specialty. For information about any of these physicians, visit CHKD.org.

- Cristina Baldassari, MD — Pediatric Ear, Nose and Throat Surgery
- Michelle Brenner, MD — Pediatric Primary Care
- Ronald Brodsky, MD — Pediatric Anesthesiology
- Michelle Clayton, MD — Child Abuse Pediatrics
- David Darrow, MD — Pediatric Ear, Nose and Throat Surgery
- Craig Derkay, MD — Pediatric Ear, Nose and Throat Surgery
- Joseph Dilustro, MD — Pediatric Neurosurgery
- Fredric Fink, MD — Pediatric Primary Care
- Robert Fink, MD — Pediatric Primary Care
- Christopher Foley, MD — Pediatric Critical Care
- Robert Kelly, MD — Pediatric Surgery
- Joel Lall-Trail, MD — Pediatric Ophthalmology
- Stephanie Moody Antonio, MD — Pediatric Ear, Nose and Throat Surgery
- Cara Novick, MD — Pediatric Orthopedic Surgery
- Mark Polak, DO — Pediatric Anesthesiology
- Irene Restaino, MD — Pediatric Nephrology
- H. Sheldon St. Clair, MD — Pediatric Orthopedic Surgery
- Svinder Toor, MD — Pediatric Neurology
- Eric Werner, MD — Pediatric Hematology and Oncology
- Judith Williams, MD — Pediatric Dermatology
- Nancy Yokois, MD — Pediatric Gastroenterology, Hepatology and Nutrition



Cadets participate in a Battalion march during “Raid-the-Nutten” weekend. Courtesy Massanutten Military Academy

RAID THE NUTTEN
A UNIQUE MILITARY
SCHOOL EXPERIENCE

By William Craig

When considering an education for your child or other loved one, there are typical questions. Are there quality teachers? What are the average class sizes? Is it a safe environment? These are important questions but today’s post is about one more question. What extra opportunities are provided?

Military schools provide a unique experience and the ability to bring students together which you will not find at a traditional public school.

Last week Massanutten Military Academy embarked on a 2-day winter exercise entitled, “Raid the Nutten.” The purpose of this was simple.

1. Provide a unique character building event so the cadets will have a quality shared experience.
2. Foster esprit de corps amongst the cadets.
3. Access historic sites in the local community.

The exercise was a 2-day, 15.5-mile hike/march. The cadets were teamed up into small squads, each with a teacher, on day 1 and started climbing through Edinburg Gap in the Upper Shenandoah Valley of Virginia. Through their hike, the cadets had checkpoints which provided them an opportunity to take a slight rest, eat lunch and take in the breathtaking sights nature provides. Day one’s hike ended upon arrival at

Little Fort Camp Grounds where the cadets ate dinner, spent time with their fellow schoolmates and then slept out under the stars.

Day 2 started with breakfast at Camp Little Fort before packing up and heading out. The difference in day two however, is that the cadets marched together as a single battalion.

Forming two columns, the corps marched to the top of Woodstock Tower in the George Washington National Forest (elevation >1900 ft). Here, they were able to overlook the Shenandoah River and parts of the valley.

After departing Woodstock tower, the cadets descended to the river and crossed the bridge at Burnshire Dam, another breath taking view. The exercise concluded as the cadets entered through the south gate at Massanutten Military Academy.

To state that this exercise was impressive would be an understatement. There was an ironic symbolism between the cadets marching up in small groups and coming back as one corps. A sight that was truly amazing to experience. There is now a refreshed sense of school pride and bond amongst the cadets through this positive shared experience; an experience that is unique to a military academy.

To find out more about Massanutten Military Academy, go to www.militaryschool.com or call the Admissions Office at 540-459-2167 opt.1.

Calendar

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

The Machine performs Pink Floyd
■ March 30 8 p.m. \$15advance \$18 day of show
■ The Norva, 317 Monticello Avenue, Norfolk, VA 23510
■ 757-627-4547
■ www.thenorva.com

THE MACHINE, America’s premier Pink Floyd experience, has forged a 20 year reputation of excellence, extending the legacy of Pink Floyd, while creating a legacy all their own. The New York based band focuses on making every show an authentic Floydian experience for their fans.

The Hampton Roads Veterans Employment Center Grand Opening
■ March 30, 10:30 a.m.
■ Circle East Office Building, 861 Glenrock Road, Suite 220, Norfolk, VA 23502
■ 757-807-0423

Please Join us for the Grand Opening of the Hampton Roads Veterans Employment Center Friday, March 30! The Center will assist Transitioning Service Members with securing employment in the Hampton Roads area through training, resume assistance, mock interviews, certifications and more. There will be special remarks by Congressman Scott Taylor.

The Great Easter Eggspedition
■ March 31, 9 a.m.–12 p.m. \$10 per person
■ Naval Station Norfolk, Pierside Lanes, Norfolk, Virginia 23511
■ 757-444-4814

Join the Easter bunny for an egg hunt and pictures, while enjoying breakfast and bowling. Served breakfast includes pancakes, potatoes, eggs, juice and coffee. Please note: the event is open to active duty family members ONLY. You must have base access to attend.

Portsmouth Underwater Easter Egg Hunt
■ March 31, 11 a.m.–3 p.m. Free
■ NSAHR Portsmouth - Riverview Aquatics Center, 840 Sterling Cook St., Bldg. 252, Portsmouth, VA 23708

Come enjoy fun, games, prizes, music, and photos with the Easter Bunny FREE! This event is for children of all ages. Please note: the event is open to active duty, retired, and NAF/DoD family members. You must have base access to attend. Open to children of active duty, retirees and DoD/NAF civilians.

Easter Egg Hunt at Norfolk Premium Outlets
■ March 31, 11 a.m.–2 p.m., Free
■ Norfolk Premium Outlets, 1600 Premium Outlets Blvd Norfolk, Virginia - Located in the Greens Area Located in Front of H&M

Children 10 and under can bring their baskets to hunt for fun-filled Easter eggs* by age group: Age 1 -3: 11:30 a.m., Age 4 -6: Noon, Age 7-8: 12:30 p.m., Age 8-9: 1 p.m. Visit with The Easter Bunny in front of the Gazebo – Located between Market Hall and Gap Factory Store. Bring your camera or mobile device to capture the moment! Create kid-friendly Easter crafts* – Located in front of Carter’s and Jody’s Popcorn Enjoy face painting and music - Located at the Center Court Games in front of Starbucks Join us for Eggstra fun Easter –themed games - Located in the Play Area Plaza between Old Navy Outlet and Go! Calendars, Games & Toys. Explore fun foods with our Food Trucks - Located in the Play Area Plaza between Old Navy Outlet and Go! Calendars, Games & Toys. *While supplies last. Some Easter eggs contain toys that are suitable for ages 3 and up.



PHOENIX
THEATRES

Main Gate Movies10

\$5 Movies!

ALL Seats ALL Shows
Every Day!

March 30- April 5

READY PLAYER ONE (PG-13)
10:30, 1:35, 2:05, 4:40, 5:10, 7:45, 10:50
3D: 11:00, 8:15

ACRIMONY (R)
11:45, 2:30, 5:15, 8:00, 10:45

PACIFIC RIM: UPRISING (PG-13)
Fri. & Sat., Mon. & Tues.:11:15, 1:50, 5:00, 7:40, 10:15
Sun. & Wed.: 11:15, 1:50, 5:00, 7:40, 10:15

TOMB RAIDER (PG-13)
Fri. & Sat., Mon. & Tues.: 10:45, 1:30, 4:15, 7:05, 9:50
Sun. & Wed.: 10:45, 1:30, 4:15, 7:05, 9:50

SHERLOCK GNOMES (PG)
Fri. & Sat., Mon. & Tues.: 10:00, 12:15, 2:30, 4:45, 7:00, 9:15
Sun. & Wed.: 10:00, 12:15, 2:30, 4:45, 7:00, 9:15

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

UNSANE (R)
Fri. & Sat., Mon. & Tues.: 11:50, 2:25, 4:55, 7:15, 9:40
Sun. & Wed.: 11:50, 2:25, 4:55, 7:20, 9:40

BLACK PANTHER (PG-13)
10:25, 1:25, 4:25, 7:25, 10:25

A WRINKLE IN TIME (PG)
Fri. & Sat., Mon. & Tues.: 11:10, 1:45, 3:30, 7:10, 9:45
Sun. & Wed.:11:10, 4:45, 9:45

EASTER PARADE (NR)
4/1 & 4/4: 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

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/.

ARE TANNING BEDS ADDICTIVE?

The Skin Cancer Foundation cautions against using tanning beds

From The Skin Cancer Foundation

According to a recent study, one in five young white women who have used a tanning bed in the past year exhibit signs of dependence on the activity. The study, published in Cancer Epidemiology, Biomarkers & Prevention, a journal of the American Association for Cancer Research, is the latest in a mounting pile of evidence that demonstrates UV tanning can become addictive.

“Understanding why people feel compelled to tan is important, because it helps us [physicians, health advocates] develop better intervention techniques that encourage people to stop tanning,” says Deborah S. Sarnoff, MD, President of The Skin Cancer Foundation. “There is no such thing as a healthy UV tan. Whether you’re lying out on the beach or in a tanning bed, the damage your skin sustains can lead to skin aging and potentially deadly skin cancer.”

Tanning, whether at an indoor salon

or outside at the beach, has long been an unwavering fad here in the United States. Many people, like those in the study, truly believe they look better with a tan and therefore will stop at nothing to achieve such a look. For this very same reason, people may become addicted. As seen in the conclusions of the study, the women who were labeled as having a tanning addiction strongly believed in the physical and mood-boosting benefits they experienced after a tanning session. They were convinced it enhanced their appearance and attitude, ultimately making them feel better. However, once that feeling faded, the tanning bed users showed signs of depression.

This type of addiction, like many, comes with various side effects with the most dangerous outcome being skin cancer. In fact, one study concluded that out of 63 women who were all diagnosed with melanoma before age 30, 61 of them (or 97 percent) had used tanning beds in their lifetime. A woman doesn’t even need to use tanning beds frequently for them to pose a threat to her health either. Just one indoor tanning session before the age of 35 increases a per-

son’s risk of melanoma by 75%. Not to mention the development of premature wrinkles and hyper-pigmentation which are main traits of UV damage.

While the use of tanning beds continues to pose a health threat, the trend doesn’t seem to be going anywhere any time soon. Consumers are continuing to visit indoor tanning salons at alarming rates, with steady expansion expected to grow through the year 2025, according to market research. The Skin Cancer Foundation advocates that no tan is a safe tan, and that regardless of whether women decide to Go With Their Own Glow or use sunless tanning methods, they avoid UV tanning.

“If you insist on achieving tanned skin, forego trips to indoor salons and opt for a spray tan or at-home tanning lotions which provide a safe way to achieve bronzed skin,” Dr. Sarnoff suggests. Additionally, laying in the sun should never be an option as this can lead down a dangerous path toward the tanning craving. For those who still need that endorphin rush, there are many ways to release endorphins and boost confidence naturally. An all-around positive lifestyle consisting of daily exercise, eating well and regular water intake can release similar characteristics of content and self-love that will lead to a lifetime of health and happiness.

More than 39,000 veterans are homeless each night: How you can help

From Brandpoint

There are 18.8 million veterans in the U.S., according to the most recent U.S. Census. More than 9 million are seeking treatment at their local U.S. Department of Veteran Affairs medical center, and more than 39,000 are homeless on any given night, according to the U.S. Department of Housing and Urban Development.

There are many ways to help a veteran in need. Below are a few suggestions on how you can make a difference in a veteran’s life this year.

Tie your passion to your action.

We all have passions that bring us joy. There are many ways that suit your interests to give back while helping veterans in need. For example, do you like to spend time outdoors? Many organizations host volunteer activities like cleaning a veterans memorial in the community. Are you more of a people person? Give your time to a local veterans facility to connect with a resident in need of company.

Reach out to a veteran service organization to learn more.



Courtesy Brandpoint

nization to learn more.

The American Legion Auxiliary (ALA), The American Legion and Sons of The American Legion are actively involved in veteran causes with local units across the U.S. They offer community through memberships, organize and hold volunteer events throughout the year. As a first step, visit the websites of each organization and look for a unit close to you. Meeting with these organizations or others can kick-start your efforts to get involved with the veteran community.

Donate a day of service.

Everyday life can get messy with full-time jobs and commitments. One way to identify free time for charitable activities is to use a day off engaging in community service. “Donate” your Me-

morial Day to help the ALA distribute handmade poppies that support veterans in local hospitals, visit a veterans facility or deliver a meal or care package.

Give a gift.

Extend your thankfulness to the veteran community by making a gift. Mark your calendar for Nov. 27, 2018, when you can participate in #GivingTuesday, a global giving movement, by making a monetary donation to an organization that dedicates its efforts to helping veterans. Whether you come together as a family, a company, a community or by yourself, a donation can make a real difference.

Helping a veteran can be a year-long commitment or a one-day activity. To learn more about how to take the first step, visit www.ALAforVeterans.org.

NEX To Honor Vietnam Veterans

From NEXCOM Public Affairs

Across the nation, Americans are uniting to thank and honor Vietnam veterans and their families for their service and sacrifice.

The NEX, in support of The United States of America Vietnam War Commemoration, is honoring Vietnam veterans at select NEX locations on March 29, 2018 from 11am-2pm. Vietnam veterans are invited to come in to participating NEX locations to receive a lapel pin as a token of the nation’s thanks.

Participating NEX locations include: NEX Norfolk, Va.; NEX Jacksonville and NEX Pensacola, Fla.; NEX Bethesda, Md.; NEX San Diego; NEX Pearl Harbor and NEX Guam.

This is the fourth year for the United States of America Vietnam War Commemoration event which honors the service of the 6.6 million living Vietnam War veterans and their families on March 29, Vietnam Veterans Day.

Approximately nine million U.S. military members served on active duty during the Vietnam War era, Nov. 1, 1955 – May 15, 1975.

Vietnam Veterans Day was first established by presidential proclamation in 2012 leading to the start of annual observance events in 2014. The Vietnam War Veterans Recognition Act of 2017 further established the events as a national observance to recognize Vietnam War veterans for their service.



TEN REASONS TO PLANT A TREE THIS SPRING

From Brandpoint

Did you know planting a tree is one of the easiest and most powerful things you can do to have a positive impact on the environment? It's true. Trees clean the air, prevent rainwater runoff, help you save energy and even combat global warming. And they're a snap to plant! No horticultural degree required. With Arbor Day just around the corner in April, there's no better time to give Mother Nature a little TLC by planting a tree.

From the single homeowner in Nebraska planting a maple in her backyard to the 250 Comcast employees volunteering in communities devastated by hurricanes, fires and Emerald Ash Borer infestation by planting hundreds of trees on Comcast Cares Day (the nation's largest single-day corporate volunteer event), people nationwide are getting their tree on this spring. Here are 10 reasons why you should join them.

Trees fight climate change

Wish you could do more than recycling and reducing your carbon footprint to combat climate change? Trees have you covered. Through photosynthesis, trees absorb harmful carbon dioxide, removing and storing the carbon and releasing oxygen back into the air.

Trees clean the air and help you breathe

Trees don't just absorb CO2. They also absorb odors and pollutants like nitrogen oxides, ammonia, sulfur dioxide and ozone. It's estimated that one tree can absorb nearly 10 pounds of polluted air each year and release 260 pounds of oxygen.

Trees prevent soil erosion and rainwater runoff

During heavy rains, water runoff finds its way to streams, lakes and wetlands, creating the potential for flooding. It also picks up and carries pollutants along the way. The EPA and the Center for Watershed Protection are recognizing the importance of trees in managing runoff. Leaf canopies help buffer the falling rain and their roots hold the soil in place, encouraging the water to seep into the ground rather than run off.

Planting trees is easy

Gardening can be intimidating for newbies because there are so many variables. Which plants and flowers should you put next to each other and which should you separate? Which bloom in the summer and which bloom in the fall? When you're dealing with trees, there's none of that. Just choose a spot in your yard and you're good to go.

You'll save money

Trees conserve energy in summer and winter, providing shade from the hot summer sun and shelter from cold winter winds. With trees standing between you and the elements, you'll spend less on your energy bill to heat and cool your home.

Trees increase your home's value

Studies of comparable homes with and without trees show that, if you have trees in your yard, your home's value increases by up to 15 percent. It's all about curb appeal, and trees make your home and yard more beautiful.



Courtesy Brandpoint

You'll attract birds (and critters)

Trees provide nesting sites, food and shelter for your bird friends. Hang a feeder in one of the branches and enjoy the birdsong all year long. Squirrels love to make their homes in trees, too, and watching their antics is a great way to spend a lazy summer afternoon.

Trees are good for your mental and physical health

A view of trees in urban areas has been proven to reduce stress, anxiety and even the crime rate. Tree-filled gardens on hospital grounds speed healing in hospital patients.

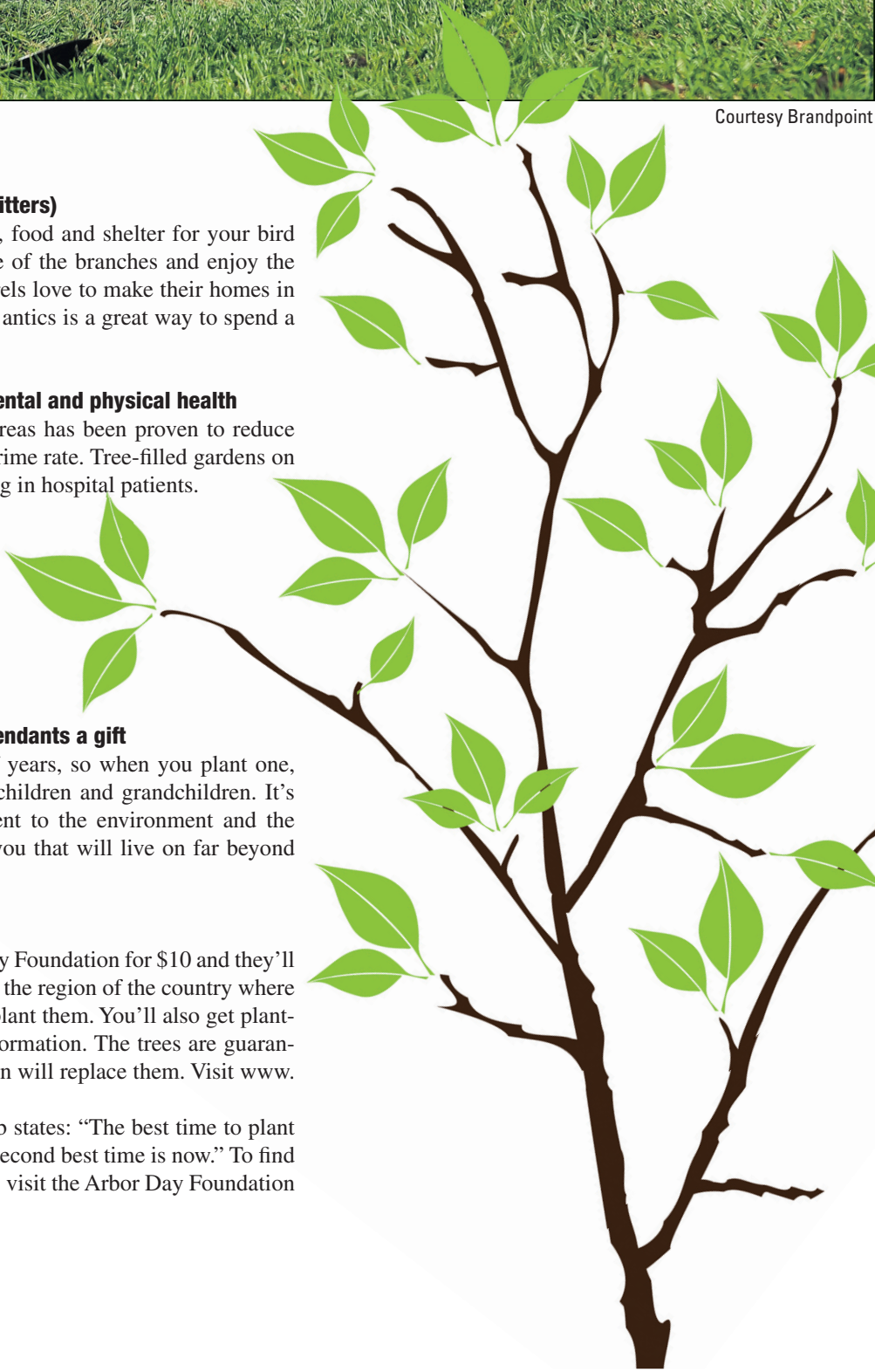
You'll be giving your descendants a gift

Trees can live hundreds of years, so when you plant one, you're giving a gift to your children and grandchildren. It's a symbol of your commitment to the environment and the beauty of the world around you that will live on far beyond your own lifetime.

Free trees!

Join the nonprofit Arbor Day Foundation for \$10 and they'll send you 10 trees selected for the region of the country where you live, at the right time to plant them. You'll also get planting instructions and other information. The trees are guaranteed to grow or the Foundation will replace them. Visit www.arborday.org to join.

An ancient Chinese proverb states: "The best time to plant a tree was 20 years ago. The second best time is now." To find out more about planting trees, visit the Arbor Day Foundation at www.arborday.org.





Jefferson College of Health Sciences

at CARILIONCLINIC



The Veteran's Bachelor of Science in Nursing

- Flexible, personalized plans of study.
- Earn credit for your experience.
- Learn in one of the nation's most advanced healthcare systems.

Accepting Applications Now!

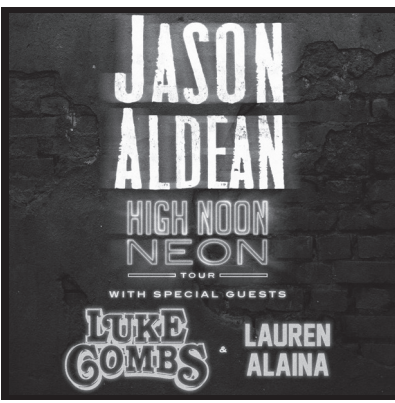


www.jchs.edu • admissions@jchs.edu • 1-888-985-8483



STAY INFORMED

MILITARYNEWS.COM



ON SALE MARCH 30 AT 10AM

AUGUST 19



SATURDAY • MAY 5

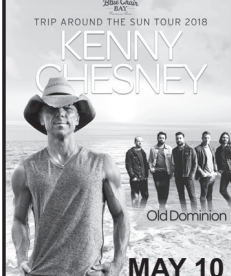
ALICE IN CHAINS

STONESOUR

SEVENDUST

STEEL PANTHER

SATURDAY MAY 5



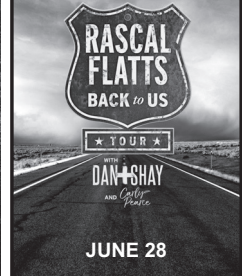
MAY 10



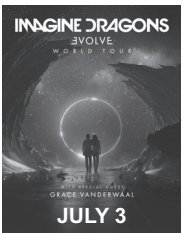
VIRGINIA BEACH, VA



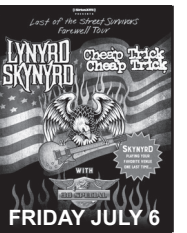
JUNE 12



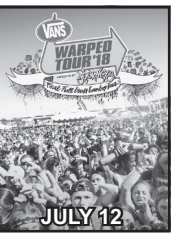
JUNE 28



JULY 3



FRIDAY JULY 6



JULY 12



JULY 18



FRIDAY JULY 20



SATURDAY JULY 21



SATURDAY AUGUST 4



AUGUST 5



AUGUST 12



AUGUST 13



AUGUST 18



SATURDAY SEPTEMBER 1



SATURDAY SEPTEMBER 15



LIVE NATION



VETERANS UNITED HOME LOANS. AMPHITHEATER

VACATION FIRST CLASS USING MILITARY LODGING

From Military One Source

You’ve worked hard and it’s time to enjoy a little R&R. Military families are eligible to use military lodging around the world, ranging from cottages on the beach to world-class resorts or recreational lodging facilities. You have many options and destinations include:

- Popular resort towns
- Big cities
- Oceanfront getaways
- Mountain top retreats
- Overseas locales

Where can I go?

No matter where the military sends you, a military lodging facility can help you vacation in style. Sometimes the toughest part of planning a vacation is deciding where to go. If you want some inspiration, here’s just a sampling of what you can find around the world:

Eastern United States

- Shades of Green Resort, located at Disney World in Orlando, Florida, and operated by the Army, offers all the perks of a Disney resort. Purchase your Disney tickets, and then book your Shades of Green room by calling 888-593-2242.
- Fort Fisher Air Force Recreation Area near Cape Fear, North Carolina, offers beach cottages and a lodge. Call 910-458-6549 for more details.

- The Coast Guard maintains coastal cabins across the country. Enjoy a summer stay on Cape Cod or one of many other options. Cabins are available to all active-duty service members, their families, reservists and retirees. Get more information from the Coast Guard Recreational Lodging website.

Western United States

- Seward Resort in Alaska is open year-round to military families. Call 800-770-1858 to make a reservation.
- The Marine Corps’ Big Bear Recreation Facility is near ski resorts in Big Bear, California. In the off-season, it offers mountain biking, hiking and fishing. Call 858-577-4126 for details.
- Waikiki Beach in Hawaii is home to the Hale Koa Hotel, operated by the Army. Reservations may be made up to a year in advance. Call 800-367-6027.
- Kilauea Military Camp is a joint services recreation center in the Hawaii Volcanoes National Park. It offers mountain cottages and scenic tours. Call 808-967-7315.

Central United States

- The Army’s Lake of the Ozarks Recreation Area in Missouri features lakefront cabins and motel rooms with boat and Jet Ski rentals. Call 573-346-5640 to reserve your space.

Asia

- In Japan, the Okinawa Okuma Joint Services Recreation Center offers log cabins, hotel rooms, campgrounds and a number of activities.
- The Dragon Hill Lodge is a first-class hotel in Seoul, South Korea, with resort amenities and shopping nearby. Visit Dragon Hill Lodge for more information.
- The New Sanno Hotel is a joint services facility operated by the Navy in the heart of Tokyo. Visit New Sanno Hotel for more details.

Who is eligible?

- Active-duty service members
 - Military family members
 - Military retirees
 - National Guard and reserve members
 - Department of Defense civilians
- What do I need to know?**
- Some military lodging properties fill up fast, so do your research and make reservations as early as you can. Reservation requirements vary by facility and duty status.
 - Some military lodging facilities give priority to active-duty military members on orders, but not to leisure travelers. Rules vary by service branch and lodging facility.
 - Pet policies may vary. If you plan to travel with your pets, make sure furry, four-legged guests are welcome before you book your stay.
 - Mailing addresses are sometimes listed on military lodging websites or brochures. Request a GPS-friendly address when you make your reservation to help you reach your destination.

How do I plan my getaway?

Do your research first. Make sure your destination is available.

Take a look at all of your exciting options. Visit Army Morale, Welfare and Recreation, Marine Corps Community Services, Navy Gateway Inns and Suites and Air Force Services.

Book as early as you can — especially if you want to vacation during peak travel times — to make sure popular destinations have openings. Keep in mind some facilities prioritize reservations by branch of service, duty station or status.

Eligibility and reservation requirements vary from one facility to the next. Call Military OneSource at 800-342-9647 to learn more about your destination of choice. You can also use your Morale, Welfare and Recreation and installation resources to plan your getaway. Visit your Information, Tickets and Travel office to learn where you can enjoy military discounts and entertainment.

Copyright Status and Citation

Information generated by Military OneSource is in the public domain and may be reproduced, published, or otherwise used without the Department’s permission unless otherwise noted. Citing Military OneSource as the source of the information is appreciated as appropriate. With respect to materials generated by entities outside of Military OneSource, permission to copy these materials, if necessary, must be obtained from the original source. For information on materials generated by external entities with Department of Defense funding, please refer to individual component policies. This copyright notice only pertains to content on the public side of the Military OneSource website (before the login). Content behind the login is subject to copyright protection.

intheaters now

READY PLAYER ONE

From filmmaker Steven Spielberg comes the science fiction action adventure Ready Player One, based on Ernest Cline’s bestseller of the same name, which has become a worldwide phenomenon. The film is set in 2045, with the world on the brink of chaos and collapse. But the people have found salvation in the OASIS, an expansive virtual reality universe created by the brilliant and eccentric James Halliday (Mark Rylance). When Halliday dies, he leaves his immense fortune to the first person to find a digital Easter egg he has hidden somewhere in the OASIS, sparking a contest that grips the entire world. When an unlikely young hero named Wade Watts (Tye Sheridan) decides to join the contest, he is hurled into a breakneck, reality-bending treasure hunt through a fantastical universe of mystery, discovery and danger.

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.



Courtesy of Warner Bros. Pictures
TYE SHERIDAN as Wade in Warner Bros. Pictures’, Amblin Entertainment’s and Village Roadshow Pictures’ action adventure “READY PLAYER ONE,” a Warner Bros. Pictures release.

PACIFIC RIM: UPRISING

John Boyega (Star Wars: The Force 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.

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.

MIDNIGHT SUN

MIDNIGHT SUN is a romantic tearjerker about 17-year-old Katie Price (Bella Thorne), sheltered at home since childhood with a rare genetic condition, a life-threatening sensitivity to sunlight. Having only her father Jack (Rob Riggle) for company, Katie’s world opens up after dark when she ventures outside to play her guitar. One night, her dreams come true when she’s noticed and asked out by her longtime crush Charlie (Patrick Schwarzenegger), whom she’s secretly watched from her bedroom window for years. As they embark on nightly summer excursions, Katie’s risk to sunlight grows and she’s presented with the gut-wrenching dilemma of whether she can live a normal life with her newfound soul mate.

SHERLOCK GNOMES

When Gnomeo and Juliet first arrive in the city with their friends and family, their biggest concern is getting their new garden ready for spring. However, they soon discover that someone is kidnapping garden gnomes all over London. When Gnomeo and Juliet return home to find that everyone in their garden is missing there’s only one gnome to call SHERLOCK GNOMES. The famous detective and sworn protector of London’s garden gnomes arrives with his sidekick Watson to investigate the case. The mystery will lead our gnomes on a rollicking adventure where they will meet all new ornaments and explore an undiscovered side of the city.

basetheaters \$3 Movies

Devoted daughter and prima ballerina, Dominika Egorova finds herself manipulated into becoming the newest recruit for Sparrow School, a secret intelligence service that trains exceptional young people like her to use their bodies and minds as weapons. After enduring the perverse and sadistic training process, she emerges as the most dangerous Sparrow the program has ever produced. Dominika must now reconcile the person she was with the power she now commands, with her own life and everyone she cares about at risk, including an American CIA agent who tries to convince her he is the only person she can trust.



Courtesy Chernin Entertainment

JEB Little Creek, Gator Theater – 462-7534

- Friday, March 30**
6 p.m. A Wrinkle InTime (PG)
9 p.m. Red Sparrow (R)
- Saturday, March 31**
1 p.m. Early Man (PG)
4 p.m. A Wrinkle InTime (3-D) (PG)
7 p.m. Black Panther (3-D) (PG-13)
- Sunday, April 1**
1 p.m. Early Man (PG)
4 p.m. Black Panther (PG-13)
7 p.m. Red Sparrow (R)

NAS Oceana, Aero Theater – 433-2495

- Friday, March 30**
6 p.m. A Wrinkle InTime (PG)
9 p.m. Red Sparrow (R)
- Saturday, March 31**
12 p.m. Black Panther (PG-13)
3:00 p.m. Peter Rabbit (PG)
7:00 p.m. A Wrinkle InTime (3-D) (PG)
- Sunday, April 1**
12 p.m. Early Man (PG)
3 p.m. Peter Rabbit (PG)
6 p.m. Black Panther (PG-13)

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

TO PLACE AN AD:

Visit flagshipnews.com

Flagship Values

Hampton Roads Military Classified Marketplace

■ advertise your business

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

Announcements

BANKRUPTCY

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

Southside

Church of Christ

Meets in the
Diamond Springs Gardenwood
Park Civic League Building
5652 Haden Rd.

Services Sundays

10:00 AM Bible Study

11:00 AM Worship Services

Conservative Non-Instrumental

Robert Mallard 757-464-4574

www.southsidecocc.net

HOPE CHURCH - WWW.HOPECHURCHVA.COM
SUNDAYS: 10:30AM, WEDS: DINNER - 6PM & BIBLE
STUDY - 7PM. 16890 WARWICK BLVD NN VA 23603

Estate Sale

ESTATE SALES MOVING SALES

We Offer On-Site Tag Sales With
A Knowledgeable & Courteous
Sales Team. Over 45 Yrs. Exp.
In Handling Antiques, Estates &
Moving Sales. References
Available. We Do It All For You!
Call Larry Zedd 442-4477.

Lakewood Estate Tag Sale - Military Family
1431 Hammett Ave., Norfolk, 23509
Fri & Sat March 23 & March 24 9am-3pm
Antique Bronze, Hand Knotted Oriental Rugs,
Artwork, Military Items, Living rm-Bedroom rm
Den Furniture, Sun Porch Furniture, Glass-
ware, Silver, Generator, Hand Tools, Household
Goods, Clothes...MUCH MORE - ALL MUST GO

Flea Markets/Bazaars

Rummage Sale-5100 E Va Beach Blvd, Norfolk,
Warehouse B, March 29 & 30, 9-2, Cash/Credit.

Antiques & Collectibles

A Basic

American Antique Buyer

RAY HIGGINS

Buying All Antiques

& ESTATES, FURNITURE, ART
GLASSWARE, ANTIQUE GUNS

ALL COINS

Sterling Flatware

Older Men's/Women's

Wrist Watches

Pocket Watches

Working or Broken

25 Yrs. Exp. Licensed

Will Come to You for Antiques

24/7. Free Estimates.

757-617-4043

CASH PAID FOR ALL TYPES OF COLLECTIONS
..CALL OR TEXT 636-3745



DECOYS WANTED

Highest CASH prices paid
Old wooden ducks or Canvas geese
Swans and Shorebirds. Also buying
Old fishing tackle & Wooden lures
Boat oars Nautical & Lifesaving items
Call Mark at 757-721-2746

I BUY COINS Coin Collections STAMP COLLECTIONS

757-474-1303

WANTED

ANTIQUES & ESTATES

18th, 19th & 20th Century,
Furniture, Artwork, China,
Crystal & Collectibles.

1 Piece or Entire Contents.

We Come To You With &
Courteous & Professional

Service. No Obligation

Offers. Please Get My

Offer Before You Sell!

Tag Sales & Estates Settled.

LARRY ZEDD

422-4477

Virginia Beach Antique Co.

Appraisal Service With 40

Years Experience.

Appliances

APPLIANCES - Refrigerator \$195;
A/C \$89, Stove \$125, Freezer \$150, Washer
\$150, Dryer \$125, Dishwasher \$100. All Items
Like New. DELIVERY AVAIL 757-447-7347

Articles For Sale

New Superior Ventless Gas Fireplace 36" Indoor/
Outdoor. Retail \$1800 Sell \$500 Call/text 757-
418-1419

Place Your EASTER SALES

In Our

Classified Section

Under Religious

Announcements

Prices Start At

\$31 & UP

CALL 622-1455

SHEDS & DOG HOUSES FOR SALE -

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

Boat Trailers

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

Boats/Rigs

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

Boats/Rigs



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

Cameras-Photography

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

Clothing

Easter & spring clothes: suits, dresses, tops,
pants, shorts, etc., most small sizes, in excel-
lent condition. 757-482-0336, lg.owen@verizon.net

Furniture-Household

2 BEDRM. SETS-Dresser, chest of drawers,
side table, computer desk & chair, full-size bed
w/headboard, solid maple \$700; solid pine chest
& twin bed, mattress & box spring included. \$150.
Call 757-657-6938.

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

Steep Number - Queen Size \$400 Good Condition
4 years old, head and feet raise & lower
No Heat, No Massage
Call Rodney 562-322-5648

Lawn & Garden

Kubota Zero Turn Mowers, gas or diesel,
42" thru 72" Cut. 0w Down, 0w Interest, Up to 60
Months. Stevenson Tractor 420-4220.

Pets-Dogs,Cats,Other

AKC BOXER PUPPIES champ bloodline, born
3/10/18, taking deposits, East NC 252-217-7314

AKC choc.Lab Pups,ready to go home\$5/3/18 w/1
st shots& dewormed, \$800 call Gregg 7576361139

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

Boston Chin Cross Pups-Extremely cute,
shots,training,Ready, \$750, 757-274-2381

English Springer Spaniels-Champion
bloodline, ready to go. 919-223-0512

Family miniature rat terrier pups. \$400. If you
have any questions please call J at 757-944-1776.
Beautiful babies ready for good homes. Mom and
dad on site.

French Bulldogs pups loving, healthy F/M fawn pet
adopt,10wks,old,shots current, 1year health
guarantee,wormed,\$650.more info email gonzgies@aol.com 757-656-1036

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

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

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

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

Golden Retriever Pups-Ready now. AKC reg.
M/F. 1st shots, wormed. \$700. 757-617-2881.



Havachon Pup-Ready to go, male. Vet ok. 1st
shot, doggie door trained. \$695. 252-473-5619

Lab Pups-AKC, yellow, M/F, raised inside by lic'd
vet tech, very socialized, 1st vet exam, vaccination
& dewormed. Avail now. \$700. 804-467-4675.

Lab Pups-Choc & Yellow, males, AKC, OFA, hunt-
ing pedigree, shots/wormed. \$750. 757-642-0633

LABRADOODLES 434-223-1322 \$1400
heartofvirginiaodoodles.com ready now

Mal SHI 12weeks old vet cert. shots utd de-
wormed papered NAPR 400 7573755752

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

Miniature Poodle Puppies for sale 10 weeks old.
Current on shots. Call for more information.
(757)235-4349. Only three left.

Morkie Poo Pups 1st shot, de-wormed
252-333-7554 call/text. \$700 females, \$600 males

Poodles-AKC standard, DNA/OFA tested parents,
1st shots, health guar, limited or full reg. \$850.
252-267-6607. www.copsiedoodlesofnc.com

STANDARD POODLE PUPS-AKC, health
guarantee, males, apricot or red, \$1000. Call
434-349-3854 or 434-770-1464.

Teddy Bear Pups-Gorgeous, 8 wks., awesome
pets & companions, basic shots, white, white &
black & brown \$800. Also, Male Teddy Bear, 18
mos., all white, shots \$500. 757-289-5107.

Yellow Labs,\$1200- 4 Fem avail March 29. AKC
joppalaneppies.com.pettingaone@yahoo.com

Yorkie Pups-AKC, vet ok, 1st shots, wormed,
10 wks, male & female. \$700. 757-334-3398.

Yorkshire Terrier male, 9 weeks, 2nd shots, Furever
home 3/28, \$800 757-674-4934

Topsoil-Mulch

#01A Black Sifted TOPSOIL
6 yds \$205, Mulch \$25/yd; Compost \$30/yd.
Rock, Sand & Firewood. D. Miller's, 482-5063

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

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

Wanted To Buy

CARDS, RECORDS, COMICS, TOYS, ETC. BUYING
ALL TYPES - CASH PAID TODAY! 636-5466

Watersports/Jet Skis

JetSki SeaDoo 2017 New Wake 155 (R3)
Tow Sport design, close loop cooling system, many
accessories/tubes, \$11,999 call 757-667-0508

Auctions

AUCTION-Sat., March 31 @ 9:30 AM
DALE OLD WRECKER'S SERVICE
1340 HEAD OF RIVER RD, CHESAPEAKE, VA
204- Tow In & Abandoned Autos

Barrett Street Auction, next Auction April
28th. Now Accepting Consignments. 463-1911

Hampton Tax Sale for Unpd Taxes-Apr 5,
10 AM. VAF 662. VaAuctionCo.com 757-538-0123

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

Phoenix Auction Gallery, Next Auction
Sun., April 22, 2018. VAAH #1597. 722-9210

Drivers/Transportation/Shipping

TRUCK DRIVER - EXPERIENCED
Must have CDL A or B & current driving record,
TWIC CARD or able to get one. DOT physical card
must be up-to-date & pass drug test. 407-7888.

Accounting/Finance

Fiscal Technician (01001A)
Budget management, maintain all
employment files, and processes
payroll for all adjunct faculty and
students workers. Assists with special
projects as assigned; and sup-
ports the departmental senior sec-
retary in various departmental offices
as needed. Salary commensurate
with education and experience.
Close Date is March 16, 2018. To
review position requirements in full,
and submit an application, please
visit <http://jobs.odu.edu/postings/>
7591

Advertising/Marketing Media

GRAPHIC DESIGNER

(00289A)

Design, edit and produce anima-
tions, multimedia projects, asyn-
chronous/synchronous courses,
graphic design components etc., for
Center for Learning & Teaching, dis-
tance learning and campus projects.
Salary commensurate with educa-
tion and experience. **Close Date is
April 06, 2018.** To review position
requirements in full, and submit an
application, please visit <http://jobs.odu.edu/postings/> 7660

Building & Construction/ Skilled Trades

HVAC TECHNICIAN (FT)
IMMEDIATE HIRE!! Service Work and
New Installations. Top Pay \$\$, Must have
own tools & transportation. Trouble-
shooting a must. Must be familiar with
gas boilers. 5 years
experience. 757-274-3148.

Healthcare/Medical

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

Virginia Beach Psychiatric Center
www.vbpcweb.com

Human Resources

Benefits Specialist
The New York Times located in
downtown Norfolk is seeking an
experienced Benefits Specialist. This
position will be responsible for the
day-to-day administration of all ben-
efit programs including disability,
COBRA and FMLA. Bachelors degree
and a minimum of 3 years benefit
administration experience required.

For a full job description and to
apply, please go to <https://nytimes.wd5.myworkdayjobs.com/BusinessandsearchforBenefitsSpecialist>

Landscaping/
Lawn Maintenance

VA Category 60

Established VB Turf Care company is
looking for 2 Licensed VA Category
60 Spray Technicians. Must have
Valid DL and own transportation to
work. Excellent pay for experience.
Call 430-2911.

Maintenance

NORFOLK STATE
UNIVERSITY
Assistant Director of
Facilities Management for
Residential Housing
Norfolk State University's (NSU)
Department of Facilities
Management seeks applications of
qualified applicants to serve as
the Assistant Director of
Facilities Management for
Residential Housing.
Please visit jobs.virginia.gov
for job posting.

NORFOLK STATE UNIVERSITY

Norfolk State University's (NSU)
Department of Facilities
Management seeks applications of
qualified applicants to serve as the
Director of Facilities Management.
Please visit jobs.virginia.gov
for job posting and to apply before
5 p.m. March 31, 2018

Window Cleaner - Immediate Opening

F.T. Need experience. Requires ladder work. Top
Pay. Clean DMV. apply 757-407-3578

Restaurant/ Food Service

Cook - Full Time
Marian Manor is hiring a FT Cook to join our
dining staff. Attention to high quality meals &
fine dining a must. Serve Safe certification is
preferred and experience working with seniors.
We offer competitive salary + excellent ben-
efits, including free dental & life insurance +
vision & health insurance at affordable prices.
We are conveniently located in Virginia Beach
at 5345 Marian Lane. If you qualify and are
interested in becoming part of our dynamic
team, please apply in person and come pre-
pared to be interviewed. EOE/Pre-employment
drug screening and background check required.

Burial/Cemetery Plot

Greenlawn Mem Gardens 2 plots, prime
location, \$1200 ea. or \$2000 both. 302-382-1752

Mausoleum crypt Princess Anne Memorial Park-
Tandem (two person) Mausoleum crypt (head to
head) outside level 5, Bldg. 1 (behind office) in pre-
miere cemetery in Va Beach, VA located off Great
Neck Road. Includes one interment (open and
closing, current cost \$1995.00. One vase valued
at \$95.00. Cost for all would be over \$12,000 if
purchased new from cemetery. DEED transfer to be
PAID by SELLER if full price contract.

Selling 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-Condo

Kempsville Greens-3 BR, 2.5 BA, near Town
Ctr., golf course, rec center & Mt. Trashmore.
\$1475 mo. Available April 1. 757-481-4574.

For Rent-Furnished Apts

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

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

For Lease-Industrial

Office Warehouse
Chesapeake 1200 & 1500 sq. ft. Call 485-1323.

Va. Beach-3000 & 5000 sq. ft. shop & 2 offi-
ces, 14' doors, utils, & air includ. \$1800. 499-8000.

For Rent-Norfolk Apts

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

Colonial Place-797 W. 50th St., 2 BR brick, air,
new carpet, appliances, \$775. Keystone 623-5193.

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

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

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

Fun and Games

Super Crossword

ACROSS

1 Watchful
8 Abjectly submissive
15 Floral shop receptacles
20 More candid
21 Fingernail surround
22 Novelist Munro
23 Bands of fibrous tissue enclosing muscles
24 Inept warrior in armor?
26 Like escaped convicts
28 See 17-Down
29 Slaughter of the diamond
30 Member of a certain antelope fraternity?
34 Plasma particle
36 "Hurlyburly" playwright David
37 Med. drips
38 Certain book of liturgy
43 Anti-DUI ad, e.g.
46 Ending for Alp or salt
47 Concept, to Jean-Luc

49 Activity when shopping for sweaters?
51 Person who repositions tiny flies?
54 "Life of Pi" novelist
55 Something easy-peasy
56 Apia resident
57 "Nothin' —!" ("Easy-peasy!")
59 In the dossier, e.g.
60 First-class
63 Sword stopper
67 Bireme tool
68 Shoelace snarl of note?
73 Young male, urban-style
74 Like many offshore rescues
75 Outdoor enclosure for tabbies
76 In a mischievous way
79 Inside: Prefix
81 Beautiful guy
85 Persian-founded faith
86 "That feels go-o-od!"

89 "One-l lama" poet, grind your teeth!"?
92 Had some friends south of the border?
95 Poker cost
96 Norma — (Field role)
97 Horse's kin
98 Call halfway to a walk
99 "Delish!"
100 Wound, after a few days
101 Twisty letter
102 Far northern city inhabited by trolls?
106 Sheep's hair
109 Wear down
114 Convenient kind of shopping
115 Confession after hitting your physician with your leg joint?
118 Angel, musically
122 Big rig, e.g.
123 Lava spewer
124 Automaker Maserati
125 Impetuosity
126 Very vivid
127 Totally faded

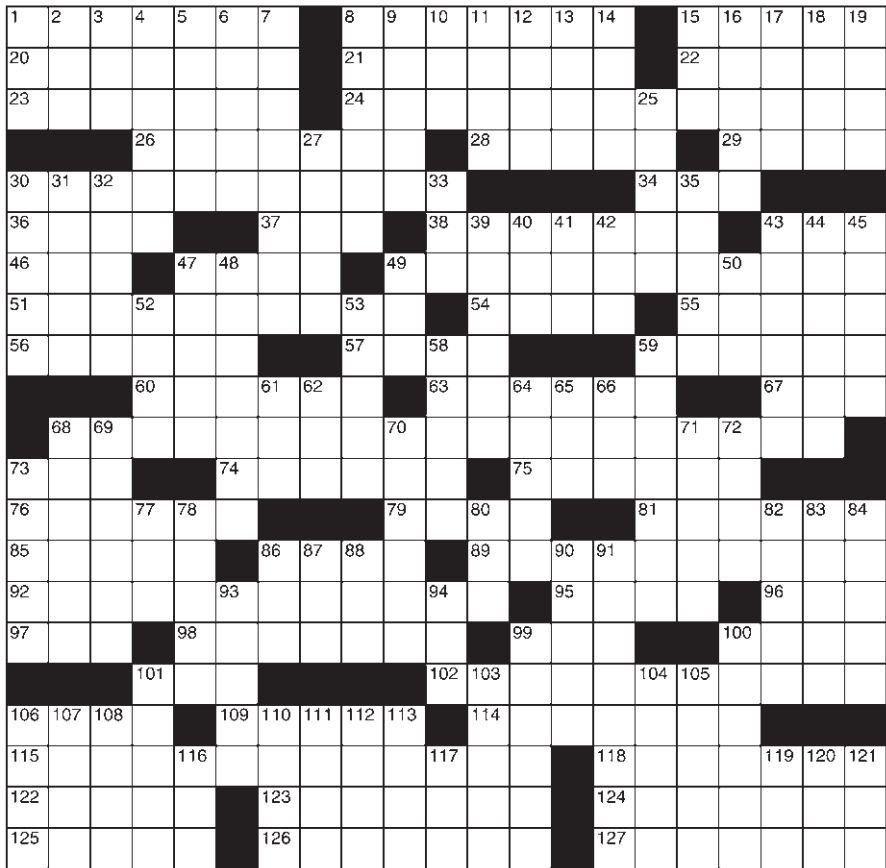
DOWN

1 Out of whack
2 Pro-gun org.
3 Auto fluid
4 Set free
5 Spitz variety
6 Province
7 More moony
8 Singer Boz
9 Light unit
10 — glance
11 "La Dolce —"
12 Chilled
13 Pivot
14 Wife of Zeus
15 With 90-Down, actor Jean-Claude
16 Foreign
17 With 28-Across, ink the contract
18 Canyon reply
19 Puts (down)
25 — light (lamp on a film set)
27 Ominous bird
30 Prudish sorts
31 — Barbera
32 Flanged girder
33 News svc.
35 Like Mork, per his planet
39 Reaping tool
40 Alias lead-in

41 Maya of architecture
42 Cable TV's Spike, once steering
44 Camp for Colonel Klink
45 According to
47 "But is —?"
48 Faye of films
49 NBAer, e.g.
50 Rubber check abbr.
52 Food-order option
53 French political units
58 "What a piece of work —"
59 Aromatic substance
61 "Where — start?"
62 Bungle
64 Wearing a disguise, informally
65 Airport info
66 Illuminated
68 Holy books of Islam
69 Cubbyholes
70 Bray sound
71 Slight push
72 A party to
73 Easter cake
77 Hem and —
78 Bird perches

80 Toledo "two"
82 User busters
83 Rockabilly singer Chris
84 "Come Back, Little —"
86 Rocker Rose
87 Be laid up
88 Drama unit
90 See 15-Down
91 Got tangled
93 Slacked off
94 Egggy quaff
99 Marilyn of "The Misfits"
100 Depleted
101 Opt
103 Lunchtimes, often
104 Early name in arcades
105 "Bonanza" star Greene
106 Among
107 Creole pod
108 Difficult task
110 Shankar of Indian music
111 Take too much, briefly
112 Knucklehead
113 Nero's "Lol!"
116 Stretch (out)
117 Almond-hued
119 Prefix for "equal"
120 Erwin of films
121 Young kid

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



last week's answers

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

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

Sudoku

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

CryptoQuip

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

Clue: N equals S

U EZM ZNNTIPM IQ VPZG NLYIZBE
OCYFKPI VZN MTP LY ZD TKBPC,
FTL IQ OEQNUBUZD NZUM U VZN
NYCPKQ IUNLZGPD.

Last week's CryptoQuip answer

My university is offering students a class in horsemanship that's called "creative riding."

Religious Services

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



WE'VE GOT THE BASES COVERED.
DEDICATED TO SERVING THOSE WHO SERVE.



THE FLAGSHIP
Authorized newspaper for the Navy Region Mid-Atlantic.



PENINSULA WARRIORS
Authorized newspapers for Langley Air Force Base & the U.S. Army at Fort Eustis.

MILITARY NEWS YOU NEED TO KNOW

SERVICE MEMBER HIGHLIGHTS
ENTERTAINMENT
EMPLOYMENT OPPORTUNITIES

The Flagship
www.flagshipnews.com



757.222.3990
150 W. Brambleton Ave. | Norfolk, VA
MilitaryNews.com

Huge Savings on 2018 Vacations!

Grand Alaskan

Cruise & Tour

12 days from \$2,798* \$1,399*

Departs July - September 2018

See the **Alaskan interior** and huge glaciers calving as you cruise the **Inside Passage** on a 7-night cruise aboard Holland America Line's **ms Westerdam**. Sailing from **Vancouver** visit **Glacier Bay, Juneau, Skagway & Ketchikan**, plus take a 4-day land tour of **Denali National Park, Anchorage**, Iditarod Sled Dog HQ, bears at a wildlife center & option to take an **Alaska Rail Road** dome-car. Hotels, all meals on cruise & sightseeing on the land tour included.



Hawaiian Islands

Cruise & Tour

12 days from \$3,998* \$1,999*

Departs year round in 2018

Our incredible Hawaiian Islands Cruise & Tour visits four islands in 12 days including 7 nights aboard Norwegian's freshly renovated **Pride of America**. Start in **Waikiki** on **Oahu**, and continue to the golden beaches of **Maui**, active volcanoes on the "**Big Island**" **Hawaii**, and the lush "Garden Isle" of **Kauai**, before returning to Oahu for included sightseeing in **Honolulu** and **Pearl Harbor**. With ocean sunsets and Hawaiian hospitality, this is a truly incredible tour. Fully escorted with hotels, portage, and sightseeing.



National Parks of the Golden West

14 days from \$1,749* \$1,499*

Departs May - September 2018

See up to 9 of America's most spectacular national parks on this incredible tour! Start off in dazzling **Las Vegas** and continue to the world-famous **Grand Canyon**, **Zion's** steep sandstone cliffs, red rock hoodoo's in **Bryce Canyon**, **Monument Valley's** giant mesas, **Arches National Park's** gravity-defying rock arches, waterfalls and granite scenery in **Yosemite**, towering sequoia trees in **Kings Canyon**, and everything in between-- America's natural beauty awaits! Fully escorted tour with hotels, sightseeing, and luggage handling.



YMT Vacations – the escorted tour experts since 1967!



1-877-287-0891

Promo code **N7017**

*Prices are per person, double occupancy and exclude taxes & government fees of up to \$299. Prices shown are after Instant Rebate or 2for1 offers are applied. Cruise prices based on Inside Cabin. Free onboard credit with Ocean View or Balcony cabin purchase for Alaska. Free specialty dining package for Hawaii with purchase of Ocean View cabin or Balcony cabin; specialty dining package for Hawaii requires pre-paid gratuities. Free Unlimited Beverage Package or Internet Package for Panama Canal Cruise with Ocean View or Balcony cabin purchase and must be selected at time of booking. Free Internet package is 250 minutes, 1 login per cabin, Free Ultimate Beverage Package requires additional service charges. All special offers apply to new bookings only made by 4/30/18 and are subject to availability. Lowest season prices shown; seasonal charges and single supplements may apply. Add-on airfare is available. Additional terms and conditions apply, ask your Travel Consultant for details.