



MC1 Brian Wilbur

An F-35C Lightning II assigned to the Grim Reapers of Strike Fighter Attack Squadron (VFA) 101 performs an arrested landing on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

By MCSN Shane Bryan
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

In the highest level of the superstructure aboard the aircraft carrier USS Abraham Lincoln (CVN 72), sits a team of Sailors who track the movement of every aircraft both on the flight deck and in the air.

Primary Flight Control (Pri-Fly) is a small room towering seven stories above the 1,092 ft. long flight deck and provides a panoramic view of all operations below. The primary mission of the Sailors assigned to Pri-Fly is to ensure that all aircraft take off and land safely aboard Abraham Lincoln.

Currently, Abraham Lincoln hosts seven different squadrons featuring different variants of the F/A 18 Hornet and the Navy's newest stealth fighter, the F-35 C Lightning IIs, all performing carrier qualifications.

"Without these Sailors doing their job, Abraham Lincoln would not be able to qualify these pilots to land aboard an aircraft carrier," said Cmdr. Michael Ferarra, air department's principal assistant. "Qualifying these pilots adds to our fleet and makes us a stronger Navy. So these Sailors play a vital

role in our mission.

Sailors in the Pri-Fly division man their workstations one hour before flight operations begin and don't finish working until flight operations secure. They are the eyes and ears of Cmdr. David Burmeister, the head of department (HOD) for Air and commonly referred to as the Air Boss. The Air Boss relies on the many watchstanders in the tower that ensure the accuracy of information passed to him.

"It's a privilege to work so closely with our HODs," said Aviation Boatswains Mate (Handling) 3rd Class Leanne Lieberman, the tower supervisor for Abraham Lincoln's Pri-Fly division. "There is a lot of pressure on us, but it is very rewarding when the day is done."

Pri-Fly typically monitors six aircraft in a pattern at one time, and the typical pattern can last anywhere from six to seven minutes per aircraft. However, they fly in these patterns all day, so Sailors will have their eyes on more than 100 aircraft a day during flight operations.

"Seeing the aircraft take off and land safely makes all of the hard work worth it," said Lieberman. "Just knowing that we are such a large part of the overall mission of Abe is very fulfilling."

Sailors assigned to the Pri-Fly team are selected from the five divisions that make up Abraham Lincoln's Air Department, something Lieberman takes pride in.

"You have to be on point to be selected to work the tower," said Lieberman. "Every day is a test."

There are six different stations for Sailors assigned to Pri-Fly. Overall, the tower operator is responsible for the supervision of all Pri-Fly members with the help of an assistant. The forward and aft watchstanders are responsible for monitoring all activity on their respective ends of the flight deck. One member is responsible for monitoring, via computer, all aircraft on and off the flight deck at all times. The landing signals officers (LSO) man the LSO platform and keep continuous communications to help pilots land safely.

"Lives are in our hands," said Aviation Boatswains Mate (Handling) Airman Heather Huss, a Sailor assigned Pri-Fly. "If you miss something and input the wrong weight setting for the arresting gear, catastrophe can happen. We have to pay extreme attention to detail when we are working up here."

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

CNIC, NAVFAC define new organizational relationship to increase efficiencies

From Naval Facilities Engineering Command

WASHINGTON

Key leadership with Commander, Navy Installations Command (CNIC) and Naval Facilities Engineering Command (NAVFAC) established new roles and organizational relationships in an effort to efficiently sustain the shore enterprise and support the Navy's overall mission.

Vice Adm. Mary Jackson, commander of Navy Installations Command, and Rear Adm. Bret Muilenburg, commander of NAVFAC, on Feb. 13 signed a joint letter to designate an additional duty assignment for NAVFAC to service as CNIC deputy commander for facilities and en-

» See **ORGANIZATIONAL** | A7

USS Hue City rescues distressed mariners

By Ensign Nicholas Vandiver
USS Hue City Public Affairs

ATLANTIC OCEAN

Guided-missile cruiser USS Hue City (CG 66) rescued three fishermen March 27 off the coast of Georgia.

At approximately 4 a.m. Hue City was notified by the U.S. Coast Guard and guided-missile destroyer USS Mitscher (DDG 57) that a small craft in their vicinity had issued a distress signal and needed assistance.

Hue City Commanding Officer, Capt. Jake Douglas, and the ship's crew turned to the last known position of the distressed vessel, fishing vessel Barbara Lynn, and began the search. Approximately 20 minutes later, the cruiser's lookout spotted the flashing strobe light of the life raft and its three passengers

Hue City deployed their Search and Rescue Swimmer, Sonar Technician (Surface) 3rd Class Nathan Andrade, a native



MCSN Justin DiNiro

The guided-missile cruiser USS Hue City is conducting routine training and operations in preparation for an upcoming deployment with the George H.W. Bush Strike Group.

of Stockton, California, who swam to the life raft and assisted in attaching the rescue harness to each passenger. The ship recovered survivors using medical litters and a rescue davit.

"When I woke up to the call that someone needed to be rescued, I was just praying to God that everyone was safe,"

» See **RESCUE** | A7



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NIGHTDIPPERS SUPPLY LINCOLN WITH VERTREP

HSC-5 is a squadron of MH-60S Seahawk helicopters, whose missions typically include naval special warfare support, search and rescue, anti-surface warfare and vertical replenishments at sea.

» See **A5**



USS NEBRASKA SUCCESSFULLY TESTS TRIDENT II D5 MISSILE

The ballistic-missile submarine USS Nebraska (SSBN 739) along with the U.S. Navy's Strategic Systems Programs (SSP) conducted successful test flights of two Trident II D5 Missiles, March 26.

» See **B4**

VIRGINIA ZOO WELCOMES BABY BONGO:

The male calf was on Friday, March 23, 2018. and can be seen in their exhibit in the Africa – Okavango Delta at various times of the day.

» See **C2**

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NAVY HONORS THE SERVICE OF VIETNAM WAR VETERANS

By MC2 Destiny Cheek
Naval History and Heritage Command

WASHINGTON

The Naval History and Heritage Command held a commemoration ceremony in honor of Vietnam War Veterans Day at the National Museum of the U.S. Navy’s Cold War Gallery located on the Washington Navy Yard, March 29.

The Vietnam War Veterans Recognition Act of 2017, designates March 29 of each year as Vietnam War Veterans Day. The ceremony honored and recognized the heroism of the Sailors, Marines, Airmen and Soldiers who served during the Vietnam War.

“I think this commemoration is particularly important because when they came home Vietnam War veterans did not get the recognition for their courage and valor that they deserved,” said retired Rear Adm. Sam Cox, director of the Naval History and Heritage Command. “Hosting this event is an opportunity to do the right thing even though it’s well overdue.”

The ceremony began with colors presented by the United States Navy Ceremonial Guard while the national anthem was sung by a member of the U.S. Navy Band.

Mark Weber, Managing Director of the National Museum of the U.S. Navy, served as the master of ceremonies. Following the anthem, Weber read the Presidential Proclamation Commemorating the 50th Anniversary of the Vietnam War. In 2017, President Donald Trump signed a proclamation to continue the 13-year Commemoration of the 50th Anniversary of the Vietnam War that began in 2012.

Cox presented Vietnam veterans in attendance with a pin to recognize their service and sacrifice. Among the Vietnam veterans present was John Desselle, a civilian employee of the Naval History and Heritage Command.

“This recognition means a lot to me,” said Desselle. “When I came back from Vietnam, nobody cared to talk to us, they assumed we were crazy. Today, I was thanked for my service which truly touches me.”

The guest speaker of the ceremony was retired Lt. Cmdr. Thomas J. Cutler. He served during the time of war in Vietnam and is a well-known author and speaker. Cutler began his presentation with a photo display accompanied by music.

After the photo presentation, he spoke to the audience wearing a Vietnam War-era uniform as if it was their first day on the ground “in-country” during the Vietnam War. He gave a welcome aboard brief with guidelines and advice for service members to follow while in Vietnam.

“Listen up, you may fall asleep but this information may save your life while in Vietnam,” said Cutler.



MC1 Sean Hurt
Chief petty officers stand in formation at sunrise before a burial at sea for retired Senior Chief Irvin Hornkohl aboard the aircraft carrier USS George H.W. Bush (CVN 77). Hornkohl, a U.S. Navy veteran of 30 years, served during World War II during the attack on Pearl Harbor, and completed two tours in Vietnam as a Navy Seabee. Hornkohl passed away June 26, 2016 and was laid to rest at sea Sept. 24, 2016.

Cutler continued the brief speaking to the audience about how to wear the uniform properly to avoid leeches, the type of assignments they could expect, the many hazards to avoid, and even the importance of taking malaria pills.

“It’s time to meet the enemy,” said Cutler as he displayed a picture of a mosquito. “Take your malaria pills. It’s better to have a year of an upset stomach, than a lifetime of malaria.”

The presentation continued with vital information pertaining to how to survive while in Vietnam. Cutler also spoke about his experience when he returned home from the war. “When I came back from Vietnam, for almost 10 years I could not talk about my experience. Nobody wanted to hear it or talk about it,” said Cutler. “Years later, now the awareness and knowledge has drastically increased and we appreciate it.”

For more information about the U.S. Navy and the Vietnam War, visit www.history.navy.mil/browse-by-topic/wars-conflicts-and-operations/vietnam-war0.html

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

Enough ship for the both of us: Brothers serve aboard Bush

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

NORFOLK

“He came to me one day and asked me what I liked and disliked about the Navy,” said Chief Machinist’s Mate (Nuclear) Kaleem Burke, when speaking about his younger brother’s decision to join the Navy. “I was totally honest with him, and told him about all my experiences in the Navy and allowed him to absorb that information without telling him to join or not.”

The younger brother, Machinist’s Mate (Nuclear) 3rd Class Sean Burke, completed several semesters of college and considered joining the Air Force before becoming a Sailor.

“Joining the Navy was a last resort for me because I was going to school and working, but I had no idea what I wanted to do,” said Sean. “I asked him what he did on a daily basis and was interested about being a machinist’s mate because I like working on cars and other mechanical things.”

Upon entering boot camp with a nuclear contract, recruits are told which nuclear job they will eventually study in “A” school. Electrician’s mates, electronics technicians, and machinist’s mates (MMN) are available nuclear. Sean, coincidentally, was selected to be an MMN like his older brother.

The elder Burke’s path to the Navy was similar to that of his younger brother, only six years earlier. Before joining the Navy, Kaleem was a 19-year-old college student from Bronx, N.Y., lacking career direction.

“I wasn’t focusing in school, but I was interested in hav-

ing a career in the medical field and knew I needed some discipline,” said Kaleem. “After researching all the branches, learning about hospital corpsman, and taking the ASVAB (Armed Services Vocational Aptitude Battery), the recruiter presented me with the option of the Navy nuclear program.”

After completing boot camp, Kaleem completed the same schools his brother would go on to complete six years later. He went to Nuclear Power School in Charleston, South Carolina, then Prototype School in Saratoga Springs, New York, and was eventually stationed on USS Harry S. Truman (CVN 75) for four years.

Kaleem says his success in the Navy is definitely the result of hard work, but more importantly having a chain of command that supported his development, molded him to be a successful Sailor, and recognized his work.

Kaleem’s chain of command wasn’t the only one to recognize his success. His mother who had seen him transform from a struggling college student to a successful Sailor knew the benefits the Navy could have on Sean.

“My mom saw my progress firsthand and absolutely loved it, so she supported my brother when he decided to join,” said Kaleem. “The Navy gave my brother and me the opportunity to be adults and stand on our own two feet, which was a huge benefit to our growth.”

After making chief in seven years, Kaleem, who recently hit his nine-year mark is certain he will make a career out of the Navy. Kaleem said he enjoys being an MMN, but more importantly, mentoring junior Sailors to be technically and socially successful in the Navy.

Sean says he enjoys what he does, but isn’t certain if he’s going to stay in after his first contract.

“I do find a lot of enjoyment in the maintenance and qualifications associated with being an MMN,” said Sean, who has been in the Navy for three years. “But the Navy was a big transition for me that I’m still adjusting to, and I’m still not sure if I want to reenlist.”

Sean says since his brother’s arrival in January 2018 the transition to Navy life in Norfolk has been much easier.



MC3 Brooke Macchietto
Machinist’s Mate (Nuclear) 3rd Class Sean Burke, left, and Chief Machinist’s Mate (Nuclear) Kaleem Burke, brothers from Bronx, New York, pose for a portrait in the hangar bay aboard the aircraft carrier USS George H.W. Bush (CVN 77).

“Some days I don’t see him at work, and sometimes I see him several times,” said Sean. “Having a family member in Norfolk, let alone my older brother on the same ship, makes life a lot better.”

While the future is unknown for the Burke brothers, coincidences definitely follow the two. Six years apart, the two brothers completed the same boot camp, nuke school, and have ended up on GHWB serving together as MMNs.

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NAS Oceana commissary honors Vietnam veterans on 50th anniversary

By MC2 Jacob Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

Naval Air Station (NAS) Oceana and its commissary commemorated the 50th anniversary of the Vietnam War by thanking and honoring Vietnam-era veterans and their families on March 29.

In honor of these service members, commemoration activities take place worldwide, primarily in the veteran's hometowns, and focus on honoring them for their sacrifice and service on behalf of the nation.

"The commissaries' participation is pivotal to successfully reaching these Vietnam veterans and their families, and the NAS Oceana Commissary has proudly joined this effort," NAS Oceana Commissary Store Manager Harry Nichols said. "It is through events such as this one, that we try to bring together the community. We are here to serve all active duty military and their dependents, which in my opinion are the best customers in the world."

Participating in the event were NAS Oceana Sailors, commissary staff, the Patriot guard riders, and Vietnam Veterans chapter 48. Gregory Chacho, Vietnam Veterans chapter 48 vice president, was a guest speaker for the event. He spoke on the history of Vietnam as a nation, the trials and abuses endured by the service members that served during the war, and the importance of continuing to support veterans in America.

"I want to be able to give people some context to what happened. My experiences alone won't matter to everyone, but to know and learn of the experiences of service members as a whole can be a powerful message," Chacho said. "There are many lessons that we as a nation have learned from the Vietnam War, and it is important to be able to acknowledge the sacrifices of those service members that brought them to light."



MC2 Jacob Richardson

Naval Air Station (NAS) Oceana commanding officer Capt. Chad Vincelette hands out commemorative 50th anniversary Vietnam veteran lapel pins to all Vietnam veterans attending an commemorative event at the NAS Oceana commissary, March 29. The pins serve as a lasting memento of the nation's thanks for the sacrifices of all service members that served during the Vietnam war era.

Vietnam vets were raised in a society that honored veterans. But because of the social and political turmoil during the Vietnam War, and the conflict's unpopularity with the public, service members returning home were not honored and were treated as the face of the unpopular war.

"Vietnam veterans, when they came home, were spit on, harassed, assaulted, anything you can think of," Becky Wentworth said, Vietnam Veterans chapter 48 President. "Events such as these mean a lot to the veterans here, to be able to be thanked for their service, sometimes for the first time."

This is the fourth year for the United States of America Vietnam War Commemoration. This event observes the service of the 6.6 million living Vietnam War veterans and their families. Approximately 9 million U.S. military members served on active duty during the Vietnam War era – Nov. 1, 1955 to May 15, 1975. Out of the 2.7 million U.S. service members who served in Vietnam, more than 58,000 were killed and more than 304,000 were wounded.

March 29, Vietnam Veterans Day, was first established by presidential proclamation in 2012 leading to the start of an-

nual observance events in 2014. The Vietnam War Veterans Recognition Act of 2017 further established the events as a national observance to recognize Vietnam War-era veterans for their service.

At the end of the event, Capt. Chad Vincelette, NAS Oceana commanding officer, personally handed out commemorative 50th anniversary Vietnam veteran lapel pins to all attending Vietnam veterans as a lasting memento of the nation's thanks.

Living United States veterans who served on active duty in the U.S. Armed Forces at any time during the period of November 1, 1955 to May 15, 1975, regardless of location, are eligible to receive one lapel pin.

"It is an honor and privilege to be able to recognize our Vietnam veterans, and the service and sacrifices they have given to our great country, and let them know that their legacy lives on," Vincelette said. "It is because of these veterans that we understand the importance of welcoming our men and women home from deployment and celebrating their service. I think we owe it to them for this change in culture and how Americans that serve are now celebrated."

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Cryptologic Technician (Technical) Seaman Kaitlyn Murray, left, and Cryptologic Technician (Technical) 2nd Class Alexander Davis
USS Laboon (DDG 58)



Sailors heave a mooring line in preparation.
USS Abraham Lincoln (CVN 72)



Seaman Apprentice Asif Mehdi
USS Sterett (DDG 104)



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

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HSC-28 supports Obangame Express 2018

By Lt. j.g. Dino Teppara
Helicopter Sea Combat Squadron (HSC) 28 Public Affairs

MEDITERRANEAN SEA

Helicopter Sea Combat Squadron (HSC) 28, stationed at Naval Station Norfolk, is conducting flight operations from the USS Mount Whitney (LCC 20) in support of exercise Obangame Express 2018, the largest regional maritime exercise in West Africa.

The eight-day exercise, sponsored by U.S. Africa Command, focuses on countering the trafficking of illegal arms and drugs, human trafficking, illegal migration, piracy, and illegal fishing. Additionally, maritime interdiction operations and search and rescue training are incorporated as part of the exercise.

HSC-28, known as the “Dragon Whales,” actively deploy with the Second, Fifth and Sixth Fleets to provide critical mission support. Their capabilities include search and rescue operations, cargo and passenger transport, and fleet support to Navy, Air Force, and Army units along the Gulf and Atlantic coasts. The squadron consists of 14 aircraft, 267 enlisted Sailors, and 51 officers.

“We are very excited to be here with the crew of the Mount Whitney supporting OE 18,” said Lt. Cmdr. Richard Shiels, officer in charge, HSC-28, Detachment 1. “This is an opportunity for us to showcase the seamless integration of our flight operations with the ship and offer our support. We know that this is an incredibly important exercise for the Navy and our friends in the Gulf of Guinea. Our presence here in West Africa demonstrates our commitment to the region and improving maritime security on a long-term basis.”

Mount Whitney operates with a combined crew of more than 300 Sailors and Military Sealift Command civil service mariners. The ship’s forward operating presence in the Gulf of Guinea represents the U.S. Navy’s commitment to support West African nations in countering illegal activities at sea while expanding training opportunities and cooperation among regional maritime forces.

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.



MC1 Theron Godbold
German visit, board, search and seizure team members demonstrate proper approach techniques in preparation for exercise Obangame Express 2018, March 20. Obangame will officially kick off on March 21, 2018, when nations begin real-world scenarios. For the next three days, African countries are preparing for the exercise by participating in training with maritime forces from around the world.



MC1 Justin Stumberg
Gabonese Sailors conduct a visit, board, search and seizure training scenario during Obangame Express 2018 in Port Gentil, Gabon.



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NIGHTDIPPERS SUPPLY LINCOLN WITH VERTREP

An MH-60S Sea Hawk helicopter assigned to the “Nightdippers” of Helicopter Sea Combat Squadron (HSC) 5 prepares to deliver ordnance to the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) during an underway ammunition onload.

MC3 Jeff Sherman



MC3 Allen Lee

An MH-60S Sea Hawk helicopter prepares to transfer supplies from the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

By MCSN Shane Bryan
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

The Nightdippers of Helicopter Sea Combat Squadron (HSC) 5 played a major role ensuring the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) gets the supplies it needs during the extensive underway replenishment (UNREP) and ammunition onload, March 25-28.

HSC-5 is a squadron of MH-60S Seahawk helicopters, whose missions typically include naval special warfare support, search and rescue, anti-surface warfare and vertical replenishments at sea (VERTREP). This underway, they conducted one with the fast combat support ship USNS Supply (T-AOE 6) and the Nimitz-class aircraft carrier USS George H.W. Bush (CVN 77).

“VERTREP is probably one of the most exciting things we do as aircrewman,” Naval Aircrewman (Helicopter) 2nd Class Jason Bazell said, a rescue swimmer assigned to the Nightdippers. “It’s super dynamic. We need to always keep a lot of communication between the aircrew in the back and the pilots up front.”

While pilots sit in the front of the helicopter, cargo hooks in the middle of the aircraft connect to the supply loads,

roughly 15 feet behind them. As the pilots concentrate on operating the aircraft, the aircrewmen provide constant updates on what is going on with the supplies being carried.

“The pilots depend heavily on us; we are their eyes in the back,” Naval Aircrewman (Helicopter) 2nd Class Timothy Cox said, an HSC-5 rescue swimmer who has flown 60 hours of VERTREPs over the last four years. “We are the only crew members with eyes on the load below. On long-haul VERTREPs, the loads will often start oscillating and swinging; we tell the pilots, and they put in corrective inputs to control the load.”

During Abraham Lincoln’s VERTREP, HSC-5 contributed 38 flight hours and provided 1,569 tons of ammunition including missiles, small arms, and general-purpose bombs.

“It’s an amazing feeling being a part of something so significant,” Lt. Bryan O’Loughlin said, a pilot attached to HSC-5. “I think the helicopters have one of the most diverse mission sets. It makes every day with the Lincoln a welcome surprise.”

While not a part of ship’s company, HSC-5 folded into the crew to bring Abraham Lincoln one step closer to being fully equipped and capable of conducting combat operations around the globe.

“The Navy wins wars, deters aggression, and maintains the freedom of the seas,” O’Loughlin said. “Abraham Lincoln has a major role in that, along with the other key players who make up Carrier Strike Group 12. Through underways such as this, and those to come over the next year, we will continue to sharpen our skills needed to execute those key missions.”

Commissioned in 1956, then HS-5 flew HSS-1N Sikosky helicopters with a primary mission to deny the enemy’s use of submarines against surface and air targets. Later, the squadron proved that over-water, night operations without any visual reference, were viable for 24-hour, all-weather operations. Due to this trailblazing effort, HS-5 attained the name “Nightdippers.”

For the aircrew members and pilots attached to the “World Famous” Nightdippers, mission success for the Navy is a first priority. According to O’Loughlin, they are enthusiastic to put their skills and expertise to the test. “The squadron is eagerly awaiting our upcoming deployment, it’s been a while for us; we are hungry to serve and to execute the mission.”

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

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Abraham Lincoln tests ATARI

By MC1 Josue L. Escobosa
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

USS Abraham Lincoln (CVN 72) was the first kid on the block to get a new ATARI. No, not the iconic gaming system from the 80s, but a system designed to remotely land aircraft on a carrier. Abraham Lincoln's friends, the other carriers, should be jealous.

ATARI, or aircraft terminal approach remote inceptor, was, for the first time ever, successfully demonstrated during a touch-and-go on an aircraft carrier while conducting carrier qualifications and flight testing aboard Abraham Lincoln. ATARI gives Landing Signal Officers (LSOs) the ability to take over and maneuver aircraft during recovery operations.

"I was really impressed with LSO's ability get me to touch down," said Lt. John Marino, a carrier suitability pilot from the "Salty Dogs" of Air test and Evaluation Squadron (VX) 23, and the first pilot to land on a flight deck using ATARI. "The conditions were really varsity (difficult), and it was really impressive the system worked the way it did. On a calm day, it would have been a little bit boring, but this was definitely more challenging."

Developed at Naval Air station Patuxent River, Maryland by Naval Air Systems Command (NAVAIR), ATARI was originally been tested in a Learjet in 2016, performing shore-based low approaches. In 2017, F/A-18s were fitted with this technology and after extensive testing and quality assurance, VX-23 was confident enough to test their system at-sea.

“There was some nervousness because the sea state was so bad,” said Marino. “Back on the airfield, testing was benign.”

LSOs are capable of taking over an aircraft from up to five miles away using the ATARI. The system demonstrates a potential method for recovering an unmanned aerial vehicle (UAV) by using the LSO's ability to observe and fix glideslope and lineup errors. Though not intended to be a primary method for recovering aircraft, it does provide a relatively inexpensive backup system in the case and an LSO needs on to step in and use their expertise and training to safely guide an aircraft. Along with the ATARI, a van outfitted with the



MC1 Josue Escobosa

Landing signal officers work with the aircraft terminal approach remote inceptor in preparation for incoming aircraft to land on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

ATARI system was brought aboard and setup behind the LSO platform to allow the engineers to watch the approaches in real-time, monitor safety-of-flight data and ensure passes were going smoothly. The van recorded flight data for engineers to analyze later and allowed VX-23 to test their system without having to install it Abraham Lincoln.

“We don’t have unmanned carrier-based vehicles in the fleet today, but they are coming soon, said Dan Shafer, a NAVAIR air vehicle engineer. “This is a potential alternative landing method and our system performed well.”

Much like its namesake, ATARI uses a joystick to control a UAV, or in this case for testing purposes, an F/A-18 outfitted with the system and a safety pilot sitting in the cockpit. The LSOs use the joysticks to make corrections and safely land the aircraft on the flight deck.

“We took the guy who’s flying the aircraft and we moved him to the LSO platform,” said Buddy Denham, a senior engineer at NAVAIR and creator of ATARI. “You’re effectively using little joystick controllers to guide a 40,000 lbs. airplane,

and it's almost like you're playing a video game."

Prior to landing, the aircraft first had to perform three wave-offs to ensure all conditions were safe and the system could indeed take over the aircraft while at sea. On the fourth approach, the system engineers and LSOs felt comfortable doing touch-and-goes.

“The deck was pitching significantly and yawing and rolling,” said Denham. “It was particularly difficult to land that day, and we showed it’s possible to use this system even when the conditions aren’t ideal.”

The ATARI testing was conducted over the course of two days in conjunction with carrier qualifications. Though not currently slated for fleet-wide implementation, yet the successful give it the potential for future application. The ATARI engineers will analyze the data collected aboard Abraham Lincoln and make adjustments for further at-sea testing.

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

**Jean de Vienne,
in support of
CTF 150, seizes
more than
1,160 pounds of
heroin**

From Commander, Combined Maritime Forces Public Affairs

5TH FLEET

French Marine Nationale destroyer, Jean de Vienne, secured their second drug seizure this year in support of Combined Task Force (CTF) 150, March 25.

A total of 1,160 pounds of heroin was seized during an operation in the international waters of the Arabian Sea. Jean de Vienne's seizure is the tenth for CTF150 since January this year; which together with Her Majesty's Australian Ship Warramunga and Pakistani Naval Ship Aslat totals in excess of 22 tons of narcotics seized.

The Jean de Vienne's Lynx helicopter was conducting routine surveillance in the international waters of the Arabian Sea as part of Combined Maritime Forces (CMF). Detecting a vessel of interest, the Jean de Vienne tracked the dhows to investigate further and determined the vessel was suspicious. Boarding teams from Jean de Vienne then conducted a non-destructive search of the vessel and found 20 bags of heroin weighing a total of 1,160 pounds, a street value of over \$120 million. After a thorough search, the illegal narcotics were recorded and transferred to Jean de Vienne for safe destruction at sea.

Commander of CTF 150, Commodore Mal Wise, Royal Australian Navy, said the remarkable success of CTF 150 is due to the teamwork between partner nations within the task force and stated that: “Providing security and stability in the international waters of the Middle East is essential to ensure the free flow of commerce in the region. CMF accomplishes this through a flexible mix of nations and ships committed to working together in a common purpose. Successful operations, like the recent heroin seizure by Jean de Vienne, are a testament to the important effect strong, multinational partnerships can have in this challenging maritime environment.”

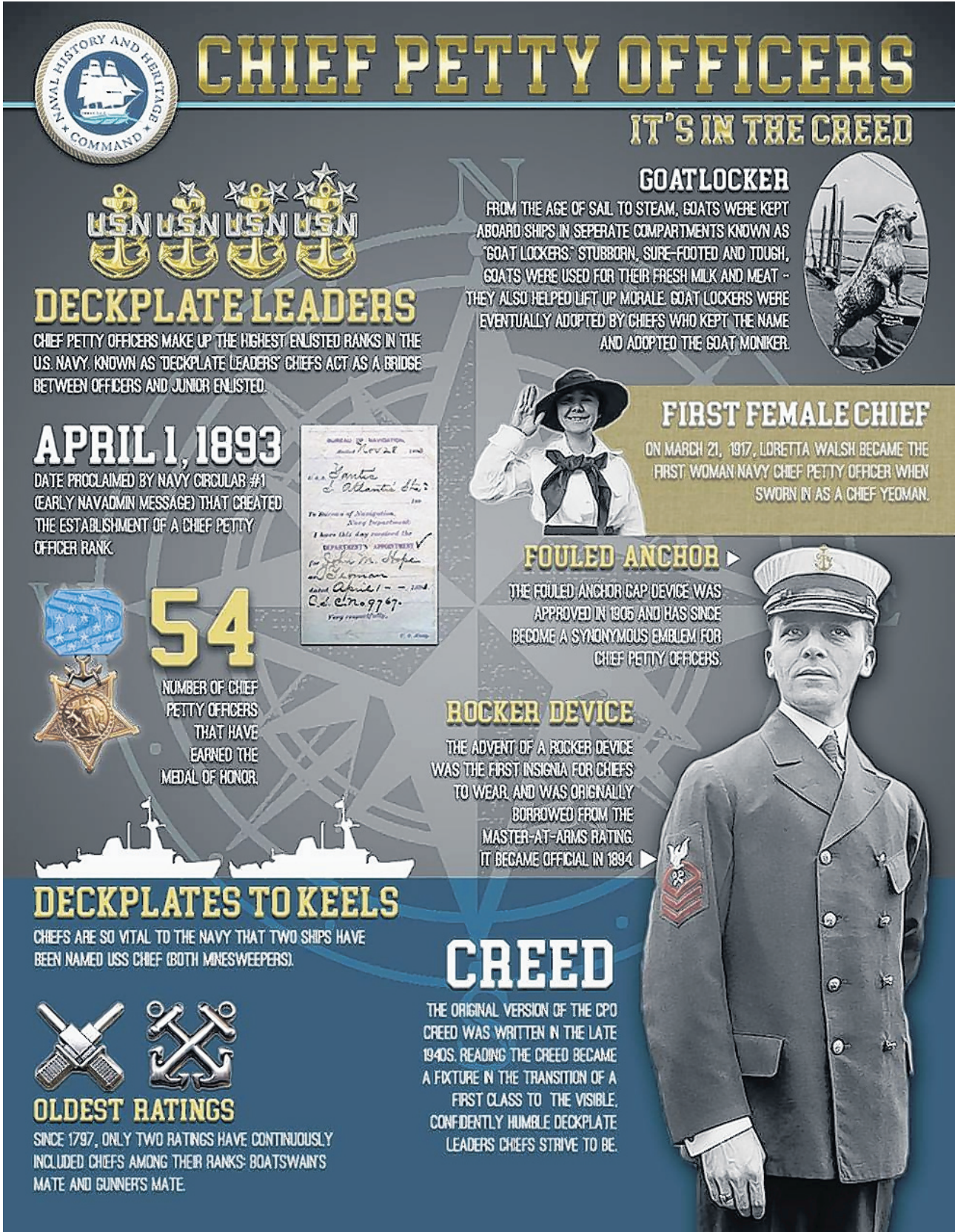
In 2018, multinational assets in support of CTF150 have seized over 22 tons of hashish and over 2 tons of heroin, valued street value in excess of \$1.6 billion. This is the tenth confiscation of drugs in 2018 by CTF 150, currently under Australian leadership, with a combined Australian and Canadian staff and supported by assets from a cross-section of the 32 partner nations that form CME.

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



The Arleigh Burke-class guided-missile destroyer USS Halsey (DDG 97), the Royal Australian Navy's frigate HMAS Warrawunga (152), and the French Marine Nationale's frigate FS Jean De Vienne (D 643) transit the Arabian Gulf during the trilateral exercise Intrepid Sentinel. Intrepid Sentinel is an exercise that tests the ability of coalition forces from multiple nations to work together and counter the challenges that may occur in the U.S. 5th Fleet area of operations.

AWS2 Brandon Whiteman



U.S. Navy info graphic

NAVY OBSERVES SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

From Navy Office of Information

WASHINGTON

Throughout April, the Navy joins the nation in observing Sexual Assault Awareness and Prevention Month (SAAPM).

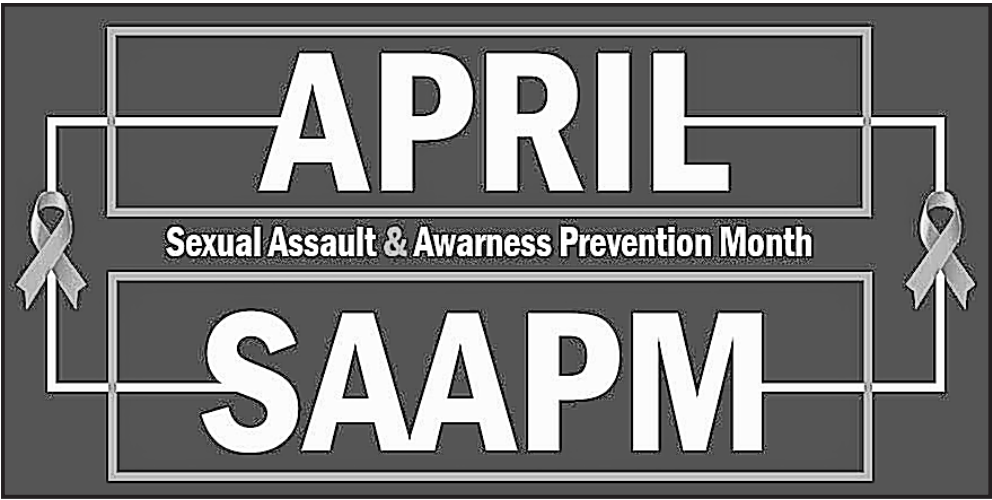
This year’s theme, “Protecting Our People Protects Our Mission,” established by the DoD Sexual Assault Awareness and Prevention Office continues to reinforce the idea that our people are our most important strategic resource and that operational success depends on supporting our personnel, protecting our shipmates, and safeguarding team cohesion.

“Sexual assault is a cancer effecting unit cohesion and lethality,” Secretary of the Navy Richard V. Spencer said. “The Department of the Navy has come a long way in addressing sexual assault, but until we get to zero, there is still work to be done. My commitment is enduring and fundamental, and my position of intolerance for sexual assault anywhere is unequivocal.”

Tolerating toxic behaviors within our ranks impedes our ability to fight and win wars by eroding trust and degrading individuals who contribute to the mission. This awareness month is designed to enhance year-round efforts to eliminate the crime of sexual assault and ensure all Sailors are treated with dignity and respect.

“On our One Navy team, we are dedicated to achieving our best possible performance — we go to our limits. There are no bystanders on our team. On our team, we drive sexual assault to zero,” Chief of Naval Operations Adm. John Richardson said. “Sexual assault is a toxic behavior that weakens our team and therefore helps the enemy. On our team, we all build strength and toughness to defeat our enemies. Unit leaders — leading petty officers, chiefs, junior officers — are especially important here — it’s why you joined the Navy. No bystanders. Destroy our enemies, not ourselves. End sexual assault.”

SAAPM provides the Navy with the opportunity to highlight programs and initiatives that



MC2 Paul Archer

Throughout April, the Navy joins the nation in observing Sexual Assault Awareness and Prevention Month (SAAPM).

educate Sailors, support victims, and encourage shipmates to take an active role in preventing, reporting, and eliminating sexual assault in the force. Sexual harassment and assault, in person or online, violates the Navy’s core values and is not tolerated.

“There is no place for sexual assault in our Navy and Marine Corps,” Director of the Navy’s Sexual Assault Prevention and Response Office Ms. Jill V. Loftus said. “We need to be there to instinctively step in when necessary and support those who have been victimized. We must do our part to foster a culture based on respect and professionalism.”

In an effort to eliminate instances of sexual assault, Navy leadership has issued guidance on online misconduct, established counselors within the Fleet in addition to family support centers, improved personnel management processes to better respond to occurrences of sexual assault, encouraged bystander intervention, and leveraged technology to remove stigma and barriers associated with seeking help following a sexual assault.

“We’re looking at new ways to convey the message,” Loftus continued. “We’re developing preplanned response cards for junior leaders, we have worked on a graphic novel, and we’re looking at training utilizing avatars. There are a lot of new and innovative methods that we’re exploring that will engage Sailors and keep them engaged.”

The Navy’s Sexual Assault Prevention and Response (SAPR) program falls under the purview of the 21st Century Sailor office, which exists to provide Sailors and their families with resources, training, and skills to overcome adversity and improve wellness.

For more information on SAAPM, including more information on how to prevent and report sexual assault, go to www.navy.mil/saapm.

LINCOLN COMPLETES 3MA

By MCSN Shane Bryan

USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

The Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) completed Material Maintenance Management Assessment (3MA), March 19–21.

“Overall Abe did really well,” said Senior Chief Aviation Boatswain’s Mate Sean Roberts, air department 3M inspector from Commander, Naval Air Force Atlantic. “We saw a lot of really good maintenance men and women out there. I think if everyone keeps up the good work that the 3MI will go just as well.”

3MA inspectors observe Abraham Lincoln’s 3M program as a whole and the assessment is also training for Sailors to improve their overall knowledge of maintenance. It is designed to help prepare Abraham Lincoln Sailors for the 3M Inspection (3MI) this September.

“This assessment has put us in a really good place to enhance our maintenance skills,” said Senior Chief Aviation Boatswain’s Mate (Handling) Dennis Parker, Abraham Lincoln’s 3M coordinator, “not only for our 3M inspection in a few months, but also for maintaining our equipment and for the overall preservation of the ship as a whole.”

CNAL inspected many of the functions Sailors perform while doing their maintenance. They looked at everything from how Sailors performed their assigned maintenance, such as damage control firefighting equipment all the way to the chairs in medical, to the system that is used to track it, SKED 3.2.

3M has existed in the Navy for more than 26 years, and the importance of maintenance is paramount to the survivability of Abraham Lincoln.

“A lot of Sailors don’t realize the importance of the maintenance that they are doing,” said Lt. John Tatro, Abraham Lincoln’s 3M officer. “Think about a car. People typically don’t wait for their oil light to pop up before they get an oil change; they know that they need to get maintenance done regularly to preserve the life of their vehicles. The same exact thing goes for this ship. The maintenance that Sailors are performing aboard this ship is what keeps her operational throughout her expected lifetime.”

Tatro said Sailors should always be performing at the same level they did during this assessment. The assessment tested the crew’s ability to maintain the serviceability of the ship at all times, and it is the standard that the Navy requires you



MC3 Tyler C. Priestley

Aviation Electronics Technician 2nd Class Jordan Muenchon performs maintenance on a jet engine aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

maintain.

“It’s like taking your drivers-ed test,” said Parker. “If you have been driving and practicing all of the time, then the actual test should just be business as usual. That is how we need to continue to treat these inspections.”

It takes Sailors at every rank and rate to perform at the top of their game to make assessments like these run smoothly, and it is an all-hands effort to make sure they take 3M seriously.

“It comes down to a strong work-ethic and ownership,” said Parker. “The triad uses that term a lot, and it’s because it is important. If everyone on the ship takes responsibility for their spaces and their assigned maintenance, then we will continue to move forward and progress as a command.”

While challenging and sometimes demanding, maintenance is something that is not going away. Senior Chief Hull Technician Mike Smith, a 3M inspector from CNAL, said it is best to embrace it and put care into what is done.

“There are two things that are going to happen every single day in the Navy,” said Smith. “Periodic maintenance checks and muster reports.”

Spot checks can be tedious but can also be beneficial, not only for the Sailor completing the spot check, but also for the leadership conducting it. Smith had some advice for senior leadership and for Abraham Lincoln to continue to do well in the future.

“When you are doing a spot check with one of your junior Sailors and they get lost or don’t know what to do that’s the perfect time for some mentorship,” said Smith. “Sit down with them, study that MRC, and show them that you care about what you are doing. That’s the money right there. It’s going to show them that they should care about their maintenance. There are not many Sailor-to-Sailor mentorship opportunities that pass on knowledge and work ethic like this.”

This is the only 3MA that Abraham Lincoln will have until its 3MI scheduled in September.

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

ORGANIZATIONAL | *Increasing efficiencies*

Continued from A1

vironmental.

“In order to close the gap between the Navy’s warfighting mission and available resources, we must consistently review and modernize business processes,” Jackson said. “This new organizational relationship demonstrates our intent to find creative and innovative solutions to meet the readiness requirements of the warfighters and the fleet both now and into the future.”

The NAVFAC commander’s additional duty responsibilities will improve transparency, prioritization, and accountability of NAVFAC-wide performance in execution of CNIC requirements. Additionally, installation public works officers will now be assigned and accountable to CNIC installation commanding officers. They will also have additional duty responsibilities to the NAVFAC Facilities Engineering Command commanding officer for their technical authority.

NAVFAC remains the Shore Facilities Systems Command with the technical and acquisition authorities for facilities life-cycle services to the Navy and Marine Corps, as well as providing many other installation procurement, and engineering

services to non-CNIC commands.

CNIC will remain responsible for operating the Navy’s shore installations; providing policy, standards. The new roles and organizational relationship between CNIC and NAVFAC will provide more effective customer service to the fleet and warfighter enterprise while establishing the commander of NAVFAC as the CNIC deputy commander for Facilities and Environmental.

The new shore command and control enterprise construct, along with the Navy Shore Enterprise Framework, which is currently in development, eliminates confusion regarding responsibility and accountability, and maximizes shore installation readiness through a clear understanding of CNIC’s and NAVFAC’s distinct roles and authorities.

NAVFAC and the Marine Corps Installations Command leadership are coordinating a similar C2 construct which will codify their relationship.

This new organizational collaboration first transpired in June 2017 when the CNO tasked the deputy CNO for Fleet Logistics and Readiness, Vice Adm. Dixon Smith, to lead a study in examining organizational relationships with CNIC and NAVFAC and their roles and responsibilities within the shore domain. The findings resulted in the newly established organizational changes.

RESCUE | *Hue City rescues fishermen*

Continued from A1

Andrade said. “Thanks to great teamwork from the boatswain’s mates and everyone else willing to help, we were able to save everyone and bring them on board safely.”

Two hours after receiving the distress call, all three passengers were aboard Hue City with no significant injuries.

Following the rescue, the recovered personnel were transferred by an embarked helicopter from Helicopter Maritime Strike Squadron (HSM) 70 to Naval Station Mayport, Florida, for further assessment and treatment.

“The Hue City team did a great job this morning,” Douglas said. “They showed their excellence in seamanship and exemplified the Navy Core Values. We are glad to have been able to assist fellow mariners at sea.”

Hue City is underway supporting Carrier Strike Group 4 Task Force Exercise 18-2.

For more news from U.S. Fleet Forces Command, visit www.navy.mil/local/clf/.



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Navy helps in Laysan Albatross translocation

Pacific Missile Range Facility Laysan Albatross Egg Swap Program was established to relocate fertile albatross eggs with non-fertile eggs in North Shore, Kauai and Oahu. » See **B5**

SECTION B | FLAGSHIPNEWS.COM | 04.05.18

NAVY ENTERTAINMENT HOSTS THE MESSLORDS IN SINGAPORE



U.S. Navy photo

Morale, Welfare and Recreation in partnership with Navy Entertainment, recently hosted a community luncheon featuring the Messlords, March 28, 2018, at the Singapore Area Coordinator's Terror Club.



U.S. Navy photo

Morale, Welfare and Recreation in partnership with Navy Entertainment, recently hosted a community luncheon featuring the Messlords, March 28, 2018, at the Singapore Area Coordinator's Terror Club. The Messlords are a group of celebrity chefs who tour U.S. military bases overseas entertaining and cooking for military communities. The event gathered more than 150 hungry participants who feasted on a buffet of smoked beef brisket, smoked pulled pork, grilled fish tacos, macaroni and cheese and corn bread all made in house.

By Marc Ayalin

Commander, Task Force 73 Public Affairs

SINGAPORE

Morale, Welfare and Recreation in partnership with Navy Entertainment, recently hosted a community luncheon featuring the Messlords, March 28, 2018, at the Singapore Area Coordinator's Terror Club.

The Messlords are a group of celebrity chefs who tour U.S. military bases overseas entertaining and cooking for military communities. The event gathered more than 150 hungry participants who feasted on a buffet of smoked beef brisket, smoked pulled pork, grilled fish tacos, macaroni and cheese and cornbread all made in-house. Messlord chefs, Jeff Vanderlinde, and Stretch, (yes that's his stage name) meticulously pampered and prepared the meat using a special dry rub with a marinade injection process to retain moisture throughout the duration of the cooking. For chef Stretch, these tours are a way of bringing those serving overseas a bit of happiness.

"We want smiles," Stretch said. "We think food is one of those communication devices that gives people a little taste of home. It might not be the best as you remember but it brings a little Americana to

the far corners of the world such as where we are right now."

Having started with only a few chefs in 2009, the Messlords now have 11 chefs that travel the world entertaining and cooking for military service members and their families. According to Stretch, some of the chefs are military veterans. Meanwhile, part of the criteria in being a Messlord is having been featured on television in order to meet the celebrity status.

For Matt Price, who works at Commander, Logistics Group Western Pacific, the food was well worth the price.

"The food was excellent," Price said. "The mac and cheese was awesome and the pulled pork was great and the brisket wasn't dry."

The Messlords are on their last stop on a nine-day tour through Korea, Japan and Singapore. For chef Vanderlinde, who is on his first world tour, the memories are priceless.

"Everywhere we have gone, the chefs, the sous chefs, and staff has treated us with nothing but respect and kindness and it just amazes me on what I've experienced on this tour," Vanderlinde said.

For more news from Commander, Task Force 73, visit www.navy.mil/local/cf73/.



U.S. Navy photo

Morale, Welfare and Recreation in partnership with Navy Entertainment, recently hosted a community luncheon featuring the Messlords, March 28, 2018, at the Singapore Area Coordinator's Terror Club. Celebrity and Messlord chefs, Jeff Vanderlinde, left, and Stretch, right, meticulously pampered and prepared the meat using a special dry rub with a marinade injection process to retain moisture throughout the duration of the cooking.

Soul of the mission: Chaplains changing lives

From Department of Continuing Promise 2018 Public Affairs

PUERTO CORTES, HONDURAS

On every humanitarian mission there are essential roles without which success wouldn't be possible. Operations is the brains, Seabees are the brawn, Medical is the heart, but the soul is the chaplain.

It's hard to overestimate the contribution of chaplains. They coordinate community relations events, donation opportunities and church services as well as provide pastoral counseling to service members.

Chaplains join for many reasons. Each of them has a unique story about their "calling." Lt. Cmdr. Michael Vitcavich of Bank, New Jersey is no different.

"It's hard to think about it and not get emotional," Vitcavich said, a Reservist chaplain assigned to Destroyer Squadron (DESRON) 40. "I became a true believer in 2000 and prior to that I was a successful entrepreneur in construction and contracting. Once the Lord changed my heart, I wanted to break away, I wanted to be a pastor. The bible says we can plan our steps, but it's the Lord that plans our directions, and this is the direction He led me."

As it happens, he was also led to the Continuing Promise 2018 team after accepting the billet at DESRON 40.

"The Lord has been leading me here for a long time," Vitcavich said. "I got the welcome aboard call from DESRON 40 in January and a few days later they told me about the mission. I had 24 hours to accept. So, I called my job, got the O.K. and joined the team the next day."

Vitcavich explained that while he loves helping people in any capacity, his greatest passion is in meeting people



MC2 Kayla Cosby

Chaplain Michael Vitcavich speaks with Honduran locals at the city's landfill during Continuing Promise 2018.

in their environment and finding common ground from which both sides can teach and learn.

"I'm more of a getting out and about kind of guy," Vitcavich said. "I love learning about different cultures and sharing something of mine. In the Chaplain Corps, we call that a teachable spirit. Being here in Honduras and exchanging cultures is a gold mine for any Chaplain, but I feel for me, especially."

In the first month of Continuing Promise, the team has already met, treated and shared so much with so many people. The need has been made overwhelmingly clear as thousands of Hondurans have come out for treatment and services. For those with less specific needs, or those with non-medical needs, Vitcavich planned a number of community service projects.

While touring the Franklin D. Roosevelt School in Puerto Cortes, Vitcavich noticed that only one half of one of the four stoves in the home economics class was functioning. He said it was apparent how badly they needed

Mine Countermeasures Exercise Dynamic Move wraps up in Belgium

By Lt. j.g. Benedict Capaldi

Mine Countermeasures Division 31 Public Affairs

OSTEND, BELGIUM

San Diego-based Mine Countermeasures Division (MCMDIV) 31, the tactical planning staff attached to Commander, Mine Countermeasures Squadron (COMCMRON) 3, successfully completed the annual multinational exercise Dynamic Move March 29.

The annual two-week long exercise is held at Ecole de Guerre des Mines (EGUERMIN), the Belgium-Netherlands Naval Mine Warfare School. The school provides education and training in sea mine-warfare tactics, techniques, and procedures to Belgium and Dutch navies, along with NATO allies.

MCMDIV 31 staff travels frequently to provide forward-deployed mine countermeasures tactical expertise and to plan and coordinate exercises worldwide. Representatives from 14 NATO and two partner nations assembled for this year's exercise. Participants used a mine warfare computer simulation intended to foster interoperability, coordination, and innovative tactics through various defensive MCM scenarios.

EGUERMIN uses the Naval Mine Warfare Gaming System. This is the only program in the world that can simulate a complex mine countermeasures scenario allowing multiple staffs to work together on the tactical and strategic level.

MCMDIV 31 Commanding Officer Cmdr. John Laney said, "Dynamic Move is one of our premier annual exercises. We are able to spend the two weeks solely focused on the tactics and doctrine of mine warfare. In addition, we were able to train our 20-person staff and interact with NATO partners in order to prepare for mine countermeasures worldwide."

Other U.S. units involved were Naval Surface and Mine Warfare Development Center (SMWDC), Commander Task Group 68.3, and Commander Mine Countermeasures Squadron Five.

Y R R P



YELLOW RIBBON PROGRAM HELPS FAMILIES YELLOW-BELLIED OVER TUITION

By Lisa Smith Molinari

Reality has set in. There’s no turning back. The kids are going off to college.

And someone has to pay for it.

It all seemed like a distant dream last fall when we signed up for campus tours.

“Sure, we can visit that private university that costs \$68,000 per year,” we said, believing that something would intervene — financial aid, scholarships, public outcry, a Martian invasion, the Tooth Fairy — to make college affordable.

Back then, high school graduation was so far off, we didn’t need to think it all through. Somehow, it would all work out.

In the meantime, college counselors encouraged our kids to explore their educational dreams regardless of the price, as if military families had unlimited budgets. And as if taking out massive student loans wouldn’t translate into our kids living in our basements until they reach their thirties.

Now, here we are in April. The month when high school seniors sort through their acceptance letters, revisit colleges, and make “their choice.”

And we, the parents, are hyperventilating into paper bags because we know the bills are coming.

But put down those smelling salts, because the GI Bill and the Yellow Ribbon Program can make college affordable for military families.

Legend has it that one night at the Mayflower Hotel in Washington, D.C., American Legion commander Harry Colmery scribbled an idea on a napkin for military veterans returning from WWII to receive federal unemployment pay, educational benefits, and loans to buy property to help them adjust after service. That idea eventually became the Servicemen’s Readjustment Act, better known as the GI Bill of Rights, which was signed into law by President Franklin Delano Roosevelt on June 22, 1944.

The Bill saw many revisions over the decades, most notably the 1984 Montgomery GI Bill which added an opt-in program for new recruits, and the 2008 Post 9/11 GI Bill which offered veterans serving on or

after September 11, 2001 the ability to transfer unused educational benefits to family members. This expansion also added the Yellow Ribbon Program which allows schools to voluntarily “fund tuition expenses that exceed either the annual maximum cap for private institutions or the resident tuition and fees for a public institution. The institution can contribute up to 50% of those expenses and VA will match the same amount as the institution.” (See www.benefits.va.gov/gibill/yellow_ribbon/yellow_ribbon_info_schools.asp.)

And finally, the Harry W. Colmery (the napkin scribbler) Veterans Educational Assistance Act of 2017, known as the “Forever GI Bill,” which eliminates the 15-year limit on using benefits for recent enlistees, offers extra money for those pursuing STEM degrees, and includes reservists, surviving dependents, and Purple Heart recipients.

Today, the GI Bill covers about \$22,800 annual tuition plus housing and books for four years. This amount is based on average in-state tuition, but it doesn’t cover all costs at many pricey universities today, which is why the Yellow Ribbon Program is used as a supplement.

When our first child, Hayden was searching for colleges back in 2014, we limited his search to in-state schools and schools that participated in the Yellow Ribbon Program. By searching the state-by-state list of Yellow Ribbon participating schools on the VA website (www.benefits.va.gov/GIBILL/yellow_ribbon/yrp_list_2017.asp), Hayden compiled a long list of schools that we could afford using most of my husband’s transferred GI Bill benefits.

Thanks to these programs, Hayden will graduate from a top-notch research institution in May with a well-paid job as a software engineer, no significant student loans, and no plans to live in our basement until his thirties. We considered telling our second child, Anna, that she was limited to what was in the change jar on the kitchen counter, but luckily, she was offered a competitive financial aid package from her university. And as for Lilly, our high school senior who has her heart set on another leafy upstate private college, we still have enough GI Bill benefits left to cover one year of tuition, housing and books.

After that, we may need those smelling salts.

www.themeatandpotatoesoftlife.com

Fourth ship to be named USS Indianapolis during crest unveiling

From U.S. 4th Fleet Public Affairs

NAVAL STATION MAYPORT, FLA.

Rear Adm. Sean Buck, commander U.S. Naval Forces Southern Command/U.S. 4th Fleet, representing the U.S. Navy, Indianapolis Mayor Joe Hogsett, and the ship’s sponsor Jill Donnelly, unveiled the crest for the newest addition to the Littoral Combat Ship (LCS) community, USS Indianapolis (LCS 17), March 23.

The crest was created through a logo and design competition held by the ship’s commissioning committee and was open to “any Hoosier, past or present.” From these submissions, five were selected and sent to the U.S. Navy in December 2017.

A crest is used to identify a ship or command and its elements usually symbolize the city or state for which it is named. Specifically identified elements with roots that stem from the namesake city are:

-The checkered flags symbolize the winning spirit of Indianapolis and it’s racing heritage.

-The horizontal and vertical white lines intersecting with the center circle are taken from the

flag of the namesake capital city and are symbolic of its moniker “Circle City” and the States “Crossroads of America”.

-The red circle with the star in the middle located in the center of the shield commemorates the capital city namesake.

USS Indianapolis is a Freedom class LCS that is currently being constructed in Marinette, Wisconsin. Once construction is complete and the ship has gone through all its appropriate trials, it will be homeported at Naval Station Mayport, Fla.

LCS class of ships are designed to operate in shallow waters near shore, countering challenges and threats presented in these areas, designed to counter a wide array of threats.

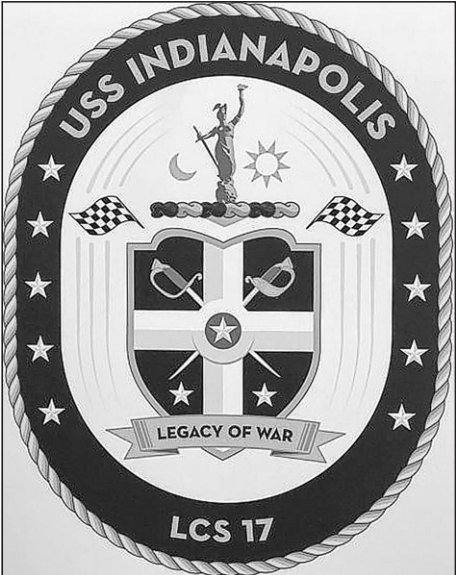
The newest LCS is the fourth ship to bear the name USS Indianapolis coming after:

-USS Indianapolis (ID 3865) Cargo Ship

-USS Indianapolis (CA 35) Cruiser

-USS Indianapolis (SSN 697) Submarine

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



U.S. Navy graphic illustration

-The checkered flags symbolize the winning spirit of Indianapolis and it’s racing heritage.
-The horizontal and vertical white lines intersecting with the center circle are taken from the flag of the namesake capital city and are symbolic of its moniker “Circle City” and the States “Crossroads of America”
-The red circle with the star in the middle located in the center of the shield commemorates the capital city namesake.

CONGRESSIONAL DELEGATION VISITS SWOS

By Lt. Megan Chester

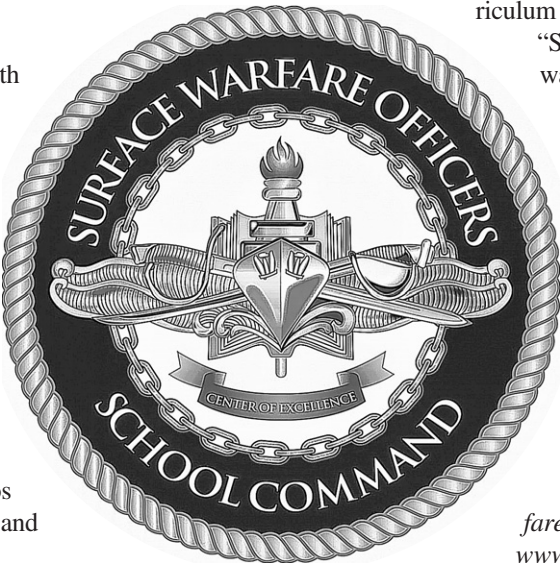
Surface Warfare Officers School Public Affairs

NEWPORT, R.I.

Two congressional representatives, along with members of the House Armed Services Committee staff and their own staffs, saw firsthand how the Surface Warfare Officers School (SWOS) trains students during a visit March 26.

Reps. Robert Wittman and Donald Norcross toured several of the trainers, including the Conning Officer Virtual Environment III trainer and the Full Mission Bridge simulator, used at SWOS as part of the surface warfare curriculum. SWOS instructors recreated training situations and demonstrated the capabilities of the systems used to teach officers in a multitude of shiphandling scenarios during normal daytime and nighttime operations and low visibility.

The group also observed case-study oriented replay of incidents at sea that reinforce for students sound shipboard watch-standing principles.



U.S. Navy graphic illustration

Capt. Scott Robertson, SWOS commanding officer, discussed the history of SWOS and the surface warfare officer training curriculum with the visitors.

“SWOS has used the past year to reevaluate the way we train our surface warfare officers,” Robertson said. “In addition to the attention we have given our navigation, seamanship, and shiphandling curriculum, we are marching ahead with changes and upgrades in maritime warfare, engineering, damage control, and leadership development.”

SWOS readies sea-bound warriors to serve on surface combatants as officers, enlisted engineers and enlisted navigation professionals to fulfill the Navy’s mission to maintain global maritime superiority.

For more information about Surface Warfare Officers School, visit www.netc.navy.mil/centers/swos/ or www.facebook.com/SWOSCOLCOM/.



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Hospital Corpsman 3rd Class Anne Borrell and Japan Maritime Self-Defense Force 1st Lt. Shimo Yama perform a tooth extraction for a Yap native during a Pacific Partnership 2018 (PP18) medical civil action project. 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.

MCSN Caledon Rabbipal

US, UK, JAPAN BEGIN HEALTH ENGAGEMENTS IN YAP FOR PACIFIC PARTNERSHIP 2018

By Lt. Clyde Shavers

Task Force 73/Destroyer Squadron 7 Public Affairs

YAP, FEDERATED STATES OF MICRONESIA

The Pacific Partnership 2018 medical team from the U.S., United Kingdom and Japan began the first of more than a dozen health engagements in Yap, Federated States of Micronesia at Nimgil Clinic and Yap Memorial Hospital, March 22-23.

More than 35 Sailors, Soldiers and Airmen from the three partner nations provided medical and dental care to nearly 60 patients at Nimgil Clinic and more than 100 patients at Yap Memorial Hospital. Dental care included tooth extractions and fillings, and medical care included health screenings, audiology screenings, prescription eye glasses, advanced nursing education, veterinary education and home pet care.

"I haven't seen this many people at our [Nimgil] clinic before," Philip Ranganbay said, community health center operations

manager. "This was the first time some people listened to a brass band, and we are very appreciative of the support provided by the Pacific Partnership medical team."

The Pacific Fleet "Deep Six" brass band consisting of five U.S. Navy Sailors and a drummer from the Royal Australian Navy performed at both medical centers, providing musical entertainment for patients waiting to be seen by the medical staff.

The medical team at the Cooperative Health Engagement (CHE) at Yap Memorial Hospital included audiologists, veterinarians, primary care physicians, medical technicians, dentists, dental technicians and nurses.

"I conducted dental screenings for 30 patients," Japanese Ground Self-Defense Force 1st Lt. Shimoyama Daiji said. "This is my first time in Yap, and I am enjoying the time interacting and helping the local people here on the island."

The Pacific Partnership 2018 team includes

five staff members from the Japanese Air, Maritime and Ground Self-Defense Force, and a combat medical technician (CMT) and medical assistant petty officer from the United Kingdom's Royal Navy and Army, respectively.

The medical team provided health screenings to nearly 130 patients, dental care to over 70 patients and optometry support to over 60 patients. Health screenings included blood-glucose, vital signs and height-weight measurements as well as pediatric screenings.

“There are no optometrists on the island of Yap, and patients were asking when we were coming back” Lt. Kaiser Sultaini said, optometrist for Pacific Partnership 2018. “It was absolutely amazing to be able to help the community by providing prescription eye glasses.”

"The medical engagements were collaborative and cooperative with host-nation medical professionals at the hospital," Cmdr. Jason

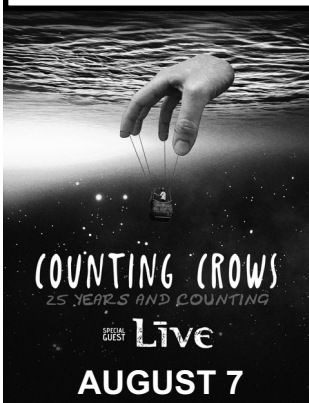
Blitz said, medical lead for Pacific Partnership 2018. “We worked side-by-side with the host nation nurses and technicians at every step.”

The U.S. and the Federated States of Micronesia 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.

Since 2006, the Pacific Partnership mission has provided medical care to more than 300,000 patients, 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/.

ON SALE APRIL 6 AT 10AM



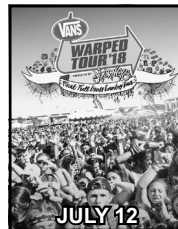
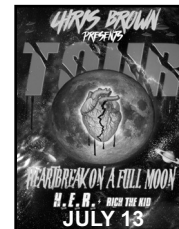
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USS NEBRASKA SUCCESSFULLY TESTS TRIDENT II D5 MISSILE

An unarmed Trident II D5 missile launches from the ballistic-missile submarine USS Nebraska (SSBN 739) off the coast of California. The test launch was part of the U.S. Navy Strategic Systems Program's demonstration and shakedown operation certification process. The successful launch certified the readiness of an SSBN crew and the operational performance of the submarine's strategic weapons system before returning to operational availability.

MC1 Ronald Gutridge

By MC1 Ronald Gutridge

SAN DIEGO

The ballistic-missile submarine USS Nebraska (SSBN 739) along with the U.S. Navy's Strategic Systems Programs (SSP) conducted successful test flights of two Trident II D5 Missiles, March 26.

The unarmed test missiles were launched as part of Demonstration and Shakedown Operation (DASO) 28 in the Pacific Test Range off the coast of Southern California.

The missiles were launched as a double mission test and were the key element of DASO 28, which marked the 166th and 167th successful test flights of the Trident II D5 missile since its introduction to the fleet in 1989. The primary objective of the DASO is to evaluate and demonstrate the readiness of the SSBN's strategic weapon system and crew before operational deployment following midlife refueling overhaul.

SSP, along with Naval Ordnance Test Unit, oversees the DASO certification process and provides integrated testing and evaluation capabilities, while various other organizations provide support. More than 130 special guests were invited aboard USNS Waters (T-AGS 45), a Military Sealift Command (MSC) vessel, to witness the event and learn more about SSP and the DASO process.

"The successful completion of DASO 28 was not only an important milestone in USS Nebraska's return to service, but also an important demonstration of the reliable and credible sea-based leg of the U.S. nuclear deterrent triad," said Capt. Mark Behning, deputy director, SSP.

Waters is an MSC vessel that provides support during the DASO launch as part of its mission. Instrumentation and personnel, such as engineers and scientists, are embarked aboard Waters to track the submarine and missile throughout the launch process. Capt. Mike Elmstrom, commanding officer, Strategic Weapons Facility Pacific (SWFPAC), and his crew took part in the design modifications of the D5 missiles and planning the test.

"Team SWFPAC put in many hours assembling, preparing and loading these flight test missiles," said Elmstrom. "This is a great opportunity for many of us to see the results of those impressive efforts."

Guests who watched the launch aboard Waters said it was a once-in-a-lifetime experience. "The launch was one of the most fascinating things I have ever seen," said Allen Beermann, executive director, Nebraska Press Association. "It was truly an experience of a lifetime and I am glad I was invited to attend this wonderful event."

USS Nebraska (SSBN 739) is the 14th submarine of the Ohio-class of ballistic missile submarines (SSBNs), and the second U.S. Navy ship to bear the name. Assigned to Submarine Group 9, Nebraska is one of eight ballistic-missile submarines homeported at Naval Base Kitsap-Bangor, Wash.

The mission of the SSBN force is strategic deterrence, by providing the United States with its most survivable and enduring nuclear strike capability. Ohio-class submarines serve as an undetectable launch platform for submarine-launched ballistic missiles. They are considered the most survivable leg of the nuclear triad; the other legs being long-range bombers and land-based intercontinental ballistic missiles.

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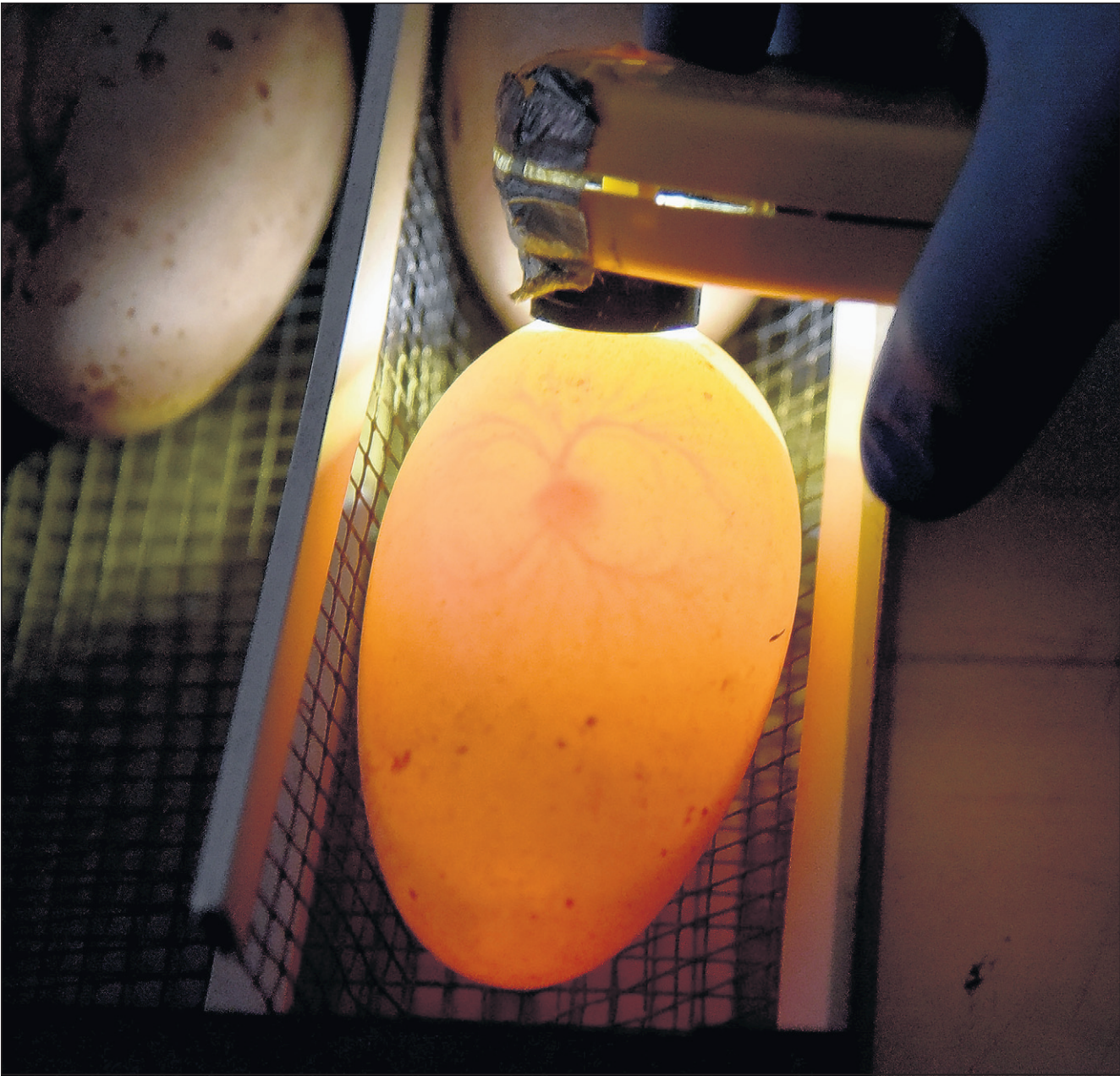
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Navy helps in Laysan Albatross translocation

Pacific Rim Conservation Wildlife Biologist Robby Kohly inspects an albatross egg with an ovascope high intensity egg candler to see if the egg is fertilized. Inspecting albatross eggs is part of Pacific Missile Range Facility Laysan Albatross Egg Swap Program established to relocate fertile albatross eggs with non-fertile eggs in North Shore, Kauai and Oahu.

MC2 Omar Powell



By Ensign Heather Hill
Navy Region Hawaii Public Affairs

KAHUKU, OAHU

The return of a Laysan albatross to the James Campbell National Wildlife Refuge March 26 is evidence of successful milestone in a long-term project co-sponsored by the Navy to relocate the endangered seabirds — from eggs to adults — to a healthier habitat.

Three years ago, the Navy, the U.S. Fish and Wildlife Service Refuge System, Pacific Rim Conservation (PRC), and other groups began a project aimed at establishing a new Laysan albatross colony on the northern coast of Oahu. The initiative is carried out by stakeholders working with Sailors and civilians at the Pacific Missile Range Facility, Barking Sands, Kauai.

“Our Navy’s Environmental Department here at PMRF has been working closely with Pacific Rim Conservation to create the best opportunities for Laysan Albatross survival while also protecting pilots on the PMRF airfield,” said Captain Vinnie Johnson, Commanding Officer of Pacific Missile Range Facility.

Albatrosses began nesting at the Pacific Missile Range Facility (PMRF) on Kauai near an active runway, where their six- to seven-foot wingspan posed a collision hazard for aircraft.

In a mitigation to prevent collisions with aircraft each year, the eggs have been flown by the U.S. Navy from Kauai to Oahu, most recently in December 2017, where hatchlings are raised at the James Campbell Refuge.

“As responsible stewards of our natural resources, PMRF is proud to be a partner to reduce the bird hazard to our airfield and at the same time help repopulate the albatross colony on Oahu,” Johnson said.

When the chicks are fledged they spend their first few years at sea. Their instinct is to return to where they were born after three to five years to commence nesting.

The specific Laysan Albatross sighted this week, named “V106,” hatched three years ago and was raised inside a new predator-proof fenced area within a coastal dune ecosystem at the James Campbell Refuge. V106 is the first of the 46 seabirds raised at the refuge to return after spending the past three years traveling all over the Northern Pacific Ocean.

“The return of V106 marks a milestone toward the long-

term success of this project” said Eric VanderWerf of Pacific Rim Conservation. “We hope this bird and others will continue to return and begin breeding at the refuge in the next several years.”

“Albatross are threatened by sea level rise associated with global climate change. Recent storm surges have wiped out thousands of albatross nests with eggs or young chicks in the Northwestern Hawaiian Islands,” said VanderWerf. “By thinking proactively and working together to establish more secure colonies on high islands within the historical nesting range of the Laysan albatross, we can ensure a future for these birds.”

According to VanderWerf, more than 99 percent of Laysan Albatrosses nest in the low-lying Northwestern Hawaiian Islands at the Midway Atoll and Hawaiian Islands National Wildlife Refuges.

For more news from Commander, Navy Region Hawaii, visit www.navy.mil/local/cnrh/.

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Ethiopian children learn human-centered design from Carderock engineer

By Kelley Stirling
Naval Surface Warfare Center, Carderock Division Public Affairs

HAWASSA, ETHIOPIA

Yared Amanuel spends his spare time using skills he has learned on the job at Naval Surface Warfare Center, Carderock Division — not his engineering skills, but what he has learned in human-centered design. Amanuel, an engineer with Carderock’s Naval Architecture and Engineering Department, just spent a couple of weeks in March in his home country of Ethiopia. While there, he gave several human-centered design seminars to local companies. He also extended his human-centered design knowledge to his non-profit organization, EthioAthletics, which has a mission to “advance lifetime wellness through participation in athletics in Ethiopia.” According to Garth Jensen, Carderock’s director of innovation, human-centered design starts by putting people at the center — observing and understanding human experience: how people’s complex behaviors, mental models and needs (articulated and not) inform the problem and the solution. It

blends design, strategy, qualitative research and entrepreneurial thinking. So, how did Amanuel use the human-centered design? It started with a bunch of kids wanting to play soccer and not liking their jerseys. As part of EthioAthletics, the soccer club brings about 120 children, ranging in ages 10 to 15, together to play soccer. But Amanuel said it’s about more than just soccer. “I’m going to use it to teach leadership, science and technology, working out problems, trying to come up with a solution,” Amanuel said. “Because the thinking is that the person who is closest to the problem is the one who should be bringing the solution to that problem.” And that’s where human-centered design comes in. When Amanuel started this league three years ago, he expected to have a three-fold mission: soccer activity, health and teaching, except the players did not like their jerseys. Amanuel assembled the kids last year and discovered the team felt their uniforms weren’t “cool.” But the cool ones, like the Messi or Barcelona brands, were too expensive. So, the real question became, “Why do



Photos by Yared Amanuel
Yared Amanuel, right, retrieves his luggage after his arrival in Hawassa, Ethiopia, on March 9, 2018. Amanuel, an engineer at Naval Surface Warfare Center, Carderock Division, was in Ethiopia on personal travel to help run his non-profit organization, EthioAthletics, which he normally does from his home in Maryland.



A child from Hawassa, Ethiopia, presents her group’s results from the human-centered design process they were using March 10, 2018, to determine the ultimate soccer academy they hope to build. Yared Amanuel, originally from Ethiopia and an engineer from Naval Surface Warfare Center, Carderock Division, taught the children how to use human-centered design to help them solve problems while he was there on personal travel in March.

you not want to wear the less expensive uniform?” “The focus on human-centered design is that it forces you to ask the root question, because it’s a process,” Amanuel said. “You don’t come to the answer because you want to, you come to the answer because you went through the process of asking the why and the how, and then you go back and ask the why again. And more importantly, you’re involving the people who are affected by it.” Amanuel said the solution with the uniforms was not what he expected. They decided to have a contest, which puts the solution in their hands, a key element of human-centered design. “Well, it turned out they were very excited,” Amanuel said. “I think the underlying story is that if they have a say in what they are going to wear, they start to own it.” Amanuel paired the children up with a fashion designer in Ethiopia, who is helping them with design and color selection, as well as money management. “We started it in basic terms of how do we get a shirt made in Ethiopia for the kids to wear, and then the kids are wanting to design and wanting to wear,” Amanuel said. The first human-centered design session with the children was so successful, Amanuel decided to do it again. During the trip in March, he had a group of them work through the process to determine what kind of facilities they should have. “The boys and girls were told that the city of Hawassa has given them unlimited land and funds to build their own soccer academy to live, play, learn and work,” Amanuel said, adding that the scenario was hypothetical in that he has requested the land from the city, and he will be raising funds to build it. He said the day-long project involved team-building activities, lessons in brainstorming, the fundamentals of human-centered design and how to respectfully discuss disagreements and come to a resolution. By the end of the day, the children came up with plan op-

tions that will be decided on over the next few weeks. With the help of some local architects, a final reconciled plan will be submitted to the city of Hawassa. Besides playing soccer, designing their uniforms and soccer academies, the children are expected to improve their grades in school as part of the EthioAthletics program, according to Amanuel. He said they intend to teach the children leadership, vocational and technical skills. Still, in its early stages, the program has three possible outcomes for the children in the long term. “If they have the ability to go play pro, they play pro; but they will also have the aptitude for college,” Amanuel said. “And if they don’t, they have a life skill they use to be hired to earn a living wage, a vocation.” There were other ways Amanuel said they used human-centered design, one of which was determining a way to make sure the children were staying clean, something that was not only good for their health and wellbeing, but also helpful to the parents. They decided to have them leave their uniforms behind every day. So, when they came to play soccer, they would change out of their regular clothes, put on their uniforms, and then their regular clothes would be laundered while they were playing. He said the children’s next assignment is to document any complaints they hear and develop the root cause and the real question that should be asked in order to work toward a solution to the problem. “Human-centered design is the perfect tool. It asks you, ‘What is your problem?’ It doesn’t say, ‘What is the help you need?’” Amanuel said. “Once you get to the core of the problem, then it becomes a little bit obvious where the solution should come from and what the solution should be. For more news from Naval Surface Warfare Center Carderock, visit www.navy.mil/local/nswcc/.

BUDGET FOR SUCCESS

By MCSN Greg Hall
NAVAL BASE KITSAP-BREMERTON, WASH.

“Winning at money is 80 percent behavior and 20 percent head knowledge,” said financial advisor Dave Ramsey in his book The Total Money Makeover. “What to do isn’t the problem; doing it is. Most of us know what to do, but we just don’t do it. If I can control the guy in the mirror, I can be skinny and rich.” Budgeting can be hard for Sailors who do not have training with handling finances. The Navy provides resources to teach them how to handle their money and avoid going into debt. “Sailors come to me if they are recommended by their immediate chain of command if they have a problem, or they are just working on a goal,” said Chief Aviation Electronics Technician Michael Tagg, the command financial specialist (CFS) aboard the aircraft carrier USS Nimitz (CVN 68). “I basically see if I am working damage control or working towards a goal.” Tagg said that the biggest issues that Sailors come to him with are bad auto loans and credit card debt. A lot of junior

Sailors aren’t aware of the dangers of high-interest rates and how they impact paying off debt. “Sailors get caught up in a bad situation, like their car breaks down or they need a repair and think that they may not have a choice,” said Tagg. “In those situations, they end up putting a lot of money on credit cards and struggle to make minimum payments. Paying minimums on credit cards means that it will take a long time to pay them off.” Navy commands offer CFS training courses to senior Sailors to teach them skills that will help junior Sailors. “I thought I was very knowledgeable when it came to personal finance, but then I went to the command financial specialist course and it opened my eyes,” said Logistics Specialist 1st Class Mario Garciacantu, from Houston, the CFS for training department aboard Nimitz. “I learned about resources that I did not know that Sailors have. I also learned about financial techniques that helped me budget and save money. I applied these techniques, and they have helped me in my life.” Garciacantu said that one technique that he learned was to be more self-aware when making financial decisions. Sailors may know how much money they have, or they may make a purchase they can’t afford because of peer pressure. “It can be hard to make the right decision when you haven’t budgeted,” said Garciacantu. “Budgeting allows you to see where your money is, where it is going, and what you can do with it.”

Tracking money flow is an important part of budgeting, but so is sticking to it. Tagg said that the small choices that Sailors make each day can snowball into big problems. It takes a lot of self-control to make the right choices every day. “Young Sailors have difficulty living within their means and looking past the choice right in front of them,” said Tagg. “They think they will handle tomorrow’s problems when they get there.” After Sailors create a budget, they should revisit and update it regularly. They should also choose someone they trust as an accountability partner. “My wife and I help keep each other on track,” said Garciacantu. “We have regular meetings and update our financial planning worksheet. As we plan for the future, it helps me to feel free. I have a lot of peace of mind because of the work that we do in regards to finances.” “It is a great feeling to get out of debt and work towards a point where you can start saving or investing money,” said Tagg. “It makes me feel better about the future and safer today. I love having options. It makes me feel free.” Sailors who are looking for financial support can visit their local Fleet and Family Support Center, or contact their CFS. For more news from USS Nimitz (CVN 68), visit www.navy.mil/local/cvn68/.

USS Sterett visits Hong Kong as 7th Fleet deployment continues

By MC2 Richard L.J. Gourley
USS Sterett Public Affairs

HONG KONG

The guided-missile destroyer USS Sterett (DDG 104) arrived in Hong Kong for a port visit March 27 after a stretch of operations as part of a deployment in the Indo-Pacific. The visit is meant to allow the crew to experience the culture of Hong Kong, engage with the local community, and continue to build a strong relationship with the counterparts in Hong Kong’s disciplined services. “We are thankful for the opportunity to visit Hong Kong. The crew is excited to learn about its history and experience the energy of this great city,” said Sterett’s Commanding Officer Cmdr. Claudine Caluori. “Visits like these

are important because it provides us the opportunity to extend the goodwill of the United States throughout the Indo-Pacific region.” Of the range of activities planned, Sterett will visit a nursery school and a secondary school, participating in cultural activities and sports games with students. “I am very excited for our Sailors to participate in these community outreach events in Hong Kong,” said Lt. Cmdr. James Ragain, a chaplain at Destroyer Squadron One. “Not only do they have the great privilege to represent the United States and the Navy, but serving others is a great way for these men and women to grow personally and professionally.” Many Sterett Sailors are looking forward to trying the local cuisine and understand the

rich history of Hong Kong. “I’m thrilled to hit port after all this time at sea,” said Yeoman 3rd Class Quinton Foreman. “I’ve been to Hong Kong before so I already know what I’m going to do. I’m planning on doing some hiking, eating some authentic Chinese food, and maybe I’ll see the Buddha statue at Po Lin monastery.” Comprised of approximately 300 Sailors, Sterett is a multi-mission ship with weapons and sensors that allow it to operate across all warfare domains. Sterett’s capabilities are designed to allow it to operate independently or in tandem with other ships. The San Diego-based Sterett is currently deployed to the Indo-Pacific region in support of the Wasp Expeditionary Strike Group and its patrol with the 31st Expeditionary Unit. Sterett last deployed with USS Dewey (DDG 105) in 2017 and operated with regional navies to conduct routine patrols, maritime security operations, and theater security cooperation activities to enhance regional security



MC2 Richard L.J. Gourley
Boatswain's Mate 2nd Brian Mello throws a messenger line from the Arleigh Burke-class guided-missile destroyer USS Sterett (DDG 104) as the ship arrives in Hong Kong for a scheduled port visit.

and stability. The presence of ships like Sterett in the Indo-Pacific help preserve peace and security and further ties with partners and allies.

SWOSU Great Lakes hosts LDO/CWO program

By Brian Walsh
Training Support Center Public Affairs

GREAT LAKES

Surface Warfare Officers School Unit (SWOSU) Great Lakes hosted a Limited Duty Officers (LDO)/Chief Warrant Officers (CWO) program highlighting opportunities and answering questions from over 100 Sailors interested in becoming LDO/CWOs in a two-session forum held March 30.

The forum, which was opened to all area commands, was designed to familiarize Sailors with the options in career advancement as well as ensure a new generation of Navy leaders to become experts in their field as well as reliable and responsible managers.

“This event is a great opportunity to provide Sailors with what the Mustang LDO/CWO Association’s community has to offer them,” Commanding Officer of SWOSU Great Lakes Cmdr. Terrance Patterson said. “Those that were interested in the program are able to ask questions, seek out mentors and start figuring out what if the program truly is for them, to see if this is something that they want to make their career,”

After enlisting in the Navy in 1982 and serving as an Electronics Technician, Capt. Mark Meskimen, commanding officer at Training Support Center Great Lakes, took the next step in 1993 when he was commissioned in the Limited Duty Officer (LDO) program.

“I think back to when I was applying for the LDO program and parts of what I said to the question of why I want to be an LDO,” Meskimen said. “The Navy has provided me the greatest opportunities of my life. The best way that I can contribute to my continued success and to the Navy is by using my capabilities to the fullest, which can only be achieved as an LDO. This well respected program provides the ability to lead personnel all while having that technical skill that is required in these specialty jobs. This meeting is to inform and encourage Sailors to be part of a community that can give more opportunities to effect changes in the Navy, as well as further advance their careers.

The event was developed to educate Sailors on eligibility and prerequisites for the LDO/CWO program, benefits of having one or more mentors, application process and selection board procedures, as well as personal testimonials from former enlisted who acquired high-ranking positions through determination, expertise, desire to succeed and advance their careers.

“The program is designed for senior leadership 1st Class or chief petty officers seeking a path for commissioning,” Lt. Aaron Gordon said, chief engineer at SWOSU Great Lakes. “We pick up the first classes or chiefs on their technical rating so they become Limited Duty Officers or Chief Warrant Officers based on their technical abilities,”

The LDO and CWO communities have designators in the surface, submarine, aviation, general series and staff corps communities and serve in a variety of leadership billets within their technical fields, ranging from division officer to commanding officer ashore.

“We discussed the application process and other issues such as what things will make you



Brian Walsh

Chief Warrant Officer (CWO) Hector Sandoval, CWO community manager at Bureau of Naval Personnel, addressed over 100 Sailors from all area commands highlighting opportunities in career advancements within the Limited Duty Officer/CWO community March 30. Surface Warfare Officers School Unit Great Lakes hosted the event that discussed prerequisites, mentors, application process and selection board procedures.

a better candidate or will not make you a good candidate,” CWO Community Manager at Bureau of Naval Personnel Chief Warrant Officer Hector Sandoval said. “Participants were able to hear from the actual people who made it as opposed to merely reading it on a website. We shared when you need to prepare, what qualifications you need, and what type of evaluations do you need.”

LDO/CWO community is made up of officers from more than 20 different career fields ranging from surface deck boatswain’s, sub-surface engineers, aviation maintenance, nuclear, information professionals, and security officers. Each of the career fields has a discreet career path, promotional opportunity, and chance for command.

“Our goal was to communicate everything that is going on in our community, have all rumors dispelled and get a clear understanding of our new promotion system,” LDO/CWO community manager at Bureau of Naval Personnel Cmdr. Ed Callahan said. “The information contained in today’s briefs is the most up to date and I hope I showed participants something new and useful that they would want.”

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

CHRONIC EXPOSURE TO LOW-LEVEL BLAST WAVES MAY INCREASE RISK OF CONCUSSION

From Naval Health Research Center Public Affairs

SAN DIEGO

A traumatic brain injury (TBI) is defined by the Centers for Disease Control and Prevention (CDC) as a “disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or a penetrating head injury.”

Symptoms can include headaches, nausea, vomiting, sleep disturbances, physical weakness, problems with memory and attention, anxiety, and depression. TBI can be challenging to diagnose because symptoms can appear immediately or not for days or months after an injury.

TBIs can range from mild to severe. Severe TBI can result in death or permanent physical, mental, or emotional impairment. However, the most common form of TBI is mild TBI (mTBI), also known as concussion. While symptoms can be distressing, most people typically recover well and estimates suggest that 90 percent of people with concussions recover fully within 3 months. However, the more concussions a person has, the longer it may take to recover.

The CDC considers TBI to be a serious public health problem—a leading cause of death and disability each year. In 2010, the CDC says there were 2.5 million TBIs in the United States.

Within the military, more than 375,000 service members have been diagnosed with a TBI between 2000 and 2017, according to the Defense and Veteran Brain Injury Center. Most—just over 308,000—were concussions diagnosed outside of combat, caused primarily by falls and motor vehicle crashes.

The annual rate of TBIs among military personnel increased from 2000 to 2011, when the number of service members deployed to Iraq and Afghanistan also grew. During this time, most of the TBIs sustained during combat operations were caused by blasts from improvised explosive devices (IED).

TBI has become known as one of the signature injuries from these recent conflicts and between 10 and 20 percent of military personnel who served in these conflicts have been diagnosed with this injury.

The need to better understand TBI—how to diagnose it, treat it, and prevent it—has spurred researchers throughout the military medical community to study this condition that can impair the short- and long-term health and readiness of service members.

Most research on military TBI to date has focused on injuries resulting from a single trauma, such as an IED or motor

vehicle crash, but few studies have examined the relationship between chronic exposure to low-level blast waves (also referred to as overpressure exposure) and the development of TBI.

Researchers at the Naval Health Research Center (NHRC) aim to change that. A recent study examined whether personnel in military occupational specialties (MOS) that regularly expose them to overpressure are at increased risk of sustaining an mTBI.

“There’s a lot of great research about the consequences of TBIs, but relatively little has focused on who is at risk for developing a TBI,” Research Psychologist at NHRC Lt. Uade Olaghere da Silva said. “Not everyone who experiences a car crash, for example, will develop a TBI or, if they do, experience negative outcomes. Our intent was to identify factors that may put service members at higher risk for developing a TBI.”

One potential risk factor is the chronic low-level overpressure exposure, such as firing heavy caliber weapons, which certain service members experience as part of their regular, job-related duties. When service members are near a heavy caliber weapon being fired or an explosive detonating, they are subject to a blast/overpressure wave.

“With my colleague Jennifer Belding, a behavioral health researcher at NHRC, and the rest of our team, I am examining whether service members who work in occupations with more frequent exposure to low-level overpressure, such as artillery and infantry, are more likely to develop a TBI if they are exposed to a major blast during deployment,” da Silva said.

To begin answering these questions, the research team examined the records of enlisted active duty Marines who had completed post-deployment health assessments between 2005 and 2012. Researchers identified nearly 23,000 Marines who experienced an event that may have put them at risk for an mTBI, including falls, blasts, and vehicle accidents.

Researchers then grouped the Marines by MOS—one group included jobs with high risk for chronic overpressure exposure, such as artillery and infantry, and the second group included low risk occupations, such as administration or communications. The team analyzed the relationship between MOS risk (high or low), exposure to a major blast event, and self-reported mTBI to determine if Marines in certain MOSs are more susceptible to mTBI after blast exposure.

“After our analysis, we found that Marines in high-risk occupations were substantially more likely to develop an mTBI

after a major blast exposure than Marines in low-risk jobs,” da Silva said. “We also found that Marines whose concussions were associated with a blast experienced significantly more symptoms than Marines who reported a concussion from another cause, such as a fall or car accident. Blast-related mTBIs may be fundamentally different from non-blasted related mTBIs in terms of symptoms and how the injury develops and progresses.”

With these initial findings under their belt, NHRC researchers are already looking ahead.

“There’s really much more research to do as we increase what we know about TBI,” da Silva adds. “For instance, do service members in high-risk MOSs develop more severe TBIs after a blast? Does chronic exposure to low-level overpressure result in the same symptoms and medical outcomes over time as acute high-level overpressure exposure? As we work to answer these questions, we’d like to expand the study to all services—overpressure exposure isn’t limited to a single branch of the military. And, to better understand the long-term health outcomes for those diagnosed with TBI, studying our veteran population would be crucial.”

There are many avenues to pursue for future research, including one that da Silva is passionate about—studying TBI-related stigma.

“We need to consider the different health risks associated with TBI, including stigma and other factors that influence whether service members seek care and treatment,” da Silva said. “Increasing our understanding of why people avoid getting help for TBI symptoms can inform targeted interventions to encourage service members and veterans to seek treatment and get the help they need.”

By its very nature, military service comes with risk. While it’s not possible to eliminate all risk to service members, researchers can identify those risks and find ways to reduce their impact on service members. There’s much more work to be done before TBIs are fully understood, but the team at NHRC is hopeful the research they’re doing to identify risk factors for developing TBI could lead to improved preventive and screening measures. The earlier TBI is detected, the sooner care and treatment can begin, which can improve recovery, health, and readiness.

For more news from Naval Health Research Center, visit www.navy.mil/local/nhrc/.

CHAPLAINS | *Soul of the mission*

Continued from B1

one as they had kept three broken units for parts. Two days later, Vitcavich and the Continuing Promise team delivered a fully functioning refurbished oven.

“Home economics is particularly important in Honduras,” Vitcavich said. “A lot of these kids don’t even have parents. You know, 13 and 14-year olds living on their own.”

Chaplains are not in it alone. They use an expansive network of contacts and resources to help them change lives for the better.

“The Embassy helped out, too. They donated 1300 school kits to the same students at FDR. We were able to pass them out and raise morale tremendously.”

Students were not the only beneficiaries, one of the support staff members who does missionary work told Vitcavich about a number of families with children who live in and off of a local landfill. He assembled a team and went out to meet them.

“It was definitely an eye opener,” Vitcavich said. “We don’t even realize how much we have and how much we take for granted. Those little things we don’t always appreciate are considered great blessings to them. I told them that I wish I could do more, but they said just our presence and prayers were enough. They said they felt like they’d been discarded by society.”

Chaplains are far more than religious leaders; their concern is for people. They are a bit of levity in an often heavy profession. They come from different places and join for different reasons, but they all share the same calling, to help their fellow man.

Vitcavich said, “We all join the military to make a difference in the world, and this mission is at the core of that belief.”

Chaplain Vitcavich and the Continuing Promise team are slated to depart Honduras soon. They are scheduled to visit Guatemala and Colombia in the coming months.

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

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FARM TO TABLE:
If you've eaten out recently, you've probably noticed the menus feature locally sourced ingredients. The farm-to-table movement continues to flourish at restaurants throughout the country. Learn how to enjoy the hottest new food trend at home!
» See **C4**

WE ARE THE WORLD

Explore the sights, sounds, and tastes from cultures across the globe at the 18th Annual International Children's Festival in Hampton, Virginia April 21

From Hampton CVB
On April 21, bring the entire family to the 18th annual International Children's Festival, a veritable palette of color, cultural pride, and camaraderie. The event, taking place 10 a.m. – 5 p.m. at downtown Hampton's Mill Point Park and Queens Way, will allow children of all ages the unique opportunity to experience the sights, sounds, and tastes of nearly 30 countries.

A wealth of activities are planned for this year's program, including a costumed Parade of Nations showcasing a breathtaking array of exquisite fabrics, bold colors, and exciting designs. Entertainment for this year's festival will take place at the Mill Point Park main stage; featuring the popular Dragon Head Dance, native folk dancers and musicians. In addition, there will be a new interactive instrumental demonstration area. Lastly, festival goers will enjoy a family entertainment area complete with life size international games and the Great Wall of Art returns with creations by the countries.

To help children further simulate real travel and enhance their worldwide journey, Passports to Adventure will be available for FREE and child will be entered into a special "World Traveler" prize drawing. Any time a child visits a country, they will have their visas stamped to confirm their interaction with the ambassadors of that country.

In addition to the activities of the day, vendors will offer (for a fee) exotic and tempting treats from around the globe. The designated

food court area will remain open until the conclusion of the festival.

For more information on the 18th annual International Children's Festival, dial 757/727-8311 or check out www.hampton.gov/parks/icf. Admission to the festival is free and ample free parking is available throughout downtown. Imagine the fun your family will have traveling the world in downtown Hampton, Virginia!



Courtesy Hampton CVB
The International Children's Festival is a multicultural extravaganza. This year's event has nearly 30 countries participating.

2018 INTERNATIONAL CHILDREN'S FESTIVAL Participating Countries	American Samoa	Colombia	Ethiopia	Ireland	Panama	Turkey
	Armenia	Cornwall	France	Israel	Russia	Ukraine
	Caribbean Islands	Dominican Republic	Germany	Italy	Scotland	USA
	China	Egypt	Ghana	Mexico	South Africa	Vietnam
		England	Haiti	Nepal	South Korea	

Pinewood Derby fun for all!

Cub Scout races promotes father & son relationships, craftsmanship, competition

By Lt. Cmdr. Mike Myers

Afloat Training Group Norfolk

NORFOLK

Don Murphy started the pinewood derby in 1953 with one simple idea, he wanted to "devise a wholesome, constructive activity that would foster a closer father-son relationship



Pictured above are participants that raced in the Wolf bracket. These 2nd graders came from Virginia Beach communities south of Interstate 264 and north of Knotts Island, N.C.

and promote craftsmanship and good sportsmanship through competition." Cub Scouts have been building their own wooden cars and racing them ever since.

On March 24th, several active duty and retired members of the armed services were reminded that serving your community doesn't end with your DD-214. These volunteers organized and staffed the 2018 Princess Anne District Pinewood Derby held at Community United Methodist Church of Virginia Beach.

With more than 120 scouts registered to race, it was crucial that the event is executed with military precision and organization. Lt. Cmdr. Mike Myers, retired U.S. Marine Corps Master Sgt. Erich Wolfinger, retired Senior Chief Electronics Technician Kirk Traber, U.S. Army Spc. Andy White and retired Machinist's Mate 1st Class Mike Blevins answered the call from the community.

Throughout this 5-hour event, each of the cars races down the track 3 times competing for a top spot. Wolfinger timed the runs with a laser optic computer controlled software. Blevins and Traber worked as the pit crew to check cars and run the track with assistance from Robert Cooper, Anna Saeger, Kylie Wolfinger and the Boy Scouts in Local Troop 471. No evolution could be successful without the support of the Navy and Army Spouses like Gar Saeger, Jessica Myers, Moriah Wolfinger and Ryan White who were completely in-



Photos by Lt. Cmdr. Mike Myers
The top 3 fastest racers from Princess Anne District. The fastest speed was 216 MPH (scaled)!

involved in the event.

White, also an Assistant Cub Master and his wife Ryan coordinated the snack bar which raised almost \$200 for the event. "The pinewood derby was always one of my favorite scouting events when I was young. Now to see my two boys take part in such a time-honored scouting event makes me feel proud to pass down the tradition," remarked White.

The Cub Scouts that competed at the District Pinewood Derby have already won at their local pack event. The top three racers from each rank, Lions, Tigers, Bears, Wolves, WE-BELOS and Arrows each race against their own age group for a trophy. Out of the 120 boys that race, only 18 are eligible to race at the Tidewater Council Derby on April 14.

INSIDE: Check out Flagship Values, your source for automobiles, employment, real estate and more! Pages C6-7

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Sports

DANIEL BRYAN CLEARED FOR ACTION; WRESTLEMANIA SET TO TAKE OVER NEW ORLEANS

SmackDown General Manager Daniel Bryan, seen here in 2017, will return to in-ring competition at World Wrestling Entertainment's WrestleMania 34 event on April 8.

Jonathan McLarty



By Jonathan McLarty

Contributing Writer

The biggest sports entertainment event of the year is set to take place on Sunday, April 8, as World Wrestling Entertainment (WWE) presents WrestleMania 34 on the WWE Network. WrestleMania, along with the supporting events that weekend, are highly anticipated each year. There are potentially fourteen matches that will take place on this evening over the course of six hours between the pre-show that begins at 5 p.m. Eastern and the main event card that begins at a special start time of 7 p.m. Eastern from New Orleans, Louisiana.

Every title within WWE will be defended on April 8. For Monday Night Raw, WWE Universal Champion Brock Lesnar will defend his title against Roman Reigns. In recent weeks, Lesnar has been selective on when he makes television appearances. Reigns took offense to the Champion not being consistently present, even being temporarily suspended when airing his grievances with Chairman Vince McMahon on an episode of Monday Night Raw. Raw Women's Champion Alexa Bliss will defend her title against former ally Nia Jax. In a conversation that was not intended for public air, Bliss and Mickie James unapologetically disparaged Jax and revealed that the Champion was only using Jax for Bliss' personal gain.

Former Ultimate Fighting Championship star "Rowdy" Ronda Rousey will compete in her first WWE match at WrestleMania when she teams with Raw General Manager Kurt Angle against The Authority (Stephanie McMahon and Triple H). Rousey has gotten the upper-hand against all members of the Raw Women's Division that have attempted to make a statement at her expense. Speaking of the Women's Division, the first-ever WrestleMania Women's Battle Royal will take place at the event and feature Women Superstars from Raw, SmackDown, and potentially NXT. The Male Superstars of all WWE brands will have another incarnation of their annual Andre the Giant Memorial Battle Royal this evening as well.

For the SmackDown brand, both winners of the 2018 Royal Rumble matches will compete for the brand's top titles. In a dream match never before witnessed in the company, Shinsuke Nakamura will vie for AJ Styles' WWE Championship. The undefeated Asuka has hand-picked SmackDown Women's Champion Charlotte for a title match at WrestleMania after her historic victory in January's Rumble.

Other matches scheduled for the evening for the brands include: Cedric Alexander vs Mustafa Ali to determine a new Cruiserweight Champion, Randy Orton defending his United States Championship against Bobby Roode, Jinder Mahal, and Rusev, Intercontinental Champion The Miz defending against Seth Rollins and Finn Bálor, The New Day and Bludgeon Brothers competing in a triple threat match for The Uso's SmackDown Tag Team Championships, and Braun Strowman choosing a mystery partner to accompany him in his quest for the The Bar's Raw Tag Team Championships.

There have been exciting developments for the career of SmackDown General Manager Daniel Bryan. Just over two years ago, Bryan was forced to retire due to his history of concussions, per doctor's rulings. Thanks to treatments he has received and being evaluated by the top neurological experts in the country, Bryan has officially been cleared to compete in a WWE ring again. After attacks by Sami Zayn and Kevin Owens to both Shane McMahon and Daniel Bryan, Zayn and Owens have been fired. However, Zayn and Owens have the opportunity to reinstate their SmackDown contracts should they be victorious in a tag team match against McMahon/Bryan at WrestleMania.

John Cena's story this year has been finding his path to WrestleMania. Cena was unsuccessful in winning the Royal Rumble and Elimination Chamber matches and, at time of this article going to press, is left without a match at WWE's biggest event of the year. Cena has made multiple challenges on Monday Night Raw to The Undertaker, trying to coax him in to a match fans have wanted to see again for many years. It was believed at WrestleMania 33 that, after his loss to Roman Reigns, Undertaker would be retiring from active competition. In keeping with the guarded nature of Undertaker's persona, those rumors have never been publically confirmed nor denied. Will the "Deadman" Undertaker show up at WrestleMania, or will it be the mortal motorcycle-riding Undertaker that addresses Cena's challenge?

For all of the latest WWE information, and to subscribe to WWE Network, visit WWE.com.

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

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FARM TO TABLE

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This recipe for a classic caprese salad is sure to hit the spot as a light lunch or satisfying start to dinner.

Ingredients:

- 1 fresh tomato
- 1 ball fresh mozzarella cheese
- Basil leaves
- Olive oil
- Balsamic vinegar
- Salt and pepper to taste

Directions:

Slice tomato in 1/4-inch thick slices. Do the same for the mozzarella. Alternate layers between the tomato, mozzarella and basil. First, a tomato slice, then a mozzarella slice, then a few leaves of basil; begin and end with tomato. Drizzle with olive oil and balsamic vinegar, or your favorite Italian dressing. Add salt and pepper to taste.

From Brandpoint

Farm-fresh eggs. Locally grown tomatoes. Herbs sourced onsite.

If you've eaten out recently, you've probably noticed the menus feature locally sourced ingredients. The farm-to-table movement continues to flourish at restaurants throughout the country.

In fact, rather than the exception, it's become the expectation. According to the National Restaurant Association, farm-to-table is quickly becoming the new norm. Diners are so attracted to the freshest fare possible, it's inspiring some restaurants to start their own gardens, on a rooftop, terrace or simple outdoor plot. Hyper-local culinary concepts like these represent the top trend on the annual "2018 Culinary Forecast" report.

You can take a cue from this hot trend by starting your own farm-to-table concept garden at home. Just imagine plucking ruby red tomatoes and rich green basil straight from your garden to make a farm-fresh, scrumptious caprese salad without ever leaving home. An at-home take on the farm-to-table trend can easily be translated to a convenient "garden-to-table" concept in your own backyard. Growing your own at home will elevate your cooking and you'll feel good about being able to produce your own food while lowering your grocery bill (and certainly save by not dining out as much).

No matter the size of your garden space, you can grow fresh foods that are readily available right at your fingertips, even if you just have a small patio or balcony. What's more, some of the most popular produce to eat is also easy to grow.

The experts at Bonnie Plants offer some easy-to-grow, space-saving suggestions to encourage a garden-to-table trend at home.

Caged tomatoes

Whether you choose big, juicy slicers or sweet cherry-sized snackers, caged tomatoes are easy to grow and offer endless cooking opportunities. Determinate varieties of tomatoes are container favorites because the vines are relatively compact yet bear a productive harvest. Or create your own container garden using tomato varieties especially bred for small spaces.

Caged peppers

Try popular and versatile Green Bell, a heavy yielder of large fruits and a good all-round pepper for slicing and stuffing. Or, spice up your recipes with jalapeño chile peppers, which yield a bountiful harvest.

Strawberries in hanging baskets

Sweet, juicy strawberries add loads of flavor to salads, dressings, drinks and desserts. Think you need a plot to grow a productive strawberry patch? Think again. Maxi-

mize space with Bonnie Plants' strawberries in hanging baskets, which are everbearing and produce cascades of berries throughout the growing season.

Herbs in combo pots

Want to raise the flavor profile of any culinary dish? Fresh herbs are your best bet. Herb gardens can be grown in compact spaces, which means you can fit your favorites in no matter how much space you have.

For example, a kitchen herb combo container featuring sweet basil, cilantro and curled parsley is a powerhouse pot that's both practical and pretty. You can set it right outside your door for convenient access and continuous harvest. Herbs are ready for harvest upon purchase and will keep growing and giving all season long.

Bonnie Plants offers more than 250 varieties of vegetables and herbs, from tried and true classics to some unusual varieties you may not have tried, such as Holy Basil, Tepin Chili Pepper, Barbeque Rosemary, Little Napoli Patio Roma and many more.

Once it's time to harvest, have fun exploring new recipes and experimenting with home-grown, fresh-picked produce that will shake up your supper and then some. For more inspiration for easy at-home gardening, visit bonnieplants.com.



SPRING LAWN CARE IS EASIER THAN EVER

The snow is gone, and Spring is here! Here's how you can make sure your yard is good and green.

From Brandpoint

The snow has melted, flowers are beginning to bloom, and you wake to the sound of birds chirping: all signs that spring is here. Spring means time to give your lawn the TLC it needs, but most of us dread the thought of weekends spent occupied by yard work. Luckily, in 2018, getting that perfectly green grass and enviable garden does not have to be hard.

■ Prevent disease and pests — Disease and pests can be stopped before they strike. At the beginning of the season, use your yard rake to remove any dead grass shoots. By removing this debris early you can prevent disease and pests while also giving your lawn sufficient time to recover.

■ Simplify mowing — Cutting the grass no longer requires preparation and setup. With innovative options like the Greenworks 60-volt self-propelled lawn mower, you do not need to worry about gassing up your mower or finding the nearest outlet for the extension cord. The mower can run up to 60 minutes with a fully-charged battery, so it is ready to go when you

are, and you never have to smell like gas again! The mower's smart-cut technology adjusts the power based on the thickness of your grass, extending the run time and improving cutting performance.

■ Water on time — Consistency in watering is an easy way to keep your grass green and lush. Sprinklers and outdoor timers will ensure that your grass does not miss a watering session.

■ Shape hedges — Anyone can create the perfect hedge shape. Now that your grass is healthy, freshly cut and weed-free, it is time to focus on the rest of your yard. Try a cordless, battery-powered product like the Greenworks 60-volt hedge trimmer. The lighter weight and strong power allow you to trim your hedges without wearing out your body. Whether your hedges are up high or running along your fence, no place is out of reach.

Spring is just beginning and now is the time to get a jump start on your lawn. To learn more about the tools that can make lawn care easier this spring, visit www.greenworkstools.com.



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Arts & Entertainment

Get a job in the film industry

Virginia Film Office announces production assistant training seminar: April 7 & 8 course teaches how to get a job in the film industry

From Virginia Film Office

The Virginia Film Office, in association with the Community College Workforce Alliance and the Virginia Production Alliance, will present a two-day film industry training seminar for those interested in learning how to get an entry-level position as a production assistant in the film and television industry.

The course will be held at the Workforce Development & Conference Center, 1651 Parham Road in Richmond on April 7 & 8. Participants will learn the essential responsibilities of an effective production assistant including on-set etiquette and protocol. The course will also contain information about how the film and TV industry operates, who's who on a film set, on-set language, and how to create an effective resume and look for a job.

The class is taught by experienced professionals in the film industry. The course leader is Gloriana Wills (Turn: Washington's Spies, For the Love of Bob) who is currently a senior producer and instructor at the George Mason University film and video studies program. Other instructors include Gary Romolo Fiorelli (Pirates of the Caribbean, Mistresses) who created the original course materials for the class; documentary filmmaker and assistant director Caroline Ste-

phenson (Turn: Washington's Spies, Killing Kennedy) and Thomas Sanchez Prunier (Homeland, Mercy Street).

Film Office Director Andy Edmunds commented, "Recently Virginia has been the filming location of important television series such as Homeland and Turn: Washington's Spies, in addition to numerous feature films, documentaries, commercials and educational videos. This means that we are constantly on the lookout for trained and enthusiastic individuals who have a serious interest in a career in the field. This training course is the perfect place to start."

Thomas Sanchez Prunier, one of the course instructors, was a graduate from a 2013 class and commented, "You get an understanding of what goes on between 'cut' and 'action,' how to do a good job, and how to advance in your career in the industry. There are few jobs with this degree of stress – and reward, if you can run the gauntlet and make it to the wrap party. This class is the reason I've been able to do just that."

Tracia Austin, a 2014 graduate said, "The training seminar literally changed my life within a week, when I found myself on set working as an extras casting coordinator. This eventually led to my current job in casting."

The film industry is important part of Virginia's economy, providing more than 4,000 jobs and an economic impact of \$697 million in 2016.

For information, or to register for the two day course, call 804.523.2292 or visit www.ccwatraining.org/film.



intheaters now

READY PLAYER ONE (PG-13)

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 (PG-13)

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 (PG)

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 Paramount Pictures

John Krasinski and Emily Blunt star in the sci-fi thriller, A Quiet Place.

PACIFIC RIM: UPRISING (PG-13)

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 (PG-13)

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 (PG-13)

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.

ACRIMONY (R)

Writer/director Tyler Perry's thriller Acrimony considers whether a woman scorned is always validated in her anger. Taraji P. Henson plays Melinda, whose unfaithful husband (Lyrq Bent) of 18 years seemingly replaces her with a new fiancée (Crystle Steward) just as he finally finds success as an inventor. Enraged and unhinged, Melinda plots her elaborate, violent revenge.

A QUIET PLACE (PG-13)

A family is forced to adapt a lifestyle where they live in silence and are full of caution at every act they commit, as they try to remain hidden in sight and sound from intelligently vicious creatures that have begun to override Earth.

basetheaters \$3 Movies

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. 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.



Courtesy 20th Century Fox

JEB Little Creek, Gator Theater – 462-7534

Friday, April 6
6 p.m. Love, Simon (PG-13)
9 p.m. Gringo (R)

Saturday, April 7
1 p.m. A Wrinkle In Time (PG)
4 p.m. **ADVANCE SCREENING**
Rampage (PG-13)

Sunday, April 8
1 p.m. Black Panther (PG-13)
4 p.m. Annihilation (R)
7 p.m. Gringo (R)

NAS Oceana, Aero Theater – 433-2495

Friday, April 6
6 p.m. Love, Simon (PG-13)
9 p.m. Gringo (R)

Saturday, April 7
12 p.m. A Wrinkle In Time (PG)
3:00 p.m. Early Man (PG)
7:00 p.m. Love, Simon (PG-13)

Sunday, April 8
12 p.m. Black Panther (PG-13)
3 p.m. Game Night (R)
6 p.m. Love, Simon (PG-13)

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11:00 AM Worship Services
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Oldie Towne Antiques/Flea Mkt: April 7, 10-2. Fantastic Finds. New location-200 County St. oldietownereportsmouth.com 405-3500.
Rummage Sale-5100 E Va Beach Blvd, Norfolk, Warehouse B, Thurs., Fri., 9-2, Sat. 7-12. Cash/Credit.

RUSTY COTTAGE-Spring Open House & Market

Fri 4/13 10a-6p & Sat 4/14 9a-6p. Vintage inventory arriving for this event. BIG SALE+ guest vendors & artists. Vintage Clothes by VB Vintage, Retro Den, Raising Arrow Art, Pallet Art, handmade & vintage jewelry, Nautical Art, Seaglass Art, Watercolor Paintings & more. 2973 Shore Dr VB. See list of artists on Facebook: rustytcottagevb click on events.

Garage Sale - Norfolk

23505 GARAGE SALE: APRIL 6 & 7TH
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Garage Sale - Virginia Beach

Lakeville Estates Indoor Estate/Garage Sale - Everything must go! 925 Redwood Circle, Va. Beach, April 6th & 7th 8:00 - 3:00 PM - Antique Dolls, Crystal Serving trays, Silver trays, China, tea-cups, Porcelain figurines, Furniture, tools, yard tools, and Clothes. House also for sale! Rain or shine Everything is inside

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Easter & spring clothes: suits, dresses, tops, pants,shorts, etc., most small sizes, in excellent cond. 757-482-0336, tg.owen@verizon.net

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

Estate Sale- misc. furniture and household items over 100 items. Saturday, April 7th from 8:00 AM to 4:30 PM. 301 Pepper Mill Court, Norfolk, VA

Moving Sale-King Size Bedrm. Set w/chest of drawers, dresser w/mirror, nite stand, 2 lamps, bedrm. bench \$850, 9 pc din rm set, China cabinet, table, 6 chairs, buffet \$750. 757-424-0919.

Horses, Cattle, etc.

Horse & Tack Auction, Sat., April 7 Southampton Stockyard, Courtland, Va. Saddles & Tack Sell at 6 PM. Horses & Ponies Sell Following the Tack. Info 804-227-3434.

Lawn & Garden

FREE PICK UP of your broken or unwanted lawn equipment. No riding mowers. Call 412-5664.

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Administration/General Office

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2003 Mercedes E320 \$3,000 or best offer. Reliable vehicle in good condition. Black exterior. 288,100 miles. Contact owner (757) 418-0222.

BMW 2007 Z4, garage kept, like new, black, 16,200 miles. \$15,000. 804-834-8318.

Chevrolet 1991 Corvette ZR1 in yellow/black, loaded, 38,374 mi, LT5 V8, ZF 6-sp, clean title, 2nd owner, non-smoker, 400+HP comes with lots of extras. Don't pass up on this rare car, contact Jason for more info. \$15,900 obo, 239-269-8388.

Chevrolet 2001 Corvette Convertible Navy blue with tan top and interior. Automatic. Garage kept and showroom condition. 30,000 miles. \$24,000. Call 757-851-4502.

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

Chrysler 2009 PT Cruiser, 109K mis., white, very clean in & out. \$5200. 757-676-9509.

Fiat 2012 500 35k miles, Red, 2 door, sporty, five speed stick, great gas mileage. Clean car, runs great. \$5500. 757-636-8238

Ford 2007 Taurus 4 door sedan bronze 6 cylinder in good condition with a haul tow for bike or light trailer automatic current inspection 260000 miles Call Ken @ 757-7182980 or email knhill@verizon.net \$850 cash or best offer

Honda 2004 Accord EX, 4 dr sedan, 233K, V6, auto, leather, new tires, \$4250 obo, 421-3002

Hyundai 2013 Elantra Ltd, fully loaded, under 20K mis., extras. \$16,500. 757-493-3610.

Jeep 2000 Cherokee Color Green/No Exterior Damage/Well Maintained
Contact Joel at 757-493-1147

Lexus 1996 LS400, 180K mis., gray, runs good & looks good. \$3500. 757-407-3072.



MAYBACH 2004 MODEL 57 - VERY RARE, NEW CONDITION, ULTRA LUXURY SUPERCAR, LOW 31K MILES, 2 TV'S & DVD PLAYER, REAR ENTERTAINMENT PKG., 2 REMOTE KEYS, POPUP TABLES, SOLAR POWER VENTILATION SYSTEM, ONE OWNER, CLEAN CARFAX. REMARKABLE COMFORT, INCREDIBLE POWER, HEAVENLY RIDE, NEW \$340,000. CURRENT BOOK \$98,000. ON SALE @ \$64,000. CALL (757)373-3257. VADR

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Mini Cooper 2009 S Clubman Impeccable maintenance. 47,000mi. \$8,500. 1449mnc@gmail.com

Porsche 2013 Boxster Black with tan interior. Manual. One owner 22400 miles. Garaged. Nice Porsche! \$35,000. Contact ph 7575595961 or 7575489976.



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

VW 2012 Golf, 4 dr, 2.5L auto, all power, metallic gray, excel cond, 69K, \$7000. 202-2532.

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

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Keystone 2002 Cougar 295, 5th Wheel 34 ft long. Front rm & bedrm sliders. Well maintained w/\$5K in maint since 2015. Roof needs cleaned & recoated. \$7500/080. 757-503-5090

Keystone Premier 2014 Bullet Ultralight Sleeps 6, 2 power pullouts, auto awning, camping package, many extras, 17k text for pics, 757-286-6463

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