

By Anna Taylor

Norfolk Naval Shipyard Public Affairs

PORTSMOUTH

Preventing World War III is a tough job.

It might sound overly dramatic, but that's exactly what the USS Wyoming (SSBN 742) project team is trying to do.

"When it leaves the shipyard, Wyoming will be out there fighting for us," said Project Engineering and Planning Manager Brian Suter. "We need to fight for the ship and we need to fight for our teammates so we can come through this 27-month availability. We all have the big picture in mind. We are protecting our way of life in America."

That philosophy is what led Suter to coin the project's motto, "7-4-2, Fighting For You," during the team's second Integrated Project Team Development (IPTD) program.

"Fighting for you" means we are fighting together, sacrificing together and standing together to deliver a national asset back to the fleet to do its job as a global deterrent to war," explained Suter. "We are trying to minimize the gap between production and engineering, managers and mechanics, apprentices and journeymen. That gap is where teamwork suffers and where phrases like 'I give up' or 'I don't care anymore' exist. Successful teams don't live in the gap."

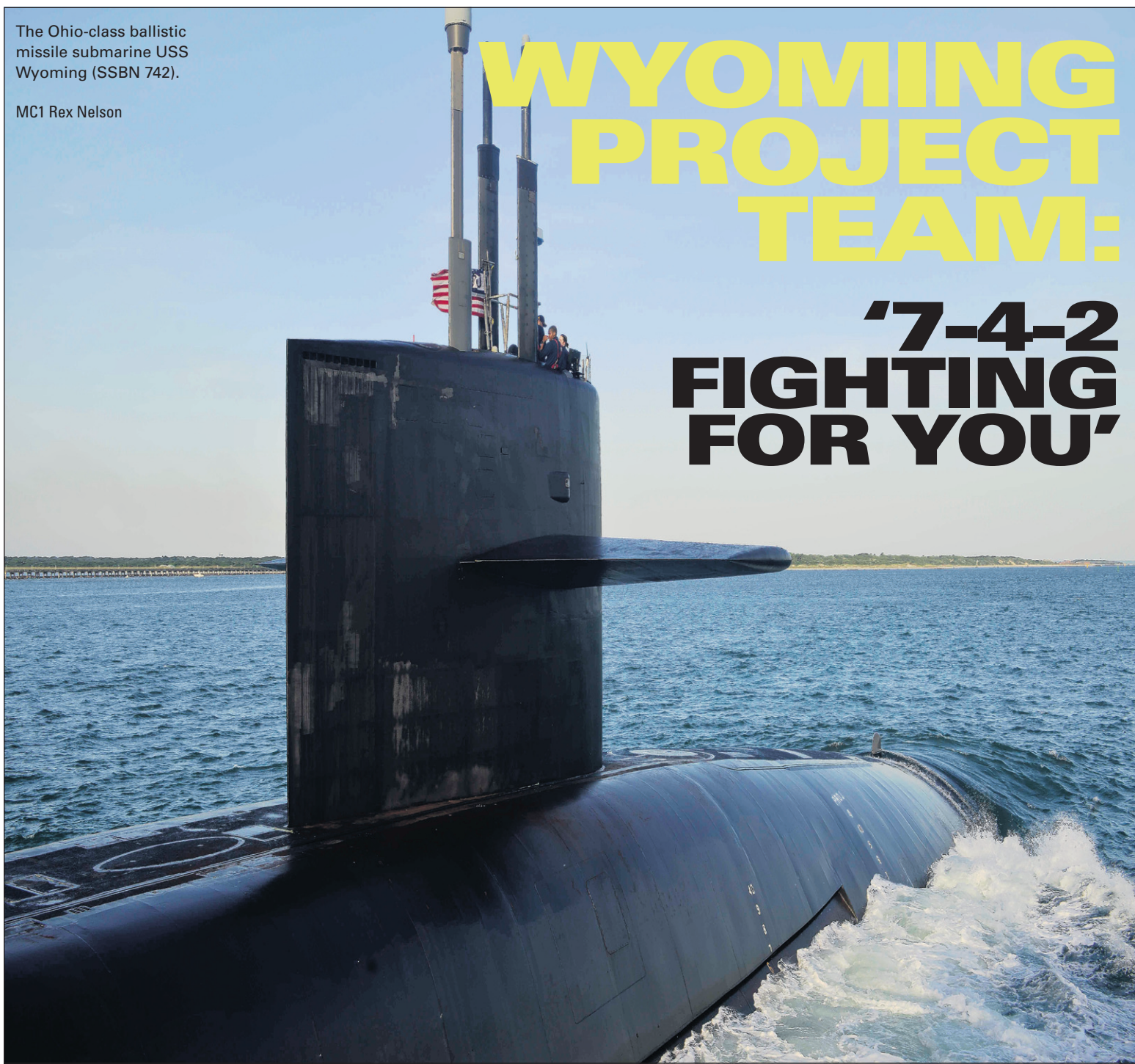
IPTDs are designed to help the project team identify potential risks during the ship's availability and promote relationships to ensure success.

"We're human, so we bump heads," said Cost Advocate Doreka

» See **WYOMING** | A7

The Ohio-class ballistic missile submarine USS Wyoming (SSBN 742).

MC1 Rex Nelson



WYOMING PROJECT TEAM:

'7-4-2 FIGHTING FOR YOU'



Lt. Cmdr. Katherine L. Meadows

Jesse Gusse, a computer engineer at Naval Air Warfare Center Training Systems Division, demonstrates advances in technology and mobile applications used for training, such as the Navy's eHelm and mobile Virtual Interactive Shipboard Instructional Tour 3D™, during a Ready, Relevant Learning (RRL) Summit.

RRL block learning to be delivered fleet-wide

From Fleet Forces Public Affairs

NORFOLK

U.S. Fleet Forces Command (USFF) announced the Navy-wide commencement of the block learning stage of Ready Relevant Learning (RRL) via NAVADMIN 089/18, April 5.

Block Learning, or BL, is designed to be the first stage in training delivery under a transformed training construct of the RRL pillar of Sailor 2025. BL training is

critical to individual and unit readiness, and the individual career progression of a Sailor.

BL training represents the first steps toward providing Sailors with the right training, at the right time and in the right way.

The intended pathway for training under the RRL block learning structure involves Sailors completing initial training at Recruit Training Command along with their initial technical training, called Block 0 (BL0). Sailors then report to their first oper-

ational unit with the mission-essential skills needed to support their first two years aboard — ideally, arriving sooner than under previous training constructs.

Type Commanders' training requirements may then necessitate Sailors to receive an additional two to five weeks of training, termed Block 1 (BL1), anywhere from 12 to 24 months from their initial report date, at the unit's discretion. Sailors

» See **RRL** | A7

Career Waypoints Sailors with denied final active status now eligible for advancement exams

By Ed Barker

Naval Education and Training Professional Development Center Public Affairs

PENSACOLA

Sailors that were previously ineligible for advancement exams due to a Career Waypoint (CWAY) status of Denied Final Active (DFA) have been reinstated by a policy change from the Chief of Naval Personnel April 4.

Announced in Naval Administrative Message (NAVADMIN) 086/18, the policy change enables commands to order substitute Navy-Wide Advancement Exams (NWAE) for their Sailors in a CWAY-DFA status. Late exam orders for these Sailors under Exam Cycle 239 (March 2018) can only be ordered until April 20. The deadline for all other substitute exam orders is April 6.

"Educational Services Officers should contact the Navy Education and Training Professional Development

Center (NETPDC) for substitute exams for those Sailors whose regular exams were not ordered due to being identified as DFA in CWAY," Tom Updike said, Enlisted Exam Execution division head for the Navy Advancement Center. "Exams should be ordered via message or via e-mail in message format in accordance with the Advancement Manual."

Topics and bibliography references for the substitute exams are available on the Advancement and Promotion webpage located on the My Navy Portal website. Bibliographies are also available via the Navy Credentialing Opportunities Online website and Navy COOL Application.

Additional details

including references for ESOs can be found in the NAV-ADMIN. Questions should be addressed to the Navy Personnel Command Customer Service Center: 866-U-ASK-NPC or email: [uasknpc\(at\)navy.mil](mailto:uasknpc(at)navy.mil). The Navy Advancement Center exam ordering and discrepancies branch can be reached via: 850-473-6148.

Keep up-to-date with the latest NWAE and PMK-EE information from the Navy Ad-

vancement Center by following their Facebook page: <https://www.facebook.com/Navy-Advancement-Center-213190711299/>

For more news from Naval Education And Training Professional Development And Technology Center, visit www.navy.mil/local/NETPDTC/.



U.S. Navy graphic illustration

The official logo for the Navy Advancement Center (NAC) The NAC prepares, distributes and processes all advancement examinations for enlisted ratings in the Navy and is part of the Naval Education and Training Professional Development and Technology Center.



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MEDAL OF HONOR RECIPIENT LAID TO REST AT ARLINGTON NATIONAL CEMETERY

A naval aviator who earned the Medal of Honor during the Korean War was laid to rest with full military honors at Arlington National Cemetery (ANC), April 4, vertical replenishments at sea.

» See **A6**



WATER YOU CAN NOW DRINK

U.S. Navy Support Facility (NSF) Diego Garcia officially declared the main water system is Fit For Human Consumption (FFHC) Feb. 28. The water on the island meets all regulatory primary drinking water quality standards.

» See **B4**

ON PAR WITH EXCELLENCE:

Tucked away off of Terminal Boulevard and nestled against Interstate 564 sits one of Norfolk's hidden gems... Sewells Point Golf Course.

» See **C1**

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MARMC’S dry dock Dynamic is back in action

By Douglas Denzine

Mid-Atlantic Regional Maintenance Center Public Affairs

NORFOLK

Mid-Atlantic Regional Maintenance Center’s (MARMC) Dynamic (AFDL 6) dry dock successfully completed its first docking and undocking evolution of 2018, at Joint Expeditionary Base Little Creek-Fort Story in Norfolk, March 19.

Dynamic underwent a Continuous Maintenance Availability (CMAV) and pump repairs in 2017, during which time the dry dock was not accessible for repairs to small boats in the region.

“In early 2016, Dynamic was fitted with new pump motor combinations,” Dynamic Commanding Officer Lt. Edward Menezes said. “The original pump motors had been in Dynamic since the 1940s, when she was first commissioned. As you could imagine, over many decades of service, the pumps required a lot support from outside organizations to make repairs in order to keep the pumps operational.

Dynamic, with the assistance of her maintenance team and MARMC’s tech codes, assembled a team composed of the original manufacturer [Flowserve Corporation], Norfolk Naval Shipyard, Naval Sea Systems Command (NAVSEA), and Philadelphia to identify the problem and a solution.

“Once the team figured out what happened, the Philadelphia-based NSWC assessment team started working on a permanent solution, which we hope to effect during the dock’s next availability in early 2019. This solution will help us to get back to normal operating conditions, instead of working under a major Departure from Specification (DFS),” Menezes said.

Due to Dynamic’s extended maintenance and troubleshooting period, the dock and crew missed six potential dry-dockings of Landing Craft Units from Assault Craft Unit TWO (ACU2), a group with a long-term reliance on the dry dock.

During ACU2’s recent dry-docking of Landing Craft Unit (LCU) 1657, the group received assistance with repairs to a valve on the vessel’s air conditioning sea suction valve. In order to conduct that repair while the ship was still in the water, it required a great deal of time and resources. With Dynamic’s assistance, they were able to complete the repairs the same day the craft was brought into the dry dock.

“Since they were able to complete their repair so quickly, they decided to take some other preventative measures to ensure the integrity of the boat’s hull,” Boatswain’s Mate 2nd Class Petty Officer Keith McCoo said, who was participating in his first dry-docking since reporting to Dynamic. “Giving that command the flexibility and the opportunity to give their boats a full sweep — that makes us happy and gives them and the Navy the peace of mind that these vessels are mission ready when they are called upon.”

According to Menezes, since Dynamic’s last dry-docking, the crew has seen roughly a 40%



Shelby FW. West

Mid-Atlantic Regional Maintenance Center’s dry-dock Dynamic (AFDL 6) docks LCU 1644 at Joint Expeditionary Base Little Creek-Fort Story.

turnover of its manning, including the dry dock’s chief engineer. Despite that challenge, the crew worked hard to train and qualify individuals to ensure they were prepared to perform their jobs, once the dry dock returned to a fully operational status.

“We went six or seven months without operations, on top of having all these new Sailors, who had never seen the dry dock operate. The docking and undocking of LCU 1657 was one of the best we have done in my entire time here,” Menezes said. “That is a credit to this crew, and their ability to work well together and take their training seriously. That is what really excited me, seeing our team work effectively.”

“Today, I had the opportunity to relay commands, from our ballast controllers to our valve operators, to ensure we were raising and lowering the dry dock at the right speed and evenly on both sides,” Hull Maintenance Technician Fireman Apprentice David Bush said, who was also participating in his first docking evolution at Dynamic. “It was a great learning experience to see how Dynamic functions and to get a feel for how the entire team meshes during a docking.”

Dynamic is a single, rigid piece floating dry-dock designed for a maximum lift capacity of 950 light/tons. The dry dock was designed under the direction of the Bureau of Yards and Docks and was constructed by Chicago Bridge and Iron Company of Eureka, Calif. Construction was completed on March 11, 1944. Dynamic is the oldest vessel in the Naval Register (with the exception of USS Constitution), and will turn 75 years old next year.

Dynamic, which docked eight vessels in 2017, plans to reach that goal again this year.

For more news from Mid-Atlantic Regional Maintenance Center, visit www.navy.mil/local/nssa/.

NEW RELIGIOUS OFFERING FUND POLICY

By Gloria Colon-Buzatu

Navy Chaplain Corps Public Affairs

ARLINGTON

The Under Secretary of the Navy has signed SECNAVINST 7010.6B, Religious Offering Fund (ROF), March 22.

The ROF reflects the Department of the Navy’s commitment to support the religious freedom of service members by making it possible for them to make offerings at chapel worship services.

“The ROF provides opportunities within command religious programs (CRP) for religious expression through the collection and disbursement of voluntary monetary donations,” Navy Chief of Chaplains Rear Adm. Margaret Kibben said.

Prior to the release of the ROF, the Chief of Chaplains approved training that highlights the major changes to ensure

administrators of the funds are prepared to implement new procedures.

“Commanders are responsible for the command religious programs, and are allocated appropriated funds (APF) to ensure the free exercise of religion for all service members and their families,” Kibben said.

The most important change is the ability to use the ROF to enhance the CRP with items to enrich worship life for service members and their families such as religious education supplies, funding contract positions for directors of religious education, and purchasing hymnals or musical instruments. Formerly, the ROF was only allowed to be used for philanthropic purposes. The change brings the ROF into closer alignment with other services.

“The ROF augments the CRP programs; however, it doesn’t and shouldn’t be used to replace the appropriated funds,” Kibben added.

The instruction lays out the responsibilities of the religious ministry team. The senior chaplain is the administrator and supervises the assistant administrator, custodian record keeper, sub-account representatives, and audit board that consists of two members appointed by the commander. To ensure compliance, audits will now be conducted quarterly.

Through the ROF, service members can continue to support philanthropy and charity as part of their religious expression at the chapel through donations. The three donation options are voluntary giving, organized group fundraisers, and

designated offerings.

SECNAVINST 7010.6B, Religious Offering Fund is located on the Department of Navy Issuances website. For more information on your local chapel program, go to the command website. For more about the Chaplain Corps visit the America’s Navy website.

For more news from Chaplain Corps, visit www.navy.mil/local/chaplaincorps/.

Navy launches My Navy Portal informational video

From Chief of Naval Personnel Public Affairs

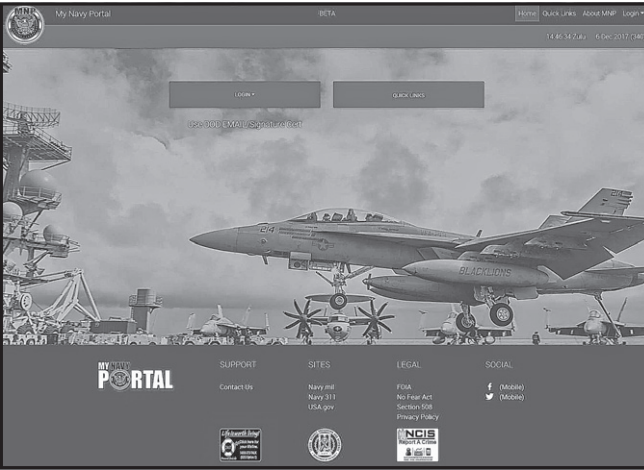
WASHINGTON

The Navy released a video highlighting the goals and capabilities of My Navy Portal (MNP), April 2.

The three-minute video underscores Chief of Naval Personnel Vice Adm. Robert Burke’s vision of streamlining electronic administrative services for Sailors, by offering the portal as a “one-stop shop” where users can access their records and conduct personnel transactions.

While MNP does not yet contain all of a Sailor’s records or data, additional capabilities are scheduled for addition every 2-3 months. By 2020, a Sailor’s personnel, training, and education records and data will all be available for a smoother, more efficient experience.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.



U.S. Navy photo illustration

The U.S. Navy has updated My Navy Portal (MNP), a web portal designed to combine several personnel, training and education websites for Sailors into one easy-to-use location at <https://my.navy.mil>.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

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Oceana Sailor, family holds blood drive, spreads awareness on sickle cell disease

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

Fleet, fighter, family; for the thousands of Sailors that come to work every day at Naval Air Station (NAS) Oceana, this creed is well known. But while all Sailors and civilians here put the mission of ensuring the fleet is supported and stands ready at all times first, putting focus and dedication into the Sailors and their families is equally as important.

Air Traffic Controlman 2nd Class Janay Agboglo and her family is a strong example of the over 83,000 military families that call Hampton Roads home. Both her and her husband, Electronics Technician 2nd Class Wilfried Agboglo, serve the Navy in an active duty status. Their firstborn son, Camden, who recently celebrated his 2nd birthday, was born with sickle cell disease (SCD), an illness, which according to the Center for Disease Control, affects approximately 100,000 Americans, occurring in about 1 out of every 365 Black or African-American births, the most of any segment of the U.S. population.

Janay says she knew very little about sickle cell before her pregnancy with Camden. “I knew the textbook definition of sickle cell, but until you know someone with sickle cell you have no idea how complicated it is.”

In developed countries like the U.S., babies are routinely screened for the disorder, and with the right care, they can live well into adulthood. But the vast majority of kids in developing countries don’t get diagnosed or treated for sickle cell. According to a study by the University of Oxford, up to 90 percent of undiagnosed children will die in the first five years of their life. The World Health Organization has long recognized the importance of sickle cell anemia as a global health issue.

“We were both aware that there was a possibility of having a child with sickle cell anemia, and we knew when the time came to start a family we wanted to use a fertility specialist,” said Wilfried. “I thought that the chances of having a child with sickle cell disease were low, but after genetic consulting, we learned that there was a 25 percent chance that every time we have children our child will end up having the disease.”

When Janay and Wilfried unexpectedly found out they were to be new parents two weeks after getting married, their lives became more complicated than any new family could have expected.



MC2 Jacob S. Richardson
Air Traffic Controlman 2nd Class Janay Agboglo assigned to Naval Air Station (NAS) Oceana and her husband Electronics Technician 2nd Class Wilfried Agboglo sit with their son Camden during a blood drive to benefit those with Sickle Cell Disease (SCD).

“When you conceive, the obstetrician looks in your record to see if there are any indicators that there may be a genetic issue with the fetus. If they find an issue they will refer you to a genetic counselor,” said Janay. “After being referred, I had an amniocentesis which is where they place a needle into your uterus and draw out some amniotic fluid in order to conduct genetic testing. After approximately six weeks they called with the results.”

After learning Camden was to be born with and potentially live the entirety of his life with sickle cell, a time which is supposed to be for celebration turned into a very serious discussion of a future living with illness.

“I cried. I thought about what type of life he was going to have, and if I would be strong enough as a mother,” said Janay. “Whenever you receive knowledge that there is a genetic issue with your baby the counselor goes over your options and what to expect. It wasn’t easy news to receive, but the day after receiving Camden’s diagnosis, I felt him move for the first time and knew we would be alright.”

“We knew we had a challenging life ahead of us but with the grace of God, we knew we would be able to manage and eventually overcome this,” said Wilfried. “We did a lot of research and found out what Camden is going to face throughout his life. We found an abundance of information but there is still much to learn.”

Camden has sickle cell HgbSS. This is commonly called sickle cell anemia and is usually the most severe form of the disease.

A child gets sickle cell anemia by inheriting two copies of a defective gene, one from each parent. The mutations cause red blood cells to collapse and form a crescent moon-like shape. These so-called sickle cells clump together and can’t carry oxygen throughout the body

Babies born with SCD are referred to a hematologist, a doctor with special training in blood diseases. All people who have SCD must see their care providers regularly, every 3 to 12 months, depending on the person’s age. The

SCD doctor or team can help to prevent problems through regular examinations, prescribing medicines and immunizations, performing tests, and educating families about the disease and what to watch out for.

“With Camden, we have to make sure we are diligent in handwashing, making sure he

» See **DISEASE** | A7



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Mitscher, Gunston Hall complete Task Force Exercise

By MC2 William Spears
Carrier Strike Group 4 Public Affairs

NORFOLK

Sailors from the guided-missile destroyer USS Mitscher (DDG 57) and the dock landing ship USS Gunston Hall (LSD 44) completed Task Force Exercise (TFEX) 18-2 this past weekend.

Over the past three weeks Carrier Strike Group FOUR (CSG 4) evaluated the crews’ warfighting abilities through multiple training scenarios meant to test the ships in a Composite Warfare Commander structure and push them to the limits so they are fully prepared for the challenges they may face during upcoming deployments.

“Gunston Hall entered TFEX unsure of what to expect, but eager to take on its many challenges, and I am extremely proud of the crew’s performance from start to finish. We are ready to carry out this ship’s motto: Defending the Constitution!” Commanding Officer of Gunston Hall Cmdr. Fiona Halbritter said.

The crews of these ships have demonstrated proficiency in areas from maritime security operations and amphibious operations to integrated defense, ensuring the ships and their crews are ready to operate forward and perform whatever missions tasked.

“TFEX was an incredible exercise for Mitscher. The level of realism made us think and fight through many problems at the same time, which shaped us into an even more effective team,” Commanding Officer of Mitscher Cmdr. Ian Scaliatine said. “I am extremely proud of how the Mitscher team performed, and grateful for the professionalism, dedication and passion that the entire CSG 4 team had in training us. I am confident we can meet any tasking the nation asks us to do on our upcoming deployment.”

Upon completion of TFEX, CSG-4 makes a recommendation to U.S. Fleet Forces Command on whether the ships are ready to deploy and operate both individually and integrated with



Photos by HT1 Jeremy Smith
Yeoman 3rd Class Codi W. Duncan fires an M240 machine gun at a remote-controlled inbound target during a live-fire exercise aboard the amphibious dock landing ship USS Gunston Hall (LSD 44). Gunston Hall is underway participating in Carrier Strike Group 4’s task force exercise in preparation for an upcoming deployment.

Navy, Joint, and partner nation forces.

“The CSG-4 team tested Mitscher and Gunston Hall across the warfighting spectrum and they rose to meet the challenges presented,” Rear. Adm. Kenny Whitesell said.

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

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



Boatswain’s Mate 1st Class James L. Lindsey directs well deck operations while receiving a landing craft utility from Assault Craft Unit (ACU) 2 aboard the amphibious dock landing ship USS Gunston Hall (LSD 44).

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CSG-10 bids farewell to Rear Adm. Paparo, Welcomes Rear Adm. Meier during change of command

From Carrier Strike Group 10 Public Affairs

NORFOLK

Rear Adm. John Meier relieved Rear Adm. Sam Paparo as commander of Carrier Strike Group (CSG) 10 during a ceremony here March 29.

Adm. Phil Davidson, commander of U.S. Fleet Forces, served as the ceremony’s guest speaker and presiding officer, presenting Paparo with the Legion of Merit.

Under Paparo, CSG-10 assisted with the training of units worldwide through a variety of exercise events. His forces provided realistic and meaningful training for units deploying overseas.

Davidson noted the many challenges facing the Navy and said in order to counter them all, the watchword for naval forces has to be readiness.

“This strike group has been deeply involved in creating that readiness. If we can’t execute (missions) robustly, if we can’t execute it on time, it’s a limitation to our abilities. The focus of this strike group during this period had been incredibly important,” he said.

Additionally, the strike group led a task force that took part in Defense Support to Civilian Authorities (DSCA) operations following Hurricane Irma hitting Florida in September. Embarked aboard USS Iwo Jima (LHD 7), Paparo utilized elements of Amphibious Squadron (PHIBRON) 4; USS San Jacinto (CG 56); Explosive Ordnance Disposal Group (EO-DGRU) 2; Tactical Air Control Squadron (TACRON) 22; Fleet Surgical Team (FST) 8; the 26th Marine Expeditionary Unit; Marine Heavy Helicopter Squadron (HMH) 461; Marine Air Control Group (MACG) 28; Helicopter Sea Combat Squadron (HSC) 28; Fleet Survey Team; Beach Master Unit (BMU) 2; Naval Beach Group (NBG) 2; Amphibious Construction Battalion (ACB) 2; Assault Craft Unit (ACU) 2; and Construction Battalion Maintenance Unit (CBMU) 202, detachment Jacksonville.

The task force enabled the flow of state and federal aid by restoring the airfield and flight operations at Naval Air Station Key West, restored access to Truman Annex boat ramps — allowing for LCU operations — and cleared roads



MC3 Neo B. Greene III

Rear Adm. Sam Paparo, outgoing commander of Carrier Strike Group (CSG) 10, addresses the audience at the CSG-10 change of command ceremony while presiding officer, Adm. Phil Davidson, commander, U.S. Fleet Forces Command, and incoming CSG-10 commander, Rear Adm. John Meier, look on. During the ceremony inside the Pennsylvania house on Naval Station Norfolk, Rear Adm. Sam Paparo relinquished command of the strike group to Meier.

to a major fuel delivery point. They also assisted with repairs to water distribution systems at Naval Air Station Key West and restored electrical generation and air conditioning to vital buildings on military and civilian buildings. He partnered with the Federal Emergency Management Agency and with state and local officials until civilian authorities and the Florida National Guard could take over long-term recovery operations.

“During the worst hurricane season anyone can remember, the incredible support you provided down in the Florida Keys exemplifies the capabilities and dedication of the strike group,” Davidson said, addressing the assembled staff. “A rapid ringing of a bell and a quick rush to a ship that you had not been aboard before and off to do the mission, and I personally thank you for the time you spent on station. You did an amazing job.”

Paparo thanked his staff for their professionalism and the warfare commanders under him for their expertise and counsel during his tour.

The staff, he said, are, “75 people who are experts in their skillsets, and who come together as a team to put vectors against targets.”

Of the warfare commanders, Paparo noted, “You’re who makes the engine go and it was a blessing to serve with you.”

Paparo, a native of Morton, Pennsylvania, will next report as the director of operations for U.S. Central Command at MacDill Air Force Base, Florida.

Meier comes to CSG-10 following a tour as the assistant commander, Navy Personnel Command for Career Management (PERS-4). The Export, Penn., native graduated from the U.S. Naval Academy in 1986. He previously commanded

the pre-commissioning unit for USS Gerald R. Ford (CVN 78), as well as Electronic Attack Squadron (VAQ) 136 and USS Gunston Hall (LSD 44). In his remarks, Meier said he was eager to continue the work to ready the strike group as it moves into the training phase of the Optimized Fleet Response Plan (OFRP).

“It is, in fact, all about readiness,” Meier said. “When we go to sea, our lean has got to be, ‘we aren’t planning for some deployment down the road, we are preparing to go to war.’ The sooner we take that mindset, the more we’ll be ready when that day comes.”

CSG-10 consists of the aircraft carrier USS Dwight D. Eisenhower (CVN 69), Carrier Air Wing (CVW) 3, the guided-missile cruisers USS San Jacinto (CG 56), USS Vella Gulf (CG 72) and USS Monterey (CG 61), and DESRON 26 with its associated guided-missile destroyers, USS Stout (DDG 55), USS Oscar Austin (DDG 79), and USS McFaul (DDG 74).

CVW-3 consists of the “Fighting Swordsmen” of Strike Fighter Squadron (VFA) 32, the “Gunslingers” of VFA-105, the “Wildcats” of VFA-131, the “Dusty Dogs” of Helicopter Sea Combat Squadron (HSC) 7, the “Swamp Foxes” of Helicopter Maritime Strike Squadron (HSM) 74, the “Screwtops” of Carrier Airborne Early Warning Squadron (VAW) 123, and the “Zappers” of Electronic Attack Squadron (VAQ) 130.

Assets assigned to CSG-10 are currently in the sustainment and maintenance phases of the OFRP, with Monterey forward deployed in support of maritime security operations.

For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.

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Medal of Honor recipient laid to rest at Arlington National Cemetery

By MC2 Destiny Cheek
Naval History and Heritage Command

WASHINGTON

A naval aviator who earned the Medal of Honor during the Korean War was laid to rest with full military honors at Arlington National Cemetery (ANC), April 4.

Family and friends of Capt. Thomas J. Hudner, Jr., as well as a number of service members attended the ceremony which began at the Old Post Chapel on Joint Base Myer-Henderson Hall, in Arlington, Va.

Program Executive Officer, Ships Rear Adm. William Galinis presented the flag that draped Hudner’s casket to his wife, Georgea Hudner. Also in attendance was Chairman of the Joint Chiefs of Staff Gen. Joseph Dunford, Chief of Naval Operations (CNO) Adm. John Richardson, Director, Naval History and Heritage Command retired Rear Adm. Samuel Cox and Pre-Commissioning Unit (PCU) Thomas Hudner (DDG 116) Commanding Officer Cmdr. Nathan Scherry.

Full military honors were rendered by the U.S. Navy Ceremonial Guard at the Old Post Chapel and at the final interment site at ANC. In addition, the ceremony also included a missing man formation flyover by Strike Fighter Squadron 32 (VFA-32), the same squadron Hudner was assigned



MC3 Mikelle D. Smith
Medal of Honor recipient retired Capt. Thomas Hudner salutes while taps is played during the Centennial of Naval Aviation Wreath Laying Ceremony held at the United States Navy Memorial in Washington, D.C. Hudner received the medal of honor for his heroic efforts as he attempted to rescue Ens. Jesse Brown during the Korean War.



A Sailor plays Taps during a funeral for Capt. Thomas J. Hudner Jr. at Arlington National Cemetery, April 4. Hudner was awarded the Medal of Honor for his actions in trying to save the life of his wingman during the Battle of Chosin Reservoir during the Korean War.

to when he earned the Medal of Honor. VFA-32 flew out of Naval Air Station Oceana in Virginia Beach, Va.

Hudner received the Medal of Honor from President Harry S. Truman for “conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty” during the Battle of Chosin Reservoir in the Korean War. During a mission, one of his fellow pilots, the Navy’s first African American naval aviator to fly in combat, Ensign Jesse L. Brown, was hit by anti-aircraft fire damaging a fuel line and causing him to crash. After it became clear Brown was seriously injured and unable to free himself, Hudner proceeded to purposefully crash his own aircraft to join Brown and provide aid. Hudner injured his own back during his crash landing, but stayed with Brown until a rescue helicopter arrived. Hudner and the rescue pilot worked in the sub-zero, snow-laden area in an unsuccessful attempt to free Brown from the smoking wreckage. Although the effort to save Brown was not successful, Hudner was recognized for the heroic attempt.

“A hero the day he tried to rescue Jesse, a hero when he served our community, and a hero when he passed,” said Scherry. “Whenever I spoke to him, he always talked of Jesse and Jesse’s family. He never spoke of himself, or anything he did. It was never about Tom ... We will, as the first crew of his ship, carry forward his legacy and his values of family, life, equality, and service every day of our lives.”

Hudner was the last living Navy recipient of the Medal of

Honor from the Korean War.

After receiving recognition for his heroism, Hudner remained on active duty, completing an additional 22 years of naval service during which his accomplishments include flying 27 combat missions in the Korean War and serving as the executive officer aboard USS Kitty Hawk (CV 63) during the Vietnam War.

PCU Hudner is expected to be commissioned in Boston later this year and will be the 66th Arleigh Burke-class destroyer to join the fleet.

The Naval History and Heritage Command (NHHC), 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.

For more information about the Naval History and Heritage Command visit www.history.navy.mil/.

MCPON STEVEN GIORDANO’S 125TH CPO BIRTHDAY MESSAGE TO MESS

By Master Chief Petty Officer of the Navy Steven S. Giordano

WASHINGTON

Today is not about me, it’s not about you, it’s about us. It’s about what we, chief petty officers past and present have done together across generations of service. It’s about what we continue to do for our Navy as visible, competent and confidently humble chief petty officers dedicated in leading our Navy team forward in becoming more capable and lethal every day.

125 years ago, the Navy’s role in the world was obscure. And for the first chief petty officers in 1893, there was no process known as initiation, there was no CPO creed, no master chief petty officer of the Navy and certainly no National Chiefs Mess. Ask the chief was not yet a household name.

However, from these early beginnings, there was one thing I believe these plank owners of senior enlisted leadership instinctively knew. That as chiefs, “More will be expected of you; more will be demanded of you.” And from that point forward, with each passing generation of chiefs, grew an enduring legacy of exemplary character and devotion to uncompromising higher standards. A legacy of serving as trusted leaders, technical experts, advisors, and mentors, enabling America’s Navy to be the most lethal global maritime force. It’s a legacy we continue to grow today.

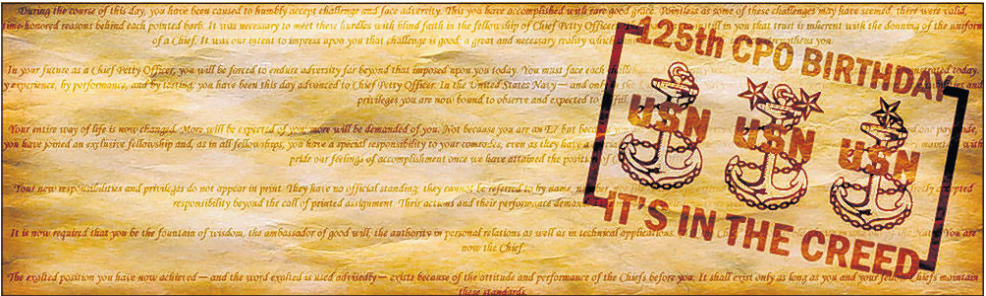
We owe an extreme debt of gratitude to all those who have worn the anchors throughout our 125-year heritage who were pivotal in forging our Navy into the world’s most well trained and premiere combat-ready force.

For 125 years chief petty officers have risen to the challenge of the day. Risen to be the leaders our Sailors, our families, our Navy needs. In turn making us a better, stronger, more capable Navy with each passing year, ensuring the mission, be it winning wars, deterring aggression and maintaining freedom of the seas. And in doing so, in many cases with great sacrifice.

Today we reflect and honor all that chief petty officers have done for our Navy and for our country. But we do so realizing there is more work to be done.

We’re at a crucial point in our Navy’s history. Our Navy has embarked on a new era, where maritime superiority not only means dominance on the sea, but dominance in domains that were unforeseeable 125 years ago. The security environment is becoming more complex, faster paced, and increasingly competitive.

To be the Navy the nation needs. We are going to need a bigger, better, ready fleet, more networked, agile and capable, operated by the most talented Sailors and led by chiefs who demand and demonstrate the highest levels of competence and character. Our Sailors have



U.S. Navy graphic

always been our greatest advantage in prevailing over any adversary. And we will maintain that advantage as long as the Navy has flexible, innovative and confident leaders achieving excellence in tougher environments.

In the years to come, the Navy will demand and expect even more from its chiefs. Now, more important than ever, we must build on the achievements and lessons of the past 125 years. The Navy the nation needs will require chief petty officers to be an even stronger and more lethal backbone in leading the Navy team forward. We must stay focused on and deliberately developing future Leaders while continuously developing ourselves.

Developing enlisted leaders has been an evolving process in our Navy history. It’s essential to stay on the forefront of providing the best leadership to our Navy team in keeping with societal, technological, and operational developments.

Following the release of the leadership development framework last year, chief petty officers leading forward launched at the opportunity presented and took the helm on designing a means to better incorporate a focused character development strategy into enlisted leader education and training.

Today, I share with you that we will soon gift our Navy a new course for enlisted leadership development. One that will better align us to true north. While there is still some work to be done, I’m confident we’ll soon give our Navy a way forward ensuring we’ll continue to have the best enlisted leaders serving in the world’s premier naval force.

As keepers of our heritage, our legacy we will continue to build on it, in line with our principle ideal of teaching and developing our Sailors to one day become chief petty officers, better than what we were. We will do so guided by the wisdom of the Chief Petty Officer Creed, that timeless and spiritual living document that inspires us all to be exceptional every day, in everything we do in service to our Navy.

It’s a document that best represents, the expertise, grit, and passion, of decades of chief petty officers who shaped the CPO rate into the time-honored, respected and revered fellowship simply known today as “The Mess” recognized worldwide for its distinct leadership in developing Sailors and accomplishing the Navy’s mission.

So let us celebrate and reflect today on our rich and storied legacy, but return to our respective deckplates tomorrow invigorated to build on that tremendous legacy, through fellowship, good grace, toughness and an unwavering passion to do great things.

Always remember that as Admiral Halsey was once quoted as saying, “You think those ships float on water, you are wrong, they are carried to sea on the back of chief petty officers.” Happy Birthday Chiefs.

Navy cancels letters of intent for PCS

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

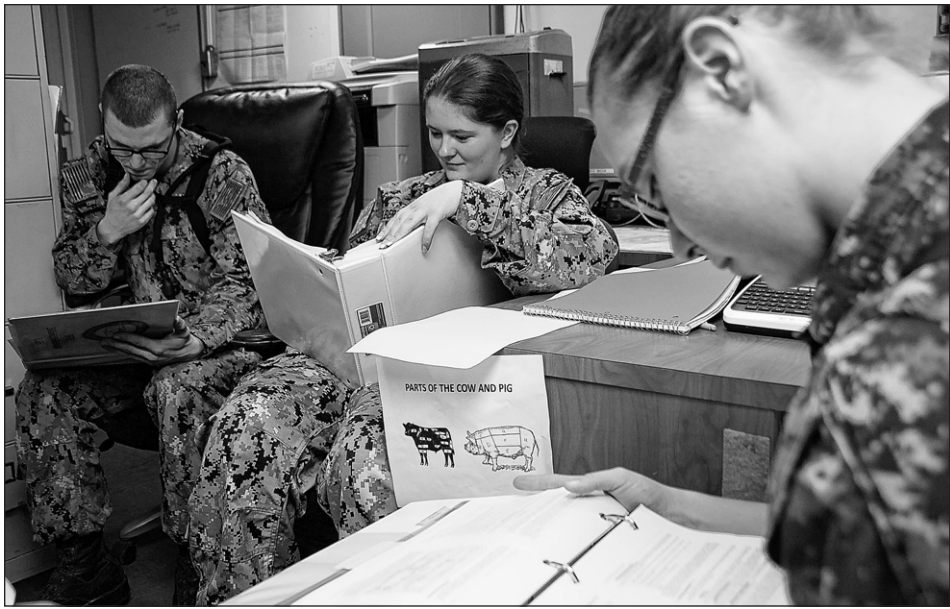
Citing an increase in orders lead time, the Navy announced April 4 the cancellation of two NAVADMINs relating to permanent changes of station (PCS).

NAVADMIN 088/18 cancels NAVADMINs 203/14, which established a requirement for Sailors to complete an overseas/remote duty screening before their official orders were released, and 159/17 which established the PCS orders letter of intent.

“We expect orders lead time to remain around six months for the foreseeable future, and the Career Management System-Interactive Detailing window is now 8–12 months,” said Capt. Rick Cheeseman, acting director, Career Management Department, Navy Personnel Command (NPC). “Given these changes Sailors will be receiving orders with plenty of time to complete their pre-PCS requirements and letters of intent provide no additional advantage.”

The Career Management Department is committed to customer service and in the event of a change in orders lead time, budgetary and other issues, NPC will resume issuing letters of intent to best meet Sailors’ needs, Cheeseman added.

For more information read NAVADMIN 088/18 and the cancelled messages at www.npc.navy.mil. or more news from Navy Personnel Command, visit www.navy.mil/local/npc/.



MC3 Jamin Gordon

Sailors assigned to the aircraft carrier USS George Washington (CVN 73) study for the petty officer advancement exam. George Washington is undergoing refueling complex overhaul (RCOH) at Newport News Shipyard.

WYOMING | Sub fights for you

Continued from A1

Porter-Wright. “We can disagree, but we all know the end goal is on time, on budget, and nobody gets hurt. The goal isn’t to solve all the problems. We’re all passionate about what we do and that creates some friction. But building those relationships at the IPTD prevents the differences from driving us apart.”

Focusing on the people behind the project is what makes the team successful.

“Together we work to ensure we return this boat and its crew back to sea in a safe and operationally sound condition,” said Occupational Safety, Health and Environment Project Manager Gary Copenhaver. “Everyone wants to be a part of a winning team for the project, the shipyard and the Navy.”

This commitment to each other and to the bigger picture is also what keeps the project team safe on the job.

“We talk about safety all the time, and it starts with the project superintendent and trickles all the way down,” said Suter. “There’s a lot of situational awareness involved. It starts with you, but you have to look out for the people around you, too.”

“When we talk about safety, we’re not just talking about the normal personal protective equipment (PPE),” added Porter-Wright. “We’re talking about the specific jobs and what exactly might hurt you. We’re not just checking the boxes.”

To drive the concept home, the project team developed motivational safety posters featuring their children and family members.

“We decided to put our families in front of us,” said Porter-Wright. “We have to be aware of what can hurt us or somebody else.

It’s a reminder to have that questioning attitude and check behind other people. Don’t be afraid to speak up if you see something that doesn’t seem right.”

“We are trying to change the safety culture by making safety personal to each individual working on the project team,” added Copenhaver. “If we don’t provide and support a safe working environment for all employees it is impossible to meet the goals of the project team or the shipyard.”

For employees who don’t have kids, Porter-Wright said the next round of posters will feature pets, grandchildren and other family members.

“Even if it’s not someone close to you personally on the poster, it’s still a reminder for you to be compassionate toward your co-workers who have other people depending on them to make it home safely. We’re all part of the same family,” she said.

To Copenhaver, it’s important to remember safety should be more than just a priority. “Our priorities change daily at the shipyard,” he said. “Safety is a value that each of us must live by daily to ensure we go home the same way we came to work. Nobody gets hurt today.”

Safety and teamwork are just two cogs in the Wyoming project machine, and Suter’s focus is keeping that machine well-oiled.

“It’s easy to place blame on others,” he said. “As hard as it is, I refuse to live in that space. Our attitude has so much impact on the work. We’re not going to make it if we let our differences dictate our actions toward each other. We can’t continue to sacrifice safety for schedule, but we need to be focused on delivering this national asset back to the fleet. So we are going to fight together to make it happen.”

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

RRL | Block training

Continued from A1

will then return to their command with expanded knowledge and skills they’ll use to perform tasks required for the remainder of their first operational tour.

Units will be required to designate unit training officers to act as the primary point of contact with Training Support Centers and they must establish an email address for use by their training officer by May 1, 2018.

TSC Hampton Roads will provide support for commands east of the Mississippi River; Training Support Center San Diego will provide support for commands west of the Mississippi River. Instructions on how

to format email addresses and establish a training officer account can be found in NAVADMIN 089/18.

Navy-wide delivery of block learning serves as an important milestone for the RRL program. The first batch of block learning was delivered by Naval Technical Training Center in Meridian, Mississippi, to new accession logistics specialists in April 2017.

For more information on RRL, visit www.public.navy.mil/usff/rrl/Pages/default.aspx

For more information from USFF, visit www.public.navy.mil/usff/Pages/default.aspx

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

Professional military knowledge transitions to stand-alone electronic exams

From Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

The professional military knowledge (PMK) section of the Navy-Wide Advancement Exam (NWAEE) will transition to a stand-alone, once-per pay grade, electronically-delivered eligibility exam starting in October 2018 as announced in NAVADMIN 085/18.

The electronic PMK eligibility exam (PMK-EE) will expand from the current 25 questions to 100 for the stand-alone exam, but Sailors will only have to pass that exam once per pay grade. The PMK information will be removed from the NWAEE starting with the September 2019 Cycle 244 (E-4/5/6). Future NWAEEs will then consist of 175 rating-related questions.

“This effort is a result of direct feedback we received from Sailors,” said Naval Education and Training Command Force Master Chief Karim Cole. “As part of Sailor 2025 and rating modernization efforts, the PMK exam continues to emphasize the importance of Professional Military Knowledge, while also taking this initial step into the electronic exam process.”

Additionally, this change enables Sailors preparing for the NWAEE to concentrate exclusively on job-specific knowledge.

Sailors will have a single path to access the PMK-EE — via My Navy Portal (MNP) through the Learning Management System (LMS). The online exam will consist of five topic areas: Leadership and Character, Career Information, Professional Conduct, Naval Heritage, and Seamanship. Each topic may

be taken independently of the other sections, in any order, and not necessarily during the same MNP session. Sailors taking the PMK-EE must achieve a passing score of 80 percent or higher in each area to pass the entire exam. Failure to achieve an 80 percent score on a topic will require that topic to be retaken in order to pass.

Once each PMK-EE topic area is completed, the LMS will provide the number of questions successfully answered for that topic, as well as the associated reference from the bibliography for incorrectly answered questions. Once all topic areas are successfully completed, the PMK-EE will be finalized in the LMS and an overall exam score will be displayed.

The topics and bibliographies used to develop PMK-EE questions will be available on the Advancement and Promotion webpage located on the MNP website. Bibliographies are also available via the Navy Credentialing Opportunities On-line (COOL) website and Navy COOL mobile application.

PMK-EE will serve as an additional eligibility requirement for advancement to pay grades E-4/5/6/7 and must be successfully completed by the first day of the NWAEE administration month. For Advancement Cycle 244, that would be September 1, 2019. PMK-EE completion will be recorded in the LMS and the Navy Training Management Planning System (NTMPS). NTMPS can be used to determine individual Sailor eligibility for advancement.

For further information, visit the Advancement and Promotion webpage located on the My Navy Portal website at www.mnp.navy.mil.

IWTC Virginia Beach MTS program inspires collaboration, innovation

By Lt. Rita M. Johnson

Information Warfare Training Command Virginia Beach Public Affairs

VIRGINIA BEACH

Information Warfare Training Command (IWTC) Virginia Beach equipped its master training specialist (MTS) qualified members to improve the effectiveness of courses across the information warfare community through standardized training for personnel achieving the MTS qualification.

Once a Sailor qualifies as a MTS, they also become a MTS mentor and take on the responsibility of guiding MTS candidates through the qualification process, serving as an inter-departmental evaluator, and participating as a voting member on MTS boards. MTS mentors sustain IWTC Virginia Beach’s instructional knowledge, expertise and help maintain the overall health of the program.

Under the new initiative, MTS mentors are aligned to specific IWTC courses, assisting with course development and maintenance with an overall goal of continuous improvement of delivery and instruction. Course supervisors work with their MTS mentor teams to develop project milestones and action items to keep progress on track.

Additionally, MTS mentors assist with instructor sustainment training and course supervisor lessons ensuring instructors have the most current tools available to deliver world-class training and maintain courses in a dynamic environment. Instructors learn a multitude of lessons to include: standardization

of course documents; instructor development plans; and internal course reviews, maximizing IWTC’s ability to cross-utilize instructors.

“The master training specialist designation provides recognition for outstanding individual effort and fosters greater command training professionalism,” Commanding Officer for IWTC Virginia Beach Cmdr. Andrew Boyden said. “MTS-qualified instructors not only demonstrate highly effective teaching skills and a comprehensive understanding of curriculum management, but also take a leadership role in mentoring, instructing, and evaluating instructors and curriculum.”

MTS mentors constantly foster a learning mindset throughout the command. Most importantly, the instructors can rely on each other for help regardless of which course they instruct. The mentorship program goes beyond the qualification process and gets to the heart of community training, inspiring collaboration and innovation while energizing the MTS program.

IWTC Virginia Beach currently offers 65 courses of instruction in information technology, cryptology, and intelligence with an instructor and support staff of 280 military, civilian, and contract members who train over 6,400 students every year at five training sites in the Hampton Roads area. One of four school houses for Center for Information Warfare Training, it also oversees learning sites at Jacksonville and Mayport, Florida; Kings Bay, Georgia; and Groton, Connecticut to continue aligning IW community training.

IWTC Virginia Beach, as part of the Center for Information Warfare Training, provides a continuum of training to Navy and joint service personnel, preparing them to conduct Information Warfare (IW) across the full spectrum of military operations.

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

DISEASE | Sickle cell

Continued from A3

isn’t out in the cold for too long. Also, we make sure if he is playing he takes frequent water breaks as dehydration plays a big factor in causing a sickle cell crisis,” said Janay. “It’s hard because you want your child to live a normal life. You want him to be able to do the same thing as other kids his age. I would love not to panic every time Camden gets a fever as we know kids often do. I hate watching him have to be wrapped down in order to have an IV put in place for a simple fever while other parents are at home treating with Tylenol.”

As active duty Sailors, both Janay and Wilfried have much more to consider than most families.

“Being a Sailor and having a child with SCD is challenging. I have missed most times that Camden was in the hospital due to my role onboard the ship and my Navy responsibilities,” said Wilfried. “It felt as if I had put the Navy before my family and my child, and that hurt me the most, knowing that I am in the area but there was nothing I could do to help my son.”

Wilfried recently submitted a Humanitar-

ian Reassignment (HUMS) package allowing him to go on shore duty for a year to help alleviate the difficulties faced with raising Camden.

“Both my husband and I have been very fortunate to have great leadership that understands what we are going through and work with us so that we may give our son the best care he needs,” said Janay.

The amount of information that the Agboglo family has absorbed since Camden’s arrival is a challenge for anyone to learn considering everything that is involved with SCD.

“I feel I may as well be a hematology nurse. I think I know just about everything there is to know about sickle cell,” said Janay. “When you’re in the hospital setting so frequently, you tend to pick up on a few things.”

Janay uses her knowledge to benefit not only her family but others as a volunteer at the Sickle Cell Disease Association of Norfolk and a part of the Nonprofit Organization called Sickle Cell Mommies Club.

“It’s kind of a 50/50 experience when you meet and get to know other families affected by SCD,” said Janay. “It’s sad because other people are going through everything you are, but it is comforting to know you have people to turn to when you need advice and understanding.”

This year for Camden’s 2nd birthday the

Agboglo family decided to host a blood drive, working with the American Red Cross to organize the event.

“The idea for the blood drive came when I was sitting in the hospital with Camden and I realized I was starting to lose count of how many blood transfusions he has received. From there was just a snowball of thoughts about how fortunate we were to have someone have donated this bag he was receiving. I just thought it would be amazing to give the same gift he was receiving to other people like him, who need it to survive,” said Janay. “In total, 31 people signed up to donate; of those 31 we were able to get 24 pints of blood. Each pint of blood saves 3 lives, so in all we saved 72 lives.”

Wilfried said Janay has done many events like the blood drive in order to bring awareness to SCD and its patients.

“I think what she is doing is an amazing thing not only for Camden but for all those out there that face the same challenges as our son and to show the world about SCD, because not a lot of people know about it,” said Wilfried. “We just want to cure our child of this disease and every step we are taking to reach that goal is a worthwhile one. We know that the process will be challenging, but we are hopeful one day we will get there.”

Wilfried and Janay recently added another

member to the Agboglo family this past December, their son Carter, who was born sickle cell free. The family stored Carter’s umbilical cord blood in hopes of potentially having a stem cell transplant for Camden.

“I owe everything to Janay. She is the best mother any child could have. She puts Camden above everything else and will do whatever it takes to help her child,” said Wilfried. “Without her selflessness and her devotion, I don’t think this family would be as intact as it is today. I am grateful for her and thank God she is the person he decided to put in my life as my wife and mother to my children.”

“I would love to tell people to get educated on SCD. It does not get the recognition or funding for research that it deserves. That’s why I’m so dedicated to this cause; so many people are without a voice, and it’s time to be heard,” said Janay. “The only known cure for Sickle cell is a bone marrow transplant, so if you are willing, please register to be a bone marrow donor. You may potentially save a life. I decided to host this blood drive because those with SCD are dependent on blood donations to survive; some go monthly to receive transfusions or full blood exchanges.”

For more information on SCD and the Agboglo family, you can follow Camden’s Journey on Facebook at Camden’s SickleStrong Journey.

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**Breaking
down berthings:**
Meet the Nimitz habitability team, and
see how they keep things ship shape.
» See **B6**

SECTION B | FLAGSHIPNEWS.COM | 04.12.18

PP18 OFFICIALLY STARTS WITH CEREMONY IN INDONESIA



Service members assigned to Military Sealift Command hospital ship USNS Mercy (T-AH 19) learn Indonesian cultural dances during the opening ceremony of the Indonesia mission stop of Pacific Partnership 2018 (PP18).



Photos by MC2 Kelsey L. Adams

United States and Indonesian government leaders use a cutless to make the ceremonial cake cut during the Pacific Partnership 2018 (PP18) opening ceremony reception aboard Military Sealift Command hospital ship USNS Mercy (T-AH 19) learn Indonesian cultural dances during the opening ceremony of the Indonesia mission stop of Pacific Partnership 2018 (PP18).

By MC2 Kelsey L. Adams
Pacific Partnership Public Affairs

BENGKULU, INDONESIA

Service members assigned to Military Sealift Command hospital ship USNS Mercy (T-AH 19) made the first official Pacific Partnership 2018 (PP18) mission stop in Indonesia where they participated in a two-part opening ceremony, April 2.

The morning began with a celebration in the courtyard at the Indonesian governor's office. The ceremony kicked off with a uniform inspection of United States and Indonesian service members signifying that all members were mission ready.

Following the inspection, several local Indonesians performed cultural dances, and later taught United States service members the steps to a traditional dance.

"PP18 is yet another example of the excellent cooperation between our two countries," said U.S. Ambassador to Indonesia Joseph R. Donovan. "The strategic partnership here in Bengkulu is not only focused on military exchanges, but also includes cultural and educational exchanges as well as seen today, with this ceremony."

At the conclusion of the Indonesian portion of the ceremony, there was a brief press conference where leaders from both countries spoke about the different types of medical, engineering, and community events that will be held during Mercy's time in Indonesia.

Later in the day, local Indonesian leaders, both military

and civilian, came onboard Mercy and attended a reception on the flight deck. During the reception, Major General Ben Yura RimbaTentara Nasional Indonesian (TNI) surgeon general, addressed the crowd with his thoughts about the Indonesian and United States partnership.

"I do believe that this program will make our partnership stronger because we will be learning from each other," said Rimba. "It is in this way that I believe our program works best. If we continue to learn from one another, this Pacific Partnership program will continue on and make us all stronger."

The day-long opening ceremony concluded with the ceremonial cake cutting aboard the Mercy.

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

Pacific Partnership 2018 consists of more than 800 U.S. military personnel stationed worldwide, working side-by-side with host nation counterparts to be better prepared for potential humanitarian aid and disaster response situations.

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

THIS ALCOHOL AWARENESS MONTH, PRACTICE DRINKING SMARTER AND SHARE HOW YOU KEEP WHAT YOU'VE EARNED

By Chief of Naval Personnel Public Affairs

WASHINGTON

April is Alcohol Awareness Month, a national observance promoting ways to maintain healthy drinking habits. Navy Alcohol and Drug Abuse Prevention's (NADAP) Keep What You've Earned Campaign has resources to help Sailors take proactive steps to drink responsibly.

"April is a great time for Sailors and their families to check in with their drinking," said Dorice Favorite, NADAP Director. "Drinking responsibly doesn't have to mean avoiding alcohol altogether. It's taking conscious steps to stay safe, like planning ahead, knowing your limit and finding a safe ride home."

Pier Pressure is the Keep What You've Earned Campaign's mobile application that

enables Sailors to take these steps, combining real-life tools with gamification to encourage a responsible drinking environment, while celebrating Sailors' achievements in their Navy careers.

"Pier Pressure has been popular among Sailors and we constantly seek their feedback to improve the app's function and user experience," said Favorite. "We recently added access to Uber, Lyft and local cab searches in the app's Safe Ride Home resource, and a calorie counter that not only estimates what's in your cocktail or beer, but how many push-ups it may take to burn off those calories."

The app's latest release includes other Sailor-requested enhancements, like



U.S. Navy photo illustration



U.S. Navy Photo

Streamers mix with falling snow during the christening of the future guided-missile destroyer USS Thomas Hudner at the Bath Iron Works shipyard Saturday, April 1, 2017 in Bath, Maine.

Future USS Thomas Hudner successfully completes Builder's Trials

From Team Ships Public Affairs

BATH, MAINE

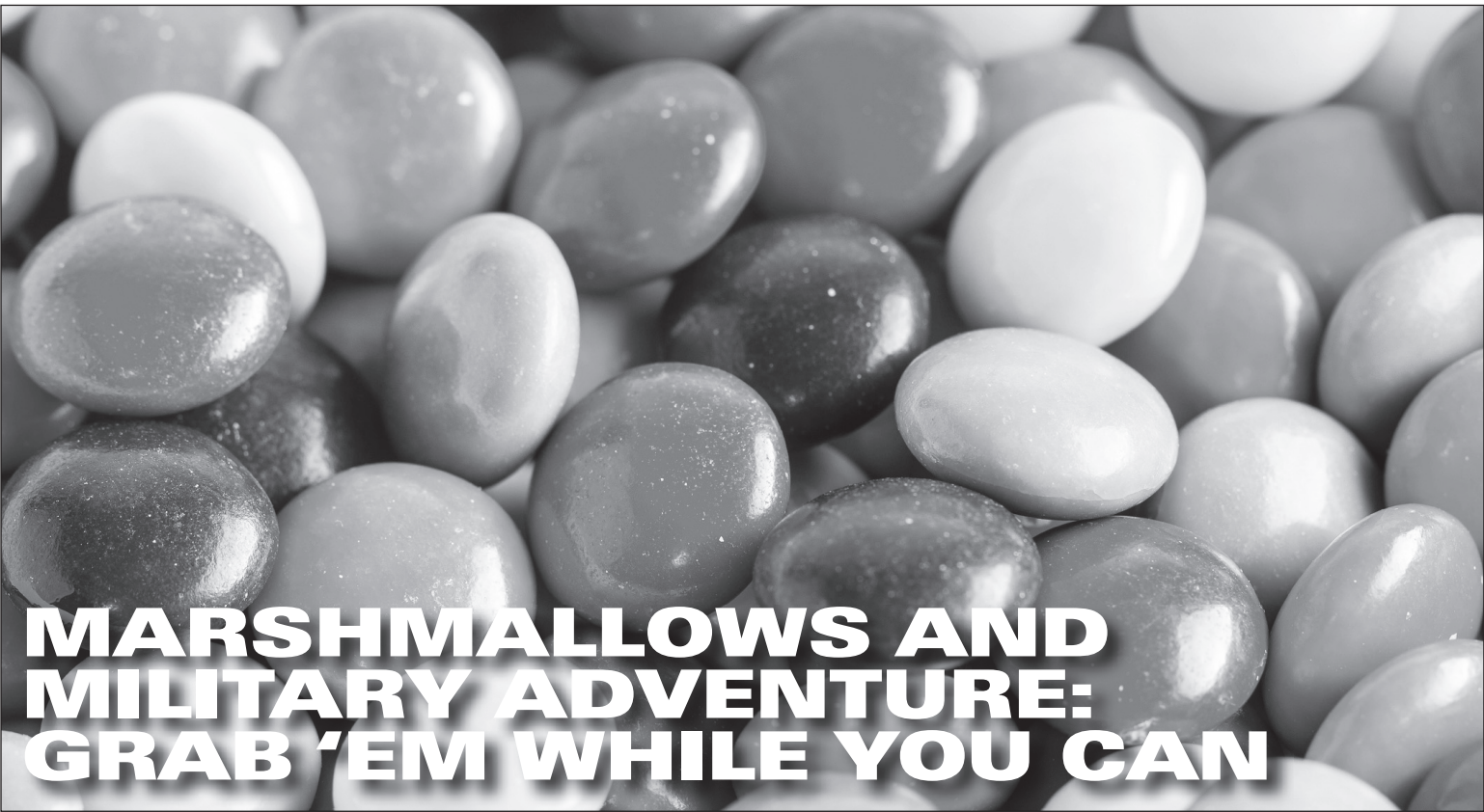
Future guided-missile destroyer USS Thomas Hudner (DDG 116) successfully completed builder's trials, March 31, after spending four days underway.

Builder's trials consist of a series of in-port and at-sea demonstrations that allow the shipbuilder, Bath Iron Works (BIW), and the Navy to assess the ship's systems and its

readiness for delivery.

"With the successful completion of these trials, we move closer to adding DDG 116 and her exceptional capabilities to the fleet," DDG 51 Class Program Manager, Program Executive Office (PEO) Ships Capt. Casey Moton said. "The Navy and industry team worked diligently to ensure the ship operates at peak performance."

The DDG 51 class ships currently under construction are Aegis Baseline 9 Integrated Air and Missile Defense destroyers, with increased computing power and radar upgrades that improve detection and reaction capabilities against modern air warfare and ballistic missile defense threats. The Aegis Combat System will enable DDG 116 to link radars with other ships and aircraft to provide a



MARSHMALLOWS AND MILITARY ADVENTURE: GRAB ‘EM WHILE YOU CAN

By Lisa Smith Molinari

You know those people who open bags of M&Ms and dump the entire contents into their upturned mouths? They’re the same ones who eat icing roses off of birthday cakes, open big presents before little ones, and ask for the good news first.

Unfortunately, I’m not one of those people. Throughout life, I’ve strictly adhered to a “save the best for last” regimen. As a kid, I would squirrel away things — trinkets, treats, rewards — and ration them to myself, slowly and methodically until the best was left to savor.

Take those M&Ms for example. I sorted through them one by one, eating the misshapen ones first, until I had a perfect candy of each color. Those five, The Chosen, would be ceremoniously sacrificed in one final, triumphant chomp. They didn’t taste any different than the rest, so why the irrational ritual?

In junior high school, everyone collected stickers, but while my friends were slapping theirs on books and lockers, I stashed mine away for something special. Those stored stickers eventually lost their stick. I think my mother still has a sheet of crusty Smurf stickers in the desk drawer of my old room.

Every Easter, Valentine’s Day, and Halloween, I would ration my candy, saving the best treats so long, that they often got too stale to eat.

Decades later, I’m still nibbling around center of cinnamon rolls and reading the most interesting magazine article last. Why? What has it ever gotten me but a rock-hard coconut egg and a shriveled Papa Smurf sticker? Has all my controlled frugality been for naught?

I consulted an expert (Google) and found that

“best for last” tendencies have been researched extensively. Scientists have studied delayed gratification, intuitive judgment, and peak-end bias to find out why some eat muffin tops first and others don’t.

In a 2011 University of Michigan experiment, students were given a series of chocolates to eat. With each candy, the experimenter said, “Here is your next chocolate.” But when the experimenter said, “This is your last chocolate,” the subjects tended to rate that last candy as their favorite regardless of the flavor.

Finally, my M&M sorting ritual makes sense!

This experiment dovetails with “peak-end bias” research by Nobel Prize-winner Daniel Kahneman which shows that people irrationally judge experiences by what happened last. For example, if a mediocre vacation ended with a fantastic night in a five-star hotel, vacationers tend to remember the trip positively.

Despite this illogical partiality for “end” experiences, there are rational bases for saving the best for last. In the 1960s “Stanford Marshmallow Experiments”, 600 pre-schoolers were offered one marshmallow now, or two 15 minutes later. The vast majority of subjects waited for the additional reward, proving that children understand delayed gratification. A follow-up study showed that the ability to delay gratification was linked to higher SAT scores and lower body mass indexes.

Somehow, that correlation skipped over me ...

Finally, a 2013 Cornell study showed that the tendency to save the best for last fades with age. Apparently, younger adults have long-term visions that require saving for later, while older folks think, “Life is too short, eat dessert first.”

How does this apply to military families? Certainly we must be frugal, always saving and planning for our ever-changing futures. Living a life centered around serving one’s country requires careful organization and responsibility. However, military life also offers the luxury to splurge on experiences.

Despite all those years I spent digging through plastic strands of grass to ferret out jelly beans while my peanut butter eggs dried up, our family didn’t delay gratification when it came to our military experiences. We “ate the marshmallow,” taking unique opportunities as soon as they arose. And my husband’s 28-year military career ended with a bang — after a fun final tour in Newport, Rhode Island, we threw a huge retirement party that was WAY over our budget.

Don’t delay the adventure. Live overseas, rent a unique house, travel, try indigenous foods, go to military balls, eat the whole bag of M&Ms — grab the bull by the horns and make the most of your military journey.

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Links:

http://faculty.chicagobooth.edu/eob/edobrien_lastbestPSCI.pdf

http://brainimaging.waisman.wisc.edu/~perlman/0903-EmoPaper/Kahneman-FredricksonSchreiberRedelmeier_1993_WhenMorePainIsPreferredToLess.pdf

<https://www.theatlantic.com/health/archive/2014/09/what-the-marshmallow-test-really-teaches-about-self-control/380673/>

<http://news.cornell.edu/stories/2013/02/preference-save-best-last-fades-age>

USS Theodore Roosevelt conducts PASSEX with Republic of Singapore navy

By MC1 John Hetherington

Theodore Roosevelt Carrier Strike Group Public Affairs

SOUTH CHINA SEA

The aircraft carrier USS Theodore Roosevelt (CVN 71), along with the guided-missile destroyer USS Sampson (DDG 102), sailed in formation with the Republic of Singapore Navy frigate RSS Supreme (FFG 73) and corvette RSS Valiant (PGG 91), April 6.

The event was a traditional naval greeting and training opportunity between partner navies after the Theodore Roosevelt Carrier Strike Group (TRCSG) made a brief port stop in Singapore.

“This passing exercise offered a unique opportunity to further our capabilities to operate with and learn from one another,” said Sampson Commanding Officer Cmdr. Timothy D. LaBenz. “It’s an excellent test for our watchstanders to exercise their flexibility as warfighters and to interact with partner navies in a tactical environment. Sampson is dedicated to ensuring its ability to work together with our

allies and deal with common concerns such as disaster relief and safety of sea lanes.”

During the passing exercise, ships from both navies practiced ship handling procedures, communications drills and navigating in several close formations.

“This was a unique opportunity to further our capabilities to operate with and learn from one another,” said Theodore Roosevelt’s Commanding Officer Capt. Carlos Sardiello. “We are dedicated to ensuring our ability to work with our allies and deal with common concerns such as disaster relief and safety of sea lanes.”

TRSG will continue maritime security patrols, presence operations, and training with partners and allies throughout the Indo-Pacific region. The TRCSG returned to the 7th Fleet area of operations after successfully completing more than four months in the Arabian Gulf and U.S. 5th Fleet area of operations supporting maritime security, theater security cooperation, and operations Inherent Resolve and Freedom’s Sentinel.

“The strike group is extremely proficient and performing at an exceptional level,” said Koehler. “We are prepared to conduct operations in 7th Fleet with the same persistence and flawless execution the strike group exhibited in 5th Fleet.”

Roosevelt left its homeport of San Diego, Calif., Oct. 6, for a regularly-scheduled deployment to the U.S. 7th and 5th Fleet areas



MC3 Anthony J Rivera

The aircraft carrier USSTheodore Roosevelt (CVN 71) leads the Republic of Singapore navy Victory-class corvette RSS Valiant (PGG 91), the Formidable-class frigate RSS Supreme (FFG 73) and the Arleigh Burke-class guided-missile destroyer USS Sampson (DDG 102).

of operation.

TRCSG consists of the staff of Destroyer Squadron 23 and the squadrons of Carrier Air Wing (CVW) 17, which includes Strike Fighter Squadron (VFA) 113, VFA-94, VFA-22, Marine Fighter Attack Squadron (VMFA) 312, Electronic Attack Squadron (VAQ) 139, Airborne Early Warning Squadron (VAW) 116, Helicopter Sea Combat Squadron (HSC) 6, Helicopter Maritime Strike Squadron (HSM) 73 and Fleet Logistics Support Squadron (VRC) 30.

It’s time to celebrate your military child

From TRICARE.mil

Military children are a vital part of the military family and they deserve to be recognized. During the month of April, the Department of Defense celebrates these children and recognizes their contribution to their military parents’ mission and success. The strength, resilience and readiness of service members depend on the support of their entire family. The health of military children is a top priority for the Defense Health Agency. TRICARE coverage helps ensure these beneficiaries get the care they deserve, too.

TRICARE covers well-child care for children under age 6 (from birth through age 5). Well-child care services include:

- Newborn care
- History and physical exams
- Developmental and behavioral assessments
- Routine immunizations
- Routine eye exams

You can protect your child with immunizations. TRICARE also covers age-appropriate vaccines as recommended by the Centers for Dis-

ease Control and Prevention. Covered vaccines from any TRICARE-authorized provider. An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by the national organization, or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network. are at no cost. Learn more about these vaccines, including CDC recommendations.

Frequent deployments and moves can be stressful for children. The Military Health System provides a variety of programs to help children cope with the realities of military life. You should speak to your doctor if you have concerns about your child. TRICARE covers medically and psychologically necessary mental health care.

To learn more about TRICARE coverage and resources for military children, check out the TRICARE monthly tips. Celebrate — and thank —the military kids in your life today.



■ **Q. My landlord has not responded to my request to fix my A/C for 3 weeks. What can I do as a tenant?**

A. As a tenant you do have some remedies that you can try. From paying your rent to the courts until it’s corrected or submitting a 21/30 letter. Most important is to document all correspondence between you and the landlord. Please contact your HSC for details in situations like these.

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

Functions and/or services FFSC provides:

- Clinical Counseling- (Individual, Couples, and Child Counseling)
- Personal Financial Management
- Information & Referral
- Family Employment Assistance
- Transition Assistance
- Family Advocacy Program
- Deployment and Mobilization Support
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USS TOPEKA RETURNS TO GUAM

From Submarine Squadron 15 Public Affairs

SANTA RITA, GUAM

Los Angeles-class attack submarine USS Topeka (SSN 754) returned to its homeport of Apra Harbor, Guam, on March 30 following a three-month forward-operating period to the Western Pacific.

Topeka conducted routine patrols throughout the Indo-Pacific region in support of maritime security operations that promote stability while maintaining key partnerships with allies across the region.

Family and friends were on the pier to greet their Sailors, welcoming them back to Guam following their period at sea. One family member traveled more than 7,800 miles to be on the pier to welcome her Sailor, Information Systems Technician Submarines 2nd Class Nate Carver.

“I flew out to Guam from Timberland, North Carolina to surprise my son,” Sonia Carver said. “He has no idea I’m here. This is my first time to Guam and the first time anyone in our family has met Nate on the pier. My fiance passed away unexpectedly about five weeks ago, and [Nate] was looking forward to giving me away at our wedding. He was really upset he couldn’t come home [to be there for me], so I came to him.”

Also among the families were Jen Brinda and her son Gavin, who won the ceremonial “First Kiss” to share with husband and father Chief Electrician’s Mate (Nuclear) Carlton Brinda.

“I’m very excited to have [my husband] back,” Brinda said. “This is our last homecoming, so it’s very special. It’s also the first my son has seen; he just turned a year old.”

Topeka, under the command of Cmdr. Steven Tarr III, is returning from the U.S. 7th Fleet area of responsibility, where the crew executed the Chief of Naval Operations’ Maritime Strategy in supporting national security interests and maritime security operations.

“There’s no place like Guam,” Tarr said. “My crew trained hard before we left to ensure we were prepared to conduct our national tasking. I am incredibly proud of each and every one of them.”

Topeka celebrated the various achievements of its crew members in their professional development.

“We had 10 Sailors and two officers become submarine qualified, and two officer were promoted,” Senior Chief Sonar Technician Submarines Michael Wagnen said, Topeka’s chief of the boat. “The crew continues to challenge themselves professionally and personally, striving to always be better.”

Topeka was commissioned Oct. 21, 1989, and is the third ship of the U.S. Navy named for the city of Topeka, Kansas. It is the fourth “improved” Los Angeles-class submarine. Measuring more than 360 feet long and displacing more than 6,900 tons, Topeka has a crew of approximately 140 Sailors. Topeka is capable of supporting various missions, including anti-submarine warfare, anti-surface ship warfare, strike warfare and intelligence, surveillance and reconnaissance.

Topeka is assigned to Commander, Submarine Squadron (COMSUBRON) 15, which is located at Polaris Point, Naval Base Guam, in Apra Harbor, Guam, and consists of four Los Angeles-class attack submarines. The COMSUBRON 15 staff is responsible for providing training, material and personnel readiness support to these commands. Also based



Photos by MC1 Jamica Johnson

Sailors assigned to Los Angeles-class attack submarine USS Topeka (SSN 754) are greeted by family and friends during a homecoming celebration on the pier following a three-month forward-operating period in the Western Pacific. Topeka is one of four forward-deployed submarines homeported in Apra Harbor, Guam.

out of Naval Base Guam are submarine tenders USS Emory S. Land (AS 39) and USS Frank Cable (AS 40). The submarines and tenders are maintained as part of the U.S. Navy’s forward-deployed submarine force and are capable of meeting global operational requirements.

For more news from Commander, Submarine Squadron 15, visit our official Navy website at www.csp.navy.mil/css15 and be sure to ‘Like’ our official Facebook page, which is located at www.facebook.com/SubmarineSquadron15/.

Are you considering Guam as a duty station? Check out the official ‘Go Guam!’ website at www.csp.navy.mil/go-guam/ and the downloadable ‘1st Fifteen’ pamphlet to learn more about assignment to Guam and the unique opportunities here!

For more news from Commander, Submarine Squadron 15, visit www.navy.mil/local/subron15/.

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NAVY CHIEF CHARTS COURSE TO DEVELOP 'WORLD-CLASS' LEADERS

From Chief of Naval Operations Public Affairs

NEWPORT, R.I.

Chief of Naval Operations Adm. John Richardson will announce the formation of the College of Leadership and Ethics at the U.S. Naval War College and released an updated version of the Navy Leader Development Framework (NLDF 2.0) in Newport.

"World-class leadership is our Navy's decisive advantage over our adversaries," Richardson said. "Our operational and warfighting success depends on developing leaders who learn and adapt to achieve maximum possible performance. Opening a College of Leadership and Ethics and providing a Fleet-centered development framework will create opportunities for us to become better leaders, build winning teams, and maintain America's maritime superiority."

Richardson released the initial NLDF in January 2017, providing a roadmap to develop leaders of "competence and character" through a network of formal schools, on-the-job training, and self-guided learning.

NLDF 2.0 (www.navy.mil/cno/docs/NLDF_2.pdf) includes:

- Updating to the Navy's "Charge of Command", citing the expected standards of excellence for all Commanding Officers.

- Adding the concept of mentor advocacy as a way to more actively develop and promote winning leaders.

- Re-issuing Richardson's September 2016 memo "One Navy Team" on inclusiveness.

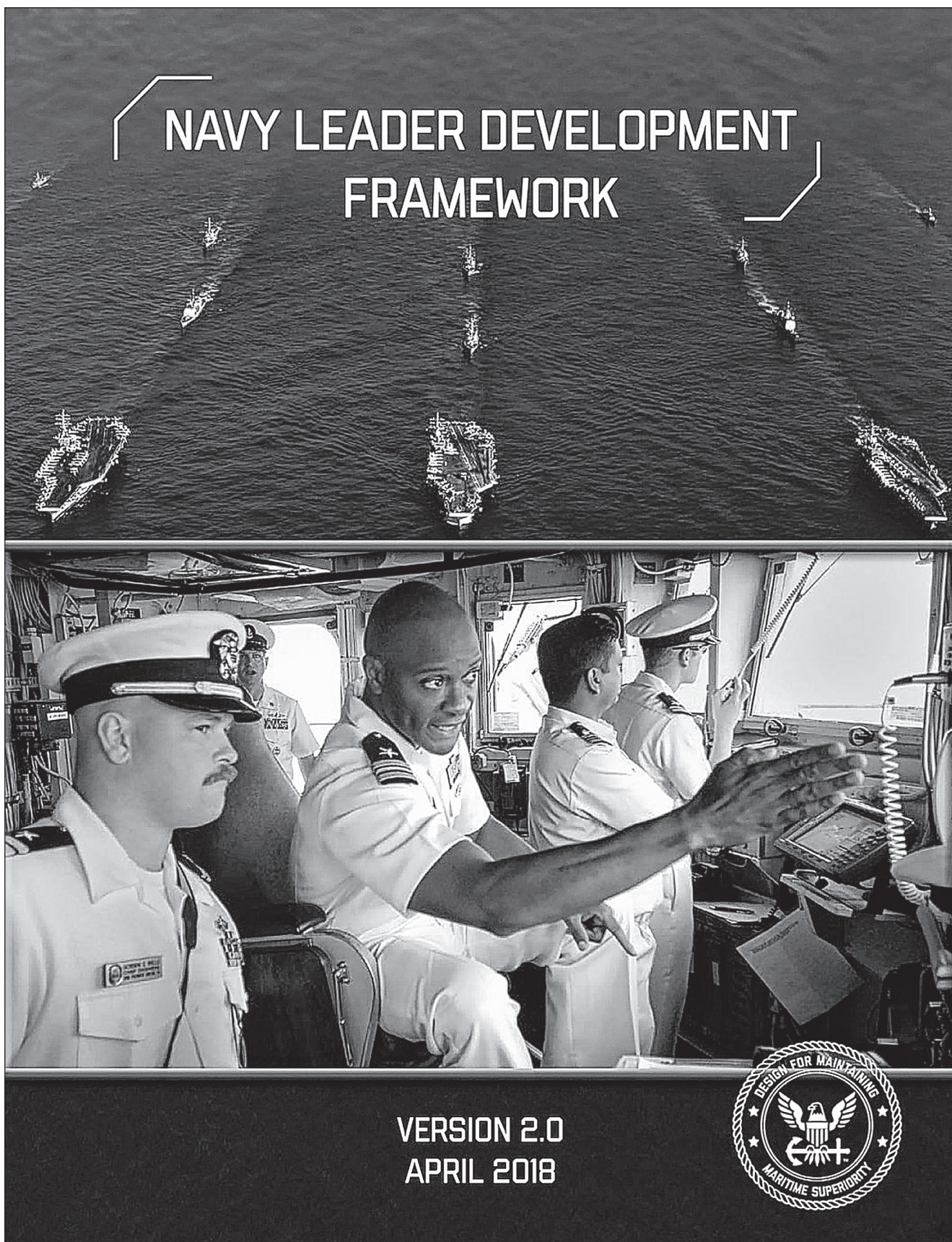
"The concepts discussed in NLDF 2.0 apply to the entire Navy team — everybody should read and use it," Richardson said. "By executing this framework, our Navy will produce leaders and teams who are ready for decisive, winning operations and combat. This is what will keep us the best Navy in the world."

The mission of the new College of Leadership and Ethics is to imbue Naval War College students with a desire for continuous learning and development as leaders of character. In addition, the college will supplement and support each Navy community in their community leader development, and maintain a strategy for leader development beyond major command. The school expects to offer courses to about 1600 graduates per year from the in-residence and distance education programs, including U.S. and international officers, and civilians from various U.S. government agencies and departments.

"In order to prevail in an environment of rapid change and complexity, we need to increase our investment in leader development to improve our advantage over potential adversaries," President of U.S. Naval War College Rear Adm. Jeffrey A. Harley said. "The establishment of this college demonstrates our Navy's commitment to develop leaders who pursue excellence in accordance with our Navy's core attributes of integrity, accountability, initiative and toughness."

Link to Navy Leader Development 2.0 — www.navy.mil/cno/docs/NLDF_2.pdf

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/.



U.S. Navy Graphic

MC1 Nathan Laird

“World-class leadership is our Navy’s decisive advantage over our adversaries. Our operational and warfighting success depends on developing leaders who learn and adapt to achieve maximum possible performance. Opening a College of Leadership and Ethics and providing a Fleet-centered development framework will create opportunities for us to become better leaders, build winning teams, and maintain America’s maritime superiority.”

Adm. John Richardson, Chief of Naval Operations

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MAY 27

SLAYER

JUNE 12

SHAGG FEST

JUNE 16

RASCAL FLATTS

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IMAGINE DRAGONS

JULY 3

LYNYRD SKYNYRD

FRIDAY JULY 6

WARPED TOUR

JULY 12

H.E.R. - HIGH THE ROOF

JULY 13

CHICAGO

JULY 18

ZOMBIE MANSON

FRIDAY JULY 20

SUMMER

SATURDAY JULY 21

KIDZ BOP LIVE 2018

SATURDAY AUGUST 4

PENTATONIX

AUGUST 5

COUNTING CROWS

AUGUST 7

GRATITUDE

AUGUST 12

DEF LEPPARD JOURNEY 2018

AUGUST 13

GODSMACK SHINEDOWN

AUGUST 18

JASON ALDEAN

AUGUST 19

THE CHORUS SUMMER

SATURDAY SEPTEMBER 1

MOUNTAIN HIGH TOUR

SEPTEMBER 6

THE BOLLT HOLE

SATURDAY SEPTEMBER 15

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Breaking down berthings: Nimitz habitability team

By MCSN Michael A. Prusiecki
USS Nimitz Public Affairs

BREMERTON, WASH.

After a long, exhausting day out at sea, or the monotonous tempo of an in port duty day, there’s always one place where Sailors can look to as their sanctuary.

This is a place where they can unwind, relax, and participate in their hobbies and interests before catching up on the elusive entity known as sleep. This place is the ship’s crew berthing. But just how do the berthings retain their home-like aura and overall suitability while ships are in lengthy maintenance periods? The answer can be found within the workings of the habitability team.

As the aircraft carrier USS Nimitz (CVN 68) begins its 15-month docking planned incremental availability (DPIA), 41 berthings and living spaces are scheduled for overhauling and remodeling. This amounts to more than 1,600 racks and lockers. This massive undertaking is tasked to the habitability (hab) team. The hab team consists of 88 Sailors working diligently to break down and reconstruct the assigned crew living spaces.

According to Senior Chief Aviation Machinist’s Mate Jason Hewitt from Jacksonville, North Carolina, hab team-leading chief petty officer, the process of reconstructing a berthing is an intricate one, which also involves coordination with other DPIA teams and shipyard contractors.

First, the hab team comes in to remove all the racks and lockers, and the deck material is removed to bare metal and primed. Once this has been accomplished, the lagging team comes in and makes any repairs to the lagging. Contractors then come in and conduct any assorted maintenance or repairs based on work orders and the berthing schematics. Afterward, the paint team arrives to paint the space. Once the paint is dry, the hab team comes back to reinstall brand new racks with mattresses and lockers. Electricians install all required electric elements in the berthing. Once they pass the required tests, the hab team turns the berthing over to its original department.

Hewitt recognizes the importance of the colossal job they have been tasked with.

“To rehab the berthings the way we do is to keep the ship habitable, and contribute to the ship’s operational readiness and overall lifespan,” Hewitt said. “It’s also vital to help boost the morale of the crew, so Sailors have a comfortable place to lay their heads at night.”

He also recognizes that this is an imperative aspect of the critical path for the ship to accomplish the maintenance period on time.

“If the berthings aren’t done on time then it will affect the crew move on and possibly extend the yard period. That could, unfortunately, have a trickle-down effect and delay the other aircraft carriers that are scheduled to be in the dry dock after us,” Hewitt said.

The hab team is scheduled to be finished with all of their jobs by November 22nd.

“There’s plenty that could change, and much of it has to do with the coordination of the other teams working together to make sure we get the work done on time. But we’ve started early and have a good start on things, so I’m confident we will be able to make that deadline,” Hewitt said.

The junior Sailors who also work on hab team show focus and drive in taking initiative in this project.

“It’s a great experience to prepare the ship for its next mission and to continue this proud tradition,” said Aviation Ordnanceman 3rd Class Salvador Lankford, a hab team member from Lexington, Kentucky. “It’s hard work, but it’s all what you make it, and we know how vital this project is to the operational readiness of Nimitz.”

As Sailors transit the ship, loud thuds and bangs can be heard echoing through the passageways. With the familiar sight of racks and lockers being secured to pallets to be hauled across the brow on a forklift, all can be sure the hab team is hard at work renovating the berthing areas, getting the ship ready to go back to sea.

Nimitz is conducting a docking planned incremental availability at Puget Sound Naval Shipyard and Intermediate Maintenance Facility where the ship is receiving scheduled maintenance and upgrades.

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



MCSN Greg Hall
Yeoman Seaman Nolan Ferreira dismantles a rack aboard the aircraft carrier USS Nimitz (CVN 68) in Bremerton, Wash. Nimitz is currently preparing for a planned incremental availability at Puget Sound Naval Shipyard and Intermediate Maintenance Facility where the ship will receive scheduled maintenance and upgrades.



Photos by Burrell Parmer
Students attending University High School had the opportunity to experience the Navy’s Virtual Reality asset, the Nimitz, at the school during Waco Navy Week. The experience consisted of students going through a series of exercises, starting with a briefing, before participating in a virtual high-speed water extraction of a Navy SEAL team pinned down under enemy fire.

Aviation Ordnanceman 2nd Class Cameron Albright of Houston, a recruiter assigned to Navy Recruiting Station Waco, speaks with a student attending University High School at the Navy’s Virtual Reality Experience, the Nimitz, at the school during Waco Navy Week.



Nimitz VR experience featured at University High School during Waco Navy Week

By Burrell Parmer
Navy Recruiting District San Antonio Public Affairs

WACO, TEXAS

To bring America’s Navy closer to the people it protects, Sailors assigned to Navy Recruiting District San Antonio, along with the Navy’s Virtual Reality Experience, the “Nimitz”, visited with students at University High School during Waco Navy Week, April 4.

The experience consisted of students going through a series of exercises, starting with a briefing, before participating in a virtual high-speed water extraction of a Navy SEAL team pinned down under enemy fire.

According to Joshua Walker, a senior attending University High School, the Navy has a combination of forces, from sea, air, and land, and is one of the most diverse services.

“The virtual reality system was very interactive for me,” said Walker. “I got lost in the fun of the mission. It was cool, but yet complex.”

Troy Tinney, University’s principal of operations, said that although many of the students play video games at home, they will find out that the Nimitz Experience is beyond anything they may see at home.

“Having the Navy visit the school helps students make decisions that will affect the rest of their lives,” said Tinney, whose father served in the Navy for 23 years. “Entering the military before going to college could benefit

many of our students, because they will be better funded, older and wiser.”

The Navy is looking for smart, driven individuals who are eager to serve, and who are not only seeking a better future for themselves and their families, but also for the county.

According to Fire Controlman Joseph Mota of Indianapolis, a recruiter assigned to Navy Recruiting Station Waco, the Navy has a good rapport with University High School.

“We are happy that the Nimitz was able to come to the school because it is important for students to interact with something that they can see, touch and feel,” said Mota. “It also provides an opportunity for them to talk with us regarding the various career fields the Navy has to offer.”

Navy Week brings Sailors from different units across the United States to conduct focused outreach events with members of the community in conjunction with the Heart of Texas Airshow featuring the Navy’s flight demonstration squadron, the Blue Angels, who are celebrating their 72nd anniversary of flying excellence.

The Nimitz is named after Fleet Adm. Chester Nimitz, a native of Fredericksburg, Texas, who commanded the U.S. Pacific Fleet during WWII.

For more news from Commander, Navy Recruiting Command, visit www.navy.mil/local/cnrc/.

U.S. Navy, U.S. Air Force complete Exercise Black Flag 2018

By Lieutenant Chris Pagenkopf
Strike Fighter Squadron 115 Public Affairs

OKINAWA, JAPAN

U.S. Navy and U.S. Air Force pilots participated in Exercise Black Flag 2018 March 13-23.

Black Flag is an annual exercise focused on enhancing joint air-to-air combat execution between U.S. Navy and U.S. Air Force squadrons.

“Our participation in Black Flag will tremendously improve our ability to prosecute joint missions in the Indo-Pacific area of operations,” Lt. David Ash said, an F/A-18E pilot with the “Eagles” of Strike Fighter Squadron (VFA) 115. “Operating with Air Force F-15s and E-3s in a completely integrated operational environment gave Navy aircrews dedicated exposure to joint tactics and capabilities that we would not have been able to gain otherwise. The missions were extremely challenging and required all of our personnel to operate at peak performance levels to achieve mission success.”

F/A-18E and F-15C pilots completed integrated mission planning, briefing, air-to-air execution, and debriefing operations with the support of E-2D Advanced Hawkeye and E-3 Sentry aircrews throughout Black Flag. The missions enabled the refinement of tactics, techniques, and procedures related to joint fighter operations.

Over 200 U.S. Navy personnel, and nearly 20 aircraft, left their forward deployed station of Marine Corps Air Station (MCAS) Iwakuni to operate from Kadena Air Base, Japan, home of the U.S. Pacific Air Force’s 18th Wing, for the two-week exercise.

This year’s iteration of Black Flag involved F/A-18E Super Hornets assigned to the “Eagles” of VFA-115 and the “Dambusters” of VFA-195, F-15C Eagles assigned to the “Vampires” of the 44th Fighter Squadron and the “Fighting Cocks” of the 67th Fighter Squadron, E-2D Hawkeyes assigned to the “Tigertails (E-2D)” of the Carrier Airborne Early Warning Squadron (VAW) 125, and E-3 Sentries assigned to the “Eyes of the Pacific” of the 961st Airborne Air Control Squadron. Many missions were also supported by KC-135R Stratotankers assigned to the 909th Air Refueling Squadron.

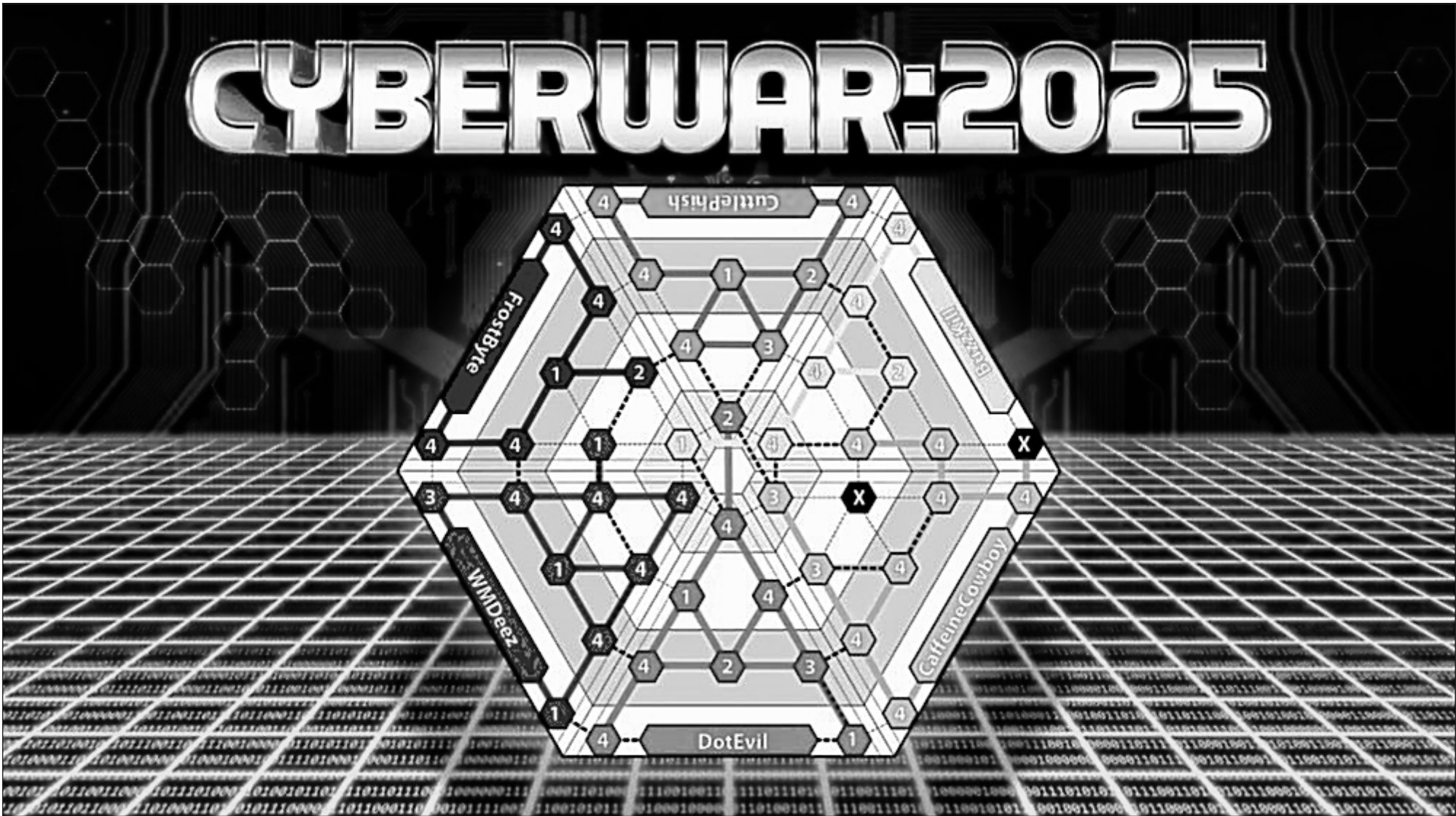
With the conclusion of the exercise, VFA-115, VFA-195, and VAW-125 returned to MCAS Iwakuni. However, the



MC2 Michael Doan
Pilots assigned to the “Dambusters” of Strike Fighter Squadron (VFA) 195 taxi into position upon returning to Naval Air Facility (NAF) Atsugi.

proximity of Iwakuni to Kadena, and planned participation in future joint exercises in the region, will allow the units involved in Black Flag 2018 to continue to enhance their ability to operate as an integrated joint force in support of security and stability in the Indo-Pacific.

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



U.S. Navy graphic

NPS STUDENTS TEACH CYBEROPS FUNDAMENTALS THROUGH GAMING

By Matthew Schehl
Naval Postgraduate School Public Affairs

MONTEREY, CALIF.

Two Naval Postgraduate School students have created a way to bridge a training gap in U.S. military cyber operations ... through a game.

For their master’s thesis, U.S. Army Master Sgt. David “Ty” Long and Capt. Chris Mulch designed and developed CyberWar 2025, a computer-based strategy wargame which challenges players to navigate through the core concepts of the cyber realm.

“The goal of CyberWar: 2025 is to stimulate and increase players’ knowledge and experience of cyberspace operations,” Mulch said. “The basic idea is to learn as you play.”

In approximately 30–60 minutes of turn-based, ‘sandbox’ gameplay, players employ a range of the basic concepts laid out in Joint Publications 3–12(R) Cyberspace Operations. A deft combination of offensive cyber operations (OCO), defensive cyber operations (DCO) and computer network exploitation (CNE) can lead a player to victory, even if in a relatively weak position.

“Everybody starts out on a level playing field,” Mulch explained. “Players utilize resources in a way they see fit, whether those resources are put into offense, defense or reconnaissance.”

Long and Mulch developed CyberWar: 2025 at a critical time.

A sense of urgency has burgeoned in the United States over the last decade as adversaries — state and non-state actors

alike — have increasingly turned to the cyber domain to actively work against U.S. national security interests.

In a recent speech at John Hopkins University, Secretary of Defense Jim Mattis reiterated that the Department of Defense (DOD) absolutely must “invest in cyber defense, resilience, and the continued integration of cyber capabilities into the full spectrum of military operations.”

“Our competitive edge has eroded in every domain of warfare—air, land, sea, space, and cyberspace,” he said. “And it is continually eroding.”

President Trump echoed this in his fiscal year 2019 budget request to Congress, calling for a 4.2 percent increase in the Pentagon’s cyber funding to \$8.5 billion as U.S. Cyber Command approaches full operational capability as a newly-unified combatant command.

“What’s going on in cyber policy is a big question right now in DOD,” Mulch said. “What does our competitive balance look like? Should we be strong? Should we be putting time and resources into defense, reconnaissance or research?”

And yet, there remains a critical gap in how DOD goes about preparing the military to engage in this domain. Several educational courses and training exercises have been developed to prepare leaders to plan and execute cyberspace-based effects to support operations, but there are no virtual simulations used by the military to train and educate service members in the basic concepts of cyberspace operations.

When Long, a cyber warfare practitioner at Fort Meade, and Mulch, an Information Operations Officer, arrived at NPS in June 2016 to begin their graduate work in information strategy and political warfare, it didn’t take them long to turn to solving this.

“People would say I’m the cyber guy, even though I really don’t like that term,” Long said. “When I came to NPS, my promise to myself was to [impact] the Army cyber mission; I had a lot of ideas about how we can educate people about cyber operations, and how we could do it correctly.”

Attending a game theory course, they encountered an article exploring the strengths and weaknesses of American cyber capabilities vis-a-vis Russia and China. Over spirited arguments over how much emphasis the U.S. should be placing on offense, defense or reconnaissance, the kernel of CyberWar: 2025 was formed.

“We used game theory to explore that, but that was the basis of ‘hey, I think we have a question here that we could look into,’” Mulch said.

Coming up with a game was not too far a stretch: the U.S. military has a long history of using games to prepare, understand and even plan for war. The earliest use of wargaming in the U.S. dates back to 1883, when Maj. William R. Livermore used topographical maps to practice the art of war. Livermore’s work was itself based on Kriegsspiel, a tabletop game the Prussian military had used since 1812 to train its officers.

However, such gaming is not just “beer and pretzels,” Long stressed. Serious games, which academic literature refers to as “gamification,” are played to stimulate creative thinking, decision making and problem-solving to learn. Good gamification allows players to synthesize new knowledge and make critical judgments.

“With CyberWar: 2025, what we’re really looking at, other than reinforcing terminology, is letting people learn through discovery what the relationship between cyber effects is,” Mulch said.

For example, if a player has developed strong defensive capabilities but weak offensive capabilities, what would a potential conflict look like with an adversary with strong offensive capabilities?

“In a nutshell, that’s what CyberWar: 2025 provides ... An interactive experience for you to reinforce concepts and potentially look at other ways to solve a problem,” Mulch said.

The game, he said, is intended to feel like Diplomacy, the classic 1954 strategy board game which relies as much on player interaction as moving pieces around a board.

At the beginning of CyberWar: 2025, six players are randomized for anonymity, so you could be sitting next to somebody, but not necessarily be located next to them on the board.

Play then proceeds simultaneously by round, with each player submitting their orders, which are resolved all at once before the next round.

“The players communicate with each other and maneuver around the map, which consists of 48 interconnected ‘server nodes’ that are represented by hexagons,” Mulch explained.

As players capture new server nodes, they gain points which they then use to either conduct an action (OCO, DCO or CNE) or research three tiers of new, more advanced effects for these actions.

“The more points you have, the more you can put into effects, and then you can use these to launch attacks against your adversaries and so forth,” Mulch said.

The gameplay is simple and intuitive, but there’s a lot going on under the hood.

When all players have submitted their orders, the software engine running the game sorts their input, calculates each of their actions, analyzes the results and then broadcasts these back to the players within a split second.

“What we accomplished over a tight nine-month time frame was to effectively pack ten pounds of product into a five-pound product bag,” Long said. “You learn by making mistakes: you can explore multiple paths and if you make a mistake, that doesn’t mean you lose the game.”

From inception, Long and Mulch designed the game to be applicable for all branches of DOD and their subordinate cyber fields, as well as an educational tool for decision-makers and leaders on cyber policy.

Since their thesis was published in December 2017, CyberWar: 2025 has been successfully adopted in cyber courses at NPS, though Long and Mulch would like to see it become more widely available.

“The way forward is to have it incorporated into cyber education courses across the services,” Mulch said.

It also has great potential as refreshment training, the duo said. For service members who’ve already received cyber training, yet haven’t practiced it for some time, CyberWar: 2025 serves as an efficient tool to get them back up to speed prior to deployment or a training event.

“Whether they’re about to go out to the National Training Center at Fort Irwin, California, the Joint Readiness Training Center at Fort Polk, Louisiana, or anywhere else, CyberWar: 2025 could be implemented as a reinforcement tool at the home station pre train-up before they go into an actual exercise,” Long said.

CyberWar: 2025 has been effectively used in the classroom at NPS, but the students hope to soon see the application available to a broader DOD audience. With further development, incorporating computer-controlled players, Long and Mulch see the opportunity for a DOD-wide training tool.

For more news from Naval Postgraduate School, visit www.navy.mil/local/nps/.

DESTROYER | Completes builder trials Continued from B1

composite picture of a battle space. When operational, DDG 116 and her sister ships will serve as integral players in global maritime security.

Future Thomas Hudner will return to sea to conduct acceptance trials with the Navy’s Board of Inspection and Survey later this spring. During acceptance trials, all systems and gears will undergo inspection and evaluation to ensure quality and operational readiness prior to the Navy accepting delivery.

BIW is currently in production on future Arleigh Burke-class destroyers Daniel Inouye (DDG 118), Carl M. Levin (DDG 120) and John Basilone (DDG 122), as well as future Zumwalt-class destroyers Michael Monsoor (DDG 1001) and Lyndon B. Johnson (DDG 1002).

As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and boats and craft.

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

ALCOHOL | Awareness month Continued from B1

renaming the Tools option on the home screen to “Resources” so that key features can be easily located. In addition to the Safe Ride Home access, the Calorie Counter and Alcohol Estimator, the Resources section includes a quick and anonymous self-check to help gauge drinking habits and engage the right resources if a person has concerns about their drinking. The app can also push periodic smart drinking tips to users on the go to help them keep what they’ve earned.

Pier Pressure is not the only tool that the Keep What You’ve Earned campaign offers to promote a culture of responsible drinking. Other new or updated products include the Costs of a DUI poster, illustrating potential short-term and long-term impacts of driving under the influence. This poster and

the campaign’s full suite of materials that can be found on the campaign’s website or ordered from the Naval Logistics Library.

Keep What You’ve Earned has resonated with Sailors and contributed to a consistent decline in alcohol-related incidents because it’s designed from their point-of-view. Starting this month, Sailors have the opportunity to share their responsible drinking story, what motivates them to keep what they’ve earned, or highlight the ways that their command is encouraging healthy behaviors for a chance to be featured in future campaign products.

“Sailors want to hear from each other, and those testimonials are powerful persuaders when it comes to promoting ways to drink responsibly,” said Favorite.

For a chance to have their story shared, Sailors can submit a short description including name, rate/rank, command and

location to MILL_NADAP@Navy.mil, subject: A Day in the Life. NADAP will review all submissions and contact those that may be considered for future campaign products.

This April, NADAP wants Sailors of all rates and ranks to practice and share ways to drink responsibly. All members of the Navy community can stay engaged by holding local Keep What You’ve Earned events, sharing the campaign’s social media content, showing their realistic Public Service Announcements during training events, or even serving as a designated driver.

“Any one of these things can make a difference and help a Sailor keep what they’ve earned,” said Favorite.

For additional messaging, videos and graphics to share, follow NADAP on Facebook, YouTube, and Flickr.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

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SANDRA BERNHARD

From Hampton Arts

A tell-it- like-it- is evening with one of the country’s fore-most solo performers. Cultural icon Sandra Bern-hard brings her latest act, “San-demonium,” to The American Theatre for one night only on April 28. With a career span-ning more than 30 years, Bern-hard has made a name for herself as a singer, actress, co-median, and author. Her latest show will include some of her favorite material from the past few years, described by her as “fun and reflective of my very eclectic life and all the great things I get to do as a performer and as a person.” Bernhard pioneered the one-woman show, mixing cabaret, stand-up, rock ‘n’ roll, and so-cial commentary into a unique performance style that has become a benchmark for solo performers. Her show “I’m Still Here... Damn It!” ran on Broadway while other notable shows such as “Without You I’m Nothing,” “Everything Bad & Beautiful,” and “Sandra Monica Blvd: Coast to Coast” have played to sold- out venues across the country. Bernhard’s SiriusXM radio show “Sandyland” is a listener favorite and earned her a Gra-cie Award presented by the Alliance for Women in Media Foundation. She also recently completed filming of a special

appearance in the highly antici-pated “Roseanne” reboot . “What makes Bernhard’s comedy so rare—whether she’s philosophizing about Taylor Swift’s squad or singing Dolly Parton’s ‘Hard Candy Christ-mas’ as imagined by Caitlyn Jenner—is that within every keenly observed pop-culture rant, there’s an element of piercing truth;” Variety wrote. In a review of her career, The New Yorker noted that “Bern-hard teaches the children—all those burgeoning spoken- word artists and monologists—how to perform observational comedy with style, and right on the political edge.” “What I’ve always admired about Sandra’s work is that she speaks her truth with humor and intelligence,” said Hamp-ton Arts Artistic Director Rich-ard Parison, Jr. “As we near the end of our 30th anniversary season, I wanted to present a unique voice that speaks to our communities unfiltered, setting the bar high with her one-of-a-kind observations on culture and what it means to be hu-man.”

Sandra Bernhard & “Sandemonium.” Saturday, April 28 - 8 p.m. \$65 / \$55 The American Theatre 125 East Mellen Street Hampton, VA 23663



THE BUSY PARENTS’ GUIDE TO WEEK DAY MEALS: A little preparation goes a long way, when it comes to finding healthy eating options. » See C4



“SANDEMONIUM”

On par with excellence

By MC3 Joshua Tolbert Naval Support Activity Hampton Roads Public Affairs Office

NORFOLK Tucked away off of Terminal Boulevard and nestled against Interstate 564 sits one of Norfolk’s hidden gems. The Sewells Point Golf Course offers well-manicured greens surrounded by large trees and a quiet, laid-back atmosphere. Opened in 1927, the course maintains an air of timelessness, and was designed by Donald Ross in the image of traditional Scottish golf courses. The Sewells Point Golf Course provides the quality of a country club golf course at a public course price. The golf course is a great recreational opportunity for Sailors and Department of Defense (DOD) and Federal Employees, and as of February, civilians of all skill levels. “We hold everything from introductory lessons to clinics,” said Tom Dozier, the Golf Manager and Professional Golfers’ Association of America (PGA) Professional. “We help both new and experienced players improve their skills.” Dozier and Tony Gardner, Superintendent of Sewells Point Golf Course, have both worked at the golf course for almost 30 years. “I started swinging a golf club around the age of 11 at the encouragement of my dad,” said Dozier. “He loved to play golf and always amazed me with how straight he hit a golf ball and how well he was able to putt.” Dozier said that he didn’t get serious about golf until eighth or ninth grade. “I fell in love with the game and it started to take precedence over little



MC3 Joshua Tolbert Sewells Point Golf Course, located on Ruthven Road in Norfolk, Virginia, was built in the 1920’s and now serves as Naval Support Activity Hampton Roads’ Morale, Welfare, and Recreation facility.

league baseball,” said Dozier. “When I got into high school I joined the golf team at the encouragement of one of my friends.” His love for golf continued while playing at the collegiate level for Old Dominion University (ODU). “While attending ODU I worked at the C-9 building on Naval Station Norfolk as the night-shift sales clerk,” said Dozier. “I used to talk to Bob Devary about my passion for golf and how much I enjoyed playing the sport at the collegiate level.” Mr. Devary, then the head of Special Services (which later became Morale, Welfare, and Recreation), offered Dozier a job at the golf course working as a sales assistant in the Pro Shop. After completing a Bachelor of Science degree in Business Administration from ODU, Dozier continued on to finish the PGA apprenticeship program, now known as the Professional Golf Management Program. Through the years, Dozier worked his way up from being a sales associate in the Pro Shop, to now being the Head PGA Golf Professional and Manager for the course.

In addition to the greens, the golf course also includes a full-service pro shop, snack bar and lounge, driving range, putting greens, chipping green, locker rooms, a pavilion, and the Norfolk Room. The Norfolk Room is located on the second floor of the golf course’s main building. The room was constructed in the 1920s along with the building and can be reserved for catering and events. The history of the facility goes back over 90 years when Donald Ross was hired to design and build the golf course in 1926. Back then it was known as the “Norfolk Country Club”. The Navy purchased the 147.1-acre property in the spring of 1942 and named it the Commissioned Officers Golf Club. Arnold Palmer made his professional debut at the course in 1954 during a United States Navy and Norfolk Sports Club co-sponsored Golf Day event. It wasn’t until 1974 that the use of the golf course, and its facilities, was opened to enlisted service members.

» See GOLF | C2

Over 50 service members get surprise packages from Virginia Beach contractor

By Sarah Nicosia Davis Agency

VIRGINIA BEACH Ask any active duty service member deployed overseas: mail call means a lot. That’s why Atlantic Diving Supply (ADS) and the Active Valor organization made sure to brighten the days of more than 50 soldiers and marines deployed in Iraq and Afghanistan recently, sending them personalized care packages filled with letters and little pieces of home. “We’re proud to team up with Active Valor’s Remember Everyone Deployed initiative,” said Jason Wallace, CEO of ADS. “It’s a fantastic way to let our men and women overseas know how much we appreciate their service.” Started by a former Navy SEAL, Active Valor is a non-profit organization that works to ease the emotional, physical and mental roadblocks many veterans face after discharging. The organization runs programs that help veterans get involved in Gold Star Family mentorships, K9 outreach, and the Remember Everyone Deployed care package initiative. ADS’ donation led to Active Valor veterans flooding the post office with packages for 28 United States Marines in Afghanistan and 25 soldiers in Iraq. It was

Active Valor’s biggest shipment to date — everything from hand-written notes and hygiene kits to entertainment and personalized ADS gear. “ADS reached out to us wanting to show their personal support to those still deployed by sponsoring not one, but two Company Care Packages, totaling over 50 personalized care packages,” Active Valor said in a statement. “Their incredibly generous donation came with more than just sending boxes overseas.” Indeed, a “packing party” brought groups of veterans together to personally pack each box. It gave the veterans a chance to connect, strengthen bonds and thank their brothers and sisters still in the fight. ADS sponsored the initiative as part of its “Mission: Give Back” program, a company-wide community involvement initiative that supports the nation’s military, veteran and first-responder communities through financial donations and volunteer activities throughout the year. “Active Valor is an organization we are proud to support,” said Wallace. “Any day we get the chance to give back to our nation’s heroes is a great day for us at ADS.”

Calendar

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



Marvel Universe Live!

- April 12–15, Tickets start at \$26
- Norfolk Scope Arena, 201 E Brambleton Ave, Norfolk, VA 23510
- 757-664-6464

Watch your favorite Marvel characters in a live, action-packed battle to defend the universe from evil. Spider-Man, the Avengers and the Guardians of the Galaxy are teaming up with Doctor Strange to recover the Wand of the Watoomb before it falls into Loki’s hands. The show will also feature Iron Man, Captain America, Thor, Black Panther, Hulk and Black Widow against threatening villains.



Wolf Alice at The Norva

- April 13, 8 p.m. \$20.50
- 317 Monticello Avenue, Norfolk, VA 23510
- 757-627-4547

In order for art to honestly reflect life, the mirror should be multi-dimensional. That’s the way the looking glass works for Wolf Alice. “You go through every single day feeling different things all the time,” asserts vocalist and guitarist Ellie Rowsell. “So, if an album reflects life, shouldn’t it mirror all of those extremes? If you read a collection of short stories, you don’t want them to be simply about the same people or topics. You want to follow sadness with happiness to feel better. It should be the same for music.”

- Alice in Wonderland presented by Ballet Virginia International**
- April 14, 2 p.m and 7:30 p.m. \$27, \$37, \$42
 - The Sandler Center for Performing Arts
 - www.balletvirginia.org

Accompany Alice as she falls down the White Rabbit’s hole into the nonsensical world of Wonderland. Follow the Cheshire Cat as she takes Alice to the Mad Hatter’s most peculiar tea party. Then it’s on to a lovely garden with the Queen of Hearts. Croquet anyone?

Creative artistry, contemporary influences and classical ballet come together when Ballet Virginia International presents “Alice in Wonderland,” an audience pleasing modern-day classic.

- Disney Jr. Dance Party Tour**
- April 14, 4 p.m. \$23, \$36, \$46, \$66
 - Ted Constant Convocation Center, 4320 Hampton Blvd. Norfolk, VA 23508
 - 757-683-4444

Are you ready to DANCE?!? Disney Junior Dance Party On Tour Presented by Pull-Ups® Training Pants! is an ALL NEW interactive live concert experience. Sing along to Disney Junior’s greatest hits with your favorite characters: Mickey and the Roadster Racers, Sofia The First, Puppy Dog Pals, Elena of Avalor, Doc McStuffins, Vampirina, The Lion Guard and more! Kids of all ages and their families are invited to get up and dance, play games and join the biggest dance party around.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online. Please submit **events** here: www.militarynews.com/users/admin/calendar/event/ Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/.



MC2 Charles Oki

Lt. j.g. Stephen Patane, assigned to Explosive Ordnance Disposal Mobile Unit 12, shows a child how to drive a Talon bomb disposal robot during Military Appreciation day at the Children’s Museum of Virginia.

APRIL DESIGNATED MONTH OF THE MILITARY CHILD

By Holly Hallen
Military Child Education Coalition

April is the Month of the Military Child, a time to recognize and appreciate military children for their service and sacrifice. Military children live with on-going challenges presented by frequent moves, family separations, and life transitions. They move 6-9 times during their K-12 years. In their own way, military-connected children serve, too. As a demographic, military-connected children number almost 4 million, 75 percent of whom are school-age. Almost every school district in America includes military-connected children and youth whose parents serve or served in the Active, Guard, and Reserve components of the Armed Forces. Over 80 percent of these students attend U.S. public schools, while less than 8 percent attend Department of Defense schools.

The Military Child Education Coalition (MCEC) works to address the needs of military-connected children through programs, services, and resources designed to enlighten and empower parents, educators, other supportive adults and the students themselves. After more than a decade of war, the well-being of all military-connected children and youth depends on a strong, consistent network of supportive adults. Parents, teachers, mentors, and role models play a pivotal role in the life of a military child. You can make a difference in the life of a military child by seeking opportunities to acknowledge their sacrifice, volunteering for organizations that support them, and recognizing their contribution to the nation. MCEC invites everyone to wear purple on Friday, April 13th, as a visible gesture of support for military kids, and to financially support MCEC in our endeavors to ensure military-connected students overcome challenges to become college, workforce and life-ready. The Military Child Education Coalition serves the children of those who serve us all and encourages efforts that strengthen our military children and ensure opportunities for their quality education.

Sesame Street for military families

From Military One Source
When parents transition, so do kids. Sesame Workshop now has a new resource to support active-duty military and veteran families with kids ages 2 to 5 as they transition from military to civilian life. This new storybook and set of parent tips can help facilitate conversations with your child about the transition, allowing them to communicate their concerns. The kit includes:
• **My Story, My Big Adventure:** Grab a pencil or some crayons and go through this activity book with your child. You’ll find great topics to discuss together, like fun ways to find friends in a new school.

- **Parent tip sheets:** Use these tips for talking with your kids about their feelings and helping them cope with the changes. The sheets include activities to boost kids’ confidence levels.
 - **The Adventure Campaign:** Sign up for this eNewsletter that puts the Sesame Street family on the journey with your family through cool videos and other resources.
- Get your copy of these free resources designed with input from transitioning service members and their families. And check out other resources for military families available through Sesame Workshop.



Courtesy Military One Source

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Explore your options during TCC’s College Preview Day, April 14

Learn about academic programs and career pathways, scholarships, student services and more

From TCC
Discover why Tidewater Community College is the best place to earn your degree at College Preview Day on April 14. Students and their families will get a firsthand look at all TCC offers by meeting program representatives, attending information sessions and receiving one-on-one help. Informa-

tion regarding every campus will be available. The event on the Chesapeake Campus, 1428 Cedar Road, is from 10 a.m. until 2 p.m. At TCC’s College Preview Day, prospective students can:
• Explore college programs and career pathways
• Learn about financial aid
• Find out about student services, including tutoring and child care
• Talk with counselors and advisors
• Prepare to enroll for summer classes and fall semester
Registration is recommended by visiting www.tcc.edu/open. Summer classes begin May 21. Fall classes will start on Aug. 20. Questions? Call 757-822-1111 or email enroll@tcc.edu.

GOLF | Sewells Point

Continued from C1

Tony Gardner, the Course Superintendent, has been responsible for the maintenance and upkeep of the course for over 30 years, “The best part of working at the course is working on projects early in the morning before the golfers show up,” said Gardner. “It is rewarding to see those projects be shaped by Mother Nature and knowing that they will last for generations to come.” The course was renovated in 1986 and the architectural firm that did the work was careful to preserve the original layout and design of the course. Gardner and his Grounds Maintenance team make constant improvements to the course and surrounding green space to maintain the integrity of course. “The design of the course forces you to use all of your clubs when you play it,” said Dozier. “It gives you a little taste of everything.”

Many different events are held at the course throughout the year, including a PGA Junior League which starts around the end of April. The Sewells Point PGA Junior League team is made up of 12 players between the age of eight and 13 and competes at different courses around the area. In addition to the PGA Junior League, Sewells Point also hosts a Captain’s Cup Intramural Golf League. The Intramural League is hosted every Wednesday, May through August, and is a great opportunity for Sailors to participate in a team sport and enjoy some healthy competition. “Our largest event that we host is our annual Red, White, and Blue golf tournament,” said Dozier. “It is held on the last Friday in June each year, and usually draws around 140 participants.”
For more information about the Sewells Point Golf Course and events being held at the course, please visit www.navym-hamptonroads.com or call 757-444-5572.

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BLOCKERS (R)

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Mon. Thru Thurs.: 11:40, 2:05, 4:35, 7:10, 9:50

READY PLAYER ONE (PG-13)

Fri. Thru Sun.:10:10, 1:15, 4:20, 7:25, 10:30

Mon. Thru Thurs.: 12:45, 3:50, 7:05, 10:05

PACIFIC RIM: UPRISING (PG-13)

Fri. Thru Sun.: 11:15, 1:50, 4:50, 7:35, 10:15

Mon. Thru Thurs.: 1:15, 3:55, 6:30, 9:05

ACRIMONY (R)

Fri. Thru Sun.: 11:40, 2:25, 5:10, 8:00, 10:45

Mon. Thru Thurs.: 11:05, 1:50, 4:40, 7:35, 10:15

THE QUIET PLACE(PG-13)

Fri. Thru Sun.: 10:40, 1:00, 3:15, 5:30, 7:50, 10:05

Mon. Thru Thurs.:12:50, 3:10, 5:20, 7:40, 9:55

SHERLOCK GNOMES (PG)

Fri. Thru Sun.: 10:00, 12:15, 2:35, 4:55, 7:20, 9:35

Mon. Thru Thurs.: 11:35, 1:50, 4:00, 6:15, 8:30

BLACK PANTHER (PG-13)

Fri. Thru Sun.:10:25, 1:25, 4:25, 7:40, 10:35

Mon. Thru Thurs.: 12:05, 3:05, 6:05, 9:10

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Sports



AL SNOW VERSUS BILLY GUNN; BRIAN PILLMAN JR. TO APPEAR IN SUFFOLK

Chris Silvio, seen here, will compete for Phil Brown's United States Liberty Championship when Vanguard Championship Wrestling returns to Suffolk on April 14.

Courtesy Vanguard Championship Wrestling

By Jonathan McLarty
Contributing Writer

Vanguard Championship Wrestling (VCW) will be presenting a fundraising event on Saturday, April 14 at the Salvation Army Community Center in Suffolk, Virginia. This event, whose proceeds will benefit The Salvation Army, will be headlined by VCW Heavyweight Champion Billy Gunn defending his title against former World Wrestling Entertainment (WWE) Superstar Al Snow. Snow is a multiple-time WWE Hardcore Champion and has also held the WWE European and Tag Team Championships. Gunn successfully retained his title against Brandon Scott at VCW's March event in front of over four-hundred fans in Hampton, Virginia.

Brandon Scott will be facing the undefeated Marcellus Prime in Suffolk. This will be a tough test for the former VCW Heavyweight Champion as he has been unable to secure a victory since losing his title in October. A victory by the powerful Marcellus Prime could turn some heads in VCW management and open him up for future title opportunities.

Originally announced for Suffolk was Brian Pillman Jr. making his VCW debut in a match against Chris Silvio. Pillman is the son of the late "Loose Cannon" Brian Pillman of World Championship Wrestling and World Wrestling Federation fame. Due to a knee injury, Pillman will not be able to compete at this event. However, Pillman has been cleared by his doctors to appear at the event and meet the fans in attendance. "The Platinum Icon" Phil Brown

will now step in to compete and defend his United States Liberty Championship against Chris Silvio in Suffolk in a rematch of their Norfolk encounter this past October.

The 2017 Liberty Lottery winner Benjamin Banks will be making his return to action in Suffolk against Neil Sharkey's client Timmy Danger. Banks was not cleared to compete at VCW's March event due to the vicious attack by Ken Dixon in February. Danger was able to defeat his long-time rival Livid the Clown in Hampton and is on a quest to gain followers in his "Sanctuary." Also in action will be the VCW Tag Team Champions The Hellcats continuing their string of open challenges. The champions were able to decidedly defeat The Elements of Truth in Hampton.

The Salvation Army Community Center is located at 400 Bank Street in Suffolk, Virginia. The meet and greet with Billy Gunn, Al Snow, and Brian Pillman Jr begins at 6 p.m. and the action starts at 7:30 p.m. Advanced tickets for the event and for meet and greet packages can be purchased at VCW-Wrestling.com. Past VCW events, as well as events from partnered promotions, can be viewed via the VCW Network on Pivotshare.com. New subscribers receive a seven-day free trial for the website at time of enrollment.

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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THE BUSY PARENT’S GUIDE TO WEEKDAY MEALS

From Brandpoint

It’s amazing what parents do in a day. You help your kids with homework, drive them to and from practice, whip up a meal everyone will like, make sure they brush their teeth ... the list goes on. Not to mention you have a job to go to. It’s a wonder parents can ever find a few minutes to relax.

While hectic can be an understatement when it comes to describing a day in the life of a parent, there are some simple and savvy ways you can save time and energy when preparing meals. Here are five tips for providing delicious weekday meals for the entire family.

1. Get in the habit of meal planning. Most people don’t realize how much time they spend stressing out about what to make for dinner each night. Something as simple as planning a weekly menu in advance can make things infinitely easier. Try sitting down on Sunday, writing down what you want to eat on each day that week and shopping accordingly. This is a simple and effective way to streamline the whole process.

2. Embrace convenience. There are far more convenient ways of getting a delicious weekday meal than chopping and sweating your way through a home-cooked recipe. You can order take out from most any restaurant these days, but Applebee’s adds an extra layer of convenience for time-crunched parents — Carside To Go(R) pickup. You simply place an order online, through the Applebee’s app, or by phone and schedule a pickup time that works for you. Then, on your way home from work, the gym or soccer practice, just pull into a designated Carside To Go parking spot outside your neighborhood Applebee’s and a team member will bring your food out to you. Deliciously simple.

3. Make food prep a family activity. Parents are always looking for a fun activity everyone will enjoy or a way to con-

structively engage their kids. You can knock out a few birds with one stone by encouraging your kids to become more involved with preparing family meals. For instance, you can assign them a simple side dish (it can be as easy as defrosting peas or peeling carrots) or have each kid pick a meal they want to help make each week. Whatever your approach, this is an educational and enjoyable way to spend time with your kids.

4. Don’t try to imitate the chefs on TV. We would all love to cook like those celebrity chefs on TV who don’t miss a beat and saute, grill, bake and broil any and all ingredients into a perfect dish. Don’t hold yourself to such impossible standards. Instead, focus on making delicious and nutritious

meals that match your skill set and tastes. If you want to wow your family with culinary masterpieces, consider some quick and easy take out options.

5. Embrace leftovers. If you’re already in the kitchen cooking, why not add more ingredients to the pot so you can have extra meals to eat through the week? Or, instead of ordering just enough food for one night, order a couple of extra sides or entrees that you can heat up for lunch or dinner the next day.

No one said life as a parent would be a breeze, but with a few easy tweaks to how you plan, order and cook, you can make mealtime into a fun and easy part of your day.



Courtesy Brandpoint

4 ways hardscapes can add value to your home

From Brandpoint

Outdoor hardscape projects add resale value to a home as well as bring extra enjoyment to homeowners while they are living in the home, according to the “Remodeling Impact Report: Outdoor Features” by the National Association of Realtors (NAR) and the National Association of Landscape Professionals (NALP).

The report confirms that investing in landscaping and hardscaping is a win-win, whether you plan to stay in your home or prepare it for market.

“This report validates that outdoor remodeling and landscaping improvements are a necessity when it comes to improving your home’s resale value,” said Missy Henriksen, NALP vice president of public affairs. “Homeowners working with a landscape professional to embark on renovations — whether that means enhancing their turf and growing a lush lawn, overhauling their entire landscape, or incorporating new features like patios or exterior fireplaces — can rest assured that they are making a smart, worthwhile investment.”

Curb appeal

Real estate agents suggest that a home’s first impression is paramount when preparing it for sale. Simple updates such as adding retaining wall units or paving stone edging around gardens add value and curb appeal. More ambitious projects like a front paving stone entrance with patio and a seat wall or two add major curb appeal plus the enjoyment factor from adding a beautiful, functional front yard.

Varying hardscape colors and textures in the front outdoor living space lends maximum visual appeal. Hardscapes also can make routine maintenance easier, such as creating a tree ring from retaining wall units and surrounding it with pavers to reduce the need for trimming after mowing.

Making unusable space usable

A family in Maple Grove, Minnesota, had a hill behind their home that sloped down to a pond. They knew that excavating would be required and contacted Villa Landscapes in St. Paul to help them decide how best to make use of the space.

“The Versa-Lok Standard retaining wall system was perfect for retaining the soil behind the garage when we excavated to create their outdoor living space,” said Lonny Sekeres, a designer with Villa Landscapes. “There are no voids in the units to backfill, and the top-down pinning system made the installation easy. By back-splitting the retaining wall units, we easily created matching freestanding seat walls around the fire feature area too. Plus, the same unit was used to create columns that provide a base for a pergola while giving a nice definition to the outdoor living space.”

Prevent erosion

Damage to your property can devalue a home plus create major headaches. Retaining wall systems are essential in preventing erosion, controlling grade changes in a yard, and preventing



Courtesy Brandpoint

damage to the landscape, and in certain environments, even damage to your home.

One homeowner in Apple Valley, Minnesota, had a steep, unusable backyard that sloped toward the home’s foundation. Over the years, water damage to the foundation occurred.

“The negative flow caused water damage, a leaky foundation and the accumulation of dirt that had been eroding down the slope for years,” said Paul Devine, owner and principal of Devine Design Hardscapes in Rosemount, Minnesota. “There was no flat, usable area at the base of the hill, and the client had never been able to grow grass because of constant erosion. The Versa-Lok wall design created a positive flow away from the home’s foundation, steps to the top of the hill, and a flat, usable area for a backyard.”

Devine created a tiered retaining wall design with ample space for perennials and a staggered staircase with landings that feature seat walls for resting.

Safety and privacy

Seat walls can add a measure of privacy and protection against the elements, and energy-efficient landscape lighting can be installed along patios, paver walkways and under retaining wall caps for nighttime ambiance and functionality. Landscape professionals can suggest how adding these and other hardscape elements can increase value and offer measures of safety and privacy.

In the end, investing in your home’s landscape with hardscapes is a long-term win-win, no matter how long you stay in your home or if you are preparing it for sale. Says Henriksen: “Further, that investment is coupled with the immediate happiness received by beautiful landscaping and the long-term enjoyment of outdoor living spaces, which are priceless.”



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WHAT’S DRIVING CAR CARE AND PURCHASES THIS SPRING

As the weather starts to warm up, Americans will hit the road more often for destinations ranging from family outings to spring vacation destinations. Because cars are such an important part of our daily lives, Hankook Tire examined what drives Americans to keep up with car maintenance, as well as what matters when maintenance can do no more and it’s time to visit the dealership.

Leave it to me

Two-thirds (69 percent) of drivers perform their own car maintenance, according to the latest Hankook Tire Gauge survey. Among those who do so, the main motivator is to save money (54 percent). Others like doing it to save time (28 percent), because they prefer knowing exactly what’s going into their vehicles (26 percent), or it’s a fun task for some who simply enjoy it (22 percent). In fact, about one-third (35 percent) of drivers started taking responsibility for car maintenance as soon as they earned their licenses.

The air in the spare

When asked the most elaborate car maintenance they’ve performed without help from a mechanic, most Americans said that they have either changed the oil (21 percent) or changed a tire (21 percent). But being able to change your own tire won’t do much good if the spare doesn’t have any air in it! Twenty-nine percent of Americans never check their spare tire’s air pressure, which could be deflating if it’s flat too. Fortunately, checking the air in the spare is part of a regular maintenance routine for more than half of drivers (57 percent).

Remind me

Generally, Americans agree that they welcome a nudge to check their tire pressure, and 44 percent say that automatic tire pressure monitors ensure they check it regularly. Experts suggest checking your tire pressure once a month. Even new tires with minimal wear and tear lose air due to factors like temperature change, driving distance or carrying added weight in your vehicle. Now is a good time to check your air pressure, as temperature fluctuations re-



Courtesy Brandpoint

duce tire pressure by about 1 psi for every 10 degrees Fahrenheit the outside air temperature drops.

Purchasing power

Should the time come to purchase new tires, money talks. The Hankook Tire Gauge Index found that price influences nearly two-thirds (63 percent) of tire purchases, and similarly, 38 percent of drivers report that rebates, like Hankook Tire’s Great Catch rebate, also impact their purchase decision. When it comes to the brand, however, drivers maintain an open mind. While nearly half of drivers (43 percent) say they have a brand in mind when they enter the dealership, they are flexible on what they ultimately buy — only 16 percent of Americans go into the dealer set on a particular brand.

Price also impacts vehicle purchases (41 percent). When shopping for a new car, drivers focus on price more than twice that of safety (18 percent) or performance (15 percent). And women are more price-conscious than men, as 45 percent of women consider the price when buying a new car, as opposed to only 37 percent of men.

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.

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



Courtesy of Paramount Pictures

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

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.

THE MIRACLE SEASON (PG)

Based on the inspiring true story of West High School girl’s volleyball team. After the tragic death of the school’s star player Caroline “Line” Found, the remaining team players must band together under the guidance of their tough-love coach in hope of winning the state championship.

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 (Lyriq 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.

BLOCKERS (R)

When three parents stumble upon their daughters’ pact to lose their virginity at prom, they launch a covert one-night operation to stop the teens from sealing the deal. Leslie Mann (The Other Woman, This Is 40), Ike Barinholtz (Neighbors, Suicide Squad) and John Cena (Trainwreck, Sisters) star in Blockers, the directorial debut of Kay Cannon (writer of the Pitch Perfect series)

CHAPPAQUIDDICK (R)

In the riveting suspense drama, CHAPPAQUIDDICK, the scandal and mysterious events surrounding the tragic drowning of a young woman, as Ted Kennedy drove his car off the infamous bridge, are revealed in the new movie starring Jason Clarke as Ted Kennedy and Kate Mara as Mary Jo Kopechne. Not only did this event take the life of an aspiring political strategist and Kennedy insider, but it ultimately changed the course of presidential history forever.

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Based on the incredible true-life story that inspired the beloved, chart-topping song, I Can Only Imagine is a song that brings ultimate hope to so many - often in the midst of life’s most challenging moments. Amazingly, the song was written in mere minutes by MercyMe lead singer Bart Millard. In reality, those lyrics took a lifetime to craft.



Courtesy Roadside/Lionsgate

JEB Little Creek, Gator Theater – 462-7534

Friday, April 13

6 p.m. I Can Only Imagine (PG)
9 p.m. Tomb Raider (PG-13)

Saturday, April 14

1 p.m. I Can Only Imagine (PG)
4 p.m. A Wrinkle In Time (3-D)(PG)
7 p.m. Tomb Raider (PG-13)

Sunday, April 15

1 p.m. Paddington 2 (NDVD - Free Admission) (PG)
4 p.m. Red Sparrow (R)
7 p.m. Annihilation (R)

NAS Oceana, Aero Theater – 433-2495

Friday, April 13

6 p.m. I Can Only Imagine (PG)
9 p.m. Tomb Raider (PG-13)

Saturday, April 14

12 p.m. Tomb Raider (3-D) (PG-13)
6 p.m. ADVANCE SCREENING
I Feel Pretty (PG-13)

Sunday, April 15

12 p.m. I Can Only Imagine (PG)
3 p.m. A Wrinkle In Time (PG)
6 p.m. Tomb Raider (PG-13)

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

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Flea Markets/Bazaars
 SPRING VENDOR/CRAFT EVENT APRIL 6PM-10PM 14TH HIGHWAY HICKORY CLUB 2752 BATTLEFIELD BLVD S CHESAPEAKE VA 23322

Hickory Ruritan Club Spring Craft/Vendor Event
 20 Local Artisans/Vendors will be available to shop from on Saturday April 14th from 1pm-6pm

Larrymore Elementary School Craft Show April 14
 10:00-3:00 Larrymore Elementary will hold a spring craft show April 14. The show will feature homemade items & direct sales vendors and food will be available to purchase.

Spring Vendor and Craft Sale
 Saturday April 14 9am-2pm
 St. Timothy Lutheran
 1051 Kempville Rd. Norfolk VA 23502

Garage Sale - Chesapeake

THE CROSSINGS IN W.B. OFF BRUCE RD LARGE NEIGHBORHOOD SAT/14TH 8-2 RAIN/21

Garage Sale - Norfolk

Norview Clothes, toys, electronics, new & used.
 Begins at 1230 sat 4/7 & sun 4/8 3714 pamlico cir

Garage Sale - Suffolk

Kempton Park Spring Community Garage Sale
 Sat., 4/21. Rain date 4/28, 8 AM - 12 PM

Garage Sale - Virginia Beach

720 Earl of Chesterfield Ct Garage/Moving Sale
 4/14/18. Everything must go.

Kempville, Brandon Blvd Huge Open House, Moving Sale. Retired antiques & jewelry dealer! Antiques, Furniture, Jewelry, Collectibles, Thomasville BR suite, Toys, Tools, Great pieces for restoration! Over 60 years of collecting! 1810 Pope St VB, Fr, Sat, Sun, April 13,14,15, 9-5, No Early entry, Cash, Credit Card, Checks Accepted.

Pine Ridge Moving Sale, 1944 Pine Bark Ct, Sat.
 4/7 8am-1pm, toys, furniture, household items

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 Factory Seconds \$49.95 With Exchange (for most U.S. & Foreign Cars.) 1608 Campostella Rd., Chesapeake (757) 545-4442 2815 Geo. Washington Hwy., Yorktown 757-867-8280. www.batteryoutlet.com
New Superior Ventless Gas Fireplace36" Indoor/
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Bikes-Mopeds-Dirt Bikes
2009 Honda Metropolitan Moped, excel running cond, inspected, new tires & brakes, \$1100 ob. Will deliver. 757-788-8197, leave msg.

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USED TRAILER SALE !!!
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lent cond. 757-482-0336, ig.owen@verizon.net

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Treadmill LifeFitness T3.5 HP3.0 Shock Absorption
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AKC choc.Lab Pups,ready to go home5/3/18 w/1
st shots,dewormed. \$800 call Gregg 7576361139

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Female Cane Corso puppies. \$1500 Very healthy,
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Kitten, 8 mths, grey long hair, healthy, vetted,
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Lab Pups-Choc & Yellow, males, AKC, OFA, hunt-
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Teddy Bear Pups-Gorgeous, 10 wks., awe-
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 jopallanepuppies.com, pettingaone@yahoo.com

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

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 Will be sold at PUBLIC AUCTION on April 17, 2018 @ 10 AM. Payment by Money Order, Cashier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 2064, 2249, 3084, 3294, 3303, 3394.

Auctions
AUCTION
 The contents of storage spaces located at
Mini Price Storage
 1117 Valley Drive, Norfolk, VA 23502, Will be sold at PUBLIC AUCTION on April 18, 2018 @ 1 PM. Payment by Money Order, Cashier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 1182, 1182, 1210, 1212, 1228, 2252, 2310, 3058, 3086, 3181, 3309, 3341, 3353, 3372, 3431, 3449.

AUCTION
 The contents of storage spaces located at
Mini Price Storage
 7641 Sewells Point Road, Norfolk, VA 23513, Will be sold at PUBLIC AUCTION on April 18, 2018 @ 10 AM. Payment by Money Order, Cashier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 0104, 1062, 1071, 1077, 1089, 1114, 1136, 1143, 1221, 2006, 2207, 2008, 3026, 3223, 3275, 3305, 3350, 3393

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

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

Phoebus Auction Gallery, next Auction Sun, April 22, 2018. YAAR #1597. 722-9210

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(00571A)

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Computers/IT/Technology

Lead Business System Analyst - Plan &
 supervise complex projects & resources related to healthcare business systems & technologies for integrated system solution. Duties incl defining & managing large scale, complex projects incl problem mgmt, change mgmt & service requests; communication of software regmts, enhancements & issues; implitmg customer support processes; serving as lead liaison & strategic partner w/ software vendors, customer base & IT Dept; mentoring business systems analysts; supervising implitm of software; overseeing & evaluating effectiveness of test plans based on risk analysis; & researching & evaluating new tools & technologies. Job w/ Sentara Healthcare in Norfolk, VA. Qualified applicants will possess bachelor's in public admin, business admin w/concentration in health care, or related field; & 6 yrs IT &/or business systems analysis exp; to incl 2 yrs exp w/ healthcare systems analysis. Mail cv w/ resume to E Creath, 208 Golden Oak Ct, Ste 200, Va Beach, VA 23452

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COLLEGE OF THE ALBEMARLE seeks applications for the following part-time positions:
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<http://www.albemarle.edu/about-us/human-resources/>

General/Other

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Colonial Grove- 2 plots, 2 vaults w/bronze on
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Rosewood Memorial-2 side-by-side plots,
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ACROSS

1 In addition to
9 Like racist or sexist jokes
14 Small country in Europe
20 Kellogg's cereal
21 As thin as —
22 Gotten up from bed
23 Certain Burgundy fruit
25 Small
26 Regular: Abbr.
27 Bullring yell
28 W-2 expert
29 Belfast's county
30 Cheesy Italian dish
36 First emperor of Brazil
39 Pigeon's call
40 Airline serving Oslo
41 Honshu coin
42 Annual
43 Calgary or Rochester celebration
47 Suffix with 119-Across
50 Jackie's #2
51 Texter's "Then again ..."

52 "— penny, pick it up ..."
54 Still-life fruit
58 Sam of "The Piano"
60 Very shy sort
65 Ending for cyan
67 British rocker
68 Most indigent
69 Have too much of, for short
72 The 1890s' nickname
77 See
71-Down
78 Any of 12 pontiffs
80 Two-base hit: Abbr.
81 That gal
83 What playing kids "go round"
88 Expand upon
92 Not as daft
93 Hairy twin in the Bible
94 Garr of film
96 "Ni-i-ice!"
97 — -do-well (idle person)
99 Suspect in Clue
104 Charade
107 — Fridays (restaurant)

109 Wriggling fish
110 Post-teens
111 1951 Alec Guinness comedy
118 Left fielder
119 Tearful
120 Tear's place
121 Zero in
124 Ink-squirting creatures
125 Whoopi Goldberg film that's apt for this puzzle
131 Israeli money
132 "St. — Fire"
133 Least quiet
134 Albanian city
135 Jr.-year exams
136 Singers Frank and Nancy

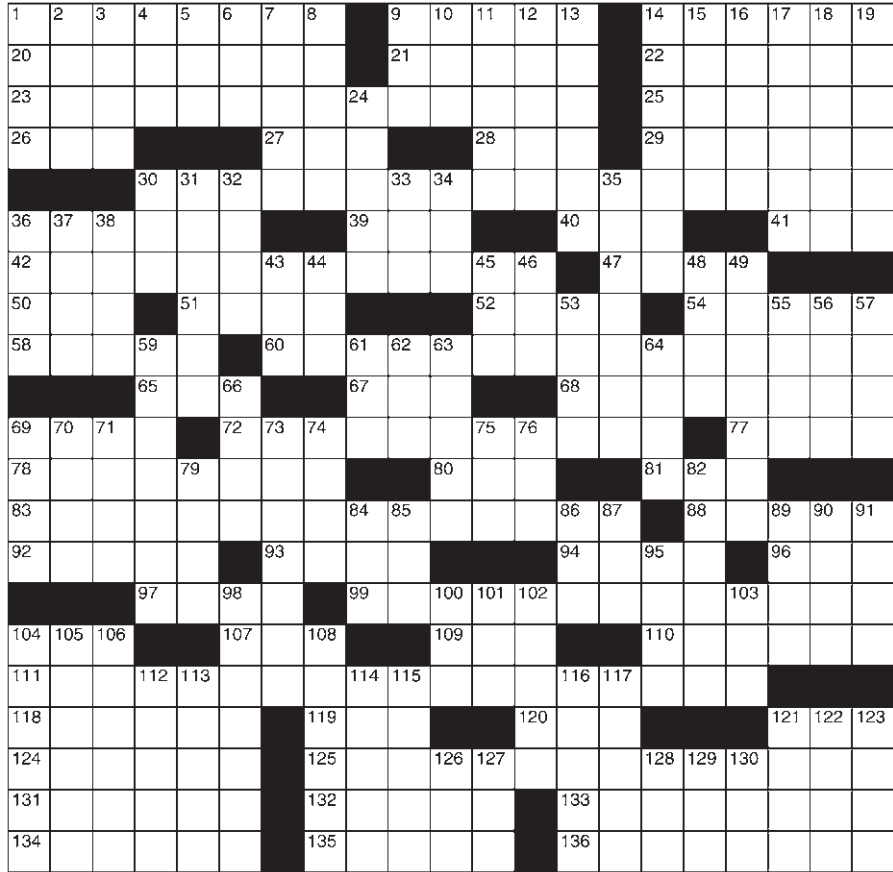
DOWN

1 Nile vipers
2 Skewer
3 Proceed on, as one's way
4 Green prefix
5 Enkindled
6 Multiple-PC system
7 Knock for —
8 Expertise
9 Pester

10 NHL's Bobby
11 Civil rights org.
12 Robert Browning's "— Passes"
13 Unclogs
14 Ill feeling
15 Circular gasket fitting
16 Old crime boss Frank
17 In error
18 Dion of song
19 Like a single-person band
24 Do a spit-take, say
30 Noted period
31 Peter out, as a trail
32 Present
33 "— will not!" (firm refusal)
34 "Mazel —!"
35 Made do
36 Intend (to)
37 Ireland, to the Irish
38 Ovid's 552
43 Dawn
44 Goddess
45 Invite
46 Maui garland
48 Verbalized
49 No longer edible
53 City of central Sicily

55 Appeal
56 For fear that
57 Kin of -kin
59 Tackles, e.g.
61 Gun, as an engine
62 Suffix with opal
63 Tropical tern
64 Signs made by winners
66 Runner Zatopek
69 Chooses
70 Qatari capital
71 With 77-Across, not closing early, as a store
73 Inn in France
74 Employes
75 Taper off
76 Gulager of "The Killers"
79 Unblemished
82 Flatop, e.g.
84 Sharp knock
85 Karel Capek sci-fi play
86 Aves.
87 "For — a jolly ..."
89 Voodoo —
90 Hype up
91 Measures of resistance
95 Gallivant

98 French "Presto!"
100 Atop, in odes
101 Jewish cry of disgust
102 Architect Saarinen
103 Alehouse
104 Maximally
105 Overly stylish
106 Person camping out, often
108 Foot part
112 "Don't — gift horse in the mouth"
113 Quaking tree
114 Writer Roald and actress Arlene
115 Stalk swelling
116 City south of Dijon
117 "Vive —!" (French cry)
121 Imitator
122 Rick Blaine's love, in film
123 Citi Field baseballers
126 Folding bed
127 Old spy org.
128 Lapel insert
129 D.C.'s land
130 Slowing, in music: Abbr.



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last week's answers

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

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

Religious Services

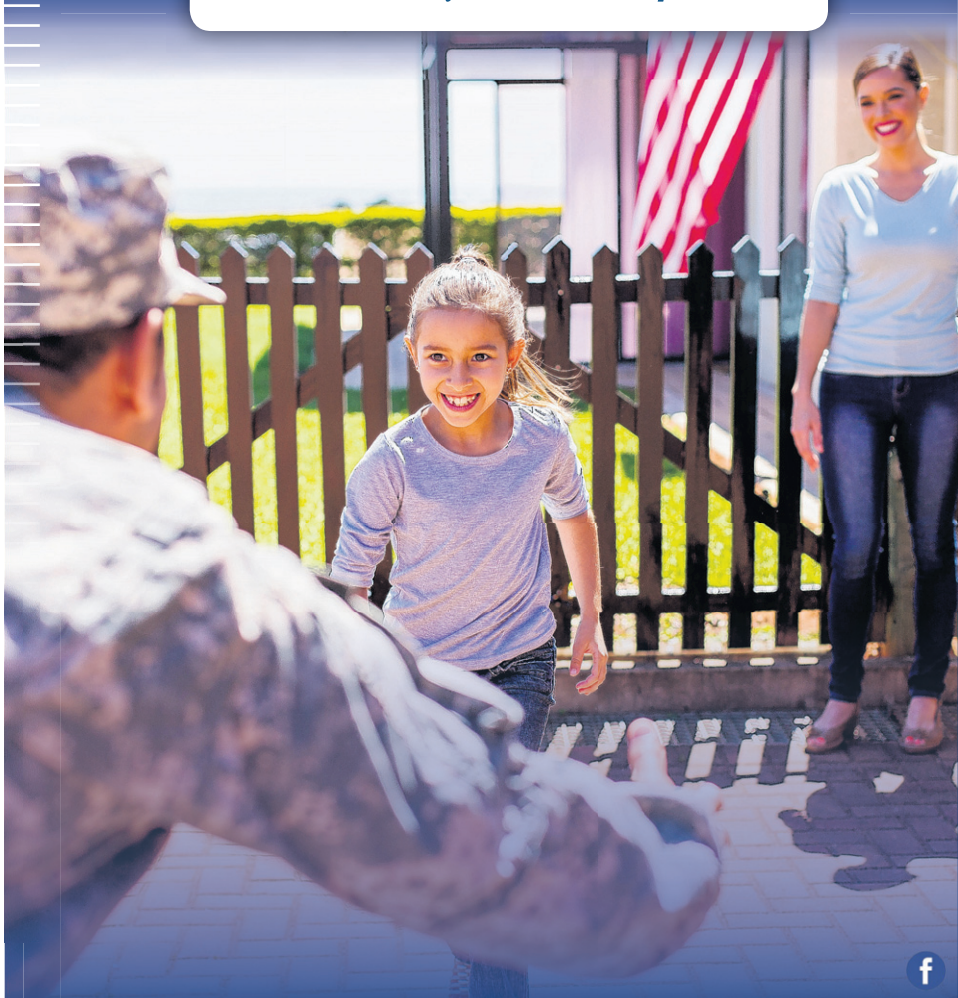
For your installation's religious service times, visit:

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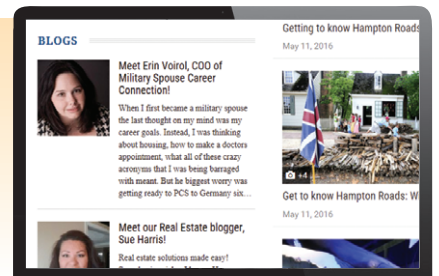
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