



Personnel Specialist Seaman Vanessa McKenzie gives commands to the pilot of an F/A-18E Super Hornet assigned to the “Gunslingers” of Strike Fighter Squadron (VFA) 105 at Naval Air Station Oceana, Va.

By MC2 Cole Keller
Carrier Strike Group 10 Public Affairs

NORFOLK

An F/A-18E Super Hornet lets out a burst of exhaust, rippling and shimmering like the hot Middle Eastern air it once flew through. When it lands, the jet, belonging to the Gunslingers of Strike Fighter Squadron (VFA) 105, touches down at Naval Air Station Oceana.

The eight aircraft that make up the squadron operate from early in the morning, until long into the night. Currently, in the maintenance phase of the Optimized Fleet Response Plan (O-FRP), the Gunslingers attention has shifted from leading strikes to training and maintenance.

“When we’re out in the Arabian Gulf and operational, there’s a certain amount of inherent danger that comes with the job,” said VFA-105’s Executive Officer Cmdr. Erik Stinson. “Back at shore, we can maintain a peace of mind and truly focus all our attention on training safely and efficiently. Now is our chance to get our crew and our equipment healthy.”

The 14 pilots and more than 200 crew members of VFA-105 changed their mission and focus from deployment in 2016.

“We’re definitely not as lethal as we were on deployment,” said Lt. David Klotz, a pilot assigned to VFA-105. “The good thing is we don’t have to be. As a squadron, you’re in a constant rotation of either being the best trained and most capable, or having plenty of time to work on baseline skills, training and maintenance. We’ve passed on the torch to the next set

of pilots but we never forget that this downtime is setting the tone for the next deployment.”

Free from the concerns of being on deployment, the crew can run a fine-toothed comb through all aspects of squadron life. At NAS Oceana, there are opportunities to do intensive maintenance on jets and assign experienced crewmembers to other squadrons needing more expertise.

While on deployment, the Gunslingers have the responsibility of providing airpower as needed by commanders.

“A missed maintenance check now could mean a jet is down on deployment,” said Aviation Structural Mechanic 2nd Class Corbin Hunt. “We’re ensuring that we don’t cause more work for ourselves down the road. This is our chance to take our time and do it right.”

While the pace has slowed, this phase of O-FRP for VFA-105 will soon draw to an end. Over time, the Gunslingers will ramp up their training. Instead of focusing on baseline qualification, the crew will work harder and faster, becoming as mission-ready as possible.

“While it’s nice to have a break and be able to rest and recover, I think we’re all getting antsy to get back out to the fight,” said Lt. Brian McNamara, a pilot assigned to VFA-105. “Soon it will be our turn to be the most senior qualified and that’s when it’s the most fun.”

VFA-105 is part of Carrier Air Wing (CVW) 3, the air warfare commander for Carrier Strike Group (CSG) 10, also known as the USS Dwight D. Eisenhower Carrier Strike Group.

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

Future Sailors enlist onboard USS Kearsarge

By MC3 Kaitlyn E. Eads
USS Kearsarge Public Affairs

NEW ORLEANS

Enlisting in the military is a moment to be remembered by all service members, but a select few experienced the enlistment of a lifetime. Ten young men and women were not only sworn in by a one-star rear admiral onboard an amphibious assault ship, but their enlistment also took place during Navy Week New Orleans.

Commander of Expeditionary Strike Group Two (ESG-2) Rear Adm. Brad Skillman issued the oath of enlistment to the select few onboard USS Kearsarge (LHD 3) from the flight deck on April 21, 2018 before a group of family, friends and visitors.

Skillman said to the newly enlisted recruits, “I want to thank you for joining our Navy. I’m excited that you have decided to become a part of our Navy family. We will work with you and train you to be the best Sailor you are capable of being.”

Skillman added, “It’s an exciting time to enter the Navy.”

Haley Rutledge, a Milton, Florida native, said it was an even more exciting time for her because the enlistment fulfilled her childhood dream.

“I have wanted to join the military since sixth grade,” said Rutledge.

Today marks the first step in Rutledge’s journey to become a U.S. Sailor upon completion of Recruit Training Command, Great Lakes, Illinois where she is scheduled to report for eight weeks of training on July 17, 2018.

Navy Week New Orleans provides an opportunity for the citizens of New Orleans and visitors to meet nearly 2,000 Sailors, Marines, and Coast Guardsmen as well as see, firsthand, the latest capabilities of today’s sea services.

For more news from USS Kearsarge (LHD 3), visit www.navy.mil/local/lhd3/ and visit the official Navy Week New Orleans website at www.nolanavyweek.com or www.facebook.com/Nolanavyweek.



MC3 Dana D. Legg
Commander of Expeditionary Strike Group Two Rear Adm. Brad Skillman gives the oath of enlistment to ten future Sailors on the flight deck of the amphibious assault ship USS Kearsarge (LHD 3) during Navy Week New Orleans.

CHECK US OUT ONLINE!

www.flagshipnews.com

facebook

www.facebook.com/The.Flagship

twitter

www.twitter.com/the_flagship

MOURNING THE PASSING OF FORMER FIRST LADY, BARBARA BUSH:

USS George Washington and USS George H. W. Bush mourn the passing of former First Lady Barbara Bush

» See A7

JOHN C. STENNIS COMPLETES TSTA, FEP:

The aircraft carrier USS John C. Stennis (CVN 74) completed tailored ship’s training availability (TSTA) and final evaluation problem (FEP), April 16.

» See B1

NORFOLK NATO FESTIVAL:

A celebration of our 29 international Allies right here in our own backyard April 26 & 28, 2018

» See C1

THE FLAGSHIP’S FREE HOME DELIVERY

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

Sign up today! Call 222-3965



U.S. Navy graphic

IWTC Virginia Beach hosts intelligence specialist rating occupational standards review

From Information Warfare Training Command Virginia Beach Public Affairs

VIRGINIA BEACH

Information Warfare Training Command (IWTC) Virginia Beach hosted the intelligence specialist (IS) rating occupational standards review, April 9–13.

The review included more than 50 representatives from Navy Education and Training Command, Center for Information Warfare Training (CIWT), IWTC Virginia Beach, and intelligence specialist enlisted leaders and subject matter experts from the fleet.

Through the review process, the fleet decides, reviews, edits, redefines and most importantly prioritizes the jobs and skills that each rate and Navy Enlisted Classification (NEC) code requires based on the needs of the fleet. Reviews typically convene every three years unless the fleet deems it necessary to hold one sooner. Fleet participation is critical to ensuring training commands know which skills to teach their students and how to build a curriculum that is responsive to fleet needs.

As Sailor 2025 evolves, the review is also an important building block for the IS rating as it alters and adapts its accession-level training pipeline to reduce “street-to-fleet” time while producing more capable intelligence specialists during accession.

One major concern addressed during this review was intelligence analysis support to cyberspace operations. After realizing several key intelligence specialist NECs support cyberspace operations without formal training, the team reworked approximately ten percent of the tasks across multiple NECs to include cyberspace operations support.

During the week, the team also restructured approximately 15 percent of the tasks to align with support senior leadership, to include tasks to support senior leaders training junior Sail-

ors. For E6 and E7 tasks, many jobs did not specify their role as managers. The team created and added new verbiage to ensure senior enlisted jobs had specific manager tasks built in. Additionally, the team wrote language in the tasks to ensure junior enlisted members could translate leadership guidance into action.

“As the birthplace of Naval Intelligence, we are proud to host the IS occupational standards review,” said IWTC Virginia Beach Commanding Officer Cmdr. Andrew Boyden. “Coupled with the intelligence specialist “A” school training requirements review and pending IS 2025, this effort is a great vehicle to ensure we are providing ready, relevant learning for the intelligence specialist rating.”

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. It is one of four school houses for Center for Information Warfare Training and 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 enterprise, visit www.navy.mil/local/cid/, www.netc.navy.mil/centers/ciwt/, www.facebook.com/NavyCIWT or [www.twitter.com/NavyCIWT](https://twitter.com/NavyCIWT).

The guardian angel of NHCCP

By Madison Marcantel

NHCCP Public Affairs

CHERRY POINT, N.C.

Naval Health Clinic Cherry Point’s (NHCCP) Breast Care Coordinator Michelle Miller, has been recognized as a 2017 Nurse to Watch by the American Health Council.

According to their website, The American Health Council’s “Nurses to Watch” are truly a cut above the rest. From small-town clinics to major metropolitan medical centers, these nurses and educators exhibit the qualities that define the benchmark for their specialty.

Miller is a seasoned nurse with 34-years experience. She is NHCCP’s breast care coordinator, where she’s responsible for the continued care of up to 50 patients at any given time. Miller is also at the helm of the clinic’s breast cancer awareness efforts by organizing clinic and community events such as NHCCP’s annual Breast Cancer Awareness month and the annual Breast Cancer 5K each October.

Miller is a graduate of East Carolina University where she earned both her bachelor’s and master’s degree in nursing. Her diverse experience as a nurse was fueled in part by her 27 years of service in the U.S. Navy, retiring as a captain in the Nurse Corps. This provided her with leadership and administrative skills. But Miller counts her five years as NHCCP’s breast care coordinator as the position most influential to the nurse she has now become.

“Being in the military I had a dual role as a nurse and as

an officer,” said Miller. “But my time outside the Navy has broadened my horizons and led to countless opportunities for patient care that the “younger lieutenant me” wouldn’t have thought possible.”

Previously stationed at NHCCP, Miller returned to Cherry Point after she retired and settled down in New Bern with her husband of 29 years, Eric.

“I’ve always had a passion for women’s health,” said Miller. “And even after I left NHCCP, I felt compelled to return to this area,” said Miller. “Perfect timing led me to this job back in 2013 and I’ll be forever thankful of that.”

During her time at NHCCP, Miller impacted the lives of countless women who’ve been the recipients of her compassionate care as she coordinates procedures and follow-up appointments, and above all else, advocates relentlessly on their behalf.

Kathleen Shine was diagnosed with breast cancer in 2015 when she was 45 and has been a patient of Miller’s since her first mammogram.

“Michelle always made me look at the positives, keeping me focused on being a survivor,” said Shine. “I think she’s best described as a guardian angel; her whole heart and soul goes into her work to help and love each and every single one of her patients, showing us an amazing amount of love and support.”

Being recognized as a nurse to watch for patient care marks the first time Miller has received such an accolade, and she was stunned when she discovered she’d been nominated. Although Miller is unsure who nominated her, she is thrilled to land a place amongst America’s red-letter nurses.

Retired Navy Capt. Angela Nimmo, NHCCP’s former commanding officer, has been a close friend of Miller dating back through their naval careers. The two served together as lieutenants and again, at NHCCP.

“Michelle is the most dedicated, loyal and compassionate advocate,” said Nimmo. “She truly represents what nursing

is all about.”

Miller’s recognition for her outstanding patient care has honored her and further encouraged her to strive to excel in nursing. “I truly believe the saying that nursing is the most trusted profession,” said Miller. “It is fundamental to a healthy society.”

Even in cases where she has to tell patients their biopsies are positive for breast cancer, Miller remains a light to all she encounters and continues to stay positive.

“Witnessing the invasion of breast cancer into a patient’s life has been heart-breaking,” said Miller. “Observing those same patients take control of their health and emerge stronger, both emotionally and physically, however, has made me love what I do.

“What sets nursing apart, to me, is having compassion for patients, acting with integrity, being a patient advocate, being transparent with patients,” Miller said. “These are the most important things to me and the basis of many values I hold dear.”

For more news from Naval Health Clinic Cherry Point, visit www.navy.mil/local/nhccp/.

Military Discount 15%
Enter Code: MILITARY15

Wash House
MODERN LAUNDROMATS & CAR WASH

WASH 2 COMFORTERS \$9.75

FREE VACUUMS
© 1200 W. Little Creek Rd.
Norfolk, VA 23505

Newly Renovated
Like us on facebook

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

Opening our hearts to all.

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

Volunteers of America®

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

‘Safety School’ hosts 26th annual Joint Safety and Environmental Professional Development Symposium

By Susanne Greene

Naval Safety Center Public Affairs

NORFOLK

The Naval Safety and Environmental Training Center presents the 2018 26th Annual Joint Safety and Environmental Professional Development Symposium (PDS), April 23–26, online.

Using the web conferencing tool Adobe Connect and at no cost to attendees, the PDS is a professional development opportunity for Department of Defense (DOD) uniformed and

civilian professionals to share innovative ideas, new trends, and new information in areas of safety and occupational health, environmental protection and radiation health.

Registration is open to users with a .mil, .gov or .edu email address.

Register by going to https://events-na2.adobeconnect.com/content/connect/c1/889710285/en/events/event/shared/1140616105/event_registration.html?scoid=1142442992.

“The 26th Annual Joint Safety and Environmental Professional Development Symposium provides continuing educational opportunities for over 1200 participants in subject areas of safety and occupational health, environmental protection, pollution prevention and radiation health,” said Capt. Gerald DeLong, commanding officer, Naval Safety and Environmental Training Center. “The Symposium provides tremendous value with a low-cost online venue and availability of many recorded sessions after the event to maximize continuing education opportunities.”

For more news from Naval Safety Center, visit www.navy.mil/local/nscl/.

Editorial Staff

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

Graphic Designer | Mike Doyle

Flagship, Inc.

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

Creative Director | Allyson Garner, 757-222-3955

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

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

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

© 2018 Flagship, Inc. All rights reserved.

**LOOKING TO MAKE EXTRA MONEY! \$\$\$\$
WANT TO BE YOUR OWN BOSS????
AVON HAS THE SOLUTION!!!!**

**Call Susan Anderson
to find out how!**
National Leader
Call or email me today!
1-301-733-9168
ownitlikeaboss@yahoo.com
www.youravon.com/empowerment

BRAND NEW RENOVATED ROOMS!

**\$45⁹⁹/Night
\$225/Week**
PLUS TAX

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

Free Continental Breakfast
Free WiFi

www.choicehotels.com/va220
5819 Northampton Blvd., Virginia Beach, VA • **757-460-1000**

h, the Things You'll Know With

NOW ENROLLING!

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

757-578-2231

www.theacademyoflearning.com
Licensed Child Day Center

PM-25599358R



NEWS FROM NAS OCEANA

VFA-106 hosts job shadowing day at NAS Oceana

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

Naval Air Station (NAS) Oceana’s tenant command, the “Gladiators” of Strike Fighter Squadron (VFA) 106, hosted a job shadowing day for local Kellam High School students.

The students, which are all 11th graders, expressed an interest in aviation and military service. In cooperation with the school’s career office, they were invited to NAS Oceana and given a tour of VFA-106 and its workspaces and given an in-depth look at naval aviation.

Lt. Matthew Weber, was the official tour guide for the event, offering students a unique look at the world of military aviation and service in the Navy as a commissioned officer.

“We talked a lot about what flight school is like, the timeline of becoming a Navy pilot, and the different college opportunities available to them if they do wish to pursue a career in naval aviation,” said Weber. “We also discussed the basics of our mission here at NAS Oceana and VFA-106’s job in terms of flight training, the capabilities of our aircraft, and got to give them a

walkthrough of an actual F/A-18 super hornet.”

One of the students, Cameron Easter, said he was eager to participate in the job shadow event because of his interest in becoming a military helicopter pilot. “I’ve been trying hard to think about the path I want to take. I’ve always been fascinated by helicopters. I feel like I would be able to do a good job and it would be a fun career if I flew them for a living.”

“One of the most important things to realize is that your background does not matter in terms of pursuing a career as a military pilot. We will give you the skills necessary to succeed,” said Weber. “What truly matters are your work ethic and a positive attitude; to be able to take constructive criticism and learn from it. These factors can make all the difference throughout flight school and a career in the Navy.”

Although a number of the students have been to NAS Oceana on previous school field trips, they explained the uniqueness of this opportunity.

“I’ve really enjoyed the tour and learned a lot. Even though I’ve been here once before, we didn’t get to walk around the hanger and actually get to look at all the different components of the jets and have them explained to us by the tour guide,” said Easter. “Operating the aircraft is so much more of an involved process that I had previously thought; there is so much to learn about the jets and their capabilities.”

Will Butler said he always considered a career in military aviation because of his father, a retired U.S. Marine Corps pilot. “It’s really eye-opening to get to see inside the jets and to learn about them. To me, the most valuable thing is to learn about the various paths available to become a pilot and getting to dis-



MC2 Jacob S. Richardson
Lt. Matthew Weber, assigned to the “Gladiators” of Strike Fighter Squadron (VFA) 106, Discusses flight tactics and training with local Kellam High school students during a job shadowing day.

cuss those opportunities with someone who experienced it first-hand.”

Out of everything that was discussed throughout the day, Weber explained the most important thing to take home.

“Personally, the most important thing I try to get across is that pursuing and succeeding at a career in naval aviation is absolutely possible. It is without a doubt a long and difficult road, but it is a lot of fun. You experience so many amazing things, and your career will be something you will look back on with fondness,” said Weber. “To be able to look out the window of a Navy jet from thirty thousand feet and realize that is your desk, and that is what you’re getting paid to do, is an amazing thing.”

NAS OCEANA FFSC HOSTS ANNUAL TEEN JOB & EDUCATION FAIR

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

The NAS Oceana Fleet & Family Support Center (FFSC) hosted the annual Teen Job & Education Fair April 13. The event is designed to allow teens and their parents meet with employers and educators; receiving information on jobs, colleges, and volunteer opportunities in the Hampton Roads Tidewater area.

“This is our eleventh annual Teen Job Fair here at Oceana; what is new this year is that it’s also an education fair, providing teens resources to find jobs and opportunities for college education,” said Delton Carmon, education specialist at NAS Oceana FFSC. “All twelve colleges represented here today are ready to

answer any questions, and begin the application process for enrollment.”

Among the employers at the event were: Canon, Chick-fil-a, Cities of Norfolk and Chesapeake with their fire and police departments and parks and recreation offices, the YMCA, Norfolk naval shipyards, Newport shipbuilding, Virginia Tidewater Consortium, Goodwin William Staffing, Virginia employment commission, Huntington industries, and Oceana youth programs.

As for educators; ECPI University, Saint Leo, Tide Water community college, SIU University, Stratford, National, Old Dominion, NSU University and Excelsior were all in attendance.

“I came here today with my youngest daughter to help her find summer employment. We’ve participated in other job fairs for my other children when it was time for them to look for work...the turnout today has really been great,” said Lt. Cmdr. Ron Freeman, assigned to Carrier Strike Group (CSG) 8. “I would highly recommend this for any parent. The way they provide so many opportunities here for high school students to get employment and get a head start on looking at colleges, you’ll



MC2 Jacob S. Richardson
Lt. Cmdr. Ron Freeman and his family speak with a representative with Troy university during a teen job fair at Naval Air Station (NAS) Oceana.

even find volunteer opportunities; I think it’s an excellent thing for them.”



THE REALITY OF HOMEOWNERSHIP IS CLOSER THAN YOU THINK.

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



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

20 minutes from Langley Air Force Base!

Schedule Your Tour Today!
757.383.8547
HHHuntHomes.com



BROUGHT TO YOU BY
PRIORITY
AUTOMOTIVE

MILITARY
PRIORITY #1

WEEKLY PHOTOS OF YOUR FRIENDS AND LOVED ONES ON DEPLOYMENT.



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

VISIT **ON THE RADAR** AT
NORFOLKNAVYFLAGSHIP.COM.

Information warfare commands welcome DON SAPRO performance group

By George Bieber
NAVIFOR Public Affairs

SUFFOLK

Performance group members of Department of the Navy (DON) Sexual Assault Prevention and Response Office’s (SAPRO) Pure Praxis training shared difficult life situations with Sailors and Navy civilians located at Suffolk area information warfare commands.

Pure Praxis is a socially adaptive performance contracted with DON SAPRO and based out of Long Beach, California. Together they work with Sailors, Marines and Navy civilians both domestically and internationally. Their performances use improvisational theater to rehearse for difficult life situations so that the audience can practice positive, creative and safe solutions. The entire show is guided by the audience’s participation, which makes every performance unique.

“The Pure Praxis approach has proven extremely popular with the Navy audiences and feedback from last year’s engagement on the DOD Suffolk Complex was great,” said Naval Information Forces Chief of Staff Capt. Bill Chase. “We wanted to give more of our shipmates the opportunity to see this engaging method that makes the tough issues more approachable.”

Navy-wide feedback has identified this training as highly



From the Left, Naval Information Forces Lt. Samuel Nichols consoles one of Pure Praxis’ actors during the Long Beach, California’s performance at Bldg. 112’s Hall of Heroes.



Matthew, right, from Pure Praxis questions members from Suffolk Area Information Warfare Commands following their comments.

effective in order to help eliminate sexual assaults. The training is required for all unit-level leadership or front-line supervisors (E-5 to O-4) to facilitate the face-to-face interaction with Sailors and to continue efforts to educate and reduce alcohol abuse, particularly binge drinking, which is one of five initiatives by the Chief of Naval Operations to help end the scourge of sexual assault.

“I thought the Pure Praxis actors were great,” said Naval Network Warfare Command’s Information System Technician Petty Officer Second Class Timothy Knudson. “Their program not only allowed us to observe real-world situations, but I know I personally got a lot out of the program when they called me and others to join the actors on stage.”

Knudson and others had the opportunity to participate in several of the group’s scenarios and each ‘role player’ walked away with a different outlook on what constituted sexual assault.

Kelly Pfeider, founder and president of Pure Praxis, has been the lead with her Performance Education Workshop’s social theater group and the special relationship they’ve shared with all branches of the U.S. military since 2014.

“Since we began introducing Pure Praxis to the military, I’ve noticed changes in these communities,” said Pfeider. “They [the military] have a desire to make the right changes to their culture. Sexual assault survivors come in all forms and from numerous backgrounds and it’s important to get the conversations out there. You never know when someone may need you to listen to their story and your support.”

Naval Information Forces (NAVIFOR) mission is to provide combat-ready Information Warfare forces to operational commanders, ashore and afloat, that are forward deployable, fully trained, properly manned, capably equipped, always ready, well-maintained and combat sustainable.

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



Actors from Pure Praxis act out a real world situation for hundreds of Sailors and Navy civilians from Suffolk Area Information Warfare Commands at Bldg. 112’s Hall of Heroes.

SPRING SIDEWALK SALE

APRIL 27–29

Beautiful setting. Fab finds.

Sheer happiness.

Colonial Williamsburg's

MERCHANTS SQUARE

The perfect mix of shops, restaurants, entertainment - and centuries!

Located adjacent to Colonial Williamsburg’s Historic Area, Merchants Square is an 18th-century style retail village with over 40 shops and restaurants. Visitors and local residents alike regularly experience the Square’s unique shopping, dining and special events offerings in a setting of unrivaled beauty.

merchantssquare.org |

© 2018 The Colonial Williamsburg Foundation

Oasis Systems is

NOW HIRING!

Come Join our Team...Hampton/Langley AFB, VA

Oasis, a leading government contractor, is seeking qualified candidates for the following openings:

TACTICAL DATA LINK (TDL) TEST ANALYST

Provide analysis and configuration management for tactical data link compatibility and interoperability certification

C2 SYSTEMS OPERATIONS RESEARCH ANALYST

Support all aspects of airborne C2 capabilities, capability gaps, systems integration, and developing JCIDS documents

USMTF ANALYST

Provide United States Message Text Format (USMTF) Interoperability, Integration, Analysis and Configuration Management Support for tactical data links

TDL CONFIGURATION MANAGEMENT ANALYST

Provide support to USAF and NATO for tactical data links interface change protocols and for multi-TDL configuration management

F-15 FIGHTER PILOT

Support and assist with efforts to translate weapon system requirements into documented studies and analyses

F-22/F-35 FIGHTER PILOT

(5TH GENERATION FIGHTER SUPPORT SME)

Provide functional onsite support with requirements planning, budgeting, direct mission operations, and live-virtual construct

Oasis offers a competitive salary and benefits package. Apply online at: www.oasissystems.com

A SUCCESSFUL FAILURE: THE APOLLO 13 MISSION

By MCSA Adam Ferrero
USS George Washington Public Affairs

NEWPORT NEWS

Sometimes it's difficult to find victory in defeat, or success in failure. The Apollo 13 mission in 1970 was a historic example of exactly how such a thing is possible. Classified as a "successful failure" by NASA (National Aeronautics and Space Administration), the mission displayed the human ability to fight against all odds.

April 11, 1970 at 1:13 p.m. the Apollo 13 lifted off for the moon with Cmdr. Jim Lovell, a retired Navy captain, Command Module Pilot Jack Swigert, a former Air Force pilot and Lunar Module Pilot Fred Haise, a former pilot for the Marines and Air Force.

This was the seventh manned mission in the Apollo space program and the third intended to land on the moon, until an oxygen tank explosion on the command module (Odyssey) turned the mission into a race against time. The harrowing events that followed would be remembered in history for years to come.

According to the NASA website, the problem stemmed from the number two oxygen tank, which had been previously installed in the service module of Apollo 10, but was removed for modification and damaged in the process. The tank was fixed, tested at the factory, installed in the Apollo 13 service module and tested again during the Countdown Demonstration Test at NASA's Kennedy Space Center March 16, 1970.

While the first oxygen tank had behaved normally, the second tank would not drain properly, retaining 92 percent of its oxygen. An interim discrepancy report was written and on March 27, two weeks before launch, detanking operations resumed.

After the detanking process failed on number two again, the test director decided to "boil off" the remaining oxygen in the tank by using the electrical heater inside it. The technique worked, but due to an oversight in replacing a component during a design modification, the process severely damaged the internal heating elements of the tank.

Lovell and Haise were slated to fly the mission with a different command module pilot, but due to medical complications, Swigert moved from the backup crew onto the primary crew.

According to the NASA website, the crew ran into a couple of minor surprises during the first few days, but generally, Apollo 13 was running smoothly. At 46 hours, 43 minutes Joe Kerwin, the capsule communicator on duty, said, "The spacecraft is in real good shape as far as we are concerned. We're bored to tears down here."

Unfortunately, the following day was far less boring for all personnel involved.

At 55 hours, 46 minutes, as the crew finished a 49-minute television broadcast showing how comfortably they worked and lived in a weightless environment, Lovell said, "This is the crew of Apollo 13 wishing everybody there a nice evening, and we're just about ready to close out our inspection of Aquarius and get back for a pleasant evening in Odyssey. Good night."

Nine minutes later and about 200,000 miles from Earth, oxygen tank number two blew up, causing the failure of the number one tank as well. Swigert saw a warning light accompanying the explosion, at which time he famously said, "Houston, we've had a problem here."

Coordinating with flight control and other experts at



Courtesy NASA
The Apollo 13 Saturn V lifts off from Launch Pad 39A at the Kennedy Space Center on April 11, 1970.

NASA, the astronauts were determined to make a lifeboat of the lunar module, Aquarius. Ground controllers in Houston faced the formidable task of writing and simulation testing completely new procedures before being passed up to the crew. The plan became to swing around the moon, achieving a free-return trajectory toward Earth. Based on the flight controllers' calculations made on Earth, Lovell had to adjust the course twice by manually controlling the Lunar Module's thrusters and engine, using his watch for timing.

Working closely with NASA engineers, the crew found a solution to numerous dangerous problems along the way, riding the lunar module of carbon dioxide, transferring water from the life support systems into the coolant systems to maintain temperatures and recharging the command service module's re-entry batteries from the lunar module's electrical system.

Four hours before splashing down on Earth, the crew separated the severely damaged command module from the lunar module and April 17, 1970, Apollo 13 splashed down in the Pacific Ocean near Samoa. The module and crew were recovered by USS Iwo Jima (LPH-2).

The Apollo 13 mission could have been a massive tragedy. However, despite the disaster that befell the mission, thanks to the brave and intelligent efforts of the crew and personnel on duty, all made it back home safely.

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



Courtesy NASA
The crew members of Apollo 13, from left, Fred Haise, Jim Lovell, Jack Swigert, step aboard the USS Iwo Jima (LPH 2) following splashdown and recovery operations in the south Pacific Ocean on April 17, 1970.

THE SPRING STYLE SALE

10% OFF*

On qualifying purchases of \$599 or more

OR

36 MONTHS SPECIAL FINANCING*

On qualifying purchases totalling \$999 or more with your Value Plus or Signature Plus credit card made between 4/24/18-5/14/18.
*See below for details.

OR

48 MONTHS SPECIAL FINANCING*

On qualifying purchases of Beautyrest Adjustable Bases, Bedgear product, Serta Motion Perfect III Adjustable Bases, Serta iComfort Foam mattresses and Beautyrest Black and Silver Hybrid mattresses with your Value Plus or Signature Plus credit card made between 04/24/18-05/14/18. *See below for details.

Includes three accent pillows

WAS \$2999.95

AFTER 10% OFF

\$2699.95

Plush 5-Piece Sectional

Better Sleep Month

Beautyrest

Serta

Come in test a mattress and get a

FREE sleep mask

While supplies last

WAS \$599.99

AFTER 10% OFF

\$539.99

Diana Queen Upholstered Bed

OUR FAMILY OF COMPANIES INCLUDES OVER 115 FURNITURE STORES

FIND A LOCATION NEAR YOU

CALL 1-866-823-7867

CLICK VCF.COM

TEXT "LOCATE" to 20731

WE MAKE FURNITURE SHOPPING EASY

GET TO KNOW US

VCF

VALUE CITY FURNITURE®

Prices are in effect from receipt of ad through 4/2/18 and are subject to change. Value City Furniture (VCF) is not responsible for typographical errors. Assortments vary by location. See store for details regarding all warranties. Other restrictions may apply. See store associate for details. *Promotions and discounts are not valid towards select Overstocks, clearance or sale items, previous purchases, gift cards, one-of-a-kind merchandise, delivery charges or Pure Promise. Serta iComfort, Series and Beautyrest Black cannot be used in conjunction with other promotions or discounts. Selection may vary per store. **Subject to credit approval. No interest if promo balance is paid in full during promo period. If promo balance not paid in full by end of promo period, interest charges accrue from the purchase date. Paying only minimum monthly payments only may not pay off the promo balance by the end of the promo period. Regular account terms apply to non-promo purchases, remaining promo balance after promo period ends and purchases by existing cardholders. For new accounts: APR is 29.99% and Minimum Interest Charge is \$2. \$Subject to credit approval. No interest if promo balance is paid in full during promo period. Equal monthly payments required until paid in full. Monthly payments equal total amount of purchase divided by the number of months in promo period and rounded up to the next dollar. Required monthly payments may be higher than non-promo purchases. Regular account terms apply to non-promo purchases by new and existing cardholders. For new accounts: APR is 29.99% and Minimum Interest Charge is \$2.



The amphibious assault ship USS Kearsarge (LHD 3) is illuminated by the New Orleans skyline while moored to Julia Street Pier during Navy Week New Orleans. Navy Week New Orleans provides an opportunity for the citizens of New Orleans and visitors to meet nearly 2,000 Sailors, Marines and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today's sea services.

MC3 Dana D. Legg

By MC2 Michael R. Sanchez
USS Kearsarge Public Affairs

NEW ORLEANS

More than 1,300 Sailors and Marines manned the rails aboard the amphibious assault ship USS Kearsarge (LHD 3) as it moored pierside in New Orleans for the start of Navy Week New Orleans 2018, April 19. "Kearsarge is honored to be part of New Orleans Tri-centennial Celebration," said Commanding Officer David K. Guluzian. "Showcasing our ship helps strengthen the connection between our service members and the citizens they serve. Navy Week New Orleans will be a tremendous opportunity for the public to meet our team and for our Sailors and Marines to experience world-renowned New Orleans hospitality."

For some Sailors, like New Orleans native Airman Laura Fierro, Navy Week is not just a community relations event, but also a homecoming.

"It's even more exciting that it's my first

port. I'm brand new to the Navy, so being home and getting to man the rails is awesome. I'm excited."

When asked what she is looking forward to most, Fierro replied, "Seeing my nephews, my niece, my family and Crawfish. I'm so excited to get some crawfish and gumbo before I can't have it anymore!"

Fierro is not the only member of the Kearsarge crew eager to indulge in the culture and cuisine of New Orleans this week. While in port, service members will enjoy liberty and participate in a variety of scheduled events including community service projects and a seafood cookoff.

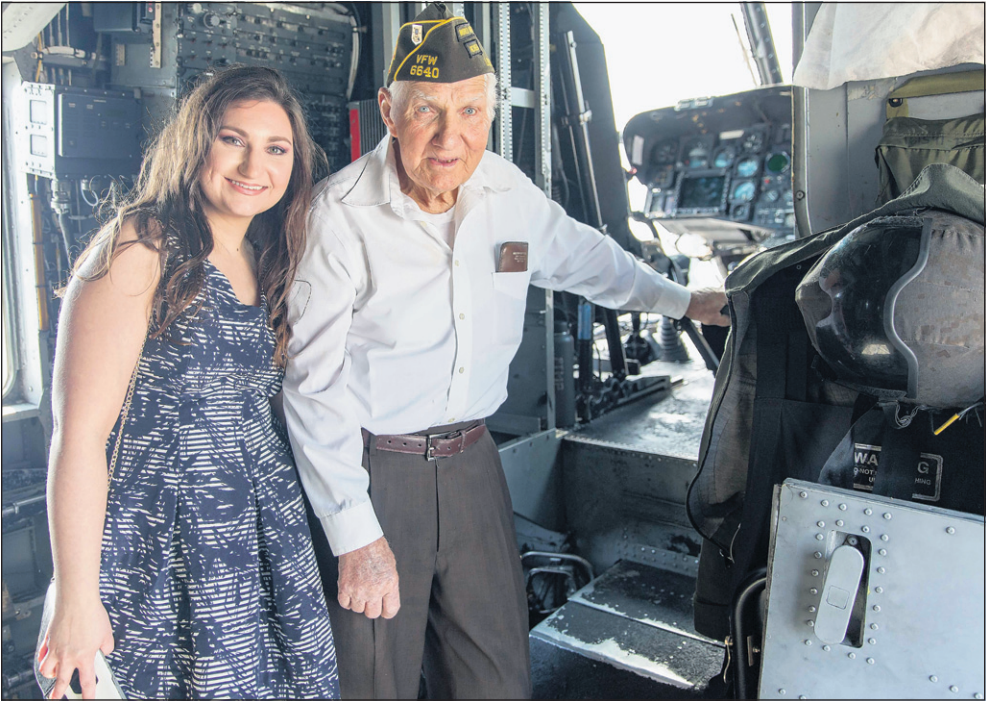
Navy Week New Orleans provides an opportunity for the citizens of New Orleans and visitors to meet nearly 2,000 Sailors, Marines and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today's sea services.

Navy Week New Orleans is scheduled to run from April 19 to April 25.



MC3 Ryre Arciaga

Marines speak with Lincoln Brennan, a retired Navy Veteran of World War II and the Korean War, inside a MV-22 Osprey on the flight deck of the Wasp-class amphibious assault ship USS Kearsarge (LHD 3). Kearsarge is currently at Navy Week New Orleans, which provides an opportunity for the citizens of New Orleans and visitors to meet nearly 2,000 Sailors, Marines, and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today's sea services.



MC3 Ryre Arciaga

Lincoln Brennan, a retired Navy Veteran of World War II and the Korean War, and his granddaughter Jennifer, pose for a photo inside a CH-53E Super Stallion on the flight deck of the amphibious assault ship USS Kearsarge (LHD 3). Kearsarge is currently at Navy Week New Orleans, which provides an opportunity for the citizens of New Orleans and visitors to meet nearly 2,000 Sailors, Marines, and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today's sea services.



MC3 Michael Eduardo Jorge

Winners of the Louisiana Seafood Cookoff pose for a group photo during Navy Week New Orleans.

Kearsarge Crew Gets Cookin' with New Orleans Chefs

By MC2 Michael R. Sanchez
USS Kearsarge Public Affairs

NEW ORLEANS

A Sailor and a Marine from the amphibious assault ship USS Kearsarge (LHD 3), competed with representatives from the U.S. Coast Guard, the French navy and the Royal Canadian Navy during the Louisiana Seafood Cookoff as part of Navy Week New Orleans, April 22.

Culinary specialists from each of the participating branches were paired with local chefs to create unique dishes out of local ingredients and freshly caught seafood.

The dishes were judged by a panel consisting of top Navy and Marine Corps leadership including Commander of Expeditionary Strike Group 2 Rear Adm. Brad Skillman, Commander of Navy Region Southeast Rear Adm. Bette Bolivar and Commander of Marine Forces North Lt. Gen. Rex C. McMillian.

Each culinary specialist service member was paired up with a well-known Louisiana chef and had 30 minutes to prepare a creative Cajun dish using at least one of the three types of fish provided.

For military cooks, this provided an opportunity to flex their culinary muscle in a way not common on a ship's mess deck.

"I'm actually pretty excited," said Marine Sgt. Scott Meadows, currently assigned to

2nd Marine Expeditionary Brigade embarked aboard Kearsarge. "I'm learning a lot as I go, how to get things done fast and get everything done on time."

When time expired, the finished dishes made their way to the judges' table for the taste test.

"Every dish was fabulous," said Skillman. "I love fish anyway but it was really a new appreciation of all the different kinds and methods that you can do. It was really good."

After each dish was tasted and graded, Meadows and his partner Chef Mike Nelson were awarded the top prize.

"I had a great time," said Bolivar. "It was quite the experience to be able to taste the cuisine from not only the service members from Navy Week, but also their teammates who I consider to be master chefs."

As Navy Week New Orleans continues, U.S. Sailors, Marines, and Coast Guardsmen will join their Canadian and French counterparts in experiencing the vibrant culture and cuisine of their host city.

Navy Week New Orleans provides an opportunity for the citizens of New Orleans and visitors to meet nearly 2,000 Sailors, Marines, and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today's sea services.

Navy Week New Orleans is scheduled to run from April 19 to April 25.



MC3 Michael Eduardo Jorge

Culinary Specialist Seaman Lei Pang cooks tortillas for fish tacos at the Louisiana Seafood Cookoff during Navy Week New Orleans. Navy Week New Orleans provides an opportunity for the citizens of New Orleans and visitors to meet nearly 2,000 Sailors, Marines, and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today's sea services.

USS George Washington and USS George H. W. Bush mourn the passing of former First Lady Barbara Bush

From Naval Air Force Atlantic Public Affairs

NORFOLK

On July 21, 1990, Barbara Bush broke a ceremonial bottle of champagne over the bow of the Navy’s newest nuclear-powered aircraft carrier, USS George Washington (CVN 73), officially christening the ship.

Today, the crew of Geroge Washington mourns the passing of their ship’s sponsor and former First Lady of the United States.



MC3 Kashif Basharat
USS George Washington (CVN 73) salute the American flag at half mast in honor of former first lady Barbara Bush, who died April 17, 2018 at the age of 92.

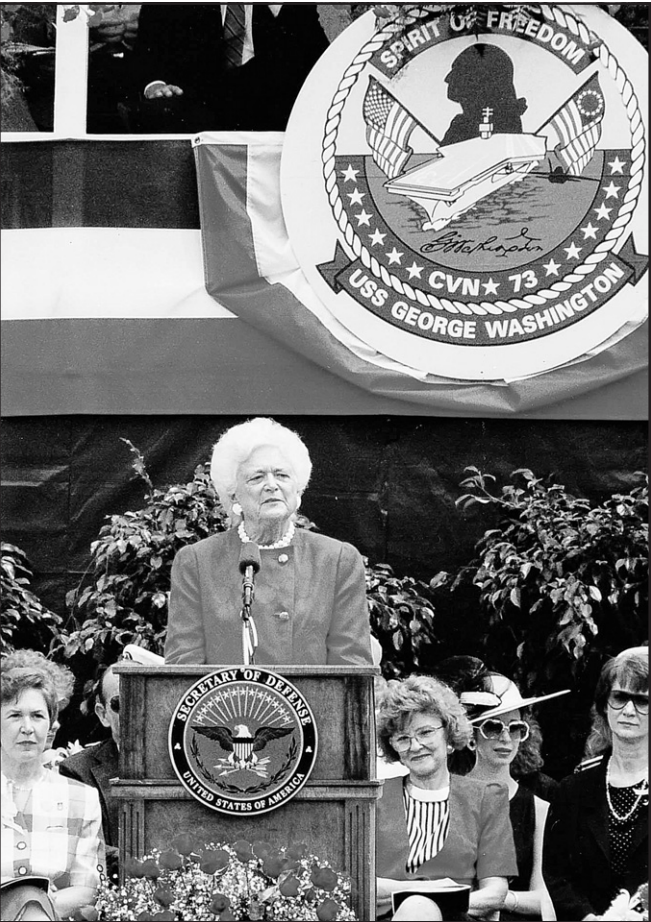
“It was our privilege to have Mrs. Barbara Bush as the ship’s sponsor for the nation’s finest aircraft carrier. Her legacy will be long remembered by those who have served and will serve aboard USS George Washington. We will always remember her with the honor and distinction that her life’s service to our country embodied,” said George Washington Commanding Officer Capt. Glenn.

USS George H.W. Bush (CVN 77) is named in honor of the 41st President of the United States and Mrs. Bush’s husband. Since USS George H.W. Bush joined the fleet in 2009, the crew of the aircraft carrier has enjoyed a strong relationship with the Bush family. Like their shipmates aboard USS George Washington, the crew of USS George H.W. Bush is saddened by the loss of the spouse of their namesake.

“Today we join the world in mourning the passing of a truly remarkable person, Mrs. Barbara Bush. A strong and compassionate First Lady, a devoted matriarch and champion of literacy, she graced our deckplates on multiple occasions and treated all who served aboard USS George H. W. Bush like her own family,” said Captain Sean Bailey, commanding officer of USS George H.W. Bush. “As we reflect on her inspirational life and many achievements, we endeavor to proudly carry her legacy and her enduring example of devotion to family aboard our ship. She will be truly missed.”

As the first commanding officer to take newly commissioned USS George H. W. Bush to sea in 2009, Vice Adm. DeWolfe Miller forged a close relationship with President and Mrs. Bush. Today, as the commander of Naval Air Forces, he fondly recalls Mrs. Bush’s love and devotion to the ship and the Navy.

“For those of us who have had the privilege of serving on-board the ship that bears her husband’s name — Mrs. Bush was a source of inspiration. She impacted lives around the world through her advocacy of literacy and she impacted the lives of USS George H.W. Bush Sailors and their families in much the same way. Her sharp wit, humor and sincere love for those who served on her “favorite” ship was clearly apparent. During her visits to the ship, she enjoyed meeting Sailors and their families. During one at-sea period, I’ll never forget her donning a chef’s hat and handing out cookies, with a big smile and kind message to each Sailor she met. And when at a literacy event attended by CVN-77 Sailors and spouses in Washington, D.C. — as soon as she saw Sailors enter the room in their dress whites, she stopped what she was doing, proclaimed ‘The Navy’s here!’ and greeted them all with joy — making us feel very special. She was the one who was



U.S. Navy photo
Ship’s sponsor Barbara Bush delivers remarks during the commissioning of the aircraft carrier USS George Washington (CVN 73).

special and she is loved by many people worldwide, whether they were close friends or just those who admired her actions and deeds. She will be missed by many, including those who have served, and will serve, on a ship that proudly honors the Bush name, USS George H.W. Bush.”

Today, the American flag flying above both USS George Washington and USS George H.W. Bush are at half-mast in remembrance of the former First Lady. Those flags will remain at half-mast until Mrs. Bush is laid to rest where they will then be presented to the Bush family.

SEXUAL ASSAULT PREVENTION AND RESPONSE: KEEPING YOUR SHIPMATE SAFE

By MCSN Zack Thomas
USS George Washington Public Affairs

NEWPORT NEWS

According to the Department of Justice, sexual assault is any type of sexual contact or behavior that occurs without the explicit consent of the recipient. It is a sensitive subject that should be handled with the utmost care and respect.

The Sexual Assault Prevention and Response (SAPR) representatives aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) provide a safe avenue for Sailors to report incidents, while informing Sailors of ways to prevent these types of incidents.

“SAPR training and recognition is a pretty integral part of the ship,” said Operations Specialist First Class Keison Hunt, one of George Washington’s SAPR victim advocates. “We try to mitigate incidents by means of training and by providing information to all Sailors on the ship on how sexual assault affects the ship when it occurs.”

One form of training provided is bystander intervention.

Sailors can help keep their shipmates safe by actively using bystander intervention.

“The best way to keep your shipmates safe is through bystander intervention,” said Hunt. “If you see something do something.”

While taking immediate action during a sexual assault incident is very helpful, it is also important for Sailors to know who to contact if they see a situation, as well as what to report.

“If a Sailor sees something, regardless of what it is, they should report it,” said Chief Logistics Specialist Tamar Stewart, the sexual assault response coordinator aboard George Washington. “If a Sailor is at work, or even out in town, they can call the quarterdeck and talk to someone there. They can also call their leading petty officer (LPO), their leading chief petty officer (LCPO) or anyone in authority to talk to them about a situation.”

It is important for Sailors to report anything they think might be a SAPR incident.

“Sailors should never not report something they see,” said

Stewart. “They never know if something is wrong in a situation and they should always check to be sure.”

Sailors have several options if they feel like they have been involved in, or have seen a SAPR incident.

“If a Sailor has an incident with someone, in their department or on the ship, it is up to them who they tell and what steps are taken,” said Stewart. “Restricted reports are taken to the SAPR point of contact and then becomes a restricted case meaning only the SAPR representative and the victim are aware of the situation. If a victim tells a friend or someone in their command, it becomes unrestricted, and is looked at by the chain of command.”

Although sexual assault is a difficult topic to face, it is important for Sailors to be informed and proactive in order to help keep their shipmates safe. One of the ways to do that is to keep up-to-date in SAPR training, as well as knowing who to talk to and what options are available. If you have seen a sexual assault, or if you have been a victim of a sexual assault, you can also contact George Washington’s SAPR advocates, Stewart, Hunt, or Boatswain’s Mate 1st Class Chela Bethea, the ship’s chaplains, Lt. Cmdr. Leslie Hatton and Cmdr. Philip Bagrow, or contact the safe helpline at 1-877-995-5247. For more information, visit www.safehelpline.org.

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

KEARSARGE TEAMS UP WITH GROUNDWORK NEW ORLEANS

By MC3 Dana D. Legg
USS Kearsarge Public Affairs

NEW ORLEANS

Nearly 100 Sailors and Marines assigned to the amphibious assault ship USS Kearsarge (LHD 3) teamed up with local volunteers from Groundwork New Orleans (NOLA) April 20 as part of a community service project during Navy Week NOLA.

The service project gave Sailors the opportunity to support an outdoor classroom focused on educating children and young adults on environmental conservation.

“At Groundwork New Orleans, we run a job training program for high school students and workforce development for young adults,” said Alicia Neil, executive director of Groundwork NOLA. “We focus on building resiliency through stormwater management and addressing environmental hazards and conservation. We want to create more green space in underserved communities.”

Working with Groundwork NOLA, volunteers from Kearsarge pulled weeds, planted flowers and trees, and painted rain barrels to place around the city.

“It’s amazing to be out here helping the community,” said Hospital Corpsman 2nd Class James Lukas. “Something that seems small like cleaning up a garden or planting trees can actually have a huge positive impact.”

Sailors and Marines working with volunteers from Groundwork NOLA accomplished more than a week’s worth of work in just a few hours, including clearing two blocks of trash and debris from the surrounding area.

Navy Week NOLA provides an opportunity for the citizens of New Orleans and visitors to meet nearly 2,000 Sailors, Marines and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today’s sea services.

Navy Week New Orleans is scheduled to run from April 19 to April 25.

For more news from USS Kearsarge (LHD 3), visit www.navy.mil/local/lhd3/ and visit the official Navy Week New Orleans website at www.nolanavyweek.com or www.facebook.com/Nolanavyweek.



Photos by MC3 Dana D. Legg
Sailors assigned to the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) pull weeds during a community relations project at Groundworks New Orleans. Navy Week New Orleans provides an opportunity for the citizens of New Orleans and visitors to meet nearly 2,000, Marines and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today’s sea services.



Sailors attached to the amphibious assault ship USS Kearsarge (LHD 3) mix soil to plant flowers during a community relations project at Groundworks New Orleans.



TOYOTA

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



NOW GET



\$1,000

U.S. Military
Incentive*

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



NEW 2018 HIGHLANDER

\$1000
CASH BACK
FROM TOYOTA**

OR

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

NEW 2018 TACOMA

AS LOW AS
0%
APR FINANCING†

NEW 2018 RAV4

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

OR

\$1500
CASH BACK
FROM TOYOTA**

OR

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

NEW 2018 AVALON

\$5000
CASH BACK
FROM TOYOTA**

NEW 2018 COROLLA

\$1500
CASH BACK
FROM TOYOTA**

NEW 2018 TUNDRA

LEASE A 4x4 DOUBLE CAB SR5 V8 FOR
\$319
A MONTH
36 MONTHS **\$2999** DUE AT
SIGNING***
Tax, Title, License, Dealer Fees
and Insurance are Extra.

CASEY TOYOTA

601 East Rochambeau Drive • Williamsburg
757.259.1000 • caseytoyota.com

CHECKERED FLAG
TOYOTA

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

GLOUCESTER TOYOTA

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

PRIORITY TOYOTA
GREENBRIER

1800 Greenbrier Parkway • Chesapeake
757.366.5000 • prioritytoyota.com

CHARLES BARKER
TOYOTA

1877 Laskin Road • Virginia Beach
757.437.4000 • charlesbarkertoyota.com

FIRST TEAM TOYOTA

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

PEARSON TOYOTA

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

PRIORITY TOYOTA HAMPTON

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



ToyotaCare
No Cost Service & Roadside†††

buyatoyota.com



TOYOTA
Let's Go Places

*HOW TO QUALIFY: 1.BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE. SELECTED RESERVE AND INACTIVE NATIONAL GUARD, RETIRED MILITARY PERSONNEL ARE NOT ELIGIBLE EXCEPT FOR RETIREES OR VETERANS HONORABLY DISCHARGED WITHIN ONE YEAR OF SERVICE. HOUSEHOLD MEMBERS OF ELIGIBLE QUALIFYING MILITARY PERSONNEL ARE ALSO ELIGIBLE. 2.PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE AT THE TIME OF PURCHASE: LEAVE AND EARNING STATEMENT, MILITARY IDENTIFICATION CARD OR VETERANS/RETIREE DD FORM -214. 3.RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENTS FOR YOUR TOYOTA. 4.RECEIVE CREDIT APPROVAL THROUGH A TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. INCENTIVE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. ON LEASE CONTRACTS INCENTIVE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR DELIVERY WITH ANY REMAINDER APPLIED TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, INCENTIVE MUST BE APPLIED TOWARD THE DOWN PAYMENT. ONE INCENTIVE PER FINANCE OR LEASE TRANSACTION. NOT COMPATIBLE WITH THE TOYOTA COLLEGE GRADUATE INCENTIVE PROGRAM. FINANCE OR LEASE CONTRACT MUST BE DATED BY **APRIL 30, 2018** FOR INCENTIVE OFFER. THE MILITARY INCENTIVE PROGRAM IS SUBJECT TO CHANGE OR TERMINATION AT ANY TIME. OFFERS ON APPROVED CREDIT TO QUALIFIED CUSTOMERS THROUGH A PARTICIPATING TOYOTA DEALERSHIP AND TOYOTA FINANCIAL SERVICES. TERMS, CONDITIONS AND RESTRICTIONS APPLY, INCLUDING A MAXIMUM TERM OF 72 MONTHS ON RETAIL AND 48 MONTHS ON LEASE FINANCE CONTRACTS. PROGRAM IS AVAILABLE AT PARTICIPATING DEALERS IN MARYLAND, VIRGINIA, WEST VIRGINIA, PENNSYLVANIA, AND DELAWARE; AND MAY NOT BE AVAILABLE IN ALL STATES. **NOT ALL APPLICANTS WILL QUALIFY. SEE PARTICIPATING DEALER FOR DETAILS.** **PURCHASERS CAN RECEIVE \$1000 CASH BACK FROM TOYOTA ON HIGHLANDER (EXCLUDES HYBRIDS), \$1500 CASH BACK FROM TOYOTA ON RAV4 AND COROLLA, \$5000 CASH BACK FROM TOYOTA ON AVALON OR CAN APPLY CASH BACK TO DOWN PAYMENT. ***ALL LEASES OFFERS: OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$.15 PER MILE IN EXCESS OF 36,000 MILES. **NOT ALL CUSTOMERS WILL QUALIFY.** HIGHLANDER DUE AT SIGNING INCLUDES \$2,720 DOWN, FIRST \$279 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2018 HIGHLANDER LE MODEL 6948, MSRP \$35,535 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$33,971. RAV4 DUE AT SIGNING INCLUDES \$2,610 DOWN (AFTER APPLICATION OF \$1,000 TOYOTA LEASE CASH INCENTIVE FROM TOYOTA FINANCIAL SERVICES), FIRST \$189 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2018 RAV4 LE FRONT WHEEL DRIVE MODEL 4430, MSRP \$25,405 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$24,132. TUNDRA DUE AT SIGNING INCLUDES \$2,680 DOWN, FIRST \$319 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2018 TUNDRA MODEL 8340 4X4 DOUBLE CAB SR5 V8, MSRP \$37,175 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$35,927. LEASES DO NOT INCLUDE \$350 DISPOSITION FEE DUE AT LEASE END. EXAMPLES INCLUDES \$650 ACQUISITION FEE AND ASSUME DEALER PARTICIPATION. YOUR PAYMENT TERMS MAY VARY BASED ON FINAL NEGOTIATED PRICE. OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. *TACOMA 0% APR FINANCING UP TO 36 MONTHS (EXCLUDES TRD PRO) AND RAV4 0% APR FINANCING UP TO 60 MONTHS AVAILABLE TO QUALIFIED BUYERS THRU TOYOTA FINANCIAL SERVICES. TOTAL FINANCED CANNOT EXCEED MSRP PLUS OPTIONS, TAX, TITLE, LICENSE AND DEALER FEES. 36 MONTHLY PAYMENTS OF \$27.78 AND 60 MONTHLY PAYMENTS OF \$16.67 FOR EACH \$1000 BORROWED. **NOT ALL BUYERS WILL QUALIFY.** **BUYERS CAN ALSO RECEIVE A \$500 FINANCE CASH INCENTIVE FROM TOYOTA IN ADDITION TO SPECIAL APR FINANCING IF VEHICLE IS PURCHASED AND FINANCED THROUGH TOYOTA FINANCIAL SERVICES. INCENTIVE WILL BE APPLIED FIRST TO THE DOWN PAYMENT. ONE INCENTIVE PER FINANCE TRANSACTION. FINANCE INCENTIVE IS AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS THROUGH TOYOTA FINANCIAL SERVICES. **NOT ALL BUYERS WILL QUALIFY.** ALL OFFERS: OFFERS MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED OTHERWISE. DEALER FEES ARE EXTRA. VEHICLE SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. ACTUAL MODEL MAY VARY. DELIVERY MUST BE TAKEN FROM DEALER STOCK BY 4/30/18 AND IS SUBJECT TO AVAILABILITY. LEASE, APR AND CASH BACK OFFERS MAY NOT BE COMBINED. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS. **OFFERS END 4/30/18.** ††TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.



Sailors teach naval history, heritage & science
Sailors assigned to USS Constitution taught early American naval history and naval science to kids at McWane Science Center on April 13.

» See **B5**

SECTION B | FLAGSHIPNEWS.COM | 04.26.18

JOHN C. STENNIS COMPLETES TSTA, FEP

F/A-18E Super Hornets prepare to launch during night flight operations aboard the aircraft carrier USS John C. Stennis (CVN 74). John C. Stennis is underway with Carrier Air Wing 9 conducting routine training as well as tailored ships training availability and final evaluation problem.

MC3 Joseph L. Miller



By MC3 Cole C. Pielop
USS John C. Stennis Public Affairs

PACIFIC OCEAN

The aircraft carrier USS John C. Stennis (CVN 74) completed tailored ship's training availability (TSTA) and final evaluation problem (FEP), April 16.

TSTA focuses primarily on damage control (DC), medical, engineering and combat systems casualties inside of the ship, as well as seamanship, navigation, anchoring and small boat operations; while FEP focuses on the ship's overall competency and proficiency in solving advanced situational problems that could arise during deployment.

During the evaluation, John C. Stennis demonstrated events critical to operation and survivability of the ship in various situations resulting in a 96 percent overall grade, taking Stennis one step closer to becoming deployment ready.

"We had over 950 graded evolutions between TSTA in port and out to sea, and we knocked it out of the park with Stennis and 'Team Shogun' (Carrier Air Wing 9 personnel) working together," said John C. Stennis Commanding Officer Capt. Greg Huffman.

John C. Stennis continues to set the standard of early mission accomplishment, starting with the planned incremental availability (PIA) period, which it completed five days ahead of schedule, and continuing by finishing TSTA/FEP nearly two weeks early.

"The ship was able to complete in 14 days an event that typically takes 27 days at sea due to the crew's superior performance in responding to casualties and scenarios," said John C.

Stennis Training Officer Lt. Cmdr. Clarence Washington. "That puts us two weeks ahead and able to conduct more advanced integrated phase training."

Many different departments had a part to play and different evaluations they had to undergo to prove their proficiency. Afloat Training Group (ATG) tested combat systems department on their radars, communications, Navy multiband terminal (NMT) systems and broadcasting.

"Our training team is overall responsible for conducting casualty control drill sets that impose realistic scenarios that watchstanders may face during an actual casualty," said Senior Chief Information System Technician Joseph Czechowski, leading chief petty officer for combat systems. "The end state is to train every member to autonomously react to a casualty and allow the ship to re-engage in the battle."

After multiple training scenarios and final evaluations, combat systems scored 99 percent on the technical side, said Czechowski.

Engineering department's damage control division had their training efforts put to the test throughout the entirety of TSTA/FEP.

Using various damage control problems and scenarios, the damage control inspection was conducted over the span of six general quarters drills and 26 at-sea fire party evaluations.

"We have been running drills and conducting DC rodeos since PIA," said Chief Damage Controlman Matthew Wierson, ship's fire marshal and damage control training team lead. "We've maintained our proficiency by running various training and drill sets to prepare



MC3 William Ford

An MH-60S Sea Hawk helicopter assigned to the "Chargers" of Helicopter Sea Combat Squadron (HSC) 14, prepares to onload cargo during a replenishment-at-sea between the aircraft carrier USS John C. Stennis (CVN 74) and the fleet replenishment oiler USNS Henry J. Kaiser (T-AO 187).

for this event and future ones. We scored a 100 percent on our zebra setting, completing this task in nine minutes, the best for a carrier ever seen by our ATG team."

The ship also scored 100 percent on the total ship survivability exercise (TSSE), something never before seen by Wierson in his cumulative 12 years aboard John C. Stennis.

"It's outstanding," said Wierson. "We only accomplished this due to both the efforts of the damage control training team and the enthusiasm our Sailors put into combating their casualties."

The medical department responded to a wide array of events including mass casualties, individual departmental assessments and simultaneous medical response team drills.

"Team Shogun's medical personnel were critical to our success, especially during the mass casualty," said Lt. Tony Rohner, ship's nurse officer and medical training team coordinator. "They had never run any drills with us, and their first one was our graded event. Their performance was exemplary, and because of both the ship's and air wing's efforts, we passed with flying colors."

One of the largest integrated team efforts

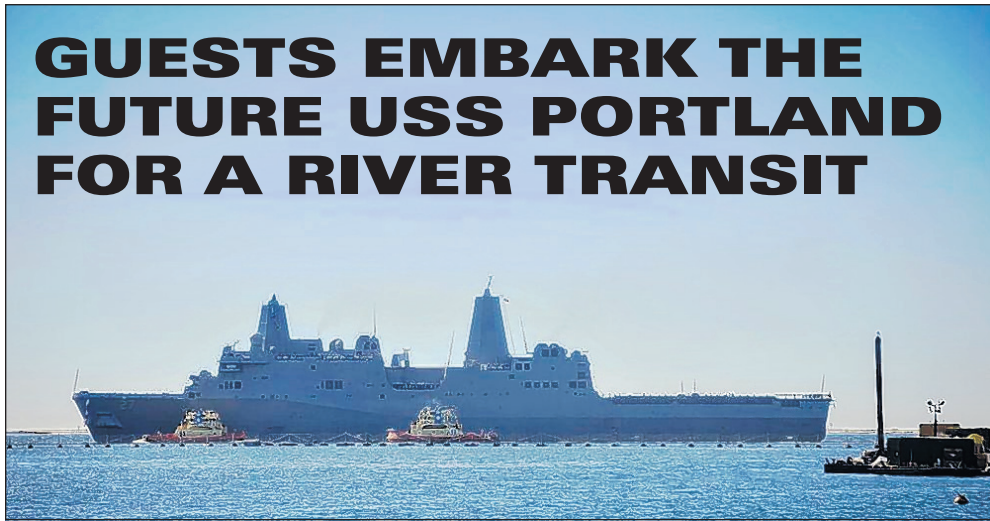
was with the air department, including flight deck fire drills, raising the barricade, aircraft movement, aircraft launch and recovery, jet blast deflector emergencies, fuel station fires and more.

"Team Shogun showed up ready to fight and we worked well as a team from day one," said Lt. Rebecca Smith, catapult and arresting gear officer and air department training team member. "Our integrated efforts went smoothly, and we wouldn't have done as well as we did if they hadn't arrived with their level of enthusiasm and propensity for hard work."

Though the Stennis-Shogun team emerged victorious from TSTA/FEP, there is still a long way to go on the road to being deployment-ready, with more evaluations and training phases ahead.

"We've still got work to do, but I feel confident that the ship will be able to handle anything that's thrown our way," said Wierson.

For more news from USS John C. Stennis (CVN 74), visit www.navy.mil/local/cvn74/, www.stennis.navy.mil/, www.facebook.com/stennis74, [@stennis74](https://twitter.com/stennis74) or [Instagram @stennisCVN74](https://www.instagram.com/stennisCVN74).



By MCSN Abigayle R. Lutz
USS Portland Public Affairs

PACIFIC OCEAN

One-hundred sixteen friends, family members and guests of crewmembers assigned to the future USS Portland (LPD 27) embarked aboard the vessel to transit from Astoria, Ore. to the ship's namesake city, April 14.

The ship traveled through the Columbia River to its final destination, the city of Portland, where it will be officially commissioned on April 21 during an official commis-

sioning ceremony.

"It was an honor and a privilege to be able to show off the ship and her crew," said Portland Commanding Officer Capt. J. R. Hill. "A friends and family day cruise also presented an incredible opportunity for the crew to be able to show loved ones their capabilities as military members in the United States Navy and Marine Corps."

Members of the commissioning committee joined the crew on its transit to experi-

» See **PORTLAND** | B7

John C. Stennis Carrier Strike Group cruiser-destroyer warships underway for Surface Warfare Advanced Tactical Training (SWATT)

From Naval Surface and Mine Warfighting Development Center

SAN DIEGO

Cruiser-destroyer (CRUDES) warships and their associated helicopter detachments from the John C. Stennis (CVN 74) Carrier Strike Group (CSG) departed Naval Base San Diego for a Surface Warfare Advanced Tactical Training (SWATT) exercise, April 16.

SWATT events focus on advanced tactical training at sea to improve warfighting proficiency, lethality, and ship interoperability before integrated phase training with other elements of the CSG. The exercise is the third SWATT led by Naval Surface and Mine Warfighting Development Center (SWMDC), and the second of the CRUDES variety.

"SWATT's provide shipboard teams and warfare commanders the reps-and-sets they need to be prepared to integrate with the strike group, and ultimately head



Clinton C. Beaird

USS Mobile Bay (CG 53) gets underway to complete the USS John C. Stennis (CVN 74) Carrier Strike Group Cruiser-Destroyer (CRUDES) Surface Warfare Advanced Tactical Training (SWATT) exercise.

downrange to execute their missions with other naval assets, joint forces, and coalition partners around the globe," said Commander of SMWDC Rear Adm. John Wade.

» See **SWATT** | B7

HARD FACTS OR HYSTERIA: IS TECHNOLOGY RUINING OUR KIDS LIVES?

By Lisa Smith Molinari

At about eight o'clock each night, a little voice calls me. "C'mon," it says, "It will relax you. You know you want it."

I tell myself I don't need it. I'm perfectly fine, sitting here watching "House Hunters" reruns with my husband. But it's no use. I can't resist the temptation.

With trembling hands, I reach for my tablet and jab the all-too-familiar icon. The screen comes alive with animated googly-eyed characters, bright primary blocks, flashing gold coins, polka-dotted balloons and twirling rockets. I feel my heart quicken with a surge of excitement. When I run out of lives on Toon Blast, I click the Toy Blast icon. I switch back and forth between the two nearly identical games in an adrenaline-fueled frenzy until my daughter yells, "Mom! Are you listening to me?", my husband bellows at me to come to bed, or my eyes bleed. Whichever comes first.

A few years ago, I used to "tsk" at those "losers" who would post their Candy Crush levels on Facebook. When my aunt suggested I try Words With Friends, I scoffed and condescended. I might gander at a New York Times crossword puzzle or flop down a round of solitaire, but I didn't have time for silly apps.

Now here I am, a grown woman, ignoring my children and husband while I poke at cartoon characters on my tablet like some kind of trained chimpanzee. How did this happen?

According to Adam Alter, author of Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked (2017), tech executives are to blame for me being a Toon Blast junkie. Apparently, today's industry big shots

select apps based on how addictive they are. In fact, the tech industry is now being compared to American tobacco companies. In the 1960s, big tobacco execs realized that their customers' chemical dependence was their products' crucial selling point, but they didn't publicly acknowledge nicotine as addictive until 30 years later. Today's tech industry is being accused of the same kind of consumer manipulation.

In January, two big investors sent an open letter to Apple, citing the harmful effects of cell phone overuse on children, and calling on Apple to prevent such overuse through more parental controls. The research cited in the letter — and all over the internet — is nothing short of alarming.

The letter, citing a study by Professor Jean Twenge of San Diego State University, stated that "U.S. teenagers who spend 3 hours a day or more on electronic devices are 35 percent more likely, and those who spend 5 hours or more are 71 percent more likely, to have a risk factor for suicide than those who spend less than 1 hour."

Another study published last month found that restricting bedroom use of smartphones was related to decreased risk of addiction, better focus, more satisfying relationships, and overall happiness. A similar study found teenage girls at particular risk of depression and suicide from smartphone overuse. Some researchers have argued that digital technology is to blame for the delay in young people making social-transitions such as working full-time, getting married, and becoming parents. Moreover, over half of American teenagers themselves admitted to "feeling addicted" to their smartphones, in a 2016 survey by Common Sense Media.

However, other reputable scientists and industry insiders say that the research conducted thus far is inconclusive or flawed, and the worry over mobile device overuse is overblown. Some blame parents for not monitoring their children, while others cite studies showing that cell phone usage has actually benefitted young people socially.

The only thing that is clear in this quagmire of sneaky tech executives, blame-deflecting parents and attention-seeking scientists is that, until there is unbiased research based on facts rather than fear or finances, parents have to use common sense in limiting their kids tech usage.

All this analysis would normally induce cravings for a few mind-numbing rounds of Toon Blast, but one study I read could cure my addiction cold turkey: a global survey conducted by AVG Technologies found that 54 percent of kids feel unimportant when their parents are distracted by their mobile devices.

Oh, the irony.
www.themeatandpotatoesoflife.com

www.adamalterauthor.com

www.thinkdifferentlyaboutkids.com

www.sciencedirect.com/science/article/pii/S0747563218301523?via%3Dihub

www.nature.com/articles/d41586-018-02109-8

www.common sense media.org/about-us/news/press-releases/new-report-finds-teens-feel-addicted-to-their-phones-causing-tension-at www.investors.com/politics/editorials/no-apple-is-not-responsible-for-your-kids-smartphone-addiction/

www.common sense media.org/about-us/news/press-releases/new-report-finds-teens-feel-addicted-to-their-phones-causing-tension-at www.journals.sagepub.com/doi/10.1177/2167702617723376

HE'S BEING BRAVE, BUT I KNOW IT'S AN ACT

By Amanda-Lee Pitzer

My son is feeling it. Before lunch, he had been to my office twice for something he "needed." Then, I stopped in the hall and talked to his teacher from last year and she mentioned that she saw him three times that day and each time he stopped for a hug.

This deployment is different for him, he's older now. He likes to say he's the back-up-dad, much to my 6-year old's chagrin. He says it proudly and with a laugh and then the little one starts yelling at him. It's a cover and I know it. He knows it's okay to be sad, but not yet. He knows that for now, he needs to be strong for me and his little brother.

Military life grows a kid up faster than others. It makes them more sensitive and more tough at the same time. Like me, he cried big tears when we pulled away. After we finished bedtime prayers this week, he asked me to pray that he wouldn't miss daddy so much. But I told him missing daddy was a gift. It's how we know our love for daddy runs deep and tells us how much we need him-even though it is painful right now.

But wow, then he woke up the next morning ready to be our own little support team. Of course, he's still just eight, but some days I feel like I'm raising a teenager who is more concerned with taking care of me. This is why I have to make sure that even when I'm busy and handling it all on my own, I stop and take time to let them be kids and forget that dad is deployed. It's why we have a trip scheduled every month from now until school starts again. It's why I decided to work some this summer instead of doing the normal teacher thing — so I can provide that for them.

A spouse never gets the luxury of forgetting even for a moment, especially when you have kids. But I'll do everything I can to help them be blissfully happy because those down days will come. And when it does, he will know it's okay not to be tough that day. He will know that mommy doesn't always need him to take care of her. But the beautiful part is that I know it is building character within him.

I don't know how it will assist him in the future, but I know that this life we live will serve him well somehow. Mama's, be proud of our military brats and show grace when they are brats. Because they will be — I think they've earned that right.

April 13th is "Purple Up" day — which is a day to wear purple in support of our military children. April is the month of the military child — do something special for a military child you may know, especially if they are missing a loved one.



Amanda-Lee Pitzer

The official flower of the military child is the dandelion. Why? The plant puts down roots almost anywhere, and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates. Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

NavyLife101.wordpress.com

Heartbreaking goodbyes, but heart-stopping hellos are coming

By Amanda-Lee Pitzer

I just wanted to hold on and never let go. I was 20 years old and we had been married one month. I was at the airfield saying goodbye and my heart was beating so hard that my husband told me he could feel it in his chest. It made it so hard for him to walk away. Ever since then I've tried so hard to conceal my emotions on deployment day because I know it is so hard for him to leave us. We have it easy; we get to stay home with our kids, in our home, with our normal. I can't imagine walking away from my babies for months at a time.

This moment is the one we dreaded. Getting back in the car and driving off base through a mess of tears never gets easier. Do you hear me, new spouse? It never. Gets. Easier. Yes, you might learn to cope with it better, but the feelings are the same. I always say that I'm glad it doesn't get easier. The minute it gets easy, there is a problem. These feelings are a beautiful reminder of the love you have for your Sailor. It's still there, even after you've gone through the suck of pre-deployment. He is still your everything.

I always allow myself one night of wallowing. I go home and I cry myself to sleep. And I don't mean a few tears, I mean big ugly sobs. But then it's time to tackle this head-on.

The first 2-3 weeks are the hardest as you find your normal for this period of time, but you can do it. The worst is behind you. Join your family readiness group (FRG) — I know many of you have a hate/love relationship with your FRG, but do it anyway. The support is crucial. Find a project, a hobby, join a regular playgroup or ladies group, become more involved in church or volunteerism. Just don't sit at home. My first deployment I sat at home. I counted down the hours until I could go to bed. It was the worst way to spend 6 months. Don't make that mistake. You can do this. Your heart is broken now, but through this, you will learn what real strength is. Your heart-stopping hello will be here before you know it. I promise.

NavyLife101.wordpress.com



Sailors man the rails as the aircraft carrier USS Harry S. Truman (CVN 75) departs Naval Station Norfolk.

MC2 Jessica Paulauskas



■ **Q. My lease is up soon but I don't want to renew for a year, can I stay for a couple more months?**

A. It all depends on your lease. Some leases automatically renew on a month to month basis, others renew for a year. Check your lease carefully, if notice is not given at the right time, you may be stuck for another year. Contact your HSC for details.

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

- Functions and/or services FFSC provides:**
- Clinical Counseling- (Individual, Couples, and Child Counseling)
 - Personal Financial Management
 - Information & Referral
 - Family Employment Assistance
 - Transition Assistance
 - Family Advocacy Program
 - Deployment and Mobilization Support
 - Ombudsman Support
 - Relocation Assistance
 - Parenting Programs
 - Stress and Anger Management
 - Command Support
 - Crisis Support
 - Suicide Prevention
 - SAPR Support

NAVY HOUSING
Norfolk (757) 445-2832
JEBLCFS (757) 462-2792
Oceana/Dam Neck (757) 433-3268
Yorktown (757) 637-9082



Little Creek/Fort Story (757) 462-7563
Newport News (757) 688-6289
Norfolk/Portsmouth (757) 444-2102
Northwest (757) 421-8770
Oceana/Dam Neck (757) 433-2912
Yorktown (757) 887-4606

www.cnic.navy.mil/navylifema

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

Help is just a *Click*,
Call or *Text* away!

For confidential victim assistance, visit www.SafeHelpline.org

Live Help 24/7
Call 877.995.5247 (Inside the U.S. or via Defense Switched Network)

Text zip code or installation/base name to 55247 (Inside the U.S.) or 202.470.5546 (Outside the U.S.)

TSC San Diego emphasizes teamwork at 2018 SAPR cup

By Lt. j.g. Ronald E. Ceballos

Training Support Center San Diego Public Affairs

SAN DIEGO

Training Support Center (TSC) San Diego took second place overall in the fourth-annual Naval Base San Diego (NBSD) Sexual Assault Prevention and Response (SAPR) Cup competition.

The SAPR Cup competition is held on NBSD every April during Sexual Assault Awareness and Prevention Month. This year's theme is "Embrace Your Voice."

"The SAPR Cup competition is a great way to raise awareness of sexual assault and the services we can provide to victims," said Moniece Montoya, TSC San Diego's Sexual Assault Response Coordinator (SARC). "The event increases a team dynamic in raising awareness and we find that people tend to learn better in an interactive team-building environment."

SARCs from NBSD offered advice on options available to victims and discussed the role that all Sailors have in helping one another.

Afloat and ashore commands from the San Diego region competed in 12 events at the NBSD Admiral Prout multi-purpose field, including a cadence competition, five running events, tug-of-war, sit-ups, push-ups, pull-ups, tire flips and SAPR trivia.

"Sports and team competitions are great ways to build trust and camaraderie within our command," said Chief Aviation Boatswain's Mate (Equipment) Leguan D. Penigo, TSC San Diego's training department (N7) leading chief petty officer. "The teamwork that we foster here today will definitely promote a culture of respect and open communication in the workplace."

Aside from raising awareness, the SAPR Cup is also used



Training Support Center San Diego places second overall during the Naval Base San Diego (NBSD) Sexual Assault Prevention and Response (SAPR) Cup competition. The SAPR Cup competition is held on NBSD every April during Sexual Assault Awareness and Prevention Month. This year's theme is Embrace Your Voice.

Lt. Kevin D. Frederick

"We may never understand how hard it is to be a victim, but we can always help them. Do that extra push-up, push the tire harder, run faster. Give as much as you can to support that victim."

Capt. Roy Love, NBSD commanding officer.

to signify the Navy's constant support and dedication to victims of sexual assault.

"We may never understand how hard it is to be a victim, but

we can always help them," said Capt. Roy Love, NBSD commanding officer. "Do that extra push-up, push the tire harder, run faster. Give as much as you can to support that victim."

TSC San Diego provides centralized student management, facilities, information technology, and training support to Naval Education and Training Command supported commands in the Pacific Region. For information about TSC San Diego visit www.netc.navy.mil/centers/tscsd/.

For additional information on the Naval Education and Training Command, visit the NETC website at www.netc.navy.mil.

mil or www.navy.mil/local/cnet/. Follow us on Facebook at www.facebook.com/netcpao and Twitter @netcpao.



Lt. j.g. Ronald E. Ceballos
Seaman Benjamin Jackson from Training Support Center San Diego participates in a tire flipping competition.



Our Mission: Your Education

For over 40 years, Saint Leo University has empowered individuals just like you to take charge of their futures through the achievement of academic success. Whether you are currently on active duty, a veteran, reserve or guard member, or a military spouse, Saint Leo has a program that will fit your needs.

Saint Leo Offers:

- Flexible, affordable, values-based education
- Earn your associates, bachelor's, or master's degree
- Discounted tuition for active duty, guard, reserves, and military spouses
- VA Certifying Officials on staff
- Approved for VA benefits and the GI Bill®
- Classes offered both online and on-ground

Call or stop by today to speak with one of our dedicated staff at our Military Education Centers at NS Norfolk, JEB Little Creek, NAS Oceana, Ft. Eustis, or Langley AFB.



Recognized as a Top Military Educator

Certified by SCHEV



SAINT LEO UNIVERSITY

8 locations throughout Virginia

NS Norfolk - 757.489.0969 | JEB Little Creek - Fort Story - 757.464.6449
NAS Oceana - 757.428.8395 | Chesapeake Education Center - 757.917.1325

SaintLeo.edu

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by the VA is available at the official U.S. government website at <http://www.benefits.va.gov/gibill>.



**RICHMOND EXECUTIVE -
CHESTERFIELD COUNTY AIRPORT**
804-768-7700

MILITARY AVIATION SERVICES



<http://www.chesterfield.gov/airport/>

Kings Korner Restaurant & Banquet Facility

Military Fuel Contract

JET A • 100LL

ILS/AWOS

FBO Courtesy Car



MC2 Jesse Monford

ESG-3 HOSTS SHIP-TO-SHORE POWER TRAINING

By MC2 Jesse Monford
Expeditionary Strike Group 3 Public Affairs

SAN DIEGO

Expeditionary Strike Group (ESG) 3, alongside Afloat Training Group (ATG) San Diego, the San Diego Engineering Readiness Assistance Team (ERAT) and Naval Facilities Engineering Command (NAVFAC) hosted ship-to-shore power training.

Shore power is the delivery of pierside electrical power to a ship at berth while its main and auxiliary engines are shut down. Utilizing shore power saves consumption of fuel that would otherwise be used to power vessels while in port and eliminates the air pollution associated with consumption of that fuel.

The four commands worked side-by-side with Sailors from across the waterfront, training and helping them to learn how to operate and maintain some of the most complex equipment in the Navy. Conducting this training was to prevent mishaps and mitigate risks of shipboard fires.

“We want to get everyone familiarized with the proper way to connect and disconnect with torque values and proper procedural compliance,” said Capt. (Sel) Robert Bailey, ESG-3’s N4

Assistant Chief of Staff. Bailey was the lead organizer of the training event.

Alfonso Jo, NAVFAC's Metro Production Office Utilities Superintendent, stated that having a list of the things that ships are supposed to check, along with having the necessary parts on-hand to be able to fix those things, would make the ship-to-shore power evolution more safe and sound. This also would ultimately lead to a Maintenance Requirement Card for ships to follow.

Steve Davidson, ERAT's Electrical and Auxiliary subject matter expert, went over what Sailors can do to better prevent them from experiencing any future mishaps.

“We need to give our guys more hands-on training because not everyone learns from looking at the powerpoints,” Davidson said. “Step-by-step procedures, getting these guys in the action via the proper training tools in a safe manner, can be the difference maker here.”

ESG-3 comprises three amphibious squadrons, eight naval support elements and 14 amphibious warships comprised of more than 14,000 active-duty and reserve Sailors and Marines. The mission of ESG-3 is to serve as the command element for Marine expeditionary-brigade level expeditionary operations as commander of an amphibious task force.

For more news from Expeditionary Strike Group 3, visit www.navy.mil/local/esg3/.

FREE HOME
DELIVERY
for south hampton roads residents



**SIGN UP
TODAY!**
CALL 222-3900

OR

**VISIT US
ONLINE**



flagshipnews.com

**GET THE PAPER
DELIVERED TO
YOUR DOOR FOR
FREE!**

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



Michael Murphy returns from deployment

From Carl Vinson Strike Group Public Affairs

PEARL HARBOR

The guided-missile destroyer USS Michael Murphy (DDG 112) returned to Pearl Harbor, April 18, after a three-month deployment to the Western Pacific with the Carl Vinson Strike Group.

During the deployment, the strike group conducted routine operations in the Indo-Pacific that helped maintain security and stability in the region. Michael Murphy also completed a joint Oceania Maritime Security Initiative (OMSI) patrol with the U.S. Coast Guard.

“The crew demonstrated outstanding readiness, watch-standing and navigational skill,” said Rear Adm. John Fuller, the strike group commander. “I am very pleased with what we accomplished as a team.”

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

“I am proud to say that the crew performed superbly across all mission areas as well as being tremendous ambassadors afloat and ashore for the United States throughout our deployment,” said Cmdr. Kevin T. Louis, the ship’s commanding officer.

Michael Murphy’s crew of 350 Sailors conducted training with the French navy and visited the Philippines and Guam. The ship also hosted officials from Pohnpei, Federated States of Micronesia for a tour and sent 35 crew members ashore to play softball with local residents.

“This was my first deployment,” said Operations Specialist Seaman Laura Sanford. “The hardest part for me was managing my time between work and studying for various qualifications, and being away from home. I was able to accomplish all my goals while gaining new experiences along the way that I will be able to share with friends and family.”

Personnel on board the destroyer included an embarked detachment from the “Easyriders” of Helicopter Maritime



Photos by MC3 Jessica Blackwell

The guided-missile destroyer USS Michael Murphy (DDG 112) returns to Pearl Harbor after a three-month deployment to the western Pacific with the Carl Vinson Carrier Strike Group.

Strike Squadron (HSM) 37, which safely completed 400 flight hours.

“I am extremely grateful for the hard work and dedication demonstrated by this fantastic crew during deployment,” said Louis. “We have a motto on board that no matter what the ship is tasked to do, we ‘Lead the Fight,’ meaning that no matter how challenging or arduous the task, we will push through and complete it successfully in memory of the fighting spirit of our namesake.”

Commissioned in 2012, Michael Murphy is the Navy’s 62nd Arleigh Burke-class guided-missile destroyer. The ship’s namesake, Lt. Michael P. Murphy, was a U.S. Navy SEAL. He was posthumously awarded the Medal of Honor for heroic actions during Operation Red Wings in Afghanistan on June 28, 2005.

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



Chief Fire Controlman (Aegis) Torry Harrison is welcomed by his son and daughter during the homecoming celebration for the guided-missile destroyer USS Michael Murphy (DDG 112). Michael Murphy returns home to Pearl Harbor after a three-month deployment to the Western Pacific with the Carl Vinson Strike Group. The crew of 350 Sailors conducted training with the French navy and visited the Philippines and Guam. USS Michael Murphy also completed a joint Oceania Maritime Security Initiative (OMSI) patrol with the U.S. Coast Guard.

Thomas F., Student
Psychology. Family Man. Veteran.

★ 2018 ★
TOP
YELLOW RIBBON
★★★
ONLINE COLLEGES
SR EDUCATION GROUP

WARRIORS THRIVE
ONLINE

Earn your degree online with TROY, a distinguished state university. With a proud history of helping students achieve their career goals, TROY was one of the first universities to offer online learning. Whether you’re learning online, in class or a blend of both, Troy University gives you the education, flexibility and personal attention you need to succeed. Do what you love, and be great at it. That’s the Trojan Warrior Spirit, and it’s alive and well at Troy University.

TROY
ONLINE

Feel it at troy.edu/onlinewarrior or call 1-800-586-9771.

© 2018 Troy University
SCHEV has certified Troy University to operate at 100 Volvo Parkway, Suite 300, Chesapeake, Virginia.

Travelpro® | Luggage
Outlet

TAKE AN EXTRA
20% OFF
of your entire purchase of \$100 or more.

ITEMS ARE ALREADY
30% to
50% OFF

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

NORFOLK PREMIUM OUTLETS
1600 Premium Outlets Blvd., Norfolk, VA 23502
(757) 673-3779

PM-25609657R

BOOTS, BIRTH, BEYOND: STUDYING THE HEALTH OF MILITARY CHILDREN

From Naval Health Research Center Public Affairs

SAN DIEGO

They may not come issued with a seabag, but children are an important part of military families. Healthy, resilient children and families contribute to the readiness of individual service members.

At the Naval Health Research Center (NHRC), we use science and research to support the youngest members of our military community. Two projects within our Deployment Health Research Department—the Department of Defense (DOD) Birth and Infant Health Research (BIHR) program and the Millennium Cohort Family Study—focus on the health of service members and their families. Researchers study exposures and experiences, particularly those unique to military service, and whether they have an impact on the physical or mental health of military children.

Each year, approximately 100,000 infants are born to military families. These children who were born into the military community will continue to be affected by military life for years to come. Understanding the relationship between military service and the health of military children is important to the well-being and readiness of the entire family.

Fast facts for military births, 2003–2016

- 1.5 million infants born to military families
- 66% born to spouses of active duty service members
- 13% born to active duty women
- 21% born to Reserve/National Guard mothers or other DoD beneficiaries
- 63% born to moms aged 20–29
- 89% born to sponsors who were married
- 66% born to non-Hispanic whites

Military service and reproductive health

The BIHR team monitors health outcomes, such as birth defects and low birth weight, among infants born to military families through their first year of life. However, since exposures that occur just before or during pregnancy can affect the overall health of an infant, the BIHR team also focuses their research on potentially concerning exposures that can happen before a baby is born.

What is a potentially concerning exposure? Exposure to the workplace or environmental contaminants, chemicals, toxins, or other hazards is potentially concerning because they could affect the reproductive health of individuals exposed to them. How an exposure impacts reproductive health depends on several things, including:

- When the exposure happened (before conception or during pregnancy)
- What type of exposure (chemical, infectious disease, radiation, stress-related)
- Amount of the exposure
- Duration of the exposure

Military children are born in all 50 states and overseas, so exposures could result from something not specifically related to military service. For example, military families stationed in Japan at the time of the 2011 earthquake, tsunami, and subsequent Fukushima nuclear power plant di-

saster had a potential exposure to radiation. The BIHR team’s research can help determine if infants born to parents following such unexpected exposures have an increased risk for poor health outcomes.

Perhaps of greater value to military families is research that looks at risks following anticipated exposures—exposures that are an expected part of military service, such as deployments and vaccinations. By identifying these types of risks, procedural and policy changes can be made to prevent or reduce them.

Vaccinations are a standard part of military life and warfighter readiness. They protect service members from infectious diseases they may encounter due to living in close quarters or by deploying to parts of the world where certain diseases are a concern. A number of these vaccines are not recommended for use in pregnancy, such as anthrax or smallpox vaccine. Sometimes, though, they are inadvertently given to female service members who may be pregnant but are not aware at the time they are vaccinated.

From 2003 through 2014, approximately 6.2 percent of infants born to active duty women were born to moms who were deployed for part of their pregnancy. The BIHR team can monitor these infants to see how their health outcomes compared to infants whose mothers did not deploy. The team also monitors the health of infants conceived following their active duty father’s return from deployment—exposures of potential concern experienced by male service members could also impact infant health.

Military life and families

While the BIHR team focuses on the physical health of the youngest military children, infants, the Millennium Cohort Family Study looks at the overall well-being of military families, including children.

While a deployment may increase the risk for children’s psychological and behavioral health problems, researchers have also identified factors that can positively influence how well children handle a parent’s deployment. Study findings indicate that military spouses who experience deployment and can remain involved in normal social activities with friends and family had children with lower odds of depression or ADHD.

Research for ready families, resilient children

Military service doesn’t just affect the active duty member, it touches all members of the military family, including children. Deployments, service-related experiences and exposures, and the unique aspects of military life all have the potential to impact the physical health and psychological well-being of military children.

Through projects like the BIHR program and the Family Study, researchers can improve understanding of the relationship between military service and child health in an effort to reduce health risks, develop interventions, and provide support for military children. Research can lay the foundation for building healthy, ready, and resilient military children.

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

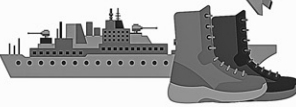
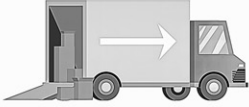


SUPPORTING THE HEALTH & FUTURE OF MILITARY KIDS

HIGHLIGHTING TWO EFFORTS AT NHRC

CHILDREN ARE INTEGRAL MEMBERS OF MILITARY FAMILIES

Service-related stressors may impact the health of military children: moves, unique exposures, & hazardous duties by service members



NHRC conducts research to evaluate the health of military kids, from birth through adolescence, to promote a bright future for them.

BIRTH AND INFANT HEALTH RESEARCH

2003-2016

1.5 MILLION infants monitored

Goal: To monitor the health of infants born to military families.



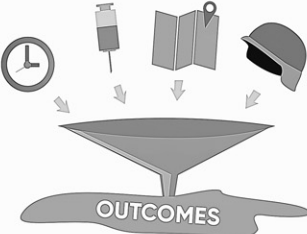
BORN TO:



- 13% Active duty women
- 66% Military spouses
- 89% Married sponsors
- 66% Non-Hispanic white sponsors
- 75% Sponsors with less than a college education



BIHR DEFINES BASELINE INFANT HEALTH METRICS



OUTCOMES

Outcomes can vary based on type & timing of exposure.

Exposures experienced by a parent can impact their infant’s health, including: geographic location, deployment, or vaccines.

BIHR, established in 1998, assesses if the outcomes among exposed groups differ from baseline/expected levels.

Examples:

- Birth defects
- Growth problems in utero & in infancy
- Preterm births

MILLENNIUM COHORT FAMILY STUDY

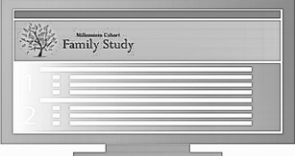
EST. 2011

The Family Study surveys spouses to determine if, and how, deployment experiences and service member readjustment impact family health and well-being.

~10,000 participants

At the time of the 1st survey **>60%** have kids, most age **1-5**





Family Study participants are married to service members who have **2-5 years of service** and are part of the **Millennium Cohort Study**. This allows a complete picture of these families’ unique experiences.

DEPLOYMENT AND MENTAL HEALTH OF MILITARY KIDS

Deployments can be **STRESSFUL** for families.

70% of Family Study participants encountered at least one deployment.



Most children appear to be doing well. But, during or after deployment, children may have a greater likelihood of ADHD or depression.

What can spouses do to reduce risk? Odds are **lower** when spouses at home can remain engaged in normal social activities.



helpful links:

<http://www.familycohort.org/>

<http://www.familycohort.org/research/publications>

<http://www.med.navy.mil/sites/nhrc/research/raph/Pages/Reproductive-Health.aspx>

<http://www.med.navy.mil/sites/nhrc/news/Pages/publications.aspx?category=Military%20Population%20Health>

Contact: DoD.NHRC-BirthRegistry@mail.mil

BIRTH & INFANT HEALTH RESEARCH

MILLENNIUM COHORT FAMILY STUDY

U.S. Navy graphic by Amanda Wagner

PORTLAND | Ship hosts 116 guests

Continued from B1

ence life aboard a vessel they witnessed being built from the ground up.

“We’ve been working towards the ship’s commissioning ceremony since they started building the ship in Mississippi,” said Gary Piercy, Portland commissioning committee chairman. “We’re very pleased and proud to welcome the ship to the great city of Portland.”

During the embark, guests were able to visit static displays set up around the ship, visit the pilot house, among other locations, and share a meal with crew members.

“It was an awesome experience today to be able to share our ship’s capabilities and those of the Navy/Marine Corps team with all of our friends and family, as well as the commissioning

committee, as we transit along the great Columbia River,” said Lt. Cmdr. Nicholas Bularzik, the ship’s friends and family day coordinator.

In addition to friends and family members, other guests included 22 Portland division sea cadets, who received the opportunity to experience life aboard a Navy warship for the first time.

Sailors whose family members joined them relished the opportunity to show off their work environment.

“It feels great to have my dad on board,” said Engineman Fireman Colton Wilson, assigned to the engineering department. “He finally gets to see what we actually do on a day-to-day basis. He’s happier than he’s ever been.”

For more news from Expeditionary Strike Group 3, visit www.navy.mil/local/esg3/.

SWATT | USS John C. Stennis training underway

Continued from B1

Units participating in the John C. Stennis CRUDES SWATT are Destroyer Squadron (DESRON) 21, USS Mobile Bay (CG 53), USS Stockdale (DDG 106), and USS Spruance (DDG 111). The exercise is supported by Military Sealift Command fleet replenishment oiler USNS Henry J. Kaiser (T-AO187), the Grey Knights and Golden Swordsmen of Patrol Squadrons (VP) 46 and 47, and the Easyriders and Raptors of Helicopter Maritime Strike Squadrons (HSM) 37 and 71.

SMWDC, who is leading the exercise, is supported by a whole host of organizations to include Naval Information Warfighting Development Center (NIWDC), the Center for Naval Analyses (CNA), CSG 15, Naval Surface Warfare Center (NSWC), Corona Division, Naval Undersea Warfare Center (NUWC), Keyport Division, Submarine Squadron (SUBRON) 11, Patrol and Reconnaissance Wing TEN (CPRW 10), Fleet Area Control and Surveillance Facility (FACSFAC), Naval Air Warfare Center Weapons Division (NAWCWD), Military Sealift Command Pacific (MSCPAC), Afloat Training Group (ATG), and Commander, Anti-Submarine Warfare Force THIRD Fleet (CTF 34).

CRUDES SWATT events provide dedicated in port and at sea training for surface ships that focus on watch team, unit, Air Defense Commander, and Sea Combat Commander training prior to the integrated phase of training with the CSG. The exercise provides focused training in a number of specific warfare areas including Surface Warfare (SUW),

Anti-Submarine Warfare (ASW), Integrated Air & Missile Defense (IAMD), and Information Warfare (IW).

“Our goal is for surface ships and associated air assets to go through a SWATT during each deployment training cycle,” said Wade. “This is our third SWATT exercise, and we’re planning three more this year. The demand signal from the Fleet is there, and SWATTs are critically important to give our Sailors the competence and confidence to be more competitive in the maritime environment.”

What makes SMWDC’s training unique isn’t simply a focus on learning — it is also the methods by which the command drives at them. First, senior mentors including post-major command captains, post-commander command commanders, Warfare Tactics Instructors (WTI), and technical community experts plan the training events, brief teams, and embark the ships for the entirety of the exercises to walk through a defined Plan, Brief, Execute, and Debrief (PBED) process. Second, the training team’s efforts are aided replay tools that provide ground truth performance data to shipboard teams in order to facilitate rapid learning.

“I was an athlete in college and learned the value of leveraging film to improve future performance,” said Lt. Cmdr. Dave Hollon, an Anti-Submarine/Surface Warfare (ASW/SUW) Warfare Tactics Instructor (WTI) and lead planner for the John C. Stennis CRUDES SWATT. “When you look at what professional athletes and elite organizations like the National Football League have done to enhance team performance using playback tools like the All-22 camera system, there’s no doubt in my mind that tools like the ones we’re using at SMWDC will pay dividends. It’s a great experience to be able to see watch teams learn and grow applying the PBED methodology.”

Ultimately, SWATT events provide a high-fidelity system,

tactics, and human performance data that enable the Surface Warfare enterprise to improve warfighting readiness and increase lethality. After SWATT, data recorded in training events is extracted through a partnership between SMWDC and NSWC Corona and NUWC Keyport. After the data is compiled, it is reviewed at a Data Analysis Working Group (DAWG) which analyzes the system, operator, and performance analysis — a process that takes approximately 4–6 weeks after SWATT event completion. Further, the analyzed data is parsed out to appropriate entities within SMWDC and the Surface Warfare community to refine doctrine and tactical guidance, provide capabilities assessments, define future requirements, and to inform future training events.

Commander of Destroyer Squadron TWENTY ONE Capt. Henry Adams was enthusiastic about the opportunity for DESRON 21 the ships to get underway for the SWATT.

“CRUDES SWATT is a great opportunity for our team to train together and learn to use our weapons, sensors, doctrine, and tactics to prepare us for the integrated phase of training and to make us combat ready and battle minded. We have to shoot, move, and communicate better and more nimbly than our adversaries to carry out our mission, and SWATT helps us do that.”

DESRON 21 is a part of CSG 3, and U.S. 3rd Fleet. Third Fleet leads naval forces in the Pacific and provides realistic, relevant training necessary for an effective global Navy.

SMWDC is a subordinate command of Commander, Naval Surface Forces, U.S. Pacific Fleet and exists to increase the lethality and tactical proficiency of the Surface Force across all domains.

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

Huge Savings on 2018 Vacations!

Grand Alaskan Cruise & Tour

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

Departs August - September 2018

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



Ultimate Hawaii Tour with Pearl Harbor Experience

13 days from ~~\$2,249*~~ **\$1,799***

Departs weekly year-round in 2018

Enjoy a fully-escorted 4-island Hawaiian vacation visiting Oahu, Kauai, Maui and the “Big Island” of Hawaii. Includes a Pearl Harbor experience visiting the USS *Arizona* Memorial and Battleship *Missouri*, Waikiki Beach, Oahu Island Tour, Fern Grotto River cruise, historic Lahaina, Volcanoes National Park and our Farewell Feast. Centrally-located hotel in Waikiki and beachfront on the other islands, price includes 3 inter-island flights, baggage handling, and sightseeing.



Rose Parade & Los Angeles Tour

5 days from ~~\$1,049*~~ **\$799***

Departs December 29, 2018

Enjoy the 130th Rose Parade on New Year’s day 2019 from the comfort of grandstand seating. Five days in Los Angeles, fully-escorted, including 4 nights of hotel accommodations conveniently located near LAX, baggage handling at the hotel and a sightseeing tour of Los Angeles, including Walt Disney Concert Hall, the Chinese Theater, and the Hollywood Walk of Fame. Join us for an insider’s private viewing of the Rose Parade floats at Rosemont Pavilion, followed by a dinner in the official Rose Parade activity tent. Book now!



YMT Vacations – the escorted tour experts since 1967!



Promo code **N7017** **1-877-287-0891**

*Prices are per person, double occupancy and exclude taxes & government fees of up to \$299. Prices shown are after Instant Rebate or 2for1 offers are applied. Cruise prices based on Inside Cabin. Free onboard credit with Ocean View or Balcony cabin purchase for Alaska. All special offers apply to new bookings only made by 5/30/18 and are subject to availability. Lowest season prices shown; seasonal charges and single supplements may apply. Add-on airfare is available. Additional terms and conditions apply, ask your Travel Consultant for details.



5 DEEP CLEANING JOBS THAT ARE ODDLY SATISFYING:
Whether it's scrubbing through grime to reveal a sparkling surface, cleaning dust bunnies from under appliances or organizing your pantry, there's something oddly satisfying about a deep clean.
» See **C4**



NORFOLK NATO FESTIVAL

*A celebration of our 29 international Allies right here in our own backyard
April 26 & 28, 2018*

From Virginia Arts Festival
For over 65 years, Norfolk, Virginia has organized a salute to NATO's role in maintaining peace and stability in the world — Norfolk NATO Festival. Norfolk is NATO's home in North America, and the Norfolk NATO Festival is the only festival in the world which honors the North Atlantic Treaty Organization and its 29 member nations. Norfolk NATO Festival returns April 26 and 28, continuing a tradition of cultural exchange and enriching the lives of community members of all ages.
All events are free and open to the public as each of the 29 NATO Member Nations and NATO Representatives interact and engage with visitors giving insights about that nation's culture — no passport required!

NATO Nations
Albania • Belgium • Bulgaria
Canada • Croatia • Czech Republic
Denmark • Estonia • France
Germany • Greece • Hungary
Iceland • Italy • Latvia • Lithuania
Luxembourg • Montenegro • The Netherlands
Norway • Poland • Portugal

Romania • Slovakia • Slovenia • Spain
Turkey • United Kingdom • United States
“The NATO family and I welcome all members of the community to experience the celebration of the longstanding relationship between NATO and the City of Norfolk,” said Supreme Allied Commander Transformation, French Air Force General Denis Mercier. “We feel at home here and enjoy sharing our mission, as well as the culture and heritage of the 29 NATO Member Nations.”

NATO Flag Raising Ceremony
Thursday April 26, 2018 • Scope Plaza, Norfolk, VA • 5 p.m.–6 p.m.
Enjoy a cultural sampling of music and a colorful display of NATO Member Nation flags and uniforms in this military presentation representing all 29 NATO Member Nations.

65th Annual Parade of Nations
Saturday, April 28, 2018 • Downtown Norfolk • 10 a.m.–11:30 a.m.
The only parade in the United States to honor our international allies of NATO, Saturday's thrills begin with one of the most unique parades in the U.S. You'll see over a hundred parade units — nearly 1,000 people — on colorful floats representing the 29 member NATO nations plus U.S and international military bands, high school bands from across the U.S., and more!

NATO Fest's International Village
Saturday, April 28, 2018 • Town Point Park, Norfolk, VA • 11:30 a.m. to 3 p.m.
Experience the sights, sounds, and tastes of the 29 NATO nations! The village features something for the whole family — performances, international art, cuisine, souvenirs, and craft beers. Park opens immediately following the Parade.

About Norfolk NATO Festival
Norfolk NATO Festival was founded in 1953, just one year after the establishment of NATO's Allied Command Atlantic in Norfolk, Virginia. In that year, the citizens of Norfolk organized a salute to these Allied forces in order to create new friendships, provide a basis for cultural exchange, pursue new lines of trade between Norfolk and the world, and to recognize NATO's role in maintaining peace and stability in the world. Allie Command Atlantic was decommissioned in 2003. This year marks the 15th anniversary of Allied Command Atlantic's successor, Allied Command Transformation.
The Norfolk NATO Festival enriches the lives of local citizens through NATO focused programs. The Norfolk NATO Festival facilitates educational opportunities for students throughout Hampton Roads which center on NATO and its 29 Member Nations. Education programs are available throughout the year for elementary, middle and high schools students throughout the region. The hallmark education program is the Model NATO Challenge.

Warbirds Over the Beach World War II Air Show returns to Virginia Beach this May

From The Military Aviation Museum
A trip back to the 1940s — hundreds of re-enactors, reminiscent entertainment, flying warplanes and more!

Virginia Beach skies will once again be alive with the sight of flying vintage aircraft for the Military Aviation Museum's Annual Warbirds Over the Beach Air Show, held Friday, May 18 through Sunday, May 20 at the Military Aviation Museum in Virginia Beach. The weekend boasts a real 1940s atmosphere with entertainers, re-enactor encampments, a military flea market, hangar dance and more!
The museum's large collection of World War II aircraft fly all three days (weather permitting), featuring iconic American classics such as the P-51 Mustang and the Corsair, the British Spitfire and Hurricane, along with one of the newest additions to the museum's collection, a German Messerschmitt Bf-109. Airshow festivities take-off on Friday, with practice flights throughout the day from many of the aircraft participating in the show, along with re-enactor camp set up. Saturday and Sunday will feature a variety of entertainers to include Theresa Eaman, a nationally known jazz artist, and the New York-based America's Sweethearts. A military flea market will offer aviation-themed treasures and local vendors will be ready to serve up some tasty cuisine. A hangar dance headlines Saturday afternoon, complete with live big band music compliments of the Mark Michielsen Big Band.

For the full experience, guests can ride in an authentic World War II aircraft. The mu-



Photos courtesy Military Aviation Museum
See vintage military aircraft in action at the Warbirds Over The Beach WW2 air show, May 18-20.

» See **WARBIRDS** | C2

Virginia Musical Theatre’s “Kiss Me Kate” at the Sandler Center this weekend

By Yiorgo

“Kiss Me Kate” is a musical written by Samuel and Bella Spewack with music and lyrics by Cole Porter. The original production ran for more then 1,000 performances on Broadway and in 1949 it won the first ever Tony Award for Best Musical.

The story is about the production of a musical version of William Shakespeare’s “The Taming of the Shrew” and the on and off-stage antics between the show’s director, producer, and star, Fred Graham, and his leading lady, his ex-wife Lilli Vanessi. There is also a secondary romance between Lois Lane, the actress playing Bianca and Bill, her gambler boyfriend.

With numerous original productions, revivals, National Tours and many awards later, renowned local musical theatre director Chip Gallagher is thrilled to be directing “Kiss Me Kate” this weekend, April 27th-29th at the Sandler Center for the Performing Arts.

For tickets, dates and other info go to: www.vmtheatre.org
A published arranger and composer, Mr. Gallagher has served as director and/or musical director for Paramount’s Kings Dominion, Virginia Musical Theatre, and The 19th Street Festhaus & Brewery, The Annabel Lee, First Night Virginia Beach and The Virginia Stage Company. Some of his directing credits include: “Will Rogers Follies, Lucky Stiff, Aida, Legally Blonde, How To Succeed in Business Without Really Trying, Chicago, Epic Proportions, All Shook Up, Swing, The Apple Tree, Mary Poppins, Chitty Chitty Bang Bang, A Christmas Carol, Nice Work If You Can Get It, Next To Normal, Jekyll & Hyde, & Catch Me If You Can.”

Yiorgo (Y): Where were you born and can you tell us a little about your early life prior to getting into entertainment?

Chip Gallagher (CG): I was born in Norfolk, grew up in Virginia Beach and went to Bayside High School. I was a kid that liked to sing and perform and I did perform in my high school choir and drama. I loved it, so I went to James Madison University for music theory composition.

Y: Who motivated you or why did you decide to get into musical theatre?

CG: My grandmother was a tap dancer for the Glenn Miller Orchestra and taught me my first time-step before I ever had a dance class. I always wanted to be a performer. As long as I can remember I would watch the Academy Awards, Tony Awards, any and all award and variety shows, I was really interested in them from an early age and started singing like in the 3rd grade in school in whatever presentations they put together. I also took piano lessons at an early age so I had a foundation in music.

Y: You wear many hats. You serve as chair of the Musical Theatre Department at the Governor’s School for the Arts (GSA) and you are also the Acting Artistic Director for Virginia Musical Theatre (VMT). Talk to us about how you started with GSA, with VMT, and how you keep that balancing act going.

CG: I was one of the tenors at Park Place Methodist Church and Chuck Woodward during the first full year of the school was a faculty member at GSA and in his church choir and he asked me if I could sub for one of his music theory classes. I

said sure. I was 22 at the time. I met the head of the school, we hit it off, I started doing a show-type choir, one thing led to another, it was a pullout track from the music department that we called Performing Arts, and we started training kids with performing classes, singing and acting, and it evolved into what we call the Musical Theatre Department. From that humble start, we are now a serious musical theatre-training program, with this being my 30th year.

Virginia Musical Theatre is 27 years old and I was on the first Board of Directors and in their first show called “The Boyfriend”. This is my 3rd year as Acting Artistic Director for VMT. It has also been a natural progression, because there is an internship program between VMA and the musical theatre department at GSA for over 20 years. My students at GSA will audition for a show at VMA and if they are right for a part they will be interned and get a grade for being in the show and also some of the students work backstage. Of course we never put a kid into an adult role because VMT is a professional theatre but for the younger or ensemble roles that they can pass for in their early 20’s. It is a great experience for the students because they get to perform and learn with equity actors from New York. Having those one-on-one conversations between breaks is an invaluable tool for the students.

Y: How do you go about casting actors for the plays?

CG: We are very proud of the local, regional talent we have in the area. We are a small regional theatre and we have to use locals and fortunately we have very talented folks in the area, some amazing singers and actors and we combine them with people we bring in from New York. Every show is different, for “Kiss Me Kate” we had to bring in more people from New York, because it is a big dance show. This area is not like New York, LA, or Chicago with a lot of talented singer dancers with nothing to do. There are many talented actors and singers but we do not have the triple threats that can sing, dance and act so for this show we actually went to New York and had a live cast there. We are bringing in 14 people from New York.

Y: I am very familiar with the 1953 movie version of “Kiss me Kate”. How is your production similar or different from the movie or the Broadway production?

CG: To be perfectly honest, I have never seen the movie and once I knew I was directing it, I did not want to see it and be influenced by it. This is the 1999 Broadway revival version with new orchestrations and with some of the music being revamped a little bit. It’s the same songs, just different arrangements. The music is such important part in a musical that we are putting the orchestra on the stage for this production. We have a 19-piece orchestra. The play is a staged, costumed and choreographed show with the orchestra on the stage. They are kinda like the set. I like to do that sometimes because I was a musician first and a composer so music has to be strong, witch is why we hire union musicians for our orchestras because we want that to have a completely strong base, then you build on that with the actors and choreography because after all it is a musical.

Y: Tell us about your cast.

CG: Playing Kate is Heather Parcells. She was just in “Tuck Everlasting” on Broadway, the recent revival of “Chorus Line”



Photographer: Jason Campbell
Hampton Roads native, Chip Gallagher, directs Kiss Me, Kate, playing this weekend at The Sandler Center.

on Broadway, she has done a number of shows on Broadway, she is incredible, a definite triple threat. She reminds me of a young Lucille Ball with her comedic ability. She will roll on the floor and get to any contortion you ask her to do for the comedic bits.

Playing Fred is Michael Hunskaer. He is that old style Broadway Baritone, just incredible voice. He’s got it. Good looks, charming, charisma, everything you need in the role of Fred he brings. He is just incredible as well.

The interesting thing about the two of them is, that they went to Florida State together, and have known each other for twenty years. I had hired Kate first and they auditioned together purely by chance. He comes in and it was like, hey, you are here too. I was like, with their twenty year of chemistry together, if I don’t take advantage of this as a director, then I’m crazy. They bring all that together and he is just as funny as she is.

Bianca is played by Mattie Tucker Joyner and her male counterpart is Jessie Michels with both being incredible triple threats. I got two female senior GSA dancers that are terrific. The GSA guys all looked too young this year with their 20-inch wastes. Our entire cast is really, really strong.

Y: What should people expect to see when they come to see “Kiss Me Kate”?

CG: It is a funny, funny book with incredible Cole Porter standards in the form of music, big, lavish dance production numbers. The cast is incredibly strong and will be dancing all over the place. It’s fun, lively, you are going to laugh, tap your toes, and their voices will knock your socks off.

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

2 MONTHS
UNLIMITED DATA
AND A PHONE
FREE.

WHEN YOU SWITCH. AFTER REBATE REDEMPTION. PLUS SALES TAX.
PLUS ACTIVATION FEE.

metroPCS

WIRELESS **FIGURED OUT.™**

New line activation or upgrade requires \$10 activation fee per line. Requires payment for second month of service on unlimited LTE plan. Refund in form of Prepaid Mastercard®.

2 Months On Us Rebate:

Offer not available in CT, RI or Miami-Dade County, FL. While supplies last, at participating MetroPCS stores, port-in an existing eligible wireless number to MetroPCS on an unlimited LTE rate plan and receive a \$100 MetroPCS Prepaid Mastercard card (a "MetroPCS Prepaid Card") after submission of a properly completed redemption form and satisfaction of all offer requirements. Limit one (1) per account/five (5) per household. MetroPCS Prepaid Cards are issued by Sunrise Banks N.A., Member FDIC, pursuant to a license from Mastercard International Incorporated. Mastercard is a registered trademark of Mastercard International Incorporated. Use of the card constitutes acceptance of the terms and conditions stated in the Cardholder Agreement. Cards will not have cash access and can be used everywhere Mastercard debit cards are accepted. Full service payment for second month of MetroPCS phone service on unlimited LTE plan on phone must be received no later than 35 days after activation to receive rebate. See store associate or metropcs.com/2monthsonus for rebate forms, rebate eligibility requirements and complete details. Certain restrictions apply. Excludes phone numbers currently active on T-Mobile network or active on MetroPCS in past 90 days. **Phone Instant Rebates:** Select phones free after all instant rebates after port-in of eligible wireless number. Rebate amounts vary based on device. Not valid for numbers currently active on the T-Mobile network or active on MetroPCS in past 90 days. Limit five (5) per account/ household. Instant rebates provided in form of credit against regular purchase price at time of sale and have no cash value. See store associate for complete details. Sales tax not included and is collected in accordance with state and local laws. Certain restrictions apply. Offer available while supplies last. No rain checks. **General:** Not all phones or features available on all service plans. Coverage and services not available everywhere. Rates, services, coverage, and features subject to change. Phone selection and availability may vary. Screen images simulated and subject to change. MetroPCS features and services for personal use only. Service may be slowed, suspended, terminated, or restricted for misuse, abnormal use, interference with our network or ability to provide quality service to other users, or significant roaming. On all plans, during congestion, the fraction of customers using >36GB/mo. may notice reduced speeds until next payment cycle. See store or metropcs.com for details, coverage maps, restrictions and Terms and Conditions of Service (including arbitration provision). MetroPCS related brands, product names, company names, trademarks, service marks, and other intellectual property are the exclusive properties of T-Mobile USA, Inc. Copyright ©2018 T-Mobile USA, Inc.

DO YOU NEED TO SHIP
OR STORE YOUR POV?

\$50 off
Booking Fee
when you
mention
this ad

When it comes to shipping your personally owned vehicle trust Trans Global Auto Logistics, Inc.

Trans Global Auto Logistics, Inc. is the best choice! With experienced and knowledgeable partners, and a world-wide network of trusted agents, we can provide you with competitive and affordable rates.

Contact us today for a complete, professional, and cost-effective shipping package that is tailored to your specific needs.

Going to Guam or Hawaii? Ask us about our specail rates!

Trans Global

LOGISTICS GROUP

LEAVE IT TO US, TO BRING IT TO YOU!

Email: info@tgal.us Tel: 1-800-264-8167 Web: www.tgal.us

5 deep-cleaning jobs that are oddly satisfying

From Brandpoint

Whether it’s scrubbing through grime to reveal a sparkling surface, cleaning dust bunnies from under appliances or organizing your pantry, there’s something oddly satisfying about a deep clean.

According to a recent survey conducted on behalf of Clorox, lots of people get the good vibes flowing when it’s cleaning day. Seventy-one percent say it makes them feel relaxed, while 57 percent say they feel accomplished.

Of the most oddly satisfying places to clean in the house, 34 percent say they find their bliss after cleaning the countertops, while a clean microwave lends that special feeling to another 30 percent.

To reach that spring cleaning joy, try some of these not-so-obvious cleaning jobs that will transform the look and feel of your space into a springtime sanctuary.

GROUT: Over time, mold and mildew buildup can make your bathroom grout look dingy, but with the right approach, the grout stains will disappear. Start by wetting the tile with a cloth. Then, dip a sponge into a gallon bucket of water with 3/4 cup of bleach and wipe down the tile. Wait five minutes for disinfecting, rinse and viola! Your tiles will shine, offset by the



Brandpoint image

clean lines of white grout.

MICROWAVE: We don’t like to think about it, but a lot of hard-to-remove food residue accumulates in our microwaves and we rarely spend the time to give it a thorough clean. Microwave a cup of water and in five minutes the steam will help loosen the stains. A Clorox Disinfecting Wipe will take care of those extra stubborn messes.

DUST: In addition to moving aside the beds, appliances and other heavy pieces of furniture to get those dust bunnies, make sure you’re tackling the not-so-obvious places. Use the vacuum’s brush attachment to clear your HVAC register vents and don’t forget to dust the tops of fan blades!

WINDOWS: Those panes have taken quite a beating over the months. It’s time to get a soft sponge and a bucket of warm,

soapy water to defeat the smudges and layers of dirt, and then wipe them clean with a squeegee. You’ll love how sparkling clean glass transforms the room.

OUTDOOR SURFACES: Right outside your back door is a golden opportunity for a deep clean. Rent or borrow a pressure washer, and once it’s set up, you can enjoy watching the blast of water and degreaser effortlessly turn your concrete walkways and driveway into bright clean surfaces — like a magic wand. To easily remove the mold and mildew off your deck and patio furniture, add 3/4 cup of bleach to a gallon of water and swipe away the stains from seasons past.

Try these tips and enjoy basking in the satisfaction of a deep-cleaned house. To find the tools you need for the job, visit Clorox.com/satisfyingspringclean/.

R&R in the great outdoors: 3 ways to transform your outdoor living space

From Brandpoint

As Americans increasingly appreciate the therapeutic benefits of nature, they’re putting more thought and effort into creating beautiful, comfortable and functional living areas outside their own homes.

These days, such outdoor havens are considered valuable home extensions rather than underutilized corners of your yard. More than 70 percent of U.S. households now incorporate outdoor living spaces, reports one survey, and nearly 70 percent use those areas at least weekly in season.

A favorite material for such havens is Western Red Cedar, a stunning and fragrant wood species that incorporates beautifully into decks, porches, furniture and other functional elements of your home.

Not surprisingly, Western Red Cedar has many fans in the construction world. Colin McAllister and Justin Ryan of HGTV’s “Colin and Justin’s Home Heist” recently broadcast

an online episode featuring the building of a lakeside cabin pergola that features the finely grained wood. “It smells incredible,” notes Ryan. “Honestly, you are transported to the center of a forest ... it feels escapist, it feels luxurious and it looks amazing. If you brought lots of plastic or man-made materials into this environment, it would just be wrong.”

The unique characteristics of the sought-after cedar allow it to weather into a gorgeous silver patina even as it resists rot, decay and insects. Further, the durable wood is a dream to work with because it’s lightweight, lays flat, stays straight and is free of pitch and resin. Bonus: The forests harvested for the wood are carefully and sustainably replanted.

Dreaming of a private, well-appointed outdoor space where your family and guests can relax while enjoying nature? Consider how these other suggestions might also help put those wheels in motion.

■ **Cover your bases:** Make your space easier to use through the seasons by adding a gazebo, pergola, pavilion or three-season porch that can protect you, your guests and your furnishings from sun or rain. Consider draping curtains or netting that can be pulled back at will, allowing greater privacy and/or protection from bugs. Ideally, your new oasis will merge the best of both worlds, bringing the comforts of home outside while still offering the benefits of fresh air, fragrant breezes, sunshine, birdsong and positive interactions with flora and fauna.

■ **Eat, drink and be merry:** The old adage about guests

gravitating toward the room that has the food? It’s absolutely true, and incorporating cooking into your outdoor haven can lend a fun and informal entertaining element that just can’t be replicated indoors. Options for equipment include grills, smokers, pizza ovens, fireplaces, bars or full kitchen set-ups with ovens, sinks, refrigerators and prep areas. Make sure to choose weather-resistant finishes for everything, install effective lighting and make sure you have plenty of comfortable seating for foodie friends.

McCallister notes on his show how rewarding it can feel to transform unused outdoor areas into havens of fun and relaxation, “transforming dead space into valuable life space.” That same feeling can be achieved by do-it-yourselfers who embark on their own outdoor projects.

“Outdoor patio spaces have sure changed in the last few years with the onset of new outdoor materials, furnishings, fixtures ... and the homeowner’s desire for more outdoor living and entertaining space,” notes Audra Slinkey in a recent report by the National Association of Realtors. “Today’s yards are multi-functional and serve to entertain, lounge and maximize lot square footage.”

It’s beautiful, it’s practical and it’s easy to use. Western Red Cedar can be an ideal building material for your next home improvement project. For more information about the building material and its guest appearance on “Colin and Justin’s Home Heist,” check out RealCedar.com.



ACTIVE DUTY MILITARY GOLF MEMBERSHIP

FULL GOLF BENEFITS

Only \$159 per month for first 15 months!*

ACTIVE DUTY MILITARY O.N.E. (Optimal Network Experiences) MEMBERSHIP INCLUDES:*

- Unlimited access to 54 holes of championship golf
- Monthly dues and all golf cart fees included
- 50% off á la carte dining at Ford’s Colony
- Year round social events
- Access to ClubCorp’s nationwide Network of more than 300 owned, operated and alliance clubs



CONTACT THE CLUB TO LEARN MORE TODAY!

JAMES EMERY, Director of Membership
757.258.4115 • james.emery@clubcorp.com





USAA IS A PROUD SPONSOR OF
HEROES AT HOME MILITARY SPOUSE AWARDS

We know what it
MEANS TO SERVE.

LET US SERVE YOU.



USAA.COM or 800-531-8521

No Federal endorsement of sponsor is intended. Membership eligibility and product restrictions apply and are subject to change. USAA means United Services Automobile Association and its affiliates. ©2017 USAA. 242217-0517-G

*Offer expires June 30, 2018 and may not be combined with any other promotions or discounts. Discounted dues valid until the earlier of (i) disqualification event, or (ii) fifteen-month anniversary of new Member enrollment date. The O.N.E. program and corresponding benefits are subject to certain restrictions and exclusions. Reservations must be made through ClubLine for My Community and My World benefits, and are subject to availability. Participating clubs subject to change. Cart fees and guest charges may apply. Alcohol, services charges and applicable taxes are excluded. Benefits are subject to the benefit terms and conditions, which may be found on clubcorpnetwork.com. Membership application or conversion form required, and membership is contingent on successful completion of the Club’s enrollment process. All offers are subject to availability. Other restrictions may apply. See Club for details. © ClubCorp USA, Inc. All rights reserved. 57020 118 BB

5 ESSENTIALS TO GET YOUR BACKYARD PARTY-READY

From Brandpoint

The warm, summery weather is a golden opportunity to take your get-together outside. Whatever the occasion, take advantage of the sun and extra space, and let these tips help you plan and get your outdoor space ready for your guests.

1. Cluster the conversation spots

When planning your backyard layout, think beyond the patio table, and provide more than enough seating for all. Arrange sofas and chairs into conversation clusters to keep people outside and enjoying each other’s company. It’s also a good idea to provide coffee tables, side tables and other spaces where people can set their drinks and snacks. Don’t be afraid to borrow pieces from a friend or neighbor to make the party set complete.

2. Don’t forget the right lighting

Consider the time of day of your gathering and what that means for your lighting situation. Intense late-day sun glare is unpleasant for all, but a few strategically placed patio plants can make a huge difference (and make the space feel more intimate). For the post-sundown festivities, light up the party zone with holiday lights by stringing them along deck rails, or zig-zagging them overhead. Add a fire pit, and if it’s chilly, keep an extra stash of throw blankets and jackets and you’ll have a cozy, well-lit space for those late-night talks.

3. Keep flying invaders at bay

No one likes it when uninvented guests like flying, biting insects show up. Bottles of insect repellent in a conspicuous place are a good bet on buggy nights, but keep these (and the spraying area) well away from the food. For a chemical-free

alternative, setting out a fan or two on a low setting can stir up enough of a breeze to keep the pests away.

4. Get your game on

For the ultimate crowd mixer and crowd pleaser, keep a few fun and easy yard games on hand. Dust off the old bocce ball set. Or, with a few simple materials from your local hardware store, you can create and customize DIY versions of your favorites, including bean-bag toss, ring toss or even target shooting with water guns.

5. Keep the snacks simple and stress free

The secret to a good party is not stressing over every detail of the décor and the same goes for the food. An array of delicious but simple snacks are more than enough to get the party started. Soft pretzels are always a party favorite, but did you know that most people — 69 percent of them, to be exact — prefer to eat their soft pretzels dipped? Another 28 percent prefer cheese toppings above all the others. For the perfect snack to spice up the festivities, include a batch of Superpretzel Parmesan Garlic Bites or Superpretzel Everything Pretzel Bites (see recipes below).

Parmesan Garlic Bites

Ingredients:
9-12 Superpretzel Soft Pretzel Bites
1/2 cup of extra virgin olive oil
2 tablespoons wet minced garlic
2 tablespoons dry parsley
2 tablespoons pretzel salt
1/4 cup of Parmesan cheese
Directions:
In a bowl, combine the extra virgin olive oil, garlic, pretzel salt, parsley and cheese and set aside.
Deep fry the pretzel bites in your favorite cooking oil at 360 degrees F for about 2 minutes.
When done, dredge the pretzel bites into the oil and cheese mixture. Serve with your favorite dipping sauce.



Photos courtesy of Brandpoint

Everything Pretzel Bites

Ingredients:
20 Superpretzel Soft Pretzel Bites
Everything bagel seasoning
Melted butter
Optional: whipped cream cheese (for dipping)
Directions:
Prepare soft pretzel bites according to instructions on the box. Lightly coat soft pretzel bites with melted butter. Season soft pretzel bites with everything bagel seasoning and soft pretzel salt. Bake in 350 degree F oven until golden brown. Serve with whipped cream cheese.

intheaters now

THE AVENGERS: INFINITY WAR (PG-13)

An unprecedented cinematic journey ten years in the making and spanning the entire Marvel Cinematic Universe, Marvel Studios’ “Avengers: Infinity War” brings to the screen the ultimate, deadliest showdown of all time. The Avengers and their Super Hero allies must be willing to sacrifice all in an attempt to defeat the powerful Thanos before his blitz of devastation and ruin puts an end to the universe.

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.



Courtesy Marvel

Iron Man, Spiderman, and Doctor Strange, are just a few of the heroes who assemble to fight in The Avengers: Infinity War.

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.

I FEEL PRETTY (PG-13)

In I FEEL PRETTY a woman who struggles with feelings of deep insecurity and low self-esteem, that hold her back everyday, wakes from a brutal fall in an exercise class believing she is suddenly a supermodel. With this newfound confidence she is empowered to live her life fearlessly and flawlessly, but what will happen when she realizes her appearance never changed?

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)

SHERLOCK GNOMES (PG)

After a string of garden gnome disappearances in London, Gnomeo & Juliet look to legendary detective Sherlock Gnomes to solve the case of their missing friends and family.

GRINGO (R)

Mild-mannered U.S. businessman Harold Soyinka finds himself at the mercy of backstabbing colleagues, local drug lords and a black ops mercenary after traveling to Mexico. Crossing the line from law-abiding citizen to wanted criminal, Harold fights to survive an increasingly dangerous situation that raises the question -- is he out of his depth or two steps ahead?

RAMPAGE (PG-13)

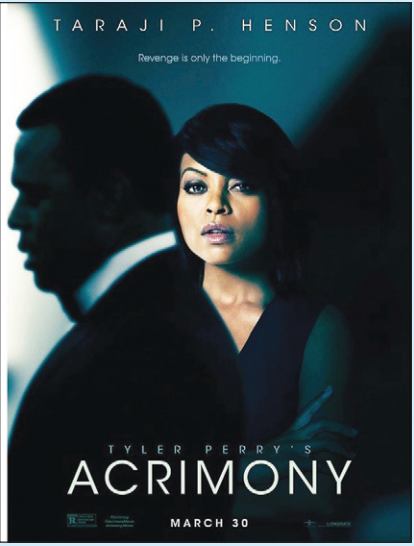
The Rock stars as primatologist Davis Okoye, a man who keeps people at a distance but shares an unshakable bond with George, the extraordinarily intelligent, incredibly rare albino silverback gorilla who has been in his care since he rescued the young orphan from poachers. But a rogue genetic experiment gone awry mutates this gentle ape into a raging creature of enormous size. To make matters worse, it’s soon discovered there are other similarly altered animals. As these newly created alpha predators tear across North America, destroying everything in their path, Okoye teams with discredited geneticist Kate Caldwell (Naomie Harris) to secure an antidote, fighting his way through an ever-changing battlefield, not only to halt a global catastrophe but to save the fearsome creature that was once his friend. ahead?

SUPER TROOPERS 2 (R)

Everyone’s favorite law enforcement team is back by popular demand with the long anticipated follow up to the cult comedy classic SUPER TROOPERS. When an international border dispute arises between the U.S. and Canada, the Super Troopers- Mac, Thorny, Foster, Rabbit and Farva, are called in to set up a new Highway Patrol station in the disputed area. Unconventional police work follows, and the result is SUPER TROOPERS 2.

basetheaters \$3 Movies

Tyler Perry’s Acrimony is a 2018 American psychological thriller film produced, written, and directed by Tyler Perry. The film stars Taraji P. Henson, Lyrq Bent, Jazmyn Simon, and Crystle Stewart, and follows a loyal wife who decides to take revenge on her unfaithful husband. Principal photography began in October 2016 in Pittsburgh. Acrimony was released in the United States by Lionsgate on March 30, 2018. It received generally unfavorable reviews from critics and has grossed \$39 million worldwide.



Courtesy The Tyler Perry Company

JEB Little Creek, Gator Theater – 462-7534

Friday, April 27
6 p.m. Ready Player One (PG-13)
9 p.m. Tyler Perry’s: Acrimony (R)

Saturday, April 28
1 p.m. Sherlock Gnomes (PG)
4 p.m. Pacific Rim: Uprising (3-D) (PG-13)
7 p.m. Ready Player One (PG-13)

Sunday, April 29
1 p.m. I Can Only Imagine (PG)
4 p.m. Ready Player One (PG-13)
7 p.m. Tyler Perry’s: Acrimony (R)

NAS Oceana, Aero Theater – 433-2495

Friday, April 27
6 p.m. Ready Player One (PG-13)
9 p.m. Tyler Perry’s: Acrimony (R)

Saturday, April 28
12 p.m. Sherlock Gnomes (PG)
3 p.m. Pacific Rim: Uprising (PG-13)
7 p.m. Ready Player One (3-D) (PG-13)

Sunday, April 29
12 p.m. I Can Only Imagine (PG)
3 p.m. Tomb Raider (PG-13)
6 p.m. Tyler Perry’s: Acrimony (R)

TO PLACE AN AD:

Visit flagshipnews.com

Flagship Values

Hampton Roads Military Classified Marketplace

■ advertise your business

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

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

Southside
Church of Christ
Meets in the
Diamond Springs Gardenwood
Park Civic League Building
5652 Haden Rd.
Services Sundays
10:00 AM Bible Study
11:00 AM Worship Services
Conservative Non-Instrumental
Robert Mallard 757-464-4374

www.southsidecoc.net

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

Estate Sale
Elizabeth Park, 226 Huntsman Rd., April. 27-29, 10am-4pm leather recliners, chairs & sectional, bunk beds, bedrm., Wuritzer piano, pinball mach., patio, Lladros, Hummels, vintage collectibles, china (Rosenthal, etc.), art, carpets, vintage lamps, clothes, vint. toys, bicycles, kit., antq. iron hall tree, luggage, nutcrackers & Christmas galore, grill, fridge, riding mower, garage, jewelry, fine, personal costume. Pics. available at Facebook Boulevard Treasures.

ESTATE SALE
17304 Days Point Rd. Smithfield, VA 23430
Thurs., Fri. & Sat. 9-3 PM
April 26th, 27th & 28th
Retired Antique Dealer. Large beautiful home filled with furniture & primitives & over 100 boxes of fine items. Sale not to be missed. Everything priced to sell. Partial Listing: 4 sets of sterling silver & other silver items, large collection of HO trains, large collections of Majolica, pewter, stoneware & crocks, oyster plates, decoys, transfer historical plates, Royal Doulton mugs, Steiff & Boyd bears, rugs, trains, 50 old oil lamps & parts, 2000 post cards, 200 antique reference books, cylinder secretary, marble-top washstand, pine furniture, blanket chest, costume & gold jewelry, baskets, fireplace items, coverlets & quilts, paintings & prints, French wags on the wall clock & other clocks, garage full of tools, 2 riding lawnmowers, 1000's of fun & interesting things. House is guarded and alarmed. Cash/Check Only. Larry Zedd, Va. Beach Antique Co. 757-422-4477.

ESTATE SALE- Larksur- 624 Green Valley Dr VB Fri-Sat-Sun April 27,28,29 9am-3pm 5 Bedrm Hse & Lg Garage packed Full Antiques,Vintage,Collectibles,Coins,Military, 2 Kitchens,Pottery,Old Books,Vintage Toys,Unusual Stuff!!

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

Lady Antiquity Estate Liquidations.
Downsizing, Settling Estates, Relocations.
757-681-5093. www.ladyantiquity.com

LARGEST Sale Of The Year!
The areas Largest Antique Mall is running our Largest Sale of The Year for one week only! Discounts up to 50% off so hurry on down to the Virginia Beach Antique Mall Mon-Fri 10-6, Sat 10-5, Sun 12-5. 3900 Bonney Rd #111, Va Beach, VA 757-390-3244

Flea Markets/Bazaars
Church Attic Sale Apr 28, 9a-1p. Monumental United Methodist Church, 450 Middle St., Portsmouth, Old Towne, 23704. 757-397-1297.
Church Yard Sale Sat 4/28 w/Spaces to sell \$12. 7-12 @ PAPUMC 208 S Plaza Trail 23452. 340-5775
CRAFT SHOW Indian River Middle School 9a - 3p Jewelry, handmade decor, clothing, gourmet foods, handbags, wreaths, & MORE. Vendors welcome.

RUMMAGE SALE-INDOORS
Sat, 4/28/18, 8-2 PM. Harrison Opera House, 160 E. Va. Beach Blvd., Norfolk. Household goods, furniture, jewelry & many other treasures. Proceeds benefit Va. Opera.

Southern Bay Cruz Club-Fishing & Marine Flea Market, May 5, 9 AM-2:30 PM. Vining Landing Marina, 8166 Shore Dr., Norfolk. 23518. To register go to www.southernbaycruz.com

Spring Craft Show - Church of The Ascension 4853 Princess Anne Road, Virginia Beach, VA (Kempsville Area). No Entry Fee. Craft Show is Sat. April 21, 2018 ~9am to 3pm, and Sun. April 22 ~9am to 2pm. Plant Sale is Sat. April 21 from 8 am to 7 pm and Sun. April 22 from 8am to 2pm. Crafters, French Cafe, lunch menu, plant sale. Something for everyone.

Tidewater Flea Market Giant Annual Flea Market. Garage Sale Style Booths and Vendors. Cookout. Car Wash. Bake Sale. 1316 Campostella Rd. Chesapeake, VA 23320 6:30 am - 3:00 pm 757-545-7282

Garage Sale - Chesapeake

W. Branch / Olde Woodland Estates Yard Sale Sat Apr 21, 8-2, 1712 Tether Wood Ct, Household goods, furniture, kitchen items, clothing

Garage Sale - Norfolk

Opera Guild Rummage Sale. Sat, 28 Apr 8:00-2:00 Harrison Opera House 160 E Virginia Bch Blvd, Norfolk. High-end household and personal items. Cash/Credit. All proceeds benefit Virginia Opera!

Garage Sale - Virginia Beach

Annual Trash & Treasure Sale - Sat., Apr. 28 9a-2p. Eastern Shore Chapel, 2020 Laskin Rd

CHARLESTOWN COMMUNITY YARD SALE Sat. 4/21: Community Yard Sale, Bake Sale at 1801 Blue Knob Dr., Garden Club Plant Sale at 1809 Blue Knob Dr. Enter community from Lynnhaven Pkwy or Kempsville Rd. on to Beaufain Blvd., or from Center-viewe Tpk. turn onto Hidden Valley. Yard Sale continues on Sat. 4/28.

Church Point Neighborhood Yard Sale, April 28th. HUGE Neighborhood Yard Sale! 8AM-1PM.4500 Church Point Place, 23455 off of First Court. Rain date 5/5.

Cypress Point ** Community Garage/Yard Sale ** Sat 4/28, 8am to noon; rain date Sat 5/5

Highgate Greens-Neighborhood Yard Sale. Sat., 4/28, 8-12. Highgate Greens Blvd. 23456. Furniture, kit., & household items, collectibles, clothing, books & much more.

KEMPSVILLE HS YARD SALE FUNDRAISER! Saturday, April 28th, 8am-4pm, 5194 Chief Trail, VA BCh 23464. Support KHS Class of 2018. Home decor, toys, furniture, sports, kitchen, dvds, books, small appliances and more! Rain or Shine! Indoor, air conditioned!

Old Donation Community-Wide Yd. Sale. April 28, 8 AM-12 Noon. 4441 E. Honeygrove Ct. Please drive throughout community.

Antiques & Collectibles
A Basic American Antique Buyer
RAY HIGGINS
Buying All Antiques & ESTATES. FURNITURE, ART GLASSWARE, ANTIQUE GUNS
ALL COINS
Sterling Flatware
Older Men's/Women's Wrist Watches
Pocket Watches
Working or Broken
25 Yrs. Exp. Licensed Will Come to You for Antiques 24/7. Free Estimates. 757-617-4043


DECOYS WANTED
Highest CASH prices paid
Old wooden ducks or Canvas geese
Swans and Shorebirds. Also buying
Old fishing tackle & Wooden lures
Boat Oars Nautical & Lifestyles Items
Call Mark at 757-721-2746

The Unique Antique Market
new items arriving daily - something for everyone
here! Antiques and collectibles, stained glass, jewelry, heavily carved executive desk, nautical items, mid century furniture and accessories, chandeliers, painted furniture, art work and more. 2618 Granby Street Norfolk 622-2300 closed mon

Toy Collectors-Antique motorcycle police with 4 alarm sounds, flashing lights. \$150. 588-5944

WANTED
ANTIQUES & ESTATES
18th, 19th & 20th Century,
Furniture, Artwork, China,
Crystal & Collectibles.
1 Piece Or Entire Contents.
We Come To You With & Courteous & Professional Service. No Obligation Offers. Please Get My Offer Before You Sell! Tag Sales & Estates Settled.
LARRY ZEDD
422-4477
Virginia Beach Antique Co.
Appraisal Service With 40 Years Experience.

Appliances
APPLIANCES - Refrigerator \$195; A/C \$99; Stove \$125; Freezer \$150; Washer \$150; Dryer \$125; Dishwasher \$100. All Items Like New. DELIVERY Avail 757-447-7347

ESTATE SALE - LARKSPUR-4600 PLAYER LN, VA BOH HOME FURNISHINGS. Sat May 5TH 7-4 PM, SUN MAY 6TH 7-3 PM CASH & CARRY

Full-Size Refrigerator \$250; upright freezer \$75; ceramic top range \$100; all in good cond. Call 757-390-1235

Articles For Sale
Battery Outlet, Inc. CAR BATTERY SPECIAL! 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.batteryout.com

Refrig & Stove, kit, table set w/4 chairs, lawnmower, sewing machines, ironing board, all in good cond, new wedding gowns. 757-754-1811.

Bikes-Mopeds-Dirt Bikes
2009 Honda Metropolitan Moped, excel running cond, inspected, new tires & brakes. \$1100 obo. Will deliver. 757-788-8197, leave msg.

Boat Trailers
USED TRAILER SALE !!!
OVER 100 Avail., For Boats 12' 30"
BUDGET BOATS: (757) 543-7595

Boats/Rigs
mastercraft 1995 19 ski and wakeboard with removable tower. Low time. Excellent condition. Garaged off season/used in freshwater only. Original trailer. \$14,000 757-286-1465

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

Bedroom Suite, king-size, Sealy Posture Pedic mattress \$1500, excel cond, can be sold separate, sofa table \$75; chair \$125. 757-416-3824

Queen Size Sleep Number Bed, 13 yrs old, head & footboard included. \$1000. 757-619-3975.

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

Musical Merchandise
Piano-Baldwin/Howard, original owner, very good cond, \$600. 516-474-0131 (local).

Pets-Dogs,Cats,Other


AKC registered lab puppies for sale! 3 females and 3 males all black...wonderful pedigrees \$1000 call 804-691-3586 ask for Mindy super sweet, smart, lovable pups handled daily by my husband, myself and our children who are affectionate and already super smart!!! they will have their shots next week and be ready to go home anytime after April 21st.

Boxer Pups-AKC, 2 males, 2 females, 1 is sealed brindle \$1000; 3 brindle \$750 each. Tails & dew claws removed, parents on site. 252-217-3713.

Brittany Pups-Great pets, excel pedigree, \$800 Go to: www.livingspringbrittany.com for more details or call 252-333-6353

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

Golden Lab Mix Pups-Ready to go. 1st shots & deworming \$300. 252-357-4829, 252-548-9327

Golden Retriever Pups-8 wks., 6 females, 4 males. \$400 each. 252-336-2666.


Havachon Pups-1M, 5M. Vet ok. 1st shot, doggie door trained. Ready 5/15. \$695. 252-473-5619

Jack Russell pups beautiful colors 2F 1M parents on site 1st shots \$250 each 252-287-9025

Lab Pups-Choc & Yellow, males, AKC, OFA, hunting pedigree, shots/wormed. \$750. 757-642-0833

Lab Pups-Chocolate & yellow, mom & dad AKC reg, vet checked, raised inside. 757-615-0005

Labradoodle Pups-Sweet, black, white, chocolate, non shed, ready 4/23. Hand raised, vet ck, \$1400 firm. Text 804-240-4612.

Pets-Dogs,Cats,Other
Labradoodles-Standard, DNA/OFA tested parents, shots, health guar, \$1000. 252-667-07. www.oopsleedoodlesofnc.com

Malt-poo/Malt-shi puppies, Ch. Lines, Vet Ckd. Health Guarantee, www.puppykisses.com, Starting @ \$1000 & up. Cash/Credit Card Only. 757-650-5155

Morkie Pups-7, 1st shots, wormed, Family raised. Very playful. Very, very tiny. \$700-\$800. 434-265-2954, leave message.

Rottweilers-German. AKC, females 1000, males 1200. Born 3/5/18. Call Lamont 434-660-4674 cell for info.

Sheltie Pups-AKC, Sable w/full white collar, shots, dew claws. \$900-\$1200. 757-633-6651.

Teddy Bear Pups-Gorgeous, 10 wks., awe-some pets & companions, best shots, brown boy & white boy, \$600. 757-289-5107.

Westies-3F, 2M, ready 5/31, vet checked, doggie door trained. \$795. 252-473-5619.

Yorkie Puppies AKC Teup 2-2.5lbs grown, 2M/\$1100 1F/\$1500 cash ea. 757-810-3945

Yorkie Pups-Purebred, males & females, 8 wks, 1st shots wormed. \$600. 757-421-7708

Power Boats/Cruisers
1998 Boat W/Trailer, 20', SEASWIRL, dual console, hp 130 outboard, \$4200. 757-321-6656

Topsoil-Mulch
#01A Black Sifted TOPSOIL 6 yds \$205, Mulch \$25/yd; Compost \$30/yd. Rock, Sand & Firewood. **D. Miller's, 482-5083**
A-1 BLACK, Screen/Sifted Black Topsoil, Mulch, Sand, Compost. Prompt Delivery. Visa/MC. **Jack Frost Enterprises 430-2257**
ORGANIC MUSHROOM COMPOST Screened topsoil 5 yds \$190, Mulch \$26, Compost \$26, Sand, Gravel, Sm. loads. **353-7233**

Auctions
AUCTION-Sat, April 28, @ 9:30 AM
DALE WRECKER SERVICES
1340 HEAD OF RIVER RD. CHESAPEAKE, VA
20+ Tow In & Abandoned Autos
8:00 AM Sat., April 28 BARRETT STREET AUCTION CENTER
2014 Lincoln MKX 7,300 miles, 1999 Jeep Wrangler 95,000 miles new state inspection- (Cars will be sold @ 1:30), FIRST TENT SALE OF THE YEAR-MAJOR COLLECTION OF TOOLS, LAWN/GARDEN FURNITURE, GARDEN STATUES; Silver coins, hand carved polar bear from walrus tusk, Large collection of Clocks, estate jewelry, mid-century bedroom set, Victorian chestnut dresser with glove boxes, mahogany dining room set, cherry dining table with 6 empire chairs, queen size adjustable bed frame, hand painted Nortlake china, Royal Doulton china & Toby Mugs & figurines, Bohemian glass, collection Swarovski Crystal Jewelry, Waterford, Madame Alexander Dolls, Belleek, Willow Tree, Lenox, wicker bedroom set, Firestone Sprinklin Sambo, gold and diamond rings, art pottery, Ford Model A batteries...too many items to list See www.facebook.com/barrettstreetauction. Preview: Fri., April 27 - 9 am to 5 pm 13% Buyer's Prem. discounted 3% for Cash/Check. Barrett Street Auction 2645 Doan Dr., Virginia Beach, VA 757-463-1911 Tom Giroux VAAE #229 www.barrettstreet.com
Chesapeake for Unpd R E Tax May 3, 6 PM VAF 662 www.vaauction.com 538-0123
Jack's Towing, monthly auto auction 3rd Sat. at 12 Noon. Call 461-5765 for info.
Phoebus Auction Gallery. Next Auction May 27th & 28th. VAAR #1597. 722-9210
Ports. for Unpd R E Tax 5/1, 821 Martin Ave VAF 662 www.vaauction.com 538-0123 On Site
The Contents of the Following Units will be offered for online auction ending Fri., April 27, at 11 AM at Western Branch Storage. Listings will posted on Storageauctions.com Cash Only. 810-Levinston, B30-Jones, B36-Byrum, B91-Jones, C103-Hill.

Accounting/ Finance
Chief Financial Officer
Needed for Large physician group in Hampton Roads. Must have Bachelor of Science in accounting, CPA candidate preferred. Must demonstrate excellent communication and analytical skills, be a team player and collaborate well with all levels of the organization. Will be responsible for overseeing all fiscal responsibilities, financial plans, budgeting and accounting. Please email resume to hre@atlanticorho.com

Factory/ Warehouse
WAREHOUSE SHIPPING/RECEIVING
Experienced only, F/T Mon-Thurs, 12:00 hr Medical/Dental/Life Background check/Drug test>Email resumes to corjumes@pilotline.com refer to Box # 20850 in the subject line.

General/Other
Boat Owner's Assistant
53 foot motor yacht, also general duties on and off boat. Must be able to cruise for at least 2-4 weeks. Prefer yachting experience over 40 ft., 6 pack or better license. No preference as to male or female. Prefer someone that can work through Oct/Nov. Willingness to learn and take directions is paramount. Will consider bright college student who can work until late August. Ideal candidate will be college student or agile retired yacht person. Call 757-625-4137 1 pm - 7 pm or email resume to Lnfriedman@cox.net

HOUSEKEEPER
EXPERIENCED HOUSEKEEPER FOR APARTMENT COMPLEXES. VALID DRIVERS LICENSE REQUIRED, FULL TIME AND BENEFITS OFFERED. PLEASE APPLY IN PERSON AT 3515 GATLING AVENUE, NORFOLK BETWEEN HOURS OF 8:30 & 4:30, MON-FRI.

Healthcare/ Medical
Lake Taylor Hospital is hiring for all Healthcare Related Positions. Visit our website at www.laketaylorhospital.com for more information.
Virginia Beach Psychiatric Center www.vbpcweb.com

Hotel/Hospitality/ Tourism
Event Planner
Commonwealth Brewing Co in Virginia Beach VA seeks an experienced event planner/coordinator for a full time position managing all internal and external brewery special events and festivals. The ideal candidate should demonstrate experience conceptualizing, planning, marketing and executing small and large scale events. This is a salaried position with benefits. References requested. Please send resume and cover letter to: info@commonwealthbrewco.com

Landscaping/ Lawn Maintenance
LawnCare/Handyman
wanted for private residence. Military preferred. Call 757-898-8033 or 757-810-0266

Law Enforcement/ Security

Top Guard Security Hiring Event
April 28th 9am-1pm
Norfolk Office - 7400 Granby Street
Apply @ www.topguardinc.com
EOE M/F/Disability/VET

Part-Time/ Seasonal
Telemarketers Insurance Agency
Part Time Mon-Sat, 10 am - 2 p.m. Call 757-676-9509

Restaurant/ Food Service
Beach Restaurant Hiring All Positions
Seafood restaurant hiring for full time. Apply at 4536 Ocean View Ave Virginia Beach VA 23455 757-965-4413

Sales
Gun Smith / Sales
Full Time. Moyock, North Carolina
Call 757-646-7345

Burial/Cemetery Plot
Mausoleum crypt Princess Anne Memorial Park- Tandem (two person) Mausoleum crypt (head to head) outside level 5, Bldg. 1 (behind office) in premiere cemetery in VA Beach, VA located off Great Neck Road. Includes one interment (open and closing, current cost 1995.00. One vase valued at 395.00. Cost for all would be over \$12,000 if purchased new from cemetery. DEED transfer to be PAID by SELLER if full price contract.

Selling for \$8200 or best offer
Text 757-810-9557 If interested. Serious inquiries only.
Princess Anne Mem Park-4 plots, Lot 204, Garden of 10 Commandments. 252-410-0215.
Rosewood Memorial / 2 Plots / \$6500 For Both Nice Location Near Inner Road 757-375-1849

For Lease-Commercial
East Beach Office 3300 sqft+warehouse Shore Dr road front \$3500mo.DICK KELLY REAL ESTATE CO. 757-480-2303
Va. Beach Blvd.-Large lot, offices & 12 bay service. Call 647-3954.
For Rent-Furnished Apts
5819 Northampton Blvd., Va. Bch. Rms start at \$45.99 + tax daily & \$225+ tax w/ky. 460-1000.
Motel 6-Ocean View. New rms, near fishing pier, \$199 wk, kitchenette avail. Pet ok. 757-480-9611

For Lease-Industrial
Office Warehouse
Chesapeake 1200 & 1500 sq. ft. Call 485-1323.
Va. Beach-3000 & 5000 sq. ft. shop & 2 offices, 14' doors, utils, & air incl. \$1800. 499-8000.
For Rent-Norfolk Apts
Clean 1 BR Apt-East Ocean View, 7th Bay, \$650 mo. includes water/sewer. 646-2398.
GHENT-8 Great Locations
1 & 2 BR, free heat & hot H2O. \$650-\$995. Meredith Mgmt. 622-8233. www.meredithmgmt.com
\$3000 Moves You In. \$735 Mo.
Ingleside Square Apts. 3515 Gattling Ave. 466-8111
Little Creek Rd-2 BR Twineish. Central heat/air, cable. \$700-\$730. Credit w/ req'd. (889)368-5920 **Ask About Our Specials** Meredith Mgmt. www.meredithmgmt.com
OCEAN VIEW'S BEST-5 Locations, 1-2 BR, extras Near beach, air, laundry. www.capitalrentalsva.com
Some/Most Utils. 625-7110. 623-8383
Wards Corner - 1BR, \$650 & 2BR, \$750 Call 460-1992 or 625-8193.

For Rent-Portsmouth House
Churchland, W. Branch, Suffolk Homes, apts, twinnies. \$725-\$1800. Kline Realty 484-0123

For Rent-Rooms
3 LARGE ROOMS-\$150 weekly in the Norfolk Area. 757-714-4150. 757-576-4540.
Huntersville-Lindenwood. Completely furnished, cable, close to university. \$150 wk., \$150 security deposit. 757-735-4978.
Kings Grant-Furnished rm, TV. \$110 wk. plus dep. Call Eddie 340-4990.
Norview-\$140 wk + dep. Near busline, no smoking/pets. Furnished. Kit, priv's. 757-718-2317.
VB, Kempsville - Beautiful 2 story Colonial house, quiet, fully furn'd rm, sec. sys, cable, internet, no alcohol All Util. Incl. \$550. 757-718-5345.

For Rent-Va. Beach Apts
OCEANA/HILLTOP AREA Newly renovated throughout, Spacious 2 BR, 1 BA. \$795/mo. **631-1306.**

For Sale-Home (All)


SMITHFIELD, VA \$519,000. ALL BRICK, 1 OWN'R 4000 SQFT HOME. ATT & DET GAR (FIN. RM OVER DET GAR). 5BR (MBR UPSTAIRS & DN). 5BA, DR. OFFICE, LG CUSTOM KIT CENTRAL VAC. GENERATOR, 1/2 AC FENCED YD. TOO MANY XTRAS TO LIST, A MUST SEE! WILL PAY AGENTS 3%. CALL OWNER 757-582-6248.

For Sale-Chesapeake Home
Western Branch-3 BR, 2 BA brick ranch, \$122,000. Kline Realty 484-0123.

For Sale-Lots
16 ACRE Heavily Forested, HIGH MOUNTAIN homestead in Amherst County. Seclusion beyond the end of the road. \$100,900 - Owner financing available. 434-534-1681

Antiques & Classics
Chevy 1972 Camper Special Pickup, good shape, 402 cu. in., auto, \$5000. 431-8077.

Automobiles for Sale
2003 Mercedes E320 \$3,000 or best offer. Reliable vehicle in good condition. Black exterior. 288,100 miles. Contact owner (757) 418-0222.
Chevrolet 2001 Corvette Convertible Navy blue with tan top and interior. Automatic. Garage kept and showroom condition. 30,000 miles. \$24,000. Call 757-851-4502.
Fiat 2012 500 35k miles, Red, 2 door, sporty, five speed stick, great gas mileage. Clean car, good exp. \$5500. 757-636-8238
Honda 2004 Accord EX, 4 dr sedan, V6, auto, leather, new tires, \$3500 obo. 421-3002.
Jeep 2000 Cherokee Color Green/No Exterior Damage/Well Maintained Contact Joe at 757-493-1147
Mercedes 2003 S430 well maintained w/records, new insp. \$6,500. 757-467-2666


Nissan 2015 MINT CONDITION Murano
Gorgeous FWD FULLY LOADED
Metliculously Garage Kept. Pristine leather interior 16" ALUMINUM ALLOY Wheels
Call or Text 757-477-4557 for SERIOUS buyers only!

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

Volkswagen 2015 Golf Excellent condition. Like new inside & out, 2 door, only 20,000 miles. Purchased new & serviced by local VW dealer \$13,000.
Phone: 757-292-6134

VW 2012 Golf, 4 dr., 2.5L auto, all power, metallic gray, excel cond, 69K, \$6600. 202-2532.

Campers/RVs
CONSIGNMENTS WANTED! Let us clean, sell, & finance your RV. Syniders RV 499-8000.
Flagstaff New 35' V Lite, diamond plmg, pws \$47,362 now \$34,000. Snyder's RV 499-8000.
Palomino 2010, 35', 1.5 BA, 3 slides, nice, 18,888. Snyder's RV 499-8000.
Winnebago New 37', Ultra Light Bunkhouse, was \$49,386 now \$35,000. Snyder's RV 499-8000

Motor Homes
Coachmen 1995 31' clean, new insp \$10,900 Processing Fee \$225. Snyder's RV 499-8000.
Winnebago 2006 40' Diesel Pusher, mobile showroom or office. Runs great. \$25,000. Snyder's RV 499-8000.

Motorcycles
Harley 2004 WideGlideFI, gar. kept, 11,500 mis., lots of chrome/extras, \$6000. 430-2605.
Harley 2012 Classic, black, mint cond. \$\$\$ in extras, 15K mis, \$15,800 obo. 757-481-5586.


Harley Davidson 2004 Wide Glide Beautiful bike, one owner/ rider, garaged, stretched front end, Vance and Hines pipes, mustang seat, forward controls. Only \$6500. 619-519-4797


Harley-Davidson 2012 Heritage Soft Tail 103 CI / 6 speed, custom seat, python pipes, LED lights, passenger foot pads, dust cover, battery tender, NO ACCIDENTS, many extras, only 7500 miles like new, \$11,499. 757-560-8315.


Harley Davidson 2013 Ultra Classic LTD Big Blue Pearl on black. 17227 miles. Asking \$16,900/negotiable. Many extras. Call 757-647-4745.

Honda 2006 Shadow VTX600 Deluxe 3,600 MI, Like New, Many Extras \$3,500. Call 252-455-3959

Sport Utility Vehicles
Chevrolet 2008 Trailblazer LT, 4 dr., all power, looks/runs great, 4X4, \$4500. 228-6656.


Mercedes 2012 GL-450 leather, heated seats, nav, sun-roof, loaded, 84K mi, \$24,500, 757-816-2015

Trucks

Chevy Silverado 2004 2500 HD 4WD LS Ext Cab runs great, just serviced and inspected, 183,500 miles, AC broken, dent on the side, \$6,400 Call Brad 343-7473.

NEWS, BLOGS, DISCOUNTS & MORE
MILITARY NEWS .COM

business services
757.622.1455 | pilotzads.com

Attorneys
DIVORCE/WILLS
Uncontested. \$395 + \$86 filing fee. No court appearance req'd. Wills. \$275 Member BBB. Se Habla Espanol Hilton Oliver, atty. 757-490-0126
Automotive Service
Ecomax Tires & Alignment - www.ecomaxtires.com
Quality Used Tires At Unbeatable Prices. Lowest Priced New Tires. Wheel Alignment & Minor Rim Repair. Financing Available. 10% MIL Discount. Call Now (757) 319-6902.
Brick Block Work
Brick waterproofing, brick repairs & Point Up, Walls, Steps, Etc. Semi-Retired Masonry Contractor Earl Smith, AKKA Stone Smith. Free Est./Good Prices. You Won't Find A Better Man. 270-0578
Concrete/Asphalt
*S & H Enterprise 20 Yrs. Concrete Exp. All types of concrete work driveways, stamped & exposed. We Accept Card Cards 652-4050. www.shabazznva.com
Asphalt Black Sealed Coating-Pot holes, stripping, handicap emblem, driveways, demolition & trash hauling, concrete removal. 757-718-1072.
AYCH & AYCH, Inc. Concrete Specialist. Class A Contractor, patios, sidewalks, driveways. Free Estimates. Ask for Sylvester 757-371-1911.
WHY PAY MORE?
Concrete R Us, since 1960. Free Estimates. Call Joe 757-297-6698.
Electrical Work
10% OFF ABSOLUTELY ANY JOB Free Estimates \$100 OFF ANY BREAKER BOX COLE ELECTRIC - 498-2653
Decks & Fencing
ACTION ONE FENCE & DECK
Custom wood, alum., chain link, vinyl. Quality work, great prices. Free Est. 35 Yrs. Exp. 757-438-7057.
Floors
THE FLOOR TRADER
CARPET & FLOORS
NEW FLOORING FAST!!
We'll bring samples to your home, measure, and can even install the next day. We are Hampton Roads largest flooring dealer, so you get your floors installed right at and the lowest price guaranteed. CALL 453-8000 for your free quote.

Garages
D&W Garages - 20x24' \$15,995; 24x24' \$17,995; 24x30' \$20,995; w/Slab & Vinyl Siding. Call 465-0115 or 382-4833. dandwgarages.com
General Repairs
* AFFORDABLE SAME DAY REPAIR * All Handyman, Int & Ext Bathrooms, Small Jobs. Remodel. 30 Yrs. Exp. BBB A+ Rating. 430-2612.
Home Improvements
AIR-DUCT CLEANING
UNIVERSAL DUCT CLEANING
FREE INSPECTIONS
Member BBB
757-502-0200
Any & All Types Remodeling-Reasonable Rates. Windows, doors, siding, trim, gutter system, custom decks. Free Estimates. Serving Tidewater over 30 yrs. BBB member. A+ rating 757-435-1900
B & B Handyman Services Bathrooms on a budget, kitchens, drywall, painting, tile, odd jobs & more. See us on Facebook. 757-472-3518.

Trucks

Fun and Games

Super Crossword

WILLIAM'S WIFE

ACROSS

1 Fuel dispenser	58 Biting comedy
8 Beat, as wings	59 Boozed up
12 Pairs	61 Slangy assents
16 Boohoo	65 Arcade comic
19 Waldorf — (hotel)	66 Not firm
20 Instantly	69 Riddle, part 2
22 Stan of comics	72 Allows to
23 Start of a riddle	73 Less diluted
25 Eggs in a lab	75 Opening for a letter-shaped bolt
26 Lock insert	76 Like part of the heart
27 AAA request	78 "The Simpsons" voice actor
28 — Aviv	Hank
31 Entrways	80 Disk in a 1990s fad game
39 Said aloud	82 "Milk" Oscar winner Seal
41 Zebra's kin	83 OR figure
42 Very gloomy	86 Riddle, part 2
43 "Electric" fish	92 Crystal-lined stones
44 One of the 12 apostles	93 Scepter
45 Post-Q string	94 Mobster's code of silence
46 Alternative to Zolof or Paxil	95 Far-minded
48 Riddle, part 3	99 Take — (sample the drink)
55 Olive of comics	
56 2010-10 nickname on the Houston Rockets	

57 Actor Mineo
58 Biting
comedy
59 Boozed up
60 Blangy
assents
65 Arcade coin
66 Not firm
69 Riddle, part
72 Allow to
73 Less diluted
75 Opening
for a letter-
shaped bolt
76 Like part of
the heart
78 "The
Simpsons"
voice actor
Hank
80 Disk in a
1990s fad
game
82 "Milk" Oscar
winner Sean
83 OR figure
86 Riddle, part
92 Crystal-lined
stones
93 Scepter
94 Mobster's
code of
silence
95 Fair-minded
99 Take —
(sample the
drink)

100 The "E" of
PEI: Abbr.
101 Having as a
foundation
102 End of the
riddle
106 Persona non
— (outcast)
107 Quadrennial
games org.
108 Brain wave
test, in brief
109 Chest bone
112 Address for a
knight
113 Riddle's
answer
121 Koko or
Kong
122 Most
itty-bitty
123 Decorated
pilots
124 Get married
125 Hedge
shrubs
126 Lofty works
127 Least slobby

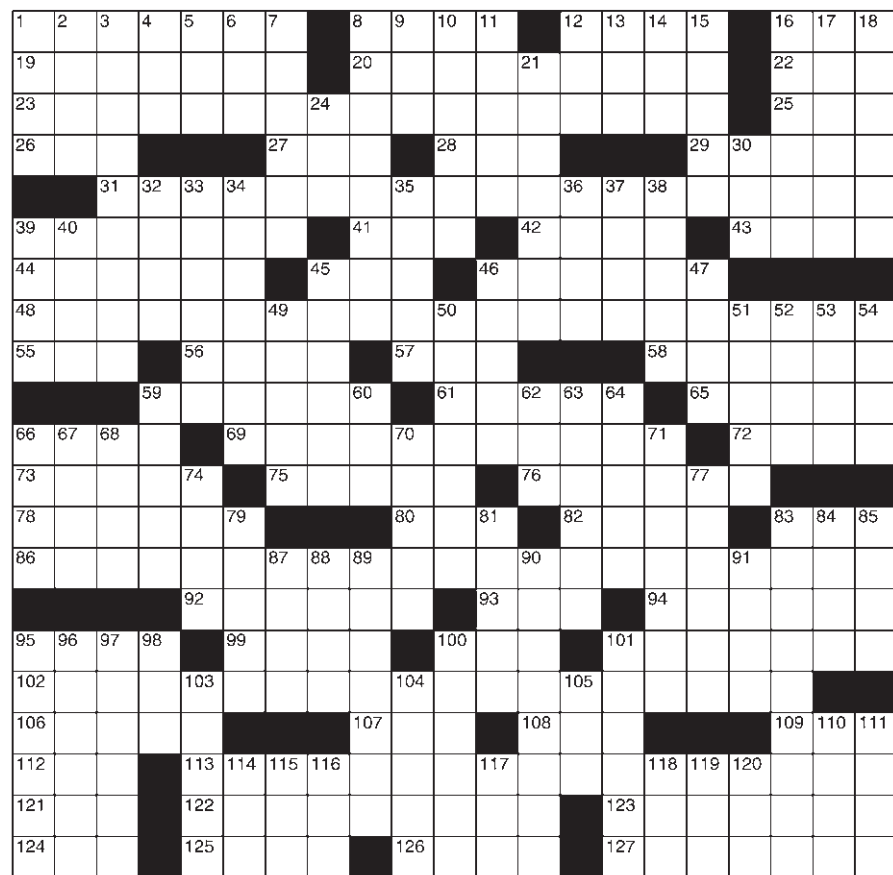
DOWN

1 Rubberneck
2 Court great
Arthur
3 "Don't move"
4 Lobster trap
5 Geller with a
psychic act

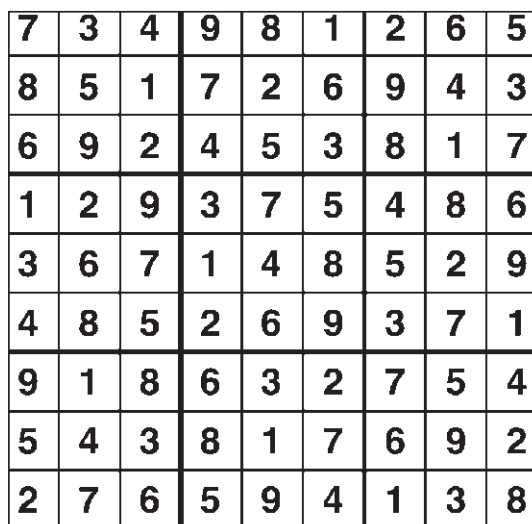
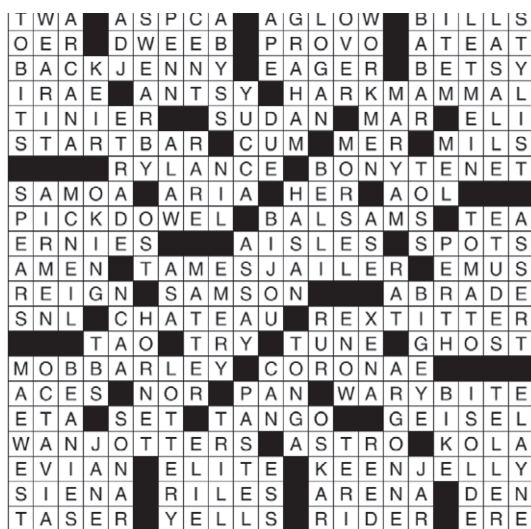
6 Prefix with
represent
7 Gave a
gentle touch
8 Whizzed by
9 Ignited
10 Some spitzes
11 Actor Finch
12 Lao- —
13 "Says —?"
14 Gut-punch
sound
15 Exaggerated
16 Dress
17 Let slip
18 Leavenings
21 Quickly,
musically
24 Santa's laugh
sounds
30 Swallowed
32 Utter agony
33 Noble Brit
34 Said nothing
35 "Como —?"
(Juan's
greeting)
36 Univ. lecturer
37 Minnelli of
"Arthur"
38 Garner
39 As many as
40 "So — say"
45 School break
46 Volcano that
destroyed St.
Pierre

73	Small talk	4
79	Knows the answer	4
50	Be really	4
51	flattering	4
51	Ringlike isle	4
52	Tandem, e.g.	4
53	Pitcher	4
54	Saberhagen	9
54	Hankers	9
59	Far from lax	9
60	650, in old	9
60	Rome	9
52	Gardner of old films	9
33	Table	9
	protector under a	10
	warm dish	10
54	Not as iffy	10
56	Fix, as a dog or cat	10
37	Liqueur	10
	akin to Sambuca	10
38	Herr's wife	1
70	Pueblo	1
	dwellers	1
71	Vocalize loudly	1
74	Actress	1
	Diana	1
77	Absence of vigor	1
79	"Save me —"	1
31	Avant- (totally new)	1

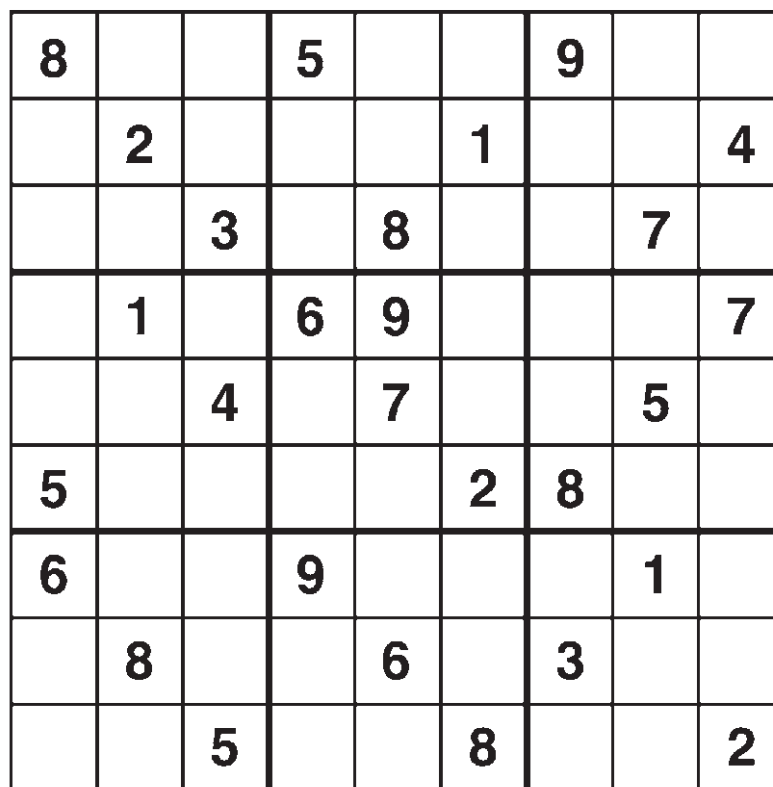
Cajun dish
 Painter Dix
 Bluish green
 "Baloney!," to
 Brits
 Falco or
 Adams
 Patches
 Costs for
 cheap
 apartments
 Jail unit
 Many-pieced
 puzzle
 Still green
 Roped in
 3 Trike rider
 Cut in glass
 Enthusiast
 Run-down
 Lead-in to
 economic or
 political
 Lead-in to
 colonial
 Glazes, e.g.
 Unequaled
 "—haw!"
 "Gross!"
 Little —
 (tykes)
 British verb
 ending
 Be in the
 running (for)
 Noted time
 Actor Faxon



last week's answers



Sudoku



CryptoQuip

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

Clue: **Q** equals **D**

DB INDB BYPA QM PDEYOAER

JGB GJ IYBN RMPA HEYBYHDV

QYXXYHGVBYPAR? INAO BNA

RNYJR DEA QMIO.

Last week's CryptoQuip answer

I believe one should never hitchhike after dark. You could say it's been my rule of thumb.

Religious Services

**For your installation's religious
service times, visit:**

**www.flagshipnews.com/
base_information/
religious_services**



WE GET
YOUR BUSINESS
IN FRONT
OF OUR
MILITARY

 PRINT

 EVENTS

 ONLINE

MILITARY NEWSPAPERS OF VIRGINIA is a trusted partner to the active duty military community and the contracted, authorized publisher of on-base newspapers in the area, some for as long as 38 years. Our branch-specific publications, corresponding websites and social media platforms offer the most relevant content for today's service member in Hampton Roads. Choosing to do business with Military Newspapers of Virginia means you are an integral part of the daily lives of area active duty, veterans, retirees and their families.

CONTACT US TODAY TO START ADVERTISING!

757.222.3990 | MILITARYNEWS.COM



YOUR BETTER HALF GETS OUR FULL APPRECIATION.



ALL-NEW 2018
CHEVROLET EQUINOX

FIND **NEW** ROADS™

CHEVROLET 

**WE'RE PROUD TO EXTEND OUR MILITARY
DISCOUNT TO THE SPOUSES OF VETERANS,
RETIREEES, ACTIVE DUTY AND RESERVE.**

 **Military
DISCOUNT**

CHEVROLET 

ChevyDealer.com

**CASEY CHEVROLET
NEWPORT NEWS**

**KEN HOUTZ CHEVROLET
GLOUCESTER**

**CHAS H. JENKINS CHEVROLET
AHOSKIE**

**PERFORMANCE CHEVROLET
ELIZABETH CITY**

**DUKE CHEVROLET
SUFFOLK**

**PRIORITY CHEVROLET
CHESAPEAKE**

**FRANKLIN CHEVROLET
FRANKLIN**

**PRIORITY CHEVROLET NEWPORT NEWS
NEWPORT NEWS**

**HALL CHEVROLET
CHESAPEAKE**

**RICK HENDRICK CHEVROLET
NORFOLK**

**HAMPTON CHEVROLET
HAMPTON**

**RK CHEVROLET
VIRGINIA BEACH**

**HOLIDAY CHEVROLET
WILLIAMSBURG**

**OBX CHEVROLET
KITTY HAWK**