

TRUMAN STRIKE GROUP, MOROCCO

TEAM UP FOR LIGHTNING HANDSHAKE 2018



Ships assigned to the Harry S. Truman Carrier Strike Group is underway in the Atlantic Ocean. With USS Harry S. Truman (CVN 75) as the flagship, deploying strike group assets include staffs, ships, and aircraft of Carrier Strike Group EIGHT (CSG 8), Destroyer Squadron TWO EIGHT (DESRON 28) and Carrier Air Wing ONE (CVW-1); as well as Sachsen-class German Frigate FGS Hessen (F 221).



This is a still frame of a video of Hurricane Irma at approximately 7:30 a.m. (EDT) as the Category 4 storm approached the location where 36 Naval Air Station Key West personnel where safely positioned in a Category Five hurricane rated hotel near the base.

From U.S. Fleet Forces Public Affairs

NORFOLK

U.S. Fleet Forces Command (USFF), headquartered in Norfolk, Virginia, and Commander, Navy Installations Command (CNIC) based in Washington, D.C., are conducting a natural disaster preparedness exercise, Hurricane Exercise/Citadel Gale 2018 (HURREX/CG 18), April 24–May 11.

This annual exercise prepares the Navy to respond to adverse weather threats in U.S. coastal regions, and to maintain the ability to deploy forces even under the most severe weather conditions. HURREX/CG 18 will involve a simulated storm

system developing and intensifying to hurricane strength, threatening the East Coast regions.

All Navy commands at Navy Region Mid-Atlantic, Naval District Washington and Navy Region Southeast will participate by reviewing and exercising heavy weather instructions, procedures and accounting for Sailors, Department of the Navy civilians, and Navy families in the affected regions through the Navy Family Accountability and Assessment System (NFAAS).

There will be no U.S. Navy ship movements associated with HURREX/CG 18.

From Harry S. Truman Carrier Strike Group Public Affairs

ATLANTIC OCEAN

Ships and aircraft of the Harry S. Truman Carrier Strike Group (HSTCSG) and the Royal Moroccan navy and air force commenced exercise Lightning Handshake 2018, April 23.

The exercise is designed to enhance interoperability between the U.S. and Moroccan navies across multiple warfare areas including communications, network link, anti-submarine warfare, close air support and naval surface fire support, increasing the ability of U.S. and Moroccan maritime forces to work together to address security concerns and increase stability in the region.

“The friendship between Morocco and the United States is strong and enduring,” said Commander of U.S. Naval Forces Europe-Africa Adm. James G. Foggo, III. “We share a common interest in ensuring security and safety on the waters surrounding Africa, and cooperation with our Moroccan partners is critical for prosperity and for regional security and stability.”

In 1777, Morocco was the first country to formally recognize the United States as a sovereign nation. Lightning Handshake offers an opportunity to continue fostering the long-standing trust between the U.S. and Moroccan forces by promoting mutual understanding and cooperation.

“Lightning Handshake is an opportunity for us to improve our interoperability and strengthen the endur-

ing relationship we enjoy with our Moroccan partners,” said Commander of Harry S. Truman Carrier Strike Group Rear Adm. Gene Black. “We’re looking forward to operating alongside our Moroccan counterparts, sharing our warfighting expertise and increasing our capacity to work towards common goals.”

Exercise Lightning Handshake provides U.S. and Moroccan maritime and aviation forces the opportunity to work together, exchange information and refine tactics, techniques and procedures to promote maritime safety and security in the region. Among the participants in the exercise are the aircraft carrier USS Harry S. Truman (CVN 75), guided-missile destroyer USS Forrest Sherman (DDG 98), Royal Moroccan navy frigate Mohammed VI, and several fighter squadrons from Carrier Air Wing One (CVW 1) and the Royal Moroccan Air Force.

The HSTCSG deployed April 11 as part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe. Additionally, HSTCSG units will work alongside allied and partner maritime forces, focusing on theater security cooperation efforts, which help to further regional stability. With the aircraft carrier USS Harry S. Truman (CVN 75) as the flagship, the deploying strike group includes staffs, ships and aircraft of Carrier Strike Group Eight (CSG 8), Destroyer Squadron Two Eight (DESRON 28) and Carrier Air Wing One (CVW-1); as well as Sachsen-class German frigate FGS Hessen (F 221).

For more news from USS Harry S. Truman (CVN 75), visit www.navy.mil/local/cvn75/.

MCPON holds all-hands call in Guam, announces ‘Laying the Keel’

By JoAnna Delfin

U.S. Naval Forces, Marianas

ASAN, GUAM

Master Chief Petty Officer of the Navy (MCPON) Steven Giordano kicked off his tour of the Indo-Pacific region with a stop in Guam to meet with Sailors during an all-hands call at the U.S. Naval Base Guam theater, April 24.

During his visit, MCPON announced “Laying the Keel — Developing the Backbone of Our Navy,” a



At Naval Base Guam the Master Chief Petty Officer of the Navy Steven S. Giordano, unveiled a new blueprint for enlisted leader development: Laying the Keel-Developing the Backbone of Our Navy, April 24.

» See **PROGRAM** | A7



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PHYSICAL FITNESS MEETS DEPLOYMENT:

Sailors aboard USS Harry S. Truman (CVN 75) kicked off the first physical fitness assessment (PFA) cycle of its kind earlier this month.

» See **A6**



DRUG BUST:

Crews from the U.S. Coast Guard, Customs and Border Protection Air and Marine Operations, the U.S. Navy’s coastal patrol ship USS Zephyr and the Colombian navy ship ARC “07 de Agosto” intercepted a low-profile go-fast vessel and seized more than 1,000 pounds of cocaine in the Eastern Pacific Ocean, April 7.

» See **B1**

HEART DISEASE:

5 things you may not know about the leading cause of death in the United States.

» See **C4**

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Kearsarge celebrates Navy Week New Orleans with reception

By MC3 Dana Legg
USS Kearsarge Public Affairs

NEW ORLEANS

The amphibious assault ship USS Kearsarge (LHD 3) commemorated Navy Week New Orleans by welcoming more than 500 guests aboard for a reception in the ship’s hangar bay, April 22.

The event included guests Mayor of New Orleans Mitch Landrieu, Commander of Marines Forces North Lt. Gen. Rex C. McMillian, Commander of Navy Region Southeast Rear Adm. Bette Bolivar and guest speaker Commander of Expeditionary Strike Group 2 Rear Adm. Brad Skillman.

Skillman extended his gratitude to the Sailors, Marines, Coast Guardsmen and the citizens of New Orleans for their support.

“I want to recognize and thank the many business leaders, volunteers and citizens who have been so instrumental in making Navy Week New Orleans possible,” said Skillman. “Navy Weeks are important to us, and to you, to continue our relationship and deepen mutual understanding. We must get out and connect with the citizens of the United States; we are part of you, an asset which should be known and understood.”

Kearsarge’s Commanding Officer Capt. David K. Guluzian, was grateful for the opportunity to be a part of the week’s events.

“Friends, family, and fans of Kearsarge, on behalf of the officers and crew of this fine warship, we wish you a warm welcome aboard,” said Guluzian. “We are honored to be the fleet’s representative here in New Orleans for the city’s tricentennial birthday celebration. The crew has been looking forward to this visit for more than six months.”



Photos by MC3 Ryre Arciaga

Sailors and guests watch fireworks over the Mississippi River from the flight deck of the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) during a reception as part of Navy Week New Orleans (NWNNO). NWNNO 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 the latest capabilities of today’s sea services.

After the formal program, guests socialized with the crew and were treated to food and beverages prepared by Kearsarge’s supply department. The evening concluded with viewing fireworks over the Mississippi River from Kearsarge’s flight deck.

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, first-hand, the latest capabilities of today’s sea services.

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

For more news from USS Kearsarge (LHD 3), visit www.navy.mil/local/lhd3/ or www.facebook.com/LHD3.



Sailors parade the colors during a reception in the hangar bay of the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) during Navy Week New Orleans (NWNNO). NWNNO 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 the latest capabilities of today’s sea services.

TIDEWATER MILITARY HEALTH SYSTEM

From Tidewater Military Health System

HAMPTON ROADS

Tidewater Military Health System (TMHS), which is an integrated healthcare system located in Hampton Roads, Virginia, is comprised of McDonald Army Health Center (MCAHC), Naval Medical Center Portsmouth (NMCP), and United States Air Force (USAF) Hospital Langley, along with several branch clinics throughout the area. The TMHS provides inpatient and outpatient primary care and specialty surgical subspecialty, intensive care, emergency, dental, and health support services to TRICARE eligible beneficiaries.

It is important that beneficiaries are aware of TMHS, since their appointment may be scheduled at any of the above facilities depending upon the availability of services. It does not matter which branch of service you are affiliated, since these Army, Air Force, and Navy medical facilities are now in one health system. The Hampton Roads Appointment Center (HRAC) will schedule the appointments at the appropriate facility as the member contacts them.

TRICARE Retiree Benefits Brief

April 24, May 22 & June 26, 7 a.m.–12 p.m.
NAVSTA Norfolk — Wind & Sea Rec Center C-9
9475 Bacon Ave, Bldg. C-9, Norfolk
757-953-8708

Are you transitioning from Active Duty to Retirement and interested in knowing more about the changes to your Health Benefits?

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 - Tricare Dental (TRDP — Delta Dental)
 - Survivor Benefits

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TRICARE for Life Brief

May 8 & June 12, 9 a.m.–11 a.m.
Internal Medicine Conference Room, Building 2, Room 2J
Naval Medical Center Portsmouth
620 John Paul Jones Circle, Portsmouth
757-953-0434

Are you or any of your family members eligible for Medicare?

The Tidewater Military Health System and Naval Medical Center Portsmouth invite you to attend an informative presentation about TRICARE for Life. This session will give you a better understanding of your entitlements and responsibilities, and how TFL works with DEERS, Medicare, Social Security and other health insurance.

No Registration Needed — Just Show Up!

Health Fair/Run for Glory 5K Race

June 8, 8 a.m.
JEB Little Creek-Rockwell Hall Gym
5th St. Bldg. 3147, Virginia Beach
757-462-7735.

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The first 300 runners on the course will get a FREE T-shirt. Obstacles are optional. (Sand dunes are part of the course.) Preregistration Deadline: Friday, June 1 at 4 p.m.

Go to www.navymwrmidlant.com/jebclfs/rfg5k to register. Proper PT attire must be worn at all times. Only participation awards will be given. Everyone races against the clock. Open to active duty, retirees, Reservists, DoD civilians and eligible family members.

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TEAM OCEANA WORKS TO INVOLVE ALL SAILORS, CIVILIANS IN THE PREVENTION AND AWARENESS OF SEXUAL ASSAULT

By MC2 Jacob S. Richardson

NAS Oceana Public Affairs

VIRGINIA BEACH

This April marks the 14th annual Sexual Assault Awareness and Prevention Month (SAA-PM), recognized and observed across the country by civilian and military communities. The month, which spotlights the work of the Sexual Assault Prevention and Response (SAPR) Program, is an opportunity to highlight robust efforts to care for victims and innovative ways commands and Sexual Assault Response Coordinators (SARCs) are working to spread awareness across the Navy.

NAS Oceana and its SARCs have worked to provide its Sailors and Civilians with a multitude of opportunities to bring greater awareness. Awareness events for 2018 included the signing of the 2018 SAAPM proclamation, a moment of silence for survivors of sexual assault, a silhouette display and clothesline project, a two-mile obstacle course race called ‘The Awareness Challenge’ was held at Dam Neck Annex, an interactive performance known as pure praxis, for civilian employees wishing to do their part in spreading awareness they were encouraged to wear teal on Tuesdays throughout the month, and starting at the NAS Oceana Officers’ Club, a Denim Day Walk was held April 25, acting as the capstone event for the month.

“This year we are holding our seventh annual Denim Day Walk, which is both a stand against victim blaming and a strong visual sign of support,” said Shannon Moyer, NAS Oceana SARC. “Personnel and visitors drive down and pass us on the road, we walk past the places where people work, and everyone can see all the people that took time out of their day to show that they support survivors and are taking a stand against sexual assault.”

Since 2012, the annual reports on sexual assault in the military have shown regular declines in the prevalence rates of sexual assault among service members. Together, we can work to further reduce, with the goal to eliminate, sexual assault from the armed forces.

“The importance of today and this month is to raise awareness on the issue of sexual assault, which is a problem that we need to eradicate from the Navy in order for all of our Sailors to live and work in a safe environment,” said Lt. Edgar Fredricks, SAPR program manager, Navy Munitions Command (NMC) Atlantic. “That is why I am here today, not only to speak to Sailors, but to help promote awareness and get Sailors involved in the prevention of sexual assault.”

The 2018 SAAPM theme is “Protecting Our People Protects Our Mission.”

This year’s theme places emphasis on the critical role everyone plays in preventing sexual assault and offers opportunities to deliver messages which relate to how we care for each other while ensuring we are ready to accomplish our mission.



By MC2 Jacob S. Richardson

Naval Air Station (NAS) Oceana Sailors and civilians participate in a Denim Day walk in support of Sexual Assault Awareness and Prevention Month (SAAPM), April 25. Denim Day is a call to action for all people to come together by wearing denim as a visible sign of protest against sexual violence. The event grew out of a 1998 Italian Supreme Court decision that overturned a rape conviction because the victim wore tight jeans.

“Protecting our people ...” We all have a role in ensuring men and women around us can live and work free from the threat of sexual assault. Addressing sexual harassment is an important step to preventing sexual assaults. Understanding how to recognize opportunities for intervention is vital to stopping unsafe behavior, to include any form of retaliation.

“Many people know that you can get help, but not everyone knows what that help looks like,” said Moyer. “That’s why, as you attend our events, you’ll see many individuals wearing shirts identifying themselves as an advocate. We encourage the advocates to get out, talk to Sailors and inform everyone on what it means to be an advocate, and what assistance they can provide.”

“Protects our mission ...” In addition to the devastating impact on an individual, sexual assault can severely impact a unit’s readiness to perform its mission. We can protect our mission by ensuring everyone within the DOD is committed to advancing an environment where sexist behaviors, sexual harassment, hazing, bullying and sexual assault are not tolerated, condoned or ignored.

Lt. Fredricks said the more Sailors that participate in SAPR awareness events; the more knowledge is spread throughout the command and those willing to help when needed.

“The more involvement and participation we see from everyone lets us know that there are that many more people able to recognize a problem when they see it,” said Fredricks. “Not only are they going to take it upon themselves to do something, but also let their shipmates know the proper way to conduct themselves to eliminate issues such as sexual assault, drunk driving, and any other type of destructive behaviors.”

“This is our full-time job. We are SARCs, but that doesn’t mean our passion can’t be matched by service members, and you see that passion here, at events like this,” said Moyer. “The most important thing that we are saying today and throughout this month is ‘you are not alone.’”

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Cmdr. Davis Coles, left, executive officer of the Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71)



Battle of Bataan survivor and POW, Dan Crawley, shakes Electronics Technician 3rd Class Jacob Sulages' hand on the flight deck of the amphibious assault ship USS Bataan (LHD 5)



Hull Maintenance Technician Fireman Apprentice Shelby Farnham get dressed in firefighting equipment during a general quarters drill aboard the guided-missile destroyer USS Bulkeley (DDG 84)



**See more of this week's deployment
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PH-25502342R



Sailors participating in the Sexual Assault Prevention Team aboard the aircraft carrier USS Harry S. Truman (CVN 75) pose for a group photo on the aft mess decks to highlight Sexual Assault Awareness and Prevention month. Harry S. Truman is deployed as part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe.

MC3 Jordan Twiss

TRUMAN SAILORS STAND UP TO SEXUAL ASSAULT

By MC3 Juan Sotolongo
USS Harry S. Truman Public Affairs

ATLANTIC OCEAN

The aircraft carrier USS Harry S. Truman (CVN 75) is raising its voice for prevention along with the nation in observing Sexual Assault Awareness and Prevention Month (SAAPM) throughout April while the ship is underway for a regularly-scheduled deployment.

Truman's SAPR team is raising awareness with this year's theme of "Protecting our People Protects Our Mission" by hosting a brunch, bingo and a 5K run and fitness challenge during April.

"Victim advocate is a very big collateral duty," said Lt. Katelyn S. Howenstine, a Sexual Assault Prevention and Response (SAPR) coordinator and point of contact (POC). "Whenever a victim advocate is assigned to a client, their job is to be available as often as possible and to help with whatever is needed, 24/7."

Consequently, Sailors from departments all around the ship have stepped up to tackle the difficult task of helping victims, or survivors, as SAPR victim advocate Aviation Ordnance-man 3rd Class Florentina Din has done.

"We don't like to call people victims, we like to call them survivors," said Din. "We're solely there for our shipmates. We're there to support them, be their backbone and help them through whatever it is they may be going through emotionally."

Becoming a victim advocate is about more than just being available. According to Din, victim advocacy requires you to change the way you think.

"When I went through the [victim advocate] training I was told to 'check my eye'," added Din. "That means to check yourself and your attitude to make sure you're not doing anything that can indirectly promote things like sexual harassment and sexual assault."

Din and Howenstine share the belief that the harmful reality that the SAPR program was created to deal with can't be

ignored.

Howenstine thinks of her role in the SAPR program much like her role as a medical officer.

"SAPR is, in a way, like my job in medical department," added Howenstine. "As a medical officer, I wish I didn't have a job. I wish no one on the ship got hurt. But I'm here because that is not the case. Same thing with SAPR — I wish SAPR didn't exist and people didn't need my assistance, but unfortunately they sometimes do."

Truman is operating in the U.S. Sixth Fleet area of responsibility as a part of a regularly scheduled deployment supporting maritime security operations in international waters around the globe.

For more information about USS Harry S. Truman (CVN 75), visit www.facebook.com/USSTruman/ or www.navy.mil/local/cvn75/.

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Top colleges available through afloat education

From Navy Voluntary Education and Naval Education and Training Professional Development Center Public Affairs

VIRGINIA BEACH

Six of the top 10 colleges accepting Tuition Assistance (TA) are participating in the Navy College Program for Afloat College Education (NCPACE), available to Sailors on type 2 or 4 sea duty.

“Our goal for the NCPACE program is to provide eligible afloat Sailors the same quality education available to those on shore duty,” said Lisa Teeling, Navy Voluntary Education NCPACE program manager. “Between the available Instructor-Led (IL) and Distance Learning (DL) courses, almost any curriculum is available through our participating schools, which include the majority of the top schools for TA.”

IL courses are taught in the typical classroom setting by an in-person instructor onboard and provide basic curriculum (math, history, English) required to obtain an associate degree. The DL courses are self-contained, meaning no internet connectivity is required to complete the class, and course offerings range from associate-level through master’s-level programs.

Ens. Roger Engelhardt, Education Services Officer for USS Harry S. Truman (CVN 75) says that between the NCPACE distance and instructor-led programs, his Sailors are well-served.

“There are approximately 350 undergraduate and graduate-level courses offered through NCPACE IL and DL,” said Engelhardt. “NCPACE IL is a great resource for Sailors who may need the consistency of classroom structure or face-to-face interaction with their instructor to understand key course material or complex concepts.”

NCPACE DL courses are funded by Sailors using Tuition



MC1 Theron J. Godbold
Mary Larson, a Navy College Program for Afloat College Education professor, teaches an algebra class aboard the guided-missile destroyer USS Donald Cook (DDG 75). Donald Cook is on patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners, and U.S. national security interests in Europe.

Assistance (TA); and at the same rate authorized for regular college courses; \$250 per Semester Hour (SH) or equivalent. Sailors may only receive funding for up to 16 SH or equivalent, per fiscal year through TA, NCPACE DL or any combination of the two. NCPACE DL courses also require the same grade attainment standards as TA courses at all levels to avoid tuition reimbursement to the government.

The NCPACE Instructor-Led (IL) program operates under command sponsorship. IL classes operate under contract support and NCPACE Command Coordinators use the NCPACE section of the Navy College Program (NCP) website to select courses, pre-register Sailors and order courses. The Navy pays directly for IL courses, so they do not fall under the funding cap restrictions of standard TA and NCPACE DL courses. Sailors are responsible for paying for their textbooks and related materials.

First-time NCPACE users must complete the prerequisite training listed on the NCP website before obtaining funding approval for courses and receive academic counseling for each level of educational or academic pursuit (certificate, associate, bachelor’s or master’s).

Sailors who have completed the training and met eligibility can receive automated approval of NCPACE DL requests. Sailors may view the available NCPACE DL courses in the catalog located in the ‘My Education’ section of the Navy College website. For complete NCPACE information for

Sailors and commands, visit the NCPACE section of the NCP website at www.navycollege.navy.mil/ncpace/index.htm.

Engelhardt added that even though connectivity at sea can be a challenge, the Navy College Program staff has been able to support and troubleshoot educational challenges aboard the Truman.

“Navy College assisted our Sailors who were running into issues,” said Engelhardt. “We communicated our situation and they were very understanding and provided a solution.”

Additional details on Voluntary Education Program updates, including NCPACE DL and IL, can be found in NAV-ADMIN 243/17.

Visit the NCP website: www.navycollege.navy.mil/index.htm to start the education process, complete required training, submit a Help Request through the Navy College Virtual Education Center (NCVEC), initiate a Live Chat session or review knowledge management articles. The NCVEC can be reached toll-free 1-877-838-1659; DSN 492-4684, Monday–Friday 7 a.m.–7 p.m. EST.

Get the latest information by following Navy Voluntary Education on Facebook: www.facebook.com/NavyVoluntaryEducation/. For more news from Naval Education And Training Professional Development And Technology Center, visit www.navy.mil/local/NETPDTC/.

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When physical fitness meets deployment

By MC2 Tommy Gooley
USS Harry S. Truman Public Affairs

ATLANTIC OCEAN

Sailors aboard USS Harry S. Truman (CVN 75) kicked off the first physical fitness assessment (PFA) cycle of its kind earlier this month.

Last year the Navy announced changes to its physical readiness program in NAVADMIN 141/17. In cycle 17-2, Sailors who were within the Navy age-graduated body fat standards, and scored an overall “excellent low” or better on the physical readiness test (PRT) with no single event lower than a “good low,” are exempt from participating in this cycle’s PRT.

“I think it’s a great thing the Navy is doing by rewarding Sailors who perform well on the PRT,” said Chief Electrician’s Mate Marco Sifuentes, Truman’s command fitness leader (CFL). “It provides Sailors with the incentive to push themselves just a little bit harder to get the scores they need to get an excellent.”

All Sailors are still required to participate in the semi-annual body composition assessment (BCA), even if they are exempt from performing the PRT.

“I was close to scoring an excellent last cycle, but didn’t quite get there,” said Damage Controlman 3rd Class Michael Olsonkicullen. “Being in the Navy for over five years now and completing more than 10 PRTs, I definitely would like to score an excellent so I can sit one out.”

Also unique to this PRT will be the challenge of completing the cycle while being deployed.

“It’s a tall task any time you have more than 3,000 Sailors who need to complete both the BCA and the PRT,” said Machinist Mate 1st Class Marco Lott, Truman’s assistant command fitness leader (ACFL). “It can be especially difficult when you are deployed and your main focus is the primary mission. Either way, between all of the command fitness leaders on board, we will come together and work with what we



MC3 Alan Lewis

Sailors ride stationary bikes while participating in the physical readiness test (PRT) in the hangar bay aboard the aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman has successfully completed tailored shipboard test availability and final evaluation problem and is underway preparing for future operations.

have to get it done.”

Additionally, the Navy is also eliminating the use of elliptical machines as an alternate cardio because of low usage across the fleet during the PRT. While the 1.5 mile run remains the service standard, commanding officers may still authorize the use of approved stationary bikes and treadmills or allow Sailors to swim as alternate cardio.

“Currently we are planning to offer the standard run portion of the PRT during our first port visit,” said Lott. “I personally can’t think of a more memorable PRT than having the opportunity to run outdoors in a foreign port.”

Truman’s CFL and ACFLs will continue to conduct the BCAs and PRT on board through the end of the cycle on June 31st.

“I expect Sailors are going to perform outstandingly this cycle,” said Sifuentes. “Coming off of a long work-up cycle and now being underway again, Sailors have the resources to meet their fitness goals. Also, Truman’s Fit Boss does a great job of offering a variety of fitness classes that allow Sailors more opportunities to participate in physical activity.”

Truman is operating in the U.S. Sixth Fleet area of responsibility as a part of a regularly scheduled deployment supporting maritime security operations in international waters around the globe.

For more information about Truman, visit www.facebook.com/USSTruman/ or www.navy.mil/local/cvn75/.

The guided-missile destroyer USS Bulkeley (DDG 84) transits the Atlantic Ocean. Bulkeley is underway for a scheduled deployment as part of the Harry S. Truman Carrier Strike Group.

MC2 Tyrell K. Morris



USS BULKELEY ARRIVES IN PALMA, SPAIN

By MCSN Sara Eshleman
Harry S. Truman Carrier Strike Group Public Affairs

PALMA DE MALLORCA, SPAIN

The guided-missile destroyer USS Bulkeley (DDG 84) arrived in Palma, Spain, for a scheduled port visit April 24 to enhance U.S.-Spain relations as the two nations work together for a stable, secure and prosperous Europe.

This visit is intended to promote enduring relationships between the United States and ally Spain.

“These types of engagements will strengthen the bonds between the Spanish and us, and also our other coalition partners as we work towards mutual goals,” said Cmdr. John S. Lucas IV, Bulkeley’s executive officer. “It is through these strengthened relationships that we will be able to increase peace and prosperity throughout the region. As NATO Allies, we share a commitment to promote peace and stability and seek opportunities to strengthen our maritime partnership.”

Sailors will also have the opportunity to meet and interact with the people of Palma.

“This port visit to Palma de Mallorca allows my crew the opportunity to meet their allies in Spain and get to experience their rich history and culture,” said Cmdr. William Harkin, Bulkeley’s commanding officer.

While in port, Bulkeley officers and crew will host a tour of the ship for Spanish officials, and volunteers will participate in community relations projects with a visit to a local food bank as well as an adult learning center.

Morale, Welfare and Recreation tours will give Sailors the opportunity to see the many castles, monuments and attractions Palma has to offer.

Bulkeley is deployed as part of the Harry S. Truman carrier strike group. With the aircraft carrier USS Harry S. Truman (CVN 75) as the flagship, deploying strike group units include staff, ships and aircraft of Carrier Strike Group EIGHT (CSG 8), Destroyer Squadron TWO EIGHT (DESRON 28) and Carrier Air Wing ONE (CVW-1); as well as Sachsen-class German Frigate FGS Hessen.

USS FARRAGUT ARRIVES IN PORTSMOUTH

By MC3 Cameron Stoner
Harry S. Truman Carrier Strike Group Public Affairs

PORTSMOUTH, ENGLAND

The guided-missile destroyer USS Farragut (DDG 99) arrived in Portsmouth, England, April 23 for a scheduled port visit to enhance U.S. and U.K. relations as the two nations work together for a stable, secure and prosperous Europe.

“I think this visit is a great chance to renew our links to NATO and the special relationship we share with the U.K., while also getting a quick taste of Britain and the naval history Portsmouth offers,” said Farragut’s Commanding Officer Cmdr. Casey Baker.

Portsmouth is Farragut’s first port visit since departing Naval Station Mayport April 11 for a scheduled deployment.

“We are honored to be in historic Portsmouth and look forward to the hospitality and culture of the local region,” said Farragut’s Executive Officer Cmdr. Jason Lester.

For some Sailors aboard Farragut, Portsmouth is their first time visiting another country and will give them the opportunity

to experience a new and different culture.

“Being immersed in the culture of Portsmouth will be a new experience, but I am eager to learn about the history it is filled with,” said Boatswain’s Mate Seaman Brennan Scoggins. “Portsmouth has a lot of naval history, which is exciting as a Sailor as it will allow me to see the differences between past and present naval forces.”

Farragut is deployed as part of the Harry S. Truman Carrier Strike Group. With USS Harry S. Truman (CVN 75) as the flagship, deployed strike group units include staffs, ships and aircraft of Carrier Strike Group (CSG) 8, Destroyer Squadron (DESRON) 28 and Carrier Air Wing (CVW) 1; as well as Sachsen-class German Frigate FGS Hessen (F221).

U.S. Naval Forces Europe-Africa/U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners in order to advance U.S. national interests and security and stability in Europe and Africa.



MC3 Cameron M. Stoner

Sailors man the rails of the guided-missile destroyer USS Farragut (DDG 99) as the ship arrives in Portsmouth, England. Farragut is deployed with the Harry S. Truman Carrier Strike Group.

Arleigh Burke arrives in Tunis

By MCSN Raymond Maddocks
Harry S. Truman Carrier Strike Group Public Affairs

TUNIS, TUNISIA

The guided-missile destroyer USS Arleigh Burke (DDG 51) anchored out of Tunis, Tunisia, for a scheduled port visit, April 23.

While in port, Arleigh Burke’s leadership will meet with senior members of the Tunisian military. The ship also plans to host a reception aboard to celebrate the partnership between the two countries. The visit will conclude with a photo exercise and other military training opportunities.

According to Cmdr. Errol Robinson, Arleigh Burke’s commanding officer, the ship’s pres-

ence in North Africa is a demonstration of the United States continued commitment to regional security and stability.

“This port visit represents our nation’s longstanding relationship with Tunisia, and gives us an opportunity to strengthen our bonds with this key ally as we work toward mutual goals in the region,” said Robinson. “We’re looking forward to meeting the people of Tunis, and our Sailors are excited to learn about the country’s rich history and culture during this visit.”

Arleigh Burke is deployed as part of the Harry S. Truman Carrier Strike Group. With the aircraft carrier USS Harry S. Truman (CVN 75) as the flagship, deploying strike group assets include staffs, ships, and aircraft of Carrier Strike Group (CSG) 8, Destroyer Squadron (DESRON) 28 and Carrier Air Wing (CVW) 1; as well as the Sachsen-class German Frigate FGS Hessen (F 221).

U.S. Naval Forces Europe-Africa/U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.

KEARSARGE DEPARTS FROM NAVY WEEK NEW ORLEANS

By MC3 Dana D. Legg
USS Kearsarge Public Affairs

NEW ORLEANS

More than 1,500 Sailors and Marines departed New Orleans aboard the amphibious assault ship USS Kearsarge (LHD 3), signaling the conclusion of Navy Week New Orleans 2018, April 25.

During their week in port, the crew interacted with citizens and visitors of New Orleans by providing tours of the ship to the public and participating in over two dozen events, including nine community service projects and a reception hosted aboard Kearsarge.

“Our ship’s participation in Navy Week New Orleans was fantastic,” said Master Chief Information Systems Technician Margaret Buckingham, Kearsarge’s senior enlisted leader. “The crew enjoyed showing our mighty warship off to the community as well as engaging with the community while on liberty.”

In total, Kearsarge hosted more than 22,000 visitors to the ship and provided 600 Sailors and Marines for community service, which included revitalization, cleanup and preservation projects.

While many of the crew were visiting the area for the first time, some had the opportunity to be a little closer to home. “Most Sailors I have spoken to had never been to Louisiana and weren’t quite sure what to expect,” said Louisiana native Hospital Corpsman 2nd Class Bradley Proctor. “I was proud to see so many Sailors enthralled by the art and culture of the state and really coming to an understanding of the distinct history of my home.”

Buckingham mirrored Proctor’s sentiments. “The hospitality shown in New Orleans was nothing short of amazing,” Buckingham said. “I hope the city enjoyed us being there as much as we did.”

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

For more news from USS Kearsarge (LHD 3), visit www.navy.mil/local/lhd3/ and “Like” www.facebook.com/LHD3.



MC3 Casey Hopkins
Members of the U.S. Navy Band Southeast and Marine Forces Reserve Band New Orleans perform at Jackson Park during Navy Week New Orleans (NWNNO). NWNNO 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 the latest capabilities of today’s sea services.



MC2 Amy M. Ressler
Sailors assigned to the amphibious assault ship USS Kearsarge (LHD 3) participate in a roadside beatification community service project during Navy Week New Orleans April 20, 2018.



MC3 Kaitlyn E. Eads
Lt. Jesse Izdepski, right, the security officer of the amphibious assault ship USS Kearsarge (LHD 3), listens to a local New Orleans band as they play “The Saints Go Marching In” following his promotion to the rank of lieutenant in Jackson Square.

Restoration Advisory Board convenes for Naval Weapons Industrial Reserve Plant Bethpage

By Jeffrey C. Doepp
Naval Facilities Engineering Command Mid-Atlantic Public Affairs

NORFOLK

Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic held its 42nd Restoration Advisory Board (RAB) for Naval Weapons Industrial Reserve Plant (NWIRP) Bethpage, New York, April 18, at the Bethpage Community Center in the Town of Oyster Bay.

The Navy-hosted RAB, which began in 1999 is open to the public. Meeting twice a year, it serves as a forum for the exchange of information between the Navy and the local community on NWIRP Bethpage Environmental Restoration Program activities.

“The role of the RAB is to educate the public about ongoing projects,” said NAVFAC Mid-Atlantic Remedial Project Manager and RAB member Lora Fly. “It’s through these RAB meetings that the public is provided information on environmental issues and cleanups being conducted, and is an important part of our community outreach.”

The RAB includes community members, city water districts, Navy representatives, agents from the New York State Department of Environmental Conservation, the New York State Department of Health and the Nassau County Department of Health.

NWIRP Bethpage was a 109-acre government-owned, contractor-operated facility under the jurisdiction of Naval Air Systems Command and its predecessor commands. It was operated by Northrop Grumman and its predecessors, including Grumman Aircraft Engineering Corporation from 1942 until manufacturing operations ceased in 1996.

“The primary mission of NWIRP Bethpage was to research, design, build and test military aircraft in support of our national defense,” Fly said. “Historic storage and/or disposal practices at NWIRP Bethpage resulted in groundwater contamination in the local area.”

By February 2008, the U.S. Navy transferred most of the property to Nassau County, New York for economic redevelopment but retained a nine-acre portion to complete environmen-

“The primary mission of NWIRP Bethpage was to research, design, build and test military aircraft in support of our national defense,”

Lora Fly, NAVFAC Mid-Atlantic Remedial Project Manager and RAB member

tal investigation and cleanup activities under the Navy Environmental Restoration Program (ERP).

The Navy ERP conducts its environmental cleanup work under the Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA), the Resource Conservation and Recovery Act and the Defense Environmental Restoration Program.

“The Navy is the lead agency for the CERCLA cleanup,” Fly said. “The New York State Department of Environmental Conservation, with assistance from the New York State Department of Health, is the lead state agency providing regulatory support for the Navy. Also, the U.S. Geological Survey contributes technical support on groundwater issues.”

The ERP is a Department of the Navy (DON) initiative to identify, investigate and clean up former waste disposal sites on military property. The program’s objectives are to reduce the risk to human health and the environment from waste disposal operations and hazardous material spills in a cost-effective manner.

A clean, healthy environment is essential to supporting the DON’s primary mission of maintaining fleet readiness. Although past activities have resulted in the release of contaminants into the environment, the DON is committed to cleaning up these sites in an effective and efficient manner. To accomplish the cleanup the DON’s environmental restoration team encourages and supports partnerships among various stakeholders, including state and federal regulators, American Indian tribes and local communities.

NAVFAC Mid-Atlantic provides facilities engineering, public works and environmental products, and services across an area of responsibility that spans from Georgia to Maine and as far west as Indiana. As an integral member of the Commander, Navy Region Mid-Atlantic team, NAVFAC Mid-Atlantic provides leadership through the Regional Engineer organization to ensure the region’s facilities and infrastructure are managed efficiently and effectively.

For more news from NAVFAC, visit www.navy.mil/local/navfachq/.

PROGRAM | Laying the Keel

Continued from A1

document which serves as a vision for enlisted leader development.

“Laying the Keel” provides junior Sailors an earlier opportunity to learn leadership skills and prepare themselves to become future leaders.

“This was developed by Sailors for Sailors,” Giordano said. “This deliberate and comprehensive approach is a path to becoming more authentic, competent and courageous leaders. Laying the Keel sets our course towards a stronger culture of ownership, an environment of positive energy, and intrinsically motivated teams, driving towards maximum level of performance with one goal in mind — winning.”

The “Laying the Keel” announcement aligned with MCPON’s visit to the region during a time of increased operational tempo.

“I want [Sailors] to feel that the Navy is now taking a very committed investment into their development as leaders,” he said. “They can look at this and see that investment mov-

ing forward with both a process that shows institutional structure but also a level of flexibility that allows all the units to feel empowered to go own their responsibilities in that enlisted force.”

While MCPON announced the Navy’s newest initiative, he also spoke to Sailors about quality-of-life concerns, Sailor 2025, advancement opportunities and Sailors’ perspective of the operational environment within the Fleet and region.

“On behalf of the secretary of the Navy, chief of naval operations and myself, we are so extremely proud of our Sailors and everything they do out here,” he said. “We maintain extreme situational awareness of where and how they’re operating, and how we can better support them. But what we need more than anything else is feedback from them and how we can make things better for them and their families.”

For more news from U.S. Naval Forces, Marianas, visit www.navy.mil/local/guam/.



MC3 Josh Cot
At Naval Base Guam the Master Chief Petty Officer of the Navy Steven S. Giordano, unveiled a new blueprint for enlisted leader development: Laying the Keel-Developing the Backbone of Our Navy, April 24. Developed by Sailors for Sailors, Laying the Keel sets our course towards a stronger culture of ownership, an environment of positive energy and intrinsically motivated teams, driving towards maximum level of performance with one goal in mind — winning.

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PACFLT AND PACIFIC LEADERS COMMEMORATE ANZAC DAY

U.S. Marines participate in the Australia and New Zealand Army Corps (ANZAC) Day in Darwin, Northern Territory, Australia, April 25, 2018. The first ANZAC Day commemorations began in 1916 to pay respect to the battle of Gallipoli where both Australia and New Zealand suffered heavy casualties. ANZAC Day is recognized every April 25th to honor veterans and service members for their contributions to their country.

Lance Cpl. Mason Roy

By **MC1 Phillip Pavlovich**

U.S. Pacific Fleet Public Affairs

HONOLULU

Leaders from the U.S. and Pacific partner nations commemorated Australia and New Zealand Army Corps (ANZAC) Day at the National Memorial Cemetery of the Pacific, April 25. ANZAC Day was established in 1916 to celebrate the soldiers that gave their lives on the front line of the battle of Gallipoli, in Turkey, the first major military action fought by the two countries in World War I. Throughout the years, ANZAC Day has since become a commemoration for all military members who have lost their lives during military and peacekeeping operations and is celebrated every year around the world April 25. During the ceremony, guest speakers shared stories and talked about the history of ANZAC Day

and how it has changed over the years. “Just as the Gallipoli campaign forged New Zealand’s relationship with Australia, the war in the Pacific crystalized our relationship with the United States, together we understood we shared values and a determination to create a better world by developing a framework that enabled peace,” said Rear Adm. John Martin, the chief of New Zealand Navy. “The meaning of Anzac Day has evolved to reflect our society. New Zealand stands alongside Australia around the world to remember the Gallipoli campaign. We also stand with our friends and partners of other conflicts and share this act of remembrance and recognize where our interests and values intersect. In this, the final centenary year of World War One, we acknowledge the role this conflict, and others, played in shaping our nations. We stand here this morning, as we have done in years past, and as we will do in the future, to honor the service and sacrifices made,

to pay tribute and to remember,” said Martin. As part of the ceremony, Swift and others laid wreaths and rendered honors as a way to show their appreciation for the Australia and New Zealand’s Army Corps. “It was an honor to participate in the ANZAC Day commemoration events and see the shared history and deep respect built over the past century on full display,” said Swift. “We remain committed to bolstering the already-strong defense ties between Australia, New Zealand and the United States, and will continue to work shoulder to shoulder with these great nations to maintain security, stability and prosperity within the Pacific region.” Following the wreath-laying ceremony, the Polynesian Cultural Center performed the Haka, a traditional war cry dance from the Maori people of New Zealand.



MC2 Michael Hendricks

Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet Rear Adm. Sean Buck Deputy and Chief of the Chilean Navy General Staff, Rear Adm. Yerko Marcic Conley shake hands after concluding the annual Maritime Staff Talks (MST) by signing the agreed upon minutes during the closing ceremony held at Castillo de San Marcos.

4th Fleet Commander concludes maritime staff talks with Armada de Chile

From **U.S. 4th Fleet Public Affairs**

ST. AUGUSTINE, FLA.

Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet, Rear Adm. Sean Buck, hosted Armada de Chile Rear Adm. Yerko Marcic Conley and his delegation for the annual Maritime Staff Talks (MST) at the Florida National Guard Headquarters in St. Augustine, April 23-25.

MST’s support the U.S. global strategy by building and strengthening working relationships between the U.S. and partner nations and improving interoperability through face-to-face meetings.

“The importance of maintaining all of our relationships between our two navies cannot be overemphasized,” said Buck. “It is only through coordinated efforts that we can move the ball ahead. Maritime operations in our hemisphere

are complex and dynamic, our regional challenges require cooperative solutions between our navies. We, the United States, are never going to go it alone. We want to partner with Chile to go across threats and challenges that are common to both of us.”

“We are here after two days of meetings,” said Buck. “Finding opportunities to increase our interoperability and brainstorming ways to overcome challenges within the region. Today we sign our agreed way ahead for the coming year, and I would like to thank each one of you, for your presence this week, for engaging with our counterparts and putting forth an outstanding effort.”

Over the past year, U.S. and Chilean navies have participated in many exercises including UNITAS, PANAMAX, CHILEMAR, and Team Work South. All of these cooperative efforts

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NAVY CHAPLAIN CORPS OFFERS SEXUAL ASSAULT RECOVERY RETREATS FOR MEN

By **Gloria Colon-Buzatu**

Navy Chaplain Corps Public Affairs

ARLINGTON, VA.

The Chaplains Religious Enrichment Development Operation (CREDO), Hope to Healing (H2H) Sexual Assault Recovery Retreat program, plans to expand to include a retreat for male survivors of sexual assault.

“The goal is to follow the model of the current CREDO Hope to Healing retreat, a spiritual readiness and resilience resource for female survivors of sexual assault,” said Rear Adm. Margaret Kibben, Navy Chief of Chaplains.

More than 80 female survivors have participated in the H2H retreat and the results have been positive.

“The retreat environment is designed to allow people to seek healing in their life,” said Kibben. “Chaplains care for all with complete confidentiality, dignity, respect and compassion, regardless of an individual’s beliefs, and reconnect months after the retreat to check on survivors,” added Kibben.

According to the Department of Defense Sexual Assault and Response Office, in the fiscal year 2016 report more than 6,000 males surveyed claimed some type of sexual assault, which is the largest number to date.

“H2H is a coordinated initiative with the Department of the Navy Sexual Assault Prevention and Response Office (DONSAPRO) that oversees the [H2H] program with Commander, Navy Installations Command, facilitating and working with the [Fleet Family Service Center and Navy Medicine] counseling centers across the Navy and Marine

Corps,” said Cmdr. Jennifer Bowden, a Navy chaplain, and CREDO director for Navy Region Mid-Atlantic.

“Expansion of the program is contingent on assuring that CREDO regions are properly trained and have appropriate facilities and resources to provide a quality experience,” added Bowden.

The established goals and objectives for a weekend retreat of the H2H curriculum will remain the same.

The retreat includes action-oriented skill-building activities:

- The awareness of trauma’s effect on the self
- Strengthening resiliency and stress coping skills,
- Establishing personal growth goals
- Developing character strengths and virtues
- Enhancing social wellness through friendship
- Building family cohesion and social support
- Deepening one’s sense of purpose in life

“During the H2H retreat all sections of the program are led by chaplains,” said Bowden.

Sexual assault is a crime. CREDO H2H is a response to support and care for survivors.

Visit the Department of the Navy Sexual Assault Prevention and Response Office for the options to report a sexual assault crime.

Visit the Navy Chaplain Corps website for the listing of all CREDO locations and contact information.

SHE SAID ‘NO’ TO THE DRESS, PROM TRADITIONS

By Lisa Smith Molinari

Last weekend, our youngest daughter, Lilly, went to senior prom. Three weeks before that, we had an epic mother-daughter argument in a TJ Maxx dressing room.

Having swapped gowns for proms and military balls my entire life, I understood Lilly’s insistence on borrowing formal dresses from friends. But this was Lilly’s senior prom. Whether she wanted it or not, I was determined to buy her a new gown all her own. As luck would have it, we found a rack of formal dresses at TJ Maxx, and Lilly took a heap of them into the dressing room. One by one, she wriggled into the garments, struggling with zippers and straps. She hated them all, except for one.

“I like it,” she said, head cocked sideways in the mirror. I tried to look apathetic. It seemed that every dress I liked, she hated. I knew better than to reveal an opinion, because Lilly would take the opposing view.

But this wasn’t just any dress. It was classic — fitted tea-length lace, with delicate straps and a unique hemline. Stunning. I clamped my lips together to contain my excitement and tried to act nonchalant.

After rejecting the second bundle of dresses, Lilly put the lace dress back on for another look, while I busied myself rehangng the pile of discards.

“It’s cool ... different, you know?” Lilly said.

“Definitely, and very flattering.” Oops. In a moment of weakness, I let my opinion slip and jeopardized the entire process. I busied myself with a tangle of hangers and held my breath.

“Actually, I’ll just borrow a dress from Julia,” Lilly concluded, peeling the blue dress off and tossing it into the reject heap.

“C’mon, Lilly, you just said you liked it!” I pleaded, but revealing my fondness for the dress had been the kiss of death.

“Everybody at school borrows dresses, Mom!”

“How is that possible?! If no one ever bought new dresses, there’d be none to borrow!”

“You just don’t understand!”

“Your mother wants to buy you a brand new dress, and somehow, this is a bad thing?! You’re right; I don’t understand!”

It went round and round like this, until I stormed out, dramatically proclaiming that I would never buy Lilly another thing as long as I lived.

On prom night, Lilly got ready at Julia’s house. I showed up at the school where the students were gathering for group photos, to see what she ended up wearing. I told myself that, even if she arrived in a burlap sack and a pair of Converse Chucks, I’d smile and take photos like a good mom.

I found Lilly’s girlfriends giggling excitedly on the school grounds, all of them radiant in colorful gowns. I spotted Lilly wearing one of Julia’s dresses. She approached sheepishly, but I had to admit, she looked lovely in the empire navy gown, her shimmering gold necklace reflecting her sandy blonde hair.

My eyes prickled, as I welled with middle-aged mom pride.

Just then, the boys arrived. I stood back to watch them like they were



Courtesy Thinkstock

zoo animals. Lilly’s date, a football player, was milling about, chewing gum with his hands in his pockets. He was wearing an outfit — a jacket emblazoned with stars and no tie — that screamed, “I’m just here for a good time.” Although I had heard that he had a crush on Lilly, he didn’t bother to say hello to her. Worse yet, he didn’t say hello to me.

At midnight, Lilly came home reporting that she’d had a great time.

“Did you ever talk to your date?” I asked.

“Oh, sure, we ate dinner together. Then he left with his friends, and I danced a lot.”

“Your date left with his friends?!” I asked, incredulously.

Lilly assured me that this, along with girls borrowing dresses and boys wearing goofy jackets without ties, is perfectly normal teenage behavior today. Suddenly grateful for the hideous purple taffeta, tacky corsage, and awkward slow dances at my own 1984 senior prom, I breathed a sigh of parental surrender.

“And by the way, she said before going up to bed, “Nobody uses the term ‘date’ anymore, Mom. He was my ‘prom ask.’”

I stand corrected.

www.themeatandpotatoesoflife.com

No, you don’t get it

By Amanda-Lee Pitzer

While at work the other day, I was following up with someone about a project. They told me they hadn’t had time to complete it because they were busy being a single parent for a few days and were too overwhelmed. My jaw hit the floor. Did she know who she was talking to? As she kept talking, I started stepping away. I nodded my head and kept going hoping she would get the hint that I was done with this conversation. It took every ounce I had to keep my mouth shut. What I wanted to say was, “Single parent? You? Do you realize I’ve been a single parent for years? Yes, Years! All the while I did it while working full time, chauffeuring my kids to activities, making meals, keeping the house clean, and still getting my tail to the gym. So please, tell me

why you can’t get your work done again.” But, I kept my mouth shut.

So many civilians think that their spouse heading out on a business trip makes them like us. The thing is, they will never be like us, and that means they will never understand what this life is like. You can fire back and educate them if you want — but it doesn’t matter. They can’t understand unless they go through it. They will not know the feeling of walking away from him after you say goodbye in the dark of night. They will never know what it’s like to have your spouse be on call at all times. They won’t understand why, if the phone rings at 2 a.m., he has to answer. They won’t understand that sometimes vacation plans will get canceled because the military changed its mind. They won’t understand why he can’t just

“get out” and have a normal life. But more importantly than that.

They won’t understand the feeling of spotting their spouse after months apart in a crowd of thousands of people waving little flags. They don’t understand that it’s not a job, it’s a duty to our country. They won’t understand the feeling of pride we have as we listen to those 2 a.m. phone calls and the counsel that they provide to the junior Sailor. They won’t understand that vacations, though few and far between, are treasured so much more and are so much more valuable. They don’t understand that being in the military and serving your country isn’t something you just stop doing; it is who they are. They won’t get it any of it. But most of all they will never understand that all of these sacrifices that service members and their families make are for that person, who just doesn’t get it.

Navylife101.wordpress.com

FRGS: REASONS TO JOIN OR NOT

By Amanda-Lee Pitzer

I had no idea what a family readiness group (FRG) was until I watched Army Wives. Then, while stationed in Pensacola, Florida, I found out our command had one, and I jumped at the chance to have the wonderful relationships that I saw on the show. Man, was I naive. I soon was told that the FRG’s function was solely to provide for the children of the command by way of parties at Halloween, Christmas, etc. At the time we were part of the very small minority of military families that had been married a number of years but did not have any children. So much for camaraderie. I exited that group since I apparently didn’t belong.

At our next duty station back in Virginia Beach, deployment time was approaching. I decided to give it another go and finally saw that those without kids were welcome, but the group was run by the wife of a higher ranking enlisted member ... who thought she also wore that rank. She put down all of the spouses that were at the bottom of the totem pole, and I remember thinking to myself; “If she ever leaves, I’m taking this over.”

As luck would have it, she announced that she was leaving and I jumped at the chance to take over and make it the next Army Wives. It was a success! And, now that we have joined a command without an FRG, here I am again starting over for the sake of those families which leads me to it — why you need to join your FRG, and why not to.

Why join your FRG?

1. Sense of community. During a time of deployment, especially, it gives you a group of like-minded individuals to experience this with you. After all, your friend whose husband goes away on business does not know what you’re going through, but she thinks she does.
2. Communication. The FRG often can provide updates about those on a mission. Sometimes, these updates serve as the only connection you have to your loved one. You don’t have to love everyone to get vital information.
3. Keeping Busy. The FRG functions as a social club meant to keep you engaged, connected and busy during this time. Yes, you can have fun while they are gone!
4. To Learn. Many people in your group will have done this deployment thing a number of times. They are happy to share their wise words with you; listen.

Why not join your FRG?

1. If you’re a complainer. I get it, it sucks. However, complaining and focusing on the crap won’t help you and will bring everyone else down around you. If that is all you are going to do, do us a favor and stay home. Or, put on your big girl panties and your best behavior and join us.
2. If you expect them to hold your hand. Yes. They are your support group. They are there to support you and get you through it. But, part of the deployment process is learning to go it alone. Ask for help. Ask for guidance. But don’t think you can’t try it on your own as well. Everyone in that group is struggling and doesn’t have time to walk you through step-by-step. It sounds harsh, I know. We will stand beside you and be your cheerleader! But we also only have two hands of our own and they are simply too full to hold yours. So instead we will stand beside you and watch you crush it.

If your command does not have an active duty FRG and you are interested in getting one started, talk to Fleet and Family Services at your duty station and then request a meeting with the proper member of your chain of command. In my experience, they will welcome you with open arms, and you’ll never know how many family members you will impact.

Navylife101.wordpress.com



■ **Q. The house we are renting, I just found out is being foreclosed. What are some of my options?**

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US, International partners interdict half ton of cocaine, rescue four suspects

From U.S. Coast Guard 11th District Pacific Southwest

ALAMEDA, CALIF.

Crews from the U.S. Coast Guard, Customs and Border Protection Air and Marine Operations (AMO), the U.S. Navy’s coastal patrol ship USS Zephyr (PC 8) and the Colombian navy ship ARC “07 de Agosto” intercepted a low-profile go-fast vessel (LPGFV) and seized more than 1,000 pounds of cocaine in the Eastern Pacific Ocean, April 7.

During a routine counter-narcotics patrol, an AMO P-3 aircraft detected an LPGFV, which is a custom made ocean-going, high-speed motor boat built by drug traffickers to smuggle large quantities of illegal drugs. The boats are primarily made of fiberglass and they travel barely above the surface making them difficult to see or detect by radar.

The AMO P-3 crew reported the LPGFV to the Joint Interagency Task Force-South, which vectored the Zephyr to make the interdiction.

As the Zephyr changed its course to intercept the vessel, the suspected smugglers allegedly began jettisoning their cargo and jumped into the water as their boat caught on fire.

A Coast Guard law-enforcement team in an interceptor boat launched from the Zephyr interdicted the LPGFV, rescued four suspected smugglers and transferred them to the Zephyr. The Coast Guard and Zephyr crews extinguished the fire aboard the LPGFV after fighting it for approximately 90 minutes.

“There was no doubt in our minds what needed to be done to salvage the evidence needed for a successful prosecution even if it meant laying Zephyr alongside a burning hull, with the intense heat and acrid smoke hindering our 90-minute firefight,” said Lt. Cmdr. Grant Greenwell, the commanding officer of the Zephyr.

After the fire was extinguished, a Coast Guard law-enforcement team with members from both Maritime Safety and Security Team 91112 based in New Orleans, and the Pacific Tactical Law Enforcement Team based in San Diego, recovered approximately 1,080 pounds of suspected cocaine from the LPGFV. During the recovery, the “07 de Agosto” arrived on scene to work with the Coast Guard law enforcement team to document the case. This case marks the first drug interdiction for MSST New Orleans after becoming a pursuit-designated unit in July 2017.

“This was an incredible team effort, between our MSST, the law enforcement detachment and USS Zephyr crews to save four lives, put out the fire and recover half a ton of cocaine,” said Lt. Cmdr. Mike McGrail, the commanding of-



U.S. Coast Guard photo
A suspected smuggler who jumped from his burning vessel, in background, is pulled aboard an interceptor boat from the Cyclone-class patrol coastal ship USS Zephyr (PC 8) by members of the U.S. Coast Guard and Navy in international waters of the eastern Pacific Ocean on April 7, 2018.



U.S. Coast Guard photo
Sailors aboard the Cyclone-class patrol coastal ship USS Zephyr (PC 8) conduct ship-to-ship firefighting to extinguish a fire aboard a low-profile go-fast vessel suspected of smuggling in international waters of the eastern Pacific Ocean, April 7, 2018.

ficer of MSST 91112. “This case truly highlights the danger and unpredictability our crews face every day interdicting narcotics smugglers on the open ocean.”

The LPGFV was severely damaged by the fire and was subsequently sunk as a hazard to navigation.

“This interdiction serves as an example of how interagency collaboration can lead to the successful disruption of transnational criminal organizations,” said William Durham, the director of AMO’s National Air Security Operations Center-Corpus Christi. “Continuing to keep our country safe from these criminal networks requires unity of effort during all phases of interdiction.”

In addition to Coast Guard crews, numerous U.S. agencies from the Departments of Homeland Security, Defense and Justice along with allied and international partner agencies, such as the Colombian navy, are involved in the effort to combat transnational criminal organizations. Counter-drug operations in the Eastern Pacific require unity of effort in all phases from detection, monitoring and interdictions, to prosecutions by the Department of Justice and partner nations.

As part of its Western Hemisphere Strategy, the Coast Guard has increased its presence in the Eastern Pacific Ocean and Caribbean Basin, which are known drug-transit zones off of Central and South America. During at-sea interdictions in

international waters, a suspect vessel is initially located and tracked by the U.S. and allied, military or law enforcement personnel. The interdictions, including the actual boardings, are conducted by Coast Guard members.

U.S. Naval Forces Southern Command and U.S. 4th Fleet support joint and combined military operations by employing maritime forces in cooperative maritime security operations to maintain access, enhance interoperability and build enduring partnerships to enhance regional security and promote peace, stability and prosperity in the Caribbean, Central and South American regions. Zephyr is homeported in Mayport, Florida.

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

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USS BONHOMME RICHARD ARRIVES IN PEARL HARBOR, JOINS 3RD FLEET

By MC3 Zachary DiPadova
USS Bonhomme Richard Public Affairs

PEARL HARBOR

The amphibious assault ship USS Bonhomme Richard (LHD 6) arrived in Pearl Harbor, April 27, marking the ship’s first port visit since it entered U.S. 3rd Fleet.

Bonhomme Richard is stopping at Pearl Harbor as part of the ship’s transit from Sasebo, Japan, to San Diego, where the ship will be permanently homeported.

“Our visit to Hawaii marks a new chapter in Bonhomme Richard’s history, and we are proud to be back on American soil after a successful FDNF tour of duty,” said Capt. Larry McCullen, Bonhomme Richard’s commanding officer. “There is so much important naval history to take in at Pearl Harbor, and the island is a beautiful place to visit. It will be good for the crew to experience both during our time in port.”

Airman Dane Sandt, a Bonhomme Richard crew member from Branson, Missouri, was born in Hawaii and said he is excited about being able to return as a Sailor.

“I’m looking forward to manning the rails and rendering honors as we pull in to Pearl Harbor,” said Sandt. “I was born



MC2 Somers Steelman

The amphibious assault ship USS Bonhomme Richard (LHD 6) passes the USS Arizona Memorial upon arrival to Joint Base Pearl Harbor-Hickam in Pearl Harbor, Hawaii. Hawaii is the Bonhomme Richard’s first port visit since it entered U.S. 3rd Fleet. Bonhomme Richard is stopping in Pearl Harbor as part of the ship’s transit from Sasebo, Japan, to San Diego, where the ship will be permanently homeported.

in Hawaii and left shortly after, so I’m eager to return. I plan on getting an authentic Hawaiian breakfast and doing some surfing during our off-duty time.”

Forward-deployed to Japan since 2012, Bonhomme Richard has called Sasebo home for six years, serving as the flagship of Expeditionary Strike Group 7, providing a rapid-re-

sponse capability for the U.S. 7th Fleet area of operations. The ship is transiting to San Diego where it will conduct operations in 3rd Fleet prior to entering an extended maintenance availability, including upgrades and modernization to operate the F-35B Lightning II fighter aircraft.

GET READY: 10 TIPS FOR SAILORS' SUMMER MOVES

From Naval Supply Systems Command, Office of Corporate Communications

MECHANICSBURG, PA

Sailors moving this summer should start preparing now, said Naval Supply Systems Command (NAVSUP) Household Goods (HHG) Director John E. Hilaman. “A good move doesn’t just happen, it takes planning.”

Hilaman recommends Sailors prepare for a smooth move by keeping these 10 tips in mind:

1. **START EARLY** — HHG peak season runs from the beginning of May through August. Start early by going online at <https://www.navsup.navy.mil/household> to review your entitlements and responsibilities. To begin your move process, go to: www.move.mil.

2. **PLAN ALTERNATE MOVE DATES, JUST IN CASE** — When scheduling pickup or delivery, select alternate dates in addition to your preferred dates. During busy times, it could be difficult to get the first date you request. By establishing alternate dates that work for you, inconvenient pickups and deliveries can be avoided.

3. **TELL UTILITIES, LANDLORDS** — Be sure you have a confirmed date for your pack out and pickup before you inform your landlords or turn off your utilities.

4. **MINIMIZE CHANGES** — After the pickup date has been confirmed, only request changes in an emergency. Date changes can lead to delays, additional cost to the member, or the need to convert the shipment to a Personally Procured Move (PPM).

5. **BE REACHABLE** — Moves go smoother when you are easy to contact. Provide your personal phone numbers, cell phone numbers and personal e-mail to the personal property offices at origin and destination. Include in-transit contact information, as well.

6. **TIME MOVES AHEAD OF VACATE DATE** — Do not schedule a pickup for the day you are to close on the sale or purchase of a home or on the day you must vacate a rental. Allow time for unforeseen problems and last-minute changes.

7. **SORT** — Start sorting through household goods now and set aside items you have decided to put up for sale or donation. Service members must keep all shipments within their weight allowance or pay to ship the

excess weight. Authorized weight allowance chart located at: https://www.navsup.navy.mil/public/navsup/hhg/quick_links/weight_allowance/.

8. **GET READY FOR PRE-MOVE SURVEY** — Once the service member initiates the move online, the shipment contract has been awarded and the transportation service provider (TSP aka moving company) assigned, the TSP will contact the service member to schedule and perform the pre-move survey. Be aware the TSP will conduct a pre-move survey no later than three business days prior to the first scheduled pack date.

The pre-move survey allows the TSP to establish a more realistic weight estimate, determine how many crew members to assign, determine the number of packing days needed, and determine what packing materials are needed and whether any special equipment is needed.

All dates for packing, pickup and delivery are finalized between the service member and the assigned TSP.

9. **KEEP RECORDS** — Keep all hard copy and electronic records of your move details. The more information you keep, the better. Consider taking pictures of documents with your phone as a back-up reference. Email yourself reminders and notes regarding specifics to help you remember things down the road.

10. **UNDERSTAND** — Know that mini-

mum transit times for moves are determined by the Defense Travel Regulation. For example, on domestic shipments moving companies are given a minimum of 14-20 days to drive from the East Coast to the West Coast, depending on the weight of the shipment and the start and end locations. International transit times can be anywhere from 30-90 days, depending on the start and end locations.

Of note, you should schedule separate days for each separate move. If multiple carriers are scheduled for the same day, there can be confusion on what items go with which shipment and you could be charged for an attempted pickup or waiting time as the carrier waits for the previous carrier to depart.

Sailors with questions about household goods transportation and storage entitlements can contact the Navy Household Goods Customer Contact Center at 855-HHG-MOVE (855-444-6683) or send an email to householdgoods@navy.mil. Find household goods move information online at <https://www.navsup.navy.mil/household>.

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SATURDAY MAY 5

TRIP AROUND THE SUN TOUR 2018
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MAY 10

THE CHAMPIONSHIP TOUR
KENDRICK LAMAR
SZA SCHOOLBOY Q
JAY ROCK AB-SOUL
SIR LANCE SKIINWALKER
MAY 27

SLAYER
JUNE 12

SHAGG FEST
JUNE 16

RASCAL FLATTS
BACK IN US
JUNE 28

IMAGINE DRAGONS
JULY 3

LYNYRD SKYNYRD
FRIDAY JULY 6

WARPED TOUR
JULY 12

4TH OF JULY
JULY 13

RAGE
JULY 18

ZOMBIE MANSION
FRIDAY JULY 20

SUMMER LIVE
SATURDAY JULY 21

KIDZ LIVE 2018
SATURDAY AUGUST 4

PENTATONIX
AUGUST 5

COUNTING CROWS
AUGUST 7

GRATU
AUGUST 12

JOURNEY
AUGUST 13

GODSMACK
AUGUST 18

JASON ALDEAN
AUGUST 19

5SOS
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USNS MERCY ARRIVES IN TRINCOMALEE, SRI LANKA

By MC2 Kelsey L. Adams
Pacific Partnership Public Affairs

TRINCOMALEE, SRI LANKA

U.S. and partner nation service members participating in Pacific Partnership 2018 arrived in Trincomalee, Sri Lanka aboard the U.S. Navy hospital ship USNS Mercy (T-AH 19), April 25.

The mission in Trincomalee continues through May 8 and features Pacific Partnership doctors and medical personnel working side-by-side with Sri Lankan medical professionals to exchange best practices. Additionally, U.S. and partner nation service members join their Sri Lankan counterparts in civil engineering projects, humanitarian assistance and disaster relief (HA/DR) readiness seminars and public outreach engagements throughout the local community.

“I am very excited to see our team working with side-by-side with the people of Sri Lanka,” said Capt. David Bretz, the mission commander for Pacific Partnership 2018. “Through Pacific Partnership, we are building bonds of trust, friendship and partnership with the Sri Lankan people that will help us prepare together for a multitude of contingencies that our nations face with manmade and natural disasters. We are honored to be guests in this country and work beside our Sri Lankan counterparts.”

Pacific Partnership is the largest annual multilateral disaster response preparedness mission conducted in the Indo-Pacific. This year’s mission includes military and ci-

vilian personnel from the United States, Canada, United Kingdom, Australia, France, Peru and Japan.

“Pacific Partnership 2018 offers an excellent opportunity for the U.S. and Sri Lankan militaries to serve Sri Lankans in need and expand our growing partnership in humanitarian and disaster relief,” said U.S. Ambassador to Sri Lanka and the Maldives Atul Keshap. “From medical clinics to free public concerts, our sailors will bring the best of America to local communities.”

USNS Mercy made previous stops in the 2018 mission in Bengkulu, Indonesia and Kuala Lumpur, Malaysia. After departing Sri Lanka, USNS Mercy will make mission stops in Vietnam and Japan strengthening alliances, partnerships, and multilateral cooperation throughout the Indo-Pacific region.

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



MC2 Kelsey Adams
Military Sealift Command hospital ship USNS Mercy (T-AH 19) remains anchored in waters near the Ulithi Atoll for a photography exercise while en route to the Mercy’s first mission stop of Pacific Partnership 2018 (PP18).



MC3 Kelsey J. Hockenberger
A Coast Guard Sector San Diego MH-60T helicopter assists a distressed vessel off the coast of Southern California.

USS Pearl Harbor assists distressed vessel

By MCSN Danielle Baker

PACIFIC OCEAN

The Harpers Ferry-class amphibious dock landing ship USS Pearl Harbor (LSD 52) assisted a distressed vessel in the Pacific Ocean off the coast of Southern California April 20.

The civilian vessel, Mahana, reported it was taking on water at approximately 10:33 a.m.

Pearl Harbor, approximately nine nautical miles away from the vessel at the time, coordinated with Coast Guard Sector San Diego and Mission Bay lifeguards during the rescue.

“Both the tradition and law of the sea is that mariners assist other mariners in distress,” said USS Pearl Harbor’s Commanding Officer, Cmdr. Ben Miller. “As a U.S. Navy warship, we have a highly trained team of damage controlmen and medical specialists that are able to respond to any emergency at sea. Pearl Harbor was in the right place at the right time to assist the Coast Guard.”

The Sailors aboard Pearl Harbor loaded their rigid-hull inflatable boat (RHIB) with de-flooding equipment and medical gear and launched within 10 minutes of receiving the call.

“We had line in hand, our team geared up, and were ready to receive orders from the bridge,” said Chief Boatswain’s Mate Frank Jimenez. “We had eight members manning the RHIB, including the

boat team and the rescue and assistance team that were well trained and prepared for this kind of situation.”

A Coast Guard Sector San Diego MH-60T helicopter was the first on scene and deployed a search and rescue swimmer to assess the vessel and stabilize the water levels. Coast Guard Sector San Diego requested Pearl Harbor’s response team to stand by for further assistance.

“We grabbed all the necessary equipment, manned the RHIB and lowered the vessel as soon as we could,” said Damage Controlman 3rd Class Quinn Connelly. “The Coast Guard was in the process of assisting the vessel when we arrived, so we were standing by for further instruction. They were there, with pumps at the ready. We were there as back up.”

The Mission Bay lifeguard vessel escorted Mahana and crew back to shore safely.

Pearl Harbor, part of U.S. 3rd Fleet, is currently underway in the Pacific Ocean conducting routine training operations.

U.S. 3rd Fleet leads naval forces in the Pacific and provides the realistic, relevant training necessary for an effective global Navy. Third Fleet constantly coordinates with U.S. 7th Fleet to plan and execute missions that promote ongoing peace, security, and stability throughout the Pacific.

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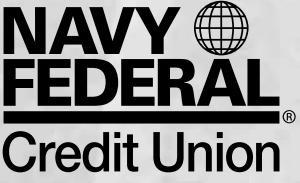


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‘REALM OF THE POSSIBLE’ REVEALED BY MULTI-MISSION UNMANNED SURFACE VEHICLE

By John Joyce

Naval Surface Warfare Center Dahlgren Division Corporate Communications

DAHLGREN, VA.

An unmanned surface vehicle suddenly appeared on the Potomac River Test Range, and much like the ospreys that inhabit the area, it was on a mission to traverse the river — autonomously.

Nearby, an osprey watched the unusual sight from its nest as an array of autonomous guns and missile systems were lined up on a pier.

Distinguished visitors gathered on the pier to watch — a demonstration of Textron Systems’ Common Unmanned Surface Vehicle (CUSV). They listened intently as Navy and corporate leaders discussed their collaboration to weaponize a CUSV capable of multiple missions.

“The reason we collaborate is because we as a nation find ourselves in a situation where we can no longer take time to deliver capability to our warfighters,” John Fiore, Naval Surface Warfare Center Dahlgren Division (NSWCDD) technical director, told government, defense contractors and military personnel at the March 28 event. “We as a warfare center and you as industry are tasked to make sure our Sailors and Marines can deploy, execute their mission and come home safely to their families and loved ones.”

NSWCDD engineers explained how the



Courtesy of U.S. Navy
Navy scientist Dr. Chris Weiland briefs visitors on the coordinated use of unmanned aerial vehicles for intelligence and targeting at a demonstration of the Surface and Expeditionary Warfare Mission Module that will be integrated in the developmental Common Unmanned Surface Vehicle (CUSV).

weapon technologies they developed will be evaluated for integration with Textron Systems’ CUSV to create a new modular autonomous weapon system to impact the Fleet’s maritime operations. There is currently no program or acquisition in place to implement these efforts, as they are in the early development stages without funding or planning to implement into the Fleet.

“Our first project is what we are calling a Surface and Expeditionary Warfare Mission Module which will consist of our engagement technology paired with our Battle Management System (BMS) controlling a Longbow Hellfire Missile,” said Chris Nerney, NSWCDD technical program manager for Unmanned Systems. “The idea is a mission package that could slide into the CUSV modular mission bay and provide a direct and indirect fire capability.”

The Navy and Textron Systems plan to prove the developmental concept that combines direct and indirect fire capability with a gunfire demonstration later this year, followed by a live missile shoot in 2019.

“We are creating a modular surface and expeditionary warfare payload with a gun and a missile weapon system to be evaluated for integration onto the common unmanned surface vehicle,” said Kevin Green, NSWCDD technical lead for Ship-to-Shore Precision Engagement Integration and Prototype. “This payload could enable warfighters to counter fast attack craft and fast inshore attack craft and it could provide ship-to-shore fire support for expeditionary and special operations forces. It also gives us a baseline development effort to operate and perform further research and development.”

Meanwhile, Nerney, Green and their Textron Systems collaborators are envisioning how new payloads in the CUSV mission bay could benefit warfighters in various missions from maritime interdiction and special operations to surface warfare encounters that include engaging fast attack craft and fast inshore attack craft as well as other threats.

“We’re demonstrating the realm of the possible, proof of concept, and leveraging a Textron developmental craft and proven weapon systems with the Hellfire, BMS, and other capabilities,” said Wayne Prender, Textron Systems vice president of Control & Surface Systems. “Now, we’re bringing those technologies together and implementing them in an autonomous way that’s unique and new.”

For surface and expeditionary warfare missions, warfighters could use a modular, plug and play unit designed to fit the CUSV mission bay. This mission module includes sensors for targeting, a weapon station with a gun and a launcher system for missiles. It could provide capabilities to enable a myriad of missions outlined in the Unmanned Surface Vehicle Master Plan.

NSWCDD engineers are creating the payload in response to guidance outlined in the Navy’s recent USV Strategic Roadmap and the Marine Corps Operating Concept. Moreover, they determined that weaponizing a USV with both direct and indirect fire capability could expand the USV mission portfolio to include surface warfare, maritime se-



John Williams

A Scan Eagle unmanned aerial vehicle launches from the Potomac River Test Range. Navy scientist Dr. Chris Weiland briefed visitors on the coordinated use of unmanned aerial vehicles for intelligence and targeting at a demonstration of Surface and Expeditionary Warfare Mission Module weapons at Naval Surface Warfare Center Dahlgren Division (NSWCDD), March 28, 2018.

curity, and maritime interdiction operations in addition to special operations forces and expeditionary forces support.

“We are developing automated weapon systems that provide tactically effective automation of the entire kill chain, and we’re doing so with minimal dependence on what is usually an unreliable datalink,” said Green. “Our experience integrating unmanned systems has taught us that the weapon systems must be just as automated as the platforms themselves in order to reduce the number of operators and operate reliably beyond line of sight.”

Specifically, Sailors and Marines could be able to use the Battle Management System to fire missiles and precision guided munitions from the CUSV. They would use the autonomous system for detection, tracking, and direct fire engagement.

“If the decision was made to outfit the CUSV with a variety of payloads, it could be deployed from nearly any large ship and could be deployed in significant numbers from a U.S. Navy ship or a Joint High Speed Vessel type platform to perform a variety of roles,” said Nerney. “We are focused on the Mine Countermeasures Unmanned Surface Vehicle today because it’s the Navy’s only program of record unmanned surface vehicle platform. It’s also our concept of modular plug and play weapon systems integrated onto a USV that can be scaled up or down as appropriate. If the Navy or Marine Corps decide to build big unmanned surface vehicles, we could scale the guns and missiles up. If the decision is to go with swarms of small USVs, then we could scale the system down accordingly.”

Between now and the live fire test, NSWCDD and Textron Systems will work together to rapidly develop and integrate as proofs of concept a variety of surface and expeditionary warfare payloads for the CUSV to include operations with unmanned air and subsurface vehicles.

“Our partnerships with industry allow us to move fast,” said Fiore. “If you’re the one

that’s going to be giving this capability to warfighters, I want you to be effective in doing that. That’s what motivates us and that’s why we collaborate. That’s why it’s so important for us to have you here today with your equipment and have you partnering with us.”

The Navy’s collaboration with Textron Systems began in 2011 when the developmental Common Unmanned Surface Vehicle was developed and used in a variety of Navy demonstrations.

In December 2017, the company signed a cooperative research and development agreement (CRADA) with NSWCDD. The agreement covers the integration of missile, designator, and remote weapon station payloads to Textron Systems’ developmental CUSV with its 3,500-pound payload capacity on the deck and a payload bay measuring 20.5 x 6.5 feet.

The company previously contracted with the Navy to develop the new Unmanned Influence Sweep System (UISS) — mine-sweeping units towed by the CUSV — which will perform a mine countermeasure mission in support of a littoral combat ship.

“Building on the UISS program as the foundation, we signed the Cooperative Research and Development Agreement with Dahlgren,” said Prender. “We began to prototype surface warfare packages and other payloads that will strengthen the flexibility and potential capability of our platform and continue to inform the Navy and Marine Corps and overall surface community what the realm of the possible can be as they begin to expand the use of unmanned systems — in this case unmanned surface vehicles.”

The CRADA points out that NSWCDD will develop a government-owned open architecture weapon control system to include both hardware and software. Implementations of this design will enable rapid development to support and control a variety of precision guided weapons. This open architecture concept will allow vendors to provide munitions and subsystems for future capabilities as long as the munitions and subsystems support the government owned interfaces.

Navy accepts delivery of future USS Michael Monsoor

From Team Ships Public Affairs

BATH, MAINE

The Navy accepted hull, mechanical and electrical (HM&E) delivery of the future USS Michael Monsoor (DDG 1001) from shipbuilder General Dynamics Bath Iron Works (BIW), April 24.

Delivery of DDG 1001 follows extensive tests, trials and demonstrations of the ship’s HM&E systems, including the boat handling, anchor and mooring systems as well as major demonstrations of the damage control, ballasting, navigation and communications systems.

“Delivery of DDG 1001 marks the culmination of years of dedication and hard work from our Navy and industry team,” said Capt. Kevin Smith, DDG 1000 program manager, Program Executive Office, Ships. “We have incorporated many lessons learned from DDG 1000 and are proud of the end result. DDG 1001 will be a tremendous asset to the Navy.”

The 610-foot, wave-piercing tumblehome ship design provides a wide array of advancements. The shape of the superstructure and the arrangement of its antennas significantly reduce radar cross section, making the ship less visible to enemy radars.

Like the first ship of the class, USS Zumwalt (DDG 1000), DDG 1001 employs an innovative and highly survivable integrated power system (IPS), distributing 1,000 volts of direct current across the ship. The IPS’s unique architectural capabilities include the ability to allocate all 78 megawatts of installed power to propulsion, ship’s service and combat system loads from the same gas turbine prime movers based on operational requirements.

DDG 1000-class ships are delivered through a two-phase approach in which combat sys-



The Navy’s next generation destroyer, the future USS Michael Monsoor (DDG 1001), successfully completed acceptance.

Courtesy of Bath Iron Works

tems are installed and activated subsequent to HM&E delivery. Following HM&E delivery, Michael Monsoor will transit to its homeport in San Diego, California, for commissioning in January 2019 and to begin combat systems activation, testing and trials.

DDG 1001 is the second ship of the Zumwalt class. The third and final ship of the class, the future USS Lyndon B. Johnson (DDG 1002), is currently in construction at BIW’s shipyard along with Arleigh Burke-class destroyers Daniel Inouye (DDG 118), Carl M. Levin (DDG 120) and John Basilone (DDG 122).

USS Michael Monsoor was named for a U.S. Navy SEAL killed in Ramadi, Iraq during Operation Iraqi Freedom and posthumously awarded the Medal of Honor.

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

US, Thailand kick-off anti-submarine Exercise Guardian Sea

By Lt. Clyde Shavers

Commander, Task Force 73/Destroyer Squadron 7 Public Affairs

ANDAMAN SEA

The U.S. Navy and Royal Thai navy (RTN) began exercise Guardian Sea, in the Andaman Sea, April 25.

The five-day anti-submarine and maritime domain awareness exercise involves cooperative evolutions designed to enhance mutual capabilities in anti-submarine warfare while also improving information sharing between the two navies.

The guided-missile destroyer USS Halsey (DDG-97), a Los Angeles-class fast attack submarine and a P-8 Poseidon are participating from the U.S. Navy. Participating assets from the RTN include: helicopter carrier HTMS Chakri Naruebet

(CVH 911), Khamronsin-class corvette HTMS Long Lom (FS 533), Naresuan-class frigates HTMS Naresuan (FFG 421) and HTMS Taksin (FFG 422), and an S-70B Seahawk helicopter.

“Guardian Sea is an increasingly sophisticated and robust exercise that enables the U.S. Navy and Royal Thai navy to continue working closely together and learning from each other,” said Capt. Lex Walker, commodore of Destroyer Squadron (DESRON) 7. “Each year, as allies, our two nations are becoming increasingly capable in mutually conducting anti-submarine warfare that ensures security and stability in the maritime domain.”

The U.S. and Royal Thai navies conduct subject matter expert exchanges in every aspect of anti-submarine warfare

focusing on tracking submarines in a variety of conditions, concluding with evolutions designed to incorporate learned techniques shared throughout Guardian Sea.

“The Royal Thai navy and U.S. Navy continue to demonstrate a strong relationship in every aspect of maritime operations,” said Capt Anupong Taprasob, Royal Thai navy. “We are fully committed to further strengthening this partnership well into the future with even greater and more complex naval tactic as well as maritime security exercises each year.”

The U.S. Navy and the Royal Thai navy conduct numerous annually-held engagements including the bilateral and multi-lateral Cooperation Afloat Readiness and Training (CARAT) which began in 1995, Southeast Asia Cooperation and Training (SEACAT), and Cobra Gold, the Asia-Pacific’s largest multinational exercise.

RESEARCHERS PUSH NANOSCIENCE BOUNDARIES TO LIGHTEN, STRENGTHEN WARFIGHTER ARMOR

By **Raeanna Morgan**
Naval Research Laboratory Public Affairs

WASHINGTON

A multi-disciplinary team of researchers at the U.S. Naval Research Laboratory (NRL) pushed grain size engineering to the limit and recently discovered previously unseen behaviors in nanocrystalline ceramics that could lead to the design of better performing ceramic armor.

The discovery, a continuation of NRL research published in 2014, was made possible by a cutting-edge nanosintering technique, which is the process of essentially bonding nano-sized particles together.

“A few years ago, NRL was the first to show that if you decrease the grain size of ceramics to tens of nanometers, the hardness and strength increase,” said Dr. James Wollmershauser, a materials research engineer in NRL’s Materials Science and Technology Division. “Our current work takes this much further. We decreased the grain size of fully dense ceramics to record breaking single digits, and analyzed the elasticity, hardness, energy dissipation and fracture behavior in ceramics with a wide range of nanosize grains.”

Dr. Heonjune Ryou, a postdoctoral fellow in NRL’s Chemistry Division, characterized the mechanics of the nanocrystalline ceramics and found that they accommodate mechani-



Raeanna Morgan
From left to right, Drs. Boris Feygelson, Heonjuene Ryou and James Wollmershauser, worked together to push the boundaries of nanocystalline ceramics in their research at the US Naval Research Laboratory.

cal energy in a unique way. This aspect had never been seen before in bulk nanocrystalline ceramics, and may revolutionize the design of ceramic armor.

“NRL was the first to see the increase of energy dissipation in single digit nano-grain ceramics,” said Dr. Boris Feygelson, a materials research engineer in NRL’s Electronics Science and Technology Division, leading the team’s efforts in nanosintering. “The better the material can accommodate mechanical energy, the better it can stop an incoming threat.”

The key to unlocking these materials and their phenomenon is NRL’s unique approach to forming large-scale nano-structured solids. The unparalleled nanosintering approach is called Environmentally Controlled Pressure Assisted Sintering, or EC-PAS. It allowed NRL to break the world record for the smallest grain size in dense ceramics at 3.6 nanometers, which is about 30,000 times smaller than the width of a human hair.

“What we’ve done is develop a new way to make nanocrystalline materials and demonstrated that by varying the nano-grain size there is the capability to design a ceramic with specific combinations of properties,” said Feygelson.

By pushing the boundaries of nanosintering science, NRL researchers showed that it may be possible to one day design a lightweight, nanocrystalline ceramic material that can better dissipate mechanical energy, say from a sharp projectile, absorbing more damage while retaining its very high hardness. This discovery could pave the way for more efficient armor for Sailors and Marines.

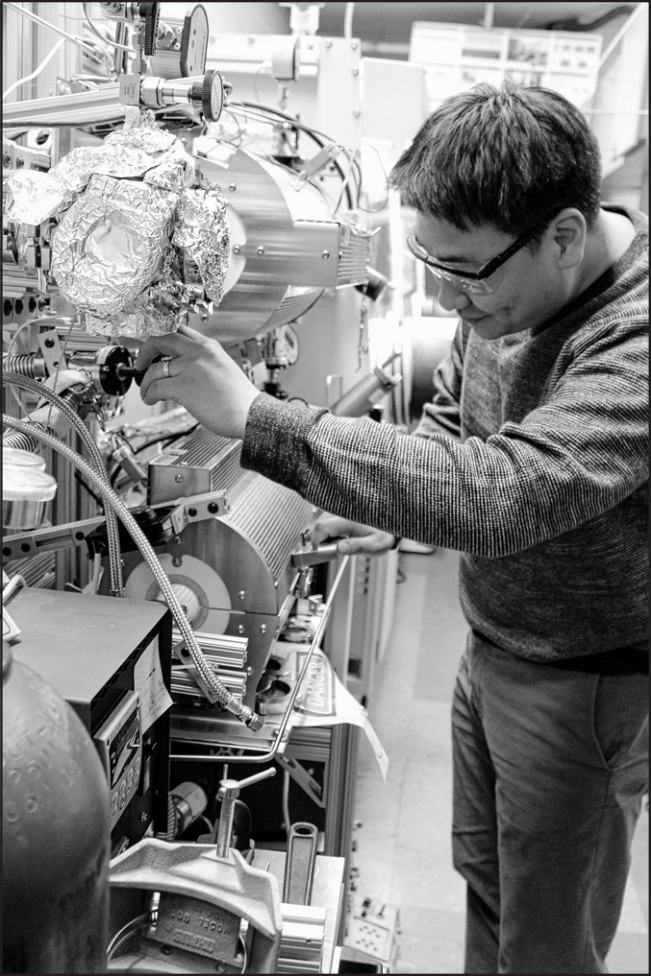
“In general, the Navy wants to lighten the load of the warfighter,” said Wollmershauser. “If you can make harder armor, or better performing armor, then you can put less armor on a person or vehicle, in turn increasing capacity for other things like munitions and electronics.”

Behind the collaborative effort were individuals from three divisions across NRL, including chemistry, materials science and technology, and electronics science and technology.

“We are fortunate to have a team from three different divisions,” said Ryou. “The diverse expertise of our team members allowed this work to happen.”

The team hopes to continue their work in bulk nanocrystalline ceramics, the development of the EC-PAS nanosintering technique being the key to future innovation.

“When we were doing this research we started to develop a vision for other applications. We realized that we could approach this research in nanocrystalline materials with a much



Raeanna Morgan
Dr. Heonjune Ryou, a postdoctoral fellow in the US Naval Research Laboratory’s Chemistry Division, operates machinery used in nanocrystalline ceramics research.

broader perspective,” said Feygelson. “EC-PAS opens the door to explore limits of many phenomena in nanostructured materials. Armor materials is just the beginning. So, suffice it to say... stay tuned.”

The team’s research was recently published in American Chemical Society Nano and can be found at the following link, <http://pubs.acs.org/doi/10.1021/acsnano.7b07380>.

The U.S. Naval Research Laboratory provides the advanced scientific capabilities required to bolster our country’s position of global naval leadership. The Laboratory, with a total complement of approximately 2,500 personnel, is located in southwest Washington, D.C., with other major sites at the Stennis Space Center, Miss., and Monterey, Calif. NRL has served the Navy and the nation for over 90 years and continues to advance research further than you can imagine. For more information, visit the NRL website or join the conversation on Twitter, Facebook, and YouTube.

Navy to commission amphibious transport dock ship: Portland

From Department of Defense

WASHINGTON

The Navy commissioned its newest amphibious transport dock, USS Portland (LPD 27), during a 10 a.m. PDT ceremony Saturday, April 21, at the Port of Portland, Marine Terminal 2 in Portland, Oregon.

Deputy Secretary of Defense Patrick M. Shanahan delivered the ceremony’s principal address. Bonnie Amos, wife of the 35th Commandant of the Marine Corps, retired Gen. James F. Amos, served as the ship’s sponsor. In a time-honored Navy tradition, she gave the order to “man our ship and bring her to life!”

“USS Portland enters service in a period of dynamic security challenges, and I am confident this ship and crew will conquer these and future challenges because of the strength and talent of the Sailors and Marines who will serve aboard this ship,” said Secretary of the Navy Richard V. Spencer. “I am certain that USS Portland will proudly represent both the United States and the people of Portland in maritime operations around the world for decades to come.”

USS Portland (LPD 27) is the second ship to honor Oregon’s largest city and is the third U.S. Navy ship to bear the name Portland. The first ship was heavy cruiser USS Portland (CA 33), named for the city in Maine, which was commissioned Feb. 23, 1933. Serving throughout World War II, USS Portland saw action at a number of important battles, including Guadalcanal, Leyte Gulf, Corregidor and Okinawa. The second ship, dock landing ship USS Portland (LSD 37), named for the cities of the same name in Maine and Oregon, was commissioned Oct. 3, 1970. Over the course of nearly 33 years of service, USS Portland participated in a number of important operations: the 1976 evacuation of American citizens from Lebanon, the 1983 multi-national peacekeeping mission to Beirut, Lebanon, and deployment of Marines to Kuwait in support of Operation Iraqi Freedom.

Portland is the 11th San Antonio-class ship. These ships are designed to support embarking, transporting, and landing elements of more than 800 Marines with both a flight deck, which accommodates CH-53E Sea Stallion, and MV-22 Osprey tilt-rotor aircraft, and a well deck, which can launch and recover landing craft and amphibious vehicles.

San Antonio-class ships are versatile players in maritime security with the ability to support a variety of amphibious assault, special operations or expeditionary warfare missions, operating independently or as part of amphibious ready groups, expeditionary strike groups, or joint task forces. In addition to performing their primary mission, San Antonio-class ships have conducted anti-piracy operations, provided humanitarian assistance and supported foreign disaster relief operations around the world.

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“USS Portland enters service in a period of dynamic security challenges, and I am confi-



U.S. Navy photo by Lance Davis
Huntington Ingalls Industries’ shipbuilding division announced the amphibious transport dock ship USS Portland (LPD 27) has completed its first set of sea trials. Ingalls’ test and trials team spent four days in the Gulf of Mexico operating the 11th San Antonio-class ship and demonstrating its systems.

dent this ship and crew will conquer these and future challenges because of the strength and talent of the Sailors and Marines who will serve aboard this ship,” said Secretary of the Navy Richard V. Spencer. “I am certain that USS Portland will proudly represent both the United States and the people of Portland in maritime operations around the world for decades to come.”

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TALKS | Maritime staff talks conclude

Continued from B1

enabled effective interoperability and aided each navy’s ability to work alongside one another, immediately responding to search and rescue efforts for the Argentine submarine ARA San Juan.

Later this year, Chile will assume the role of Combined Forces Maritime Component Commander for RIMPAC 2018.

“The U.S. and Chile have a strong maritime partnership,” said Conley. “These meetings provide an excellent opportunity to continue building close friendships and strong coopera-

tions. It is a tremendous honor to assume the CFMCC role during RIMPAC this year, and it would not be possible without a consistent effort to conduct these talks.”

U.S. Naval Forces Southern Command/U.S. 4th Fleet (USNAVSO/FOURTHFLT) fulfills the maritime role within U.S. Southern Command’s joint and combined military operations. USNAVSO/FOURTHFLT employs maritime forces in cooperative maritime security operations to maintain access, fortify the ability of U.S. forces to work together with partner nations, and build enduring partnerships with the ultimate goal of enhancing regional security and promoting peace, stability, and prosperity in the Caribbean, Central, and South American regions.

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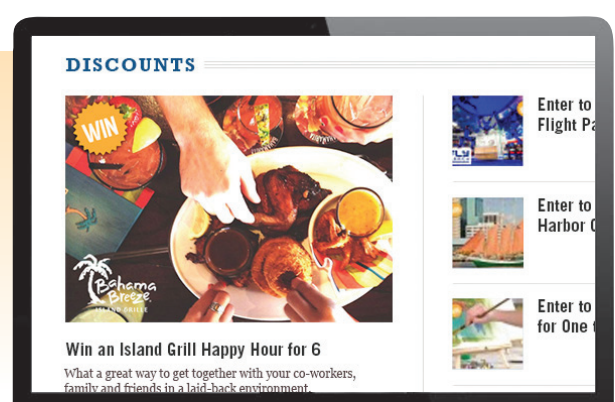
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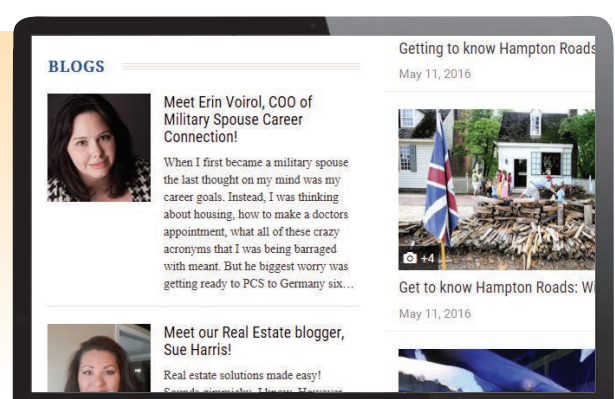
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NMCRS LUNCHEON:

Recognizing command teams & community volunteers who support the Navy-Marine Corps Relief Society. The NMCRS provides financial assistance and education, as well as other programs and services, to members of the Navy and Marine Corps, their eligible family members, widows and survivors.

» See C3

Get on your bikes and RIDE!

Celebrate bike month with some great events at MacArthur Center, in Norfolk!

By Karen Husselbee

John F. Kennedy once said “Nothing compares to the simple pleasure of a bike ride.” MacArthur Center agrees and is celebrating life’s simple pleasures this May during National Bike Month.

As part of MacArthur’s unique and interactive initiative Live 360°, the property is partnering with Social Cycle Norfolk, PACE, Norfolk Bike Polo and Barnes & Noble for a bicycling expo and educational events. Details are below, followed by some of our favorite bicycling phrases.

Manic Monday Bike Rides w/ Norfolk Cycle Sisters

Mondays in May, 6–8 p.m.

Meet on the MacArthur Center Green

Gain experience, confidence, and navigation knowledge! These rides are for amateur, female riders that don’t feel comfortable riding alone. Ride with new bikers once a week. Build bonds, offer support, and watch each other grow! Rides are very easy going, and stress free!

PACE Bikes at MacArthur Center

Ongoing

Two locations: MacArthur Center Green & South Parking Deck (City Hall Ave side)

Newly installed racks provide access to dockless rideshare bikes from Zagster.

Bike Polo

Saturday, May 5, 8 a.m.

Sunday, May 6, 8 a.m.

MacArthur Center Green

Come and cheer on our local Norfolk Bike Polo team! Qualifying rounds Saturday, Finals and Championship on Sunday. Free to watch. Click here for link to register.

Bike Safety Story Time

Tuesday, May 8, 10 a.m.

Wednesday, May 9, 10 a.m.

Barnes & Noble at TCC

Story time will be read by Norfolk Police Department bike officers who will be in full uniform with their bikes. They will read the story and talk about bike safety.

Bike Swap Meet

Saturday, May 12, 10 a.m.

MacArthur Center Green

Bring your bikes and bike gear to the MacArthur Center Green and have fun swapping with other bike enthusiasts. Barnes & Noble at TCC will be on hand to provide information about biking.

Bike Education Class: Commuting 101

Saturday, May 19, Noon — 1 p.m.

Live 360° Studio

Commuter 101- ditch the car and learn the basics of commuting on a bike

Bike Education: Skills 101 Course

Saturday, May 26, 10 a.m.

MacArthur Center Green

Learn basic bike skills and become familiarized with bike lanes and the Elizabeth River Trail.

“This hill is so steep, my legs are out of breath!”

Virginia Tech becomes a top producer of Navy SEAL candidates

By Shay Barnhart

Of the 18 ROTC students chosen to train as U.S. Navy SEALs this year, four are from the Virginia Tech Corps of Cadets and the university’s Naval ROTC. Another six Hokies are among the 53 men and women nationwide to begin the rigorous SEAL selection process.

In fact, in the past two years, no ROTC program in the country has had more students selected for SEAL training than Virginia Tech. A seventh student was accepted as a candidate for the Navy’s specialized Explosive Ordinance Disposal program. Successful technicians are trained to disarm improvised explosive devices, neutralize chemical threats, and render safe nuclear weapons.

The students’ success is a testament to their character and dedication to training and to a program that is growing stronger every year, said Capt. Michael Fisher, commanding officer of Virginia Tech’s Naval ROTC.

SEALs (Sea, Air, and Land teams) are the Navy’s most elite special operations force. Candidates come from the Navy’s Officer Candidate School, the U.S. Naval Academy, the Navy’s ROTC programs at 166 colleges and universities across the country, and from applicants already serving with naval units.

Between 40 and 50 ROTC applicants are selected for SEAL Officer Assessment Selection each summer. From those candidates, only half will continue to the next year’s Basic Underwater Demolition School — 21 weeks of basic SEAL training followed by 26 weeks of qualification training.

The 11 Virginia Tech cadets selected for training are members of the Naval Special Preparatory Team, a small specialty group within the corps and the Naval ROTC. They volunteer for 12-plus hours of extra training a week, including 10-mile runs, 22-mile marches carrying a 55-pound backpack, 90-minute pool sessions, and circuits on the Corps of Cadets Obstacle Course.

This year, the Naval Special Preparatory Team has found additional support from Capt. Peter Phillips, the new deputy commandant for the corps’ 1st Battalion and a retired Navy



Courtesy Virginia Tech

SEAL. Phillips graduated from Virginia Tech and the Corps of Cadets in 1989 with a degree in history.

Phillips reached out to the SEAL community and connected the team’s juniors and seniors with active-duty mentors. He designs their training to make it even more realistic.

“I do a lot of mentoring and coaching on the mental aspects” of the Basic Underwater Demolition School, Phillips said. “Most people quit because of the mental side. That’s what we’re working on.”

Virginia Tech is one of the nation’s six senior military colleges, a Congressional designation for a college that combines higher education with military instruction through a corps of cadets. Virginia Tech is one of two such programs at a large, public research university.

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

2018 CONCERT CALENDAR

Dominion Energy FREE FAMILY MOVIE SERIES Coco: Despicable Me 3:	May 5 May 11	The UMOJA Festival FT. BRIAN MCKNIGHT with special guest <i>Chrisette Michele</i>	MAY 26	THE AVETT BROTHERS	JULY 20
GEORGE CLINTON & PARLIAMENT FUNKADELIC with special guest <i>Sheila E.</i>	MAY 12	BLACKBERRY SMOKE AND JJ GREY & MOFRO 92.9 THE WAVE presents	JUNE 15	BUDDY GUY & JONNY LANG	JULY 21
PRIMUS AND MASTODON	MAY 18	1964 “THE TRIBUTE” “The Best Beatles Tribute on Earth” according to Rolling Stone	JUNE 16	106.9 THE FOX presents BRIT FLOYD “The World’s Greatest Pink Floyd Show”	AUGUST 2
VANCE JOY	MAY 19	REBELUTION with special guests <i>Stephen Marley, Common Kings, Zion I & DJ Mackle</i>	JUNE 30	96X presents THE REVIVALISTS & TRAMPLED BY TURTLES	AUGUST 17
ALABAMA with special guest <i>Montgomery Gentry</i>	MAY 20	SLIGHTLY STOOPID with special guests <i>Stick Figure and Pepper</i>	JULY 13	VIRGINIA CRAFT BEER & WINE FESTIVAL Details coming soon!	SEPTEMBER 29
				MORE CONCERTS AND EVENTS TO COME!	

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Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/.

Calendar

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

Disc Golf Tournament

- May 4, Noon–3 p.m. Free
- NSAHR Headquarters MWR Cutter Park
- 757-444-0347

NSAHR Headquarters MWR Cutter Park has a new Disc Golf course and we looking to break it in by hosting a free disc golf tournament on Friday, May 4 from noon to 3 p.m. Shotgun tournament format begins at 1 p.m. (Rain make-up date is Friday, May 11). There will be hot dogs, chip and drinks served from noon to 1 p.m. Must register by Wednesday, May 2. Call 757-444-0347 for more information and to register.

Norfolk Tides vs. Louisville Bats

- May 4, 7:05 p.m.
- Harbor Park, 150 Park Ave., Norfolk Va
- www.norfolktides.com

Cinco de Mayo at Town Point Park

- May 5, 5 p.m.–10 p.m. Free
- Town Bank Fountain Park at Town Point Park, Downtown Norfolk

Music by Jesse Chong Band, food and more!

FMM99 Lunatic Luau 2018

- May 5, 2:30 p.m.
- Veteran's United Home Loans Amphitheater,

3550 Cellar Door Way, Virginia Beach, VA 23456

FM99's annual rock fest is backwith a great line up of bands. Alice In Chains, Stone Temple Pilots, Stone Sour, Sevendust, Steel Panther, Pop Evil, Tremonti, and others will perform on two stages at this outdoor concert.

Virginia Beach Taco Fest

- May 5 & 6, Noon–1 p.m. Free
- The Shack, 712 Atlantic Ave, Virginia Beach

The Virginia Beach Taco Festival is taking over Cinco de Mayo weekend with an event like no other! This amazing festival will feature some of the area's best restaurants & food trucks serving up their amazing taco creations (\$3 tacos) along with live entertainment (mariachi, cover bands & DJ's), Tequila expo area, VIP tent, Margarita bar & more! Located in the heart of Virginia Beach at The Shack on 8th Street, Taco Fest will take place on Saturday, May 5th and Sunday May 6th for amazing weekend celebration!

Chic's Beach Fest

- May 5, Noon–8 p.m., \$20 advance, \$30 day of
- Chic's Beach, HK on The Bay, 4600 Lookout Rd, Virginia Beach
- 757-605-3024

Chic's Beach Festival presented by Hk on the Bay is back May 5, 2018! Chic's Beach Festival is a one-day, outdoor music & craft beer from Bold Mariner Brewing Co. It's all going down on 5/05 in the historic Chic's Beach under the beautiful oak trees by HK on the Bay. Spots are limited, so don't sleep if you want in. HK on the Bay will be closed to the public until 9pm. If you have a general

admission ticket you are more than welcome to swing into the restaurant as our kitchen & bar will be open. Enjoy live music from The Wild Feathers, Hannah Wicklund & The Steppin Stones, Bennett Wales & The Relief, Anthony Rosano and The Conqueros.

LOOKING AHEAD . . .

Mike Epps Platinum Comedy Tour

- May 11, 2:30 p.m., \$55, \$62, \$78 and \$128

MILITARY DISCOUNT: \$5 off any level ticket, until May 7.

- Ted Constant Center, 4320 Hampton Blvd. Norfolk
- www.constantcenter.com

Stand-up comedian, actor, film producer and writer Mike Epps will be joined by Tony Rock, Tommy Davidson and Don "DC" Curry on the Platinum Comedy Tour stopping in Norfolk at the Constant Center on May 11. Mike Epps has generated an extraordinary amount of buzz among his peers within the entertainment industry for being one of the funniest comic actors to emerge in the Hollywood scene as of late. When Epps isn't filming, he is touring the country and performing his comedy act, The Mike Epps on the Edge Tour to sold-out theaters and arenas across the country. Last year Mike's one-hour comedy special, "Inappropriate Behavior" aired on HBO and was one of the network's top-rated one-hour specials of the year, followed by its subsequent DVD release that same month.

Let's go fly a kite! Atlantic Coast Kite Festival takes off this weekend

From Live! On Atlantic

Kite fliers and spectators of all ages will experience a visual feast at the 14th Annual Atlantic Coast Kite Festival Saturday-Sunday, May 5-May 6, 2018. This popular event features a variety of activities appropriate for all ages and all levels of kite aficionados.

Everyone is invited to take part in the Atlantic Coast Kite Festival's "Best Kite Contest." To enter this contest, participants bring a kite that they have made or purchased and fly it at the festival. The contest consists of two parts: the actual kite itself (how it looks and how well it is made), and the participant's ability to fly the kite. Participants must be able to fly their kites consecutively in the air for 5 minutes at a height of 100 feet. Kites will be judged on Flight (ability to fly for 5 minutes), Structural Design, Craftsmanship, and Visual Appeal. There will be three competitive divisions: Master, Novice, and Youth (ages 7-14). Trophies will be awarded for all divisions.

The Best Kite Contest is free to enter, and takes place from 1:30–3 p.m. each day.

"Flight Training" — Experienced kite enthusiasts will assist novice flyers. Topics include equipment selection, laying out of lines, setting up the field, launching the kite, flying and landing a kite, and safety.

"Flight Training" will take place in the "Open Fly Field" each day.

In addition, families are invited to participate in kite building workshops led by Archie Stewart of Chestnut Hill, Massachusetts. Archie is a member of the American Kitefliers Association (AKA), and is a past Board Member and Chairman of Festivals and Competitions for Kites Over New England (KONE). He is also a member of ConnectiKites kite club, headquartered in Norwalk, CT and a member and competitor of the Eastern League Flyers Association. These workshops are free and include kite materials and instructions on how to build a kite, as well as the aerodynamics of kite flying and

kite safety.

American Kite Association members from throughout the East Coast will present kite demonstrations, perform kite routines to music, and fly giant kites (up to 80 feet long) that include an octopus kite! Kite vendors will be on site to sell various kinds of kites.

Awards will also be given each day for oldest and youngest kite fliers, funniest kite, most unusual kite, and biggest kite.

Admission to the kite festival is free.

For more information on the Atlantic Coast Kite Festival, visit www.LiveOnAtlantic.com, or call 757-385-SURF (7873).

The Atlantic Coast Kite Festival is sponsored by the Oceanfront Inn, Jackite, Kitty Hawk Kites, Patient First, The Oceanfront Inn, Dave & Busters, Ocean Storage, the City of Virginia Beach, and is produced by IMGoing.

Atlantic Coast Kite Festival

At the Virginia Beach Oceanfront May 5–6, 2018

Saturday, May 5, 10:00 a.m.–4:00 p.m.

Sunday, May 6, 11:00 a.m.–4:00 p.m.

On the beach at 17th Street



U.S. Navy photo
Fire Controlman 1st Class Jasmine Kellyromero stationed aboard USS Curtis Wilbur homeported out of Yokosuka, Japan.

CHESAPEAKE NATIVE SERVES WITH THE US NAVY HALF A WORLD AWAY

By MC1 Robert Zahn
Navy Office of Community Outreach

YOKOSUKA

A Chesapeake, Virginia, native and 2009 Green Run High School graduate is serving in the U.S. Navy forward-deployed aboard the guided-missile destroyer USS Curtis Wilbur (DDG 54).

Fire Controlman 1st Class Jasmine Kellyromero operating out of Yokosuka, Japan. The ship routinely deploys to protect alliances, enhance partnerships, and be ready to respond if a natural disaster occurs in the region.

A fire controlman is responsible for operating and performing maintenance on digital computer equipment, weapon direction systems, surface-to-air and surface-to-surface control missile systems and gun fire control systems.

Kellyromero is proud to serve in the Pacific and fondly recalls memories of Chesapeake.

"My dad taught me always to work hard and focus on what you're doing," said Kellyromero. "This has helped me in the Navy because being deployed there's always a lot [of] things going on at one time, but you need to somehow focus on what you're doing and get the job done right."

Moments like that make it worth serving around the world ready at all times to defend America's interests. With more than 50 percent of the world's shipping tonnage and a third of the world's crude oil passing through the region, the United States has historic and enduring interests in this part of the world. The Navy's presence in Yokosuka is part of that long-standing commitment, explained Navy officials.

"Being deployed here at the tip of the spear. We have tough, arduous orders so this can be challenging," said Kellyromero. "If you serve here you'll be prepared for whatever comes your way."

Kellyromero is also proud of revamping the continuing education college program aboard her ship that was nonexistent for some time. She was able to provide assistance to 56 fellow Sailors so they can begin their studies while out

to sea. She feels accomplished knowing that she has helped others gain an education which helps them succeed in the Navy as well as outside the military.

Destroyers are warships that provide multi-mission offensive and defensive capabilities. They are 510 feet long and armed with Tomahawk land-attack cruise missiles, Standard Missile-3 and newer variants of the SM missile family, advanced gun systems and close-in gun systems. Destroyers are deployed globally and can operate independently or as part of carrier strike groups, surface action groups or amphibious readiness groups. Their presence helps the Navy control the sea. Sea control is the precondition for everything else the Navy does. It cannot project power, secure the commons, deter aggression, or assure allies without the ability to control the seas when and where desired.

Curtis Wilbur has anti-aircraft capability armed with long-range missiles intended for air defense to counter the threat to friendly forces posed by manned aircraft, anti-ship, cruise and tactical ballistic missiles.

As a member of one of the U.S. Navy's most relied-upon assets, Kellyromero and other Sailors know they are part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

"Being in the Navy puts my world into perspective. I have a great family in the Navy and outside the Navy," said Kellyromero. "I also enjoy being deployed here; I feel proud knowing that we can work together because we trust and respect each other."

Seventh Fleet, which is celebrating its 75th year in 2018, spans more than 124 million square kilometers, stretching from the International Date Line to the India/Pakistan border; and from the Kuril Islands in the North to the Antarctic in the South. Seventh Fleet's area of operation encompasses 36 maritime countries and 50 percent of the world's population with between 50–70 U.S. ships and submarines, 140 aircraft and approximately 20,000 Sailors in the 7th Fleet.

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7:00, 7:30, 8:30, 9:30, 10:30, 11:00
3D: 9:30a, 1:00, 4:30, 8:00, 11:30
Sun.: 9:00, 10:30, 11:00, 12:00, 2:00, 2:30, 3:30, 4:00, 5:00, 6:00, 7:00, 7:30, 8:30, 9:30, 10:30
3D: 9:30a, 1:00, 4:30, 8:00
Mon. Thru. Thurs.: 11:00, 11:30, 12:00, 12:30, 2:30, 3:00, 3:30, 4:00, 6:00, 6:30, 7:00, 7:30, 9:30, 10:00, 10:30
3D: 1:00, 4:30, 8:00
READY PLAYER ONE (PG-13)
Fri. Thru Sun.:10:10, 1:15, 4:20, 7:25, 10:35
Mon. Thru Thurs.: 1:15, 4:20, 7:25, 10:35

TRUTH OR DARE (PG-13)
11:45, 2:15, 4:45, 7:15, 9:50

BLOCKERS (R)
Fri. Thru Sun.: 4:10, 9:45
Mon. Thru Thurs.: 5:15, 10:45

A QUIET PLACE (PG-13)
Fri. Thru Sat.: 10:40, 12:55, 3:15, 5:30, 7:45, 10:00
Sun.: 10:40, 12:55, 3:15, 5:30, 7:45, 10:00
Mon. Thru Thurs.: 11:30, 1:45, 4:05, 6:20, 9:00

BLACK PANTHER (PG-13)
Fri. Thru Sun.:10:00, 1:05, 6:45
Mon. Thru Thurs.: 11:15, 2:15, 7:45

RAMPAGE (PG-13)
Fri. Thru Sun.:11:30, 1:50, 4:35, 7:10, 9:35
Mon. Thru Thurs.: 11:35, 2:00, 4:35, 7:10, 9:35

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

Hampton Roads Navy-Marine Corps Relief Society (NMCRS) volunteer recognition luncheon

Service members and volunteers attend the annual Hampton Roads Navy-Marine Corps Relief Society (NMCRS) Recognition Luncheon at the Norfolk Yacht and Country Club. This event recognizes command teams and community volunteers who support the Navy-Marine Corps Relief Society. The NMCRS provides financial assistance and education, as well as other programs and services, to members of the Navy and Marine Corps, their eligible family members, widows and survivors.



Service members and volunteers attend the annual Hampton Roads Navy-Marine Corps Relief Society (NMCRS) Recognition Luncheon at the Norfolk Yacht and Country Club.



Photos by MCC Darryl Wood

Ms. Kathy Nelson, Director of Navy-Marine Corps Relief Society (NMCRS) Norfolk, welcomes service members and volunteers attending the annual Hampton Roads NMCRS Recognition Luncheon at the Norfolk Yacht and Country Club.



Ms. Kathy Nelson, Director of Navy-Marine Corps Relief Society (NMCRS) Norfolk, welcomes service members and volunteers attending the annual Hampton Roads NMCRS Recognition Luncheon at the Norfolk Yacht and Country Club.



Awards sit on a table during the annual Hampton Roads Navy-Marine Corps Relief Society (NMCRS) Recognition Luncheon at the Norfolk Yacht and Country Club.



ABOVE: Ms. Ariel Decker reads a message from Navy-Marine Corps Relief Society (NMCRS) President and CEO during the annual Hampton Roads NMCRS Recognition Luncheon at the Norfolk Yacht and Country Club.



Service members and volunteers attend the annual Hampton Roads Navy-Marine Corps Relief Society (NMCRS) Recognition Luncheon at the Norfolk Yacht and Country Club.

RIGHT: Service members and volunteers attend the annual Hampton Roads Navy-Marine Corps Relief Society (NMCRS) Recognition Luncheon at the Norfolk Yacht and Country Club.



LEFT: Ms. Kathy Nelson, Director of Navy-Marine Corps Relief Society (NMCRS) Norfolk and Capt. Michael Moore, Navy Region Mid-Atlantic, Chief of Staff, present flowers and a certificate of appreciation to volunteers affectionately known as the "The Chain Gang," who support the NMCRS Budget for Baby workshop by knitting blankets, during the annual Hampton Roads NMCRS Recognition Luncheon at the Norfolk Yacht and Country Club.

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ONE CAUSE OF HEART DISEASE THAT MIGHT SURPRISE YOU



Courtesy Brandpoint

From Brandpoint

One in four deaths in the U.S. is caused by heart disease. More than 610,000 people die of heart disease in the U.S. every year, making it the leading cause of death for both men and women, according to the Centers for Disease Control and Prevention. It's no surprise heart health is a priority for many people.

You know you need to eat a nutritious diet, exercise and avoid smoking. However, there's a lot more you need to know to protect yourself and your family. Consider these five surprising facts about heart disease.

1. Heart disease can be caused by a genetic disorder

You may not have heard of familial hypercholesterolemia (FH), a common, but inherited genetic disorder that causes heart disease. FH affects approximately one in 250 people worldwide, but 90 percent of people born with this genetic condition are not diagnosed. Individuals with FH have a high amount of low density lipoprotein (LDL) or "bad" cholesterol in their blood from birth. This lifelong burden of cholesterol is a reason FH leads to early and severe heart disease. The good news is that FH is manageable if detected and treated early in life. If high cholesterol and early heart disease run in your family, learn more at thefhhfoundation.org.

2. Many heart attacks occur outside the hospital

About 47 percent of sudden cardiac deaths occur outside a hospital, according to the CDC. This suggests that many people with heart disease don't recognize or act on early warning signs.

Heart attacks have several major warning signs and symptoms:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness or cold sweats.

Know the signs. Trust yourself. If you have any of these symptoms or sense something is just not right, call 911.

3. Heart disease affects young people

Many people think heart disease occurs in old age, but it can affect people of all ages. Even if you or your family members are 30 years old or younger, you could be affected, especially if you have risk factors like high cholesterol or a family history of heart disease. Keep in mind, each child with a family member with FH has a 50 percent chance of inheriting the disorder, which is present at birth. Untreated individuals with FH have up to a 20 times increased lifetime risk of early heart disease, yet 90 percent of people with FH

are undiagnosed, according to the FH Foundation.

4. Children (even infants) can have high cholesterol

Many adults are regularly screened for high cholesterol, but it's not as common for children to be screened, although the American Academy of Pediatrics recommends that all children between the ages of 9 and 11 be screened for high cholesterol. These guidelines also recommend screening for FH as early as age 2 if there is a family history of high cholesterol, early heart disease or known FH. Talk to your children's doctor about screening. FH is characterized by an LDL-C level of over 190 mg/dL in adults, or over 160 mg/dL in children. FH may also be confirmed with a genetic test, although this is not necessary for diagnosis.

5. You can maintain a healthy heart at any age

Being diagnosed with high cholesterol, heart disease or even FH is not a death sentence. Every person's health considerations are unique, but by working with your doctor, you can come up with a plan to help manage your health and maintain the strongest heart possible. This could include lifestyle changes and medications to manage the LDL cholesterol level in the blood. The key is to keep asking questions, learn about your specific health needs and stay dedicated to your heart health plan.

Stephanie B., Student
Theater Education.

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5 tips for a memorable, stress-free graduation party

From Brandpoint

The nation’s high school graduation rate continues to rise. With more than 84 percent of students graduating on time in 2016, it is at a record high, according to recent data from the U.S. Department of Education.

In addition, the National Center for Education Statistics is expecting that 3.6 million students will graduate from high school in 2017-18. With the growth in graduates, graduation parties are increasing and the bar is being raised on how to best honor and commemorate this special milestone.

For graduating high schoolers, this is the year they will be moving on to life’s next big adventure. It’s a time to be excited, a time to be nervous, but above all, a time to celebrate.

The season for grad parties is here, but for many parents, planning can be a bit tricky. Everyone wants a truly unique experience to recognize the accomplishments of their graduate, but at the same time, life can be hectic, and party planning can become stressful.

The good news is that with a little know-how, it’s possible to throw a meaningful graduation party without going over the edge. These five tips will help any time-starved host create a truly memorable event and stay sane at the same time!

Create personalized, printed invitations and announcements. Digital invitations might seem like the most convenient way to go, but there is an easy, more personalized and meaningful way to get the word out. Create photo cards by simply visiting one of the thousands of Kodak Picture Kiosks, which can be found at most CVS and Target locations. Here, in a matter of minutes, party planners can upload a favorite photo, select from dozens of designs and make an announcement that reflects the graduate’s personality. Envelopes are included with the cost of the card, making this a truly one-stop shop for everyone’s invitation and announcement needs.

Music, tunes and jams. Music is an essential component of any party. To create an ambiance that conveys a graduate’s style, have the graduate make a playlist of their favorite hits and most memorable school songs. Then all that’s needed is a Bluetooth speaker and a smart-phone (or any other audio device with pairing capabilities).

An answer to your dining needs. More restaurants are offering catering services, so whether



Courtesy Brandpoint

the graduate wants a taco bar or pizza buffet, it’s likely that one of their favorite restaurants can accommodate a crowd and many offer delivery services as well.

Create a message board. A novel way to share memories and create new ones is to set up a message board where guests can jot down stories and memories. Display a number of pictures, in any number of sizes — from mini prints to banners — that can be printed out at a Kodak Picture Kiosk or easily upload images to KodakMoments.com or the Kodak Moments App and order prints at home or on the go.

Make it social media friendly. It’s the 21st century, and that means there’s going to be sharing of the graduation party on social media. Embrace it! Ask those attending to tag their posts and photos with a distinctive and easy-to-remember hashtag. This will allow everyone to have a selection of easy-to-look-at pictures, and later, can be used to create an archive of memories.

It’s not often that there’s a chance to gather so many people together in one place to celebrate your child’s achievements. With these tips, it’s easy to create a graduation party everyone will remember for years to come.

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.

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.

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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).



Courtesy DMG Entertainment

JEB Little Creek, Gator Theater – 462-7534

Friday, May 4
6 p.m. Rampage (PG-13)
9 p.m. Blockers (R)

Saturday, May 5
1 p.m. Sherlock Gnomes (PG)
4 p.m. Rampage (3-D) (PG-13)
7 p.m. Blockers (R)

Sunday, May 6
1 p.m. Tomb Raider (PG-13)
4 p.m. Ready Player One (PG-13)
7 p.m. Pacific Rim: Uprising (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, May 4
6 p.m. Pacific Rim: Uprising (PG-13)
9 p.m. Blockers (R)

Saturday, May 5
12 p.m. Ready Player One (PG-13)
3 p.m. Sherlock Gnomes (PG)
7 p.m. Pacific Rim: Uprising (3-D) (PG-13)

Sunday, May 6
12 p.m. Sherlock Gnomes (3-D) (PG)
3 p.m. Rampage (PG-13)
6 p.m. Blockers (R)

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

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Spring Craft Bazaar May 3 and 4th 9am-4pm Sen-
tara Virginia Beach General Hospital Lobby. Spon-
sored by SVBGH Auxiliary. 25+ crafters, and 40
tables.

Tidewater Flea Market 4/28 Giant Annual
Flea Market. Garage Sale Style Booths and Ven-
dors. Cookout, Car Wash, Bake Sale,
1316 Campostella Rd. Chesapeake, VA 23320
6:30 am - 3:00 pm 757-545-7282

Vendor/Yard Sale and Car Wash
St. Timothy Lutheran Church
1051 Kempville Rd. Norfolk 23502
Vendor/Yard Sale 9-2 Car Wash 10-2

Garage Sale - Chesapeake

WB/MIARS PLANTATION Neighborhood Yard Sale
Sat. 4/28 8:00a.m. - 1:00p.m.

Garage Sale - Other Cities

Carlsbrooke Community Yard Sale. May 5, 8AM-
2PM. Whippamham Pkwy. 1 mi south of JRB, Rt17.

Garage Sale - Portsmouth

Belvedere Sat. May 5th, 8-2. 3620 Brookwood Dr.
Multiple families. Furniture, household, toys, clothes

Waterview-Community Yard Sale. 15 homes,
615 Rockbridge Rd. Sat., May 5, 8-12 noon.

Garage Sale - Virginia Beach

BAVCLIFF COMMUNITY YARD SALE
SAT APRIL 28 8AM - 2PM 30+ HOUSES
Baby items, kayak, surfboards, furniture,
antiques, golf clubs, jewelry, art and MORE!
Located off Mill Dam Rd between First Colonial
& Great Neck Rd

Courthouse Woods-Sat., May 5, 9-2 PM.
Neighborhood Yard Sale.

Croatian Neighborhood Wide Yard Sale May 5th
8am to 12 noon. Croatian Road (off General Booth
near Rudee Inlet) 23451. Furniture, Toys, Clothes.

**Glenwood Community Yard Sale Sat., May 5, 8am-
2pm.** Subdivision is located between Indian River
Road & Salem Road off S. Independence Blvd. Look
for the Green Ballons

**KING'S GRANT
COMMUNITY YARD SALE**
Great Stuff from 40+ Families
Intersection of Kings Grant Rd
& N. Lynnhaven Rd. Va Beach
May 5, 8 AM - 1 PM NO EARLY BIRDS!
www.kgo.org
King's Grant Community League (rain date 5/12)

**Kings Grant VA. GREENHOUSE SOCIETY 5th An-
nual Botanical Extravaganza on Sat. 5/5 from 9-2**
at 3612 Manchester Lane. Too many plants to list

Little Neck Area Middle Plantation
400 Home Neighborhood Garage Sale
Saturday May 5
Little Neck Road
1.5 miles North of Va Beach Blvd
1 Entrance from Little Neck Road
2 Entrances from Harris Road
You name it it's Here!

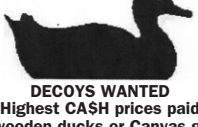
Opening our hearts to all.

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.

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 & Lifesaving Items
Call Mark at 757-271-2746

I BUY COINS

Coin Collections
STAMP COLLECTIONS
757-474-1303

The Unique Antique Market
new items arriving daily - something for everyone
here! Antiques and collectibles, stained glass, jew-
elry, 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

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

Articles For Sale

Auto Service Vup Punch Cards
Get 5 premium oil changes for \$79.95 w/FREE
tire rotations. FREE state inspections & much
more. VIP Cards do NOT expire. 7 convenient
locations to earn your trust. Limited time offer.
757-717-1952 Ask for Mr. Hopkins

Curio Cabinet & Treadmill, good condition,
make offer, 757-420-4992

Boat Trailers

USED TRAILER SALE !!!
OER 1000 Avail. For Boats 12'-38'
BUDGET BOATS: (757) 543-7595

Boats/Rigs

mastercraft 1995 19 ft Ski and wakeboard
with removable tower. Low time. Excellent condition.
Garaged off season.Used in freshwater only. Orig-
inal trailer. \$14,000 757-286-1465

Good Things To Eat

LILLEY FARMS-You Pick Strawberries
Western Branch, Bennetts Creek 757-435-2085

STRAWBERRIES & ASPARAGUS
In Pungo. Munden Farm, 1377 Princess Anne Rd.,
Va. Beach. Closed Sundays. 426-2747.

Handicapped Supplies

Small lightweight scooter.Like new lightweight
scooter (35 lbs. w/o battery) Battery sets in and out
easily, no connections have to be made.Folds down
flat fits in the trunk of car. Used less than 10 times.
\$1600. new, sell for \$1200. 757-635-6671.

Horses, Cattle, etc.

Horse & Tack Auction, Sat., May 5
Southampton Stockyard, Courtland, Va. Sad-
dles & Tack Sell at 6 PM. Horses & Ponies Sell
Following the tack. Info 804-227-3434.

Pets-Dogs,Cats,Other

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

English Bulldog Pups-Reg, 1st shots,
de-wormed, fam. raised, \$1350. 757-648-2179.

Golden Lab Mix Pups-Ready to go. 1st shots
& de-worming \$300. 252-357-4829, 252-548-8327

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


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


Lab Puppies-Looking for their forever home. AKC
reg, wormed, shots, parents on site, fam. raised,
chocolate, yellow, black, M/F. Ready now. No
texting please, call for more info. 804-943-5746.

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

Labrador-doodle - Fluffy, sweet puppies ready to go
to loving homes. Vet-checked, wormed, 1st shots.
Black, choc, buff, M/F. Health warranty. NON-SHED.
\$1400 TEXT 804-370-9767, 804-240-4612

Labrador-doodle Puppies - Adorable, Friendly, Playful &
Loyal 330-852-4285 www.BuckeyePuppies.com

Pets-Dogs,Cats,Other

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

Labradoodles-Standard, DNA/OFA tested
parents, shots, health guar, \$1000. 252-267-6607.
www.opsisdoodlesofnc.com

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

Pit bull Terrier puppies
Game bread/tested catch dog. Garner's and Ras-
berry's "Diamond". Out of Garner's Ch "Caesar",
Garner's "Aliyah", out of Sporting Dog Registry, Ras-
berry's "Zulu" out of Bona Fide Kennel Club Inc. Out
of "Mim's Mag" and "Mim's Briar". Serious inquiries
only. Not sold for illegal purposes /activities. 757-
676-2155

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. 757-613-6651.

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

Yorkie Poo Pups-8 wks, 1st shots, wormed,
very friendly, \$500 each. 757-421-7708.

Yorkie Poos-9 wks, black, shots/wormed. Also
Chihuahua, small. Priced to go. 804-598-3577.

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', SEASWRL, 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

Auctions

Barrett Street Auction, next Auction May
26th. Now Accepting Consignments. 463-1911

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

Phoebus Auction Gallery. Next Auction
May 27th & 28th. VAAR #1597. 722-9210

Accounting/ Finance

STAFF ACCOUNTANT- FULL TIME
YMCA of South Hampton Roads
Apply online www.ymcashr.org

Building & Construction/ Skilled Trades

EIFS Applicator, FTT, Min/req. 6 mos. exp. Mail
resume to Madella LLC, 622 Innovation Drive,
Suite 102, Chesapeake, VA 23320 No phone calls.

Counseling/ Social Services/ Non-Profit

MENTAL HEALTH SERVICES
District 19 Community Services
Board
Job Opportunities

1078: Director of Community
Integration
342: SUD Therapist-Licensed

For job descriptions and applications,
please visit our website on the next
business day at www.d19csb.com or
visit our Human Resources office at 20 W.
Bank Street, Suite 7, Petersburg,
VA 23803. Sign on bonus available
for some positions. Restrictions apply.
District 19 is an Equal Opportunity Employer.

Education/Training

Undergraduate Curriculum
Coordinator (00581A)
Maintains undergraduate curriculum
in the degree audit system. Creates
data integrity, degree completion,
and ad-hoc reports (as requested by
the campus community) against the
degree audit database. Salary
\$43,892.

Close Date May 04, 2018.
To review position requirements in
full, and submit an application,
please visit [http://jobs.odu.edu/](http://jobs.odu.edu/postings/7846)
postings/7846 AA/EOE

Government/ Civil Service

Housing and Community
Development Specialist
Chesapeake Redevelopment and Housing
Authority is seeking an experienced and
motivated individual to manage functions
related to all local, state and federal, and
private grant programs of the Community
Development department, including
planning, implementation, operation,
compliance and reporting. This is a grant
funded position. Requires any combination
of education and experience equivalent to
graduation from an accredited
college/university in related field with
general knowledge of federal and state
regulations, 3-4 yrs. experience in real
estate or related work with a Public
Housing Authority or municipality helpful.
Must possess a valid VA driver's license.
\$35,875 to start/good benefits. Applications
& additional information available at
www.crha.org. Apply to CRHA, 1468 S.
Military Hwy Chesapeake, VA 23320,
523-0401, hearing impaired use VA relay
711. Fax (757) 523-1601 or e-mail
nancy.jarkenton@crha.org. Position
open until filled. EOE; Preference given to
qualified Section 3 Residents

Healthcare/ Medical

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

Radiologic Technologist

Full Time
Reliable, independent, and
enthusiastic x-ray technologist
needed in our Orthopaedic practice.
Must have current VA license.
Email resume to
gregory@atlanticortho.com

Virginia Beach Psychiatric Center

www.vbpcweb.com

Human Resources

Corporate Operations Compliance Manager in
Chesapeake, VA. Developing organization strategies
by identifying and researching human resources
issues. Implementing new benefits in the HR
policies and procedures. Req: Masters in HR
Mgmt. Bus. Admin., Law or related 22 Months Exp.
Mail resume to: Mid Atlantic Taco, LLC, Atul
Patel, 2434 Gum Rd. Chesapeake, VA 23321

Internet/ New Media

Electronic/Electro-Mechanical Technician II
(EMT II)
Fidelity Technologies Corporation, Norfolk, VA
Min. 5 years exp. See Careerconnection.com for
all job description

Landscaping/ Lawn Maintenance

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

Retail

RETAIL SALES - Full and Part Time
Flex Hours. Apply in person
Christmas Mouse, 1116 Atlantic Ave., Oceanfront.

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 pre-
miere cemetery in VA Beach, VA located off Great
Neck Road. Includes one interment (open and
closing, current cost 1995.00. One vase valued
at 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.

Woodlawn Memorial Gardens-Garden of
Life. 2 spaces, \$1500 each. 757-264-8401.

For Lease-Commercial

Va. Beach Blvd.-Oceana Area. Garage,
10-bays, approx. 7000 sq. ft. 757-718-4248.

For Rent-Furnished Apts

5819 Northampton Blvd., Va. Bch. Rms start
at \$55 + tax daily & \$250+ tax w/ky. 460-1000.

For Lease-Industrial

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

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

For Rent-Norfolk Apts

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

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

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

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

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

For Rent-Portsmouth Apts

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

For Rent-Portsmouth House

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

For Rent-Rooms

Bayside-1 BR, \$600 mo., split 1/2 utils, male or
female. No pets, no smoking. 757-264-1851.

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.

Norfolk Room For Rent
714-3852

Norview-Furn rm. Everything inclu. Washer/dryer.
Close to everything. \$550 mo. 757-235-3630.

Va. Beach-Furnished rm, cable, laundry. No
smoking. Dep \$200, \$460 mo. 757-802-3104.

Va. Beach-Lovely neighborhood, near everything,
all utils inclu washer/dryer, light cooking. Working
person pref'd. \$500 mo. 757-947-6590, leave msg

Wards Corner-On busline, \$550 mo. \$600
priv. entrance. All utils. 757-338-7188, 469-4355.

For Rent-Va. Beach Apts

OCEANA/HILLTOP AREA Newly renovated
throughout, Spacious 2 BR, 1 BA. \$795/mo. 631-1306.

For Rent-Va. Beach House

Green Run-3 BR, 1.5 BA. Cul-de-sac. Ready. Pool
& playground. \$1085. Owner/Agent, 757-560-0637

Antiques & Classics

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

Automobiles for Sale

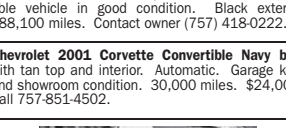
2003 Mercedes E320 \$3,000 or best offer. Reli-
able vehicle in good condition. Black exterior.
288,100 miles. Contact owner (757) 418-0222.

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 500C Lounge Convertible Automatic.
29,800 miles, Cruise, A/C, heated leather seats,
AM/FM CD, Bluetooth. Light green with tan converti-
ble top. Only \$8800 and in EXCELLENT CONDITION!
Call John Dunn 757-763-8898

Honda 2004 Accord EX, 4 dr sedan, V-6,
auto, leather, new tires, \$3500 obso. 421-3002.

Mercedes 2003 S430 well maintained w/records,
new inspec. \$6,500, 757-467-2666


Nissan 2015 MTD CONDITION Murano
Gorgeous FWD FULLY LOADED
Metliculously Garage Kept. Pristine leather interior
18" 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

Rolls-Royce 2007 PHANTOM - A LUXURY AUTO-
MOBILE LIKE NO OTHER!! LOW 49K MILES, IN NEW
CONDITION, SILVER & STEEL EXTERIOR WITH BLACK
INTERIOR, FULLY LOADED WITH EVERY

Fun and Games

Sudoku

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

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: F equals T

QI R UPPJ DPYMQEK UQDV
WRBP IYSB R WPYFRQE QFRZQRE
JYSMQEWP, SEP BQKVF UPPB
QF R FOYQE FOYPPE.

Last week's CryptoQuip answer

At what time do mariners put up with some critical difficulties? When the ships are down.

Super Crossword

FIRST OF THE FIFTH

- ACROSS
1 Reprimand sharply
7 Linguine, e.g.
12 Fed.
16 Obstinate
19 Get creative
20 "I do" locale
21 In — (as first found)
22 A few Z's
23 Big name in economics
26 Cincinnati-Detroit dir.
27 British pop singer Rita
28 Hideous sort
29 Suffix with prefer
30 Smidgen
31 "— My Heart" (Toni Braxton hit)
35 Date system of ancient Yucatán natives
39 Igloo dweller
41 French "sea"
42 Candy wafer brand
43 "I'm appalled to report that ..."
49 Drifted about
52 Film director Nora
- 53 Cariou of the stage
54 Mill fodder
56 Public radio host
57 Of Laos, e.g.
58 Poddie plant
59 Inner beings
61 Land — (sleep state)
63 Gloater's syllable
64 Aioli
67 With
46-Down, genuine article
69 Prefix with refundable
70 Big brand of faucets
71 Hot dog in a classic jingle
78 Part of LSAT
82 Ruckus
83 Sleuths' jobs
84 Abbr. for the Blue Jays
85 Disorder
86 Tourist's aid
87 Asks for
89 — jongg
90 Brandy's sitcom role
91 Downhill trail
93 Supreme Court appointee of 2009
97 Continental coins
- 99 French "here"
100 "Look — did!"
101 Best Actor of 2014
106 Inaction
110 12:00 p.m.
111 Injure badly
112 Sprint, e.g.
114 B&B, e.g.
115 Certain 4x4
116 Mansion House resident
122 Apply
123 "That hurt!"
124 Author Dahl
125 Skin and hair care brand
126 At all times, poetically
127 Tennis star Arthur
128 Full of foam
129 5/1 festival that's apt for this puzzle's eight longest answers
- 9 Enter like the sun's rays
10 Tiny little bit
11 Genesis boat
12 "Bye Bye Bye" band
13 Soup holder
14 Winner of six Super Bowls
15 Double-decker, e.g.
16 What "A.D." stands for
17 Gifted world traveler?
18 Javelin
24 Lil' Abner's surname
25 Nighttime, poetically
30 Old Peru native
32 Three cheers?
33 NBAer Brand
34 Long time period
36 "Certainly"
37 Elbow site
38 Zone between biomes
40 Actress Liv
43 Cruel
44 "— -daisy!"
45 — Pet (novelty gift)
46 See 67-Across
47 Spanish "water"
48 Once every 12 mos.
50 Greek Cupid
51 Miami-County
55 Chemical relative
58 King's home
59 Garbage boats
60 1980s Dodge
62 Strike at something but not hit it
64 Shapely leg, informally
65 Regarding
66 Neither here — there
68 Elfacement
71 Resistor units
72 Drench
73 Saved with the same filename, say
74 Tibetan oxen
75 Canadian gas name
76 Guesses at LAX
77 Not at all, in dialect
79 Effortless
80 Artsy NYC area
81 Old Russian bigwig
85 Title for a French nobleman
88 Immense
89 Major artery
90 Grumble
92 Botch up
94 Vardalos of Hollywood
95 Frigid
96 Larcenist
98 Look (for)
101 Happen next
102 Immerse
103 "Which way — go?"
104 "Delicious!"
105 Noble Brits
107 Supported temporarily, with "over"
108 Get — good thing
109 Peeve
113 Surname of Buffalo Bill
116 Mauna —
117 Ovid's "— Amatoria"
118 "Says —!"
119 Flee hastily
120 In vitro cells
121 Waterloo marshal Michel

1	2	3	4	5	6		7	8	9	10	11		12	13	14	15		16	17	18	
19							20						21					22			
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86																					
91																					
101	102																				
110																					
115																					
122																					
126																					

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last week's answers

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

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

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