

USFF HOLDS CHANGE OF COMMAND, WELCOMES 42ND COMMANDER



MC2 Michael Fiorillo
Adm. Chris Grady, center, renders a salute alongside Air Force Gen. Lori J. Robinson, Commander, North American Aerospace Defense Command and United States Northern Command, right, and Chief of Naval Operations (CNO) Adm. John Richardson, left, during a change of command ceremony aboard the aircraft carrier USS George H.W. Bush (CVN 77).



MC1 Gary A Prill
From left, Chief of Naval Operations (CNO) Adm. John Richardson, commander, U.S. Fleet Forces (USFF) Command Adm. Phil Davidson, Air Force Gen. Lori J. Robinson, Commander, North American Aerospace Defense Command and United States Northern Command, and Adm. Chris Grady render salutes during the parading of the colors to start the USFF change of command ceremony aboard the aircraft carrier USS George H.W. Bush (CVN 77).

From U.S. Fleet Forces Public Affairs

NORFOLK

Adm. Chris Grady relieved Adm. Phil Davidson as commander, U.S. Fleet Forces (USFF) and U.S. Naval Forces Northern Command, in a ceremony aboard aircraft carrier USS George H. W. Bush (CVN 77) in port Naval Station Norfolk, Virginia, May 4.

Nearly 500 civilian and military guests gathered to welcome Grady and bid fair winds and following seas to Davidson as he departs after more than three years in command.

Distinguished guests included Chief of Naval Operations (CNO) Adm. John Richardson and Commander, North American Aerospace Defense Command and U.S. Northern Command (USNORTHCOM) Gen. Lori Robinson.

Richardson, the guest speaker, summarized “There’s no doubt that our Navy is more agile and lethal by virtue of our ability to connect, combine, and adapt in rapidly adaptable ways — a direct result of [Adm. Davidson’s] keen creativity and intellect.”

Davidson, a native of St. Louis, Missouri, is a surface warfare officer and a 1982 graduate of the U.S. Naval Academy, assumed command of USFF in December 2014. He led the command with a strategic focus supporting the nation’s maritime strategy through operational readiness, training effectiveness, and pro-

fessional and personal development.

Davidson expressed his appreciation to the Fleet Forces staff for the accomplishments obtained under his charge.

“To make it [the fleet] ready takes an enormous amount of effort, and teamwork. It has been my distinct pleasure to have worked alongside the many proud professionals who make up U.S. Fleet Forces and the Fleet enterprise across the East Coast of the United States,” said Davidson. “I’m often asked how I define, or measure, readiness. Well, I can tell you over the last three years or so, it’s simply been a unit’s performance in combat.”

Davidson emphasized as he departs that he is confident that he is leaving the command in the best hands, “Your experience as a Strike Group Commander, the Surface Type Commander here in the Atlantic and as the 6th Fleet Commander and Commander, NATO Striking and Support Forces, will pay great dividends here at U.S. Fleet Forces.”

Grady, a native of Newport, Rhode Island, and a graduate of the University of Notre Dame, stated his enthusiasm on assuming command and readiness to lead the team with a mission-focused mindset.

“We shall succeed by expanding our competitive space with continued investments and developments

» See **CHANGE** | A7

CNO ANNOUNCES ESTABLISHMENT OF U.S. 2ND FLEET

From Navy Office of Information

NORFOLK

Chief of Naval Operations Adm. John Richardson announced the establishment of U.S. 2nd Fleet during a change of command ceremony for U.S. Fleet Forces Command (USFF) in Norfolk, May 4.

Second Fleet will exercise operational and administrative authorities over assigned ships, aircraft and landing forces on the East Coast and northern Atlantic Ocean. Additionally, it will plan and conduct maritime, joint and combined operations and will train, cer-

tify and provide maritime forces to respond to global contingencies. Commander of 2nd Fleet will report to USFF.

“Our National Defense Strategy makes clear that we’re back in an era of great power competition as the security environment continues to grow more challenging and complex,” said Richardson. “That’s why today, we’re standing up Second Fleet to address these changes, particularly in the north Atlantic.”

Second Fleet was disestablished in 2011 and many of its personnel, assets and responsibilities were merged into USFF.



MC2 Scott Swofford
The aircraft carrier USS Harry S. Truman (CVN 75) and ships assigned to the Harry S. Truman Carrier Strike Group (HSTCSG) transit the Atlantic Ocean while conducting composite training unit exercise (COMPTUEX).

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LINCOLN DEPARTS:
The aircraft carrier USS Abraham Lincoln (CVN 72) departed on an underway, April 24, and is scheduled to conduct three major evolutions — carrier qualifications, Combat Systems Ship Qualification Trials (CSSQT) and student pilot carrier qualifications.



» See **A4**

THE WAIT OF THE WORLD:
U.S. Navy and Guatemalan surgical team removed a plexiform neurofibroma from a man’s face at the Hospital de Puerto Barrios in Puerto Barrios, Guatemala during Continuing Promise 2018.

» See **B1**

MONSTERS ON THE BEACH:
The biggest and baddest monster trucks invade the Virginia Beach Oceanfront this weekend!

» See **C1**

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Dam Neck activity joins allies in honoring the fallen on ANZAC Day

By Joe Navratil

Naval Surface Warfare Center Dahlgren Division Dam Neck Activity Public Affairs

NORFOLK

Naval Surface Warfare Center Dahlgren Division (NSWCDD) Dam Neck Activity joined local military commands and NATO allies in commemorating Australian and New Zealand Air Corps (ANZAC) Day at the Gen. Douglas MacArthur Memorial, April 25.

On that date in 1915, Australian and New Zealand soldiers formed part of the allied expedition that fought to take Gallipoli in World War I. They became known as ‘Anzacs’ and the date is celebrated in a similar way as Memorial Day in the United States.

NSWCDD Dam Neck Activity Commanding Officer Cmdr. Andrew J. Hoffman and Australian Exchange Officer Lt. Cmdr. Chris Davidson, Royal Australian navy, led Dam Neck’s contingent at the dawn service, which included a video, readings and a talk about the connection between Gen. MacArthur and Australia, where the general regrouped America’s Pacific strategy during the beginning of WWII.

“This is my third year in a row attending the ANZAC Day dawn service at the MacArthur Memorial,” said Hoffman. “The service provides a solemn connection to not only

our allied partners today, but to soldiers from past conflicts. Our mutual strength over the past 100 years is a testament to our amazing network of partners. The ANZAC Day motto of ‘Lest we Forget’ reminds us of the ultimate sacrifice that many paid, around the globe, for our freedoms today. We must remember them.”

On the morning of April 25, 1915, the Anzacs set out to capture the Gallipoli peninsula to open the Dardanelle Straits to allied navies. They met fierce resistance from the Turkish Ottoman defenders and the eight-month campaign ended in a stalemate, with over 8,000 Anzacs killed. April 25 soon became the day that Australians and New Zealanders honor the sacrifice of those who died in that war and the wars that followed.

NSWCDD Dam Neck Activity, formerly known as Combat Direction Systems Activity, is an NSWCDD command that provides research, development, test and evaluation, analysis, systems engineering, and integration of complex naval systems associated with surface warfare and strategic combat and weapons systems.

For more news from NSWC Dahlgren , visit www.navy.mil/local/NSWCDD/.



U.S. Navy photo

CUSTOM TOOL SOCKET BRINGS INNOVATIVE FITTINGS TO THE FAHY FRAME

By Kristi Britt

Norfolk Naval Shipyard Public Affairs Specialist

PORTSMOUTH

In 2015, then-second year apprentice Adam Fahy teamed up with the Rapid Prototype Center (RPC) to create the Fahy Frame, a rotating breaker stand used to flip 540-pound breakers. This innovation provided an ergonomic solution to the workers who had to lift and work on the breakers, eliminating days off of the maintenance schedule.

The team came back together this year to tackle another innovation: a custom socket tool that is used to torque the staked bushing that holds the racking gear in place on all 2,000 style framed breakers. It would ensure the staked bushing that is installed with the framed breakers does not come loose.

“We noticed the bushing always arrive at a tenth their required torque. The bushing is used to absorb impact and provide stability with the joints and without the required amount it could cause the racking gear to wobble and bend and go loose. This issue would affect all 2,000 framed breakers we work with on a daily basis,” said Fahy, who works in the Electrical Shop

(Shop 51). “The original tool we developed to alleviate this problem wasn’t able to engage enough of the sidewall of the bushing and would wobble when used due to the lack of stability. We would also bang our knuckles on the breaker frame and we didn’t have the confidence in the tool when torquing. It was inefficient and we needed a change.”

Seeing the need for a new prototype, Fahy turned to the creative team at the RPC to help get the job done.

“We took that original idea and brainstormed some ways we could improve it,” said John Tate, RPC Toolmaker. “We machined, welded, and heat treated a socket prototype with tabs that were made to have less chance of wear, and provide accuracy in its use. As this is a tool that is used regularly, we wanted to ensure the design was made to ensure there was no rework necessary and it fit the user’s needs.”

“The new socket engages twice the amount of depth the old tool did and with only a few thousandths of an inch clearance,” said Fahy. “There is no possibility for wobbling or slipping, which lets the mechanic focus on proper torquing. It’s a great addition to the tool belt and can assist in our day-to-day operations to ensure a safe and efficient workday. I’m thrilled for the assistance the RPC has provided me and my team yet again and I’m always looking for new ideas we could work on to help improve the shipyard.”

If you have an idea that might improve your job, contact the RPC at 757-396-4950 or 757-778-4181.

To check out the Dec. 2015/Jan. 2016 issue of Service to the Fleet that featured the Fahy Frame article, visit nnsy/docs/sttf_dec-jan_issuu. To see the YouTube video on the Fahy Frame, visit www.youtube.com/watch?v=HdJXQFdXjQ. For more news from Norfolk Naval Shipyard, visit www.navy.mil/local/nnsy/.

HURRICANE PREPAREDNESS BRIEF

From JEBLCFS Public Affairs

VIRGINIA BEACH

Are you ready and prepared to keep you and your family safe in the event of a hurricane this season? To ensure your readiness, plan to attend an annual hurricane preparedness brief at Joint Expeditionary Base Little Creek-Fort Story (JEBLCFS) in May.

The JEBLCFS Installation Emergency Manager Mr. James Barber will present the annual hurricane preparedness brief, May 15 at 9 a.m. in the Base Theater. This brief is open to all-hands as well as family members who are encouraged to participate.

“Emergencies happen, so the question is ‘are you ready,’” stated Barber. “Disasters impact hundreds of thousands of people every year, many with little to no advanced warning. It can happen to you, me, or our friends and loved ones. My goal is to assist our military personnel and their families to properly plan to help ensure their safety and welfare.”

“I want them to be informed and stay informed. I want them to plan and I want them to build their own disaster response kit to be ready to help themselves until assistance, if

needed, arrives,” said Barber. “Depending on the severity of the disaster, assistance may not arrive immediately. As part of the Navy community, each one of us has a role in planning for emergencies.

“I want them to be informed and stay informed. I want them to plan and I want them to build their own disaster response kit to be ready to help themselves until assistance, if needed, arrives,”

Mr. James Barber ,
JEBLCFS Installation Emergency Manager

1837. Additional Navy Emergency Preparedness contact information is 202-433-9348 or e-mail readynavy@navy.mil, or visit www.ready.navy.mil/.

■ Hurricane preparedness brief
May 15, 9–10 a.m.
3504 Gator Blvd. (Bldg. 3504), JEB Little Creek Base Theater.

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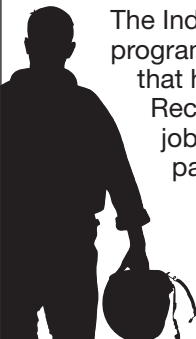
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NAS OCEANA CELEBRATES ARBOR DAY, RENEWS ITS DEDICATION TO RESOURCE MANAGEMENT

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

Naval Air Station (NAS) Oceana and Dam Neck Annex celebrated Arbor Day on April 18, by inviting children at the Child Development Center and the Youth Center to participate in planting trees on both installations. NAS Oceana has planted trees on Arbor Day for 24 years.

“This was our first year having the Youth Center children participate with the Child Development Center children, and it couldn’t have gone any better. The commanding officer kicked off the event, and the day, by reading and signing the NAS Oceana Arbor Day Proclamation,” said Installation Natural Resources Manager, Michael Wright. “Virginia State Forester, Molly O’Liddy, and I taught all in attendance about trees, how they are important, and how to properly plant a tree. Each child helped to plant the tree. The children adopted the tree to help keep it watered. And each child went home with their very own tree to plant.”



Naval Air Station (NAS) Oceana Commanding Officer Capt. Chad Vincelette and Virginia State Forester Molly O’Liddy, assist children from NAS Oceana Child Development Center and Youth Center in planting a Live Oak tree during an Arbor Day celebration, April 18.



Photos by MC2 Jacob S. Richardson

Naval Air Station (NAS) Oceana leadership, with children and staff members from the NAS Oceana Child Development Center and Youth Center, stand together during an Arbor Day celebration, April 18.

The tree chosen to be planted for the celebration is one with great meaning and history for the Navy — the live oak tree.

With the Naval Act of 1794 on March 27, 1794, the United States Congress authorized the original six frigates of the United States Navy. These ships were built on the recommendation of designer Joshua Humphreys for a fleet of frigates powerful enough to engage any frigates of the French or British navies yet fast enough to evade any ship of the line.

Found primarily in the southeastern United States, from Virginia to Texas, live oak is one of the most durable hardwoods. Joshua Humphreys, the principal designer of the six frigates, specifically called for live oak in their frames and other important structural members as it was a strong, dense, and long-lasting wood. Although it cost five times more than white oak to harvest and ship to the yards, Humphreys convinced the War Department to spend the money on live oak with the argument that it would last five times longer than white oak in the ships’ hulls.

As part of the annual event and to further dedicate itself to the principles of natural resource conservation, NAS Oceana renewed its status as a member of the Tree City USA program. Since 1976, Tree City USA has been a nationwide movement that provides the framework necessary for communities to manage and expand their public trees.

“Today NAS Oceana is celebrating not only Arbor Day, but

its 24th year as a Tree City USA, with Dam Neck celebrating its 18th year in the program,” said O’Liddy. “This event really gives the children here a tie to the outdoors; they get to, as the years pass, see this tree grow, and that is something very unique and an opportunity for them to learn and grow with the tree.”

More than 3,400 communities have committed to becoming a Tree City. They have achieved Tree City USA status by meeting four core standards of sound urban forestry management: maintaining a tree board or department, having a community tree ordinance, spending at least \$2 per capita on urban forestry and celebrating Arbor Day.

The Arbor Day Foundation says that trees provide multiple benefits to a community when properly planted and maintained. They also say that trees can improve the visual appeal of a neighborhood, increase property values, reduce home cooling costs, remove air pollutants and provide wildlife habitats where they are planted.

“Having the children participate is a delight to all who attend. They are so energetic. They want to share what they know, and they are eager to learn,” said Wright. “Being able to give the children hands-on experience with nature and explain why nature is important sets the foundation for improving the existence and future of the Earth and all that rely upon it.”

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WEEKLY PHOTOS OF YOUR FRIENDS AND LOVED ONES ON DEPLOYMENT.

2nd Class Jamal Agee conducts a safety brief prior to flight operations aboard the Wasp-class amphibious assault ship USS Kearsarge (LHD 3)

3rd Class Mikayla Roberts participates in a burial-at-sea ceremony aboard the aircraft carrier USS Harry S. Truman (CVN 75)

2nd Class Steven Pace from Kansas City, Miss. receive a vaccine from Hospital Corpsman 1st Class Jennifer Rand from Santa Fe Springs, Calif. aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7)

ON THE RADAR

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

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Lincoln departs for carrier qualifications, CSSQT

By MCSN Shane Bryan
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

The aircraft carrier USS Abraham Lincoln (CVN 72) departed on an underway, April 24, and is scheduled to conduct three major evolutions — carrier qualifications, Combat Systems Ship Qualification Trials (CSSQT) and student pilot carrier qualifications.

These evolutions and qualifications will play a massive role in sending qualified pilots to the Fleet and will test Abraham Lincoln’s combat systems.

“I’m stoked for this underway,” said Quartermaster Seaman Steven Pettit, a Sailor assigned to the Navigation Department aboard Abraham Lincoln. “There are a lot of exciting things going on while we are at sea, and it is going to be awesome being a part of it.”

The first evolution Abraham Lincoln will conduct is carrier qualifications. Abraham Lincoln will host F/A-18 Super Hornet student pilots from the “Gladiators” of Strike Fighter Squadron (VFA) 106, as they qualify for landing aboard a carrier. They must complete at least 10 landings during the



MC3 Clint Davis

The aircraft carrier USS Abraham Lincoln (CVN 72) launches a RIM-116 test rolling airframe missile during Combat Systems Ship Qualification Trials (CSSQT).

day and six landings at night to qualify. The students must complete 150–200 flight hours in their respective aircraft to have the opportunity to land on the flight deck of a carrier.

“For a lot of the students this is their first time in this type of aircraft, so we have to work at our best level to make sure they land and take off safely,” said Cmdr. David Burmeister, the air boss aboard Abraham Lincoln. “This is going to be my last underway with the ship. It is a bittersweet feeling, but I’m excited to see what the Air Department is going to be able to accomplish in this short period.”

Following carrier qualifications, Abraham Lincoln’s Combat Systems Department will conduct CSQQT, a major test of the ship’s defense systems. Abraham Lincoln will fire two Rolling Airframe Missiles (RAM) and one NATO Sea Sparrow missile. This is the first time since Abraham Lincoln’s mid-life Refueling and Complex Overhaul (RCOH) maintenance period that these systems will be operationally tested.

Combat Systems will load and fire the two missiles at a target, and in the event that the missiles miss, the Close-in Weapons System (CIWS) will shoot the target from close range.

“We shoot the CWIS almost every underway, but the Navy as a whole only shoots off a couple of NATO missiles every few years,” said Fire Controlman 2nd Class Matthew Miller. “I am extremely excited to get to be a part of this evolution.”

During the last stretch of the underway, student pilots from the “Eagles” of Advanced Jet Training Squadron (VT) 7, the “Tigers” of VT-9, the “Redhawks” of VT-21 and the “Golden Eagles” of VT-22 will fly aboard to finish their final flight qualifications. The qualifications require pilots to successfully complete 10 arrested landings and four touch-and-go landings on Abraham Lincoln’s 1,092-foot flight deck.

“It is awesome knowing that when we are done the Fleet will have more qualified pilots to complete the mission of the Navy,” said Burmeister.

Following these evolutions, Abraham Lincoln will be another step closer to full mission readiness. The next step for Abraham Lincoln will be Tailored Ships Training Availability (TSTA) and Final Evaluation Problem (FEP) as the ship further prepares for deployment in 2019.

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



MC1 Josue L. Escobosa

An F/A-18F Super Hornet assigned to the “Gladiators” of Strike Fighter Squadron (VFA) 106 prepares to land on the flight deck of the aircraft carrier USS Abraham Lincoln (CVN 72).

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FORD STANDS UP FOR SAAPM

By MCSN Ryan Carter
USS Gerald R. Ford Public Affairs

NORFOLK

April marks the observation of Sexual Assault Awareness and Prevention Month (SAAPM), and USS Gerald R. Ford (CVN 78) is leaning into it with full support.

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

“Sexual assault is a cancer affecting unit cohesion and lethality,” said Secretary of the Navy Richard V. Spencer on April 4, 2018. “The Department of the Navy has come a long way in addressing sexual assault, but until we get to zero, there is still work to be done. My commitment is enduring and fundamental, and my position of intolerance for sexual assault anywhere is unequivocal.”

To raise awareness, Ford is participating in “Denim Day,” a campaign triggered by a ruling from the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans, she may have helped her rapist remove her jeans, thereby implying consent.

“Denim Day came about as a lighter way to deal with the problem of sexual assault, as well as inform the public about the case and the wrongful trial that she was given,” said Chief Aviation Boatswain’s Mate (Equipment) Christine Tyler, one of Ford’s command sexual assault prevention response (SAPR) points of contact (POC). “It brought awareness to consent in what could be considered a bias justice system.”

Tyler feels that participating in this campaign has had an incredibly positive effect on the command and that it raises awareness in a creative way.

“We brought awareness to the campaign. Obviously, we couldn’t wear denim jeans on board so we thought that denim stickers would be the next best thing,” said Tyler. “Once the Sailors received the denim day flyers, they were astonished by the fact that this occurred 19 years ago and that very little was known about the case and how the Navy observes this day.”

In addition to “Denim Day,” Ford organized a 5k run on the flight deck as a way for the command to come together and spread awareness about this social issue.

The event required the participation from multiple departments across the ship to ensure proper set-up and safe execution.

“It was an all-hands evolution between the safety, supply, medical, media and air departments, as well as the fit boss Stephen Prince,” said Chief Aviation Electronics Technician Terry West, another Ford SAPR POC. “Nothing that we do when it comes to events like this could be done without the support of the crew. It really is an all hands effort.”

Ford Sailors attended the event to either show their support by encouraging their shipmates or participate in the run.

“The run was great, and I couldn’t picture better weather for a run today,” said Aviation Boatswain’s Mate (Equipment) 1st Class Kenneth Fells, assigned to Ford’s air department. “It’s important to participate in every Gerald R. Ford event and there aren’t any better causes to support than sexual assault awareness.”

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

USS Gerald R. Ford’s (CVN 78) fit boss Stephen Prince, announces times during a 5k run on the flight deck in honor of Sexual Assault Awareness and Prevention Month (SAAPM).



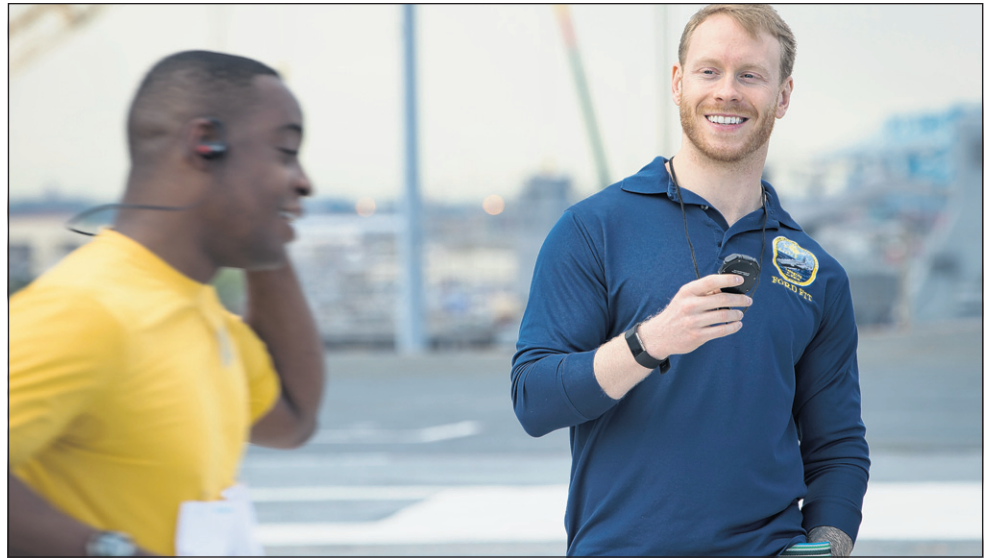
Electronics Technician (Nuclear) 2nd Class Tiara Culp participates in a 5k run on the flight deck in honor of Sexual Assault Awareness and Prevention Month (SAAPM). This year’s SAAPM theme is “Protecting Our People Protects Our Mission,” which was established by the DOD Sexual Assault Awareness and Prevention Office.



USS Gerald R. Ford (CVN 78) Sailors pose for a group photo after a 5k run on the flight deck in honor of Sexual Assault Awareness and Prevention Month (SAAPM).



Chief Mass Communication Specialist Bryan Weyers signs a banner after placing 3rd in a 5k run on the flight deck .





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MEDAL OF HONOR RECIPIENTS ATTEND 2018 VIRGINIA INTERNATIONAL TATTOO

By MC3 Danny Ray Nunez Jr.
Navy Public Affairs Support Element East

NORFOLK

Nine Medal of Honor recipients attended the Virginia International Tattoo Festival, an annual performance exhibiting military bands and performers from around the world, as part of the Virginia Arts Festival at the Norfolk Scope Arena held Apr. 26 through Apr. 29.

The festival displayed themes of honor and patriotism as well as a moving salute to Medal of Honor recipients, the highest award for valor in action that can be bestowed upon an individual serving in the Armed Forces in the United States.

The origins of the International tattoos stem from a 17th-century European tradition of military drummers alerting soldiers that it was time to their barracks for the evening. After hearing the call of the local regiments’ fifes and drums, the Dutch Low County innkeepers would call “doe den tap toe!” — “turn off the taps!” The “tap too” evolved over time, and the world “tattoo” now refers to a ceremonial performance of military music by massed bands.

“I’m really enjoying myself here,” said Mike Thornton, a Medal of Honor recipient and former member of SEAL Team ONE. “The great thing about all this is every country has their own music. If everyone could get together like this, there would be no problems. It is great to see everyone get together here and enjoy the music.”

Roger H.C. Donlon, a Medal of Honor recipient and former member of the United States Army, also shared mutual sentiments on the event.

“My father served in World War I, my brother served in World War II, and I came along in the Vietnam War. Now my niece is serving,” said Donlon. “That’s a nice bookend for 100 years of service. That’s what I’m celebrating. And here we have a celebration of NATO allies between the international language of music.”

But service to one’s country can cost the ultimate price, and the 3rd U.S. Infantry Regiment was there to pay respects. Nicknamed the “Old Guard,” the regiment is the Army’s official ceremonial unit and escort to the president of the United States.

“This is the first time we have done the changing of the guard outside of Arlington,” said Maj. Rob Lodewick, the regiment’s public affairs officer. “This isn’t something we usually do, but we came honoring the Medal of Honor recipients and those who have passed.”

Since its creation in 1861, more than 3,400 Medals of Honor have been awarded to America’s most courageous troops. But due to the medal’s nature, many of those brave men and women posthumously received the award.

“My medal I wear around my neck, I wear it for those who gave their utmost, who gave it their all,” said Thornton. “They did it for our freedoms and so we can enjoy things like this. Their sacrifice makes this possible. Freedom is written in blood.”



Photos by MC3 Danny Ray Nuñez Jr.

A massed multinational formation performs the grand finale of the 2018 Virginia International Tattoo at the Norfolk Scope Arena. The Virginia International Tattoo is an annual performance exhibiting military bands and performers from around the world. The 2018 Tattoo honors Medal of Honor recipients and their families.



A massed multinational formation performs the grand finale of the 2018 Virginia International Tattoo at the Norfolk Scope Arena. The Virginia International Tattoo is an annual performance exhibiting military bands and performers from around the world. The 2018 Tattoo honors Medal of Honor recipients and their families.



Members of the Republic of Korea’s National Tae Kwan Do display team showcase their martial arts during the grand finale of the 2018 Virginia International Tattoo at the Norfolk Scope Arena. The Virginia International Tattoo is an annual performance exhibiting military bands and performers from around the world. The 2018 Tattoo honors Medal of Honor recipients and their families.



A riderless horse is led past a massed multinational formation of performers during the grand finale of the 2018 Virginia International Tattoo at the Norfolk Scope Arena. The Virginia International Tattoo is an annual performance exhibiting military bands and performers from around the world. The 2018 Tattoo honors Medal of Honor recipients and their families.



Medal of Honor recipients take the stage during the grand finale of the 2018 Virginia International Tattoo at the Norfolk Scope Arena. The Virginia International Tattoo is an annual performance exhibiting military bands and performers from around the world. The 2018 Tattoo honors Medal of Honor recipients and their families.

2018 MAP quotas announced

By Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy released the Fiscal Year (FY) 2018 Meritorious Advancement Program (MAP) plan, May 2, in NAVADMIN 109/18, increasing quotas and expanding commanding officers’ ability to recognize and advance top performing Sailors.

The updates to MAP are based on recommendations from senior enlisted leaders throughout the Fleet and include:

–Commands can use MAP E-4 quotas to advance E-1 to E-3 Sailors.

–E-6 time-in rate requirement (TIR) is now one year. However, nuclear-trained Sailors must still complete at least two years as an E-5. Commands can select an E-5 Sailor for advancement with less than one year TIR through their Budget Submitting Office (BSO) / designated echelon II (Ech II) endorsement.

–Commands can submit multiple MAP Certification Letters (MCL) during the MAP season. This ensures no command is holding up a MAP advancement in order to finalize all MAP command selects.

This year, MAP will account for approximately 15 percent

of all E-4 through E-6 advancements, with 7,012 MAP quotas, an increase of 2,795 quotas from 2017.

Units will have 6,809 quotas with 203 quotas designated for the BSO. Advancement quotas by paygrade (Unit Identifier Code (UIC) and BSO) are:

–E-4 – 2,977

–E-5 – 2,512

–E-6 – 1,523

MAP open season will last from July 1–Aug. 31, but commands are encouraged to begin the MAP selection process and submit their MAP Certification Letter (MCL) as early as possible.

The redistribution of unused MAP quotas will take place during the month of September.

For more information on MAP, including quotas by UIC, controlled rates information, forms, points of contact, and answers to frequently asked questions go to www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/Advancement/Pages/MAP.aspx

MAP is one of Navy’s continuing efforts to modernize personnel systems and processes under Sailor 2025.

Sailor 2025 is the Navy’s program to improve and mod-



MC2 Kenneth Abbate
Newly promoted petty officers standby to receive their advancement letters during a frocking ceremony.

ernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow. It is focused on empowering Sailors, updating policies, procedures, and operating systems, and providing the right training at the right time in the right way to ensure Sailors are ready for the Fleet.

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



MCSN J. Keith Wilson
Sailors and Marines assigned to the amphibious assault ship USS Kearsarge (LHD 3) man the rails as the ship pulls into Port Everglades for Fleet Week Port Everglades 2018.

NAVY KICKS OFF FLEET WEEK PORT EVERGLADES 2018

By MC1 Brian G. Reynolds

Navy Region Southeast Public Affairs

FORT LAUDERDALE, FLA.

Sailors, Marines, and Coast Guardsmen, crewing five ships arrived in Fort Lauderdale, Florida, kicking off the 28th annual Fleet Week Fort Lauderdale, April 30.

The amphibious warfare ship USS Kearsarge (LHD 3), along with the littoral combat ship USS Detroit (LCS 7) are set to represent the Navy in the weeklong event.

The U.S Coast Guard cutters USCGC Confidence (WMEC 619), USCGC Robert Yered (WPC 1104) and USCGC Willow are representing the Coast Guard during the celebration.

“It’s a unique opportunity for us to show the community what we do and how we do it,” said Commander of Expeditionary Strike Group 2Rear Adm. Brad Skillman. “It’s an opportunity to give back to the community so that they have a relationship with

these Sailors and Marines who are [aboard] these ships. It’s also an opportunity for the Sailors and Marines to enjoy your city and all of the hospitality that you have.”

Throughout Fleet Week Port Everglades service-members will have the opportunity to participate in various community relations events.

“It’s a wonderful opportunity for the sailors to enjoy this weather and everything this community has to offer,” Skillman said. “It’s mutually beneficial and it’s going to be a wonderful week for us.”

Fleet Week Port Everglades is a week-long event hosted by Broward Navy Days and local Navy Leagues, and is designed to showcase the sea services, honor the men and women of the sea services through public events and recognition, and provide the sea services an opportunity to showcase the capabilities of surface platforms, equipment and the skills of the men and women serving aboard these vessels.

For more news from Commander, Navy Region Southeast, visit www.navy.mil/local/nrse/.

Truman transits Strait of Gibraltar, enters Mediterranean Sea

By MC3 Juan Sotolongo

USS Harry S. Truman Public Affairs

STRAIT OF GIBRALTAR

USS Harry S Truman (CVN 75), the Carrier Strike Group EIGHT (CSG-8) flag ship, passed through the Strait of Gibraltar and entered the Mediterranean Sea, April 27.

“I’m proud of the professional seamanship our Sailors showcased as we transited through one of the busiest sea lanes in the world,” said Truman’s Commanding Officer Capt. Nicholas Dienna. “It was a beautiful spring day, and



MC2 Thomas Gooley
USS Harry S. Truman (CVN 75) conducts a strait transit. Truman is currently deployed as part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe.

these men and women executed their responsibilities flawlessly.”

Along with Truman, the guided-missile cruiser USS Normandy (CG 60) and the guided-missile destroyer USS Forrest Sherman (DDG 98) made the journey from the Atlantic Ocean to the Mediterranean Sea through the second busiest waterway in the world. But this event carried with it more than breathtaking visuals of the Gibraltar landscape. More importantly, it served as a strategic step for the Harry S. Truman Carrier Strike Group (HSTCSG).

“Entering the Western Mediterranean en-

hances our ability to support national and regional missions in the Sixth Fleet area of responsibility,” added Dienna. “This includes working with our NATO Allies as well as European and African partners to maintain the right presence when and where it’s needed.”

Just before entering the Strait of Gibraltar, HSTCSG completed Lightning Handshake 2018 with its long-time African partner Morocco. During the week-long exercise, U.S. and Morocco reinforced its ability to operate together in a wide spectrum of missions, including maritime security operations.

“As the HSTCSG continues on its regularly-scheduled deployment, successful completion of events like Lightning Handshake 2018 and transiting the Strait of Gibraltar demonstrate Truman’s capability to strengthen partnerships and flexibility, to rapidly respond anywhere our team is needed around the globe,” added Dienna.

With Truman as the flagship, HSTCSG is comprised of the ships, aircraft and Sailors of Carrier Strike Group Eight (CSG 8), Destroyer Squadron Two Eight (DESRON 28), Carrier Air Wing One (CVW-1); and Sachsen-class German frigate FGS Hessen (F 221) .

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



MC2 Scott Swofford
FGS Hessen (F 221), right, and USS Forrest Sherman (DDG 98) conduct a strait transit with USS Harry S. Truman (CVN 75).



Aviation Ordnanceman Airman Vincina Loneragan works with shipmates to upload ordinance to an F/A-18 Super Hornet on the flight deck aboard the Nimitz-class aircraft USS Harry S. Truman (CVN 75).

MC2 Thomas Gooley

Truman Strike Group conducts aviation ops in support of OIR

From Harry S. Truman Carrier Strike Group Public Affairs

MEDITERRANEAN SEA

The Harry S. Truman Carrier Strike Group (HSTCSG) commenced air operations May 3, 2018, in support of Operation Inherent Resolve (OIR).

“Our flight operations in support of OIR demonstrate the continued commitment of the U.S. and regional partner nations to eliminating the terrorist group ISIS, and the threat it poses to the international community,” said Commander, HSTCSG, Rear Adm. Gene Black.

Operating from the Eastern Mediterranean Sea, aircraft from Carrier Air Wing (CVW) 1’s strike fighter squadrons conducted sorties over Syria, demonstrating HSTCSG’s ability to support two different geographic combatant commanders simultaneously.

“Today’s operations showcase the inherent flexibility and capability of carrier strike groups,” said Black. “We will continue to provide commanders the ability to respond

and support national security priorities, and we remain prepared to deliver precision strike capabilities, as directed.”

HSTCSG entered the U.S. 6th Fleet area of operations April 18 as a part of a regularly-scheduled deployment in support of coalition partners, NATO allies, European and African partner nations, and U.S. national security interests.

Deployed assets comprising the HSTCSG are the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75); the Ticonderoga-class guided-missile cruiser USS Normandy (CG 60); the Arleigh Burke-class guided-missile destroyers USS Arleigh Burke (DDG 51), USS Farragut (DDG 99), USS Forrest Sherman (DDG 98), and USS Bulkeley (DDG 84); along with the embarked staffs of Carrier Strike Group (CSG) 8, CVW-1 and Destroyer Squadron 28.

Embarked CVW-1 squadrons include Strike Fighter Squadron (VFA) 11; VFA-81; VFA-136; VFA-211; Electronic Attack Squadron (VAQ) 137; Airborne Early Warning Squadron (VAW) 126; Helicopter Maritime Strike Squadron (HSM) 72; Helicopter Sea Combat Squadron (HSC) 11; and detachments from HSM-48 and Fleet Logistics Support Squadron (VRC) 40.

For more news from USS Harry S. Truman, visit www.facebook.com/usstruman.

CHANGE | Welcoming the 42nd Commander

Continued from A1

in every domain, from the sea bed to space and cyber, under the sea, on the sea, and in the air. As we fight as a fleet, we will harness the power of the digital age to be faster, more networked, more agile, and more lethal. Similarly, we will harness the power of the digital age to generate readiness by being more predictive, more efficient, and more innovative,” said Grady.

Grady joins the USFF team after wrapping up his tour as the commander of U.S. 6th Fleet, Naval Striking and Support Forces NATO; deputy commander, U.S Naval Forces Europe and U.S. Naval Forces Africa; and Joint Force Maritime Component Commander Europe.

USFF supports both the CNO and combatant commanders worldwide by providing responsive, relevant and sustainable Naval forces ready-for-tasking. The command provides operational and planning support to combatant commanders and integrated warfighter capability

requirements to the CNO. USFF is a subordinate command of USNORTHCOM.

USFF organizes, mans, trains, maintains, and equips more than 125 ships, 1,000 aircraft, and 103,000 active duty service members and government employees, develops and submits budgets, and executes readiness and personnel accounts to develop both required and sustainable levels of fleet readiness. Additionally, the command serves as the unified voice for fleet training requirements and policies to generate combat-ready Navy forces.

Grady is the 42nd commander of USFF, originally established as Commander-In-Chief, U.S. Atlantic Fleet by President Theodore Roosevelt. Rear Adm. Robley D. Evans, served as the first commander, assuming command on Jan. 1, 1906 aboard his flagship, the battleship USS Maine (BB 10). In October 2006, U.S. Atlantic Fleet and Fleet Forces Command became U.S. Fleet Forces Command in a ceremony held aboard the aircraft carrier USS Theodore Roosevelt (CVN 71).

For more news from U.S. Fleet Forces Command, visit www.public.navy.mil/usff and for more information visit www.facebook.com/usfleetforces or www.twitter.com/usfleetforces

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USS Preble returns

The guided-missile destroyer returns to its homeport in Pearl Harbor, Hawaii after a successful seven-month deployment to the U.S. 5th and 7th Fleet areas of responsibility.

» See **B3**

SECTION B | FLAGSHIPNEWS.COM | 05.10.18



MC1 Mike DiMestico
Axel Medina Roca receives blood donated by his parents while Lt. Cmdr. Jason Souza of Bolton, Massachusetts and Dr. Jonathan Maldonado of Guatemala, remove a plexiform neurofibroma from a his face at the Hospital de Puerto Barrios in Puerto Barrios, Guatemala during Continuing Promise 2018.

THE WAIT OF THE WORLD

By MC1 Mike DiMestico
Continuing Promise 2018 Public Affairs

PUERTO BARRIOS, GUATEMALA

Seventeen-year-old Axel Medina Roca of Guatemala was born with a rare disorder known as neurofibromatosis (NF), a condition that causes normal nerves to grow into disorganized tumors.

NF is a challenging disorder even for those with access to healthcare, but without money or opportunity, Axel's mass has been left to grow untreated his whole life.

"I've taken him to several hospitals over the years, but none had the ability to help us," said Axel's father, Edgar Medina. "About four years ago we took him to a pediatric hospital. They told us they could remove the mass, and we were hopeful. Ultimately, they weren't prepared for what they found and did nothing. They opened the mass and closed it, leaving him only with a small scar to show for it."

Edgar's face was tired, but pleasant, the face of a man who had done his best to help his son. He reserved eye contact only for the high points of each conversation, and even then, briefly. The rest of the time he studied the floor before him and indicated his understanding through exaggerated nods. He explained that over the years priests and missionaries would visit Guatemala and take an interest in Axel's situation and promise to secure him a visa to get surgery in the States. However, in each case, they would leave, and nothing would materialize.

"My son has always been a very sad boy," said Edgar, shaking his head. "The only times I've ever seen him happy is when there was some hope that something could be done about his condition. But each time he was told it wouldn't happen or it was impossible, he would fall farther into depression and despair. He would stop talking for weeks at a time."

Father Anton Grech of the GuateMalta Foundation, a charitable organization that operates in Guatemala and Malta, heard about Continuing Promise 2018's visit to Puerto Barrios and immediately thought of Axel. The Medina Roca Family were thrilled by the news, but quickly realized the 7-hour trip and hotel stay required to see the doctors were much more than they could afford. The good people of their church also recognized this dilemma and quickly took up donations to buy them bus tickets. They also found a parishioner in Puerto Barrios who agreed to take the family in for the duration of their stay.

Meanwhile, aboard the Military Sealift Command's expeditionary fast transport vessel USNS Spearhead (T-EPF 1) en route to Guatemala, the doctors of Continuing Promise were first learning about Axel. Lt. Cmdr. Jason Souza, a plastic surgeon, stationed at Walter Reed National Military Medical Center, was given a photo of Axel and studied it during the trip.

"When we were on the ship, I was already thinking about his case," said Souza. "It was pretty obvious from the photo that it was a plexiform neurofibroma and I was optimistic that



MC1 Mike DiMestico
Axel Medina Roca lies on the operating room table after a U.S. Navy and Guatemalan surgical team removed a plexiform neurofibroma from his face at the Hospital de Puerto Barrios in Puerto Barrios, Guatemala during Continuing Promise 2018.

we could help him. So when we got to Guatemala, we set out to find him."

It didn't take long for Axel and his family to find themselves sitting outside the expeditionary medical unit, a series of tents used by the Continuing Promise team as a mobile military surgical site. It was here that Dr. Souza had his first encounter with the boy who had unknowingly waited a lifetime to meet him. Dr. Souza was friendly and reassuring. He examined Axel thoroughly and with the quiet confidence of a man who truly appreciates the importance of his profession.

"I knew immediately that the procedure would be

» See **PROMISE** | B6

Navy celebrates 2018 Asian American, Pacific Islander Heritage Month

From Navy Office of Information

WASHINGTON

The Navy joins the nation in celebrating Asian American and Pacific Islander (AAPI) Heritage Month throughout May.

AAPI Heritage Month provides the Navy, and the nation, with the opportunity to honor the contributions that Asian American and Pacific Islanders have made to the country, reflect on the challenges that still face the AAPI community, and work to promote an environment that values inclusivity and pluralism. During AAPI Month, and throughout the year, the Department of the Navy celebrates the culture, traditions and ancestries of more than 56 ethnic groups, speaking more than 100 languages, that hail from Asia and the Pacific Islands, and recognizes the essential role of the AAPI community in our country's prosperity. This year, Navy commands are encouraged to celebrate and reflect on the theme "Unite Our Vision by Working Together," which emphasizes the importance of embracing diversity and promoting unity.

Asian Americans and Pacific Islanders



U.S. Navy graphic
A graphic in support of 2018 Asian American and Pacific Islander Heritage Month.

have a long legacy of service in the Navy, which dates back to the 19th century, and AAPI service members continue to leverage their skills, talents, perspectives and ideas on behalf of the mission. The Department of the Navy recognizes that our greatest asset is our people, whose diverse talents and skill sets are imperative to our success, and honors AAPI service members, as part of One Navy Team, as a demonstration of its commitment to fostering an actively inclusive workforce.

In accordance with ALNAV 007/18, Navy commands are encouraged to participate in AAPI Heritage Month and all heritage celebrations and special observances throughout the year in recognition of the service and dedication of all Navy personnel, and the diversity of races, ethnicities and nationalities they represent.

Mattis addresses issues in Syria, Afghanistan, Korea

By Lisa Ferdinando
DOD News, Defense Media Activity

WASHINGTON

The situation in Syria is the "most complex security situation, fighting situation" he has experienced in his four decades of military service, Defense Secretary James N. Mattis said yesterday.

In a wide-ranging half-hour discussion with Pentagon reporters, Mattis discussed the situations in Syria and Afghanistan, as well as the Korean Peninsula.

He said he was to discuss the way forward in Syria later in the day with the United Nations special envoy for Syria.

"I'm meeting with Staffan de Mitura [to] see where the Geneva process is and what we can do to assist," Mattis said. "And obviously, it's mostly a diplomatic effort in Geneva, but it has a military element, which says we don't allow ISIS to come back in the midst of all this."

The United States, Mattis said, is working with all the countries in the region that are "engaged in trying to make stability a reality."

Mattis met today with Secretary of State

Mike Pompeo.

"What we don't want to do, now that we are on the cusp of winning on the battlefield in terms of taking down the physical caliphate, the geographic caliphate, we do not want to simply pull out before the diplomats have won the peace," he said. "So you win the fight, and then you win the peace."

Nearly all the nations in the region are concerned about Iranian activities, he said.

Taliban on 'Back Foot'

The Taliban and ISIS in Afghanistan are continuing to target civilians, Mattis said. "You can break them apart in terms of what organization they're part of, but their goal is to destabilize the elected government," he said.

The Taliban were put on their "back foot" by strikes against their financial networks, the continued U.S. presence in Afghanistan, and Afghan President Ashraf Ghani saying his government was willing to negotiate with the Taliban, Mattis said.

"We anticipated that they would do their best to try to bring bombs right into Kabul," he said, pointing out the Taliban has targeted voting or voter registration locations, where crowds of innocent people gather.

"The Taliban realize the danger of the people being allowed to vote," he said, noting that citizens have risked their own safety to protest the Taliban in a number of demonstrations throughout the country.

» See **SYRIA** | B7

SURVIVING MILITARY SPOUSES GET THE SUICIDE ‘POSTVENTION’ THEY NEED

By Lisa Smith Molinari

Every time I hear the gut-wrenching statistic that twenty military veterans commit suicide every day, my throat catches. The shocking reality that more lives have been lost to veteran suicide in the past 15 years than in the wars of Iraq and Afghanistan is an obvious tragedy that finally has the attention of the Pentagon, lawmakers, health professionals and the public at large. Prevention of veteran suicide is a hot-button issue.

But sadly, it’s the surviving spouses who are ignored now.

A significant number of veteran suicides involve victims who are married. In fact, as reported earlier this year, married veterans are at a higher risk of suicide than single veterans, likely due to the increased responsibilities they face upon returning home from service. When married veterans take their own lives, spouses are left to handle those responsibilities alone, while struggling to process grief.

When this process becomes complicated with guilt and post-traumatic stress, spouses often become “stuck” in grief, unable to move forward from the tragedy. Relationships soon fall apart, substances are sometimes abused and day-to-day tasks become overwhelming. These military spouses are the forgotten victims of veteran suicides.

However, Boston’s Home Base Veteran and Family Care Center has partnered with Tragedy Assistance Program for Survivors (TAPS) to offer surviving spouses from all over the United States intensive suicide “postvention” treatment that seems to be working. The “Intensive Outpatient Program for Survivors” (IOPS) offers transportation, lodging, meals, childcare stipends, and treatment at no cost to participants.

The two-week pilot took place last July, and the second group of surviving spouses graduated from IOPS on April 13. Although in the future, IOPS will be open to all surviving family members who have experienced the traumatic loss of a military veteran family member, the initial groups consisted of widowed spouses of military veterans who committed suicide. Their ages ranged from late 20s to early 50s, and they were seeking treatment from 11 months to 11 years after the suicides. The majority had children. Tragically, all of the widows in IOPS were present when their spouses committed suicide or were the first to find them after their deaths.

IOPS is the first program to combine treatment for PTSD and complicated grief for family survivors of military suicide in the U.S. and offers participants daily therapy for complicated grief, coping skills training, peer support

and post-therapy follow up.

“The most common thing we see is spouses with questions like, ‘What could I have done? What should I have done? What did I not pick up on? Could I have prevented this?’” said Dr. Louis Chow, Home Base Director of Education. “The amount of guilt and unresolved questions can be quite profound.”

Dr. Chow and Dr. Lauren Richards, both Home Base psychologists, teach spouses to process grief by identifying and regulating their emotions, rationally examining their feelings of guilt, and learning to ask for help. The primary goal of the IOCP Skills Group is not to alleviate grief, but rather lift the obstacles to processing it.

“The focus of the group is not to right wrongs or make what is unfair fair,” said Dr. Chow, “the reality is that these things are unchangeable, so we focus on what is effective.”

Dr. Bonnie Ohye, a clinical psychologist and Home Base Director of Family Programs, said follow up data from the IOCP pilot showed a significant reduction in symptoms, with positive feedback from all participants.

“There is tremendous hope. Participants have returned to school, reconnected with friends, families and faith communities, and returned to the workforce,” said Dr. Ohye. “They are building a life of meaning, purpose and fulfillment.”

However, the future of the program remains uncertain because Home Base covers the costs of the IOCPs internally. “This is not a sustainable business model,” Dr. Ohye said. On Saturday, July 28 at Fenway Park, Home Base will host a charity run and a Rex Sox vs. Minnesota Twins pregame ceremony to honor the sacrifices of surviving military families. Home Base hopes that the event will not only raise money for its programs, but will also increase awareness of the need to offer treatment to the families of fallen veterans.

www.themeatandpotatoesoflife.com

Care packages; Pre-Pinterest

By Amanda-Lee Pitzer

I love Pinterest. It’s a problem, really. Currently, I have 4,125 pins. Sometimes I get on looking for something specific, then something catches my eye and I’m off pinning like crazy and I forgot all I needed was a quick recipe.

I’ll never do these 4,000 pins, but I keep pinning. Add in the use of social media, and you see all of those moms who make those Pinterest-perfect teachers gifts, and I know I’ll never measure up to that. I’ve tried, really I have. But I have more fails than successes.

For us, care packages to the ship during deployment were essentials; toilet paper, medicine, snacks he can’t get onboard, etc. They were tossed in a box with some cards and pictures and sent on its merry way. Now? Holy crap. These dang things now need to be themed and cute. I mean, everyone else on the boat gets the good-looking packages. I cannot, not do the same. He’ll be like the kid at the lunch table with the crappy lunch in the brown paper bag.

So there I was working on these “open when” cards to send with him on deployment to carry him through until his first box arrives. Talk about pressure. I never even heard of these until the spouse pages clued me in.

All of the spouse pages I’m a part of show all these cute pictures of how they were put together and all the open when instances. I’m not creative. I need a guide, people! So finally I find someone who showed some details and off I went making these things.

Our anniversary is pretty soon after he leaves so I needed to send an anniversary gift with him too. Once I put in one gift for “Open When ... it’s our anniversary” I felt like I needed to have a bunch of mini gifts. This leaves me standing in Target with my boys trying to come up with a dozen ideas to go with the gifts the boys insisted on.

I wonder if it will be a flop. I wonder if anyone else will get one of these boxes in his berthing and make his look lackluster. But, then I remember, my husband doesn’t care. He was irritated that he has to bring



Amanda-Lee Pitzer

something else onboard with him when he left. But I know when he begins to open them he’ll see the silly gift with the scribbled message and know how much we love him. And really — that’s what it’s all about.

Navylife101.wordpress.com

GOLD STAR FAMILIES ‘VISIT’ MOON, STAY CONNECTED

By Kyle Malloy

Special Contributor to Navy Installations Command Public Affairs

WASHINGTON

Navy Gold Star families took a guided tour of the United States Naval Observatory (USNO) recently, where they visited the command’s facilities and learned about how its scientific research continues to advance the U.S. Navy’s mission.

This first-of-its-kind event offered Gold Star families the opportunity to reconnect with one another while getting an in-depth look at how the Naval Observatory is essential to providing accurate navigation and communication for U.S. Navy and Department of Defense assets.

“Events like this are important,” said Rachel Doran, Navy Gold Star coordinator. “It helps keep them connected to the Navy and to other Gold Star families while providing them a Navy experience.”

The group learned the history of the command, visited the command library, and how the observatory’s work has influenced modern digital technology and GPS navigation. The tour ended with each family member being provided the opportunity to gaze at the moon through one of USNO’s most sophisticated telescopes.

“We try to make it fun for everyone attending our events,” said Doran.

“The families really enjoy coming together at these events. They can relax without any obligation to discuss their feelings or retell their stories.”

Rachel Doran, Navy Gold Star coordinator

“Plus, how cool is it to see the moon and the Washington, D.C. skyline so up close and personal?”

Doran added, events like this keep Gold Star families involved with the active-duty community.

“The families really enjoy coming together at these events,” said Doran. “They can relax without any obligation to discuss their feelings or retell their stories.”

Gold Star family activities are vital to the connection they have with their deceased loved ones, especially the surviving children.

“In a way, being here allows Gold Star children the opportunity to learn more about the life of their now deceased parent,” said Doran. “Many of them were young when their parent died, but being here with a strong Navy presence allows them to feel connected again.”

Navy Gold Star is the Navy’s official program for providing long-term support to surviving families of Sailors who pass

while on active duty. Navy Gold Star is an inclusive program — it assists family members regardless of their loved one’s military service branch, location or manner of death. Navy Gold Star support coordinators provide dedicated outreach and support when, and for as long as, the service member’s family needs assistance.



■ **Q. I want to buy a house, but don’t know how to check my VA eligibility. Where can I go?**

A. The easiest place to check is the VA official website. You can go there, and under “services” and the “mortgage” section, you can check your VA eligibility. Or you can ask any loan officer you decide to work with. They have access and can get that information free of charge.

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USS Preble returns home from Deployment

By MC3 Morgan K. Nall
Theodore Roosevelt Strike Group

PEARL HARBOR

The guided-missile destroyer USS Preble (DDG 88) returns to its homeport, Joint Base Pearl Harbor-Hickam, April 27, after more than six months on a deployment to the U.S. 5th and 7th Fleet areas of operation.

While deployed, Preble conducted security, stability and freedom of navigation operations throughout the Arabian Sea, Indo-Pacific region, and surrounding waters.

The ship was underway for more than 173 days and conducted approximately 1,000 flight hours with the ship’s embarked Helicopter Maritime Strike Squadron (HSM) 37, Det. 5 Easyriders.

“I am extremely proud of the hard work and dedication Preble’s Sailors have exhibited this deployment,” said Cmdr. Allen Maxwell Jr., commanding officer of Preble. “We started this deployment ready to take on any mission that came our way, and we have done just that. This crew showed an incredible amount of resiliency and proved that we are dedicated to achieving mission success and greatness in everything we do.”

Preble began training and operating with the Theodore Roosevelt Carrier Strike Group (TRCSG) in April 2017 to improve mission readiness and cohesion as a strike group. Preble departed JBPHH Oct. 16.

Preble kicked off its deployment participating in a three carrier strike force exercise, which included the TRCSG, the USS Nimitz (CVN 68) and USS Ronald Reagan (CVN 76) carrier strike groups and the Japan Maritime Self-Defense Force and Republic of Korea navies, sailing in close formation with more than a dozen other ships.

While operating in 5th Fleet, Preble conducted numerous strait transits and escorted several high-value assets, including the newly commissioned expeditionary sea base USS Lewis B. Puller (ESB 3).

Preble made international news when the crew of an MH-60R Sea Hawk helicopter assigned to HSM 37 spotted an Iranian vessel in distress approximately 60 miles off the coast of Iran, Dec. 16.



MC3 Morgan K. Nall
The guided-missile destroyer USS Preble (DDG 88) transits the Indian Ocean. Preble is underway with the Theodore Roosevelt Carrier Strike Group for a scheduled deployment in the U.S. 7th Fleet area of operations in support of maritime security operations and theater security cooperation efforts.



MC2 Somers Steelman
Hospital Corpsman 1st Class Nathan Orr assigned to the guided-missile destroyer USS Preble (DDG 88) meets daughter for the first time upon return to homeport at Joint Base Pearl Harbor-Hickam in Pearl Harbor, Hawaii after a successful seven-month deployment to the U.S. 5th and 7th Fleet areas of responsibility.

Preble’s crew manned a firefighting and dewatering team, engineering team, and visit, board, search and seizure team, as well as the small craft action team to stand a vigilant watch in case of hostile interactions.

Preble also conducted a passing exercise with the Indian Navy Talwar-class frigate INS Tarkash (F50). During the exercise, Sailors from both ships traded places for the afternoon as the ships practiced sailing in close formation.

Preble executed port visits to Agat, Guam; Manama, Kingdom of Bahrain; Jebel Ali, Dubai; Changi, Singapore; and Manila, Republic of the Philippines. While in port, Sailors volunteered in local communities, participated in Morale, Welfare and Recreation tours, and experienced the culture of each location.

Sailors also put together care packages for victims of the Mayon volcano eruption in the Philippines; chopped vegetables at Willing Hearts Soup Kitchen in Singapore; and interacted with students at Marshall A. Sablan Elementary School in Guam.

Sailors who participated in the events also said they found it rewarding to give back to the communities they visited while in port.

Preble was deployed to the U.S. 7th and 5th Fleet areas of responsibility with the aircraft carrier USS Theodore Roosevelt (CVN 71), the flagship of CSG 9, along with the guided-missile cruiser USS Bunker Hill (CG 52), and guided-missile destroyers USS Halsey (DDG 97), USS Higgins (DDG 76) and USS Sampson (DDG 102). The TRCSG deployment is an example of the U.S. Navy’s routine presence in waters around the globe, displaying commitment to stability, regional cooperation and economic prosperity for all nations.



Sailors of the guided-missile destroyer USS Preble (DDG 88) return to homeport at Joint Base Pearl Harbor-Hickam in Pearl Harbor, Hawaii after a successful seven-month deployment to the U.S. 5th and 7th Fleet areas of responsibility.

MC2 Somers Steelman

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CONTINUING PROMISE 2018

PROMISE | *Team completes facial surgery*

Continued from B1

challenging,” said Souza. “The problem is, this thing originates in normal nerve, but turns that nerve totally abnormal. Somewhere in that mass were connections that were still viable, allowing him to move his eye and mouth. This prevents you from being able to excise the mass entirely if you hope to preserve any facial function.”

Axel sat on the examination table with his hands in his lap, listening intently to the doctors speak a language he didn’t understand, studying their body language for any indicators of meaning. His eyes were glassy and he briefly turned his head to wipe them. When a corpsman asked if he was scared, his translator relayed his response, “No, he’s just happy.”

“He was so happy because Dr. Souza seemed so optimistic, and although he’s heard it before, he was confident it would happen this time,” said Edgar. “His mother and I, on the other hand, having endured so many disappointments, were telling him not to get his hopes up. We just didn’t want him to be any further broken.”

Despite the challenge, Dr. Souza decided he would perform the surgery, as long as the local hospital and surgeons were interested in supporting it.

“In many ways, the most challenging parts of this case were the coordination and making sure that this was a case local doctors wanted to be a part of,” explained Souza. “Once we knew they were interested and committed to his post-operative treatment, we decided we were in.”

In order to limit costs to the hospital, the Continuing Promise team did all the preoperative workups, all the labs and the imaging. They decided to perform the case at the local hospital as opposed to the expeditionary medical unit to maximize their recovery capabilities and use their ICU if needed.

The Hospital de Puerto Barrios was small but busy. Throngs of people waited outside, sitting on curbs or lying wherever they could find a swatch of shade. The structure itself was blue, and if not for the great soft clouds, almost indistinguishable from the sky behind it. Axel was led into the operating room waiting room barefoot, wearing a thin, faded gown where he was met by Dr. Souza and the local surgeon who would perform the procedure alongside him.

Dr. Jonathan Maldonado, a boyishly handsome 27-year-old wunderkind surgeon who began medical school at the age of 15, entered the room and spoke a few words to Axel, extending a thumbs up. He’s regarded as something of a celebrity at the hospital, stopping to chat with adoring hospital staff every few yards.

The operating room was a hive of activity. Corpsmen and Guatemalan nurses wheeled squeaky carts full of glistening tools into the space. Doctors flipped switches and pushed buttons on colorful displays. By the time Axel entered the room, the team was ready.

Working as a team, the U.S. Navy and Guatemalan anesthesiologists got to work. Since the mass presented a challenging airway, they had planned to perform a fiberoptic intubation, providing an opportunity to demonstrate a technique not otherwise available in Guatemala. The intubation was uncomplicated and the surgeons scrubbed in to get to work.

“The surgery was every bit as challenging as we anticipated,” said Souza. “The depth and extent of the mass meant that we experienced bleeding that was expected but required all team members to be working cohesively. This is a challenge in an unfamiliar environment without a common language. This is where we really needed to lean on Hospital Corpsman 3rd Class Mark Jiminez, our scrub tech and interpreter, he kept us all on the same page.

The excision proved to be slow going, meticulous work. Hours into the procedure, Axel needed blood. Having prepared for this, the team administered the blood his parents had donated a day before.

Outside, Axel’s parents paced the hallways, waiting patiently for word. They would snap out of their thoughtful silence each time a member of the medical team emerged from the operating room with an update.

Once the mass was removed, the process of reconstructing his face began. Dr. Souza painstakingly snipped and sewed and stapled flaps of skin in place until he was satisfied, checking and double-checking his work.

After eight grueling hours, the surgery was complete. Axel had a new face — his old face, the one not yet deformed by the mass. Dr. Souza snuck a few final looks at his work before snapping off his blood-stained gloves. The medical team began cleaning the room and accounting for their tools. There were fist pumps and handshakes.

“This was a combined effort,” said Souza. “Dr. Maldonado did as much of that surgery as I did and that’s exactly how it should go. Our entire mindset from the beginning was to expand the capabilities that already exist, rather than replace them. I think Axel’s case is a great reflection of that because it was only through the coordination with the Guatemalan providers and the hospital that we were able to accomplish this surgery.”

Dr. Souza walked into the breezeway and pulled down his mask. Through an interpreter, he described for Axel’s parents the details of the procedure. Teary, Elsa threw her arms around him as Edgar nodded, smiling. They were shown the photo of their son’s new face and stood in silence as they took it in.

“It’s the only thing I’ve wanted for my child,” said Edgar. “I have no money to pay for surgery or for a better life. I will be eternally grateful and will always remember what you did for our family and how you gave my son happiness. It’s something that I can never repay. What we want most for him now is to catch up on all that he’s missed out on and finally be able to enjoy his life.”

Edgar and Elsa were led into the small ICU where Axel was recovering. His face was wrapped in gauze and he was still asleep. They shuffled to his bedside wearing yellow protective gowns. The medical staff casually backed away to give them a moment. They leaned over their son and whispered words of love and encouragement.

“I’ve found from doing this that there’s a great support structure around him,” said Souza. “One of the things that predicts whether or not a patient does well is what’s called self-efficacy, basically what a patient thinks he or she can do. A lot of that is based on their support structure. In the absence of very involved parents and involved physicians and the support of this [non-governmental organization], we may very well have chosen not to do this case. That’s how critical it is and Axel absolutely has that in his favor.”

As planned, Dr. Maldonado and the host nation team will continue Axel’s postoperative treatment after the departure of the Continuing Promise 2018 team. Given the tumor type and size of the mass, Dr. Souza explained it is likely that more surgeries will be needed. However, all involved have expressed a commitment to do what is needed to finish what has been started.

U.S. Naval Forces Southern Command/U.S. 4th Fleet has deployed a force to execute Continuing Promise to conduct civil-military operations including humanitarian assistance, training engagements, and medical, dental, and veterinary support in an effort to show U.S. support and commitment to Central and South America.



Photos by MC1 Mike DiMestico

Axel Medina Roca, a 17-year old boy with a facial plexiform neurofibroma, waits to be seen by a doctor inside the Expeditionary Medical Unit in Puerto Barrios, Guatemala during Continuing Promise 2018.



A Guatemalan nurse comforts Axel Medina Roca as U.S. Navy anesthesiologists sedate him before a surgery to remove a plexiform neurofibroma from his face at the Hospital de Puerto Barrios in Puerto Barrios, Guatemala during Continuing Promise 2018.



Elsa Medina Roca hugs Lt. Cmdr. Jason Souza of Bolton, Massachusetts as her husband Edgar looks on after Souza successfully removed a plexiform neurofibroma from her son Axel’s face.



ABOVE: Lt. Cmdr. Jason Souza of Bolton, Massachusetts shows Edgar and Elsa Medina Roca a photo of their son Axel’s face after Souza successfully removed a plexiform neurofibroma at the Hospital de Puerto Barrios in Puerto Barrios, Guatemala during Continuing Promise 2018.



LEFT: Axel Medina Roca sits on the operating table before U.S. Navy and Guatemalan doctors remove a plexiform neurofibroma from his face at the Hospital de Puerto Barrios in Puerto Barrios, Guatemala during Continuing Promise 2018.

NAVY ADJUSTS INCOMING FDNF SAILORS' FIRST-TERM SEA DUTY TOUR LENGTHS

September 2018 E4–E6 advancement cycle announced

By Ed Barker

Naval Education and Training Professional Development Center (NETPDC) Public Affairs

PENSACOLA, FLA.

The September 2018 Navy-wide enlisted advancement examinations (Cycle 240) testing dates for active duty, full-time support, and canvasser recruiter Sailors who are advancement eligible to the paygrades of E4–E6 have been announced in Naval Administrative Message (NAVADMIN) 110/18, released May 2.

Each Navy examination consists of 25 professional military knowledge and 150 job-specific rating technical questions. The Navy-wide examination dates are September 6 (E6), September 13 (E5), and September 20 (E4). Examination results are anticipated to be released to command Triads in November, before posting on the Navy Enlisted Advancement System (NEAS) website.

During Advancement Examination Readiness Reviews held at NETPDC, visiting E7–E9 fleet subject matter experts (SMEs) in each enlisted rating ensure all examination questions can be linked to current references and publications. As rating SMEs select questions for the examination, an examination bibliography is developed for that specific cycle's exam, based on the source references for the questions on the exam. The Navy Advancement Center (NAC) updates bibliography information as fleet instructions and manuals change, and it is recommended that candidates check their bibliography a few times before the exam administration date.

“The bibliographies should be a core focus of each Sailor's exam preparation process,” said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief James Berhalter. “Keeping in mind that each cycle's exams are unique, I would recommend Sailors use only the official Navy bibliography sources for exam preparation.”



U.S. Navy graphic

To download the bibliographies and an exam-specific topic list for the upcoming cycle, go to the Navy Advancement Center's My Navy Portal bibliography page www.mnp.navy.mil/group/navy-advancement-center/bibliographies or the Navy Credentialing Opportunities Online (COOL) website: www.cool.navy.mil/usn, under the Find & Select Related Credentials, Enlisted tab.

Specific information on exam eligibility and requirements are detailed in NAVADMIN 110/18 and BUPERSINST 1430.16F. To support exam administration, the NEAS website also enables Education Services Officers to verify and correct the list of eligible candidates for their command, delete and forward examinations when necessary, and confirm examination ordering information. The NEAS Web address is: <https://prod-neas.ncdc.navy.mil/NEASRpts/Individual.aspx>.

Before the release of profile sheets, Triad notification of E4–E6 exam results will be provided via Bureau of Naval Personnel Online to authorized command representatives. Individual Sailors will be able to view/download their profile sheets at: <https://prod-neas.ncdc.navy.mil/NEASRpts/Individual.aspx>.

For more information about the Navy Advancement Center and NEAS, visit www.facebook.com/Naval-Advancement-Center-213190711299/, additional information on the Naval Education and Training Professional Development Center can be found at www.netc.navy.mil/netc/netpdc/Default.htm.



MC2 Alyssa Weeks

Boatswain's Mate 1st Class Mario Sanders signals an MH-60S Sea Hawk helicopter assigned to Helicopter Sea Combat Squadron (HSC) 28 on the flight deck of the Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75). Donald Cook is deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

From Chief of Naval Personnel Public Affairs

WASHINGTON

To improve readiness and reduce turnover of forward deployed naval force (FDNF) sea duty units, the Navy announced May 1, that effective immediately, incoming first-term enlisted Sailors assigned to sea duty billets in Japan, Guam and Spain will be assigned to longer tour lengths, in NAVADMIN 107/18.

Prescribed Sea Tours (PST) for first-term Sailors assigned to FDNF sea duty billets will be up to a maximum of 48 months accompanied by dependents and 48 months unaccompanied. If a Sailor's dependents are not given command sponsorship, a maximum of 24 months unaccompanied orders will be issued.

This change only applies to first-term Sailors on their way to their first sea duty tour in Japan, Guam and Spain,

and does not apply to assignments listed in exhibit one of MILPERSMAN 1300-308.

First-term FDNF Sailors currently assigned to a sea duty tour in Japan, Guam, and Spain and Sailors on their second or subsequent FDNF sea duty tour are encouraged to take advantage of the incentives offered to extend their tours, as outlined in NAVADMIN 042/18.

First-term Sailors with orders issued on or after May 1, 2018 will not be eligible for incentives listed in NAVADMIN 042/18, but will have any remaining PST obligation from their first sea duty tour waived. Sailors will only become eligible for the overseas tour extension incentive program if they extend after completion of their assigned 48-month tour.

For more information, please read NAVADMIN 107/18 located at www.npc.navy.mil.



Courtesy Austal USA

The future USS Tulsa (LCS 16) is underway for acceptance trials, which are the last significant milestone before delivery of the Independence-variant littoral combat ship to the Navy. During trials, the Navy conducted comprehensive tests of the future USS Tulsa, intended to demonstrate the performance of the propulsion plant, ship handling abilities and auxiliary systems.

NAVY ACCEPTS DELIVERY OF FUTURE USS TULSA (LCS 16)

From Program Executive Office Unmanned and Small Combatants Public Affairs

MOBILE, ALA.

The Navy accepted delivery of the future USS Tulsa (LCS 16) during a ceremony in Mobile, Alabama, April 30.

The delivery marks the official transfer of LCS-16 from the shipbuilder, an Austal USA-led team, to the Navy. It is the final milestone before commissioning, which is planned for late 2018 in San Francisco.

“Today marks a significant milestone in the life of the future USS Tulsa, as transfer occurs to the Navy and she enters service,” said Capt. Mike Taylor, LCS program manager. “I look forward to celebrating the commissioning of this fine ship alongside the crew later this year in San Francisco.”

Tulsa is the 13th littoral combat ship to be delivered to the Navy and the eighth of the Independence variant to join the fleet. The Independence variant is noted for its unique trimaran hull and its large flight deck.

“We look forward to welcoming the future USS Tulsa and crew in San Diego later this year,” said Capt. Matthew McGonigle, commander, LCS Squadron One (COMLCSRON ONE). “Bringing a ship to life is no small task and I commend the crew for their hard work and dedication to their ship and to the LCS community.”

COMLCSRON ONE supports the operational commanders with warships ready for tasking by manning, training, equipping and maintaining littoral combat ships on the west coast.

“To see Tulsa ready for delivery, words almost can't express the amazing work that Austal, Supervisor of Shipbuilding, Gulf Coast, and Program Executive Office Unmanned and Small Combatants, have done to get her to this point,” said Cmdr. Drew Borovics, Tulsa's commanding officer. “Although there is still plenty of hard work ahead, we are at the point where Tulsa is ready for her crew, and I can say without hesitation that her crew is ready for Tulsa. Tulsa and her crew are ‘Tough, Ready, and Able!’”

Following commissioning, Tulsa will be homeported in San Diego with her fellow ships USS Freedom (LCS 1), USS Independence (LCS 2), USS Fort Worth (LCS 3), USS Coronado (LCS 4), USS Jackson (LCS 6), USS Montgomery (LCS 8), USS Gabrielle Giffords (LCS 10), USS Omaha (LCS 12) and the future USS Manchester (LCS 14).

LCS is a modular, reconfigurable ship designed to meet validated fleet requirements for surface warfare, anti-submarine warfare, and mine countermeasures missions in the littoral region. An interchangeable mission package is embarked on each LCS and provides the primary mission systems in one of these warfare areas. Using an open architecture design, modular weapons, sensor systems and a variety of manned and unmanned vehicles to gain, sustain, and exploit littoral maritime supremacy, LCS provides U.S. joint force access to critical theaters.

Program Executive Office Unmanned and Small Combatants is responsible for delivering and sustaining littoral mission capabilities to the fleet.

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

SYRIA | Mattis addresses issues

Continued from B1

The United States, Mattis said, will continue to “fight and protect the innocent people.”

Strengthened Alliance

Mattis said he spent at least an hour on the phone April 28 with South Korean Defense Minister Song Young-moo. He said the call was part of the broader collaboration and constant consultation between the United States and South Korea, as developments unfold on the Korean Peninsula.

Mattis said it is “pretty calm” on both the North and South Korean side, with no indicators or warnings of an increased military readiness in the North.

The U.S.-South Korea alliance remains strong, he said, noting recent developments have strengthened the alliance even further. In a statement April 28, chief Pentagon spokesperson Dana W. White said the leaders discussed the results of the inter-Korea summit. Both leaders, the statement said, expressed their “serious commitment to a diplomatic resolution that achieves complete, verifiable and irreversible denuclearization of North Korea.”

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5 WAYS TO GET THE MOST OUT OF BASEBALL SEASON

For millions of Americans, the start of the baseball season is the best part of spring. If you can't get to the ballpark, read up on some great ways to make watching the game at home, the best it can be!

» See C5

CRAIG MORGAN RETURNS FROM WEEK-LONG USO TOUR

Tenth USO Tour by Country Music Entertainer and Army Veteran visits service members and military families in seven countries

By Cindy Hunt

Country music entertainer, TV host and Army veteran Craig Morgan continued his role as a Force Behind the Forces recently when he returned from his tenth USO tour, joining Vice Chairman of the Joint Chiefs of Staff General Paul J. Selva for an around-the-world goodwill visit. The weeklong USO tour, focused on keeping service members connected to family, home, and country, spanned eight days and seven countries and ventured to western Tokyo, Afghanistan, Kuwait, Iraq and Spain as well as the Korean Peninsula where the singer was once stationed. Joining Morgan were comedian Jon Stewart, NBA Legend Richard "Rip" Hamilton, celebrity chef Robert Irvine, and MMA fighters Paige VanZant and Max Holloway.

This trip marked Morgan's third USO tour with the Vice Chairman, having last traveled with him on a weeklong, six-country USO tour in March 2017. Portions of previous trips were highlighted on PBS Film's USO—For the Troops, which celebrated the USO's 75-year anniversary.

Morgan first volunteered with the USO in



Entertainers board a C-17 aircraft before departing on the annual Vice Chairman's USO Tour, April 20, 2018 at Joint Base Andrews, Md. Comedian Jon Stewart, country music artist Craig Morgan, celebrity chef Robert Irvine, professional fighters Max Holloway and Paige VanZant, and NBA Legend Richard "Rip" Hamilton will join Gen. Selva on a tour across the world as they visit service members overseas to thank them for their service and sacrifice.

2002 and is a USO Merit Award recipient who has gone on to participate in ten USO tours, where he has entertained more than 37,000 service members and military families in 12 countries. Among the countries Morgan has visited with the USO are the U.S., Guam, Japan, Afghanistan, Iraq, Kuwait, Greece, the United Kingdom, Portugal, Diego Garcia, Qatar and Italy. Prior to making it big on the country music scene, the singer/songwriter

spent more than 10.5 years of service in the U.S. Army and an additional 6.5 years in the U.S. Army Reserves. This marks his tenth tour abroad with the USO and his fifteenth overseas tour for our troops. A multi-faceted entertainer, Craig Morgan has made a name for himself as a country music icon, TV personality, celebrated outdoorsman and patriotic Army veteran. One of country music's best-loved artists, Morgan

has charted 25 songs on Billboard and thrills massive crowds with signature hits including "Bonfire," "Almost Home," "Redneck Yacht Club," "International Harvester," "This Ole Boy," "Wake Up Loving You" and the four week #1, "That's What I Love About Sunday." Craig received one of country music's highest honors when he was inducted as a member of the Grand Ole Opry in 2008.



Photos by John M. Lesko

PUNGO OFFROAD MONSTERS ON THE BEACH

Monster trucks take over the Oceanfront this weekend

From Live! On Atlantic

Pungo Offroad Monsters on the Beach, presented by Eastern Truck & Accessories, brings thrills and chills to the Virginia Beach oceanfront as Monster Trucks battle for ultimate sand domination! This family-targeted event is loud, fast, and exciting. A course is built right on the beach at 6th Street, with bleachers overlooking from the boardwalk. Sand dunes and junk cars combine to make the race course fast and fun for drivers and spectators alike. This is a ticketed event, with prices designed to fit the family budget. Each of the four shows is approximately 2 hours in length.

2018 trucks include XDP Xtreme Diesel, Bad Company, Stone Crusher, Hooked, X-Termigator, Ice Cream Man, Toxic, and Hurricane Force

Also back for 2018 ... Megasaurus and Quad Racing!

The four big shows at Pungo Offroad Monsters on the Beach, presented by Eastern Truck & Accessories, will be:

- 7:00pm, Friday, May 11, 2018
- Noon and 7:00pm Saturday, May 12, 2018
- 2:00pm, Sunday, May 13, 2018

Ticket Prices:
\$15.00 in advance through Ticketmaster (plus service fees)
\$25.00 day of show (plus service fees) — if available
Children 2 and under free

Shows are held rain or shine.

VIP "MONSTER EXPERIENCE:"

The "Monster Experience" is a separate VIP ticket that allows a limited number of guests to enter the track for a meet-and-greet with drivers. This package includes:

- Meet and greet in the pit with the drivers 90 minutes before show time
- Monsters on the Beach T-shirt
- Race Credentials
- Monsters on the Beach poster
- Reserved section of bleachers located mid-course for the show

Monster Experience tickets are \$40 PER PERSON and sell out very quickly!



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

2018 CONCERT CALENDAR

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Despicable Me 3:

May 5
May 11

GEORGE CLINTON &
PARLIAMENT FUNKADELIC
with special guest Sheila E.

MAY 12

PRIMUS AND MASTODON

MAY 18

VANCE JOY

MAY 19

ALABAMA
with special guest Montgomery Gentry

MAY 20

The UMOJA Festival
FT. BRIAN MCKNIGHT
with special guest Chrisette Michele

MAY 26

BLACKBERRY SMOKE AND
JJ GREY & MOFRO
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JUNE 15

1964 "THE TRIBUTE"
"The Best Beatles Tribute on Earth"
according to Rolling Stone

JUNE 16

REBELUTION
with special guests Stephen Marley,
Common Kings, Zion I & DJ Mackle

JUNE 30

SLIGHTLY STOOPID
with special guests Stick Figure and Pepper

JULY 13

THE AVETT BROTHERS

JULY 20

BUDDY GUY & JONNY LANG

JULY 21

106.9 THE FOX presents
BRIT FLOYD
"The World's Greatest Pink Floyd Show"

AUGUST 2

96X presents
THE REVIVALISTS
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AUGUST 17

VIRGINIA CRAFT BEER
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Courtesy Brandpoint

5 WAYS TO GET THE MOST OUT OF THIS BASEBALL SEASON

From Brandpoint

Spring is many things to many people: the smell of freshly cut grass after a long winter; blue skies; warm days; and the crack of the bat, sending a ball far into the outfield.

For millions of Americans, the start of the baseball season is the best part of spring. Indeed, as spring settles into summer, it's the best part of the year.

Though many would wish to sit in the bleachers for every game, the fact is, you can also have a great experience watching the game at home.

Not to make season ticket holders feel any regrets, but here are five ways watching the next baseball game at home might be better than watching it at a stadium:

1. Throw your own theme night. The most popular events at both major and minor league ballparks are the themed nights. These don't have to be confined to the ball field. Call up your

friends, send out invitations and throw your own themed baseball party. Disco, '90s flashback, carnival night, pirates — the possibilities are endless.

2. You can get an umpire's view of things. Even umpires can't catch the same level of details that you can with the right television. The LG Super UHD lineup offers some of the best televisions available, and your ticket to the best seats anywhere. Their Advanced Nano Cell technology renders more accurate colors, precise brightness and perfect blacks. Plus, these sets support multiple HDR formats, including Dolby Vision, 4K Cinema HDR, Advanced HDR by Technicolor, HLG and HDR10. In layman's terms, this will make every hit, catch and strike feel like it's happening right in your living room.

3. Load up on the food you want. Not everyone thinks that a warm hotdog in a soggy bun is the ideal meal. The great thing

about watching the game at home is you can stock up on all your favorite snacks and treats ahead of time, and not pay an arm and a leg for them.

4. Watch smarter. Do you want to know what the upcoming schedule looks like for the team or what your favorite player's season stats are? Do you need to order your favorite gear or show your friends that funny cat video during the commercial break? All you need to do is say it. That's right. The LG Super UHD lineup of televisions combine LG's award-winning webOS Smart TV platform with LG's own ThinQ AI along with third-party AI vendors through a voice-control feature that allows the ultimate in connectivity during the game.

5. Fantasy baseball. Major League baseball teams are scheduled to play 162 games a season. That's more than most sports, but for many fans, it's just not enough. If you've always wished your team made that trade or you secretly like your rival's star player, then it's time to start up or join a fantasy baseball league. It's a great excuse to watch more games, track more players and get more baseball out of the baseball season.

Watching all those games, you want to be sure you're doing it right. Take advantage of the technology that's available.

Geico Skytypers to perform at the 2018 Air Power Over Hampton Roads Air Show

By Brenda Little

The world-famous GEICO SkytypersAir Show Team will perform during the 2018 Air Power Over Hampton Roadson May 18-20. The team's six vintage SNJ training aircraft will roar over air show crowds in a low-level, precision-formation flying demonstration honoring service members of the "Greatest Generation." The air show routine includes more than 20 combat tactics and maneuvers that helped control the skies during World War II and the Korean Conflict.

"Most of our team members earned their wings in the military and we always pay tribute to the brave combat pilots who originally trained in our aircraft as well as those currently serving in the Armed Forces," says GEICO Skytypers Commanding Officer Larry Arken. Arken also is the team's flight leader. "It is a special privilege to fly these vintage WWII trainers on behalf of GEICO."

The GEICO Skytypers are based in Farmindale, NY, where the 75-year-old planes are maintained by a full-time staff of expert mechanics who travel with the pilots to every air show.

In addition to their air show performances, the SNJs are retrofitted to type giant messages in the sky. Flying wingtip-to-wingtip in a line-abreast formation, the lead plane sends computer signals to each of four other aircraft, synchronizing smoke releases to generate 1,000-foot-tall messages. Each letter is higher than the Empire State Building and can be formed in three to four seconds.

"People on the ground can see our messages from 15 miles away," saysSteve Kapur, the GEICO Skytypers marketing officer. "The messages appear in dot-matrix style, but on a monumental scale and 17 times faster than traditional skywriting."



Mike Sinibaldi

The gates will open at 5 p.m. on Friday evening and at 9 a.m. on Saturday and Sunday. TheU.S. Air Force Thunderbirdswill serve as the air show headliners. In addition to the Thunderbirds, other military and civilian performers on the dance card for the air and space expo include: the Air Force F-22 Raptor Demo Team, U.S. Army Golden Knights, Matt Younkin, Rob Holland, the Shockwave Jet Truck, Bob Carlton's Subsonex MicroJet, and many more!



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SWAP THESE 4 FOOD FADS WITH NUTRITIOUS KITCHEN STAPLES

From Brandpoint

With new so-called “healthy” food trends popping up all the time, it’s hard to keep track of what’s actually good for your health and what’s just a fad. Luckily, new research continually shows consumers which fads to ditch and which kitchen staples stand the test of time and should be kept in our diets. For example, did you know that coconut oil, a recent consumer favorite in health and beauty circles, has been found in a new study to increase cholesterol?

If you are looking for simple changes that have a big impact on nutritional health, consider clearing some unhealthy eating habits from your diet. Here are a few health fads that aren’t as nutritious as you may have heard, and helpful swaps that can benefit your health.

Cooking with coconut oil

Over the last few years, coconut oil has gained prominence on grocery store shelves, in the news and on social media. Long considered a multipurpose beauty oil, coconut oil began to make its way into recipes, and consumers hoped its health benefits extended to the kitchen. However, a recent study has found that coconut oil increases cholesterol. Adding corn oil to one’s diet, on the other hand, was found by the study to result in better cholesterol levels compared with coconut oil. Similarly, a previous study published in The Journal of Clinical Lipidology found that corn oil can help lower cholesterol two times more than extra virgin olive oil. With a high smoke point, versatile usage and a neutral flavor, corn oil makes a great staple for any pantry.

Juice diets and cleanses

While it’s important to include fruits and vegetables in your diet, “cleansing” your body with a diet limited to cold-pressed juices won’t provide enough essential vitamins and minerals for a healthy diet. According to research by the National Center for Complementary and Integrative Health, there is no real evidence that juice cleanses work. The human body is great at keeping the good stuff in and filtering out the bad, and a varied diet is important for maintaining energy throughout the day. Plus, according to Vive Nutrition, juice diets tend to make people feel hungrier and lead to overeating. If cold-pressed juices are something you enjoy, go ahead and include them in addition to your meals.

Skippping dessert

Everything in moderation! Indulging every once in a while is an important part of a bal-



Courtesy Brandpoint

anced diet. Harsh dietary restrictions, especially on the foods you love, may lead to short-term results, but aren’t sustainable in the long run, according to research by the National Center for Biotechnology Information. Rather than cutting sugar completely, avoid binges by allowing yourself a treat every once in a while on a cheat day to maintain balance in your diet.

Snacking on granola bars

Packed with whole grains, granola bars seem like the perfect healthy snack, but many contain an unhealthy amount of added sugar, which creates a caloric and less-than-nutritious food choice. In fact, according to a survey in the New York Times, less than 30 percent of nutritionists would call granola a healthy food. Replacing granola bars with healthier options like whole nuts will greatly benefit your health. This snack choice is less sugary, more filling and full of omega-3 fatty acids, which are shown to reduce the risk of chronic diseases.

With contradicting information about health coming out daily, it’s important to research the facts to learn which tips are fads and which are truly good for you. By making these diet swaps that benefit your body, you can start the year as your healthiest self ever.

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.

TRUTH OR DARE (PG-13)

Lucy Hale (Pretty Little Liars) and Tyler Posey (Teen Wolf) lead the cast of Blumhouse’s Truth or Dare, a supernatural thriller from Blumhouse Productions (Happy Death Day, Get Out, Split). A harmless game of “Truth or Dare” among friends turns deadly when someone - or something - begins to punish those who tell a lie - or refuse the dare.

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



(L-R) MOLLY GORDON as Maddie, ADRIA ARJONA as Amanda, MELISSA McCARTHY as Deanna and JESSIE ENNIS as Debbie in New Line Cinema’s comedy “LIFE OF THE PARTY,” a Warner Bros. Pictures’ release.

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.

LIFE OF THE PARTY (PG-13)

When her husband suddenly dumps her, longtime dedicated housewife Deanna (McCarthy) turns regret into re-set by going back to college - landing in the same class and school as her daughter, who’s not entirely sold on the idea. Plunging

headlong into the campus experience, the increasingly outspoken Deanna - now Dee Rock - embraces freedom, fun and frat boys on her own terms, finding her true self in a senior year no one ever expected.

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.

basetheaters \$3 Movies

Lucy Hale (Pretty Little Liars) and Tyler Posey (Teen Wolf) lead the cast of Blumhouse’s Truth or Dare, a supernatural thriller from Blumhouse Productions (Happy Death Day, Get Out, Split). A harmless game of “Truth or Dare” among friends turns deadly when someone - or something - begins to punish those who tell a lie - or refuse the dare.



Courtesy Blumhouse Productions

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Aero Theater – 433-2495**

Friday, May 11
6 p.m. Truth Or Dare (PG-13)
9 p.m. Blockers (R)

Saturday, May 12
12 p.m. Ready Player One (PG-13)
3 p.m. Rampage (PG-13)
7 p.m. Tyler Perry’s: Acrimony (R)

Sunday, May 13
12 p.m. Sherlock Gnomes (PG)
3 p.m. Pacific Rim: Uprising (PG-13)
6 p.m. Truth Or Dare (PG-13)

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Meadowbrook-Maury H.S. Rowing Team Annual Garage Sale, Good Shepherd Episcopal Church, Hampton Blvd. & North Shore Rd. Sat., May 12, 9-1

Garage Sale - Suffolk

FAITH LUTHERAN CHURCH Semi Annual Stuff Sale, Sat., May 12, 8 AM-noon. Rain or Shine. 2730 Bridge Rd., Rt. 17. All kinds of stuff, clothing, decor items, etc., electronics, furn, toys, sports, tools, media items & lots of BOOKS. All at great prices, proceeds benefit Youth Ministry Programs.

Garage Sale - Virginia Beach

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Indian Lakes Association Community Yard Sale 5202 Halifax Drive Virginia Beach, VA 23464 Drive through the neighborhood and check out some great sales!

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Sheltie Pups-AKC. Sable w/full white collar, shots, dew claws. \$900-\$1200. 757-613-6651.

Shih tzu - Tiny, adult male; healthy and shots UTD; perfect lap baby; \$1000; 714-5063.

Westies-1F, ready 5/31, vet checked, doggie door trained, \$795. 252-473-5619.

Yorkie Poo-Girl, born 9/10, \$475. Mix Jack Russell & Dachshund, female, 4 yrs, \$300. Golden Doodle, white, female, born 4/3, \$750. All updated shots. 757-735-5595, 390-7185.

Yorkie Poos-Females, 8 wks, 1st shots, wormed, \$500. 757-421-7708.

YORKIE PUPS 8 wks. 1 Male, 1 Female, excel cond, CKC reg, \$900. You Must See To Believe!! Call 804-731-5210.

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

Sea Ray 220 SS Bow Rider 1994 22.5 Great Craft w/Fish Finder, Dual Batteries, Covers, Radios, extras. Includes trailer with SS Dick Surge Brakes and Electric Winch. \$9,100. 757-619-4438

Topsoil-Mulch

#01A Black Sifted TOPSOIL 6 yds \$205, Mulch \$25/yd; Compost \$30/yd. Rock, Sand & Firewood. D. Miller's, 482-5083

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

Auctions

MINI PRICE STORAGE AUCTION

The contents of storage spaces located at
1117 Valley Drive, Norfolk, VA 23502
Will be sold at PUBLIC AUCTION on May 15, 2018 @ 10 AM. Payment by Money Order, Cashier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 1018, 1104, 1238, 1255, 2036, 2164, 2235, 2310, 2632, 3013, 3106, 3143, 3151, 3185, 3187, 3203, 3328

Auctions

MINI PRICE STORAGE AUCTION

The contents of storage spaces located at
3441 Va. Beach Blvd., Va. Beach, VA 23452
Will be sold at PUBLIC AUCTION on May 15, 2018 @ 10 AM. Payment by Money Order, Cashier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 1068, 1207, 3143, 1365, 1393, 1394, 2218, 2298, 2419, 3083, 3105, 3165, 3334.

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

Sell Your Property in our next auction June 5th VaF 662. www.vauctionco.com 538-0123

Accounting/Finance

Accounts Payable Specialist (00528A)

Assist the Accounting Supervisor in maintaining accurate and meaningful records. Ensure that all disbursements are coded appropriately, made timely, and have adequate support, as well as recording routine financial transactions in accordance with the Foundations' policies and procedures. Close Date is May 11, 2018. Salary range between \$25,718 - \$35,000. To review position requirements in full, and submit an application, please visit <http://jobs.odu.edu/postings/7888AA/EOE>

Administration/General Office

CHURCH SECRETARY - Experienced Provide secretarial, clerical and Missionary travel arrangement support to Pastor. Call 628-1430 or email: executiveadmin@secondcalvary.org.

Building & Construction/Skilled Trades

Electrician Helpers

Minimum 1 yr. of commercial experience required. Drug free workplace with great pay & benefits. Apprenticeship program available. Call White Electric 757-431-0123 for more details.

HVAC MECHANICS/HELPERS Commercial & Residential. Good Pay/Benefits Indoor Air Systems 1204 Gallop Avenue, Chesapeake, VA. Call 757-543-3551.

Computers/IT/Technology

Application Manager and Technical Support (01095A)

The Technical Systems Manager is primarily dedicated to the comprehensive leadership and management of housing software programs, data information systems, and technical applications. Close Date is May 18, 2018. Salary is commensurate with education and experience. To review position requirements in full, and submit an application, please visit <http://jobs.odu.edu/postings/7886AA/EOE>

Education/Training

Southeastern Cooperative Educational Programs (SECEP) Regional Public School Consortium

***** JOB FAIRS *****
SECEP will host Job Fairs on the following dates and locations for Teacher and Teacher Assistant positions:
May 19, 2018 8 am - 12 Noon
St. Mary's Home for Children 6171 Kempsville Circle Norfolk, VA 23502
June 2, 2018 8 am - 12 Noon
SECEP Norfolk Center 2861 E. Princess Ann Road Norfolk, VA 23504
June 9, 2018 8 am - 12 Noon
SECEP Virginia Beach Center Renaissance Academy 5100 Cleveland Street Virginia Beach, VA 23462
June 16, 2018 8 am - 12 Noon
SECEP Chesapeake Center 369 S. Battlefield Blvd Chesapeake, VA 23322
For an application, go to www.secep.net
SECEP
Dennis Hedspeith 757 892-6100

Healthcare/Medical

IMMANUEL CARE HOME HEALTHCARE is Hiring for PCA's, CNA's, NA's and RN's. Contact HR at 757-547-8400

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

Part-time Radiologic Technologist

Reliable, independent, and enthusiastic x-ray technologist needed for a part-time 4pm-9pm position in our Orthopaedic practice. Must have current VA license.
Email resume to gregoryj@atlanticortho.com

Virginia Beach Psychiatric Center www.vbpcweb.com

Insurance

P&C Insurance Agent - PT & FT

Independent Agency, GEICO Exp & Bi-lingual all helpful. Exp req'd. Strong Closer. Chesapeake GEICO office. Call 757-549-1772

Landscaping/Lawn Maintenance

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

Maintenance

Maint. Supervisor-High rise in Norfolk seeking individual with working knowledge of gen maint, boilers/chillers, painting, sheet rock/drywall work, carpentry, minor plumbing & electrical repairs, HVAC, & pools. Also includes mgmt of work order system & implementation of a preventative maint. program. Must have ability to be on-call for emergencies and reliable transportation. Drug screening and background testing will be required. Salary req. to be included with resume. Fax to 757-486-6000 or send to thering@theelectroup.us

Restaurant/ Food Service

Pizza Cook needed F/T. Min. req.: H.S. dipl. or equiv. Mail resume to: Big Apple Pizzeria, 928 Diamond Spring Rd. Ste. 127, Virginia Beach, VA 23455. No phone calls.

Ship Building Ship Repair

QA MANAGER BOAT REPAIR ENVIRONMENT

Seeking an individual with a working knowledge of ISO 9001 Auditor certification helpful, good understanding of NAVSEA standard items, good computer skills, physical ability to access boats, climb ladders, access small spaces and assist on waterborne trials. Basic electrical & mechanical knowledge. Safety background helpful, read and understand drawings. Email resumes to ccresumes@pilotonline.com, refer to box 20858 in the subject line.

Burial/Cemetery Plot

Princess Anne Mem. Park-1 double crypt, 1 interment, new over \$12K, \$8500 obo. \$10-9557.

For Lease-Commercial

Va. Beach Blvd. at Newtown Rd.-Large lot, offices & 12 bay service. Call 647-3954.

For Rent-Furnished Apts

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

For Lease-Industrial

Office Warehouse

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

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

For Rent-Norfolk Apts

2 BR Apt. in nice bldg in the Bayview Area. 2 blocks from bch, quiet neighborhood. Washer/dryer hookup, ceiling fan in din rm, carpet, double door closets in bedrms., linen closet in hall. Freshly painted. Convenient to buses, military welcome. No pets. No Smoking. \$800 mo. w/\$800 sec. deposit. 757-466-1792. 757-724-1795.

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

GHENT-8 Great Locations 1 & 2 BR, free heat & hot H2O. \$680-\$995. Meredith Mgmt. 622-8233 www.meredithmgmt.com

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

Little Creek Rd-2 BR Twtnsh. Central heat/air, carpet. \$700-\$730. Credit req'd. Meredith Mgmt. Ask About Our Special Meredith Mgmt. www.meredithmgmt.com

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

For Rent-Portsmouth Apts

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

For Rent-

DO YOU WANT THAT SAFE OR MEDIUM-SAFE?

USE A FOOD THERMOMETER TO MAKE SURE YOU COOK RAW MEAT AND POULTRY TO A BACTERIA-KILLING TEMPERATURE.

COOK



CLEAN



CHILL



SEPARATE



KEEP YOUR FAMILY SAFER FROM FOOD POISONING
Check your steps at FoodSafety.gov

Sport Utility Vehicles

Acura 2010 MDX, AWD, 7 pass, leather, orig. owner, 98K mis., serviced, \$16,500. 757-650-3815.

Chevrolet 2008 Trailblazer LT, 4 dr., all power, looks/runs great, 4X4, \$4000. 228-6656.

Ford 2006 Explorer Limited, rear entertainment, nav, 3rd row seats, low mis., 4WD, excel cond., \$7500. 757-647-3954.



Jeep 1998 Grand Cherokee 1998 Jeep Grand Cherokee Laredo runs and drives good, well maintained. New transmission. Recent inspection. Clean original CARFAX. Contact Larry at 757-548-1135



Mercedes 2012 GL450 leather, heated seats, nav, sun-roof, loaded, 84K mi, \$24,500, 757-816-2015

Trucks

Chevy 1995 Cheyenne runs good needs a little body work asking 1200 firm. 757/7523843

Ford 2005 F150 XLT. 4.2 Liter, regular cab, 2WD, 8' long bed, good cond \$5200. 757-228-6656

Isuzu 2016 NPR-HD 16ft box truck under lift gate, ext warranty till 2021 \$39,950 757 462-6664

Vans

Dodge 1996 Caravan, runs good, air is cold, very good cond, very clean. \$1800. 713-494-0248.

Wanted Automobiles

SABSOLUTELY ABLY ACQUIRING AUTOS
All Makes & Models, Best Price Paid!!
FREE TOWING. 749-8035



PLEASE HELP! MISSING MY 1ST CAR-ORANGE
1973 VW SUPER BEETLE! PLEASE HELP find Gertie. Bought her 1973 VW dealer Laskin Rd., sold 1993-94, someone Va. Bch. Gertie had CB antenna on top, vin 1332325451. PLEASE CALL 757-412-0506 if you see Gertie, or own this car, I would like to make offer to buy her back. I MISS HER!

Shop smart.
Save big! Sunday
(and every day).

The Virginian-Pilot
PilotOnline.com

Fun and Games

Super Crossword

FLEET GROUP

ACROSS

1 Ones doing stand-up
7 Dancer's bodysuit
14 Roosevelt's predecessor
20 Wide road
21 Work history summaries
22 Unabridged
23 What many a thin person has
25 Be there for
26 "What — is new?"
27 Actor Benicio — Toro
28 Here, to Yves
29 — carte (not prix fixe)
30 Prefix with fascist
31 Beams
33 Specialty of many emergency teams
37 Is sore
40 Ballet move
42 Dawn deity
43 Nutrition Facts group
44 Alternative to jogging
48 Recurrent theme

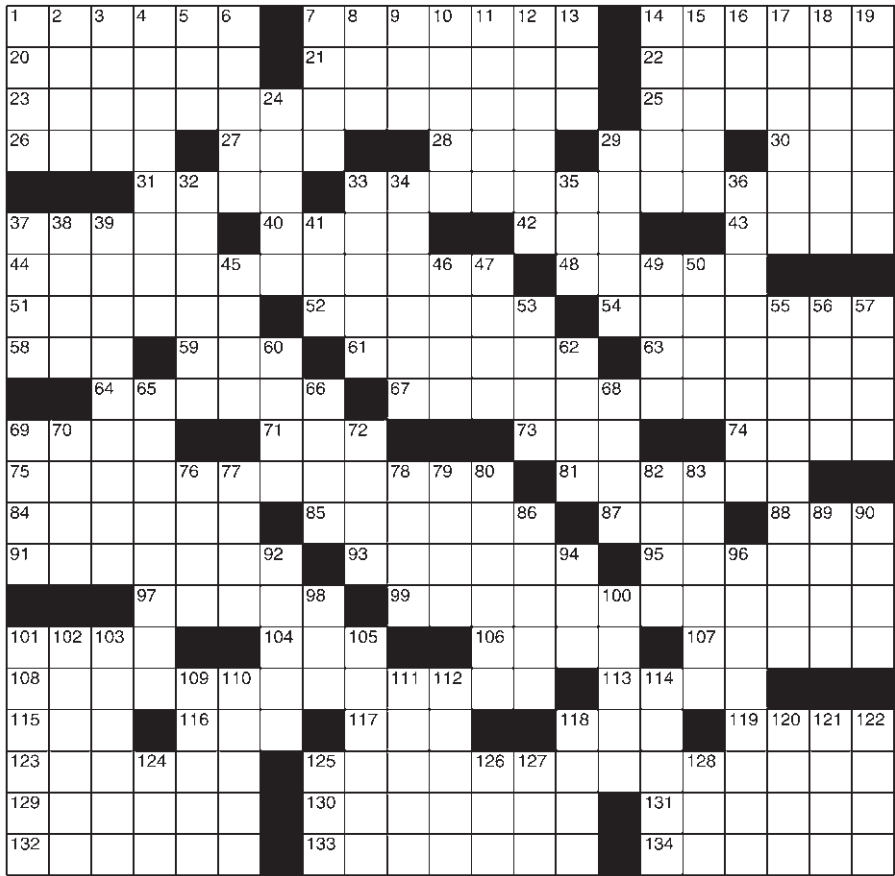
51 Often-stubbed digit
52 Used a saber
54 Color-mixing board
58 Smoke waste
59 — port (PC connection)
61 Ladderlike in organization
63 Charlton Heston film
64 Harry at Hogwarts
67 Cornmeal mush
69 Starting on
71 Jim-dandy
73 "Mean Girls" actress
74 Stretches of history
75 Vigilante retribution, perhaps
81 Informant
82 Snowden
84 Hindu belief
85 Moment
87 See
88 China's Sun —sen
91 Keeping up contact
93 Bait
95 Without risk
97 Some lap dogs, briefly

99 It doesn't stop at a lot of stations
101 Big hauler
104 Dernier — (latest thing)
106 Bad guy in "Othello"
107 Spine-chilling
108 Improv comic's skill
113 Sail support
115 Clickable address
116 State of rage
117 Mattel man
118 "Emmy" has two
119 Had to repay with an Oscar
123 Element in antiseptics
125 Wish for getting better
129 Shells out
130 Australian sheepdogs
131 Skittish
132 Badger
133 Moment
134 Sculptures without limbs

6 Dilapidated
7 Kazakh river
8 State north of Kan.
9 The same, at the start?
10 May bloom
11 Friends, in Florence
12 Have a home
13 Brit. military honor
14 Cures
15 Scheduled
16 Mel of the diamond
17 Austrian port
18 Borgnine
19 Totally alters
24 Coil deviser
29 Fable author
32 Invite to a movie, e.g.
33 Lawn tools
34 Not much, as of salt
35 DVD- — drive
36 Wrongdoer
37 "Mamma Mia" group
38 NFL receiver
39 Zenith
41 Santa helper
45 Part of SSW

46 Bowl game gp.
47 Hair care products
49 — by Dana
50 Old TV's "— Three Lives"
53 Info to input
55 Like college juniors
56 With
57 Little bits of work
60 Lover boy
62 Cubs great
63 Sandberg
65 Straying from the subject
66 Diva Diana
68 Increases fraudulently
69 Sparkling wine city
70 Duck relative
72 TV-advertised music label
76 Veritable
77 It beats a 10
78 Slush Puppie company
79 Vheedie
80 Leg on which a cello rests
82 Wimpy type
83 Tapers off

86 Hip-hop headwear
89 Others, in Latin
90 Daly of "Cagney & Lacey"
92 Anne of "Wag the Dog"
94 Less than zero: Abbr.
96 Worry about
98 — Lanka
100 Amiens' river
101 Slogging-in-mud sound
102 A moon of Jupiter
103 Less harsh
105 Bic buy
109 Sorts
110 Piece of hair
111 Boat spines
112 Like klutzes
114 Natty tie
118 In the past, in the past
120 Takes as a spouse
121 "And so ..."
122 Hides gray, in a way
124 With 3-Down, really disorderly
125 Schuss, say
126 Julio's "day"
127 Strong wish
128 Lennon loved her



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last week's answers



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

Sudoku

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

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: **M** equals **C**

GY DUU PYC LQMP DGHKMPR

NKHVI H MYQIGKR VD QDVIN,

CYQXB RYQ MHXMQXHGU VGD

MYIDQLUK KVMU VIBUS?

Last week's CryptoQuip answer

If a deep serving dish came from a certain Italian province, one might deem it a Turin tureen.

Religious Services

For your installation's religious service times, visit:

[www.flagshipnews.com/
base_information/
religious_services](http://www.flagshipnews.com/base_information/religious_services)

Congratulations to **CYNTHIA GIESECKE**

2018 NORTHERN VIRGINIA **HEROES AT HOME** **MILITARY SPOUSE OF THE YEAR**

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2018 *HEROES at HOME* HONOREES



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