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Retired Master Chief Britt Slabinski to receive Medal of Honor

From Naval Special Warfare Command

WASHINGTON

The White House announced today that President Donald J. Trump will award the Medal of Honor to retired Master Chief Petty Officer (SEAL) Britt Slabinski for his heroic actions in March 2002 during the Battle of Takur Ghar while serving in Afghanistan.

Master Chief Slabinski will be awarded the Medal of Honor during a White House ceremony on May 24, 2018 for his actions while leading a team under heavy effective enemy fire in an attempt to rescue teammate Petty Officer First Class Neil Roberts during Operation ANACONDA in 2002. Master Chief Slabinski’s selfless actions throughout the 14-hour battle constituted gallantry and intrepidity at the risk of his life above and beyond the call of duty.

In the early morning of March 4, 2002, then-Senior Chief Slabinski led a reconnaissance team to its assigned area atop Takur Ghar, a 10,000-foot snow-covered mountain in Afghanistan. An enemy rocket-propelled grenade attack on the insertion helicopter caused Petty Officer Neil Roberts to fall onto the enemy-infested mountaintop below and forced the damaged helicopter to crash land in the valley below. Fully aware of the risks, a numerically superior and well-entrenched enemy force, and approaching daylight, without hesitation Senior Chief Slabinski made the selfless and heroic decision to lead the remainder of his element on an immediate and daring rescue back to the mountaintop. Senior Chief Slabinski’s team, despite heavy incoming enemy fire, was subsequently successfully inserted on top of Takur Ghar. Senior Chief Slabinski, without regard for his own life, charged directly toward the enemy strongpoint. He and a teammate fearlessly assaulted and cleared one enemy bunker at close range. The enemy then unleashed a murderous hail of machine gun fire from a second hardened position twenty meters away. Senior Chief Slabinski exposed himself to enemy fire on three sides, then moved forward to silence the second position. With bullets piercing his clothing, he repeat-

edly charged into deadly fire to personally engage the enemy bunker with direct rifle fire, hand grenades and a grenade launcher on the surrounding enemy positions. Facing mounting casualties and low on ammunition, the situation became untenable. Senior Chief Slabinski skillfully maneuvered his team across open terrain, directing them out of effective enemy fire over the mountainside.

Senior Chief Slabinski maneuvered his team to a more defensible position, directed danger-close air support on the enemy, requested reinforcements, and directed the medical care of his rapidly deteriorating wounded teammates, all while continuing to defend his position. When approaching daylight and accurate enemy mortar fire forced the team to maneuver further down the sheer mountainside, Senior Chief Slabinski carried a seriously wounded teammate through waist-deep snow, and led an arduous trek across precipitous terrain while calling in fires on enemies engaging the team from the surrounding ridges. Throughout the next 14 hours, he stabilized the casualties and continued the fight against the enemy until the mountain top could be secured and his team was extracted. His dedication, disregard for his own personal safety and tactical leadership make Master Chief Slabinski unquestionably deserving of this honor.

He is only the 12th living service member to be awarded the Medal of Honor for bravery displayed in Afghanistan. The Medal of Honor is an upgrade of the Navy Cross he was previously awarded for these actions.

Former Secretary of Defense Ash Carter directed the military departments to review all Service Cross and Silver Star recommendations for actions since September 11, 2001, to ensure Service members who performed valorously were appropriately recognized.

Master Chief Slabinski, a native of Northampton, MA, joined the Navy in September 1988. After graduating from Radioman Class “A” School in San Diego, CA, he completed the Basic Underwater Demolition/SEAL course in January 1990. He retired in June 2014 as the Director of Naval Special Warfare Safety Assurance and Analysis Program after more than 25 years of service.

Throughout his career, Master Chief Slabinski was assigned to both West and East Coast SEAL teams and completed nine overseas deployments and 15 combat tours.

Master Chief Slabinski has previously been awarded the Navy Cross; the Navy and Marine Corps Medal; five Bronze Star Medals with Combat “V” device; two Combat Action Ribbons; two Navy and Marine Corps Achievement Medals; the Defense Meritorious Service Medal; the Meritorious Service Medal; the Joint Service Commendation Medal; the Joint Service Achievement Medal; and eight Good Conduct



U.S. Navy photo
An undated official portrait of retired Master Chief Special Warfare Operator (SEAL) Britt K. Slabinski.

Medals.
Additional information about Master Chief Slabinski is available at <http://navylive.dodlive.mil/medalofhonor>.
The Medal of Honor is awarded to members of the Armed Forces who distinguish themselves conspicuously by gallantry and intrepidity at the risk of their own lives above and beyond the call of duty while:
■ engaged in an action against an enemy of the United States;
■ engaged in military operations involving conflict with an opposing foreign force; or
■ serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.
Follow the conversation on social media using #MedalOfHonor.

Navy College Program website improves ‘My Education’ module

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

VIRGINIA BEACH

As part of the continuing effort to make Voluntary Education more accessible to Sailors, the Navy College Program website www.navycollege.navy.mil, launched several significant upgrades to the ‘My Education’ module of the Tuition Assistance section May 8.

Steve Ramey, program manager for the Navy College Management Information System, said that user-facing and behind-the-scenes improvements will make the My Education module easier to navigate.

“These improvements will add additional self-service functionality as well as add internal functions to ensure Sailors’ Web Tuition Assistance (WebTA) and Navy College Program for Afloat College Education/Distance Learning (NCPACE/DL) automated processing functions are meeting Navy policy guidelines,” said Ramey.

Specific upgrades to the My Education Module include:

■ NCPACE DL Grades and Collections: Sailors using NCPACE/DL now have more time to submit grades before initiating the grade-collection process; Sailors have 180 days from course completion to have grades recorded. This change will delay the collection process until Sailors have returned from deployment and can input their grade information. This change will also help prevent future TA eligibility issues, as Sailors can’t submit a TA request or NCPACE DL request if there is a missing grade.

■ Additional Automated Reminders: After Sailors submits their TA/NCPACE DL application, additional automated reminders are sent to help Sailors navigate the education process. Reminders will be sent to Sailors using TA/NCPACE DL to assist them in ensuring important actions are taken

such as tracking their TA/NCPACE/DL approval, ordering NCPACE/DL course materials to arrive before departing on deployment, and addressing any tuition or school fee issues with the academic institution.

■ Mobilized Reservists: Navy College staff will be able to enter a detach date from the member’s orders to ensure Mobilized Reservists receive TA/NCPACE/DL funding in agreement with their active duty orders. This will improve the request-approval process by removing the need for manual processing when tour dates are missing.

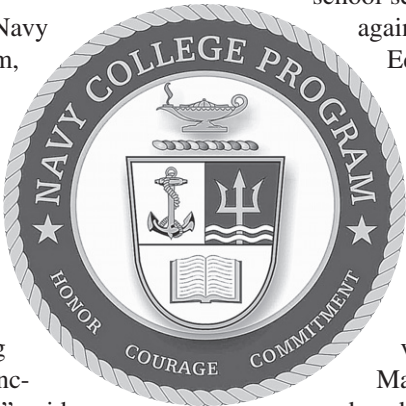
■ File Upload Enhancements: In order to ensure Sailors are fully serviced at the contact with Navy College, there are new features for Sailors when uploading documents to My Education. When Sailors upload documents, they will be required to identify the type of file (Education Plan, Orders, etc.) using a dropdown list. If the Sailor chooses Education Plan file, they will select their school and degree level from a dropdown list of options specific to that institution. When Sailors create a TA request or a NCPACE DL request, the school selected on the application will be matched against the Sailor’s education plan on file in My Education. If there is not a match, Sailors will be prompted to upload a new plan. By aligning the correct degree plan, school and course, request approval process is expedited.

■ Internal audit functionalities: To ensure TA/NCPACE/DL automation is working as intended, the overall process is monitored through in-system checks validating eligibility and application data. Manual processing and review is greatly reduced with the confidence that the system works as designed.

■ The addition of the icons for United Services Military Apprenticeship Program (USMAP) and Navy Credentialing Opportunities On-line (Navy COOL): This change is designed to provide easier navigation for the service member to reach the apprenticeship and credentialing opportunities from the My Education landing page.

■ On the My Education landing page is a new icon for access to the Command Module. This icon will improve the navigation for Command Approvers’ access to their module to help streamline their process for the TA actions that fall under their responsibility.

■ Changes not apparent to service members are made for internal counselor functions, to better support their business practices. Email notification for NCPACE activities are refined to support eligibility notification and grade reporting, and a change to the NCPACE section will assist Academic



U.S. Navy graphic



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Institutions in uploading the student rosters for those participating.

Get the latest information by following Navy Voluntary Education on Facebook: www.facebook.com/NavyVoluntaryEducation/.

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NAS Oceana hosts 10th annual Mid-Atlantic Regional Culinary Competition

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

Three-person teams from ten commands competed at the 10th annual Mid-Atlantic Regional Culinary Competition. The competition gathers culinary specialists from galleys across the Mid-Atlantic area, challenging their professional skills, personal competitiveness, and culinary knowledge.

Grills and competition heated up as these select Sailors and civilians faced-off in a culinary battle, an event similar to the popular Food Network show, Iron Chef. To change things up for this year's competition, the event was given a barbecue theme and held outside.

"Planning for the event started about four months before the competition. We had representatives from all of our Regional galleys share ideas to come up with a competition based upon what was meaningful to the Region's Culinary Specialists. With that in mind, the committee decided to have an outside BBQ Pit-Masters theme," said competition coordinator and Regional Food Service Chef, Scott Cooper. "We continually discussed everything we would have to do in order to make the event happen. For logistical reasons, Dam Neck Annex was chosen to host the competition. We also had the support from Morale, Welfare and Recreation, providing tents and BBQ smokers. It was a great team effort, and we had some of the most exciting team building I have seen since I started here."

The two-day event started off with teams receiving the competition guidelines, their culinary toolkits, and a list of available ingredients. The teams were given limited time to design and plan their menu. The second day consisted of the actual competition, judging, and awarding.

"The first day is to utilize any and all resources available to provide training to the Culinary Specialists, to answer any questions they may have about the competition, and for team building," said Cooper. "The train-

ing covered cooking outdoors, food safety, learning about different styles of regional and international barbecue, how to make your menu more appealing, marinades, dry rubs and brines, different types of charcoal, the food forward pork movement, and meat science 101."

After the last dish was sampled for the competition, the judges began tabulating their scores. During the tallying, the judges spoke with the teams and pointed out the strengths and weaknesses of their meals.

"Teams were evaluated on organization, which includes sanitation, utilization of ingredients, and time management," said Cooper. "Cooking skills and culinary techniques were also evaluated, this included creativity, cooking skills, craftsmanship, and portion size. The last category to be judged is taste, texture, ingredient compatibility, nutritional balance, and presentation."

Judges for the event included Chef Rachel Amato, Faculty and Hospitality Program Lead for Stratford University; Senior Chief Culinary Specialist John Miranda; James Murray, Account Manager for the National Pork Board; Angela Keaveny, the president-owner of ROWDYDOW BBQ; Chef Christopher Britton, President of the Nation's Capital Chef's Association; and Karin George, the CNIC Ashore Galley Program Manager.

"I was born and raised here in Virginia Beach, and because of that I have grown to love the idea of putting in time and effort to feed our troops the best food possible," said Keaveny. "It was wonderful to be able to come out here and help Chef Cooper with this event. You can truly feel the strong working relationship of the Sailors here, and get to see their abilities come together as a team. That to me is special and the essence of barbecue."

"When looking for an evaluator or someone that wants to help with training, I look for someone who is professional and knowledgeable, a certified Executive Chef, or someone at the top of their field," said Cooper. "More importantly we want someone that wants to help the Region's Culinary

Specialists succeed and truly cares about the training and are supportive of the culinary field. That is what is so great about the culinary field is that you can always learn something new, and there are people willing to help by putting in their own time to help people grow. Without industry professionals sharing their passions, skills, and time, none of these would ever happen."

The winner and runner-up of the competition will move onto the Navy Installations Command Culinary Competition, where competition winners representing Navy Regions from across the U.S. and overseas including commands in Japan, Spain, and the U.S. Naval Base Guantanamo Bay will come together for a final challenge.

Although all teams presented strong entries, the team from Naval Weapons Station Yorktown came out on top with the first place prize. Team members were Culinary Specialist 2nd Class Robert Gabales, Culinary Specialist 2nd Class Ernesto Carvajal and Culinary Specialist Seaman Lenard Delosreyes.

"Our menu was a fusion of Mediterranean, and American Southwestern. We received training on the first day of different styles of barbecue throughout the world, and we really wanted to celebrate that," said Gabales. "Each of us has Hispanic backgrounds, and we tried to bring those influences forward with what we put on the plate."

The winning team's menu consisted of cherry wood smoked salmon crostini with a Greek yogurt and dill cream sauce, chicken drumstick 'lollipops' with a mango-habanero-whiskey BBQ sauce, a southwestern style tortellini pasta, and grilled peaches topped with Greek yogurt cream and blueberries.

"My favorite part of today was to hear the judges' responses and comments on our food, to know how much they enjoyed our work," said Carvajal. "We will definitely want to participate again next year, come back again, enjoy what we love, and show what we can do."

One of the biggest goals of the competition is to serve as a morale booster for the Culinary Specialists and food managers that



MC2 Jacob S. Richardson
Culinary Specialist 2nd Class Robert Gabales cuts a fillet of cherry wood smoked salmon during the 10th annual Mid-Atlantic Regional Culinary Competition April 26. The competition gathers Culinary Specialists from galleys across the Mid-Atlantic area, challenging their professional skills, personal competitiveness, and culinary knowledge.

will spread throughout their commands and ultimately, the Navy. This year the competition did something different, giving the first place team a championship belt to keep for a full year, until the next competition.

"The greatest benefit of an event like this is that you get to learn from Chefs, show your true culinary skills, creativity, craftsmanship and gain experience," said Chief Culinary Specialist Maurice Carter. "I would like to thank Chef Scott Cooper and the Regional team for all of the time and hard work that was put into making this year's event special. A big thanks to NAS Oceana and the Dam Neck Annex galley for allowing us to host the event at their facility, and most importantly, thank you to all of the hard working Culinary Specialists in the Mid-Atlantic Region!"

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WEEKLY PHOTOS OF YOUR FRIENDS AND LOVED ONES ON DEPLOYMENT.

Seaman Joseph Contreras grinds rust on the fo'c'sle of the guided-missile cruiser USS Vella Gulf (CG 72).

Seaman Erica Nohelani Ponce, from Ewa Beach, Hawaii, cleans torpedo tubes aboard the Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75).

Seaman Recruit Gabriel Santillan, left, from San Diego, and Seaman Christopher Williams, from Augusta, Georgia, remove the housing stopper from the anchor chain during sea-and-anchor detail on the fo'c'sle of the San Antonio-class amphibious transport dock ship USS New York (LPD 21).

ON THE RADAR

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

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NATO-Allied Command Transformation farewells Davidson, welcomes new U.S. Fleet Forces Commander

From Allied Command Transformation Public Affairs

NORFOLK

French Air Force Gen. Denis Mercier, Supreme Allied Commander Transformation, said farewell to Commander, U.S. Fleet Forces (USFF) U.S. Navy Adm. Phil Davidson following a change of command ceremony held aboard the aircraft carrier USS George H.W. Bush (CVN 77) in Norfolk on May 4.

Davidson was relieved by U.S. Navy Adm. Christopher Grady.

During the change of command, U.S. Navy Chief of Naval Operations, Adm. John Richardson, announced the establishment of U.S. 2nd Fleet, emphasizing the increased importance of conducting maritime, joint and combined operations within the region.

“[The United States’] 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.”

The North Atlantic Treaty Organization's (NATO) Allied Command Transformation (ACT) is NATO's home in North America. As one of NATO's two strategic commands, ACT has been located in the United States since its inception in 2003.

The city of Norfolk, and the region as a whole, serve as exceptional hosts to military and civilian personnel from 34 allied and partner nations who are assigned to ACT.

"Over the last two years, I have developed a very strong friendship with Adm. Davidson," said Mercier. "Although I am sad to see him depart, I am happy for the amount of work he and I have been able to accomplish together for the 29 member nations of NATO. I look forward to developing a relationship with Adm. Grady as well moving into the future, especially with the establishment of Second Fleet. The United States' involvement with NATO's Allied Command Transformation has

been fantastic and my hope is that our international partnerships will only continue to grow.”

Mercier and Davidson have worked on several projects and attended international conferences together showcasing the value of NATO to operations in the U.S. and throughout the globe.

“The purpose of NATO is to preserve peace through deterrence, defense and projecting stability,” emphasized Mercier. “By aligning and operating closely with our U.S. partners at U.S. Fleet Forces Command, NATO members can ensure that we are supporting the top priorities of our world leaders.”

"I want to personally thank Adm. Davidson for his vision and continued trust. It has been a true privilege to serve with him and I hope our paths cross again," said Mercier.

NATO embodies the unique bond that unites Europe and North America. The security NATO provides the international community is indivisible. In a world of global challenges, there needs to be global solutions and transatlantic security cooperation. A strong NATO equals a force-multiplier for the United States and every ally.

For more information on NATO's Allied Command Transformation and leadership biographies, please visit www.act.nato.int/ or visit www.navy.mil/local/ACTNATO/.



U.S. Navy photo

From left, Supreme Allied Commander Transformation French Air Force Gen. Denis Mercier and Commander of U.S. Fleet Forces Adm Phil Davidson at a change of command ceremony aboard the aircraft carrier USS George H.W. Bush (CVN 77).

Lincoln honors hero during Murph Challenge

By MC3 Allen Lee

USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

With four Navy SEALs, an unknown number of enemies, gunfire echoing throughout the Hindu Kush mountain range; one man put his life on the line for the good of his team. Sailors aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) honored this man, Lt. Michael Murphy, by participating in the Murph Challenge. May 4.

The Murph Challenge is an exercise created by Murphy that is now completed annually around Memorial Day weekend by those who wish to honor his sacrifice. Abraham Lincoln's challenge was organized by the ship's Morale, Welfare and Recreation (MWR) division and Fit Boss, Shawn Ellison, and according to MWR, more than 30 Sailors from across the ship participated in this event over the course of the day.

"The difficulty of this exercise depends on each individual," said Ellison. "What matters is that people complete it. This man died for his country, so the least we can do to honor him is this workout."

A Murph workout consists of running one mile, followed by 100 pullups, 200 pushups and 300 squats followed by another one-mile run, traditionally done while wearing a 20-pound weight vest or body armor.

"It's an awesome way to honor a legend," said Aviation Boatswain's Mate 3rd Class Derek Robinson. "It is such an intense workout, and I'm happy to be a part of it. Events like these remind us to never forget those who have given the ultimate sacrifice for their country."

Murphy received the Medal of Honor in 2007 from former President George W. Bush, for his role in Operation Red Wings that took place June 27–28, 2005. He was part of a four-man Navy SEAL team, east of Asadabad in the Hindu Kush of Afghanistan, conducting a reconnaissance mission on Ahmad Shah. Shah controlled a group of Taliban-affiliated insurgents known as the “Mountain Tigers”.

The mission was compromised, forcing Murphy and his team deep into a ravine. Vastly out-numbered and out-positioned, Murphy risked his life by going out into the open to place a distress call. He made contact with the Special Operations Forces (SOF) Quick Reaction Force at Bagram Air Base and requested assistance but was shot in the process. He completed the call and returned to cover as the battle continued.

Three helicopters were sent in response to the distress call to extract the four wounded SEALs. Two heavily-armored attack helicopters escorted an MH-47 Chinook helicopters carrying eight Navy SEALs and eight Army Night Stalkers. The crew aboard the MH-47 decided to go ahead of the escort helicopters but was struck by a rocket-propelled grenade, killing all 16 men aboard.

By the end of the two-hour battle, Murphy and two others in his team had been killed. The one surviving SEAL, Hospital Corpsman 2nd Class (SEAL) Marcus Luttrell, eventually made it to safety. Murphy's act of courage and bravery in the face of death enabled the rescue of Luttrell and the recovery of the bodies of Murphy and the rest of his team.

The Department of the Navy commissioned USS Michael Murphy (DDG 112) October 6, 2012 in honor of his heroic efforts.

“Heroes like Michael Murphy make people want to be a part of our Navy,” said Electronics Technician 3rd Class Mallory Markowski. “He was the perfect example of the Navy’s core values, and it was an honor to pay my respects to him today.”

The Navy will forever remember June 28, 2005 and the heroic efforts and sacrifices of our special operator.

*For more information on Lt. (SEAL) Michael Murphy,
visit www.navy.mil/ah_online/moh/murphy.html*

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



KEARSARGE WRAPS UP FLEET WEEK PORT EVERGLADES

By MC3 Kaitlyn E. Eads

FORT LAUDERDALE, FLA.

Sailors and Marines assigned to the amphibious assault ship USS Kearsarge (LHD 3) concluded Fleet Week Port Everglades 2018, May 6.

During their week in port, the nearly 1,500 Kearsarge crew, embarked Marines and visiting Coast Guardsmen interacted with the citizens and visitors of Fort Lauderdale and surrounding area through various community outreach engagements. Each visiting ship provided tours to the public and participated in more than 40 community relations projects, including visits to local schools and hospitals, and a reception hosted aboard Kearsarge.

“The citizens of Fort Lauderdale were excited to see us and enjoyed the quality of presentations here onboard the ship,” said Kearsarge’s Air Boss Cmdr. Frank T. Ingargiola, who was one of the lead organizers for Fleet Week. “It was awesome to see how excited all the kids were to be here and to see them express an interest in the military.”

In total, Kearsarge hosted more than 10,000 visitors to the ship, including five WWII veterans, who were awarded the French Legion of Honor during a ceremony on board.

Kearsarge Sailors and Marines said they were proud to interact with the citizens of Fort Lauderdale and give back to the city that showed them such a welcome.

“It was amazing to be out there helping the community,” said Hospital Corpsman 2nd Class James Lukas. “Something that seems small like visiting schools or hospitals can actually have a huge positive impact.”

Fleet Week Port Everglades provided an opportunity for the citizens of South Florida and visitors to meet nearly 2,000 Sailors, Marines and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today’s sea services.

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



MC3 Casey J. Hopkins

Sailors and Marines assigned to the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) man the rails as the ship pulls into Port Everglades for Fleet Week Port Everglades 2018. Fleet Week Port Everglades remains the signature event for Broward Navy Days. The organization plans welcoming events and shore activities for visiting Navy and Coast Guard ships and supports the activities of the U.S. Navy Southern Command and Coast Guard Station Fort Lauderdale.



MCSN James Wilson

Sailors assigned to the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) sound off for roll call during an all-hands on deck welcome in esplanade park for Fleet Week Port Everglades (FWPE).



MC3 Casey J. Hopkins

Boatswain’s Mate 3rd Class Ryan Marriweather, assigned to the amphibious assault ship USS Kearsarge (LHD 3) throws a football during a visit to the Dolphins Training Facility as part of Fleet Week Port Everglades, May 2, 2018.

From the field to the shop: Building camaraderie, leadership through soccer

By MC3 Jamin A. Gordon
USS George Washington Public Affairs

NEWPORT NEWS

Team sports are something that many people have participated in since a young age. These sports are known to bring people out of their comfort zone, form new friendships and develop leadership skills. These fundamental elements still apply to team sports even into adulthood.

The aircraft carrier USS George Washington’s (CVN 73) soccer team builds camaraderie and leadership skills.

“Being on the soccer team builds camaraderie by introducing everyone to new faces and being able to play soccer with them,” said Aviation Boatswain’s Mate (Equipment) 3rd Class Fernando Blanco, the team captain of George Washington’s soccer team. “Team chemistry is one of the biggest things that can either make or break a soccer team because it’s not easy meeting someone for the first time and trying to form the chemistry right away. Luckily for our team, we were able to overcome the diversity through multiple practices and learn how each other plays soccer. We’ve also learned to work together and keep our composure as a team whether we win or lose.”

In addition to camaraderie, soccer has also played a role in developing leadership skills both on and off the field.

“Being on the team has impacted has helped me work better with my co-workers by helping

me learn that everyone learns in a different way,” said Blanco. “I can’t teach everyone how to do their job just by telling them how and expecting them to know it. Some people need more than just hearing how to do something, whether it’s visual learning, hands-on learning, or maybe they need something to read while you talk. The fact is, everyone learns in a different way and you must be versatile in how you teach.”

Along with developing leadership skills, playing on the team has helped improve communication skills for some players.

“Being a yeoman, I work with everyone in the command,” said Yeoman 3rd Class Lynnett Evans, a member of George Washington’s soccer team. “With that being said, being on the soccer team helps me professionally because I’m interacting with Sailors of all ages, rates and ranks. It allows me to be more experienced with working and communicating with others.”

Soccer, like many sports, teaches valuable life skills that not only help when the team wins, but also when they lose. In the tough times, it is important to have a strong leader that will keep the team motivated.

George Washington’s soccer team competed against the Screwtops of Airborne Early Warning Squadron (VAW) 123, April 26. The first half of the game presented some challenges, but Blanco didn’t let these challenges bring his team down.

“After a tough first half, as the team captain, you must be able to handle all the adversity thrown at you during the game, and keep your composure,” said Blanco. “At halftime, I like to help motivate the team by talking to my teammates individually and tell them what I saw and how they could improve something or tell them what I liked about their playing when they did something good, and to keep the hard work up for another 45 minutes.”

Thanks to the perseverance of the team, and the motivating words of the team lead, George Washington won their game against the Screwtops with a final score of nine to two.

Teamwork plays a huge part in sports, whether they win or lose, and George Washington’s team proved that despite a rough beginning, a win is always possible.

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

US 5TH FLEET: READY TO SUPPORT, RESPOND

From U.S. Naval Forces Central Command Public Affairs

U.S. 5TH FLEET

Guided-missile cruiser USS Monterey (CG 61), and guided-missile destroyers USS Laboon (DDG 58) and USS Higgins (DDG 76) played a critical role from the U.S. 5th Fleet area of operations in the April 13 Tomahawk land attack missile (TLAM) strikes into Syria.

The three ships launched a total of 60 TLAMs to significantly impact the Syrian regime’s ability to develop, deploy and use chemical weapons in the future.

“When called upon by our nation’s leaders, Monterey and the combined forces conducted prompt combat operations incident to operations at sea by precisely projecting power ashore,” said Capt. Dave Stoner, commanding officer of Monterey. “This was a textbook operation executed superbly by well-trained maritime professionals ... I could not be more proud of my entire team and their performance.”

From the Red Sea, Monterey fired 30 TLAMs, and Laboon fired seven TLAMs.

“Every Sailor aboard contributed to the safe, precise and complete execution of the tasks needed to be in position, on time, with ready equipment and ready Sailors when the orders arrived,” said Cmdr. Robert Lightfoot, commanding officer of Laboon. “Just like our ship’s namesake, Jake Laboon, we were ready when our moment came and executed our mission calmly, proficiently and without fear.”

From the North Arabian Gulf, Higgins fired 23 TLAMs.

“My Sailors rigorously trained during deployment work-ups and continuously during deployment to be ready for all assigned missions, and it paid dividends during this total team win,” said Cmdr. Victor Garza, Higgins commanding officer.

President Donald J. Trump announced the combined forces of the United States, France, and the United Kingdom launched precision strikes against Syria’s chemical weapons capabilities shortly after the strikes. The attack against the targeted capabilities was designed to stop the country’s president, Bashar al-Assad, from using banned chemical weapons — weapons have been banned since their widespread use during World War I.

“The purpose of our action tonight is to establish a strong deterrent against the production, spread and use of chemical weapons,” Trump said. “Establishing this deterrent is a vital national security interest of the United States. The combined American, French and British response to these atrocities will integrate all instruments of our national power.”

“In summary, in a powerful show of allied unity, we deployed 105 weapons against three targets,” said Marine Lt. Gen. Kenneth F. McKenzie, joint staff director. “That will significantly impact the Syrian regime’s ability to develop, deploy and use chemical weapons in the future.”

This is the second time in the past year the United States struck Assad’s chemical network. In April 2017, Trump ordered an attack against the Shayrat air base after Syrian aircraft dropped bombs containing the nerve agent sarin. Some 58 missiles hit aircraft and chemical weapons facilities at the



MC3 Kallysta Castillo

The guided-missile destroyer USS Laboon (DDG 58) fires a Tomahawk land attack missile. Laboon 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.

base.

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

NAVSUP FLC Norfolk Sailor recognized for volunteer efforts

By Jim Kohler
NAVSUP FLC Norfolk Office of Corporate Communications

NORFOLK

Hospital Corpsman 1st Class Stacy Pruitt of Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC) Norfolk has been awarded the Military Associate of the Year award from the Norfolk Tourism Research Foundation, in co-operation with VisitNorfolk organization.

Pruitt was recognized at the Norfolk Champions of Hospitality Rally on May 8 at the Waterside District for her efforts and superior service as a volunteer. For the past two years, she has coordinated a group of volunteers from NAVSUP FLC Norfolk to assist with the annual Norfolk NATO Festival to assist with unloading buses and walking 2,500 attendees to their seats during the parade. According to Master Chief Logistics Specialist Gregory Bell, who nominated Pruitt, the volunteers are always extremely professional, on time and great with the clients and attendees.

The Norfolk Tourism Research Foundation and VisitNorfolk encouraged the City of Norfolk community to nominate top hospitality workers in celebration of National Travel & Tourism Week taking place May 6–12. Tourism is a major contributor to the City of Norfolk’s economy. The Norfolk



U.S. Navy photo

Tourism Awards 2018 is a celebration of all the region has to offer and looks to reward companies and individuals who live, work and love the place they call home.

“I nominated Pruitt for the Military Associate of the Year award because she has been the driving force in gathering 60 plus Sailors to volunteer the last two years for the NATO Festival parade” said Bell. “She has an infectious positive attitude along with great leadership qualities that has allowed Sailors to gravitate towards her and provide her any support that she needs.”

“I was surprised and it was truly an honor to be nominated,” said Pruitt. “I am immensely grateful for the consideration by my leadership and honored to have actually been selected. I feel very blessed to receive the nomination and selection this year but I don’t think I did anything different or special to re-

ally stand out on my own. I believe everyone that volunteers makes a difference in the community, and many of the events I volunteered for it was not just me volunteering — it was a team of us.”

The NATO Festival is not the only event Pruitt volunteers her time to support. She has also given time to the Food Bank of Southeastern Virginia, Adopt-a-Spot, and has served as a presenter during Career Day at Oceanair Elementary School in Norfolk for the past two years. “You may never know the impact that you are making on individuals or even the community and I think everyone should take the opportunity to volunteer no matter how short of time it is,” said Pruitt.

For more news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

BURIAL | *Navy family’s full circle*

Continued from A1

tradition — it was paying respects to his great-grandfather.

Ashman was born in Waukegan, Illinois, but due to his father being in the Navy, moved to Virginia Beach, Virginia, shortly after. He joined the Navy in February 2015, and after attending advanced technical training and “A” school to become a gunner’s mate, he reported to Ford shortly before its commissioning.

For Ashman, joining the Navy wasn’t only about serving his country; it was about continuing down the path that had been started three generations before him when his great-grandfather joined.

“The Navy became a tradition in my family when my father joined and became a third-generation Sailor,” said Ashman. “I knew I wanted to continue that from pretty early on.”

When Ashman boarded Churchill for deployment, he had no idea the ship would be committing his great grandfather’s remains to the sea a few weeks later.

“I saw the list of names of the people we were going to be burying at sea, I saw the name ‘James Mitchell,’ and I thought it was a coincidence,” said Ashman. “Then I saw his rate was the same as my great grandfather, chief signalman, and shortly after my dad messaged me and confirmed they were really his ashes.”

Ashman said when he was asked to take part in the ceremony, it felt like the right thing to do.

“I loved my great-grandfather to the moon and back,” said Ashman. “It was a huge coincidence that I ended up going on deployment on the same ship that was carrying his remains and in a way it felt like it was meant to be.”

Ashman stood at the end of a long red carpet lain on the flight deck, lined with Sailors in dress blues on each side, with his great grandfather’s urn in hand. Opposite Ashman stood the ship’s chaplain, ready to receive the remains and commit them to the sea. Two bells were struck on the ship’s bell. Over the speakers, the master of ceremonies’ voice is heard: “Chief Signalman James Mitchell, departing.” As the boatswain’s mate began to pipe, the Sailors lining the sides produced crisp salutes and Ashman walked down the aisle. Ashman stood at attention and watched as the chaplain took the remains, now covered in an American flag, and deposited them in the calm Mediterranean water.

The Iwo Jima Amphibious Ready Group embarks the 26th Marine Expeditionary Unit and includes Iwo Jima, the transport dock ship USS New York (LPD 21), the dock landing ship USS Oak Hill (LSD 51), Fleet Surgical Team 4 and 8, Helicopter Sea Combat Squadron 28, TACRON-22, components of Naval Beach Group 2 and the embarked staff of commander, Amphibious Squadron 4.

For more news from USS Iwo Jima (LHD 7), visit www.navy.mil/local/cvn72/.

LIGHTS | *Deck illumination*

Continued from A1

of safely recovering aircraft and archiving flight deck operations by utilizing the Integrated Launch and Recovery Television Surveillance System (ILARTS) and the Improved Fresnel Lens Optical Landing System (IFLOLS).

“We serve as the pilots’ guiding light when they cannot clearly see the ship,” said Chief Interior Communication Electrician David Young, VLA’s leading chief petty officer. “VLA provides a reference to the flight deck, enabling the pilots to land safely.”

ILARTS is comprised of 10 cameras mounted on the flight deck and island that make it possible to review flight operations. The Landing Signals Officer (LSO) watches an ILARTS video feed to ensure aircraft are coming in correctly along the final bearing. The LSO can communicate to the pilot to adjust in any direction. If the LSOs feel the approach is not safe, the LSO will wave the pilot off.

IFLOLS, or the “lens,” is a visual landing aid on the flight deck that indicates to landing pilots their position in relation to the proper glide slope. A series of horizontal green lights intersect with a vertical line of red lights. The objective is for the horizontal and vertical lines to intersect on a center line.

“I’ve been in VLA for a year, and so far I like it,” said Interior Communication Electrician Seaman Tyler D’Alessandro, an IFLOLS technician. “It’s really cool to be working on equipment that’s directly involved with the communication between the pilots and LSO.”

After completing seven months of initial Interior Communication Electricians (IC) training, ILARTS and IFLOLS technicians must complete 124 days of in-depth training at a “C” school in Great Lakes, Illinois. There, Abraham Lincoln’s VLA team of 21 ICs and five Electrician’s Mates learned every aspect of flight deck operations and the landing procedures on an aircraft carrier before operating the equipment aboard the ship.

“The initial course made me feel somewhat comfortable working with such mission-essential equipment, but the on-the-job training I received gave me a sense of familiarity that allowed me to work with confidence and pay more attention to detail,” said D’Alessandro.

Even when flight operations aren’t being conducted, ILARTS technicians are behind cameras capturing all flight deck activity. The video can be used to help train pilots or document any mishaps or near-mishaps.

“The flight deck is a dangerous place; we need to keep an eye out at all times in case of a mishap,” said Interior Communication Electrician 2nd Class Jeremiah Miller, a work center supervisor in VLA. “As an IC, I find it rewarding to be a part of Air Department on an aircraft carrier because of how essential they are to the overall mission success of the ship.”

Like any job on the flight deck, Sailors of Abraham Lincoln’s VLA shop have the lives of others in their hands. Until the last arrested landing of the day, these Sailors ensure their systems are in check and the lights are illuminated so pilots can land safely.

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

NAVY REVISES DELAYED DEPENDENT TRAVEL OF SCHOOL-AGED DEPENDENTS OF SAILORS UNDERGOING A PCS

From Chief of Naval Personnel Public Affairs

WASHINGTON

Effective immediately, to minimize the disruption to the education of school-aged children and increase family stability, Navy has revised the delayed dependent travel policy for Sailors who are undergoing a permanent change of station (PCS) and have school-aged dependents.

In line with joint travel regulations, when PCS orders have been issued, a Sailor’s dependents may perform PCS travel at a different time. The Sailor may also be authorized a housing allowance based on the location at which the dependents maintained a permanent residence, at the

previously approved designated place or the old permanent duty station.

Sailors with school-aged dependents frequently request delayed dependent travel. Under the old policy, approval for requests to delay dependent travel were normally limited to the end of the current school term, which is usually the end of June or December (depending on the member’s detach date). The new policy allows Sailors with school-aged dependents to request delayed dependent travel until the end of the school year.

For questions on this updated policy, contact the Military Pay and Compensation Policy Branch via email at Nxag_n130c@navy.mil.

OAK HILL | *First half of deployment completed*

Continued from A1

loved ones.”

Whether the objective is returning home safely, fitness, education or qualifications, Luchtenberg said Sailors should continue to improve themselves to maintain sustained superior performance.

“Thus far, Oak Hill has excelled this deployment,” said Luchtenberg. “We have safely and successfully completed three amphibious exercises with the Marines, hosted an amazing reception in Batumi, Georgia, and conducted the first U.S. Navy port visit to Jeddah, Saudi Arabia, in five years, which we hope paves the way for other ships to do the same.”

Evans said in the downtime between milestones, Sailors and Marines from the 26th Marine Expeditionary Unit take time to participate in various events hosted by shipboard organizations, such as MWR, the Junior Enlisted Association, and the Coalition of Sailors Against Destructive Decisions. He added the groups have done an excellent job hosting morale boosting events for the crew and embarked Marines and the events harbor a positive environment to recharge after a

day’s work.

For others, one of the best ways to rejuvenate is experiencing new countries during port visits.

“I love traveling, and we are going to have some very cool opportunities in the upcoming months to see the world,” said Luchtenberg. “Lithuania will be celebrating their 100-year anniversary and Kiel, Germany, is scheduled to host the largest sailing regatta in the world. These port visits are a once-in-a-lifetime opportunity, and I intend to make the most of them.”

Luchtenberg is not the only one to share these sentiments “I’m looking forward to more port visits, tours and saving money,” said Evans. “If I can go home with enough money saved and have been able to see parts of the world that I would never have imagined I would, that is a win for me.”

The Iwo Jima Amphibious Ready Group embarks the 26th MEU and includes the amphibious assault ship USS Iwo Jima (LHD 7), the transport dock ship USS New York (LPD 21), Oak Hill (LSD 51), Fleet Surgical Team 4 and 8, Helicopter Sea Combat Squadron 28, Tactical Air Control Squadron 22, components of Naval Beach Group 2 and the embarked staff of commander, Amphibious Squadron 4.



Cpl. Austin Livingston

The U.S. Navy Harpers Ferry-class dock landing ship USS Oak Hill (LSD 51) comes into port following the conclusion of Eager Lion 2018.

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USS Theodore Roosevelt:

Approximately 5,000 Sailors and Marines returned to their homeport of Naval Air Station North Island, May 7, after a successful seven-month deployment.

» See **B6**

SECTION B | FLAGSHIPNEWS.COM | 05.17.18



CARRIER STRIKE GROUP 3 COMPLETES GROUP SAIL

Naval Air Crewman (Helicopter) 2nd Class Juan Morabajas, from Oakland, Calif., mans a .50-caliber machine gun inside an MH-60S Sea Hawk helicopter assigned to the Chargers of Helicopter Sea Combat Squadron (HSC) 14. The aircraft carrier USS John C. Stennis (CVN 74) is underway with the ships and squadrons of Carrier Strike Group (CSG) 3 conducting group sail training in preparation for its next scheduled deployment.

MC3 Cole C. Pielop

By MC2 David A. Brandenburg

PACIFIC OCEAN

Carrier Strike Group (CSG) 3 has completed its group sail with the aircraft carrier USS John C. Stennis (CVN 74), Carrier Air Wing (CVW) 9, guided-missile cruiser USS Mobile Bay (CG 53) and Destroyer Squadron (DESRON) 21.

Group sail provides a unique training opportunity to improve interoperability and coordination in preparation for an upcoming deployment. Integrating strike group units at sea creates the accelerated learning and training environment needed to increase effectiveness, readiness, and proficiency in the skillsets required on deployment.

“The carrier strike group is in high demand to meet national requirements as we provide an incredibly powerful diplomatic and power projection tool for our nation,” said Commander of CSG 3 Rear Adm. Michael Wettlaufer. “Group sail is a major step in preparing and training this force. Over the past two weeks we were able to closely coordinate planning and activities to demonstrate our capabilities and, most importantly, learn to operate safely and effectively together. We are building the cohesion across CSG 3 ships and squadrons necessary to be ready, when called, to respond as part of America’s away team.”

CSG 3 conducted counter-piracy and maritime interdiction training, formation maneuvering, replenishments-at-sea, strait transits, anti-surface, anti-submarine and anti-air exercises,

as well as strike mission training exercising the full range of strike group capabilities.

“Each unit in the strike group brought with its unique capabilities, strengths and areas it sought to improve,” said John C. Stennis Commanding Officer Capt. Greg Huffman. “When you combine all of those talents, they serve to enhance one another. We can’t do this mission independent of one another, and the performance I saw during group sail leaves no doubt we will be ready when called upon, anywhere we are needed around the world.”

Group sail was the first opportunity for the different warfare commanders to execute command and control over the full range of capabilities inherent to the strike group.

“During group sail we began to increase the tempo and complexity of our operations, both as the Strike Warfare Commander, projecting naval power ashore, and in support of the other warfare areas,” said Commander of CVW 9 Capt. Steven Hejmanowski.

With five ships, more than 50 aircraft and more than 6,000 Sailors, carrier strike groups can carry out simultaneous missions across multiple mission areas. The flexibility and readiness to meet any mission required are what makes CSGs the versatile and adaptable response option. Their ability to operate anywhere in the world without the requirements of shore-based infrastructure are mission enablers.

“The ships and aircraft of the strike group can reach almost anywhere in the world,” said

» See **CSG 3** | B7



USS Bonhomme Richard arrives in San Diego, completes homeport shift

By MC3 Zachary DiPadova

SAN DIEGO

The amphibious assault ship USS Bonhomme Richard (LHD 6) arrived in San Diego, concluding the ship’s homeport change, May 8.

Since departing San Diego in April 2012 for Sasebo, Japan, to replace USS Essex (LHD 2) as the Navy’s only forward-deployed amphibious assault ship, Bonhomme Richard had served as the flagship of the Amphibious Force 7th Fleet’s expeditionary strike group.

During the six years serving forward deployed, the ship

» See **HOME** | B1

NPS physics professor’s patent could have significant applications in treatment of cancer

By Matthew Schehl

MONTEREY, CALIF.

A Naval Postgraduate School (NPS) applied physics associate professor has just been awarded a patent that could potentially revolutionize the treatment of cancer.

Dr. Emil Kartalov received the patent, March 20, for work he did at the University of Southern California (USC) to use a biochemical method — microfluidics — to mark the DNA of mutated cancer cells.

“In other words, it’s like taking a tiny little pencil to write down the coordinates on the exact piece of DNA so that it can later be analyzed,” Kartalov explained. “We can tell how many of them there are and where they came from by these coordinates, and suddenly we have an enormous amount of information to work with.”

Time is a critical component in fighting cancer, and Kartalov says this process can dramatically reduce the gap be-



By Javier Chagoya

Naval Postgraduate School (NPS) applied physics associate professor Emil Kartalov has just been awarded a patent that could potentially revolutionize the treatment of cancer.

tween initial diagnosis and successful treatment.

Currently, targeted therapies are quite effective at decimating cancerous cell populations. The problem, however, is that nature always finds a way ... 99 percent might be eradicated, but that remaining one percent can lead to a resurgence which overwhelms the patient.

“The few mutants that are resistant have found a way around [the targeted therapy], they’ve short-circuited it somehow,” said Kartalov. “Suddenly those guys are going to repopulate and they potentially can kill the patient.”

Oncologists often chalk this up to ‘acquired resistance,’ but Kartalov says the resistance was already there.

» See **CANCER** | B7



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THE TRUTH ABOUT OUR SON

By Lisa Smith Molinari

“It’s a boy,” Doc Walker said as plainly as, “Please pass the salt.” It was April 4, 1995, at the hospital in Monterey, California. After twelve hours of labor turned the whites of my eyes blood red, I eagerly grasped the waxy, bluish, nine-pound baby boy we named Hayden.

Two weeks later, when Hayden wouldn’t stop crying and refused to feed, I called the pediatrician. Hayden had just smiled at us for the first time that morning. But my instincts were telling me something was wrong.

The pediatrician met us at his closed office — you don’t mess around when newborns are concerned. As soon as he saw the mottled color of Hayden’s skin, he ordered us to go directly to the emergency room. After a hurried spinal tap, his suspicions were confirmed. Hayden had meningitis and was in critical condition.

We spent the next two weeks in neonatal intensive care, with our newborn splayed on a platform, attached to wires and an IV. The thought that our baby could die was so unfathomable, we couldn’t accept it, so we carried on as if he was just fine. Nothing antibiotics can’t handle.

It wasn’t until Hayden was no longer septic that we shed tears. The knowledge that he had survived allowed us to finally face the truth of what had just happened. The pediatrician ordered tests for Hayden’s hearing in case there was residual neurological damage, but none of

that mattered. Our baby boy was alive.

When Hayden turned three, we could no longer deny the significant delays in his speech, motor skills and cognitive skills.

“Your son has Atypical Autism,” an Air Force developmental pediatrician at Lakenheath Royal Air Force Base in England told us. I think of that doctor with his feet up on his desk, but my disdain for him may have tainted my memories. He seemed arrogant, insensitive, matter-of-fact. How could he say such a thing about our toe-headed little boy in Osh Kosh B’Gosh overalls? As he dropped this bomb on our otherwise happy lives, he sat at his desk surrounded by photographs of his three normal sons playing baseball, blowing out birthday candles, accepting citizenship awards.

What did the future hold for our son now that he was diagnosed with autism?

Francis and I were devastated. But, just like the crisis with Hayden when he was a newborn, we couldn’t fathom that he would not lead a normal life. It was unthinkable. So we did every kind of therapy we could, always believing that Hayden would make progress.

We found a doctor who gave us the positive hope we were looking for, and embarked on a full-time home therapy program called “Floor Time,” along with a special diet, sensory integration therapy, speech therapy, occupational therapy, and physical therapy. It was like running a marathon — seemingly endless, exhaust-

ing work without breaks — but it was worth it because we believed that there was a finish line.

Hayden progressed, sometimes painfully slowly, sometimes in exhilarating spurts. After three years of therapies, Hayden’s autism diagnosis (Pervasive Developmental Disorder Not Otherwise Specified) was downgraded to a sensory regulatory disorder. He no longer fit the criteria for an autism spectrum disorder, but we kept going. And Hayden kept progressing, testing out of all therapies by sixth grade.

In high school, Hayden made Eagle Scout, played varsity football, was an accomplished classical pianist, starred in two theater productions, and took advanced classes. However, his lingering social delays, food and clothing sensitivities, and other idiosyncrasies made me wonder if I had been kidding myself all these years. Would Hayden really lead a normal life or am I denying reality again?

Tomorrow, May 19, 2018, Hayden will walk across a stage at Rensselaer Polytechnic Institute to accept his diploma. On Monday, he will pack a lunch with the food he likes, put on a shirt made of fabric that he finds tolerable, and drive off to start his new job as a Software Engineer at Raytheon Company.

That’s real. That’s the truth. And I’m happy to say, there’s no denying it.

www.themeatandpotatoesoflife.com

Joint Typhoon Warning Center updates tsunami products

By Lt. Caitlin Fine

Joint Typhoon Warning Center Public Affairs

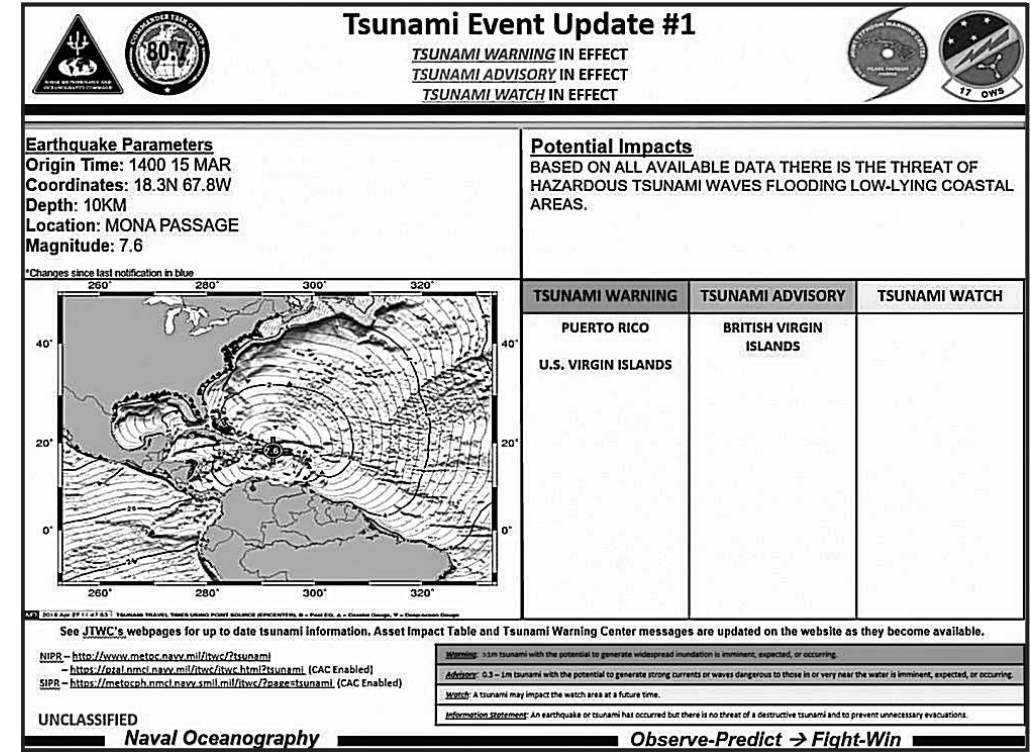
PEARL HARBOR, HAWAII

On May 1, the Joint Typhoon Warning Center (JTWC) shifted its tsunami decision support to a new simplified design that provides only the most pertinent information to the watch stander and decision makers.

The focused, high-impact, easy-to-interpret information is meant for U.S. decision-makers across departments. Anyone who has a stake in keeping coastal, low lying areas safe should be using this product to provide timely and relevant situational awareness.

“What we learned after the Jan. 23 Alaska earthquake was that our product was not adding value to our stakeholders,” said JTWC Commanding Officer Cmdr. Jillene Bushnell. “At best, we were providing information faster than the other sources and providing them at all classification levels and communication circuits. This new tsunami warning format conveys a lot of information in a single page format, enabling JTWC to contribute to the situational awareness by quickly providing the needed information from the messages without the decision-maker having to discover the ‘so what?’ themselves.”

JTWC previously retransmitted text-based tsunami information from the Pacific Tsunami Warning Center (PTWC) and the National Tsunami Warning Center (NTWC) for use by the U.S. Navy and its emergency managers and planners. JTWC sends information on



U.S. Navy graphic

any earthquake greater than 6.5 in magnitude and shallower than 100km, since those are the parameters with the potential to generate a tsunami. The previous process replicated the PTWC or NTWC messages by email, chat and text, and on its public-facing website for use by U.S. personnel.

Additionally, JTWC locally produced and published tsunami energy travel maps showing the forecast estimated time of arrival for tsunamis, predicted wave heights during its propagation, and a .kmz overlay forecasting ocean run-up heights in low lying areas. These products will continue to be posted on all of JTWC’s websites, and will now be displayed in a simplified, single-page format under the new concepts of operations.

The previous methodology of information dissemination overwhelmed decision-makers who may have already signed up for PTWC, NTWC and/or the U.S. Geological Survey’s (USGS) earthquake notification service.

Further details on available tsunami products can be found at <http://www.metoc.navy.mil/jtwc/jtwc.html?tsunami>.

JTWC provides tropical cyclone reconnaissance, forecast, safety warning and decision support services for operational advantage to U.S. government agencies operating in the Pacific and Indian Oceans, and tsunami advisory information and recommendations to shore installations and units worldwide.

JTWC is jointly staffed by Navy and Air Force personnel and falls under the operational control of Commander, Task Force 80.7-Commander, Naval Meteorology and Oceanography Command. U.S. Air Force personnel are sourced to JTWC by the 17th Operational Weather Squadron, a subordinate squadron of the 557th Weather Wing.

For more news from Joint Typhoon Warning Center, visit www.navy.mil/local/jtwc/.

Getting my sea legs back, it’s not easy

By Amanda-Lee Pitzer

I really thought that because my husband spent the last three years in a Geo-Bachelor status that deployment would be easy. He transferred back home 5-months ago and even with workups, it’s amazing how seamlessly we reintegrated. Geo-Bachelor was awful, plain and simple. Three years is so much worse than a deployment, right? But this deployment has been harder in different ways. Being that I’m one to make a plan and tackle the plan ... I signed up to start a brand new family readiness group (FRG) for our command.

I feel like FRG support is critical. However, it has taken an immense amount of work, not to mention that with us recently transferring here I don’t know anyone within the command and I’m not exactly a social butterfly. This puts me totally out of my comfort zone right out of the gate. On top of raising two young boys, working full time, two baseball schedules and a weekly column ... I’ve over-extended myself.

I forgot the different emotional impact that deployment has on you. It messes with your head. Maybe it doesn’t mess with yours, but I know a good bit of people that the limited contact messes with you after a while. It becomes easy to doubt what isn’t right in front of you. Coupled with a fragile emotional state, it can be difficult to function.

As strong of a person as I am, I sometimes find myself forgetting to guard my heart against those thoughts of doubt and fear. Of course, the hyper-busy schedule doesn’t help. The more stressed I am, the more stressed my boys become. They might not know it, but they feed off the energy that I put off. So here I am, remembering that it is okay to say no to things.

Of course, I have obligations I can’t say no to right now, but going forward if it’s not an obligation I have to say no. And, as more things come up I’ll need to decide to only take on what is most important. Deployment is slow-going and I forgot that. Keeping the boys and I busy is good to a point, but first I need to re-establish my sea legs. I have to get through these first few rough weeks as we remember how to do this. I wish I could fast-forward time to where my family has figured out our temporary new normal.

Until then I’ll take a breath and take it one day at a time while my legs get strong enough to bear the rest of the journey ahead.

“A smooth sea never made a skillful sailor,” Theodore Roosevelt.
navylife101.wordpress.com



■ **Q. My apartment complex told me my breed of dog was OK. Now they have changed the rules, and my dog is not acceptable. Can they do that?**

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Seabees assist in Navy dolphin transport to Marine Mammal Institute

By MCC Rosalie Chang
Naval Construction Battalion Center Gulfport Public Affairs

GULFPORT, MISS.

Seabees assigned to Naval Construction Group (NCG) 2 assisted the U.S. Navy Marine Mammal Program transport three of their trained bottlenose dolphins, April 30.

“A request came in for logistical support of two trucks and drivers to help relocate three dolphins, and we volunteered right off-the-bat to assist with the necessary equipment and personnel,” said NCG 2 Transportation Supervisor, Equipment Operator 1st Class Alexander Quesnel.

Navy program handlers and veterinary personnel transported the dolphins from the Navy’s facility at the Space and Naval Warfare (SPAWAR) Systems Center Pacific in San Diego to Keesler Air Force Base in Biloxi, Mississippi. The Seabees then transferred the dolphins to the Institute for Marine Mammal Studies (IMMS) in Gulfport, Mississippi.

“In addition to training animals, we also collaborate with other institutions to enhance the understanding of marine mammals and to propagate marine mammal science,” said U.S. Navy Marine Mammal Program Transport Coordinator, Christian Harris. “We are partnering with IMMS to share some of our animals on an extended loan; we’re transporting



Photos by MCC Rosalie Chang

Seabees assigned to Naval Construction Group (NCG) 2 and members from the Institute of Marine Mammals Studies (IMMS) watch as U.S. Naval Marine Mammal Program officials push dolphin tanks onto a K-loader to transport the dolphins to IMMS. Navy program handlers and veterinary personnel transported three dolphins from the Navy’s facilities at the Naval Warfare Systems Center Pacific in San Diego to Keesler to be loaned to IMMS for extend breeding and studies to further marine mammal science. IMMS is a research and rehabilitation facility that is known for providing care to stranded animals.

those animals from our base through Keesler with the support of the Seabees to get them safely configured in their new home.”

IMMS is a research and rehabilitation facility that provides care to stranded animals. The Navy dolphins will be loaned to IMMS for extended breeding and studies to further marine

mammal science. They were involved in a variety of capability demonstrations and bioacoustics research projects for the Navy.

Harris stated the collaboration between the marine mammal program, IMMS and the Seabees in nothing new, but it is very special.

“This is not our first evolution with the Seabees,” said Harris. “They are the group we always reach out to for this type of support wherever they are available because they bring so much expertise, skill and passion to the job and they make our job that much easier.”

For the Seabees who participated in this evolution, this was a once-in-a-lifetime experience.

“I am more than excited for my troops to be able to participate,” said Quesnel. “I’ve been in the Navy 14 years and this is the first time I’ve experienced anything close to this, so it’s great for my troops to be involved in this operation.”

For more news from Naval Construction Battalion Center, Gulfport, visit www.navy.mil/local/ncbcgulfport/, www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html or www.facebook.com/NCBCGulfport.



Construction Mechanic Constructionman Theo Womack, left, and Equipment Operator 2nd Class Connor Hawkinson, right, assigned to Naval Construction Group (NCG) 2 and members from the Institute of Marine Mammals Studies (IMMS) push a dolphin tank from a K-loader onto a Medium Tactical Vehicle Replacement (MTVR) truck to transport dolphins from Keesler Air Force Base to IMMS.



Equipment Operator 2nd Class Connor Hawkinson, assigned to Naval Construction Group (NCG) 2, drives a Medium Tactical Vehicle Replacement (MTVR) truck onto the Keesler Air Force Base flight line to prepare for a dolphin transport from Keesler to the Institute of Marine Mammals Studies (IMMS) in Biloxi, Miss.



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MENTAL HEALTH: FOR MISSION AND SELF

By Yan Kennon

Naval Hospital Jacksonville Public Affairs Office

JACKSONVILLE, FLA.

Mental health is as critical as physical health to mission readiness.

Mental health affects not only how people think and feel, it also influences how people handle stress, relate to others and make choices.

Mental health is a state of well-being in which an individual realizes their own abilities, can cope with everyday stresses, work productively, and is able to contribute to their community.

“Optimal mental health increases resilience to life’s challenges,” said Cmdr. Rachel Baudek, Naval Hospital Jacksonville director for mental health. “Taking action to enhance your resiliency is a sign of strength.”

According to the Centers for Disease Control and Prevention, mental illnesses are among the most common health conditions in the U.S. More than 50 percent of Americans will be diagnosed with a mental illness or disorder at some point in life, with one in five experiencing a mental illness in a given year.

Service members, veterans, and their families tend to experience increased stress situations, whether from the rigors of deployment or balancing military and family obligations.

Mental health can be maintained with good sleep, nutritious food, regular exercise, social connections and healthy coping skills.

Having a good support system and engaging with trustworthy people are key elements to successfully taking care of one's own mental health.

Learn to recognize symptoms of mental health distress in friends and loved ones. Those who need help are often the



Jacob Sippe

Amy Hartley, a Naval Hospital Jacksonville clinical psychologist, discusses mental health and resiliency with a sailor.

last to notice. Signs of distress include: drinking more heavily than usual, agitation or anger, withdrawing from family and friends, difficulty concentrating, or sadness or depression.

Mental health treatment is proven to work, and recovery is possible.

To tap into resources, talk to your primary care manager. Military OneSource provides 24/7 support for service members, families, and survivors with issues like moving, spouse employment, parenting, relationships, finances, legal, and other issues. Call 800-342-9647 or visit www.militaryonesource.mil.

The Military Crisis Line offers 24/7 confidential support for

service members, veterans, and families who are in crisis or know a service member who's in crisis. Call 800-273-8255, text to 838255, or go online to chat at www.veteranscrisisline.net.

Learn about building resilience from the Navy and Marine Corps Public Health Center at: www.med.navy.mil/sites/nmcphe/health-promotion/psychological-emotional-wellbeing/Pages/resilience.aspx.

For more news from Naval Hospital Jacksonville, visit www.navy.mil/local/nhjax/.

SWOS welcomes Naval Academy Prep School

By Lt. Megan Chester, Surface Warfare Officers School Public Affairs

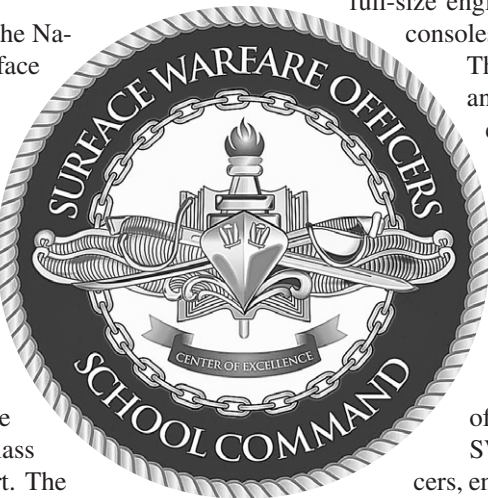
NEWPORT, R.I.

Surface Warfare Officers School (SWOS) hosted the students of the Naval Academy Preparatory School (NAPS) for an afternoon of surface warfare training May 3.

The 217 students, divided into smaller groups, were treated to a tour of the trainers and simulators used at SWOS as part of the surface warfare curriculum.

“We are so excited to have the students of NAPS over,” said Commanding Officer of SWOS, Capt. Scott Robertson. “We can’t wait to show them the great training we do at SWOS. Whether or not these students choose to pursue a naval career as a surface warfare officer, it is important to expose them to the vast opportunities available to them in the community.”

At the Littoral Combat Ship (LCS) Bridge Part Task Trainer, the NAPS students observed the current LCS Officer of the Deck class practice driving their ship in and out of their respective homeport. The second stop on the tour was the Full Mission Bridge (FMB) where the students practice ship driving in and out of San Diego and maneuvering around buoys. The FMB can simulate destroyer (DDG), cruiser (CG), dock landing, amphibious assault and amphibious



ous transport dock platforms, as well as every Navy homeport and regular ports the Navy visits around the world. The final stop took the NAPS students through the DDG and CG full-size engineering trainers which give students valuable hands-on training on the consoles and systems they should expect to see on their ships.

The culmination of the event was an open discussion and question-and-answer session about surface warfare held in the Mullen Auditorium. Several SWOS staff members were present and shared their experiences as surface warfare officers and spoke about the varied opportunities within the surface warfare community.



“When I was a Naval Academy midshipman, an officer mentor told me that no matter what career path and specialty I followed in the Navy, knowing how to handle a ship was a fundamental skill that every naval officer needed to have,” said Commanding Officer of NAPS, Capt. Cory Howes, commanding officer of NAPS. “I am very grateful to SWOS for helping NAPS to establish this foundation for our future midshipmen and officers.”

TDE TOP GUNDS ENTERTAINMENT PRESENTS THE CHAMPIONSHIP TOUR KENDRICK LAMAR SZA SCHOOLBOY Q JAY ROCK AB-SOUL SIR LANCE SKIIWALKER		MAY 27	JUNE 12
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THE BRIDGE: THE ROLE OF NRL'S MILITARY DEPUTIES

By Gabrielle M. Gibert

WASHINGTON

One of the U. S. Naval Research Laboratory's primary missions is to discover the needs of the fleet and what technologies can be created to meet them. To obtain this goal, the laboratory bridges the gap between the researchers on shore and our Sailors and Marines in the field through our military deputies.

The role of the military deputy is to facilitate communication and information from the laboratory to our fleet and vice versa, ensuring that the fleet's needs are met and informing the fleet of NRL's capabilities.

NRL prides itself on our knowledgeable military deputies like Lt. Peter Kowalczyk, a Naval flight officer (NFO) that has recently been assigned to NRL's Radar Division in Washington, D. C., and Lt. Cmdr. David Watson, a meteorology and oceanography (METOC) officer assigned to NRL's Monterey campus.

Kowalczyk and Watson are two of the numerous military links that the laboratory has to provide NRL's scientists and researchers a direct line of contact to the Fleet.

"Recently arriving from Naval flight officer instructor duty in Norfolk, I have great relationships with not only the aviation community, but the surface, subsurface, and joint services as well," said Kowalczyk. "I know where to find assets that may be interested in a particular technology or research area. This helps my team find potential transitioning partners and stakeholders."

Lt. Peter Kowalczyk's military experience, particularly as an E-2 Hawkeye NFO, made him an excellent fit to help NRL's Radar Division improve and upgrade their military radar technologies.

"As an E-2 Hawkeye NFO, we are the airborne early warning, command, and control asset for the fleet," said Kowalczyk, "I have 1400 flight hours and over 500 simulator hours operating the E-2 radar system, operational experience that I have brought to the engineers and scientists here at NRL."

Since arriving to the lab in July, Kowalczyk accumulated duties including researching and assessing airfields and test ranges to conduct experiments on millimeter-wave radars attached to small unmanned aircraft systems (sUAS). Kowalczyk also conducts "fleet update briefs," keeping the scientists and engineers in the Radar Division appraised of current fleet operation of radar and sensors.

"Lt. Kowalczyk has been invaluable in connecting our researchers to Navy needs," said Radar Division Associate Superintendent Michael Walder, "a true testament to the duties of a military deputy."

Lt. Cmdr. David Watson has also been essential in keeping NRL running at our Monterey campus, solving security issues with Monterey's security manager, working as the NRL Monterey CFC coordinator and liaison between NRL and the Naval Facilities Engineering Command (NAVFAC), and working on the Labs Port Studies program.

Watson has experience with marine meteorology, working as a Naval METOC officer since 2008 and receiving a dual master's degree in meteorology and oceanography from the Naval Post Graduate School. This background aligns with NRL Monterey's focus on marine meteorology, providing a military representative to the scientists in the laboratories.

"Since I am the only military member of the lab here in Monterey, I keep the scientists in touch with who they are here to support," said Watson. "Each week I try to add some Navy training to remind them what the 'N' in 'NRL' stands for."

While NRL benefits greatly from the connections our military deputies provide, the military deputies also benefit from their time here at NRL.

"I really enjoy working with a world-class scientist on projects that can have real-world impact on naval operations," said Watson. "With almost three decades as a user of NRL's products, it is exciting to be on the other end and see how they create the products we use in the fleet."

"As a fleet aviator, I think I had previously taken for granted the great technology that was out there," added Kowalczyk. "As a military deputy, I have a true appreciation for where the technology comes from and how it gets to the fleet."

That being said, both Kowalczyk and Watson see the roles of the military deputies on the laboratory growing as the time passes.

"Before taking orders to NRL, I was told that this job is what you make of it," said Watson. "So, if you are the type of person who enjoys being involved in the products and support that is provided by the lab you have an opportunity here."

Kowalczyk stressed the success that this opportunity could result in.

"As the modern war requires technology to arrive to the warfighter faster, the need for fleet integration will become more apparent," said Kowalczyk. "The best way to find out what the warfighter needs and reach back the fleet is with a military deputy."

For more news from U.S. Naval Research Laboratory, visit www.navy.mil/local/nrl/.



U.S. Navy graphic



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Under secretary explores Navy training

From Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

Under Secretary of the Navy Thomas Modly received a firsthand look at training offered by Naval Education and Training Command (NETC) and visited two naval aviation training commands during a visit to Pensacola, Florida May 10.

Modly has initiated a clean-sheet review of the Department of the Navy’s approach to education across the Navy and Marine Corps. He is working to instill a learning culture with his “Education for Seapower” initiative investing in knowledge and creating a force that thirsts for it. While rapid technological advances are driving the basic requirements for this mandate, knowledge is not purely defined by technical competence, and the department must create a culture that is committed to learning as a lifelong process and a lifelong passion for knowledge.

As an overview to where much of Navy training begins, NETC staff kicked off the morning by providing Modly with an update on the latest force development approaches that take recruits from “street-to-fleet” and transforms civilians into highly skilled, operational, and combat-ready warfighters at 236 learning sites around the world.

“This is a significant part of our Manpower, Personnel, Training, and Education (MPT & E) efforts for Sailor 2025 as we build and manage the talented Sailors required for the Navy the nation needs,” said Rear Adm. John Nowell, director, Military Personnel Plans and Policy (N13), who accompanied Modly. “We all know that our greatest advantage over any competitor is our people. There is so much going on behind the scenes every day as we work toward providing Sailors the right training at the right time throughout the continuum of their careers.”

Visiting some of the training going on in Pensacola gave Modly examples of innovation and current instructional methods at NETC’s naval aviation maintenance and information warfare community schoolhouses.

As part of Sailor 2025, Ready, Relevant Learning will leverage training technology that ranges from simple visual demonstration tools, such as YouTube-like videos, to more complex, immersive simulators and virtual trainers.

After a walk-through of traditional metal fabrication and engine labs and a hangar for aviation ordnance training at Naval Air Technical Training Center (NATTC), one of the highlights of the visit was a demonstration of the Multipurpose Reconfigurable Training System 3D® (MRTS 3D®) simulator. MRTS 3D® is an affordable, versatile and flexible, flat panel touch-screen gaming technology system that gives students multiple opportunities to virtually perform tasks.

At NATTC, the technology is designed to provide initial accession aviation maintenance personnel with virtual experience on a Mobile Electric Power Plant, such as manipulating switches and selecting tools for the job before them. MRTS 3D® is also being used to train on submarine radio rooms, Virginia-class attack submarine torpedo rooms, and emergency diesel generators.

Modly also visited the Center for Information Warfare Training, where leaders discussed



Bruce Cummins

Chief Aviation Support EquipmentTechnician Andrew Czarnecki shows Under Secretary of the NavyThomas Modly the Multipurpose ReconfigurableTraining System 3D® (MRTS 3D®) Mobile Electric Power Plant (MEPP) simulator at Naval Air Technical Training Center.

how they approach keeping up with technology advances in such a dynamically evolving warfare area. Afterward, Information Warfare Training Command Corry Station staff led Modly through a tour of the Joint Cyber Analysis Course, which trains Navy cryptologic technician (networks) personnel and other armed services personnel to perform technical network analysis in the functional areas of cyberspace operations.

A stop at the AN/SLQ-32(V)6 lab showed Modly how cryptologic technician technical students, both new accession Sailors and seasoned fleet returnees, are prepared to operate the latest version of the shipboard AN/SLQ-32. This module of the electronic warfare system represented a significant technology change from the previous versions, requiring a new course to prepare Sailors with computer networking skills and the theory and function of the system.

After NETC’s tour, Modly visited the Naval School of Aviation Safety, which educates aviation officers on conducting aggressive mishap prevention programs, and Training Air Wing (CTW) 6.

Responsible for all Chief of Naval Air Training (CNATRA) Naval Flight Officer (NFO) training and production, CTW-6 increases efficiencies through the reduction of aircraft type model series while taking advantage of new training technologies and simulation capabilities for the Naval Flight Officer Training System (NFOTS) program. The program uses the latest in military training aircraft and high-fidelity ground-based training systems, including the Operational Flight Trainer capable of simulating any flight profile or maneuver required by the training syllabus and the Multi-Crew Simulator, which features the latest in high-fidelity virtual live constructive simulation.

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Follow the Under Secretary of the Navy on Twitter @USNavyUnderSec.

USS Theodore Roosevelt completes seven-month deployment

By MC3 Alex Corona

SAN DIEGO

Approximately 5,000 Sailors and Marines embarked aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) returned to their homeport of Naval Air Station North Island, May 7, after a successful seven-month deployment.

Theodore Roosevelt departed San Diego, Oct. 6 and spent the deployment supporting Operations Inherent Resolve and Freedom’s Sentinel, as well as maritime security cooperation efforts in 5th and 7th Fleet areas of operations.

The ship transited more than 56,000 miles and made five port calls in four different countries, to include the United Arab Emirates, the Kingdom of Bahrain, the Republic of Singapore, and the Republic of the Philippines, as well as port calls in Hawaii and Guam.

Led by Rear Adm. Steve Koehler, commander, Carrier Strike Group (CSG) 9, the Theodore Roosevelt performed at a high level.

“Over the past seven months, the 6,000 Sailors and Marines of the TR Carrier Strike Group have performed superbly in every mission and in every task that was asked of them. This team has embraced a culture of excellence that comes directly from their routine professional approach to everything they do,” said Koehler. “They continue to exceed expectations and set a phenomenal standard for all to emulate. I could not be more proud of them or more honored to serve with them, and it’s great to be home with the family and friends that enabled them to serve so well.”

Roosevelt Sailors and Marines demonstrated more than just mission accomplishment on their deployment. They also gave back to the countries they visited to enhance cooperation and cultural understanding. A total of 383 Sailors and Marines contributed more than 1,200 man-hours during 19 community service projects.

“What Rough Riders have accomplished during this deployment was truly inspirational. Earning the privilege to



MC3 Alex Corona

An F/A-18F Super Hornet assigned to the Mighty Shrikes of Strike Fighter Attack Squadron (VFA) 94 launches from the aircraft carrier USSTheodore Roosevelt (CVN 71). Theodore Roosevelt is underway on a regularly scheduled deployment in the western Pacific.

be called the best one day at a time; every Sailor and Marine made what is very difficult look easy,” said Capt. Carlos Sardiello, commanding officer Theodore Roosevelt. “We are immensely proud of the hard work and dedication that was exhibited as well as the sacrifices of the families. We are looking forward to heartfelt reunions with loved ones, upon our return.”

Theodore Roosevelt partnered with more than 10 countries including Japan, South Korea, France, India, the Kingdom of Bahrain, and the Republic of Singapore to increase theater security cooperation through various maritime operations.

Approximately 70 aircraft from the squadrons of Carrier Air Wing (CVW) 17 flew 8,319 hours and 1,164 combat sorties and performed counterterrorism operations in Syria, Iraq, and Afghanistan.

Theodore Roosevelt also earned the 2017 Battle Efficiency “E” award for West Coast aircraft carriers, and became the first aircraft carrier on the West Coast to earn the Jackie G. Brown Fleet Logistics Excellence award.

“This is just another way our Sailors have shown their top standing and ability to compete amongst the fleet’s best aircraft carriers,” said Theodore Roosevelt Command Master Chief Andrew Frederick. “Going into our maintenance period, I’m confident that we will come out an even better fighting force than we were during this deployment. I know that our Sailors and Marines feel excited to return home and finally reunite with their families.”



MCSN Michael Hogan

Sailors man the rails as the aircraft carrier USSTheodore Roosevelt (CVN 71) pulls into Joint Base Pearl Harbor-Hickam for a regularly scheduled port visit.

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

For more news from USS Theodore Roosevelt (CVN 71), visit www.navy.mil/local/cvn71/.



MC3 Anthony J. Rivera

Sailors, Marines and guests observe as aircraft, assigned to Carrier Air Wing (CVW) 17, perform an air power demonstration from the flight deck of the aircraft carrier USSTheodore Roosevelt (CVN 71).



MC3 Alex Corona

The aircraft carrier USSTheodore Roosevelt (CVN 71), front, and theTiconderoga-class guided-missile cruiser USS Bunker Hill (CG 52) are underway together during a sea power demonstration.



MC2 Nancy diBenedetto
Family members eagerly await the arrival of the amphibious assault ship USS Bonhomme Richard for a homecoming celebration in San Diego, Calif. Bonhomme Richard, which had been forward-deployed since 2012 as the Amphibious Force 7th Fleet flagship, has completed a homeport shift and arrived to San Diego where it is scheduled to undergo upgrades to operate the F-35B Lightning II.

HOME | *Bonhomme Richard returns to port*

Continued from B1

participated in exercises, such as the bi-annual exercise Talisman Sabre with the Royal Australian Navy, worked side-by-side with Marines of the 31st Marine Expeditionary Unit (MEU), and participated in exchanges with regional partners, such as Japan, Singapore and Thailand.

Bonhomme Richard demonstrated its humanitarian and disaster relief response capabilities during search and rescue efforts following the 2014 capsizing of Korean ferry MV Sewol, and assisted with relief efforts following the Kumamoto earthquake in 2016.

“Bonhomme Richard was forward deployed to Japan during the past six years,” said Bonhomme Richard’s Commanding Officer, Capt. Larry McCullen. “This crew and every other crew that has served on the ship during that time can be justifiably proud of their accomplishments while executing our nation’s business in the challenging FDNF environment. The ship performed at a high level of excellence during exercises and in response to real-world events. We are honored to be part of this moment in the ship’s history and the crew is excited to have San Diego as our new homeport. We accomplished much while serving in the 7th Fleet and I am happy to report that Bonhomme Richard stands ready to complete any tasking and any mission in support of 3rd Fleet.”

The Sailors and Marines also participated in cultural exchanges, and took part in community service projects in Japan and nearly every port the ship visited in the Pacific. The crew also helped those in need in the Sasebo community through food drives, holiday gift giving, feeding the homeless, and helping at

local schools.

“The Sailors of Bonhomme Richard did a phenomenal job while living and working in 7th Fleet,” said Bonhomme Richard’s Command Master Chief Theron Fischer. “They’ve shown that Sailors and Marines can truly make a positive impact on their community as U.S. ambassadors. As we acclimate to our new homeport, I believe this crew is ready for any challenges that our new assignment has in store for us.”

Master-at-Arms 1st Class Magarrett Barnes, security department leading petty officer, said he has been looking forward to Bonhomme Richard’s arrival in San Diego, and expressed his excitement to be living in California.

“I love Japan, and I enjoyed my time there, but I am happy to return to California and San Diego,” said Barnes. “San Diego has everything you could ask for. It has any type of food you want, the night life is great, the beaches are awesome, and when you add all that up with perfect weather year-round, it makes it a pretty nice place to live.”

USS Wasp (LHD 1) recently took over duties from Bonhomme Richard in Sasebo as the Navy’s only forward-deployed amphibious assault ship.

While homeported in San Diego, Bonhomme Richard will stand ready to conduct operational tasking in the U.S. 3rd Fleet area of responsibility before entering an extended maintenance availability, including upgrades and modernization to operate the F-35B Joint Strike Fighter.

NAVY HOSTS 8TH ANNUAL WOUNDED WARRIOR HIRING SUMMIT

From Naval Sea Systems Command Corporate Communication

WASHINGTON

The 2018 Wounded Warrior Hiring and Support Summit wrapped up this week at the Washington Navy Yard, bringing the total wounded warriors hired into the Navy Department alone to more than 13,000 since the annual summit’s inception in 2010.

The two-day summit offered resume and interview preparation, career advice and resources for transitioning wounded warriors on its first day, then a hiring fair the second day where more than 40 DoD, Federal and commercial organizations offered career opportunities. The Navy Human Resources team alone conducted 64 on-site interviews.

“I want to highlight a few of the many accomplishments that have been made to date in supporting our wounded warriors,” said Principal Deputy Assistant Secretary of the Navy, Manpower and Reserve Affairs, Robert Woods at a recognition ceremony that capped the summit. “The Wounded Warrior Hiring Initiative, this summit, and efforts by the systems commands have resulted in meaningful employment for 13,000 wounded warriors to date in the Department of the Navy alone. In the last four years, 25 percent of veterans that have been hired by the DON are wounded warriors.”

Each year, coordination of the summit has rotated between Naval Sea Systems Command (NAVSEA), Naval Air Systems Command (NAVAIR) and Space and Naval Warfare Systems Command (SPAWAR). As this year’s coordinator, NAVSEA Commander, Vice Adm. Tom Moore recognized all involved in the hiring effort, but spoke specifically about the impact the summit has had on the NAVSEA organization.

“Since 2009, we’ve hired more than 5,000 Wounded Warriors,” said Moore, “Our job is to find a safe, secure place with meaningful work where they can bring their talents to bear, and boy, they are doing it. Of the 5,000 people we’ve hired since 2009, 93 percent of them are still working for NAVSEA nine years later. I think those statistics are significant. It says it’s a marriage made in heaven. We are providing them meaningful work for them to come in be challenged every day. I think they’re enjoying working for NAVSEA, and we’re absolutely thrilled to have them on the team.”

Also in attendance at the ceremony was Amazon Career Advancement Executive Juan Garcia. In 2009, Garcia served as the Assistant Secretary of the Navy (Manpower and Reserve Affairs) and remembers the challenge he faced.

“How do you reintegrate this cadre of wounded warriors who in any previous American conflict could have come home in flag-draped coffins? How do you recognize that, reintegrate them into American society and, in many cases, back into our force?” said Garcia. “And that’s what we wanted to do with this effort.”

Woods shared that the Office of Personnel Management reports that the hiring of wounded warriors with a 30 percent or greater disability across all federal agencies rose from 12,926 in 2012 to almost 22,000 in 2016.

Results have not been limited to the federal government. Industry giants like Amazon, Starbucks, Boeing and many more have developed their own internal wounded warrior hiring units.

“The national unemployment rate for wounded warriors has dropped from nearly 20 percent to be on par, and sometimes lower than the general civilian rate,” said Woods. “The Bureau of Labor Statistics reports that post-9/11 veterans fell below four percent in February 2018, outpacing the civilian, non-veteran population.

The ceremony also featured one of the program’s success stories. Gabe Ledesma’s dream to be a career Marine came to an abrupt halt six years into his enlistment with an injury in Afghanistan. Ledesma overcame both physical and mental barriers before landing first an internship, then a position supporting wounded warriors in NAVSEA’s Veteran and Wounded Warrior Program Office. Today, he works as a contracting specialists at Naval Surface Warfare Center, Carderock Division.

“There were so many who made it possible for me,” said Ledesma. “If it weren’t for many of those programs, I wouldn’t be where I’m at right now. They all played a part. Everyone’s path will be different. It might be two years. It might be five years. It might be a lifetime.”

CANCER | *Patent awarded*

Continued from B1

Mutations will always exist for any given population; the key is being able to identify them.

Studying DNA sequences is the easy part ... Since the 1980s, a process known as Polymerase Chain Reaction (PCR) has been available to efficiently make copies, like a Xerox machine, of focused segments of DNA. The difficulty comes in when incorrect DNA gets amplified through the PCR process.

“Essentially, you are trying to see only a particular page of a book, but the Xerox machine can fail and instead start copying the rest of the book,” Kartalov explained. “Then you miss the critical page.”

Kartalov’s patent circumvents this. Instead of replicating an entire sample, it compartmentalizes it into little volumes, allowing reactions to be done for each. Using microfluidics, coordinates are assigned to each tiny chunk so that they can

be isolated and studied in turn.

“Now, when you amplify the sample, you only compete with another hundred cells rather than a hundred thousand cells,” he said. “You’re tilting the playing field in your favor so that you can identify the particular mutation much more easily.”

Being able to identify how many mutations exist, and where they are, opens the door to a wealth of information on how the disease changes and adapts in the individual patient.

Interesting questions on this morphology can now be addressed. What is the concurrence of different mutations and where do they happen? Do they happen only in the cancer or in normal tissue?

The answers to these questions and others means more efficiently tailored treatment.

“So instead of the patient being a guinea pig, you already know which drugs are going to work and which ones are not going to work,” said Kartalov. “That way, as they’re running out of time, you can actually address it in a much more intelligent and well-designed manner.”

Kartalov filed the patent a number of years ago while an

assistant professor at USC. In 2016, he came to NPS and became a civil servant, thus precluding any involvement in commercial development of the technology due to potential conflict of interest.

“But that’s OK,” he laughed. “It was a reasonable sacrifice to become part of the NPS team, and it’s a trade-off I’m not unhappy about.”

Others will take up the ideas of the patent and move the ball forward, and Kartalov has turned to integrating his biotech background into interdisciplinary endeavors with military applications.

He currently is developing insulation for next-generation divers’ suits with greater endurance and less susceptibility to hypothermia. On the horizon are exoskeletal suits enabling great strength and endurance to service members, not unlike Marvel Comics’ Iron Man.

When asked about the personal significance of his latest patent, Kartalov smiled and quoted Horace, “Exegi monumentum aere perennius,” which translates to, “I have made a monument more lasting than bronze.”

CSG 3 | *Ships complete group sail*

Continued from B1

Mobile Bay Commanding Officer Capt. James Storm. “Seventy percent of the world is ocean, and we can reach nearly every corner of it, bringing everything we need to carry out our full range of missions, from providing humanitarian assistance to ensuring the freedom of navigation around the world, if necessary, carrying out kinetic strikes to defeat our nation’s enemies.”

Working together for the first time in over two years, the units comprising CSG 3 worked seamlessly, as if they had been training together on a constant basis.

“Before we came together for Group Sail, all of our units had conducted training with some of the others, but never all together,” said Commodore of DESRON 21 Capt. Henry Adams. “But it isn’t until we came together again that we could really exercise our full capabilities and begin to regain the honed edge of expertise across the wide range of missions uniquely brought by the combination of an aircraft carrier, destroyer squadron, carrier air wing and guided missile cruiser.”

Providing a combat-ready force to protect collective maritime interests, CSG 3 demonstrated exemplary performance and exhibited continued professionalism, a reflection of the Sailors that work hard every day to stay prepared for the upcoming deployment.

CSG 3 is underway conducting group sail training in preparation for its next scheduled deployment.

CVW 9 includes Helicopter Maritime Strike Squadron (HSM) 71, Helicopter Sea Combat Squadron (HSC) 14, Airborne Early Warning Squadron (VAW) 117, Electronic Attack Squadron (VAQ) 133, and Strike Fighter Squadrons (VFA) 151, 97, 41 and 14. DESRON 21 includes USS Stockdale (DDG 106), USS Spruance (USS 111), and USS Chung-Hoon (DDG 93).

For more news on John C. Stennis, visit www.stennis.navy.mil or follow along on Facebook at www.facebook.com/stennis74.



MC2 David A. Brandenburg

The aircraft carrier USS John C. Stennis (CVN 74), right, conducts a replenishment-at-sea with the fleet replenishment oiler USNS Henry J. Kaiser (T-AO 187).

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WASHINGTON NATIONALS
BASEBALL PLAYERS
VISIT VETERANS:

Players and coaches spent time with veterans working on their physical therapy in the Military Advanced Training Center at Walter Reed National Military Medical Center, in Bethesda, Maryland last week.

» See C3

34TH
ANNUAL
STOCKLEY
GARDENS
SPRING
ARTS
FESTIVAL
THIS
WEEKEND!

From Hope House Foundation

Since 1984, Hope House Foundation has hosted the Stockley Gardens Arts Festival, a two-day community event featuring 120+ artists. The 34th Annual Stockley Gardens Spring Arts Festival, presented by TowneBank, takes place in Stockley Gardens Park at the corner of Stockley Gardens and Olney Road in Norfolk on May 19 & 20.

The Festival and Art Party are free and open to the public. Festival hours are 10 a.m.–5 p.m. on Saturday and noon to 5 p.m. on Sunday. Stockley Gardens Arts Festival has been named as one of the top two outdoor art festivals in Eastern Virginia by Virginia Living Magazine readers for six years.

Artists present works in a variety of media including painting, glass, sculpture, photography, and jewelry. This year’s judge is Kevin Grogan, director and curator of the Morris Museum in Augusta, Georgia. Grogan is familiar with Hamp-



Howard Rodman

Expeirence one of the best and longest running art festivals in Virginia, this weekend in Stockley Gardens, in Norfolk.

ton Roads since he was previously the director of the Virginia Museum of Contemporary Art in Virginia Beach.

Everyone is welcome to the free Art Party sponsored by O’Connor Brewing Company. This fun event recognizes artists awards and features the band the Life Hacks on Saturday from 5–7 p.m. with a cash bar.

Entertainment Schedule

Saturday, May 19

11 a.m. Mosquito Cabaret/Folk
12:30 p.m. K’bana Blaq/Contemporary Soul
2 p.m. Barbara Nesbitt/Americana & Country-Folk

3:30 p.m....Luca Buralassi/Acoustic Folk, Country, Blues, Jazz, and Rock
5 p.m. Life Hacks/ Alternative Rock Trio

Sunday, May 20

Noon Narissa Bond/Singer-Songwriter
12:30 p.m. Fox and the Bear/Indie Alternative Folk
1:45 p.m. Derek Smith/Acoustic Singer-Songwriter
3:30 p.m. Tom Dikon & The Jukes Revival/ Swing, Boogie & Blues

There are also activities for children throughout the week-end with clowns, magicians, musicians and art activities.

Life’s a Beach Triathlon Returns
to Buckroe Beach June 9

Catch the ‘new wave of triathlon’ with this unique event aimed at fitness ... and fun!

From Hampton CVB

On Saturday, June 9, head to Hampton, Virginia for the 6th anniversary of the Life’s a Beach Triathlon. The Endeavor Racing, LLC racing event will take place at Buckroe Beach beginning at 8:00 a.m. The triathlon is expected to draw over 500 participants from across the eastern seaboard.

“We strive to break down the barriers most people encounter when they consider attempting a triathlon,” said Life’s a Beach Triathlon Founder Kip Koelsch. “The Life’s A Beach Triathlon does that first with manageable distances. We allow participants to use ‘aids’ on the swim-boogie boards, fins, even inner tubes. There is no need for a special racing bike- most people use beach cruisers or mountain bikes. We’ve even had an adult tricycle decorated as a 15-foot shark! I’m excited to be back in Hampton for our sixth year and proud of the following we’ve built for ‘fun triathlon that almost anyone can finish.’”

According to Koelsch, Life’s A Beach encourages people to “catch the new wave of triathlon,” with its unique take on a sport most people often associate with grueling training regimes and expensive, high-tech equipment. The Life’s A Beach swim is 200 yards of “Almost Anything Goes,” with racers allowed to use boogie boards, swim fins, mask and snorkels, water wings, and almost anything else to help them feel comfortable and have fun. The bike portion of the race is only five miles and is for fat tire bikes ONLY — beach cruisers and mountain bikes — as some courses may actually involve stretches of beach riding. The two-mile beach run is laid back and includes some of the Life’s A Beach challenges—obstacles to break up the run in a fun way.

Every registrant will receive a Life’s a Beach Triathlon shirt, temporary tattoo, themed finisher’s award, and a post-race drink and snack.

In addition to this year’s triathlon, there will also be a free Hatchling Dash Kids Run. Children (not limited to children of racers) can register at the main check-in tent on Friday, June 8 or Saturday, June 9, however, parents must sign a waiver in order for their child to participate. The course is approximately one mile with two obstacles to negotiate. Every child will receive a lei at the finish line.



Photos Hampton CVB

Schedule

Friday, June 8
3:30 p.m.–7:30 p.m. Racer Packet Pick-Up at Buckroe Beach
Saturday, June 9
6:00 a.m. –7:45 a.m. Racer Packet Pick-Up
6:15 a.m.–7:45 a.m. Transition Area Open/Bike Check-In
8:00 a.m. First Starting Wave!
9:00 a.m. Live Music Jammin’
10:45 a.m. Hatchling Dash
11:15 a.m. Awards Ceremony

Registration Cost

Life’s a Beach Triathlon \$83, \$90 Day of event. *Online registration closes May 30, 2018 at 11:59 p.m. Limited day-of event registrations may be available. No refunds on entry fees.*

Location

Buckroe Beach
North First Street, Hampton
For more information on the Life’s a Beach Triathlon, check out www.lifesabeachtriathlon.com.

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

**2018
CONCERT CALENDAR**

PRIMUS AND MASTODON <i>*Moved to Chrysler Hall in Norfolk. Date and time remain the same.</i>	MAY 18	REBELUTION with special guests Stephen Marley, Common Kings, Zion I & DJ Mackle	JUNE 30	96X presents THE REVIVALISTS & TRAMPLED BY TURTLES	AUGUST 17
ALABAMA with special guest Montgomery Gentry <i>*Moved to Veterans United Home Loans Amphitheater at Virginia Beach. Date and time remain the same.</i>	MAY 20	SLIGHTLY STOOPID with special guests Stick Figure and Pepper	JULY 13	VIRGINIA CRAFT BEER & WINE FESTIVAL <i>Details coming soon!</i>	SEPTEMBER 29
The UMOJA Festival FT. BRIAN MCKNIGHT with special guest Chrisette Michele	MAY 26	THE AVETT BROTHERS	JULY 20	<i>*All tickets purchased for relocated or rescheduled shows at Union Bank & Trust Pavilion will be honored at their new date or location.</i>	
BLACKBERRY SMOKE AND JJ GREY & MOFRO 92.9 THE WAVE presents	JUNE 15	BUDDY GUY & JONNY LANG	JULY 21		
1964 "THE TRIBUTE" <i>"The Best Beatles Tribute on Earth" according to Rolling Stone</i>	JUNE 16	106.9 THE FOX presents BRIT FLOYD "The World's Greatest Pink Floyd Show"	AUGUST 2		
		GEORGE CLINTON & PARLIAMENT FUNKADELIC with special guest Sheila E. <i>*This show has been rescheduled.</i>	August 12		

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Calendar

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

NSA Hampton Roads Life The Anchor Challenge

■ May 14–June 22. Free

■ NSAHR Headquarters 757-443-6110,

NSAHR Portsmouth 757-953-7024, NSAHR Northwest 757-421-8287

NSA Hampton Roads MWR will host the Lift The Anchor Challenge from May 14 through June 22. All participants must lift the approximate weight of a ship’s anchor in three lifts: bench press, deadlift and squat over the course of six weeks. Participants are not required to use all three lifts. The participants must lift the following total amounts:

MEN: 80,000 pounds

WOMEN: 40,000 pounds

This event is FREE. Patrons will track weekly progress on challenge board. Prizes will be awarded to the first male and first female to complete the challenge. Open to all

DOD ID card holders, male and female.

96X Presents New Found Glory

■ May 20, 7 p.m. \$23.50

■ The Norva, 317 Monticello Avenue, Norfolk

■ www.thenorva.com,

■ 757-627-4547

Post modern punks, New Found Glory, return to The Norva, with special guests Bayside, The Movielife, and William Ryan Key (of Yellowcard).

The Bodeans

■ May 21, 7:30 p.m. \$19.50

■ The Norva, 317 Monticello Ave., Norfolk

■ 757-627-4547

90s faves, the Bodeans come to The Norva, with special guest Folkjet, featuring Craig Honeycutt of Everything.

Steve Earle & The Dukes in concert

■ May 21, 2:30 p.m., \$35, \$45, \$55

■ The Sandler Center for Performing Arts, 201 Market Street, Virginia Beach

■ www.sandlercenter.org

Steve Earle & the Dukes with special guest, the Masterasons will bring their 30th Anniversary of Copperhead Road Tour to the Sandler Center for the Performing Arts on May 21. They will be performing Copperhead Road in its entirety.

Norfolk Tides vs. Louisville Bats

■ May 18, 19, 20 7:05 p.m. (Fri & Sat) 1:05 Sun.

■ Harbor Park, 150 Park Ave. Norfolk

■ www.norfolktides.com

■ 757-622-2222

Enjoy a night (or afternoon) at Harbor Park, as the Norfolk Tides take on the Louisville Bats in a 3-game home stretch.

EFMP Family Resource Day

■ May 24, 9 a.m.–4 p.m.

■ Fleet & Family Support Center Norfolk

7928 14th Street, Norfolk

■ 757-322-9167

The Exceptional Family Member Program (EFMP) serves military families with special medical and/or educational needs. The EFMP is a mandatory enrollment program that includes identification of the family member’s special medical and/or educational requirements and enrollment in the program, assignment coordination and family support.

Looking ahead . . .

Hire Vets Now—Hiring Event

■ June 7 11 a.m.–1 p.m.

■ Vista Point Conference Center, Naval Station Norfolk

■ www.vachamber.com/hirevetsjune7

Join us for a Virginia’s HIRE VETS NOW hiring and networking Event to share in camaraderie, professional development and career networking. You’re invited to connect directly with Virginia companies seeking to hire veterans. Bring your resume and enjoy networking in a fun, casual setting. A grab-and-go lunch will be provided. This event is free and open to active duty service members scheduled to transition over the next year.

New kids (and calf) on the block

Virginia Zoo welcomes baby duiker calf & Nigerian dwarf goats

By Ashley Grove Mars

There are new animals galore with the birth of a yellow-backed duiker calf, followed by the arrival of this season’s herd of twenty goats.

The 12-pound male duiker, named Hashtag (or “Tag” for short) was born on exhibit Saturday morning to mother, Dot, and father, Dash. Keepers have seen Dot nursing, cleaning and caring for her new baby and she’s doing a great job.

Dot came to the Virginia Zoo in early 2013 from the Houston Zoo and is 7 years old. Dash was at the Virginia Zoo for four years, but just recently returned to the Metro Richmond

Zoo, based on a breeding recommendation from the Species Survival Plan®.

On the other side of the Zoo, 20 Nigerian dwarf goats are getting settled into their yard, which looks familiar to some and is a new space for others. Each summer, the goats are on loan from Country Charm Farm in Halifax, Virginia. This year, the herd consists of nine returning adults and 11 new kids — 2 set of triplets, 1 set of twins and 3 individuals.

“The goat yard is a fan-favorite for many Zoo enthusiasts as it gives guests the opportunity to interact and learn more about these fun animals,” said Greg Bockheim, Executive Director of the Virginia Zoo. “The yellow-backed duiker is also a favorite because it fills a unique niche in our African savannah exhibit – home to giraffe, ground hornbills and ostrich,” Bockheim added.

After a brief quarantine period, the goat yard will open to allow visitors to brush and interact with the goats. Dot and her calf are currently off exhibit to allow them time to bond, but will gradually be reintroduced to the exhibit soon. In the meantime, you can see Tag’s sister, Asterisk, on exhibit in the Africa — Okavango Delta.

About Yellow-backed duikers

Yellow-baked duikers are found in forests, ranging from south-western Senegal through all West African countries. The species is listed as least concern, with a total population estimated at more than 150,000. Yellow-backed duikers are the largest of all the duikers. Both males and females have short cylindrical horns which are ribbed at the base and reddish-brown hair sits between the horns.



Photos courtesy of The Virginia Zoo



Stay connected in Norfolk with mobile hotspots

From The City of Norfolk

Now you can stay connected wherever you are in Norfolk!

Norfolk Public Library (NPL) now offers mobile hotspots covered by Sprint 4G LTE network for patrons to check out with their library card.

The ZTE Warp Connect mobile hotspot can connect up to 10 devices simultaneously. Patrons can check out a mobile hotspot for up to three weeks at a time with the option for two renewals, if there are no other patron holds. The borrower is responsible for all items included with the hotspot, including the charging cord, charger and carrying case. If any of the items are damaged or lost, the borrower will be charged. The device is filtered so that inappropriate content may not be reached.

The public can connect to free WiFi at City Hall, MacArthur Square, Town Point Park and other areas along the waterfront.

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MAY 10

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2.1.0.4
JUNE 16

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OF LAURYN HILL
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SATURDAY AUGUST 4

PENTATONIX
AUGUST 5

COUNTING CROWS
LIVE
AUGUST 7

JOJOURNEY
AUGUST 13

GODSMACK
SHINEDOWN
AUGUST 18

JASON ALDEAN
AUGUST 19

5SOS
SEPTEMBER 2

SEPTEMBER 6

DEEP PURPLE
SEPTEMBER 8

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SEPTEMBER 20

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Mon. Thru Thurs.: 11:00, 11:30, 1:00, 1:30, 2:00, 2:30, 4:00, 4:30, 5:00, 5:30, 7:00, 7:30, 8:00, 10:00, 10:30
AVENGERS: INFINITY WAR (PG-13)
Fri. Thru Sun.: 11:15, 12:15, 2:45, 3:45, 6:15, 7:15, 9:45, 10:45
Mon. Thru Thurs.: 11:15, 11:45, 2:45, 3:15, 6:15, 6:45, 9:45, 10:15
READY PLAYER ONE (PG-13)
Fri. Thru Sun.: 10:35, 1:45, 7:25, 10:35
Mon. Thru Thurs.: 11:20, 2:25, 8:05
SHOW DOGS (PG)
Fri. Thru Sun.: 10:15, 12:35, 2:55, 5:15, 7:35, 9:55
Mon. Thru Thurs.: 11:50, 2:15, 4:45, 7:15, 9:15
BREAKING IN (PG-13)
Fri. Thru Sun.: 10:45, 1:05, 3:20, 5:35, 7:50, 10:05
Mon. Thru Thurs.: 12:05, 2:20, 4:35, 6:50, 9:15
LIFE OF THE PARTY (PG-13)
Fri. Thru Sun.: 11:45, 2:15, 4:45, 7:20, 9:50
Mon. Thru Thurs.: 11:40, 2:10, 4:40, 7:10, 9:40
RAMPAGE (PG-13)
Fri. Thru Sun.: 4:50, 10:35
Mon. Thru Thurs.: 5:35
At Naval Station on Norfolk, Across from the NEX Building 1500 Mall Dr., Bldg. CD-12 Norfolk, VA (Additional \$1.50 for 3-D Movies / Movies & Times Subject to change) www.PhoenixTheatres.com

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WASHINGTON NATIONALS PLAYERS VISIT VETERANS

By Christopher Browne

Last week, the Washington Nationals visited Walter Reed National Military Medical Center in Bethesda. Players, coaches, and their significant others spent time with veterans working on their physical therapy in the Military Advanced Training Center. Afterwards, the team joined active duty service members at the USO Warrior and Family Center at Bethesda for lunch.



Photos by Paul Kim
The Washington Nationals visit Walter Reed National Military Medical Center on Monday, April 30, 2018.

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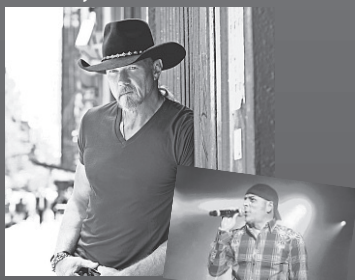
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From Brandpoint

Spring is here, summer is approaching fast and it’s time to get outside and start taking advantage of the warmer weather. Dr. Jeff Werber, Emmy award-winning celebrity veterinarian, has a few tips and tricks on how to keep your pet happy and healthy in the heat.

Before you start your jogging treks, hiking excursions or bi-cycle touring with your furry partner by your side, it’s important to understand these spring/summer safety measures to keep your pet happy and safe.

Easing into exercise

After sitting around all winter, it is not a good idea to jump right into a full exercise regimen full speed ahead. The best approach to get your pet ready for more activities outside is a gradual introduction into exercise. A game of fetch is a perfect way to get your pet up and moving. The Chuckit! Launcher and Locator Sound Ball provides an easy way for your pet to increase their stamina, with the added entertainment of retrieving a ball that emits an audible pulse sound every few seconds to help pet parents and dogs locate the ball in any terrain after launch.

If your pet enjoys chasing ground pursuits (think rabbits and squirrels), the Chuckit! RingChaser is a great option to satisfy their instincts. Again, short bursts of chasing and retrieving are a fun way to get your pup back into shape.

It’s also critical to choose the best time of day to exercise — and noon is not it. The best time to enjoy your pet’s company is early in the morning or early in the evening. Keep in mind that in the evening after the sun is down, the pavement can still be pretty warm, as it retains heat for quite a while. Where possible, try to exercise on a grassy or dirt surface to avoid burning or irritating their paws.

Keeping cool and staying hydrated

What we love so much about our dogs is how loyal they are and how much they want to please us. This can be a problem when it comes to potential overexertion, as they will keep going just to be with us, even though they may be overheating. Moreover, many dogs and cats can overheat from lying around the house or backyard as well. When leaving pets outside during the spring or summer, make sure that shade and fresh water are always available. There are many devices available that can provide water automatically or on-demand, like the Petmate Replendish Waterer, which provides a constant flow of fresh water throughout the day for pets even when the pet parent isn’t home. If you’re out and about with your pet, consider the Replendish To-Go Water bottle that conveniently includes a travel bowl for



Courtesy Brandpoint

your pet. For longer excursions, or for hotter climates, wet a bandana and place it in the freezer the night before so it will remain nice and cool a little longer. Also, make regular stops in a shady area to allow both of you to catch your breath.

Indoor dogs and cats also need to escape from the heat. Make sure the house isn’t kept too warm. Keep at least one room cooler by leaving the shades or drapes closed. Enough has been written about pets and parked cars, so I’m sure you are all aware of that potential deadly hazard. Don’t do it, not even in the shade or “only for a few minutes.” Enough said.

Limitless possibilities, while on a leash

You and your pet are finally enjoying the great outdoors, and the fun activities with Fido are endless. Our pet nation has a huge population, and it’s important to be a good citizen. Remember to respect other pets’ “space” and boundaries, and don’t assume every dog is dying to play with yours. Wherever you and your pet decide to roam, be mindful of the local leash

laws. You don’t want to turn a fun outing into an emergency room visit for you or anyone else.

If you’re heading off to a park or hiking area, make sure you have everything you need for your trek. Travel treats and water bottles are always a good idea to keep with you, to make sure you and your pet are well fueled and hydrated. Keep essentials, like your keys, lip balm, waste bag, etc., all in one place with the Petmate Zipp Leash that features an expandable pouch built right into the leash to hold all dog-walking basics while on the go.

Regardless of whether you choose to run, romp, hike or trek, spring and summer are great times of year to bond with your pets. I encourage all of you to get outdoors, enjoy the warmth and sunshine, and to include your four-legged kids in your activities. Just remember to play it smart and keep them safe.

5 tips for financing your next home improvement project



From Brandpoint

Whether it’s transforming a fixer-upper into your dream home or just giving a makeover to your kitchen or bathroom, home improvement projects are on the minds of many new homeowners across the country.

While many things about renovating your home are flexible, your budget might not be. In general, not a single floor board is laid, or a new countertop installed without money, which is why every home renovation project should begin with careful financial planning.

To help homeowners with their renovation projects, Marcus by Goldman Sachs® is working with home renovation expert, JoJo Fletcher, to share her budget-friendly home renovation tips.

“Think about small changes you can make if you don’t have the time to take on a big project right now, like freshening up any kitchen by refinishing your cabinets with a bright white coat of paint,” said JoJo Fletcher, ambassador for Marcus by Goldman Sachs®. “When it comes to financing a larger project, however, I recommend homeowners explore all their options in order to get the most out of their budget.”

There are several ways to finance these projects and it’s important to explore your options to find the one that’s right for you. Below are five important tips to keep in mind when deciding how to fund your next home project.

1. Shop around. The better you plan, the better chance you’ll save money. Before anything gets torn out or installed, you should spend time consulting with contractors and getting estimates. Look at the work they’ve done to see if they would be a good fit. Most importantly, don’t be afraid to ask a lot of questions to make sure you’re working with the right people and paying the right price.

2. Consider financing options. There are several options when financing a home improvement project and it is important to choose the right fit for you. Home equity loans and home equity lines of credit (HELOC) require you to borrow against the value of your home, with home equity loans offering a lump sum while home equity lines of credit provide you with a credit line you can borrow against. An unsecured home improvement loan can be used based on your creditworthiness and ability to pay, not tied to a piece of collateral.

JoJo Fletcher added, “I recommend homeowners consider a home improvement loan if they are looking to borrow money and have good credit. For instance, Marcus by Goldman Sachs offers no-fee, fixed rate home improvement loans up to \$40,000, which could be a better option than putting renovation costs on a higher interest credit card, or borrowing against your home’s equity. Applying for a loan is easy and you can see your offers in as little as five minutes.”

3. Create a budget. Because of the nature of remodels, things often end up costing more than you might think. No matter how big or how small the project, you need to have a solid sense of what your “all in” budget number is. This should not only account for hard and soft costs for things like labor, materials and designers, it should also account for contingency costs. Experts typically recommend budgeting an additional 15 to 20 percent for unexpected scenarios that might arise. A thoughtful budget will help keep your priorities in front of you and prevent you from spending more than you want.

4. Remember, this is an investment! Not all home renovations will pay off in the long term. It’s important to consider cost vs. value before you start making changes, especially for homeowners looking to sell in the near future. If you plan on putting your house on the market sooner rather than later, be sure to keep track of the top home features to get the best return on your investment.

5. Work with a designer. This might sound like a luxury or an added expense, but in many cases, a designer could actually help save money by finding deals or providing suggestions for less expensive alternatives, such as using quartz or white concrete instead of marble. Above all, their expertise can help avoid costly mistakes that can often arise when people try to cut corners on their own.

With these tips, you should be better prepared to finance your home improvement project. When you’re ready to start, you shouldn’t have to wait weeks for a home appraisal to get your renovation project underway. You could see your home improvement loan options from Marcus by Goldman Sachs in as little as five minutes and once approved, most people see the funds in their bank accounts in as little as four days. With Marcus you could be one step closer to your dream home.

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3 keys to lower your golf scores

From Brandpoint

This is the best time of the year. A full season of golf awaits, and you want to get out and play.

Making this your best season yet means starting the year off on the right foot. But to do that, you need more than just practice and coaching. You need the right gear.

Research done by Golf Magazine showed that golfers who used custom-fit clubs gained 22 yards off the tee, 15 yards with their irons and lowered their scores by an average of 3 strokes per round.

To lower your scores, here are three tips to find the perfect custom-fit clubs.

1. Find the ideal shaft

The choices in shafts extend far beyond steel and graphite. It's a matter of flex and it can mean something different for every manufacturer. Flex is significantly impacted by torque, one of the most misunderstood shaft specifications. Higher torque shafts are better for smoother, slower swingers. Lower torque is better for players that swing aggressively.

Club Champion, for example, starts all fittings by looking at the shaft to identify not just the proper shaft flex but also the proper weight. To do this, they use a unique coupling system that allows you to hit any of 35,000 head and shaft combinations. The result is a combination that addresses your unique problems and fixes them.

2. Match the correct clubhead

There are many clubhead options. Each brand or model has its own distinctive characteristics that affect launch angle, spin

rate and ball speed. To buy a driver that has the right launch, spin and forgiveness for your swing, be sure to use a launch monitor and look for the highest smash factor, ball speed and spin that generates the greatest distance. It's also important to ensure that the clubhead you select is the perfect match for your ideal shaft.

Iron heads are more complex. Design features like offset, non-offset, blade or cavity back impact ease of playability and whether you hit a draw or fade or hit it high or low. Custom fitting will uncover your best options.

3. Buy the right swingweight

Swingweight is the weight distribution of the club or how your driver feels when you're swinging. With widely variable shaft, grip and clubhead weighting, swingweight is more important than ever. It affects how you swing the club and ultimately how you deliver it at impact. A heavier swingweight, for example, will make a shaft play looser; a lighter swingweight will make it play stiffer.

The most important thing to remember is you should be matching clubs within a set. If your clubs aren't matched properly, it will impact your game.

Take steps to improve your game today

Practice and lessons are important, but you need the right gear in your hands. Custom-fit clubs can help you hit the ball farther and straighter and ultimately lower your scores. Isn't that what golf is all about?

Top instructor David Leadbetter concludes, "It never ceases to amaze me that golfers buy clubs off the shelf and assume they're right for them. Whether you're a great golfer or a casual one, getting a custom club fitting is one of the quickest ways to improve your game. Lessons are critical but if you're fighting your equipment, you can only progress so far."

With thousands of options on the market, it's nearly impossible for a golfer to find equipment that performs best for them without professional help. Find a skilled fitter with a launch



Courtesy Brandpoint

monitor to show you how to maximize your swing to its fullest potential.

To learn more about how Club Champion can help find the right equipment and improve your play, visit clubchampiongolf.com.

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.

DEADPOOL 2 (R)

After surviving a near fatal bovine attack, a disfigured cafeteria chef (Wade Wilson) struggles to fulfill his dream of becoming Mayberry's hottest bartender while also learning to cope with his lost sense of taste. Searching to regain his spice for life, as well as a flux capacitor, Wade must battle ninjas, the yakuza, and a pack of sexually aggressive canines, as he journeys around the world to discover the importance of family, friendship, and flavor - finding a new taste for adventure and earning the coveted coffee mug title of World's Best Lover.

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.

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 confidence she is empowered to live her life fearlessly and flawlessly, but what will happen when she realizes her appearance never changed?



Courtesy 20th Century Fox

Ryan Reynolds stars as Wade Wilson, aka "Deadpool," in the 20th Century Fox release "Deadpool 2" in theaters May 18.

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

In the action packed thriller, Traffik, Brea (Paula Patton) and John (Omar Epps) are off for a romantic weekend in the mountains. Isolated at a remote estate, the couple is surprised by the arrival of two friends, Darren (Laz Alonso) and Malia (Roselyn Sanchez). Just when the weekend starts to get back on track, a violent biker gang turns up and begins to torment them. The foursome are forced to fight for their lives against the gang who will stop at nothing to protect their secrets.



Courtesy CodeBlack Films

JEB Little Creek, Gator Theater – 462-7534

Friday, May 18
6 p.m. I Feel Pretty (PG-13)
9 p.m. Traffik (R)

Saturday, May 19
1 p.m. I Feel Pretty (PG-13)
4 p.m. Rampage (3-D) (PG-13)
7 p.m. Traffik (R)

Sunday, May 20
1 p.m. Ready Player One (PG-13)
4 p.m. Rampage (PG-13)
7 p.m. Super Troopers 2 (R)

NAS Oceana, Aero Theater – 433-2495

Friday, May 18
6 p.m. I Feel Pretty (PG-13)
9 p.m. Traffik (R)

Saturday, May 19
12 p.m. I Feel Pretty (PG-13)
3 p.m. Rampage (PG-13)
7 p.m. Traffik (R)

Sunday, May 20
12 p.m. Ready Player One (PG-13)
3 p.m. SuperTroopers 2 (R)
6 p.m. Tyler Perry's: Acrimony (R)

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Mon-Fri 10-6, Sat 10-5, Sun 12-5.
3900 Bonner Rd #111, Va Beach, Va. 757-390-3244

Norfolk Highlands-Chesapeake 23325 Living Estate sale. 1210 Elder Ave. Kitchen, tools, furniture, crafts, dolls, etc. Everything must go. Cash only. Rain or shine. Saturday May 12th 9 till 3

North End, 106 76th Street, May 18 1pm-5pm & 19/20, 10am-4pm Ethan Allen dining suite, sofas, chairs, 4 bedrm., liv. lvr, kitchen, retro & beach decor, piano, patio, Asian furn. & decor, Waterford China, art & runners, lamps, art glass, kit., luggage, grill, jewelry, fine, sterling, costume. Pics. available at Facebook Boulevard Treasures.

Flea Markets/Bazaars

***** Spring Plant Sale *****
Church of the Ascension, Virginia Beach (Kempsville Area), 4853 Princess Anne Road. Sat., May 19, 2018 from 8am to 7pm and Sun., May 20, 2018 from 8am to 2pm. It's that time of year for yard work and gardening. We have beautiful plants for your flower bed provided by a local plant farm. Stop by!

469 Battlefield Blvd./Kempsville May 19th 9-4 Yard Sales/Crafts/Direct Sales/Food Nawlin's Xscape/KNL Cakes/Face Painting/Super Bounce Bros/Lost River Gem Mining/Lula Truck/50/50 Raffle (Supporting MS) & Music Event. If you want a space join my group at: <https://www.facebook.com/groups/1171062446295204/>

Crafts/Vendor Sale & Flea Market- May 19, 9-1 Crafters Needed! The Gathering at Scott Memorial-409 First Colonial Rd, Va Beach, 757-428-3720 Email: GatheringatScottEvents@cox.net

Crafts/Direct Sales/Flea Market May 20th 9-4 357 Johnston Rd, Ches. Family Fun Day! Crafts/Direct Sales/Flea Market/KNL Cakes/Lost River Gem Mining/Food Nawlin's Xscape

Flea & Craft Market Princess Anne HS Chorus fundraiser (VB). Sat. May 19th 8-2pm. 4400 Va Beach Blvd. Spaces \$12 Tables \$8. 648-9600 x58452

St. Paul's UMC, 437 Providence Rd., Chesapeake, May 19, 8-4 PM. Spaces \$10, Tables \$5. Rain date May 26. 420-6276.

Garage Sale - Norfolk

Larchmont-1334 Monterey Avenue. Sat 5/12 8am-3pm. Furniture, books, LPs, etc - Moving soon.

West Ocean View 171 West Bay Ave, 5/18-19 Fri-Sat 9-5 Eclectic estate sale, furn, decor, patio, yard art. Bbetherbetweenandbarangainestatesales1

Garage Sale - Suffolk

Garage Sale, Multi-Family, No. Suffolk / May 12 8am-1PM 3475 Raintree Circle / Suffolk, VA 23435

RIVERWOOD ANNUAL COMM. SALE 5/19-20 Sat-Sun 9-4 Godwin Blvd. near Tidewater Regional Jail, 23434

SUFFOLK LARGE COMMUNITY YARD SALE within Burdage Grant Subdivision off Respass Beach Road. Sat, 5/19 from 8am - 3pm. Rain date 5/26.

Suffolk Meadows May 19, 8am-noon, 306 Crown Arch COMMUNITY YARD SALE! Tools, furniture, etc.

Garage Sale - Virginia Beach

Bellamy Manor Estates **TREASURES GALORE!** Awesome neighborhood yard sale Sat 5/19, 7a-1p

Garage Sale - Virginia Beach

Carolanne Farms/Arrowhead Community Yard Sale 5/19 8a-1p off Princess Anne Rd in Kempsville

Fairfield Forest Community Yd Sale 5/19, 8noon, Hargrove & Providence. Lots of good stuff.

Fairfield Neighborhood Yard Sale 5/19 8-12 baby, kids, tools, household, renovation and building materials, furniture, clothes, collectibles. 50 homes.

Framingham Community Yard Sale May 19th 9am-3PM College Park Blvd area, follow signs.

Glenwood Salem MOVING! GARAGE SALE! 1893 PEPPERELL DRIVE, SAT, MAY 19, 9 - 2 books, clothes, toys, kitchen items, games, etc.

Hillcrest Farms Annual Community Yard Sale May 19, 8am-2pm. Over 270 family neighborhood. Come find your TREASURE!

REDMILL MAY 12th Neighborhood Yard Sale Starting at 8AM till whenever. Look for Balloons on the mailbox for participants.

Sylvan Lake Neighborhood Multi-Family Yard Sale! May 19th 8 am - Noon. Entrance at Mill Dam Rd and Sandee Cres (across from First Colonial High)

Antiques & Collectibles

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

DECOYS WANTED

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

I BUY COINS

Coin Collections
STAMP COLLECTIONS
757-474-1303

WANTED

ANTIQUES & ESTATES

18th, 19th & 20th Century,
Furniture, Artwork, China,
Crystal & Collectibles.
1 Piece Or Entire Contents.
We Come To You With &
Courteous & Professional
Service. No Obligation
Offers. Please Get My
Offer Before You Sell!
Tag Sales & Estates Settled.

LARRY ZEDD

422-4477
Virginia Beach Antique Co.
Appraisal Service With 40 Years Experience.

Appliances

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

Articles For Sale

Antique Duncan Phyde Sofa, 80 inches, floral pattern, good cond, best offer, 647-3954.

New 13 Seer 2 Ton Ducane Heat Pump, matching air handler, heat strips, down flow kit, \$1500 obo. 757-265-4401.

Boat Trailers

USED TRAILER SALE !!!
OVER 100 AVAL. For Boats 12' 38' BUDGET BOATS: (757) 543-7895

Boat Gear/Equipment

Bayliner 18.5' Bowrider
Very low engine time and only a few times in the water since 2010. Lift kept, new custom fitted cover, and in very good condition. Equipped with a 3.0 GL SX Outdrive. Many extras and accessories are included.
\$8,000.00 All reasonable offers will be considered.
Call/Text 757-620-1177 or email sarader1@cox.net

Boats/Rigs

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

Business Equipment

7 Jewelry Store Display Cases Very good cond. \$3000. 757-214-2329.

Farm Fresh Fixture & Equipment Liquidation-LIMITED TIME ONLY 6 locations: Collins Sq, Military Hwy, Princess Anne, Portsmouth, Cedar Rd., & Big Bethel. Open to the public M-F 9a-7p, w/6 10a-6p. Shelving, steamers, fryers, refrigerators, SS tables & sinks, material handling, & SO MUCH MORE! Call 616-202.2040 or email sales@thecofoodfinders.com for details! EVERYTHING MUST GO BY 5/30!!!!!!

Cameras-Photography

WANTED: High-End Film Camera Collections.

Call 757-481-5375.

Farm Equipment-Vehicles

Bush Hog, Box Scraper, both fit a Kubota BXD25 Tractor. \$1800 both. 757-375-6119.

Fitness Equipment

Image 10.2 Cu Inch Treadmill, very good cond. \$225. 757-498-0257.

Furniture-Household

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

Good Things To Eat

AT HENLEY FARM STRAWBERRIES

You Pick or Already Picked, 2 locations, the farm at 3484 Charity Neck Rd., 426-6869 or the corner of Princess Anne & Pleasant Ridge Rd., 689-6196. Everyday, 426-7501.

CHEAP CRABS-Soft Shell, Live, small \$25; medium \$30, large \$35 a dozen, 30 minutes from Great Bridge or Pungo, 252-455-5279.

Cindy's Produce-Strawberries, vegetable plants, flowers, hanging baskets, more. 2385 Harpers Rd., Va Bch, 10-6. 427-2346, MC/Visa.

LILLEY FARMS-Strawberries, U Pick & Fresh Picked, 2 Locations, Western Branch, Chesapeake, Bennetts Creek, Suffolk, 1 mile off 17. 757-483-9880

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

Strawberries-You Pick & More. Bring Containers, Poor John's Farm, Dominion Blvd., Chesapeake, 679-9707. Open Daily 8:30-6 PM.

Jewelry & Watches

Diamond Solitaire Ring-Beautiful 2.40 carats, \$4500. \$800neg call Gregg 7576361139

Lawn & Garden

FREE PICK UP of your broken or unwanted lawn equipment. No riding mowers. Call 422-5664.

Quality Used Riding Mowers, 42-50 inch cut. \$375 & up. 757-478-3474.

Riding Mowers Broken or unwanted. Free Pickup. Call Jerry 757-439-0649.

Medical Supplies

3 WHEEL SCOOTER, brand new, used twice. \$500. 757-421-9346.

Pets-Dogs,Cats,Other

AKC Choc Lab Pups, ready to go home w/1st shots & dewormed. \$800neg call Gregg 7576361139

AKC German Shepherd Puppies-Looking for forever home. Parents onsite Call/Text 252 752 7952

BRITTANY AKC male pups (orange or liver), 8 weeks old. Shots and deworming uid. Raised in home, parents on premise. Hunting lines. Parents with AKC obedience titles. 757-710-5961.

English Bulldog Pups-Reg, 1st shots, dewormed, fam. raised, \$1350. 757-408-2179.

English Springer Spaniels-Champion bloodlines, 919-223-0512.

German Shepherd Pups, AKC, hip/health guaranty, parents on premises, shots, 2 litters 757-483-0717

German Shepherd Pups AKC, 2 litters, shots, hip/health guaranty, parents on premise 757-483-0717

Golden Doodle Pups-Parents reg & on site, vet check guarantee. \$950. 757-620-6026.

Golden Retriever Pups-AKC, English cream, parents on-site, vet ck guar, \$950. 757-620-6026.

Havachon Pups

-IF, 5M, Vet ck. 1st shot, doggie dog trained. Ready 5/15. \$595. 252-473-5619

Havanese pups- small, non-shed. 804-384-3125

Home raised hypoallergenic Black Labradoodles Call 804-824-3650

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

Lab Pup-Black, males/females, AKC, hunting pedigree, shots/wormed. \$750. 757-642-0833

Lab Puppies

-Looking for their forever home, AKC reg, wormed, shots, Ready now. No Texting. Call for more info. 804-943-5746.

Labradoodle Pups - Adorable, Friendly, Playful & Loyal 330-854-4285 www.BuckeyePuppies.com

Labradoodle Pups-F1B, parents on site, vet check guarantee, \$1050. 757-620-6026.

Mattese Pups-AKC reg, 1 boy \$750, 2 months old, will hold. 757-923-2921.

Mini. Schnauzers All Colors. Super Coats. Year Health Guarantees. www.smithschnauzers.com For More Info 434-349-3654 or 434-770-1464

Morkie Pups-2M, 1F, 1st shots, wormed. Family raised. Very playful. Very very tiny. Mother's Day Special \$600. 434-265-2954, leave message.

Pitbull-Gray adult female, to good home. Not for illegal purposes, activities. \$200. Serious inquiries only, call 757-675-4082.

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 lab baby. \$800; 714-5063.

Yorkie Puppies AKC Reg, Teacup 2-3lbs grown, 2M/1100 cash ea. 757-810-3945

Power Boats/Cruisers

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

Topsoil-Mulch

#01A Black Sifted TOPSOIL 6 yds \$205, Mulch \$25/yd; Compost \$30/rd. 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**

Wanted To Buy

Freon R12 WANTED: Certified buyer will pick up, pay CASH for cylinders and cases of cans. 312-291-9169 RefrigerantFinders.com

Auctions

AUTO AUCTION

JACK'S TOWING
1114 Harmony Rd. Norfolk, Va
Saturday, May 19, 12 Noon
GATES OPEN AT 10 AM
Call 461-5765. Many Late Models
90+ CARS, TRUCKS, MOTORCYCLES & SCOOTERS.
Cash or Certified Funds Day Of Sale.
www.jackstowing.com VAAF 58

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

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

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

Building & Construction/ Skilled Trades

ACOUSTICAL CEILING WORK Mechanics, Driver/Laborers, Subcontract License Required. Call 757-485-1323.

Electrician - Residential Work Local Residential Experience, hand tools, Va Drivers License Call 757-438-5035

Building & Construction/ Skilled Trades

Field Supervision/Skilled Labor **Corman Kokosing Construction,** leading heavy highway, bridge, & utility contractor in the Mid-Atlantic region, has the following positions available in Tidewater area:

Superintendent - Bridge experience required **Foreman** - Bridge experience required **Heavy Equipment Operator** - Night Shift Excavator/Loader/Dozer

Skilled Laborers (Bridge/Roadway/Utility experience preferred)

Competitive wages/benefits. Apply in person: 1403 Greenbrier Parkway, Suite 175, Chesapeake, VA 23320 or Email resume to employment@cormanconstruction.com

Equal Opportunity Employer. Minorities, Veterans, Disabled & Women encouraged to apply.

HVAC MECHANICS/HELPERS

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

OPEN HOUSE - MAY 17TH

HIRING FT FLAGGERS

2601 D Trade Street
Chesapeake, VA
From 10am - 2pm
Come fill out an application and have an on-the-spot interview! Be sure to bring your driver's license with you.

Computers/IT/Technology

Developer Advisor sought by Anthem, Inc. in Norfolk, VA to design and develop software applications using Microsoft .NET, ASP.Net, MVC, Jscript, AngularJS and AJAX. Apply at www.jobpostingtoday.com ref # 40945

Developer Advisor sought by Anthem, Inc. in Norfolk, VA. Dsgn, dvlp & deploy data extracts & data impts using SSIS 2008 or 2012; Dsgn infctcs btwn data srcls. Aply at www.jobpostingtoday.com #32208.

Full Stack Web Application Developer (#00120)

The Center for Learning & Teaching at Old Dominion University is seeking candidates for an Information Technology Specialist III position. This position is responsible for the ongoing development and maintenance of all Center for Learning & Teaching web content designed for faculty and internal staff, and the ongoing development and maintenance of the Office of Distance Learning's Personal Learning Environment for faculty and students. **This position closes May 25, 2018.** To review position requirements and submit an application, please visit <http://jobs.odu.edu/postings/7901> and follow the online instructions. AA/EOE

Sr. Systems Administrator (#00313A)

Design, implement, support, and maintain the Department of Computer Science's state of the art, IT infrastructure and environment. Salary is \$57,342. Close Date is 05/18/2018. To review position requirements in full, and submit an application, please visit <http://jobs.odu.edu/postings/7877> AA/EOE

Education/Training

Accomack County Public Schools ASSISTANT PRINCIPAL

BENEFITS: Include sick leave, personal leave, health insurance, professional liability insurance, State Retirement benefits, Credit Union and Sick Leave Bank.

QUALIFICATIONS: Must possess a Master's degree and be eligible for a Virginia Postgraduate Professional License in administration and supervision. Must possess at least three years of successful experience as a teacher. Must possess a comprehensive knowledge of the current issues, principles, and practices in public education and the ability to apply them to the needs of a school. Must possess knowledge and effective skills in curriculum development, instructional practices, interpretation of test data, and budget development. Must possess the ability

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IRAQ and AFGHANISTAN
VETERANS of AMERICA

For Rent-Portsmouth House

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

For Rent-Rooms

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

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

For Rent-Va. Beach Apts

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

For Rent-Va.Beach House

VA Beach - Chix Beach House on bay, 2BR, 1BA, Lg Kit, Central Heat/AC W/D Shed 1240 sqft \$1500/mo + dep. 757-408-3032

For Sale-Home (All)

Hampton US Treasury Dept. Auction Tues. 5/22 at 11 AM. 4 SFH in Hampton: 647 Grimes Rd. 1111 Easterly Ave. 382 Schley Ave. 1554 N. King St & Duplex in Newport News 3302 Chestnut Ave. www.treas.gov/auctions/treasury/tp 703-273-7373

For Sale-Chesapeake Home

Western Branch-3 BR, 2 BA brick ranch, \$212,000. Kline Realty 484-0123.

For Sale-Mobile Home

2008 Clayton. By owner, 16X80, 1190 sq. ft. 3 BR, 2 full bath, excel cond, in Sturbridge Village, Chesapeake. \$35,000 firm. 757-748-6222.

Antiques & Classics



Chevrolet 1995 Corvette Indy Pace Car Convertible Rare limited edition. #355 out of 527 produced. This car is absolutely showroom new with only 1900 miles. 5.7 liter fuel injected V8 engine with automatic transmission. Loaded with every available option. Exterior color is dark purple metallic upper and white lower. White convertible top and black leather interior. Price is \$29,900. Contact Dave at 585-773-0971.

Automobiles for Sale

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

AUDI 2016 A5 Coupe 2.0T Quattro Tiptronic Fully Loaded Less than 7000 miles Garage Kept Original sticker cost \$48,775.00 Asking \$32,000.00 Black Call/Text 757-620-1177 or email sarad-er1@cox.net

BMW 2013 528i-Gray with cream interior, 50K mis., \$22,000. Private Sale. 757-289-5198.

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

Automobiles for Sale



FIAT 2012 500C Lounge Convertible Automatic. 29,800 miles, Cruise, A/C, heated leather seats, AM/FM CD, Bluetooth. Light green with tan convertible top. Only \$8800 and in EXCELLENT CONDITION! Call John Dunn 757-763-8888

Honda 2004 Civic Hybrid, auto, air, stereo, runs good. Needs trans. \$800. 757-735-3568.

Honda 2004 Civic Mechanics special or parts car. High mileage, 256K. White, 4DR. Very good driving condition until head gasket leak. Overheats after 20 mins. Newer starter, valve cover gasket, rotors, brakes, windshield. Good body, interior. \$600 OBO - 757-576-5003



Lexus 2005 ES330 148, 000 miles, strong maintenance history, new tires, sunroof, owned by DR. Asking \$5,900 and will partially finance. Contact 757-464-0428.

Mercedes 2003 CLK320 Conv. Runs great, new inspection. 2DR SLVR \$5,500 757-362-6445



Nissan 2015 Murano MINT CONDITION Gorgeous AWD FULLY LOADED Meticulously Garage Kept. Pristine leather interior STILL UNDER FACTORY WARRANTY!! Call or Text 757-477-4557 for SERIOUS buyers only!



ROLLS-ROYCE 2007 PHANTOM - A LUXURY AUTOMOBILE LIKE NO OTHER!! LOW 49K MILES, IN NEW CONDITION, SILVER & STEEL EXTERIOR WITH BLACK INTERIOR, FULLY LOADED WITH EVERY OPTION, EXTREME COMFORT, INCREDIBLE POWER & A RIDE LIKE NONE OTHER! SHOWN BY APPOINTMENT ONLY. ORIGINAL PRICE \$433,890.00. CURRENT VALUE \$153,800.00. OFFERED @ \$104,900. WARRANTY AVAILABLE. 757-373-3257 VaDir

Volkswagen 2015 Golf Excellent condition. Like new inside & out, 2 door, only 21,000 miles. Purchased new & serviced by local VW dealer. \$12,000. Phone: 757-292-6134

Campers/RVs

CONSIGNMENTS WANTED! Let us clean, sell, & finance your RV. Snyders RV 499-8000.

Campers/RVs

Flagstaff New 35' V Lite, diamond pkg, was \$47,362 now \$34,000. Snyder's RV 499-8000.

Ford 2016 F250 Lariat, 4WD, diesel & 2016 Grand Design 31', 3 slides, \$75,500. Snyder's RV 499-8000.

Palomino 2010 35', 1.5 BA, 3 slides, nice. \$18,888. Snyder's RV 499-8000.

Palomino 2015 Canyon Cat 26' RLS used 6X. Sleeps 6. Xtras included. 757-4776827 \$14500

Winnebago New 37', Ultra Light Bunkhouse, was \$49,386 now \$35,000. Snyder's RV 499-8000

Motor Homes

Coachmen 1995 31' clean, new insp \$10,900 Processing Fee \$225. Snyder's RV 499-8000.

Motorcycles



HARLEY DAVIDSON 1999 SPORTSTER CUSTOM Like new, Fully serviced, Garage Kept, Detachable Windshield, Forward Controls, Custom Seat, Lots of Extra's. \$5,000 or obo Contact 757-270-2223

Harley Davidson 2006 ElectraGlide Classic Beautiful blue ElectraGlide Classic. Dealer maintained, garage kept, 34K miles, realistically priced at \$8500. Norfolk. Riding weather is here! 703-477-7345

Sport Utility Vehicles

Acura 2010 MDX, AWD, 7 pass, leather, orig. owner, 98K mis., serviced, \$14,995. 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

Vans

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

Wanted Automobiles

SABSOULTELY 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 win 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!



NEWS,

BLOGS,

DISCOUNTS

& MORE



Fun and Games

Super Crossword

INTRO
TO POE

ACROSS

1 Iraqi, e.g.
6 Yank's Civil War foe
9 "View of Toledo" artist
16 Road sign no.
19 — Haute, Indiana
20 Fruit eater in Genesis
21 "Naked" rodent
22 Byronic "before"
23 A second time
25 When you get there
27 Flat-topped rise
28 Choose to participate
30 Nosh, say
31 Like a desert
32 "Sister Wives" airer
34 Lots of
38 Greater than
40 President Nixon
44 Snatch
45 RV hookup gp.
46 Zilch
47 Love of Lennon
48 What jaiibirds are behind
50 Color akin to navy

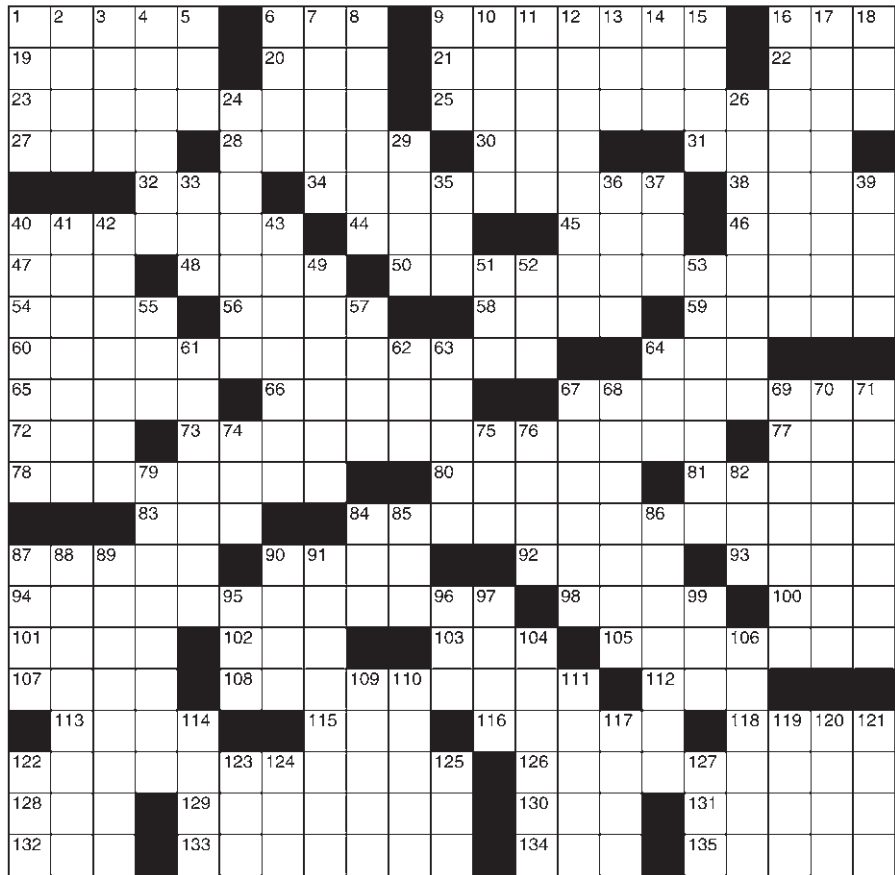
54 Pop singer Lovato
56 Journalist Paula
58 Dimwit
59 Lock plates
60 Cold, cloudy conditions, say
64 See
77-Across
65 Declaration at the door
66 Spook player
67 Has a printed price of
72 Secretive U.S. org.
73 "Since the subject has come up ..."
77 With
64-Across, of
78 Olympic skater Witt
80 Packaging abbr.
81 Ugly beasts
83 Puppy's bile
84 "Seems suspect to me"
87 Dimwit
90 Singer with the 2001 hit "Thank You"
92 Kemo — (the Lone Ranger)
93 Simon or Diamond
94 Meditated on

98 Guitar great Lofgren
100 "Botch- —" (1952 hit song)
101 "What —" ("He's the best!")
102 Balkan repub.
103 Shag, e.g.
105 Get flushed
107 Actor Michael of "Star Trek: The Next Generation"
108 Cowardly
112 Day, in Peru
113 Shed tears
115 Rap's "Dr."
116 Arsenal
118 Take apart
122 "Such is life"
126 One may seek respite
128 Family cat, e.g.
129 Stephen, French-style
130 & so forth
131 Huge name in insurance
132 Voting "yes"
133 Least lax
134 With
135-Across, poem whose first line is found among this puzzle's 11 longest answers

135 See 134-Across
DOWN
1 Quark locale
2 Actress Russo
3 Oval portions
4 Respiration
5 Briny deep
6 Lop a crop
7 Best Musical of 1980
8 Gentle
9 Kiwi relative
10 Trotted
11 Twilight, old-style
12 1995 Leslie Nielsen comedy
13 Long span
14 Avis offering
15 Other, in Peru
16 Restorations
17 Exchanged for the better?
18 Slippery sort
24 Flip out
26 Jail cell parts
29 Linguist Chomsky
33 Testing spot
35 Osaka sash
36 Off-limits
37 Slangy "OK"
39 Actress Charlotte and others
40 Tennis champ Andy

41 Notion about motion
42 Charges
43 Enticed
49 Aussie miss
51 Post-WWII prez
52 Fish-fowl link
53 "Yes, it's also included"
55 "— so sure!"
57 Put a label on
61 Second draft
62 Pull along
63 "Laughing" mammal
64 Greek letter
67 Guy keeping the peace
68 Smidgen
69 Refrain
70 Former
71 Grappled, in dialect
74 In the know
75 Amp (up)
76 Summers, in French
79 Painkillers
82 Fired thing
84 Altar words
85 Carpooling lane abbr.
86 Misleading sort
87 Apple debut of 2010

88 Person with a pet pooch
89 No longer fazed by
90 Editor's mark
91 Pin-ons worn by staffers
95 Not refined
96 East ender?
97 Repents of
99 — Lankan
104 Not stay dry
106 Queasiness
109 Norway's currency unit
110 Wails in lamentation
111 Performs, in the Bible
114 Virgil, e.g.
117 Indy 500, e.g.
119 Tube fan's punishment
120 Desert hill
121 "The Good Earth" wife
122 87-Down user's buy
123 Suffix with Seattle
124 Pewter part
125 In place
127 Lt. Tasha on "Star Trek: The Next Generation"



last week's answers

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

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

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