

US, FRENCH NAVY COMPLETE HISTORIC ‘CHESAPEAKE 2018’ COMBINED EXERCISE



Chief of Naval Operations Adm. John Richardson and Chief of the French navy Adm. Christophe Prazuck address U.S. and French sailors while visiting the aircraft carrier USS George H.W. Bush (CVN 77). The ship is underway in the Atlantic Ocean conducting carrier air wing exercises with the French navy to strengthen partnerships and deepen interoperability between the two nations’ naval forces.

By MC3 Zachary P. Wickline
USS George H.W. Bush Public Affairs

NORFOLK

As the Rafale Marine launched into the distant skyline, becoming the last French aircraft to depart from aircraft carrier USS George H.W. Bush (CVN 77), Sailors on the deck celebrated a successful training operation and a job well done, concluding the historic combined exercise Chesapeake 2018. Chesapeake 2018 began in April at Naval Air Station Oceana and continued at sea, resulting in full integration of the French navy air wing into a single, unified carrier air wing. The at-sea training lasted from May 7-18 and included the French Carrier Air Wing, Carrier Air Wing Eight (CVW) 8, and embarked staff from Carrier Strike Group (CSG) 2. “The French sailors acclimated very well to the U.S. carrier and the environment because of their experience operating off the Charles De Gaulle,” said the Commanding Officer of USS George H. W. Bush, Capt. Sean R. Bailey. “Furthermore, our Sailors were very welcoming and supportive of the French sailors coming onboard. Having the opportunity to live, interact and work together created strong

» See **FRENCH** | A11



MC1 Sean Hurt
Capt. Sean R. Bailey, commanding officer of aircraft carrier USS George H.W. Bush (CVN 77), greets Chief of the French navy Adm. Christophe Prazuck as he arrives aboard the ship. The ship is underway in the Atlantic Ocean conducting carrier air wing exercises with the French navy to strengthen partnerships and deepen interoperability between the two nations’ naval forces.



U.S. Navy photo
The guided-missile submarine USS Florida (SSGN 728) departs Norfolk Naval Shipyard and transits through downtown Norfolk toward her new homeport of Naval Submarine Base King’s Bay, Ga.

NRMD Kings Bay hiring critical positions in support of SECDEF’s top priority

By Anna Taylor
Norfolk Naval Shipyard Public Affairs Specialist

NORFOLK

Do you have what it takes to be on the tip of the spear

supporting the nation’s most enduring nuclear strike capabilities?

Nuclear Regional Maintenance Department Kings Bay (NRMD-KB) has an immediate need to fill several key

positions at its facility, and highly motivated workers with an eye on innovation make ideal candidates.

NRMD-KB provides critical nuclear overhaul and repair to the Navy’s only sea-based leg of the nuclear triad, the Trident Submarine. Ohio-class submarines are known as Trident submarines because of the Trident II D5 missiles they carry. Armed with 20 submarine-launched ballistic missiles, the Trident Submarine’s sole mission is strategic deterrence.

“To maximize the strategic availability, the Trident Submarine operates with two crews on a strict rotation that averages 77 days at-sea followed by a 35 day in-port period,” said Norfolk Naval Shipyard (NNSY) Nuclear Off-yard Operations Manager Matt Stone.

» See **OPENINGS** | A11



MC2 Huey D. Younger Jr.
Vice Chief of Naval Operations Adm. Bill Moran, left, the Fiscal Year 2017 Sailors of the Year, and Master Chief Petty Officer of the Navy Steven S. Giordano cut a ceremonial cake after the sailors of the year were meritoriously advanced to the rank of chief petty officer during the annual Sailor of the Year ceremony at the U.S. Navy Memorial in Washington, D.C.

2017 Sailors of the Year advanced to chief petty officer

From Office of the Master Chief Petty Officer of the Navy Public Affairs

WASHINGTON

The 2017 Sailor of the Year winners were meritoriously advanced to Chief Petty Officer during a ceremony held at the United States Navy Memorial, May 17.

The Sailors meritoriously advanced to

Chief Petty Officer were:

- Chief Naval Air Crewman (Operator) John Herrman, U.S. Fleet Forces Sea Sailor of the Year
- Chief Engineman Brandon Lovell, Navy Reserve Sailor of the Year
- Chief Culinary Specialist Latoya Farish, U.S. Pacific Fleet Sea Sailor of the Year
- Chief Legalman Jean Yusten, U.S. Naval Forces Europe-Africa / U.S. 6th Fleet.

“These four outstanding Sailors are a reflection of what first class petty officers across our Navy are asked to be every day, as technical experts, as leaders and

» See **PROMOTION** | A11

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NAVY APPROVES INCREASES TO TUITION ASSISANTANCE AND FUNDING CAP:

Changes include lifting the fiscal year limit of 16 semester hours (or equivalent) and allowing Sailors to use TA up to the DOD fiscal year funding cap of \$4,500.

» See A10

NAVY COLLEGE PROGRAM

» See B1

KEEL LAID FOR FUTURE USS DANIEL INOUE:

The keel of future guided-missile destroyer USS Daniel Inouye (DDG 118) was ceremoniously laid, May 14, at the Bath Iron Works (BIW) shipyard.

» See B1

WWE STARS COMING TO HAMPTON:

The Superstars of the World Wrestling Entertainment’s (WWE) Monday Night Raw will make a stop at the Hampton Coliseum on Sunday, May 27.

» See C1

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NAVFAC Mid-Atlantic kicks off emerging leader program for fiscal year 2018

By Jeffrey C. Doepp

Naval Facilities Engineering Command Mid-Atlantic Public Affairs

NORFOLK

Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic kicked off its Emerging Leader Program (ELP) for fiscal year 2018, before the start of Classroom Session I, with welcoming remarks from the command’s acting Business Director Brian Crowder, April 30.

With a full classroom of 30 General Schedule and Federal Wage System pay plan participants from across the NAVAC Mid-Atlantic area of responsibility, Crowder spoke of ELP and its importance to not just the program participants individually, but to the command as a whole.

“ELP is an illustration of our commitment to our personnel and then leveraging that commitment to make a better organization,” he said. “It’s what we said we would do; it’s what we said we are about.”

ELP is a NAVFAC Mid-Atlantic Leadership Development Program designed to develop future leaders. Those selected for the program complete valuable self-assessments, experiential learning activities, and a personalized leadership development plan. This six-month program focuses on developing the leadership skills of the class participants through training and developmental experiences. Other key aspects of the program include:

- Self-assessment instruments (i.e., Myers-Briggs, Leadership)
- Three one-week residential classroom sessions
- Personalized leadership development action plans
- Learning teams and team projects
- Experiential learning activities
- Management readings/interaction
- Feedback and coaching.

“We are hopeful you will find the information and techniques introduced in the program beneficial as you work to sharpen your leadership ability and skills,” he said. “The program is designed to give you greater awareness of the things that drive and motivate yourself and others.”

ELP began at NAVFAC Mid-Atlantic in 2010 and was designed to help motivated employees take the next step in their careers. The three one-week, 40-hour sessions are held in a classroom setting onboard Naval Station Norfolk, with the students performing various assignments on their own to complete the rest of the program.

“It has been said, ‘if it doesn’t challenge you, it doesn’t change you,’” Crowder added. “I encourage you all to make the most of this opportunity to learn about yourself and about leadership.”

The 30 NAVFAC Mid-Atlantic employees selected for this year’s program are: Eric Barriault, Norfolk, Virginia; Boaz Brothers, Oceana, Virginia; Brian Cassity, Great



Jeffrey C. Doepp

Naval Facilities Engineering Command Mid-Atlantic Acting Business Director Brian Crowder welcomes a full classroom of 30 General Schedule and Federal Wage System pay plan participants from across the Mid-Atlantic area of responsibility during the kickoff of the 2018 Emerging Leader Program.

Lakes, Illinois; Owen Coulombe, Newport, Rhode Island; David Fox, Mechanicsburg, Pennsylvania; Marvin Grevich, Kittery, Maine; Robert Hammond, Norfolk, Virginia; Michael Hernandez, Portsmouth, Virginia; Brian Jerlin, Portsmouth, Virginia; Darius Jordan, Norfolk, Virginia; Taj Kyle, Norfolk, Virginia; Donald Leahey, Norfolk, Virginia; Robert Lemar, Great Lakes, Illinois; Frank Martinez, Great Lakes, Illinois; Valeria Oyler, Little Creek, Virginia; Christian Porter, New London, Connecticut; Kenneth Rogers, Norfolk, Virginia; Jiovany Romero, Norfolk, Virginia; Michael Sage, Philadelphia, Pennsylvania; Chad Shock, Crane, Indiana; David Snow, Great Lakes, Illinois; Michael Taylor, Mechanicsburg, Pennsylvania; Michael Underhill, Norfolk, Virginia; Lizbeth Walker,

Great Lakes, Illinois; Monte White, Crane, Indiana; Daron Williams, Norfolk, Virginia; Jacquard Wilson, Little Creek, Virginia; Danny Wilson, Crane, Indiana; Christopher Wolf, Great Lakes, Illinois; Shirley Wool, Norfolk, Virginia; and Matthew Worsley, Little Creek, Virginia.

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

NAVFAC Mid-Atlantic launches “One-stop shop” for fleet support

From NAVFAC Mid-Atlantic Public Affairs

NORFOLK

Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic launched a new, enhanced Customer Service Center (CSC) responding to facilities-related issues with a ribbon cutting marking its ceremonial opening May 1.

NAVFAC Mid-Atlantic Commanding Officer Capt. Dean VanderLey was joined by NAVFAC Mid-Atlantic Public Works Director Jean Dumlao in cutting the ribbon outside the center, as did CSC manager Timothy Walton and Jessica Sartorius, CSC program analyst leader.

The CSC serves as the focal point between the 13 NAVFAC Mid-Atlantic Public Works Departments and the fleet installations they support across the entire Mid-Atlantic region. It is part of an intensive three-year customer service initiative to improve products and services, a drive lauded by VanderLey.

“As we stood this up, we really tried to look at how this is done in industry, what the best practices were and how we could really set ourselves up as a world-class customer service organization,” said VanderLey who went on to emphasize that the CSC is well-positioned to take the pulse of what the Fleet needs and where to improve. “The goal is to have a good feedback loop. The lessons the CSC is learning every day on the phones as we talk to the different customers is something we can feed-back into the organization and make NAVFAC even better.”

While NAVFAC has long hosted a call line — the number remains 757-341-1700 — it is the depth and breadth of the service that is changing. In the past, customers could report emergency issues during normal working hours, but with a smaller staff, after-hours calls were routed as the auxiliary duty of 24-hour utility repair desks. Wanting to do more for its customers, NAVFAC Mid-Atlantic took cues from industry, working to create a system that better manages the way it interacts with customers. That meant increasing staff and developing a new one-stop-shopping site.

The CSC site, until recently, was the back side of a shops building that fell into disrepair. Public Works Department Norfolk’s in-house project team, completely renovated the space, creating independent agent areas, premier communication connections and training rooms, shaping a facility similar to commercial call centers.

Agents now take calls without shifting calls to an alternative group or directing callers to another point of contact to call. The focus is on efficiency and better customer experience. As a more



U.S. Navy photo

Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic launched a new, enhanced Customer Service Center (CSC) responding to facilities-related issues with a ribbon cutting marking its ceremonial opening May 1, onboard Naval Station Norfolk.

robust and fully independent entity, the CSC coordinates everything behind the scenes for facility emergencies. It’s seamless to the customer — all the caller knows is NAVFAC is responding to their emergency quickly.

To ensure success, the CSC has also put a premium on standardized training, emphasizing customer service and fostering agent independence to deliver consistent and beneficial interactions. Better tools were likewise developed to help the agents address the unique missions and concerns of the wide-ranging customers NAVFAC support across the region. These tools will ensure the agents work as integrated liaisons between callers and their local supporting Public Works Department.

The new CSC is equipped with a system to allow for calls to be recorded and monitored for training purposes and to collect metrics on wait times, call throughput and agent professionalism, just like industry giant Amazon. The intent is to use these capabilities to continue to identify and work towards even more improvements.

“Part of our process was to study successful businesses and how they keep customers happy. We set out to borrow from their example, apply what we could, and work to simply do a better job supporting the Fleet,” said VanderLey. “This is exactly how NAVFAC has embraced the CNO’s focus on high-velocity learning: We saw a problem in real time, solved it using scientific methods, taught our professional crew how to keep addressing service and now we transition into encouraging others to follow our lead. We will be relentless in our drive to reach 100% customer satisfaction.”

It’s important to note that the CSC is used principally for those requests deemed facility emergencies — situations that require immediate action to prevent loss or damage to government property, restore essential services that have been disrupted, eliminate hazard to personnel, and restore essential mission operational capability. While the CSC is always available to

respond to facility emergencies, locally required processes for ISIC reporting and funding authorization must still be observed.

Facility related requests and repairs that do not qualify as an emergency but are needed to maintain the facility condition should be emailed to: NAVFACMID-LANTSERVICEDESK@NAVY.MIL.

Call 757-341-1700 with your facilities-related needs. For more information about the Customer Service Center as a whole, contact manager Tim Walton at timothy.b.walton@navy.mil.

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Editorial Staff

Military Editor | MCC Shannon Warner
757-322-2860 / news@flagshipnews.com

Graphic Designer | Mike Doyle

Flagship, Inc.

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

Creative Director | Allyson Garner, 757-222-3955

Free Classified Advertising, 757-222-5373
Distribution, 757-222-5629
Home Delivery, 757-222-3900

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

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NAVY CHIEF, NAVY PRIDE: HAMPTON ROADS CHIEFS MESS HONORS LOCAL VETERAN

VIRGINIA BEACH, VA.

Forty eight Chiefs from the Hampton Roads area visited 91-year-old retired Chief Signaller Clifford Wolff at the Westminster Canterbury Senior Community May 3. The event was designed to honor Wolff's service to his country, to let him know he is not forgotten by the military community, and to allow him to relive the pride that comes with being a Navy Chief.

“As part of our participation in the ‘We Honor Veterans’ program, our goal is to identify and serve all of our patients who are veterans and veteran spouses and help them connect with one another,” said support services coordinator, Sarah McBride. “Today is a wonderful show of support for the Navy Chief community in Hampton Roads and just shows what can happen when people connect and take the time to get to know one another.”

Westminster Canterbury and its staff provide valuable services through their program known as “memorable moments”, where they give seniors something to look forward to as they enter later chapters of their life.

Originally, Wolff's family had thought about taking a trip to see USS Wisconsin, but because of his advanced age they decided it was best to hold something at Westminster Canterbury.

“We spoke to our Chaplain and the staff here and we thought of the possibility of one of the local Navy Chief organizations paying him a visit. We really thought it would be just a few,” said Wolff’s daughter, Susan Beachum. “To see that there are over forty Chiefs from all over Hampton Roads here today to see my father, it is hard to put into words what I’m feeling. A



Navy Chief Petty Officers from the Hampton Roads area sing the Sailors Creed during a veteran appreciation event in honor of Senior Chief Clifford Wolff (Ret.), May 3.



Photos by MC2 Jacob Richardson

Senior Chief Clifford Wolff (Ret.) and his daughter Susan Beachum pose for a photo with Navy Chief Petty Officers from the Hampton Roads area during a veteran appreciation event in his honor, May 3.

simple thank you cannot properly express my appreciation for everyone.”

“When we learned Mr. Wolff’s wish was to hang out with some Navy Chiefs, I knew I was very fortunate to know Chief Thompson. Our sons play soccer together, I went to practice one day and asked for his help, and it was he who organized the Chiefs to come here for this event,” said McBride. “When I asked for help, I really only expected a few to come by and see Mr. Wolff. To see how many have come here today to support us and honor the service of a retired Sailor is extraordinary.”

Wolff's career was extensive and varied. He served in World War II , the Korean War , and the Vietnam War . Serving twice in the Navy, first from 1944 – 1946. He re-enlisted in the Navy in 1952 and continued his career until 1970, retiring as a Chief Petty Officer. Wolff's career highlight was volunteering to serve aboard the USS Arneb (AKA-56), an Andromeda-class attack cargo ship, serving under Adm. Richard Byrd, during Operation Deep Freeze.

In 1929, Admiral Richard E. Byrd established naval outposts on the Antarctic coast and began conducting photographic and geologic mapping operations around the continent, cementing the Navy's presence in the Antarctic. On Nov. 14, 1955 *Arneb* got underway as flagship of the U.S. Navy's Operation Deep Freeze 1 (1955-56) to prepare logistics and basing support in advance of the scientific work. The operation allowed the USS *Arneb* to claim the distinction of crossing both the Arctic and Antarctic Circles in the course of one year, completing a circumnavigation of the globe upon her arrival at Norfolk on May 5, 1956. Forty nations collaborated to advance world knowledge in a myriad of scientific disciplines during the 18-month operation, eventually leading to the creation of the Antarctic Treaty.

“Being able to honor a veteran and retired Chief is amazing; this is why I joined the Navy. The Naval heritage and traditions that come with service, this is what this events all about,” said Senior Chief Electronics Technician, Shay Thompson. “I am overwhelmed right now at the support from my brothers and sister that have reached out to help make today special. It goes back to how Chiefs are always ready to act when called to action; I got that call and was proud to answer it.”

"I spent my entire childhood and young adult life with my dad in the Navy, I grew up a Navy brat, and I know the hardship of having a parent that must go out to sea to serve our

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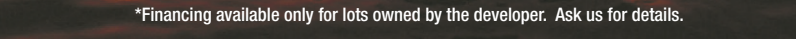




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A collage of three photographs showing military personnel in various settings: a medical professional practicing sutures, a sailor receiving a pin, and two sailors in uniform.

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**WEEKLY PHOTOS OF
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A large photograph of Hospital Corpsman 2nd Class Ashley McCowin, a Black woman in a dark blue military uniform, focused on practicing suture techniques on a white cloth. She is using a pair of surgical scissors. The background is a clinical setting with medical equipment.

Hospital Corpsman 2nd Class Ashley McCowin practices suture techniques aboard the guided-missile destroyer USS Bulkeley (DDG 84).

A photograph of Master At-Arms 1st Class Nancy Freeman, a white woman in a blue military uniform, smiling as she receives an enlisted surface warfare specialist pin. She is being pinned by a man in a blue camouflage uniform. Other personnel are visible in the background.

Master At-Arms 1st Class Nancy Freeman receives her enlisted surface warfare specialist pin in the Five-Star classroom of the aircraft carrier USS Dwight D. Eisenhower (CVN 69).

A photograph of two sailors in white uniforms and white hats. Gunner's Mate Seaman Erica Nohelani Ponce is on the left, looking towards the right. Electronics Technician 2nd Class Nicole Demarest is on the right, looking forward. They are standing outdoors near a body of water.

Gunner's Mate Seaman Erica Nohelani Ponce, left, from Ewa Beach, Hawaii, and Electronics Technician 2nd Class Nicole Demarest, from Memphis, Tennessee, conduct morning colors aboard the Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75).

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A square QR code located in the bottom right corner of the page, which likely links to a website where deployment photos are shared.

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NAVAL SAFETY CENTER LAUNCHES HFACS APP

By Nika Glover
Naval Safety Center Public Affairs

NORFOLK

The Naval Safety Center launched a new Department of Defense Human Factors Analysis and Classification System (DoD HFACS) app via both the Apple and Android app stores.

DoD HFACS codes are used when entering safety mishaps into the Web-Enabled Safety System (WESS), and they help analysts understand the human element behind roughly 80 percent of all mishaps.

“Ultimately, the app will be used as an enhanced version of the existing HFACS flipbook,” said Lt. Andrew Miranda, an aerospace experimental psychologist at the Naval Safety Center.

The app currently takes up about 24.5 MB of space on a user’s phone, and including documents and data, increases to about 100 MB. Users will be able to bookmark certain places in the app and it has a “resume” feature that will enable them to go back to the place where they left off. Users will also be able to review the app and provide suggestions via the app for improvements.

Along with being an electronic safety guide, Miranda said the app is a more interactive version of the original Quick Series flipbook. Users will be able to enter search terms to find specific information about nanocodes and definitions to find more detailed information.

There is also additional information and resources outside of the DoD HFACS area that is specific to the Naval Safety Center in general, such as a mishap investigation guide, contact information for reporting a mishap and even stories from Approach magazine with links to other media sources.

Miranda said the app is expected to be updated quarterly or when immediately necessary based on user feedback.

“We will be continuing efforts to query users for feedback on suggestions for improvements,” said Miranda.

Like most apps, the Naval Safety Center’s app addresses a need for a particular target audience — Sailors, Marines and DoD employees — who were asking for an electronic version of the information provided by the Naval Safety Center. However, the app is specifically tailored for safety officers who have a need to quickly access the guides.

“We receive weekly requests from safety officers and professionals asking for copies of the HFACS flipbook,” said Miranda. “We wanted to provide a more convenient method for users to get the information, while providing them with a user-friendly application.”

Miranda said one day the app may replace the flipbook, but in the near-term, it would be used as a supplemental source of information for safety officers to reference, as well as providing access to other timely safety messages.



P01 Julie Matyascik

“We receive weekly requests from safety officers and professionals asking for copies of the HFACS flipbook, We wanted to provide a more convenient method for users to get the information, while providing them with a user-friendly application.”

Lt. Andrew Miranda

UMUC Salutes Our Military Heroes

Vernon Green Jr. brings the values he learned in the military to his service in the community.

When you talk to military people about heroism, they’ll often tell you about something greater they’ve been a part of.

During his time in the U.S. Army, Vernon Green put his cybersecurity training to work as part of a team managing a large tactical information network.

Today, Vernon puts the values he learned in the military to work in his community as founder of a nonprofit organization mentoring young men and women to build strong character, relationships, and careers.



VERNON GREEN JR.
Master of Science,
Cybersecurity Technology
U.S. Army Veteran

UMUC salutes the members of our military who inspire us in their daily service. **Who inspires you?** Share your story about a servicemember who made a positive impact on people’s lives at umuc.edu/militaryheroes or share your hero’s story using **#militaryheroes**.



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STAY PREPARED family update

From Ready.Navy.Mil
NORFOLK

June 1 is the official start of hurricane season, which means accountability will be a priority more than ever. Natural disasters like hurricanes, wild-fires, earthquakes and floods are just some of the disastrous reasons why it is important to make sure your Navy Family Accountability and Assessment System (NFAAS) information is always up-to-date.

NFAAS is an online accountability tracker, used following a disaster or other events, to help determine the location and well-being of Navy active duty, reserves, Department of the Navy civilians and their immediate family members.

“There are three key things to remember during a disaster. First and foremost is safety followed by accountability and knowing how to get help,” said Navy Region Mid-Atlantic’s Lt. Catherine Warren. “NFAAS was created to provide a means for individuals and commands to account for personnel and request assistance when needed. The bottom line is that we want to know if everyone is okay, where everyone is and how we can help.”

The establishment of NFAAS came after the massive destruction of Hurricane Katrina in 2005. With the displacement and evacuation of so many people in a short period of time, it made it difficult to accurately account for each person. To help keep information current in NFAAS, service members are required to take part in the Navy-wide semi-annual updates.

“Although the primary way to muster is still through your chain of command, the updates in NFAAS are incredibly important and required. NFAAS serves as the primary reporting system for commands and their In-Service Support Center (ISSCs) to ensure per-

For disaster prep

HURRICANE

GUIDE 2018

EMERGENCY KIT

**A BASIC EMERGENCY
SUPPLY KIT SHOULD
INCLUDE THE FOLLOWING
RECOMMENDED ITEMS:**

- Water - one gallon of water per person per day for at least three days, for drinking and sanitation
- Food - minimum 3-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

2018 TROPICAL STORM NAMES & 2018 HURRICANE NAMES

**Alberto, Beryl, Chris, Debby, Ernesto, Florence, Gordon,,
Helen, Isaac, Joyce, Kirk, Leslie, Michael, Nadine, Oscar,
Patty, Rafael, Sara, Tony, Valerie, William**

RED: Keep you and your family accounted in NFAAS

sonnel are accounted for and assistance is provided when needed,” Warren said. “The visibility it provides up and down the Navy chain of command helps in so many ways.”

One example Warren recalled was from a disaster that occurred when a petty officer on a ship had family members in an affected area that was devastated by the weather. But, because NFAAS was updated with the correct information, the family members were able to be reached thousands of miles around the world and assistance was provided by the Navy and Marine Corps Relief Society and the Red Cross.

“NFAAS is important because it allows us to help during a disaster. We are a Navy family and we need to ensure our active duty, reserves, civilians and family member are equally accounted for and provided assistance. This tool helps us do just that,” Warren commented on why NFAAS is important.

NFAAS is easy to use and there are a few of ways to use it.

- You can go to the website <https://navyfamily.navy.mil> and click on “Navy Military, Civilians, Outside Contiguous United State (OCONUS), Contractors and their Families.” The site will then give you the option to select logging in by Command Access Card (CAC), username and password or by personal information (SSN, date of birth and last name).

- Download the NFAAS mobile app.

- Provide updated information to your command’s NFAAS representative and they can update the system for you.

A misconception is that the only time NFAAS is used is during hurricanes or during hurricane exercises. Some other examples of NFAAS being used include Super Typhoon Haiyan

in the Pacific, tornados in the Midwest and assessments were conducted in NFAAS for tornados and flooding in Florida, Alabama, Oklahoma, Kansas, Arkansas, Mississippi and Tennessee.

When an event occurs (real or exercise), the first action is for the member to muster with their dependents. The command can then enter the information into NFAAS for the member which will prevent overloading NFAAS. During times when the service member is unable to update their NFAAS due to no internet connection or evacuation following a disaster, the service member can contact their command with their family information and his command NFAAS representative has the ability to update the information for them.

If a member is unable to reach their command for any reason, they can muster in NFAAS or they can muster by calling the Navy Personnel Command (NPC) help desk at 877-414-5358. Note that during non-emergency events, this is the NPC customer service desk.

Each command’s hurricane preparedness and evacuation officer can provide additional information for the service member to take home and share with his family.

“Unfortunately one of the most common challenges we have, whether it’s during an exercise or during a real-world event, is accurate contact information in NFAAS,” said Warren. “When disaster strike we want to assist our Navy families as quickly as possible. By ensuring your personal and family information is up to date and having contact numbers for your command, NFAAS and NPC we can make a difficult situation a little better.”

preparedness and planning, visit Ready.Navy.Mil

TERMS

CYCLONE

A cyclone is a closed, rotating wind. Cyclones rotate counter-clockwise in the Northern Hemisphere and clockwise in the Southern Hemisphere.

EYE

Hurricane winds blow in a spiral around the calm, roughly circular center called the eye. In the eye, which is about 20 - 30 miles wide, it is relatively calm and there is little or no rain. The eye is the warmest part of the storm.

EYEWALL

Also called the wall cloud. Surrounding the eye is the eyewall, a band of thunder clouds. The eyewall has the most rain and the strongest winds of the storm, gusting up to 225 mph (360 km/h). The smaller the eye, the stronger the winds.

HURRICANE

A hurricane is a powerful, rotating storm that forms over warm oceans near the equator in the Atlantic Ocean, the Caribbean Sea, or the eastern Pacific Ocean. Hurricanes have strong, counterclockwise winds (at least 74 miles per hour or 119 kph), a huge amount of rain, low air pressure, thunder and lightning.

HURRICANE CLASSIFICATION

Hurricanes are classified into five categories, based on wind speed (using the Saffir-Simpson scale).

- Category 1 -- Winds 74-95 mph
- Category 2 -- Winds 96-110 mph
- Category 3 -- Winds 111-130 mph
- Category 4 -- Winds 131-155 mph
- Category 5 -- Winds over 155 mph.

STORM SURGE

A storm surge is a rise in the ocean as the result of strong winds from a hurricane or other intense storm. A storm surge can cause dangerous flooding, especially when a storm surge coincides with a high tide. The height of the storm surge waters is the difference between the level of the ocean and the level that would have occurred normally. A storm surge is usually estimated by subtracting the regular high tide level from the observed storm tide - it can be 15 feet tall or more.

STORM TIDE

A storm tide is the observed level of sea water. It is a result of the normal tide plus the storm surge.

WATERSPOUT

A waterspout is a tornado that passes over water. It is a funnel-shaped formation of wind, water and ocean spray.

IN CASE OF HURRICANE



Stock food, supplies, and medicine



Protect your home



Stay on the news



Plan evacuation route



Keep your family close



Get a bicycle



Unplug propane tank



Keep a list of important contacts



Check phone battery



Plan ahead



U.S. Navy photo
The Freedom-variant littoral combat ship USS Milwaukee (LCS 5) fires an AGM-114L Longbow Hellfire missile during a live-fire missile exercise off the coast of Virginia, May 11, 2018. Milwaukee fired four Longbow Hellfire missiles that successfully struck fast inshore attack craft targets during a complex warfighting environment utilizing radar and other systems to track the targets.

From Naval Surface Force, Atlantic

ATLANTIC OCEAN

The Freedom-variant littoral combat ship USS Milwaukee (LCS 5) conducted a live-fire missile exercise off the coast of Virginia May 11.

The Milwaukee fired four longbow hellfire missiles that successfully struck fast inshore attack craft targets.

During the evolution, the ship’s crew executed a scenario simulating a complex warfighting environment, utilized radar and other systems to track small surface targets, simulated engagements and then fired missiles against the surface targets.

“The crew of the USS Milwaukee executed superbly and the test team ran the event seamlessly, both were critical in making this event successful,” said Capt. Ted Zobel, LCS Mission Modules program manager.

This marks the completion of the first phase of the Surface-to-Surface Missile Module (SSMM) Developmental Testing (DT) for the LCS Mission Modules (MM) program. This was the first integrated firing of the SSMM from an LCS. Additionally, this was the second at-sea launch of SSMM missiles from an LCS. SSMM leverages the U.S. Army’s Longbow

Hellfire Missile in a vertical launch capability to counter small boat threats. Initial operational capability (IOC) and fielding of the SSMM is expected in 2019.

The Milwaukee, homeported at Naval Station Mayport, is a fast, agile, mission-focused platform designed for operation in near-shore environments yet capable of open-ocean operation. It is designed to defeat asymmetric “anti-access” threats such as mines, quiet diesel submarines and fast surface craft.

“The east coast littoral combat team continues to grow and mature with two Freedom-variant LCS arriving annually in Mayport. We look forward to conducting the next phase of SSMM testing onboard USS Detroit (LCS 7),” said Littoral Combat Ship Squadron Two Capt. Shawn Johnston.

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



U.S. Navy photo
A small surface target is seen damaged after being struck by an AGM-114L Longbow Hellfire missile fired from the Freedom variant littoral combat ship USS Milwaukee (LCS 5) during a live-fire missile exercise off the coast of Virginia, May 11, 2018. Milwaukee fired four Longbow Hellfire missiles that successfully struck fast inshore attack craft targets during a complex warfighting environment utilizing radar and other systems to track the targets.

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U.S. Navy Photo

NNSY SHARES INNOVATION ACROSS SHIPYARDS

By Kristi Britt
Norfolk Naval Shipyard Public Affairs Specialist

NORFOLK
Norfolk Naval Shipyard (NNSY) Fiber Optics Subject Matter Expert (SME)/Instructor Christopher Nocon toured the four public shipyards with the Mobile Implementation Team (MIT) March 12-16, where he hand-delivered and showcased his fiber optic work station innovation.

Originally developed in 2012, Nocon said he got the idea for the new work station while working on upgrades for submarines. “When I was working on making upgrades and installs on the submarines, I was finding the fiber optic work being done was not going at an efficient speed. I’m constantly working on innovating what I do so I created a work station that was able to double the amount of ST Optics being worked on at a time. This streamlined my efforts on the job. In addition, it was able to turn a four-person job into a one-person job, providing an estimated savings of \$50,000.”

Nocon’s design was a gutted pelican briefcase that he created a racking system inside, setting up a plate where he would build the optics.

“The original design was developed on my kitchen counter as a way to improve my job and it’s become a huge asset to our shipyard,” said Nocon. “It was a huge innovation for us and we were able to get the funding to create five boxes at NNSY. It’s used by our technicians and is based on an assembly line process and I’m amazed at just how much easier it has made our job.”

NNSY was able to utilize the product, however, Nocon noted it was difficult to bring the idea to those outside the shipyard. “I wasn’t sure of how to classify the innovation or share it with the other shipyards. Then, during a peer review, I was

on a job on the USS Dwight D. Eisenhower (CVN 69) and I had my work station with me. NAVSEA Deputy Commander for Logistics, Maintenance, and Industrial Operations Rear Adm. Stephen Williamson was coming through and stopped in his tracks to watch me work and learn about the device. With his help, the MIT reached out to me and we were able to get the funding in place to create more boxes to be hand-delivered to the other shipyards.”

Nocon joined NNSY Rapid Prototype Center Manager Martrail Parker and NAVSEA 04X Tactical Implementation Manager Susie Simms on the MIT tour in March, bringing the developed work stations to Portsmouth Naval Shipyard in Maine and Pearl Harbor Naval Shipyard in Hawaii. Nocon had previously visited Puget Sound Naval Shipyard in Washington before the tour and was able to personally deliver a work station while meeting with other SMEs regarding fiber optics.

“We traveled in the span of a week and I found working with the MIT was a dynamic discovery,” said Nocon. “The team takes your product and elevates it to be seen by many. They cover the funding for development, and take the producers of innovations to the other shipyards so we can personally showcase those innovations and work with our counterparts there on how to use the devices. It was an extraordinary experience that I never thought would be possible when I first developed the work station in my kitchen. Overall, those we visited were very engaged during the demonstrations and provided their own input for how to continue to innovate the work station. It was an impressive experience that I’m thankful I got to be part of.”

The MIT continues to bring innovative discoveries to the four shipyards and beyond with folks like Nocon able to showcase their designs in hopes to improve service to the



fleet. Nocon noted that he hopes his story can help inspire others to seek out more innovative solutions to better the day-to-day operations and provide a safer and more efficient shipyard. “Without innovation, we can’t progress,” he said. “It is professional creativity that is able to spread everywhere from the office environment down to the technologies we use. And even something that seems so small from our perspective can create a massive amount of savings across the board. We are lucky to have groups like the Rapid Prototype Center and the MIT to be used as avenues to take those visions and make them a reality.”

Nocon is thankful to all who helped make this a reality and providing support, including Parker, Simms, Virginia Jordan, Mike Davenport, Brittany Clark, Antonio Smalls, and the management team at Code 950.

“I feel like our tour couldn’t have come at a better time,” said Nocon. “We as a shipyard are creating a corporate plan to self-certify fiber optics for a cost savings of \$10 million at a 93 percent savings rate that will span across all four shipyards. During the tour, I was able to meet with the other SMEs and learn what they were working with at their shipyards. It’s a huge endeavor and a huge win for the Navy and I’m very happy to be part of it.”

Get ready: 10 tips for Sailors’ Summer moves

From Naval Supply Systems Command Public Affairs

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

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

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

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

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

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

5) BE REACHABLE — Moves go smoother when you

are easy to contact. Provide your personal phone numbers, cell phone numbers, and personal e-mail to the personal property offices at origin and destination. Include in-transit contact information, as well.

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

7) SORT — Start sorting through household goods now and set aside items you have decided to put up for sale or donation. Service members must keep all shipments within their weight allowance or pay to ship the excess weight. Authorized weight allowance chart located at: https://www.navsup.navy.mil/public/navsup/hhg/quick_links/weight_allowance/

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

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

All dates for packing, pickup and delivery are finalized be-

tween the service member and the assigned TSP.

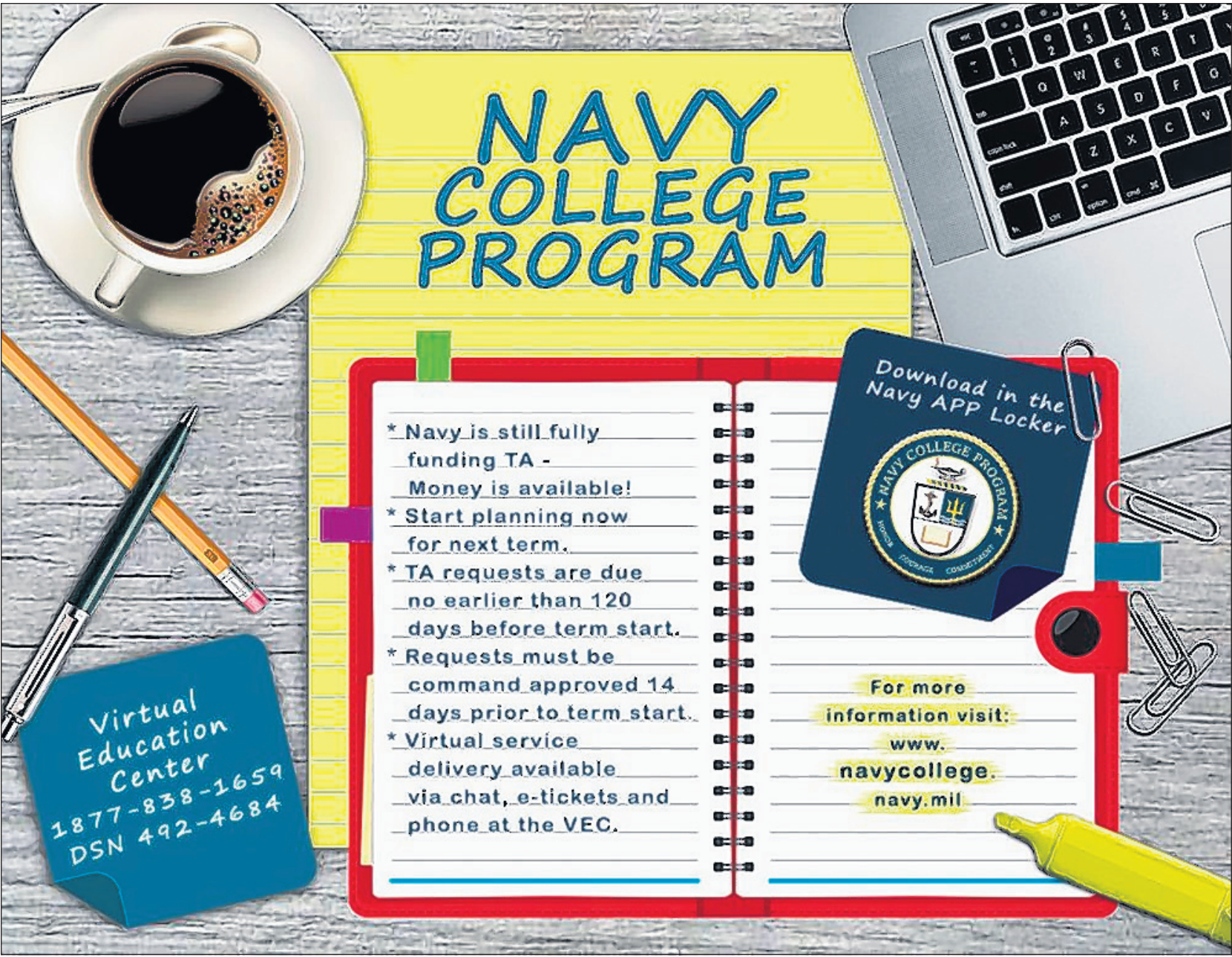
9) KEEP RECORDS — Keep all hard copy and electronic records of your move details. The more information you keep, the better. Consider taking pictures of documents with your phone as a back-up reference. Email yourself reminders and notes regarding specifics to help you remember things down the road.

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

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

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

Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP’s mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter.



The Navy announced changes to Tuition Assistance (TA) program May 21, in NAVADMIN 127/18, lifting the fiscal year limit of 16 semester hours (or equivalent) and allowing Sailors to use TA up to the Department of Defense's (DOD) fiscal year funding cap of \$4,500, effective June 1, 2018.

U.S. Navy graphic

NAVY APPROVES MORE TUITION ASSISTANCE SEMESTER HOURS AND RAISES FUNDING CAP

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced changes to Tuition Assistance (TA) program May 21 in NAVADMIN 127/18, lifting the fiscal year limit of 16 semester hours (or equivalent) and allowing Sailors to use TA up to the Department of Defense's (DOD) fiscal year funding cap of \$4,500, effective June 1, 2018.

These changes are designed to expand Sailors' professional development opportunities, enhance degree completion and support Sailor 2025 initiatives to retain the best and brightest talent.

TA will continue to be paid up to the current DOD limits of \$250 per semester hour, \$166.67 per quarter hour, or \$16.67 per clock hour. Tuition exceeding these limits, in addition to fees, books, and instructional materials, will continue to be the Sailor's responsibility.

Education counselors at the Navy College Virtual Education Center (NCVEC) and overseas Navy College Offices are available to discuss Sailors' goals and to help maximize their TA benefits.

The requirement that Sailors attain a "C" or better for undergraduate courses and a "B" or better for graduate courses remains in effect. Reimbursement will be required from those not attaining these grades.

Sailors who have already reached the former fiscal year limit and have paid for courses using other benefits or their own funds are not eligible for any type of refund or retroactive payment. They may, however, have additional courses funded up to new funding cap.

Sailors are encouraged to review their education plans to take full advantage of this expanded TA authority as well as other opportunities to earn college credit, such as College Level Exam Program (CLEP) and DSST® exams offered through the Defense Activity for Non-Traditional Education Services (DANTES), which can further stretch their TA dollars.

For more information on TA read NAVADMIN 127/18 at www.npc.navy.mil. The most current information on all voluntary education opportunities can be found on the Navy College Program Website at <http://www.navycollege.navy.mil/>

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JONATHON ASHTON
ACTIVE DUTY MILITARY STUDENT

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GONZALEZ CONDUCTS COMBINED OPERATIONS

By Ens Monica Prioleau
USS Gravelly (DDG 66) Public Affairs

ATLANTIC OCEAN

Guided-missile destroyer USS Gonzalez (DDG 66) conducted combined operations with multi-purpose Italian frigate ITS Alpino (F594), May 16-17.

The operations were designed to collaborate and train alongside our NATO partners and build operational professionalism.

Alpino is currently on its naval campaign in North America and plans on making several stops along the east coast with Norfolk, Virginia, being the first.

“The crew exchange was highly beneficial to both Gonzalez’s crew and Alpino’s, giving rare insight into each other’s daily routine, said Cmdr. Les Sobol, the commanding officer of USS Gonzalez. “The [passing exercise] was an invaluable opportunity to flex multiple skill sets with our NATO partners at sea.”

In addition to the passing exercise, Gonzalez and Alpino conducted visit, board, search, and seizure exercises and flashing light communication drills off the coast of Virginia, allowing both crews to gain familiarity and proficiency in tactical maneuvering and communications.

“ITS Alpino’s high-end technology and air asset, the SH-90, was stunning to view and discuss,” said Operations Specialist 1st Class Caitlin N. Cannon. “I truly enjoyed our collaboration and I feel training events like this should be encouraged more often; building relationships with our allies, training alongside each other, and most importantly coming together as a war fighting team, is vital to NATO operations.”

Gonzalez is currently underway conducting basic phase exercises in preparation for a future deployment.



Guided-missile destroyer USS Gonzalez (DDG 66) conducts a passing exercise with the Italian multi-mission frigate ITS Alpino (F 594). Gonzalez, homeported in Norfolk, Va., is currently underway conducting routine training operations.

U.S. Navy photos courtesy of Italian Ministry of Defense



MC3 Zachary Wickline
Chief of Naval Operations Adm. John Richardson and Chief of the French navy Adm. Christophe Prazuck arrive aboard the aircraft carrier USS George H.W. Bush (CVN 77) in an C-2A Greyhound attached to Fleet Logistics Support Squadron (VRC) 40.



MC1 Sean Hurt
Sideboys render honors to Chief of Naval Operations Adm. John Richardson upon his arrival aboard the aircraft carrier USS George H.W. Bush (CVN 77).

FRENCH | Combined exercise completed

Continued from A1

bonds and friendships between the U.S. and French sailors, which consequently, was an essential component for such success during this underway.”

Chesapeake 2018 provided invaluable training between the U.S. and French carrier strike groups as 301 French sailors embarked onboard USS George H. W. Bush to maintain naval aviation proficiency and develop their expertise for real-world multi-national operations.

The exercise presented multiple combat scenarios including cyclic flight operations and combat search-and-rescues. During the exercise participants completed 458 sorties and 752 traps, resulting in 724.5 flight hours.

One of the highlights during the event was the arrival of the highest-ranking officers from each navy, Chief of Naval Operations (CNO) Adm. John Richardson and the Chief of Staff of the French navy Adm. Christophe Prazuck.

“The relationships being built during this exercise will matter when it comes time to operate together in combat conditions,” said Richardson.

During the exercise, more than 180 training evolutions and missions were accomplished onboard the ship, demonstrating the cooperation and interoperability of both navies.

Exercises like Chesapeake 2018 allow participants to develop their expertise and demonstrate current capabilities for real-world multi-national operations with NATO partners to achieve success in carrier strike group operations. Last month, both navies conducted air strikes on Syrian chemical weapons infrastructures, and in June 2016, Adm. Richardson presented the Charles De Gaulle (R-91) with a U.S. Meritorious Unit Commendation for their success of being the only non-U.S Navy entity to take command of U.S. Naval Forces Central Command’s Task Force 50 during Operation Inherent Resolve.

Chesapeake 2018 is named for the historic battle of Chesapeake during the Revolutionary War during which French naval ships cut off British supply lines to General Charles Cornwallis’ army in Yorktown, Virginia. The French navy’s engagement stranded Cornwallis’ army, and less than eight weeks later



MC3 Zachary Wickline
Chief of Naval Operations Adm. John Richardson and Chief of the French navy Adm. Christophe Prazuck address U.S. and French sailors while visiting the aircraft carrier USS George H.W. Bush (CVN 77).

PROMOTION | Sailors of the Year advance

Continued from A1

as shipmates of character,” said Master Chief Petty Officer of the Navy (MCPON) Steven Giordano. “We are all extremely proud of their very significant accomplishments.” The Sailor of the Year Program has recognized Sailors who represent the best of our Navy for almost 50 years. The program

was established in 1972 by the Chief of Naval Operations Adm. Elmo Zumwalt and MCPON John Whittet to recognize Sailors who have demonstrated the highest standards of our Navy, and have proven themselves by their performance, knowledge, and leadership on the deck plates.

For the full video of the ceremony, visit <http://navylive.dodlive.mil/2018/05/17/sailor-of-the-year-ceremony/>.

OPENINGS | Positions available

Continued from A1

A detachment of NNSY, NRMD-KB’s mission is to provide urgent, fast-paced maintenance and refurbishment to meet the Navy’s critical schedule and keep these submarines at sea on the front line of the nation’s defense strategy, ensuring our military remains the world’s most preeminent fighting force.

NNSY recognizes the mission of NRMD-KB and is proactively working to develop a team commensurate with the significance of this job.

“Due to the nature of the SSBN mission, they require rapid turnaround of maintenance so they can be returned to the fleet for strategic deterrence,” said NRMD-KB Director Wade Stanton. “This also means that we continuously strive for first time quality due to the short duration of the maintenance periods.”

Based on the strict operational rotation, the age of the fleet and the need for Tridents to operate for long periods of time without outside support, their maintenance requirements in-

crease and the time they spend at NRMD-KB becomes even more important.

“Currently we are cycling through extended availabilities that will continue for the next few years and it is extremely important that the ships get out on time to support their mission,” said Stanton.

To ensure the work is done on time, on budget, and with first time quality, NRMD-KB is hiring skilled instructors, test mechanics, physical science technicians, marine machinery mechanics, pipefitters, painters, and nuclear engineers.

“The ships could come in at a moment’s notice and we have to be ready to support because our core group of mechanics is small and they require more qualifications than the standard mechanic at NNSY,” said Stanton. “These positions are critical to support the fleet all day, every day, and we don’t have time to wait for subject matter experts to travel all the way down from NNSY.”

If you or someone you know is interested in federal employment at NRMD Kings Bay, please email your resume to FLTHRO_NNSY@navy.mil.

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Autonomous helicopter:

The Howard Hughes Award was presented to the Office of Naval Research and Aurora Flight Sciences for their work on the Autonomous Aerial Cargo Utility System, which allows any rotary-wing aircraft to fly completely autonomously.

» See B4



General Dynamics Bath Iron Works

ABOVE: Irene Hirano Inouye, future USS Daniel Inouye (DDG 118) sponsor and wife of the late Sen. Daniel Inouye, participates in the ship's keel authentication ceremony in Bath, Maine, May 14. The ceremony symbolically recognizes the joining of modular components and the ceremonial beginning of the ship.

LEFT: The keel Laying ceremony for future USS Daniel Inouye (DDG 118) marked the beginning of the vessel's construction phase.

Dennis Griggs

KEEL LAID FOR FUTURE USS DANIEL INOUYE

From Team Ships Public Affairs

BATH, MAINE

The keel of future guided-missile destroyer USS Daniel Inouye (DDG 118) was ceremoniously laid, May 14, at the Bath Iron Works (BIW) shipyard.

Irene Hirano Inouye, the ship's sponsor and wife of the late Sen. Daniel Inouye, was in attendance to authenticate the keel. During the ceremony, authenticators etched their initials into the keel plate to symbolically recognize the joining of modular components and the ceremonial beginning of the ship.

"We are honored to have Mrs. Hirano In-

ouye authenticate the keel of the future USS Daniel Inouye," said Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO) Ships. "We wish the men and women who sail this exceptionally capable ship the same courageous spirit the late Senator Inouye embodied."

The ship's namesake, Daniel Inouye, served as a United States Senator from Hawaii from 1963 until his death in 2012. Inouye received the Medal of Honor for his heroism while serving with the 442nd Infantry Regiment in Italy during World War II. During an assault April 21, 1945, he lost his right arm but continued to fight until the regiment's position

was secured.

DDG 118 will be built in the Flight IIA configuration with the Aegis Baseline 9 Combat System, which includes Integrated Air and Missile Defense capability. This system delivers quick reaction time, high firepower, and increased electronic countermeasures capability for anti-air warfare.

These multi-mission surface combatants serve as integral assets in global maritime security, engaging in air, undersea, surface, strike and ballistic missile defense, as well as providing increased capabilities in anti-submarine warfare, command and control, and anti-surface warfare.

BIW is also currently in production on future destroyers Carl M. Levin (DDG 120), John Basilone (DDG 122), and Harvey C. Barnum (DDG 124) — with start of construction on DDG 124 set to ceremoniously begin later this week — as well as future Zumwalt-class destroyer Lyndon B. Johnson (DDG 1002).

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



Brian Walsh

Mr. Kirk Harris, special assistant, Office of the Under Secretary of Defense with the direct assignment to the Deputy Assistant Secretary of Defense for Force Education and Training, takes aim at the Gunners Mate A School Fire Arms Training Simulator lab May 14.

Special Assistant, Office of the Secretary of Defense, tours TSC and learning sites

By Brian Walsh

Training Support Center Public Affairs

GREAT LAKES, ILL.

Mr. Kirk Harris, Special Assistant, Office of the Under Secretary of Defense with direct assignment to the Deputy Assistant Secretary of Defense for Force Education and Training,

visited Training Support Center (TSC) Great Lakes and Learning Sites (LS) May 14.

The purpose of the visit was to demonstrate the training used at TSC and LS that provide 24-hour supervision, leadership, training, mentorship of Sailors and how that training can be tracked and used once Sailors transition back to civilian life.

"One of the projects at the Office of the Secretary of Defense is how to document the complete life cycle of a service member as it pertains to credentials and apprentice programs from the beginning of a Sailor's career to when they transition from military

» See TSC | B9



Navy recruiters of the year pose for a group photo during the Navy Recruiting Command Recruiters of the Year (ROY) ceremony at the Navy Memorial in Washington, D.C.

MC3 Kyle Hafer

18 Navy recruiters worldwide receive top recognition

By MC3 Kyle Hafer

WASHINGTON

The top Navy recruiters of 2017 were recognized for Navy Recruiting Command's (NRC) Recruiter of the Year (ROY) ceremony held at the U.S. Navy Memorial in Washington D.C., May 17.

Selection for this award is a testament to all the Sailors for their talent acquisition expertise and positive impact in their local communities.

Attendees of the event included Adm.

Bill Moran, Vice Chief of Naval Operations; Vice Adm. Robert Burke, Chief of Naval Personnel; Rear Adm. John Nowell, Director, Military Personnel Plans and Policy; Rear Adm. Peter Garvin, Commander, NRC; Rear Adm. Andrew Mueller, Deputy Commander, NRC; and Command Master Chief Donald Charbonneau, NRC.

"The Navy is growing in readiness, capability and capacity in order to be a more lethal, resilient and agile force to deter and defeat aggression by great power competitors and adversaries.... in other words, the Navy the nation needs," said Burke at the awards ceremony. "Some may think that our ships, aircraft and submarines are the Navy's most important assets, but really it's our Sailors."

Rear Adm. Garvin expounded upon the

» See RECOGNITION | B9

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By Lisa Smith Molinari

This Monday, will you sleep a little later? Will you check the weather over your morning coffee, and curse the rainclouds? Will you stop at the store to grab packages of hot dog buns, bottles of ketchup, and charcoal briquettes? Will you ice down beverages and season hamburger patties? Will you plug in strings of lights, relax in lawn chairs, and enjoy your day off work?

As you should.

However, there are three other things — things that are more important than the grill or the weather or the mosquitoes — that we should all do this weekend so that Memorial Day isn’t just another public observance.

First, stop. Set aside the mundane concerns of the day. Pause the frantic pace of the weekend. Block out the immediate. Focus on what gives Memorial Day meaning.

A few decades ago, everyone knew someone who served in the military. During WWII, 12 percent of Americans joined the service. Now, only one percent of the population serves in the military due to modernization, automation, and the all-volunteer force. This military-civilian gap in familiarity makes it more important for us to make a conscious effort to remember why we observe Memorial Day.

On May 5, 1868, Major General John Logan declared that flowers should decorate the graves of fallen Union and Confederate soldiers

of the Civil War at Arlington Cemetery, stating, “Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic.” By the end of World War I, “Memorial Day” was being recognized across the country as a holiday to honor those soldiers, sailors, airmen and marines who gave their lives fighting for our country’s freedom in all American wars. That’s how it all started.

About 1.2 million Americans have died in battle or while serving in theater in all conflicts since the American Revolution; however, every year, 150,000 men and women voluntarily raise their right hands to enlist in the US military. They take the Oath of Enlistment (or the officers’ Oath of Office) promising to defend the US Constitution “against all enemies, foreign and domestic.” Whatever the reason they decided to enter the military; most join to serve their country, to get the GI Bill, to see the world, or to learn job skills, when they take this solemn vow, they know that there is a possibility, no matter how remote, that they could face danger, injury, or even death. Monday is the day that we show respect for those who paid that ultimate price.

Second, see. Open your eyes. Look around. Find the war memorials in every small town and metropolis in this country. From the small monument alongside the marina in my village of Jamestown, Rhode Island to the moving,

stark Vietnam Memorial bunkering the earth on the Mall in Washington, D.C. From the names of alumni who died serving in combat carved into the wall at my children’s high school, to the All Wars Memorial to Colored Soldiers and Sailors in Philadelphia, Pennsylvania. From the tiny Ball’s Bluff National Civil War-Era Cemetery in Leesburg, Virginia where 54 Union Army soldiers were laid to rest, to the seemingly endless rows of more than 400,000 gravestones at Arlington Cemetery.

Memorials to fallen heroes are everywhere. All you have to do is open your eyes and see them.

Third, feel. As you look at the memorials and gravestones of those who fought for our freedom, think about how it must have felt for them to face the terror of war. Contemplate the courage it must’ve taken for them to place themselves in harm’s way for the greater good. Appreciate that these heroes lost their lives while fighting valiantly so that we can live in a free, democratic society. Consider the families who won’t grill hot dogs or relax in lawn chairs on Monday because they will be shedding tears over the graves of their fallen loved ones.

Those brave, selfless souls deserve to be remembered in a meaningful way. Stop, see, feel on Monday, to keep their legacy of honor alive. www.themeatandpotatoesoflife.com

Women and health: take time to care for yourself

From Tricare

It’s National Women’s Health Week. Do you or the women in your life prioritize their health, or put it on the back burner? Being proactive about your health can help prevent disease and illness. It may also help you catch medical problems before they become serious. TRICARE covers preventive health care for women, including immunizations and screenings.

According to the Centers for Disease Control and Prevention (CDC), the leading causes of death of females in 2015 include heart disease, cancer, chronic lower respiratory disease and stroke. Early detection can increase your chances of surviving treatable illnesses. Medical professionals can detect many “silent symptoms” like high blood pressure and high LDL cholesterol. The symptoms of heart disease are often silent. Regular heart, cholesterol and blood pressure screenings may take place at well-woman exams and Health Promotion and Disease Prevention exams, which are covered annually for females under age 65.

Take steps to reduce your risk for illnesses by scheduling regular visits to your health care provider. These visits will help you navigate common health issues and stay healthy. At a well-woman exam, you may get



Courtesy Tricare

the following no-cost screenings:

- Breast exams: Women age 40 or older and women age 30 or older who are at a higher risk of developing breast cancer should have annual breast exams.
- Pelvic exams: All women should begin cervical cancer screenings at age 21.
- Pap test: Women aged 21-29 should have a Pap test at least every 3 years.
- HPV DNA testing: Performed in conjunction with a Pap test for women age 30 and older.

It’s important to also talk to your health care provider about your emotions, stress, mood, anxiety, sleep patterns or any other mental health concerns. These issues are just as important as concerns about your physical health.

DON’T JUST SURVIVE. THRIVE.

By Amanda-Lee Pitzer

A former Army wife told me this the other day and it stuck with me. Life is NOT about “just getting through it”- even when it’s hard! It got me thinking, I don’t want to look back at this deployment and view myself as just surviving. I don’t want to walk to the finish line with no semblance of a life lived while he was away. Yes, it is hard. Some days more so than others, but my husband deserves to come home to a wife that thrived in his absence. Some of you might think, why? Doesn’t that make you look like you don’t need him? No way! It shows my husband that he can rely on me. You see, our deployed spouses need to know that we are OK on our own. They need to be confident that we can handle whatever life throws at us and still be a whole person that they get to come home to. They don’t want to come home to a portion of you. They

don’t need to walk in the door and see you throwing the kids and a honey-do list a mile long at them while you run out the other direction. Even when things are going badly, I don’t always tell him if I can avoid it. I don’t want him to worry and I don’t want him to feel guilty. He’s also not going to log on to Facebook at some point and see that I’ve done nothing but post updates that are sad, or angry, or upset in any way.

Thriving through deployment is all about our mindset. If you believe you can do this, you will. When the sky is falling you will find a way to catch the pieces and take care of the mess. It will be hard and exhausting at times, but you will rise to the occasion. Then, when the sky is NOT falling...thrive. Take the opportunity to explore the area in which you live. Get out of your comfort zone and make new friends. If you find yourself bored, volunteer to help another spouse who is drowning. At the end of this you’ll look back and be proud that you didn’t sit idle and wallow in the loneliness or hardship. You’ll be proud of what you accomplished in the time your spouse was away. But the biggest reward? The biggest reward is the happy, whole person that will be waiting on that pier to pick up your other half, ready to pick right up where you two left off.

navylife101.wordpress.com



Q. My wife signed a lease without me, and did not have a power of attorney (POA). Does the Servicemembers Civil Relief Act (SCRA) still protect me in terminating my lease?

A. Probably not, she signed the lease with no POA and if you are not on the lease the SCRA does not protect you. The service member must sign the lease to have the SCRA protection. Contact the local HSC if you have any questions.

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

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CYBER MISSION FORCE ACHIEVES FULL OPERATIONAL CAPABILITY

From U.S. Cyber Command

News Release

FORT MEADE, MD.

All 133 of U.S. Cyber Command’s cyber mission force teams achieved full operational capability, Cyber Command officials announced today.

Having Cyber Command achieve full operational capability early is a testament to the commitment of the military services toward ensuring the nation’s cyber force is fully trained and equipped to defend the nation in cyberspace.

To reach full operational capability, teams met a rigorous set of criteria, including an approved concept of operation and a high percentage of trained, qualified and certified personnel. As part of the certification process, teams had to show they could perform their mission under stress in simulated, real-world conditions as part of specialized training events.

Defending Cyberspace, Providing Capabilities

“I’m proud of these service men and women for their commitment to developing the skills and capabilities necessary to defend our networks and deliver cyberspace operational capabilities to the nation,” said Army Gen. Paul M. Nakasone, Cyber Command’s commander.

Cyber Command’s leaders emphasize that while this is an important milestone, more work remains. Now, the focus will shift toward readiness to perform the mission and deliver optimized mission outcomes, continuously.

“As the build of the cyber mission force wraps up, we’re quickly shifting gears from force generation to sustainable readiness,” Nakasone said. “We must ensure we have the platforms, capabilities and authorities ready and available to generate cyberspace outcomes when needed.”

The cyber mission force has been building capability and capacity since 2013, when the force structure was developed and the services began to field and train the force of over 6,200 Soldiers, Sailors, Airmen, Marines and civilians.

The mission did not wait while teams were building. While they were in development, or “build status,” teams in the cyber mission force were conducting operations to safeguard the nation.

“It’s one thing to build an organization from the ground up, but these teams were being tasked operationally while they were growing capability,” Nakasone said. “I am certain that these teams will continue to meet the challenges of this rapidly evolving and dynamic domain.”

Cyber Mission Force

The cyber mission force is Cyber Command’s action arm, and its teams execute the command’s mission to direct, synchronize and coordinate cyberspace operations in defense of the nation’s interests.

Cyber mission force teams support this mission through their specific respective assignments:

— Cyber national mission teams defend the nation by identifying adversary activity, blocking attacked and maneuvering to defeat them.

— Cyber combat mission teams conduct military cyberspace operations in support of combatant commander priorities and missions.

— Cyber protection teams defend DoD’s information network, protect priority missions and prepare cyber forces for combat.

— Cyber support teams provide analytic and planning support to national mission and combat mission teams.

Some teams are aligned to combatant commands to support combatant commander priorities and synchronize cyberspace operations with operations in the other four domains — land, sea, air and space — and some are aligned to the individual services for defensive missions. The remaining teams report directly to subordinate command sections of Cyber Command, the cyber national mission force, and Joint Force Headquarters-DoD Information Network.

The cyber national mission force plans, directs and synchronizes full-spectrum cyberspace operations to deter, disrupt and if necessary, defeat adversary cyber actors to defend the nation.

National mission force teams are aligned to support the cyber national mission force.

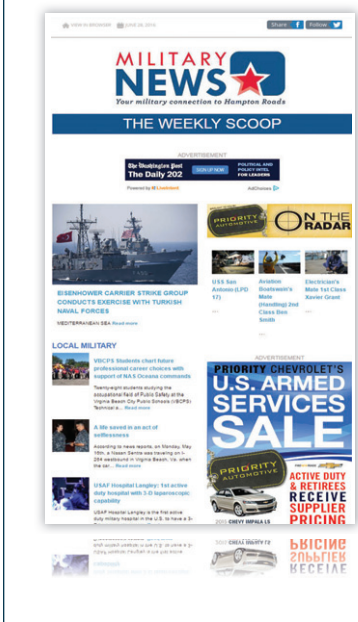
Joint Force Headquarters-DoD Information Network, which also achieved full operational capability this year, provides command and control of DoD information network operations, defensive cyber operations and internal defensive measures globally to enable power projection and freedom of action across all warfighting domains.



DoD Graphic

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AUTONOMOUS HELICOPTER TECHNOLOGY WINS ANOTHER MAJOR AWARD

By Sierra Jones
Office of Naval Research

ARLINGTON, VA

Yesterday, a revolutionary advance in autonomous flight capability was recognized with one of the nation’s top innovation awards.

The Howard Hughes Award-given by the American Helicopter Society- was presented to the Office of Naval Research (ONR) and Aurora Flight Sciences for their joint work on the Autonomous Aerial Cargo Utility System, or AACUS. AACUS allows any rotary-wing aircraft to fly completely autonomously and enables mission success even in austere environments.

“The team is honored to be recognized for our work,” said Dr. Knox Millsaps, head of ONR’s Naval Air Warfare and Weapons Department. “But we’ll know if our work has been a real success if it can keep even one more warfighter safe and out of harm’s way during a resupply mission-that’s our true measure of success.”

AACUS is a package of sensors and software that can be integrated into rotary-wing aircraft to provide safe, reliable and rapid delivery of cargo to Marines in the field using autonomous capabilities. These capabilities include flight, route planning, obstacle avoidance, landing selection-even on unprepared fields-and takeoffs.

Designed for simple use, AACUS employs an intuitive handheld tablet that allows a Marine in the field to call up needed supplies very quickly and easily.

That capability was on display in December 2017 when AACUS successfully completed its final demonstration at the Urban Training Center at Marine Corps Base Quantico, Virginia. A highlight of the demonstration included a Marine requesting an autonomous resupply after only 15 minutes of training.

“The AACUS technology provides a revolutionary way to re-supply our forces in the field,” said Millsaps. “It could simplify the logistics train for supplying critical warfighting cargo to forward-deployed troops, and do this in a more economical manner without placing human pilots at risk in high-threat environments.”

AACUS has won and been nominated for other high-profile awards as well. In addition to receiving the Howard Hughes Award, the technology was a finalist for the recent National Aeronautic Association’s 2017 Robert J. Collier Trophy.

Earlier this month, the program received the XCELLENCE Award in the category of “Detect and Avoid” from the Association for Unmanned Vehicles Systems International.

AACUS was developed under an ONR Innovative Naval Prototype program in partnership with technology company Aurora Flight Sciences. The program is now with the Marine Corps for further experimentation and development.

Sierra Jones is a contractor for ONR Corporate Strategic Communica-



Photos by John Williams

Sgt. Dionte Jones watches as a UH-1 Huey equipped with the Office of Naval Research-sponsored Autonomous Aerial Cargo/Utility System (AACUS) autonomy kit departs the landing zone following a resupply mission he requested using a handheld tablet at Marine Corps Base Quantico. The AACUS program is developing an innovative capability that enables autonomous flight, obstacle avoidance, approaches, landings and takeoffs in any existing rotary-wing aircraft.



A UH-1 Huey equipped with an Office of Naval Research-sponsored Autonomous Aerial Cargo/Utility System (AACUS) autonomy kit makes an approach for landing during final testing at Marine Corps Base Quantico.

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Marines offload cargo from a UH-1 Huey equipped with an Office of Naval Research-sponsored Autonomous Aerial Cargo/Utility System (AACUS) autonomy kit following a landing during final testing at Marine Corps Base Quantico.



A UH-1 Huey equipped with an Office of Naval Research-funded Autonomous Aerial Cargo/Utility System (AACUS) autonomy kit lands within the walls of a Forward Operating Base during final testing at Marine Corps Base Quantico.



A Marine offloads cargo from a UH-1 Huey equipped with an Office of Naval Research-sponsored Autonomous Aerial Cargo/Utility System (AACUS) autonomy kit following a landing during final testing at Marine Corps Base Quantico.



A UH-1 Huey equipped with an Office of Naval Research-sponsored Autonomous Aerial Cargo/Utility System (AACUS) autonomy kit makes an approach for landing during final testing at Marine Corps Base Quantico.



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MC2 Nathan K. Serpico
The Arleigh Burke-class guided-missile destroyer USS Michael Murphy (DDG 112) transits the western Pacific. The U.S. Navy has patrolled the Indo-Asia-Pacific routinely for more than 70 years promoting regional peace and security.

DDG-51 PROGRAM MARKS START OF CONSTRUCTION MILESTONES AT BIW, HII

From Team Ships Public Affairs

WASHINGTON

The Navy’s Arleigh Burke-class (DDG 51) destroyers continue to achieve shipbuilding milestones with start of construction at both shipbuilders, Bath Iron Works (BIW), Bath, Maine, and Huntington Ingalls Industries, Pascagoula, Mississippi.

On May 17, construction of the future USS Harvey C. Barnum Jr. (DDG 124) began at BIW. The ship’s namesake, Col. Harvey “Barney” Barnum, Jr. (Ret.), was on hand to officially

mark the start of fabrication on the ship.

In Pascagoula, Mississippi, construction of the future USS Jack H. Lucas (DDG 125) officially began May 7. DDG-125 will be the first Arleigh Burke class destroyer built in the Flight III configuration with improved capability and capacity to perform anti-air warfare (AAW) and ballistic missile defense (BMD) in support of the integrated air and missile defense (IAMD) mission.

These milestones, which signify the first 100 tons of steel being cut, were marked with ceremonies held in the shipyards’ respective fabrication shops.

“This is an exciting time in the DDG-51 program as we celebrate the start of construction on DDG-124 and DDG-125,” said Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO) Ships. “Both of these ships are named after Medal of Honor recipients and we are proud to honor their legacy with such capable warfighters.”

These ships are Aegis baseline 9 (DDG-124) and baseline 10 (DDG-125) IAMD destroyers with significant capabilities against modern air warfare and BMD threats. When operational, these multi-mission surface combatants will serve as integral players in global maritime security, engaging in air, undersea, surface, strike and ballistic missile defense as well as providing increased capabilities in anti-submarine warfare, command and control, and anti-surface warfare.

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

SSC Atlantic computer scientist named DON IT Rising Star of the Year

By Holly Carey
Space and Naval Warfare Systems Center Atlantic Public Affairs

CHARLESTON, S.C.

Space and Naval Warfare Systems Center (SSC) Atlantic computer scientist Brianeisha Eure received a Department of the Navy (DON) Information Management/Information Technology (IM/IT) Excellence Award at the DON IT East Conference in Norfolk, Virginia, April 24.

Eure was presented with the IT Rising Star of the Year award for her role as the information systems security manager (ISSM) for the Defense Health Agency (DHA) Enterprise Intelligence and Data Solutions (EIDS) Program Management Office (PMO).

The annual DON IM/IT Excellence Awards recognize projects, teams and individuals who help transform the Navy and Marine Corps through information technology. The IT Rising Star of the Year awardee is recognized for displaying visionary thinking, innovation and superior leadership skills in delivering IT to support the DON’s mission.

Eure manages a complex architecture and infrastructure of more than 300 servers with services including multiple solutions of big data analytics, data visualizations, data warehousing, virtual desktops, and web services. Eure received the award, in part, due to her work in

significantly reducing Assured Compliance Assessment Solution software vulnerabilities, Security Technical Implementation Guide findings, and open plan of action and milestone items.

“I am extremely honored to receive this award, especially so early in my career with SSC Atlantic,” said Eure. “It has been a thrilling experience to be able to deliver impactful results in such a short timeframe supporting the DHA EIDS PMO. I could not have done it without the support of the integrated product team, my cyber team, and fellow ‘SPAWARRIORS,’ to include my mentor Sean Perryman.”

Eure leads and mentors her staff of 11 civilian and contractor information systems security officers and has established regular team mentoring roundtables and ‘Q&A’ forums for her geographically dispersed team.

“Her mentoring has extended to additional process documents and ‘Q&A’ sessions for all Defense Health Agency ISSMs on Risk Management Framework lessons learned,” said Shannon Cole, Eure’s supervisor, and information systems security tier 3 competency lead.

The DHA EIDS PMO provides seamless data services and decision support for clinicians, patients, beneficiaries, analysts, researchers, and Department of Defense leadership in support of the delivery of healthcare to service members from battlefield to the homefront.

“Brianeisha’s efforts to document processes, automate administration and improve visibility greatly increased the cyber resilience of the enclave,” said Cole. “And for that we are truly appreciative.”

The award was presented by Navy Cyber Security Division Director Rear Adm. Danelle Barrett (OPNAV N2N6G), Acting DON Chief Information Officer (CIO) Dr. Kelly Fletcher, and Marine Corps Acting Director Command, Control, Communications and Computers (C4) and CIO Ken Bible.

SSC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable command, control, communication, computers, intelligence, surveillance, reconnaissance (C4ISR), cyber and information technology (IT) capabilities.

US Pacific Fleet conducts change of command

By MC1 Phillip Pavlovich
U.S. Pacific Fleet Public Affairs

PEARL HARBOR

Adm. John C. Aquilino relieved Adm. Scott Swift as commander of U.S. Pacific Fleet during a change of command ceremony at Joint Base Pearl Harbor-Hickam, May 17.

During his remarks, Swift reflected on his time in the Navy and thanked the Sailors and civilians at Pacific Fleet for their hard work at the command.

“I am grateful for the opportunities the Navy has provided,” said Swift. “Most of all, I love the Navy for the relationships I have developed. But to finish my career here, in the Pacific Fleet, the only fleet I have ever sailed in, headquartered in the city I was born in, in the harbor of my father’s first command, doing what I love is something dreams are made of.”

Adm. Harry Harris, commander of U.S. Pacific Command, said it was a great honor to publically commend Swift for a spectacular tour and commended him for his leadership over the past three years.

“Thank you to the women and men of Pacific Fleet for being where it matters, when it matters, and with what matters to decisively prevail in all contingencies from peace to war,” said Harris. “Your efforts have advanced maritime security and enhanced stability not only in the Indo-Pacific, but also

the world.”

With the historic USS Arizona and Battleship Missouri memorials as the backdrop, Chief of Naval Operations Adm. John Richardson welcomed Aquilino and recognized Swift’s achievements as Pacific Fleet commander.

“This is a celebration of the Pacific Fleet,” said Richardson. “In the action of a single salute, all authority, all responsibility and all accountability will transfer from Admiral Swift to Admiral Aquilino. And with that transfer of command, with that salute, so to goes our loyalties ... congratulations on your selection to this unbelievably vital position. You are the perfect team to lead the fleet to a new level of performance.”

After assuming command, Aquilino said his mission was clear — be ready to execute prompt and sustained combat operations at sea against any adversary, and win.

“A great power competition has reemerged as the central challenge to security and prosperity against our nation,” said Aquilino. “Nowhere are the stakes of that great power competition higher than here in the Indo-Pacific region. To any potential adversary that wishes to challenge us, the secretary of defense said it best, ‘You can have no better friend, or you can have no worse enemy’ than the U.S. Pacific Fleet; that choice will be yours.”

U.S. Pacific Fleet is the world’s largest fleet command, encompassing 100 million square miles, more than half the



MC3 Jessica O. Blackwell
Adm. Scott H. Swift, outgoing commander of U.S. Pacific Fleet, right, and Adm. John C. Aquilino, incoming commander of U.S. Pacific Fleet, left, salute each other during a change of command ceremony. The world’s largest fleet command, the U.S. Pacific Fleet encompasses 100 million square miles, nearly half the Earth’s surface, from Antarctica to the Arctic circle and from the West Coast of the United States into the Indian Ocean. The U.S. Pacific Fleet consists of approximately 200 ships and submarines, nearly 1,200 aircraft, and more than 130,000 Sailors and civilians.

Earth’s surface, from Antarctica to the Arctic Circle and from the west coast of the United States into the Indian Ocean. The U.S. Pacific Fleet consists of more than 200 ships and submarines, nearly 1,200 aircraft, and more than 130,000 Sailors and civilians.

PACIFIC PARTNERSHIP 2018 KICKS-OFF IN THAILAND FOR FIRST TIME

By Lt. Clyde Shavers
CTF73/DESRON 7 Public Affairs

PATTAYA, THAILAND

Pacific Partnership 2018, the largest annual multilateral humanitarian assistance and disaster relief (HA/DR) preparedness mission, kicked off aboard the expeditionary fast transport ship USNS Brunswick (T-EPF-6) in Pattaya, Thailand, May 20.

This will be the first time Thailand hosts Pacific Partnership since the exercise series’ first iteration in 2006. Over 130 military personnel from the U.S., United Kingdom and Australia will conduct medical, dental and veterinary subject matter expert exchanges at the Queen Sirikit Naval Hospital while working side-by-side with local professionals and non-governmental organizations on HA/DR readiness.

The medical team will share knowledge and experiences on topics ranging from obstetric trauma emergencies, rheumatology and pediatric trauma to nursing care and veterinary education. The civil affairs team from the U.S. Army 83rd Civil Affairs Battalion will be conducting a joint symposium and tabletop exercise with Royal Thai Armed Forces counterparts to practice disaster response and preparedness.

“We are here because, like our U.S. colleagues, we are committed to increasing multilateral cooperation and partnership across the region,” said Royal Navy Capt. Peter Olive, Deputy Mission Commander of Pacific Partnership 2018. “Working together with you, our gracious hosts, we therefore hope to build mutual understanding of how better to respond to natural disasters in the future.”

Thailand is considered U.S.’ oldest regional ally as both U.S. and Royal Thai Armed Forces continue to conduct increasingly sophisticated annual engagements including the Cooperation Afloat Readiness and Training (CARAT) exercise which began in 1995, Southeast Asia Cooperation and Training (SEACAT) involving more than a dozen nations and Cobra Gold, Asia-Pacific’s largest multinational exercise.

“I would like to thank the U.S. Government, Pacific Command and other allies that have made this project happen,” said Royal Thai Armed Forces Maj. Gen. Suthon Muanpithak, Directorate of Joint Operations.

Pacific Partnership, in its 13th iteration, began as a humanitarian response to the 2004



MC2 Joshua Fulton
Royal Navy Capt. Peter Olive, Deputy Mission Commander of Pacific Partnership 2018 (PP18), delivers remarks during the opening ceremony of Pacific Partnership 2018 (PP18) Thailand aboard Military Sealift Command expeditionary fast transport ship USNS Brunswick (T-EPF 6).

tsunami that devastated parts of Southeast Asia. By building on the region’s shared goal to strengthen national capacities and preparedness for disaster response, 22 partner nations around the globe in 18 host nations in the region have participated since 2006.

Brunswick has visited Yap, Palau, Malaysia and Singapore as part of the Pacific Partnership 2018 mission to develop sustainable projects on a range of topics that enable critical infrastructure development across the region. So far, the crew have conducted over 100 medical engagements and subject matter expert exchanges, and nearly 20 engineering projects and 100 community relations and band performances.

“Pacific Partnership 2018 will enhance interoperability for quick response of unexpected disasters,” said Suthon. “This exercise will be long lasting in our memories.”

Brunswick is one of three expeditionary fast transport ships in the U.S. 7th Fleet area of responsibility to continue its mission of providing rapid intra-theater transport of troops and military equipment. Specially configured for humanitarian and disaster relief operations, Brunswick is currently capable of accommodating a robust multi-specialized team of medical, engineering and civic assistance personnel to support the Pacific Partnership mission.



MC2 Joshua Fulton
Capt. Charles Black, commanding officer of USNS Brunswick, salutes sideboys upon arrival to the opening ceremony of Pacific Partnership 2018 (PP18) Thailand aboard Military Sealift Command expeditionary fast transport ship USNS Brunswick (T-EPF 6).



MC1 Byron Linder
Royal Navy Capt. Peter Olive, Deputy Mission Commander of Pacific Partnership 2018 (PP18), dances with a child during a community outreach event in support of PP18 mission stop Thailand, May 21.



MCSN Caledon Rabbipal
Culinary Specialist 2nd Class Asia Hill, assigned to Pacific Partnership 2018 (PP18), participates in a block-stacking game at a community outreach event in support of PP18 mission stop Thailand, May 21.

2018

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Fire Controlman 1st Class Leonardo Madonado gives Mr. Kirk Harris, special assistant, Office of the Under Secretary of Defense with the direct assignment to the Deputy Assistant Secretary of Defense for Force Education and Training, a tour of the RADAR Partial Task Trainer Lab used in Electronics Technician/Fire Controlman A School May 14.

Photos by Brian Walsh

TSC | *Taking the tour*

Continued from B1

to civilian life,” Harris said. “We want to install a housing group to capture the very early stages of a Sailors career, because they will be a veteran at some point. For example, if you are an aircraft mechanic and you want to get an Airframe and Power plant license a Sailor would have to have all their hours logged during their time in the Navy so that they can use that time in earning a license.”

Harris began the day meeting with TSC’s command leadership followed by a tour of the student indoctrination’s Life Skills training. Sailors arriving from boot camp attend the training before any rate-specific courses. Subjects taught in the course cover sexual assault intervention, military pay and entitlements, healthy relationships, navigating stress, operations security, banking and financial management service, and responsible alcohol use.

“During today’s visit to TSC by Mr. Harris, we wanted to demonstrate how we conduct training and develop today’s Sailors,” said Capt. Mark Meskimen, commanding officer of TSC Great Lakes. “Visits like this one today are crucial to the Navy’s overall mission. They provide us the opportunity to showcase the premier training that we provide to these Sailors, preparing them personally and professionally for their next assignment at sea, and throughout their career both in and outside of the Navy.”

At Surface Warfare Officers School Unit (SWOSU) Great Lakes, command leadership led a tour of the training facilities of Basic Engineering Common Core (BECC).

BECC is a 13-day course where students learn engineering principals and theory. It balances Computer Based Training (CBT) with hands-on labs and instructor-led classroom training. They also visited the Shift, Inspect, Clean, Lube oil Strainers Lab, Purifier Lab and LPD 17 Maintainer Course, where students gain knowledge and skills to maintain engineering control systems in the fleet.

The tour also included a stop at the Center for Surface Combat Systems Unit (CSCSU) Great Lakes, where Harris observed the Fire Arms Training Simulator, Electronics Technician/Fire Controlman ‘A’ school T1 RADAR partial task trainer, and Boatswain’s

Mate ‘A’ School.

“What I saw today was really neat,” Harris said. “Everything on the tour today is very useful in giving us better understanding and ideas in continuing our project at the Office of the Secretary of Defense. I was impressed with the virtual reality CBTs used to teach engineman prior to actually touching the engine. This gives Sailors better training and confidence in what they do moving forward.”

BELOW: Chief Machinist’s Mate Jeffrey Collado gives Mr. Kirk Harris, special assistant, Office of the Under Secretary of Defense with the direct assignment to the Deputy Assistant Secretary of Defense for Force Education and Training, a tour of Basic Engineering Common Core Purifier Lab at Surface Warfare Officer School Unit Great Lakes May 14.



Photos by MC3 Kyle Hafer
Rear Adm. Andrew Mueller, deputy commander of Navy Recruiting Command, left, Chief of Naval Personnel Vice Adm. Robert Burke and Rear Adm. Peter Garvin, commander of Navy Recruiting Command speak outside the Navy Memorial during the Navy Recruiting Command Recruiters of the Year (ROY) ceremony in Washington, D.C.

RECOGNITION | *Recruiters receive top award*

Continued from B1

qualities that make up a Navy recruiter.

“We are here tonight to recognize the superb work of these outstanding Sailors,” said Garvin. “They are the best recruiters in the United States Navy, and they represent the finest recruiting has to offer.”

Legalman 1st Class Trisha Poynter, assigned to Navy Recruiting District (NRD) Ohio, believes her decision to become a recruiter was worth the challenge.

“Being chosen as a ROY is a great honor, I am very thankful and humbled to be chosen,” said Poynter, recruiter of the year, Navy Reserve. “It shows that hard work, dedication and passion does lead to great accomplishments. I have had excellent leaders and mentors along the way that have made a great impact on my career and this accomplishment.”

Also recognized for out-performing every other recruiting district was NRD Phoenix, NRC’s Gold “R”, District of the Year.

The ceremony was just one event during a three-day occasion held in our nation’s capital city. The 18 awardees had the opportunity to visit the Pentagon and meet with senior Navy leadership including Robert Woods, Assistant Secretary of the Navy for Manpower and Reserve Affairs; and Patrick Barrett, Deputy Chief, Navy Reserve.

The 2017 winners include:

- Operations Specialist 1st Class Ryan Clark, Enlisted Recruiter of the Year, active
- Lt. Victor Agunbiade, Officer Recruiter of the Year, active
- Lt. j.g. Massimo Ongaro, Officer Recruiter of the Year, Navy Reserve
- Navy Counselor 2nd Class Jason Ellis, Sourcer of the Year
- Navy Counselor 1st Class James Condon, Sales of the Year
- Aviation Structural Mechanic 1st Class John Redshaw, Assessor of the Year
- Machinist’s Mate 2nd Class Louis Smith, Onboarder of the Year
- Machinist’s Mate (Nuclear) 1st Class Luis Saucedo, Nuclear Field Coordinator of the Year
- Machinist’s Mate 1st Class Suemaya Dib, Station Leading Petty Officer of the Year
- Navy Counselor Chief Petty Officer William Currie IV, Division Leading Chief Petty Officer of the Year
- Ship’s Serviceman 1st Class Fritz Castillo-Trinidad, Diversity Enlisted Recruiter of the Year
- Lt. Derek Strauser, Diversity Officer of the Year
- Navy Counselor 1st Class Matthew Weldy, Medical Officer Recruiter of the Year
- Lt. Jeffery Shepard, Nuclear Propulsion Officer Candidate Recruiter of the Year
- Utilitiesman 1st Class Kevin Yaksich, Navy Special Warfare/ Navy Special Operations Recruiter of the Year
- Personnel Specialist 1st Class Paul Lagman, Classifier of the Year
- Yeoman 1st Class Roy Stanley II, Support Person of the Year.



Navy recruiters of the year speak with Robert Woods, assistant secretary of the Navy for manpower and reserve affairs, during the Navy Recruiting Command Recruiters of the Year (ROY) week at the Pentagon in Washington, D.C. ROY week is a three-day event recognizing the nation’s top Navy recruiters for their talent acquisition expertise, positive impact on local communities and upholding the highest of Navy values.

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NORFOLK NAVY VETERAN SERVES UP THE POPCORN:

Omar Hasan was not only known for his impeccable leadership by his Naval comrades, but also as a popcorn enthusiast. Popcorn was always his snack of choice during tough periods in the military. Now, he's sending care packages to those who still wear the uniform in harms way.

» See C5



19TH ANNUAL BLACKBEARD PIRATE FESTIVAL RETURNS TO DOWNTOWN HAMPTON, JUNE 1-3



ABOVE:
Hampton's official
Blackbeard Ben
Cherry and his
wife Dolores.

RIGHT: One of
the many ships
you can see at
the Blackbeard
Festival, The
Meka II prepar-
ing for battle

Photos courtesey Hampton CVB

Event featured on Travel Channel's Expedition Unknown and Named One of the Top Five Pirate Festivals in North America by USA Today Travel celebrates demise of most daunting colonial pirate in three-day event; Prepare to Walk the Plank!

From Hampton CVB

Hampton, VA- Pillage and plunder your way through the coastal seaport city of Hampton, Virginia this June 1-3 when the 19th annual Hampton Blackbeard Pirate Festival returns for another year of swashbuckling excitement! Featured on the October 21, 2015 episode of the Travel Channel's Expedition Unknown entitled Blackbeard's Hidden Gold and named one of the Top Five Pirate Festivals in North America by USA Today Travel, the festival celebrates Hampton's rich maritime heritage by commemorating the 300th ANNIVERSARY of the demise of our most infamous visitor, Captain Edward Teach, a.k.a. Blackbeard the Pirate.

During the later part of the 1600's and early 1700's, pirates roamed the coastal waters of Virginia and North Carolina in search of ships laden with tobacco and other goods. The marauders terrorized waterways and unsuspecting cargo ships, capturing goods, sailors and ships. Captain Edward Teach, better known as Blackbeard the Pirate, was the most daunting of these menacing outlaws.

After years of wreaking havoc on Virginia's shores and

economy, Blackbeard's life was finally taken in a violent sea battle with Lieutenant Robert Maynard in 1718. His severed head was impaled upon a pole near the mouth of Hampton Creek, now known as Blackbeard's Point, to serve as an unyielding reminder that piracy would not be tolerated in Virginia.

Three-hundred years later, beginning June 2, roughly 50,000 seafaring attendees, as well as Blackbeard and his crew, will once again invade downtown Hampton during the 19th annual Blackbeard Pirate Festival! Interact with Blackbeard (personified by first-person interpreter Ben Cherry) and more than 300 other authentically costumed pirate re-enactors as they run rampant on the streets of America's oldest continuous English-speaking settlement.

The festivities kick off Friday night, June 1, 7:30 p.m. – 10:30 p.m., at the Historic Post Office in downtown Hampton with the 19thannual Grand Pirates Bash (creative black tie, period attire or Pirate fantasy). The celebration, a recreation of Blackbeard's Party at Okracoke, will feature a bounty of food, adult beverages, live music Rusty Cutlass

(one of the world's most notorious pirate bands), and more.

Saturday's activities include a swarm of extemporized street skirmishes between pirates and militia (costumed interpreters), a replica of Blackbeard's pirate camp, complete with living history interpreters teaching the skills of the sailor circa 1700, and the trial and escape of William Howard, one of Blackbeard's fellow pirates with ties to Hampton. Don't miss the exhilarating re-enactment of the classic sea battle between Lt. Maynard and Blackbeard, featuring two full — scale replica vessels in the Hampton Harbor. At the conclusion of the sea battle a presentation ceremony takes place in which Blackbeard's severed head will be bestowed upon Virginia Governor Alexander Spotswood (1710-1722). Visitors can participate in the festivities when they join Blackbeard's funeral procession, Hampton's own version of Mardi Gras, and share in the booty from the treasure chest.

This year, the Hampton Blackbeard Pirate Festival welcomes three tall ships to the downtown docks: MEKA II, Macnab, and Tall Ship Adventure. Based in Beaufort, NC MEKA II has an overall length of 54' and is a 2/3 — scale replica of an 17th Century, two masted pirate brigantine armed with 8 cannons. Her homeport is Beaufort, North Carolina where locals and tourist take pride in her ongoing

» See **BLACKBEARD** | A3

WWE SUPERSTARS TO PERFORM IN HAMPTON DURING MEMORIAL DAY WEEKEND

By Jonathan McLarty

The Superstars of the World Wrestling Entertainment's (WWE) Monday Night Raw brand will make a stop at the Hampton Coliseum on Sunday, May 27. The non-televised event will feature WWE Intercontinental Champion Seth Rollins, Braun Strowman, WWE Women's Champion Nia Jax, and other Superstars that you can watch on the USA Network every Monday night. Hampton Coliseum will host the Memorial Day weekend event, whose start time is 7:30 p.m.

The past couple of months have been filled with historic events for WWE. Only a few weeks removed from WrestleMania 34 taking over the city of New Orleans, WWE presented The Greatest Royal Rumble in Jeddah, Saudi Arabia. Over 60,000 members of the WWE Universe filled the stadium for the momentous occasion that was also streamed on the WWE Network. For the first time ever, 50 male Superstars competed in the largest Royal Rumble match ever. Daniel Bryan, who drew the first entry into the match, set the new record for longest participant in a single Royal Rumble match by lasting over 75 minutes, breaking the record held by Rey Mysterio in previous years. Speaking of Mysterio, the master of the 619 took part in the match that was filled with other surprise entrants, including stars of the NXT brand. Ultimately, Braun Strowman would outlast all other competitors to win the Greatest Royal Rumble trophy and commemorative championship title.

WWE Raw Women's Champion Nia Jax defeated former champion Alexa Bliss at both WrestleMania and Backlash. After defeating her bully, Jax put out a challenge to "Rowdy" Ronda Rousey. Reluctant at first, Rousey accepted the challenge in what would only be her second WWE match. The battle will take place at the Money in the Bank pay-per-view on June 17 and can be viewed on the WWE Network.

Controversy has surrounded Roman Reigns' quest to take the WWE Universal Championship from current-champion Brock Lesnar's grasp. At The Greatest Royal Rumble event, Reigns speared Lesnar through the wall of a steel cage, leading to both men crashing to the floor in an ugly heap. Traditionally, the match would be awarded to whomever had both of their feet hit the arena floor first. As the exit from the ring was out of the ordinary, the referee awarded the match to Lesnar as his body hit the floor first. Upon further review, it was Reigns whose feet hit first. Although the referee has acknowledged that he made the wrong call, the decision has to stand as it was originally rendered. Jinder Mahal, the former SmackDown Live Superstar who was



Photos Courtesy WWE

BELOW:
WWE Raw Women's
Champion Nia Jax.

WWE intercontinental
Champion Seth Rollins.

moved to Raw in the Superstar Shakeup, has recently been involved in brawls with the frustrated Reigns.

Sami Zayn and Kevin Owens, after losing their opportunity at remaining on the SmackDown Live roster by losing to Shane McMahon and Daniel Bryan at WrestleMania 34, now call Monday Night Raw their home. A constant thorn in the side of Raw General Manager Kurt Angle, Zayn and Owens were drafted to Monday Night Raw at the request of Commissioner Stephanie McMahon. Most recently, Zayn has gotten under the skin of Bobby Lashley. Additionally, Kevin Owens will be one of eight competitors in the men's Money in the Bank Ladder Match in June.

Tickets for WWE Live at Hampton Coliseum can be purchased via all Ticketmaster outlets, as well as the Hampton Coliseum box office. Tickets are available as low as \$15, plus active members of the Military can request complimentary tickets to the event by contacting the Hampton Coliseum box office directly. For all of the latest WWE news and to subscribe to the WWE Network, visit WWE.com.

Jonathan McLarty is a contributing writer for The Flagship, as well as a local sports and event photographer. Connect with him on Twitter (@JonathanMcLarty) and view his photography at McLartyPhoto.Zenfolio.com

Community

■ **Submit YOUR events, news and photos**

The Flagship welcomes submissions from our readers online.

Please submit **events** here: www.militarynews.com/users/admin/calendar/event/

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

Calendar

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

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.

Brian McKnight 4 with Chrisette Michele and K’BANA BLAQ

- May 26, 7:30 p.m. \$29.50–\$84.50
- Union Bank & Trust Pavilion, 16 Crawford Circle, Portsmouth
- www.pavilionconcerts.com
- 757-393-8181

The UMOJA Festival returns to Portsmouth with The Brian McKnight 4 headlining at Union Bank & Trust Pavilion on Saturday, May 26. Chrisette Michele and K’BANA BLAQ open the concert. Brian McKnight has released 13 albums, with several going 2x and 3x platinum, and he has sold more than 20 million albums worldwide.

Not Your Average Cookout 4

- May 27, 4 p.m.–11:30 p.m. \$25–\$50
- Nauticus - 1 Waterside Drive, Norfolk
- 757-202-6691 or 757-447-7379
- www.NYAC4.Eventbrite.com

This year, NYAC4 will give you that festival feel -- featuring food trucks, vendors, arts, games, and music culture! This epic event is taking place outside on the Elizabeth River under the Nauticus Pavilion. To take this event to the next level, we have NYC’s own, Mister Cee, on the soundtrack -- giving you that classic cookout music!



The Championship Tour: Featuring Kendrick Lamar, SZA, Schoolboy Q, Jay Rock, Ab Soul, SiR, and Lance Skiiwalker

- May 27, 7:30 p.m. Tickets start at \$48
- Veterans Home Loans Amphitheater, 3550 Cellar Door Way, Virginia Beach
- www.livenation.com
- 757-368-3000

Kendrick Lamar headlines Top Dawg Entertainment: The Championship World Tour 2018 with special guests SZA, Schoolboy Q & Jay Rock and plays concerts across North America.

Steel Pier Classic and Surf Art Expo

- May 26-28,
- Virginia Beach oceanfront between 1st and 7th Street
- www.vbsurfartexpo.com or www.steelpierclassic.com

Kick off Memorial Day Weekend at the Steel Pier Classic and Surf Art Expo, May 26-28 at the Boardwalk from 1st through 7th streets. Featuring Surf Art by more than 70 artists from the Eastern Seaboard, and particularly the local art scene. Works from all mediums, including painting, jewelry, pottery, wood, glass, and photography will be featured. Plenty of public parking at 2nd, 4th, 7th, and 9th street lots. Professional and amateur surfing competition will take place at the First Street Jetty.

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.



BRADFORD NATIVE RECEIVES OUTSTANDING MILITARY MUSICIAN AWARD

By Rick Burke

Navy Office of Community Outreach Public Affairs

NORFOLK

A Bradford, Virginia, native received the Col. Finley R. Hamilton Outstanding Military Musician Award serving at U.S. Fleet Forces Band (USFFB) in Norfolk, Virginia.

Navy Musician 2nd Class Nicole Starr received the award for her outstanding musical and leadership excellence.

The Outstanding Military Musician Award is named after Col. Finley R. Hamilton. It acknowledges U.S. Army, Marine Corps, Navy, Air Force and Coast Guard enlisted musicians, and honors the memory of Colonel Finley R. Hamilton, U.S. Army (Ret.), who succumbed to cancer while serving as President of the National Band Association (NBA).

USFFB, known as “The Finest of the Fleet,” is the musical representative for Commander, U.S. Fleet Forces Command, U.S. Fleet Forces Command in Norfolk, Virginia. The band provides musical support for ships,

military bases, foreign dignitaries and community events throughout the Mid-Atlantic and Ohio River Valley areas of the United States.

Starr graduated from Navy RTC in December of 2015. After completing “A” School, Nicole was assigned to the USFFB as a clarinet instrumentalist. She currently serves as the unit leader for the clarinet trio and as an outreach and Command Fitness Leader assistant and also performed with the Kwa-Zulu Natal Philharmonic in South Africa.

Prior to her service in the Navy, she received a degree in music education from the University of New Hampshire and a Master’s in clarinet performance from the University of Southern California.

Outside of the Navy, Nicole enjoys gardening, cooking, and doing crafts with her 5-year-old daughter.

Nicole is married to trumpet instrumentalist Musician 3rd Class Jon Starr, who is currently on deployment with Continuing Promise 2018.

Norfolk native serves aboard one of the U.S. Navy’s first ‘Stealth Ships’

By Ricky Burke

Navy Office of Community Outreach

BATH, MAINE

A 1998 Potomac Job Corps in Washington D.C. school graduate and Norfolk, Virginia, native is serving as part of the Pre Commissioning Unit for the future Arleigh Burke-class destroyer, USS Thomas Hudner (DDG 116).

Chief Petty Officer Shawn Beiser is an information systems technician assigned to DDG 116 in Bath, Maine.

As an information systems technician Beiser is responsible for information security and is the leading chief petty for 13 sailors in his division.

“I like having the opportunity to travel,” said Beiser. “I’ve been to over 25 countries and completely around the world.”

DDG 116 is currently undergoing tests and trials in preparation for delivery to the U.S. Navy from shipbuilder Bath Iron Works. Arleigh Burke class destroyers measure approximately 500 feet long and are powered by four gas turbines that allow the ship to achieve over 30 mph in open seas. Destroyers are tactical multi-mission surface combatants capable of conducting anti-air warfare, anti-submarine warfare, anti-surface warfare, and ballistic missile defense, as well as humanitarian assistance. Fast, maneuverable, and technically advanced, destroyers provide the required warfighting expertise and operational flexibility to execute a variety of missions.

“Thomas J. Hudner Jr., a naval aviator who retired as a captain, received the Medal of Honor from President Harry S. Truman for displaying uncommon valor during an attack on his element leader, the first African American naval aviator to fly in combat, Ensign Jesse L. Brown,” said Cmdr. Nathan W. Scherry, commanding officer, PCU Thomas Hudner. “On 07 May 2012, Secretary Mabus announced that DDG 116 will be named in Captain Hudner’s honor. Today, as the Navy’s finest 300 Sailors crew the 66th Arleigh Burke Class Destroyer, they do so with a tremendous amount of honor, pride, and sense of duty. We are extremely honored to be able to carry Captain Hudner’s values and legacy forward



MC1 Tim Miller

Beiser has military ties with family members who have previously served and is honored to carry on the family tradition.

“Being raised in Norfolk, Virginia, I had the benefit of seeing the Navy as a son of a former sailor.”

Chief Petty Officer, Shawn Beiser

so that they are never forgotten. We are proud to be able to carry out our missions in defense of our country’s freedom and values, and humbled to be part of the Hudner family.”

Beiser has carried lessons learned from his hometown into his military service.

“Being raised in Norfolk, Virginia, I had the benefit of seeing the Navy as a son of a former sailor,” said Beiser.

With a crew of over 300 sailors, each crew member’s job is important to the smooth operation of the ship. The jobs range from weapon handling to navigation.

Beiser has military ties with family members who have previously served and is honored to carry on the family tradition.

“My grandfather-in-law, father, uncle, and two brothers all served in the Navy,” said Beiser. “My nephew is currently carrying the family torch serving as a limited duty officer.”

Beiser’s proudest accomplishment was having the honor of making the rank of chief petty officer.

“This was a special time in my life because I was pinned by my wife, kids and grandmother with the same chief anchors that my grandfather wore when he served,” said Beiser. “Those anchors were given to my grandfather by one of his closest friends.”

Close living conditions build strong fellowship among the crew, Navy officials explained. The crew is highly motivated, and quickly adapt to changing conditions. It is a busy life of specialized work, watches, and drills.

As a member of one of the U.S. Navy’s newest ships, Beiser and other sailors know they are part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

“Serving in the Navy means I get to carry on a family legacy serving and protecting our country,” said Beiser.

The construction of the ship is over 98% complete. The ship is scheduled for commissioning in late 2018 in Boston, Mass. For more information about the commissioning, visit www.usshudnerddg116.org.

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May 25-31

SOLO: A STAR WARS STORY (PG-13) Fri. Thru Sun.: 10:00, 10:30, 11:00, 1:00, 1:30, 2:00, 3:00, 4:00, 4:30, 5:00, 6:00, 7:00, 7:30, 8:00, 10:00, 10:30, 11:00 3D: 12:00, 9:00 Mon. Thru Thurs.: 10:30, 11:00, 1:00, 1:30, 2:00, 3:00, 4:00, 4:30, 5:00, 6:00, 7:00, 7:30, 8:00, 10:00 3D: 12:00, 9:00	BREAKING IN (PG-13) 10:40, 1:05, 3:20, 5:35, 7:50, 10:05
SHOW DOGS (PG) Fri. Thru Sun.: 10:10, 12:20, 2:40, 5:10, 7:35, 9:55 Mon. Thru Thurs.: 12:20, 2:40, 5:10, 7:35, 9:55	AVENGERS: INFINITY WAR (PG-13) 11:45, 3:15, 6:45, 10:10
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	DEADPOOL 2 (R) Fri. Thru Sun.: 10:15, 10:45, 11:15, 1:15, 1:45, 2:15, 4:15, 4:45, 5:15, 7:15, 7:45, 8:15, 10:15, 10:45, 11:15 Mon. Thru Thurs.: 10:45, 11:15, 1:15, 1:45, 2:15, 4:15, 4:45, 5:15, 7:15, 8:15, 10:15, 10:45

visit

WWW.FLAGSHIPNEWS.COM

BLACKBEARD | *Hampton's pirate festival returns*

Continued from C1

efforts to preserve maritime heritage. The Macnab is a 28ft. cutter based in Deltaville, VA.

Brand new this year is Tall Ship Adventure, Hampton's very own character vessel! The sailing vessel Flying Lady will arrive in Hampton a week prior to the festival and will ultimately be retrofitted and recommissioned as Tall Ship Adventure, to become a semi-permanent fixture on the Hampton River. The Tall Ship Adventure was Blackbeard's true flag ship so it's only fitting that she is unveiled during the 300th anniversary of Blackbeard's last battle.

In addition to the tall ships, the festival will also welcome Sailboat Apostle. Sailboat Apostle was built by Thomas E. (Tom) Colvin in 1959 in Bayou La Batre, Alabama. Originally an open cockpit centerboard sailboat, Apostle drew 22 inches with centerboard up and six feet with centerboard down. Throughout her history, she made many excursions in the Caribbean and the Gulf of Mexico.

This year, the event will once again feature the Blackbeard children's area, with children's entertainment and activities including colonial games, pirate face-painting, strolling fairies, digging for treasure, and more within Carousel Park along Settlers Landing Road. Featured this year are Pirate of Fortune's Folly of Pennsylvania, Fins and Seashells Mermaids of Virginia, and more.

In addition to the children's area, guests will have the opportunity to stroll through Blackbeard's Pirate Camp where they can learn how to use a cutlass, load a cannon, or even sing a sea chantey at Pirate's Cove. At Mill Point Park, visitors can also explore a collection of 17th& 18th century pe-



Night fire demonstration and from battery point that starts off the fireworks.

riod vendors selling items such as jewelry, clothing, art, and personal accessories.

Another highlight of Pirate's Cove is Bunch of Grapes Tavern, a rustic tavern-style throwback to what a Hampton bar would have looked like in the 18th century. Feel free to rub elbows with some of the local swashbucklers and be served by wenches.

Other weekend amusements include a pirate procession, stage performances, street entertainers, cannon fire at Battery

Point, period weaponry demonstrations, vendor demonstrations, roving music, and more. Head down Queens Way to check out the Blackbeard stage, complete with daytime pirate entertainment. Don't forget about The Downtown Hampton Block Party, with musical guest Buckshot taking place 7:00 p.m. – 11:00 p.m. on Queens Way. Saturday night will conclude with a dramatic fireworks display at 9:00 p.m. over the Hampton River!

DON'T MISS!! In commemoration of the 300th anniversary the death of the notorious Blackbeard and the 19th Annual Blackbeard Festival, the exhibit Pirates, Privateers and Buccaneers, on loan from the South Carolina State Museum, tells the story of Blackbeard, who blockaded Charleston Harbor in 1718 prior to his death in North Carolina, along with the stories of many other pirates.

The exhibit will thrill those who have always been fascinated by these desperadoes of the seas. It will dispel a number of popular myths about pirates, such as that they made their victims walk the plank, and used phrases such as 'arrgh,' and 'matey,' which are fictions of Hollywood. This exhibit will also address the problem of modern piracy dispelling another popular myth that pirates disappeared a long time ago.

The exhibition is **FREE** during Blackbeard Weekend. Pirates, Privateers and Buccaneers continues through September 2, 2018.



The Blackbeard Pirate Festival:

- 7:00 p.m.–11:00 p.m. on Friday, June 1 (Blackbeard Bash- Ticketed Event);
- 10:00 a.m.–10:00 p.m. on Saturday, June 2;
- Noon–6:00 p.m. on Sunday, June 3.

NEW EXHIBITION



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ANSWERING AMERICA'S CALL
Newport News in World War I

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MarinersMuseum.org



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Chesapeake native serves aboard the stealth ship, USS Thomas Hudner

By Ricky Burke
Navy Office of Community Outreach

BATH, MAINE

A 2013 Western Branch High School graduate and Chesapeake, Virginia, native is serving as part of the Pre-Commissioning Unit for the future Arleigh Burke-class destroyer, USS Thomas Hudner (DDG 116).

Seaman David Miano is a cryptologic technician (technical) assigned to DDG 116 in Bath, Maine.

As a cryptologic technician Miano is responsible for providing countermeasures to ensure the overall safety of the ship.

“I enjoy having the opportunity to learn about electronics,” said Miano.

DDG 116 is currently undergoing tests and trials in preparation for delivery to the U.S. Navy from shipbuilder Bath Iron Works. Arleigh Burke class destroyers measure approximately 500 feet long and are powered by four gas turbines that allow the ship to achieve over 30 mph in open seas. Destroyers are tactical multi-mission surface combatants capable of conducting anti-air warfare, anti-submarine warfare, anti-surface warfare, and ballistic missile defense, as well as humanitarian assistance. Fast, maneuverable, and technically advanced, destroyers provide the required warfighting expertise and operational flexibility to execute a variety of missions.

“Thomas J. Hudner Jr., a naval aviator who retired as a captain, received the Medal of Honor from President Harry S.

Truman for displaying uncommon valor during an attack on his element leader, the first African American naval aviator to fly in combat, Ensign Jesse L. Brown,” said Cmdr. Nathan W. Scherry, commanding officer, PCU Thomas Hudner. “On 07 May 2012, Secretary Mabus announced that DDG 116 will be named in Captain Hudner’s honor. Today, as the Navy’s finest 300 Sailors crew the 66th Arleigh Burke Class Destroyer, they do so with a tremendous amount of honor, pride, and sense of duty. We are extremely honored to be able to carry Captain Hudner’s values and legacy forward so that they are never forgotten. We are proud to be able to carry out our missions in defense of our country’s freedom and values, and humbled to be part of the Hudner family.”

Miano has carried lessons learned from his hometown into his military service.

“My family taught me to treat everyone with the highest degree of respect,” said Miano.

With a crew of over 300 sailors, each crew member’s job is important to the smooth operation of the ship. The jobs range from weapon handling to navigation.

Miano has military ties with family members who have previously served and is honored to carry on the family tradition.

“My father previously served for four years as a submariner and my sister is currently serving in the Navy,” said Miano.

Miano’s proudest accomplishment was going out to sea for the first time and accomplishing all tasks given.

“Being a junior sailor, it was important for me to do well and operate equipment competently,” added Miano.



U.S. Navy photo

Close living conditions build strong fellowship among the crew, Navy officials explained. The crew is highly motivated, and quickly adapt to changing conditions. It is a busy life of specialized work, watches, and drills.

As a member of one of the U.S. Navy’s newest ships, Miano and other sailors know they are part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

“Serving in the Navy means that I am responsible for myself and having the proper judgement to decide right from wrong, and to help others whenever necessary,” said Miano.

intheaters now

SOLO: A STAR WARS STORY (PG-13)

Board the Millennium Falcon and journey to a galaxy far, far away in Solo: A Star Wars Story, an all-new adventure with the most beloved scoundrel in the galaxy. Through a series of daring escapades deep within a dark and dangerous criminal underworld, Han Solo meets his mighty future copilot Chewbacca and encounters the notorious gambler Lando Calrissian, in a journey that will set the course of one of the Star Wars saga’s most unlikely heroes.

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



Courtesy LucasFilm/Disney

Alden Ehrenreich as Hans Solo in Solo: A Star Wars Story (Picture:)

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?

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.

JEB Little Creek, Gator Theater – 462-7534

Friday, May 25
6 p.m. Avengers: Infinity War (PG-13)
9 p.m. Traffic (R)

Saturday, May 26
1 p.m. I Feel Pretty (PG-13)
4 p.m. Rampage (PG-13)
7 p.m. Avengers: Infinity War (3-D) (R)

Sunday, May 27
1 p.m. Rampage (PG-13)
4 p.m. Avengers: Infinity War (PG-13)
7 p.m. Truth Or Dare (PG-13)

Monday, May 28
1 p.m. Avengers: Infinity War (PG-13)
4 p.m. Avengers: Infinity War (3-D) (R)

NAS Oceana, Aero Theater – 433-2495

Friday, May 25
6 p.m. Avengers: Infinity War (PG-13)
9 p.m. Rampage (PG-13)

Saturday, May 26
12 p.m. I Feel Pretty (PG-13)
3 p.m. Avengers: Infinity War (3-D) (PG-13)
7 p.m. Super Troopers 2(R)

Sunday, May 27
12 p.m. Avengers: Infinity War (PG-13)
3 p.m. Blockers (R)
6 p.m. Avengers: Infinity War (3-D) (PG-13)



Courtesy Marvel Studios

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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.

Norfolk navy veteran celebrates Memorial Day and one-year retirement with expanding popcorn business

From Living Hope

NORFOLK

Memorial Day is a special day to commemorate veterans like retired Lieutenant Commander, Omar Hasan who served multiple tours as a commissioned officer for over 20 years including Operation Desert Storm on USS Nimitz in the Persian Gulf. After completing his Electrical Engineering degree from Purdue University he was commissioned in 2003 as a land-based Civil Engineer Corps Officer at locations such as the remote island of Deigo Garcia, Manama Bahrain, San Diego, CA, and Kabul, Afghanistan. He was promoted to Lieutenant junior grade while in Great Lakes IL and then to Lieutenant in Pearl Harbor HI, followed by Lieutenant Commander in Manama Bahrain.

Hasan was not only known for his impeccable leadership by his Naval comrades, but also as a popcorn enthusiast. Pop-



Photos courtesy Living Hope

corn was always his snack of choice during tough periods in the military. As he began to wrap up his career in the military, he looked for the opportunity to learn more about popcorn and the possibility of opening a store front including sending care packages to those who still wear the uniform in harms way.

One year after his retirement, the Navy vet’s new base is now bringing his love for music and popcorn to others with his gourmet popcorn brand Pop Culture Gourmet Popcorn, a family-owned, popcorn-loving business merging 40 edgy, dominant, and defining popcorn flavors that inspired by creative pop culture.

“You’ve got to have a prepared strategy after retiring from the military. I always knew that the food industry would be my area of creative focus so I made it my new duty to build something memorable that everyone could enjoy”, says Hasan.

From Yeah Mon (butter rum, mango, and coconut inspired by Actor Lamman Rucker); and Cayenne Western (a buffalo ranch and sriracha blend inspired by artist Kanye West) to Chicago Billionaire (yellow cheddar on caramel inspired by icon Oprah Winfrey); D’Alicias Keylime (Keylime pie with

sweet frosting inspired by Alicia Keys) and more, customers enjoy the bold tastes and pop culture experience online and at the downtown Norfolk location. He is soon expanding the brand to a new Atlanta location along with a fulfillment center.

“Many ask me what I’m doing with my time post-military. Though, I’m enjoying a different lifestyle, I’m staying in shape and contributing to the fiber of America in a different way now; through entrepreneurship. I can’t ask for a better life.”

Recently Hasan received a congratulatory letter from Walmart informing him that he’s made it to the third round to pitch his popcorn at Walmart headquarters in Bentonville, Arkansas for

the U.S. Manufacturing Summit’s “Investing in America” Jobs program June 13th. Hopefully the brand will be on Walmart shelves soon.

A fine salute to a veteran turned entrepreneur who has a lot to celebrate this Memorial Day.

Pop Culture Gourmet Popcorn can be supported at popculturepopz.com or visit the Norfolk store at 112 Granby St., Norfolk VA 23510.

“ You’ve got to have a prepared strategy after retiring from the military. I always knew that the food industry would be my area of creative focus so I made it my new duty to build something memorable that everyone could enjoy”

Lieutenant Commander (Ret.), Omar Hasan

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THE BENEFITS OF CHILD’S PLAY EXTEND BEYOND EXERCISE

From Brandpoint

When you think about the most important part of a child’s school day, what comes to mind? Is it reading? Science? Math or history? What about recess?

Children will likely mention recess as their favorite part of the day, and new research shows that this free time is actually a fundamental component to their future development and host to numerous educational opportunities.

Yet, if there are such benefits for children in recess and unstructured play, why are school districts everywhere reducing it?

More than just exercise

Researchers for years have hypothesized about the link between the reduction in free play and the rise of childhood obesity, but new research also indicates a link between children’s ability to engage in free play and their overall development.

A recent meta-study by the University of Minnesota’s Institute of Child Development, commissioned by Landscape Structures Inc., finds that “children’s early experiences and the settings they inhabit play a powerful role in shaping the adults they will become.” The meta-study also finds that unstructured play provides children the opportunity to practice key social, cognitive and physical skills.

The research draws from a wide body of social scientific analyses, case studies and examinations of play and playground behavior. Educators, child psychologists, playground designers and the American Academy of Pediatrics all contributed to the report.

The findings show that when left in unstructured play, children spend roughly 80 percent of their time on the playground engaging in important activities such as social, physical and pretend play. Any or all of these activities have been shown to further a child’s future development.

The manner in which playtime is spent is nearly as important as the amount of time spent. Well-designed playgrounds have proven to be a uniquely flexible play setting with equipment that supports social and imaginative play while also supporting children with diverse needs and ability levels. Toddlers, for example, appreciate the physical challenge of climbing a few



stairs while older children will set their sights on the taller portions of the structure.

However, at the same time that the benefits of unstructured play are being expounded, the research shows the time spent in open play is under attack.

Threats to play come from myriad sources, including restrictive school and work schedules, safety concerns, organized after-school activities and the rise of passive entertainment options including television and video games. These factors combined are seen as the key reasons children’s unstructured play has dropped by 25 percent since 1981.

Pushing back for play

While the importance of classroom lesson plans can never be discounted in a child’s educational path, the opportunity for recess and open play should not be seen only as a break. Landscape Structures’ research findings show children actively learn while in play and that the skills they learn here cater to their continual development. The educational lessons don’t end when the bell rings for recess; they simply become a lot more fun.



Playing has many benefits aside from physical exercise. Social, mental, and emotional benefits are important aspects of unstructured, free playtime.

Photos courtesy Brandpoint

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MEMORIAL DAY 2018

#PoppyInMemory



Brandpoint image

From Brandpoint

What’s your dream vacation? Whether you live to travel or only manage to get away for a couple of long weekends every year, you probably have a bucket list of places to go and sites to see. Sometimes it feels like there might be too many options. For some people, it’s adventure travel in Basque Country, exploring the caves of Urkiola, paddle boarding around the Urdaibai Estuary and indulging in world-renowned cuisine; for others, it’s a relaxing vacation in Thailand, including a meditation course, spa day and island hopping through the Phi Phi Islands. Either trip would rejuvenate travelers, yet they are quite different from one another. But no matter where you go in the world, there’s one thing that’s the same: People are going cash-free.

Going cash-free saves money

Part of traveling to a foreign country is exchanging money. With new coins and bills in your pocket, you can spend freely, buy souvenirs, meals, whatever you like. Research shows that 87 percent of travelers have leftover cash after their trips, so most of us have experienced the mad dash to spend your foreign cash before you board your flight home. But that doesn’t always happen. Only 29 percent of travelers convert their foreign cash back to U.S. dollars. On average, this leaves \$123 on the table.

That’s a costly souvenir.

Not to mention that getting foreign currency before your trip is just one more thing to do in the pre-planning process. And while 72 percent of respondents in the study said they get cash, many of them also admitted that, with the ease of traveling without cash, it was a waste of time. Skip the cash to save time and money by using your Visa credit card internationally. Plus, you can use

your Visa card to pay in local currency, you are ensuring you get a competitive exchange rate and aren’t stuck with hidden currency conversion fees.

Peace of mind

Even if you’re diligent and always exchange your cash at the end of every trip, one of the biggest perks to traveling without cash is security. Virtually every traveler worries about leaving their money in the hotel room or losing it in some way or another. There’s no easy way around it: Traveling with cash is stressful, and can impact an otherwise great trip. Why go through the hassle? Accepted nearly everywhere in the world, travelers can use Visa to make purchases with confidence anytime, virtually anywhere in the world. Unlike cash, your Visa card can be replaced if lost or stolen to provide greater freedom for people to enjoy their travel experiences.

Explore the world differently

For travel enthusiasts looking to explore the world cash-free, The Visa Cashless Challenge: International Travel Edition Search will send one lucky winner on a cash-free adventure across the globe. Visa has partnered with Arden Cho (@arden_cho) and brothers Alex and Marko Ayling (@TheVagaBrothers) to create two unique trips that will show the winner what it’s like to travel the world cash free. The winner of the challenge will choose between a relaxing trip to Thailand or an adventurous journey through Spain’s Basque Country. The winner will have the opportunity to decide between destinations, but once they do, will experience firsthand the ease of traveling cashless in the 21st century, and receive pro-tips on how best to document their journey along the way. For more information visit: www.visa.com/cashlesstravel

4 COMMON MISTAKES KEEPING YOU FROM A GOOD NIGHT’S SLEEP

From Brandpoint

Do you wake up in the morning feeling tired, even if you went to bed early? Do you struggle to feel well rested? Is it difficult to fall asleep or stay asleep all night? You’re not alone. Healthy adults generally need 7 to 9 hours of sleep each night, although sleep quality is just as important as sleep quantity. If your sleep is frequently interrupted, you’re not getting quality sleep. This can have a tremendous effect on your mental and physical health. To get a good night’s rest, there are many things that often get overlooked. Mayo Clinic health experts weigh in on four of the most common mistakes that keep people from a good night’s rest.

1. Ignoring sleep hygiene

Sleep hygiene refers to your sleep lifestyle and the choices you make that either facilitate or restrict quality rest. Common lifestyle mistakes that often inhibit sleep include eating heavy meals before bed or drinking caffeine too late in the day. Additionally, establishing a sleep routine is essential for telling your mind and body it’s time to rest. This includes going to bed at the same time each night and minimizing exposure to light at bedtime, especially the glow coming off your favorite technology. Turn off media 30 minutes to an hour before bed so you can wind down and settle in.

2. Causes of insomnia

Insomnia is defined as having problems getting to sleep or staying asleep three nights a week or more for at least three months. Some insomnia is due to medical issues, such as restless leg syndrome and sleep apnea. Once medical causes are ruled out, it’s important to look at habits that might be facilitating insomnia. One common mistake is people spend too much time doing things other than sleep in the bedroom. If you get into bed and don’t fall asleep within 20 minutes, get up and go to another room. When your eyes get heavy and



Brandpoint image

your head starts to bob, get back into bed. This trains your brain to associate bed with sleep.

3. Overusing sleep aids

Many people reach for sleep aids to get a good night’s rest, but doing so regularly is not recommended. Most over-the-counter sleep aids contain antihistamines, and people often build a tolerance to them. That means they lose their effectiveness the longer you take them. What’s more, OTC sleep aids often leave you feeling groggy in the morning as your body attempts to wake from the sleep hangover. They do not provide the feeling of restorative sleep that most people want to achieve.

4. Taking naps

If you don’t sleep well, you may decide to take an after-

noon nap. Chance are, you don’t sleep well again and do the same thing the next day. It can be an endless cycle. Long daytime naps can interfere with nighttime sleep. If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day (try right after lunch, for example). Instead of napping, do some physical activity. It can help energize your body and will tire you for later in the day. The only consideration is to avoid exercising too late in the day as it can wake your body and make it difficult to fall asleep. These four common mistakes can easily be corrected at home, but if you continue to have trouble with sleep, consider requesting an appointment with a Mayo Clinic specialist at www.mayoclinic.org/appointments.

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Georgetown Colony-2100 Georgetown Blvd., Sat., May 26, 9-3. Moving Sale, BR, lin, din, kit, furniture, flat screen TV, refrig, wash/dryer, range, men & women clothing & shoes, more. Rainy/shine.

Greenbrier-POA Annual Community Yd Sale, Sat., May 26, 8-Noon. Over 12 neighborhoods participating along Eden Way N., River Birch Run N. & South & at the corner of Volvo Pkwy & Greenbrier Pkwy. Look for the bright yellow signs.

Garage Sale - Norfolk

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Garage Sale - Portsmouth

Long Point Neighborhood-Wide Yard Sales May 26, 2018, 8:00am-12:30pm. Located at Long Point Blvd and Twin Pines Road

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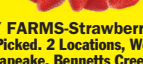
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Banana Trees for Sale-\$25 to \$75. Grown locally in Chesapeake. 472-3518

Power Boats/Cruisers



Wellcraft 1997 24'-1. Cabin, 225 HP 2000 Johnson w/rebuilt carbs 2017 & other engine upgrades, trim tabs, GPS, Fishfinder, trailer. Boat & motor very good condition \$12,500, 757-418-4477

Sewing Machines/Vacuums

Dressmaker Sewing Machine, \$75, free fabric with purchase. 757-410-4508.

Topsoil-Mulch

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

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

Wanted To Buy

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

Watersports/Jet Skis

Sea-Doo 2016 GTI SE 155 Showroom New! Only 7 hrs. Used 2 times. New cover & PFD, straps, flush kit. C.G. Pkg. 1 yr. factory warranty included. \$8,250 (804) 436-6742

Auctions

Auction-Fri., May 25, 4 PM. Witchduck Self-Storage, 5198A Cleveland St., Va. Beach. F12, 48 Hr. Removal. Cash. Call 490-3020. Rain date 5/30.

AUCTION-Sat., May 26, @ 9:30 AM DALE OLD WRECKER SERVICES 1340 HEAD OF RIVER RD. CHESAPEAKE, VA 20+ Tow In & Abandoned Autos

8:00 AM Sat., MAY 26 BARRETT STREET AUCTION CENTER

Mid Century Modern 1950's Paul McCobb Calvin Furniture dresser, mirror, chest, wall cabinet, twin headboards, 6 chairs, Walter of Wabash Paul McCobb dining table with (2) leaves, collection of acoustic and electric guitars Gibson Les Paul, Fender Stratocaster, Epiphone, Peavy, Godwin, Yamaha, Martin, Ibanez, amps, stands, Wedgwood, pine bedroom sets, hand woven estate rugs, Madame Alexander Dolls, Steiff Animals, Doll Furniture, Tiffany & Co Brass Clock, Clocks, Roland Keyboard, Fireplace Mantle, Saxophone, records, German beer steins, Lionel trains, Costume Jewelry, Royal Doulton, Total Gym, Craftsman Tool Chest w/Tools, Generac 4000XL Generator, Toro Lawn Mower, Porta Cable 135 PSI Air Compressor, Outdoor Furniture, TOO MANY ITEMS TO LIST. See www.facebook.com/barrettstreetauction. Preview: Fri., MAY 25 - 9 am to 5 pm 13% Buyer's Prem. discounted 3% for Cash/Check. Barrett Street Auction 2645 Dean Dr., Virginia Beach, VA 757-463-1911 Tom Giroux VAAF #229 www.barrettstreet.com

BARRETT STREET AUCTION

Sat., May 26, 8:00 a.m. Mid-Century Modern Paul McCobb Calvin Furniture dresser, chest, wall cabinet, Walter of Wabash Paul McCobb dining table with (2) leaves, (6) chairs, collection of acoustic and electric guitars Gibson Les Paul, Fender Stratocaster, Epiphone, Peavy, Godwin, Yamaha, Martin, Ibanez, amps, stands. This is a partial listing. 463-1911.

Jack's Towing, monthly auto auction 3rd Sat. at 12 Noon. Call 461-6785 for info.

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

Suffolk for Unpd R E Tax; 6/21; 10 AM VAF 662 www.vaauctionco.com 538-0123

The Contents of the Following Units will be offered for online auction ending Tue., May 29, at 11 AM at Western Branch Storage. Listings will posted on Storageauctions.com Cash Only. A6-Lovvies, A17-Larke, C103-Hill.

Drivers/Transportation/Shipping

DISPATCHER, PT M-F, Sat as req'd. Rotating hours based on needs. Salary: \$11.00 non-CDL. \$12.95 w/CDL. P. Suffolk, VA. Apply: www.vatransit.org. Questions:1-877-271-2708 EOE M/F/D/V

Tow Truck Operators Needed Will Train, 40K+Yr. Potential Earning. Call Today (757) 459-8010.

Accounting/Finance

FINANCIAL REPRESENTATIVE

FIRST FINANCIAL GROUP-VIRGINIA BEACH, VA. First Financial Group is looking for candidates with prior experience as an FR and/or a bachelor's degree in business. FFG offers a comprehensive mentorship program, competitive pay, and benefits. Call Darrell Williams for more information 757-477-0554. Darrell Williams, First Financial Group is an Agency of The Guardian Life Insurance Company of America® (Guardian), New York, NY. Securities products and advisory services offered through Park Avenue Securities LLC (PAS), member FINRA, SIPC. OSJ: 7101 Wisconsin Avenue, Suite 1200 Bethesda, MD 20814. ph# 301.907.9030. PAS is an indirect, wholly-owned subsidiary of Guardian. This firm is not an affiliate or subsidiary of PAS. 2018-57-338 Exp 5/20.

Administration/General Office

ADMIN ASSISTANT Great Bridge 9-5 MF EMP@RTLEASTENERS.COM No calls or walk-ins please.

Receptionist - PT/Sat Only Local Funeral Home. Great position for retiree. Good verbal communication skills required. Call 496-9727

Advertising/Marketing Media

Marketing Coordinator (00013A)

Responsible for enhancing Old Dominion University's image by developing and coordinating University-wide branding and marketing materials for all platforms and channels. Close Date is June 01, 2018. To review position requirements in full, and submit an application, please visit <http://jobs.odu.edu/postings/7958> AA/EOE

Building & Construction/ Skilled Trades

Plumber II #23360 The City of Virginia Beach Department of Public Works is recruiting for an experienced Plumber with at least 5 years of experience in plumbing. For more information and to apply online by 5/30/18 go to www.vbgovcareers.com EOE

Skilled Asphalt Workers Needed Driver Contractors in Suffolk is hiring Paver & Roller Operators, Rakers, Laborers, CDL Dump Truck Drivers-Will train the right person - We offer health & dental, 401K, paid vacations. Must be able to pass federal background check since a lot of our work is on Gov't bases and shipyards. Call 757-538-8351 between 11 & 1pm or email resume to drivercontractors.com Attn: Sharon Reno

Building & Construction/ Skilled Trades

TRAFFIC CONTROL TECHS

Traffic Plan seeks Traffic Control Techs to set up & direct traffic around construction sites. A valid VA driver license & clean driving record a must, good pay & benefits. If interested please fill out an application at 2601 D Trade Street Chesapeake, VA Monday-Thursday 3pm-5pm or online at trafficplan.com

Computers/IT/Technology

Developer Advisor sought by Anthem, Inc. in Norfolk, VA to facilitate programming on specific application subsets of the company's application portfolio. Apply online at www.jobpostingtoday.com, ref # 25118.

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

Counseling/ Social Services/ Non-Profit

CASE MANAGER - DD ADULT/CHILD

Job Duties: Case Manager needed to provide comprehensive case management / support coordination services to individuals with Developmental Disabilities. Applicant must possess demonstrated KSA's to provide assessment, linkage, monitoring, collaboration, coordination, support, problem solving and training to DD population. Experience providing case management services to adults and / or children with developmental disabilities.

Work Schedule: Monday - Friday; 8:00 am - 5:00 pm. Flexing of work schedule may be necessary to accommodate consumer need. BS degree in human services required.

Qualifications: Bachelor's Degree in the Behavioral Sciences or related fields required and at least one year experience working with persons with DD. Experience in the provision of DD case management and experience working with the Virginia Medicaid Waiver system is preferred. Valid VA Driver's License and acceptable driving record required at time of employment and maintained thereafter.

Hiring salary range: \$40,600 - 47,439. Starting salary is commensurate with experience.

Colonial Behavioral Health offers a generous benefit package to include health and dental insurance, participation in the Virginia Retirement System (VRS), deferred compensation, flexible spending accounts, eleven (11) paid holidays, vacation and sick leave.

Please visit <http://www.colonialbh.org/career-opportunities.aspx> to apply for the position.

Education/Training

Accomack County Public Schools Coordinator of ESL and Migrant Instruction

BENEFITS: 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 License with English as a Second Language. Must possess extensive experience in the field of ESL/ Migrant education to include classroom exp. and supervisory/administrative experience. Must possess at least 5 years of teaching exp. that includes experience with ESL students. Must possess the ability to guide and train teachers in effective instructional techniques and strategies. Must possess the knowledge and expertise in budget development. Must possess the ability to establish and maintain effective working relationships with staff, students, parents, and the community. SUMMARY: Position is responsible for supervising, planning, and coordinating the English as a Second Language and the Migrant Programs. This position is responsible for supporting the district's ESL program initiatives. This position collaborates with administrators, as well as provides guidance and expertise in the best practices for successful language acquisition, specifically in four language domain areas of reading, writing, speaking, and listening. This position is fully funded.

APPLICATION DEADLINE: Wednesday, May 30, 2018

SUBMIT TO: Mrs. Clara Chandler, Director of Human Resources, P.O. Box 330, Accomack, VA 23001. All applications must be completed online and view the complete job description at www.accomack.k12.va.us. Please contact the Human Resources Dept at (757) 787-5754 with questions regarding application procedures. The Accomack County School System does not discriminate on the basis of age, sex, handicap, race, religion, color, or national origin in its employment practices. We are an equal opportunity employer.

Accomack County Public Schools Director of Special Education

BENEFITS: 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 License with an endorsement in Administration and Supervision. Must possess extensive experience in the field of special education to include classroom experience and supervisory/administrative experience. Must possess comprehensive knowledge of the principles of a special education program. Must possess a demonstrated knowledge of state and federal regulations governing special education programs to include Section 504 and IDEA. Must possess the ability to plan, organize, and direct a comprehensive special education program. Must possess excellent leadership, supervisory, interpersonal, organizational and communication skills. Must possess the ability to establish and maintain effective working relationships with students, staff, parents/guardians, and the public. SUMMARY: Directs and coordinates activities of teachers and other staff providing home or school instruction, evaluation services or other special education services to physically, mentally, emotionally, or neurologically disabled children.

APPLICATION DEADLINE: Wednesday, May 30, 2018

SUBMIT TO: Mrs. Clara Chandler, Director of Human Resources, P.O. Box 330, Accomack, VA 23001. All applications must be completed online and view the complete job description at www.accomack.k12.va.us. Please contact the Human Resources Dept at (757) 787-5754 with questions regarding application procedures. The Accomack County School System does not discriminate on the basis of age, sex, handicap, race, religion, color, or national origin in its employment practices. We are an equal opportunity employer.

Education/Training

POSITION ANNOUNCEMENT FOR COLLEGE OF THE ALBEMARLE

College of The Albemarle seeks applications for an **Instructor/Program Coordinator, Agribusiness Technology**. Req.: master's degree in agriculture, agribusiness, agricultural science or a related field w/ 18 gsh in agriculture or specialized training at the level required to meet SACS criteria for academic & professional preparation of assigned area of instruction. To apply for the position visit: <https://www.governmentjobs.com/careers/albemarleedu/>

Healthcare/ Medical

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

MENTAL HEALTH SERVICES

District 19 Community Services Board Come and work for the leader of mental health, intellectual disability and substance abuse services. Salained positions include excellent benefits with Virginia Retirement System. A flexible work schedule, including 4-day work week, is possible in some positions. Starting salary is commensurate with experience and training. The following positions are available here at District 19 CSB and can be reviewed at www.d19csb.com:

1078: Director of Community and Crisis Services 342: SUD Therapist-Licensed

For job descriptions and applications, please visit our website on the next business day at www.d19csb.com or visit our Human Resources office at 20 W. Bank Street, Suite 7, Petersburg, VA 23803. Please do not email applications or resumes. District 19 CSB is committed to developing a multi-cultural workplace. Minorities and persons with disabilities seeking career advancement are encouraged to apply. District 19 is an Equal Opportunity Employer.

A R T. ASK FOR MORE.

For more information about the importance of arts education, please contact www.AmericanForTheArts.org

business services

757.622.1455 | pilotezads.com

Accounting & Tax Service

Exp'd. Accountant, retired CFO provides small businesses computerized bookkeeping, accounting, tax services & business mgmt. Joe 961-1070.

Management



NORFOLK STATE UNIVERSITY
Director of Administrative Services
Norfolk State University's (NSU) Department of Facilities Management seeks applications of qualified applicants to serve as the Director of Administrative Services. Please visit jobs.virginia.gov for job posting and to apply before 5 p.m. May 25, 2018 .

Part-Time/Seasonal

P/T Cashier
Holiday Food Store has an immediate opening for a p/t cashier. Must be available Monday-Saturday from 5:30 am to 7:00 pm. Must have own transportation. Please apply in person at 2315 Woodrow Street, Portsmouth VA 23707. Store Manager-Mr. Taylor

Burial/Cemetery Plot
MEADOWBROOK MEMORIAL GARDENS. Garden of Christ. 3 plots currently selling for \$4995 ea. Asking \$2500. ea. 757-618-0740

Meadowbrook-Suffolk. 2 plots, Eternity Section, \$600 each, 757-641-2274.

Rosewood Memorial-1 Plot, Singing Tower, \$4500. Call 757-406-4092.

Rosewood Memorial-C05 Garden Bldg. #1 Section, PC Crypts 33D-1 & 33D-2 includes opening, closing & plaque. \$12,000. 757-406-4092.

For Lease-Commercial

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

For Rent-Furnished Apts

Motel 6-Newly renovated, offering low weekly & daily rates, near pier & base. \$225. 757-480-9611

For Rent-Norfolk Apts

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

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

Little Creek Rd-2 BR Twtnhse. Central heat/air, carpet. \$700-\$730. Credit req'd. (888)368-5920
Ask About Our Specials Meredith Mgmt. www.meredithmgmt.com

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

For Rent-Portsmouth Apts

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

For Rent-Portsmouth House

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

For Rent-Houses

Bel-Aire-Norfolk. Priv entrance, lg rm, all utils included. \$475 mo. Dep. \$125. 757-651-5962.

Chesapeake-Sunrise Hills, furn room, central air, W/D hookup, \$150 wk.+ dep. 252-267-5030.

For Rent-Rooms

Norfolk-Furn'd Rm. Clean, Quiet, Cable, A/C. \$140/wk + Deposit. 757-718-0698.

Truxton-Portsmouth close to shipyd \$500 mo. Must have proof of income. Call/text 744-9749.

Wards Corner-On busline. \$550 mo. \$600 priv. entrance. All utils. 757-339-7188, 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/A/C W/D Shed 1240 sqft \$1500/mo + dep. 757-408-3032

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. Price is \$29,900. Contact Dave at 585-773-0971.

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.

Chevy 1949 5 window Street Rod Truck All Steel P/W D/P 757-585-8884

Chevy 1968 Corvette Conv new top, small blk, 4 spd, air, very good shape. \$24,000. 773-3718

Automobiles for Sale

FIREHAWK SLP PONTIAC 2000 2-DOOR COUPE 1-owner,tops,LS-Engine,all options,low mileage,garage kept,very clean,call Richard@757-585-6884 for info.&pricing

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. Never 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.

Lincoln 2009 MKS Good condition, loaded, 100k miles. \$7500, 757-484-3343

Mazda 1994 Miata, M Edition, 104K mis., very good cond. \$2850. 757-569-9556. 647-7464.

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 Vadr

Campers/RVs



Forest River 2011 R-PD R-177 camper, sleeps 4, VGC, Tom 757-718-9460 \$9750.00

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

Palomino 2015 Canyon Cat 26' RLS used 8X. Sleeps 6, Xtras included. 7574776827 \$14500

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

Motor Homes

Winnebago 2016, Vista, 35F, 1.5 BA, 8K mis, like new, \$69,500. Snyder's RV 499-8000.

Motorcycles



Harley Davidson 1992 Softtail Classic has the fantastic EVO motor, Crane 35 cam, SS carb, Pingel gas valve, removable windshield, custom crash bar, all chrome front end, new tires, custom exhaust pipes, two sets of Harley Skins; Air Force emblem teal (on bike) and Fuchsia Pearl (in box). Owner since 1997. 29,500 miles. \$6790/OBO. 757-816-8864



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 2009 FXSTC SOFT TAIL CLAS-SIC Garage kept. 2200 miles. Like new. Lo Jack installed. \$9500. 757 237-8774

Motorcycles



Harley Davidson 2012 Heritage Soft Tail WH/BL. One Owner, No Accidents, Many Extras, Garage Kept ,7500 Miles - like new. \$10,900, 757-560-8315 .

Suzuki 2004 hayabusa limited edition hayabusa limited edition /runs good asking \$5500.00 stretch out Suzuki red ,two brother single pipe full exhaust call 757 -235-4349

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, \$3800. 228-6656.

Ford 2006 Explorer Limited, rear enter-tainment, 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 GL-450 leather, heated seats, nav, sun-roof, loaded, 84K mi, \$24,500, 757-816-2015

Wanted Automobiles



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



NEWS,

BLOGS,

DISCOUNTS

& MORE



Fun and Games

Super Crossword

EIGHT LOW NOTES

ACROSS

1 Snakebite treaters

9 Roomy rides

15 Slowly, in music

20 Tie in a race

21 Actress Wilde of "House"

22 — now and then

23 Tatf's foreign policy

25 Jacket-and-tie affairs

26 Look from a villain

27 Word after lo or chow

28 Non-U.S. gas brand

30 Use a recliner, e.g.

31 Forward, as a message with a hashtag

34 Grand Prix racing

37 A doc prescribes it

40 Imbiber's hwy. offense

41 Half-diameters

43 He voiced Carl in "Up"

44 Bachelor suitable for marriage, say

48 Licoricelike herbs

49 Novelist Ira Margaret Mitchell's plantation

51 African nation

53 — Trapp family

54 Three-card game

56 Some book blurbs

57 Apollo program org.

61 The girl

62 Elderly Smurf

63 Shifting of responsibility to another

66 Co. name abbr.

67 Golf rarity

68 PayPal funds, e.g.

70 Lead-in to skeleton

71 Egg mass

72 Edible soft-shell mollusk

75 Burning liquid

76 Bowl over

77 Hens and heifers

78 War group

79 Bakery treats

81 Mom's treatment

82 Volkswagen family car

85 Moore or Lovato

86 Use profanity

88 Very strong

91 Late 19th-century political group

95 De-creasing workers

97 Gallery stand

98 Laugh half

99 Mao — -lung

100 Brand of flavored balms in tubes

102 Tower atop a mosque

105 Hack (off)

106 Kitchen lure

107 Actress Olin

108 Day of song

112 Beat poet Ginsberg

114 University SSE of Spokane

119 V-formation fliers

120 Medieval balladeer, maybe

121 French folk song

122 Snaky curves

123 Perplexes

124 Eellike fish

21 Tosses in

2 Sign light

3 Narration

4 Lazy type

5 Partook of

6 Always, to Donne

7 "Too cool!"

8 "Once upon ..."

9 Gem in a ring

10 North Carolina university

11 Not so bright

12 Gardner of "Mogambo"

13 Less nasty

14 Bully's words of authority

15 Block-filled theme park

16 Entertainer Gabor

17 Wrestling holds

18 New hire

19 Pearl makers

24 Eyes closely

29 African nation

32 Bath fixture

33 Wheaton of "Stand by Me"

34 Fruit that's often dried

35 Like OPEC nations

36 Koreans and Laolians

37 Ott of baseball

38 High-school junior's grade

39 Person with an ex-spouse

42 Crime scene material

45 — mill (bar)

46 Sicilian volcano

47 "Star Wars" creature

52 Feature

54 Royal staff

55 "Faust" and others

56 Greyhound transport

58 Signal to pilots

59 Treaded winter vehicles

60 1940s film critic James

61 Cobra sound

62 Actress Dawber

63 "Pow!"

64 Pivot point

65 Put turf over

68 Graceful street liner

69 Coral island

73 Some poplars

74 Cliff rock

75 Solo often in Italian

79 Slum abodes

80 Moseying

81 Old carrier

83 Tentacled reef dwellers

84 Fine violin

85 — Moines

86 Hits the gas

87 Dark loaf

88 Rob violently

89 Twins' rivals

90 Overturns

92 Attention

93 Part of a dance move

94 Prefix with plop or flop

96 Glovers

101 Frank topper

103 Of birth

104 Redcap at work, often

107 Speech therapy topic

109 \$20/day, say

110 Really small

111 Uses eyes

113 Suffix with 29-Down

115 Actor/comic Gilliam

116 "That guy!"

117 Suffix with pay or plug

118 Moniker, in France

Sudoku

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

CryptoQuip

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

Clue: **U** equals **W**

ASX MSBCA-BCPXC GBBJ UXVA
PQMSNVL NVAB ASX JNAGSXV,
RCQVANGQHFF QMJNVL "USXCX'M
ASX RCFXC?"

Last week's CryptoQuip answer
When a nuisance tries really hard to accomplish something, I'd say he's putting his pest foot forward.

Religious Services

For your installation's religious service times, visit:
www.flagshipnews.com/base_information/religious_services

last week's answers

C	O	M	I	C	S		U	N	I	T	A	R	D		H	O	O	V	E	R	
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		P	U	D	D	I	N	G
A	S	I	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	I	
			P	E	K	E	S		E	X	P	R	E	S	S	T	R	A	I	N	
S	E	M	I		C	R	I			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	
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H	A	R	A	S	S		I	N	S	T	A	N	T		T	O	R	S	O	S	

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