GROW YOUR CAREER:

My Navy Career **Development Symposium**

» See A2



MCC Travis Simmons

From Navy Region Mid-Atlantic Public Affairs

NEW YORK

U.S. Navy (USN), U.S. Coast Guard (USCG), Royal Canadian Navy, and Military Sealift Command (MSC) vessels departed the area today, signaling the completion of Fleet Week New York (FWNY) 2018. Participating ships included:

Manhattan, Pier 90: • San Antonio-class amphibious transport dock USS Ar lington (LPD 24), from Norfolk, Virginia. Arlington em barked several hundred Marines from Camp Lejeune,

North Carolina.

Amphibious transport dock ship USS Arlington (LPD 24) passing the Statue of Liberty during Fleet Week New York's Parade of Ships.

- Kingston-class coastal defence vessel HMCS Moncton (MM 708), from Canadian Forces Base Halifax Intrepid Sea, Air and Space Museum, Pier 86:
- Four United States Naval Academy Yard Patrol craft, from Annapolis, Maryland
- Sentinel-class cutter USCGC Richard Snyder (WPC 1127), from Atlantic Beach, North Carolina Brooklyn Cruise Terminal: (In the Red Hook community)
- Arleigh Burke-class guided missile destroyer USS Mitscher (DDG 57), from Norfolk, Virginia

Homeport Pier, Staten Island:

- Freedom-class littoral combat ship USS Little Rock (LCS 9), from Mayport, Florida
- Keeper-class cutter USCGC Katherine Walker (WLM 552), from Bayonne, New Jersey
- Reliance-class cutter USCGC Diligence (WLM 552), from Wilmington, North Carolina
- Pathfinder-class oceanographic survey ship USNS Maury (T-AGS 66)

» See FLEET WEEK | A4



U.S. Air Force Graphic

During the Critical Days of Summer, it is important to remember safety.

CRITICAL DAYS OF **SUMMER HAVE BEGUN**

By Susanne Greene

Naval Safety Center Public Affairs

NORFOLK

The Navy recognizes the period from Memorial Day through Labor Day as the "Critical Days of Summer," a time when many Sailors are enjoying time off for leave and recreational activities and there's an increased chance to get hurt without proper risk management. An average of 17 Sailors die per year on average due to off-duty mishaps.

"The Critical Days of Summer are the most dangerous times of year, but are much safer if we keep our awareness high," stated Don can be greatly reduced by managing risks, Borkoski, Traffic and Recreation Off-Duty Specialist at the Naval Safety Center.

The loss of one life is too many and the Naval Safety Center recently launched an awareness campaign with summer safety training, available on the command's website.

Borkoski also recommended taking advantage of motorcycle training and mentorship propublic.navy.mil/navsafecen.

grams this summer for those who ride, since motorcycle fatalities always increase during the summer months and over the last five years have accounted for 22 fatalities during the Critical Days of Summer.

The other leading causes of off-duty deaths are drowning, falling, and alcohol.

"If you start your summer activity with alcohol," stated Borkowski, "we may likely be reading about your mishap."

The leading injury causes are motorcycle crashes, falls, sports injuries, injuries from lawn and yard work, and heat over-exposure.

The number of summer injuries and deaths improving awareness of hazards and implementing mitigation controls. The same skills taught in Operational Risk Management (ORM) training apply off-duty as well and will allow Sailors to have fun this summer without becoming a statistic.

For additional resources, visit http://www.



Aviation Boatswain's Mate 2nd Class Casey Halter hugs his brother, Fire Controlman 2nd Class Lucas Halter, assigned to the guided-missile destroyer USS Porter (DDG 78), during a reunion aboard the aircraft carrier USS Harry S. Truman (CVN 75).

For the longest time: Navy reunites two brothers while deployed

By MC3 Gitte Schirrmacher USS Harry S. Truman (CVN 75) Public Affairs

MEDITERRANEAN SEA

their country, reunited aboard the Nimitz- ture for their mom." class aircraft carrier USS Harry S. Truman (CVN 75) after five years apart.

Aviation Boatswain's Mate (Handling) 2nd Class Casey Halter met with his brother, Fire Controlman 2nd Class Lucas Halter in the captain's in-port cabin May 17. Casey is assigned to CVN 75 and Lucas is currently forward deployed on USS Porter (DDG 78).

"We got word that one of our Sailors has a brother that's also serving in the Navy," said Truman's Command Master Chief Jonas Carter. "Because of their two duty assignments, they haven't seen each other in five years. This was an opportunity where we could bring them together for a reunion. We coordinated with his brother's command for Two brothers, separated by service to him to fly over. Their only request was a pic-

» See BROTHERS | A7



www.flagshipnews.com

facebook.

www.facebook.com/ The.Flagship



Family members, friends, and

USS SCORPION

MEMORIAL:

submariners past and present gathered at the Scorpion Memorial on Norfolk Naval Station May 26, to honor the memory of the 99 Sailors lost aboard the attack submarine USS Scorpion (SSN 589).

>> See A10



USS CONSTITUTION CELEBRATION:

USS Constitution and her crew headed underway from the ship's berth in Charlestown, Massachusetts, May 18, in commemoration of the 50th Anniversary of the Vietnam War..

» See B1

HOT DOG CHALLENGE:

Are you hungry enough to compete in the 2018 Nathan's Famous Hot Dog eating challenge? If so, read up on the qualifying round coming to Hampton Roads this month.

» See C1

THE FLAGSHIP'S FREE HOME DELIVERY South Hampton Roads: Get the convenience of your Navy newspaper delivered right to your door for free!

Sign up today! Call 222-3900



National Maritime Day, recognizes the service and sacrifice of U.S. merchant mariners for their contributions to national security, economic growth, supporting our military, and cementing ties among our allies. Congress, by a joint resolution approved on May 20, 1933, has designated May 22 of each year as National Maritime Day to commemorate the first transoceanic voyage by a steamship in 1819 by the S.S. Savannah.

MILITARY SEALIFT COMMAND JOINS MARITIME INDUSTRY TO CELEBRATE NATIONAL MARITIME DAY

From Military Sealift Command Public Affairs

NORFOLK

Military Sealift Command celebrated National Maritime Day, a day of remembrance to recognize the importance of the United States' maritime industry as well as the service and sacrifice of U.S. Merchant Mariners, with participation by the Maritime Administration and hosted by the Norfolk Propeller Club and Port of Norfolk, May 22.

The dry cargo & ammunition ship USNS Medgar Evers

(T-AKE 13) hosted a reception for nearly 200 members of the maritime industry and supported a nearby wreath laying ceremony with tugboats conducting a water salute on the Elizabeth River.

"National Maritime Day has evolved to become so much more as we recognize the importance of the maritime industry to our nation's economic strength," said Rear Adm. Dee L. Mewbourne, commander, Military Sealift Command. "Let us keep all our nation's mariners in our thoughts and prayers as they contribute courageously to the security and prosperity of our nation."

In 1933, Congress designated May 22 as National Maritime Day to recognize the influence of the merchant marine and the maritime industry to American economic prosperity and national defense.

"I'm proud to celebrate National Maritime day, a day where we honor American mariners who have served the U.S. admirably in time of war and crisis, including many who have made the ultimate sacrifice," said Rear Adm. (ret.) Mark Buzby, Maritime Administrator. "By delivering supplies and equipment to our military forces overseas, and commercials partners here at home and to other nations, our mariners have helped establish and sustain our way of life."

Merchant mariners have been instrumental in supporting U.S. warfighters and were key in fighting, and winning, one of the greatest logistics battles in human history by moving and delivering supplies that enabled the Allied victory in World War II.

As the war was reaching its final moments, General Dwight D. Eisenhower said, "When final victory is ours there is no organization that will share its credit more deservedly than the Merchant Marine."

My Navy Career Development Symposium comes to Norfolk in June

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

"Take Charge of Your Career!" is the theme of the Sailorfocused My Navy Career Development Symposium (CDS)

After the presentations,
making its way to Norfolk, June 19-21.

will provide an opportunit

Norfolk-area Sailors will have the opportunity to learn how to make the most of the Navy's Sailor 2025 program, the personnel modernization transformation and how to optimize career opportunities.

Led by Chief of Naval Personnel Vice Adm. Robert Burke, the symposium is scheduled for three stops throughout the Tidewater area: June 19 at Brashear Conference Center, JEB Little Creek-Fort Story; June 20 at Aero Theater, Naval Air Station Oceana; and June 21 at C9 Theater, Naval Station Norfolk.

"We continue to receive good feedback about CDS everywhere we go. Sailors are really excited to play an active role in managing their career. That is why I look forward to bringing CDS to the largest fleet concentration area in the world. It gives us the chance to reach the most Sailors," said Burke.

Each stop My Navy CDS makes will be full of opportunities for Sailors. The Chief of Naval Personnel (CNP) will kick off each day with an update on his vision of Sailor 2025 and the all-new Performance Evaluation system.

Following CNP, a host of experts will give short presentations on subjects such as "How Rating Exams Work," "How ment/Pages/CDS.aspx The Navy Chooses Chiefs," Volunteer Education (VOLED),



"Pay and Benefits," and more.

The new, shortened presentation format will highlight key programs but will also allow Sailors to dive into specific topics with subject matter experts in afternoon sessions. Also, CDS representatives will be available throughout the day to answer Sailors' questions

After the presentations, a leadership panel hosted by CNP will provide an opportunity for Sailors of all ranks to stand up and ask questions or use a smart phone app that will be available to download on site.

Sailors will also be able to meet face to face with detailers and community managers to discuss orders, career paths, and ask questions. Chiefs, especially, are encouraged to bring their Professional Apprenticeship Career Track (PACT) Sailors to discuss rating assignments. PACT Sailors may potentially leave CDS with a rate.

"This event is designed to give you, the Sailor, the tools you need to manage your career, and to tell you all about the new programs and opportunities that exist within the Navy that you can use," said Cmdr. Gabe Gammache, Key CDS Coordinator at Navy Personnel Command.

Don't miss your chance to meet with top Navy leadership, including Chief of Naval Personnel, enlisted community managers and detailers.

Check out the CDS-Norfolk podcast: www.navy.mil/podcast/podcasts.asp?id=8432&t=3

For even more information about the My Navy CDS event, visit: www.public.navy.mil/bupers-npc/career/talentmanagement/Pages/CDS.aspx

Opening our hearts to all.

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



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

For more military news visit www.flagshipnews.com

MISSION: HEALTHY BABY

Newly Renovated =

www.washhouselaundromats.com

or **Call 252-717-2911**

A special pregnancy information program for military families from the March of Dimes, the VFW and the Ladies Auxiliary VFW.



marchofdimes.com/vfw

a CFC participant Provided as a public service





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 (CNRMA): Rear Adm. John C. "Jack" Scorby, Jr.

Regional program manager for Navy Region Mid-Atlantic (NRMA): Public Affairs Director | Beth Baker

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

Stories may be submitted via email to news@flagshipnews.com.The Flagship® is published everyThursday by Flagship, Inc., whose offices are located at 150 W. Brambleton Ave., Norfolk, Va. 23510.

© 2018 Flagship, Inc. All rights reserved.



IN 6 AMERICANS STRUGGLES WITH HUNGER.









NAS Oceana hosts 2018 Hampton Roads Military Recognition Reception

By MC2 Jacob S. Richardson

NAS Oceana Public Affairs

VIRGINIA BEACH, VA

Naval Air Station (NAS) Oceana and the Hampton Roads Chamber held the annual Hampton Roads Military Recognition Reception at the Virginia Beach Museum of Contemporary Art, May 16.

Now in its 25th year, the Military Recognition is designed to show pride in the local military community and to honor the men and women of the military who serve our nation and the business community and we have worked with the newly reside within Hampton Roads.

NAS Oceana commanding officer, Capt. Chad Vincelette, mentioned the importance of holding the event during Armed Forces Week of National Military Appreciation Month and the value of the service members that serve at NAS Oceana. "The ing service members or their spouses in jobs in Hampton professionalism and dedication of these men and women are Roads." what keeps NAS Oceana master jet base running. The endurus as part of the fabric of this community," said Vincelette.

Capt. Vincelette continued, addressing the business community in attendance, "Find a way to employ our military military presence in Hampton Roads is a powerful economic spouses and find a place for our retiring and separating service members. That would make a meaningful impact."

the audience during his keynote speech, that he was honored importance. to be recognizing the military. "These service members are our future. We all hold some light within us whether it's a (Host Sponsor); Black Tie Catering (Hospitality Sponsor); candle or a magnesium flare, and these service members have GEICO (Military Legacy Partner); USAA (Military Platinum the light of flares within them," said DeSteph.



Naval Air Station (NAS) Oceana leadership, Virginia Senator Bill DeSteph, and President & CEO of the Hampton Roads Chamber, Bryan K. Stephens, stand with service members from throughout Hampton Roads during the annual Hampton Roads Military Recognition Reception at the Virginia Beach Museum of Contemporary Art, May 16. The event is designed to show pride in the local military community and to honor the men and women of the military who serve our nation and reside within Hampton Roads.

from all of the Virginia Beach commands: NAS Oceana, Joint Bronze Partners). Expeditionary Base Little Creek-Fort Story, Dam Neck Annex Fleet Combat Training Center and Camp Pendleton.

"The military and their families are a tremendous asset to opened Veterans Employment Center and Opportunity, Inc. to do just that," said President & CEO of the Hampton Roads Chamber, Bryan K. Stephens. "That center has been opened less than two months and has placed nearly eighty transition-

The relationship between Hampton Roads military and ing commitment of the Hampton Roads community embraces community partners such as the Hampton Roads Chamber, continues to be a powerful economic partnership, and impactful advocate for their local service members. The local partner for Hampton Roads and acknowledging the inspiring and important work of the service members within the Virginia Senator Bill DeSteph, a 20-year Navy Veteran told community and advocating on their behalf is of the utmost

Event sponsors include: The Museum of Contemporary Art Sponsor); ADS (Military Gold Partner); Bon Secours Virginia The reception recognized outstanding military members Health System, Dollar Bank and Regent University (Military

16 The military and their families are a tremendous asset to the business community and we have worked with the newly opened Veterans Employment Center and Opportunity, Inc. to do just that."

Bryan K. Stephens, President & CEO of the Hampton Roads Chamber



Sales tax not included. Plus activation fee

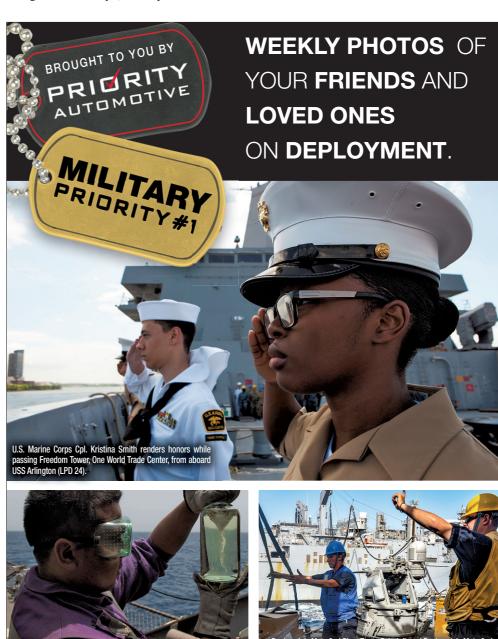


samsung Galaxy J3 Prime

BRANDS



Switcher Instant Rebate: For a limited time at participating MetroPCS stores, purchase an LG Aristo 2, Motorola Moto e4 or Samsung Galaxy J3 Prime phone and port-in an existing eligible wireless number to that phone and receive an instant \$59 rebate off regular purchase price when activating on an unlimited LTE rate plant. Limit file (5) per accountribusehold. Excludes phone numbers currently or T-Mobile or active on MetroPCS in past 90. Phone Instant Rebate Offer: Requires new line activation or phone upgrade. For a limited time at participating MetroPCS stores, purchase a Midroria Motor de phone and receive an instant \$70 rebate off new line activation or phone upgrade. For a limited time at participating MetroPGS stores, purchase a Middorda Moto e4 phone and receive an instant \$9.70 rebate of regular purchase price, or purchese an LG Aristo 2 or Samsung Galavy J3 Prime phone and receive an instant \$9.00 receive an instant





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

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



FLEET WEEK | Photo collage

Continued from A1

Kings Point (U.S. Merchant Marine Academy): (Was open for general public tours) • Cyclone-class patrol coastal ship USS Zephyr (PC 8), from Mayport, Florida Bronx/SUNY Maritime College: (Was open for general public tours)

• Spearhead-class expeditionary fast transport USNS City of Bismarck (T-EPF-9)

Now in its 30th year, FWNY is the city's time-honored celebration of the sea services. It is an unparalleled opportunity for the citizens of New York and the surrounding tristate area to meet Sailors, Marines and Coast Guardsmen, as well as witness firsthand the latest capabilities of today's maritime services.

Throughout the weeklong event, more than 2,300 Sailors, Marines and Coast Guardsmen participated in numerous community relations projects, including visits to local area schools, revitalization projects with Habitat for Humanity, outreach efforts through Project HOPE, area community parades, as well as assisting in soup kitchens and senior centers to provide a helping hand to the citizens of New York who graciously hosted

At public venues, such Eisenhower Park and Prospect Park, USN and USMC aviation teams showcased a variety of troop insertions; in Manhattan and Staten Island, USCG helicopters demonstrated Search and Rescue operations; in Times Square, USN divers showcased their skills; and at Liberty State Park, all service were represented to demonstrate the latest capabilities of today's maritime services.

Navy Band Northeast, as well as the USMC Battle Color Detachment, performed for thousands of onlookers throughout the city.

Service members also participated in a Re-enlistment and Promotion Ceremony at the 9/11 Memorial, which celebrated service members' renewed commitment to uniformed military service.

Nearly 70,000 citizens visited and toured USN and USCG ships, and attended public aviation events throughout the week. Ships were open for public tours throughout the



New York City residents dance during a U.S. Fleet Forces Band concert at South Street Seaport in New York City during Fleet Week New York 2018.



MC3 Jake Stanley

Navy Band "Rhode Island Sound" performs at Military Island in Times Square in celebration of Fleet Week New York.



Navy Diver 2nd ClassTrey Crane, assigned to Mobile Diving and Salvage Unit 2, poses for a selfie with visitors during a dive at the New York Aquarium as part of Fleet Week New York 2018.

MC2 Charles Oki

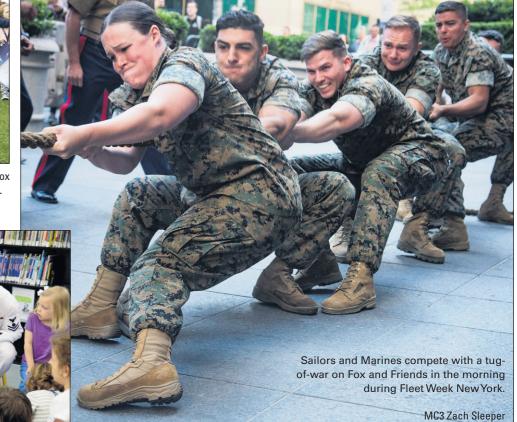


MC3 Quinn Cox

Children from PS-13 Elementary School pose for a photo in front of a Navy Helicopter at the U.S. Navy aviation event at Miller Field during Fleet Week New York.

Fire Controlman 2nd Class Brian Keenan, from Philadelphia, and Electrician's Mate 2nd Class Kyle Finlay, from Merritt Island, Florida, read to children at the Brooklyn Public Library during Fleet Week New York 2018. Both Sailors are attached to the guided-missile destroyer USS Mitscher (DDG 57) based at Norfolk,







MCC Roger S. Duncan Aerographer's Mate 2nd Class Leo Kalaitzidis high fives a child during the Staten Island Fleet Week Memorial Day Parade.



MC3 Zach Sleeper Sailors and a Marine assigned the honor guard of the amphibious transport dock ship USS Arlington (LPD 24) present colors at a New York Yankees game in New York City.



MC2 Brandon Parker

Logistics Specialist 2nd Class Jaemarc Arellano pitches a wiffle ball to a local child for "project hope" during Fleet Week New York (FWNY) 2018.



180523-N-SF508-350 NEW YORK (May 23, 2018) Navy Divers 2nd ClassTrey Crane and Josh Hudzick, assigned to Mobile Diving and Salvage Unit 2, take a group photo with interns and

MC2 Charles Oki

MC1 Mike DiMestico Musician 2nd Class Matt Gagliardo of Tampa, Florida, assigned to the U.S. Fleet Forces Band per-

forms at a concert at South Street Seaport in New York City during Fleet Week New York 2018.



MC3 Maria I. Alvarez

Engineman 1st Class Alena Kryukovskaya assigned to the USS Arlington (LPD 24) speaks to Mike Bennett, a Veterans of Foreign War post 200 member during the annual Hudson-on-Hasting Memorial Day parade during Fleet Week New York (FWNY).



MC3 Christopher Previc

The contra horns, snare drums and cymbals of the U.S. Marine Drum & Bugle Corps, "The Commandant's Own", based at Marine Barracks, Washington, D.C., perform on the Fox & Friends morning show plaza as part of the festivities of Fleet Week New York (FWNY).



MC1 Mike DiMestico

Musician 1st Class Collin Greggs, assigned to Navy Band Northeast, performs during a concert at Times Square in New York City during Fleet Week New York 2018.



MC1 Mike DiMestico

Bruce Mosler, Intrepid Museum Co-Chairman, New York City Mayor Bill de Blasio, Susan Marenoff-Zausner, Intrepid Museum President, Adm. Christopher Grady, Commander, U.S. Fleet Forces Command and Mel Immergut, Intrepid Museum Vice Chairman watch U.S. service members and veterans unfurl an American flag at a Memorial Day ceremony at the Intrepid Sea, Air and Space Museum in New York City during Fleet Week New York 2018.



MC3 Christopher Previc

Lance Cpl. Brandon Stacy and Lance Cpl. Cameron Durham, both of 2nd Maintenance Battalion, Camp Lejeune, serve dinners at the Carter Burden Network as part of the festivities of Fleet Week New York (FWNY).

Operation Homefront star spangled babies shower:

Lincoln Military Housing teamed up with Operation Homefront to surprise 75 expecting and new military moms

By Brooke Scarbrough, Community Services Director Lincoln Military Housing

VIRGINIA BEACH, VA.

Seventy five military moms and moms-to-be were recently pampered with a giant baby shower in their honor. This celebration was a result of an ongoing partnership between Lincoln Military Housing and Operation Homefront.

Partners from throughout the community came together at the Lincoln Military Housing clubhouse to create a special morning where expecting moms were given a unique and exclusive opportunity. Moms were able to shop the "baby boutique" where they could select clothing items to take home for their new little one. Each mom received a box of free diapers and a hand-knitted blanket. Vendors were set up throughout the event to hand out additional products as well as provide valuable resource information.

During the baby shower, the special guests enjoyed breakfast and played a shower game. Speakers from the community spoke on important safety topics. Throughout the morning, dozens of raffle prizes were given away to the moms in attendance. The morning concluded with a surprise baby layette giveaway where each mom left with a Baby Einstein Activity Table along with a baby basket filled to the brim with supplies and accessories.

"Partnering with Operation Homefront on this event each year is very special and important to us here at Lincoln Military Housing," said Brooke Scarbrough, Community Services Director for the Mid-Atlantic Region. "We know that many of our moms-to-be will not get the opportunity to celebrate with their loved ones in person, and for many this will be their only baby shower. We want each mom to feel special and pampered, and hosting the baby shower is a small way in which we can help do this for them."

"It is our mission here at Lincoln Military Housing to partner with organizations which have the same values as we do. This event is so special because it provides military families with an opportunity to connect with others in their same situation and learn about the resources available in their community so they know they are not alone. The joined goal is to build strong, stable and secure military families so that those families may thrive in the communities that the service members work so hard to protect. We are grateful to be a part of an event that supports this goal and our military community."





Photos courtesy of Lincoln Military Housing



SURFACE WARRIOR B A L L 2 0 1 8

NORFOLK WATERSIDE MARRIOTT - JUNE 30, 2018 235 E. MAIN STREET, NORFOLK, VA 23510 DINNER DRESS WHITE OR BLACK TIE EQUIVALENT FOR MILITARY AND CIVILIAN

CONTACT YOUR COMMAND REPRESENTATIVE FOR DETAILS

Navy Lodge Norfolk receives prestigious **Carlson Award**

By MC3 Joshua M. Tolbert Naval Support Activity Hampton Roads

NORFOLK

At an awards ceremony on May 18, Navy Lodge Norfolk was recognized as the 2018 Edward E. Carlson Award winner, for being the highest rated Navy Lodge in the world.

"The Navy Exchange Service Command's (NEXCOM) Navy Lodge Program is an important quality of life benefit," said Rear Adm. Robert J. Bianchi (Ret), Chief Executive Officer of NEXCOM. "It is a program that we are proud to deliver to our deserving Sailors and their families."

The award is named for Edward E. Carlson, who was a member of the Secretary of the Navy's exchange/commissary advisory committee. Carlson's leadership and guidance was invaluable to the Navy Lodge Program in providing counsel and assistance in developing the worldwide professional hos-

"The Carlson Award is presented each year to the Navy Lodge that demonstrates superior performance during the year in operations, associate satisfaction, and guest service," said Bianchi. "Premier customer service, quality, and value Carlson Award." are what make Navy Lodge Norfolk very deserving of the





Navy Lodge Norfolk achieved an associate satisfaction in-Navy Lodge Regional Director.

"In a hotel this size, with our high occupancy, our associates work hard day in and day out, 365 days a year," said Pamela Kimball, Navy Lodge Norfolk's General Manager. "It is a huge deal for our staff members to be recognized for their beyond," said Capt. Jack Freeman, Naval Support Activity dedication to Navy Lodge Norfolk."

Norfolk winning the Carlson Award, Kimball was named in that front door are met." 2017 Navy Lodge Program General Manager of the Year. The recipient of the General Manager of the Year award is nominated by a group of their peers for their contribution to

efficiency, economy, and guest services at their Navy Lodge.

"I remember what it was like to be a new general mandex score of 78, 11 percent higher than the previous year, ager with a lot of questions, and I like to pay it forward," said maintained a 91.1 percent occupancy rate, and achieved an Kimball. "We are a close knit group and help one another a above average quality assurance assessment score from the lot and we lean on one another for support, assistance, and

> The Edward E. Carlson Award is the top award for the best performing Navy Lodge in the world.

"The team here at Navy Lodge Norfolk went above and (NSA) Hampton Roads' Commanding Officer. "Day in and In addition to all 70 employees recognized for Navy Lodge day out, they ensure that the needs of each person who walks



A rifle team performs a 21-gun salute during a memorial ceremony in honor of USS Scorpion (SSN 589) Sailors who were lost at sea 50 years ago. Held at the Scorpion Memorial on Naval Station Norfolk, the ceremony was attended by over 500 family members, friends and Shipmates of the 99 crewmembers lost. Speakers for the event were Chief of Naval Operations, Admiral John Richardson; Captain (retired) Bill Richardson, CNO's father and former Scorpion crewmember; Vice Admiral Joe Tofalo, Commander, Submarine Forces; and Captain Maryetta Nolan, daughter of Scorpion Chief of the Boat, Chief Petty Officer Walter

MCSN Chris Roys

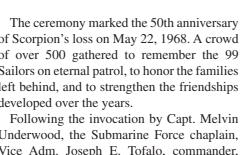
USS Scorpion family members remember 99 submariners lost, 50th anniversary ceremony held at memorial site

By Commander, Submarine Force Atlantic **Public Affairs**

NORFOLK

Family members, friends, and submariners past and present gathered at the Scorpion developed over the years. Memorial on Norfolk Naval Station May 26, to honor the memory of the 99 Sailors lost

The ceremony marked the 50th anniversary of Scorpion's loss on May 22, 1968. A crowd of over 500 gathered to remember the 99 Sailors on eternal patrol, to honor the families left behind, and to strengthen the friendships





Chief Machinist's Mate Patrick Smith, the grandson of the executive officer of the USS Scorpion

(SSN 589), reads off the names of the Sailors from the Scorpion during a memorial ceremony of



Donna Neal, whose brother David Huckelberry was aboard USS Scoprion (SSN 589) at the time of her loss, decorates a wreath during a memorial ceremony in honor of Scoprion Sailors who were lost at sea 50 years ago.

welcoming all in attendance on behalf of the better professionally and to make our force United States Submarine Force.

"I can think of nothing more appropriate on and more safe for our Sailors." Following the invocation by Capt. Melvin this beautiful Memorial Day weekend morn-Submarine Forces, gave opening remarks their lives in the service of this country," To-

Tofalo thanked all who planned the event, welcomed the families, and introduced retired Captain Bill Richardson, a former Scorpion crew member. Richardson had the honor of introducing his son and the guest speaker of the ceremony Chief of Naval Operations Adm. John Richardson.

Adm. Richardson, too, reflected on the importance of this ceremony in Submarine Force history. "If you are a submariner, if you are part of the submarine family, if you are a former submariner, or interested in the submarine force or the Navy, you could not ask to be in a better place than here on this pier in Norfolk, right now to celebrate this memorial."

of compassion and reflection. He reminded them that the Navy will continue to remember. "We use the word family a lot when we talk about our service in the Submarine to the deep by the next deploying Norfolk-Force. You see through this crowd that this is a multi-generational family," said Richardson. "We reach out today and every day to strengthen one another."

To veterans, he shared his appreciation for their continued patriotism and desire to preserve the history and heritage of the force. To submariners serving today, Richardson said, "We will not pass up any opportunity to get

more lethal and more deadly for our enemies

After recognizing the families, Capt. Underwood, the Submarine Force chaplain, ing than to formally pause for a moment to Maryetta Nolan, daughter of Chief Torpedoaboard the attack submarine USS Scorpion Vice Adm. Joseph E. Tofalo, commander, reflect on these great Americans who gave man Walter William Bishop, the Chief of the Boat on Scorpion at the time of her loss, introduced the Sailors who would be reading of the 99 names and tolling the bell. Machinist Mate Chief Patrick Smith, the grandson of LT David Lloyd, Scorpion's executive officer, and Lt. Charles Koller, grandnephew of Bishop, read the names of each submariner as Yeoman Second Class Rachael Skelton, granddaughter of Storekeeper Second Class Julies Jackson, tolled the bell.

After the reading of five names, the bell was struck twice. Once for the lost Sailor and once for the family left behind.

As the last name was read and the final bell struck, a 21-gun salute was rendered, followed by the playing of taps by the U.S. Fleet

At the close of the ceremony, a wreath ded-Richardson's words to the families were icated to the Scorpion crew was presented by the Scorpion Widows to Tofalo, who received the wreath on behalf of the Submarine Force. The wreath will be ceremoniously committed based submarine.

BROTHERS | Navy reunites brothers

the 50th anniversary of the Scorpions loss.

Continued from A1

The Halter brothers have been on opposites sides of the country and even an ocean apart during their assignments thus far. While both have wives and families, they said the opportunity to see each other has been more or less impossible for the last five years.

Both of the brothers admitted they didn't think this was trouble when he was called up to the in-port cabin.

"I think this is one of the highlights of my career so far," said Lucas. "I leave in [a few] weeks so this was the highlight also brought them together.

of finishing out this patrol. I was looking forward to going home, but this kind of tops it now."

The brothers toured Truman and watched nighttime flight this would happen." operations from a variety of locations. Lucas stayed the night in the same berthing as his brother, catching up and taking the time to rekindle their relationship, said Casey.

the world is huge," said Carter. "That says a lot about the family and the support they have back home. They wouldn't be able to do what they do here without that."

possible since both ships would have to be close enough for and in general," said Casey. "If I'm having a tough time or a its resolve to eliminate the terrorist group ISIS and the threat a helicopter to stop over. Casey said he thought he was in problem with the Navy, [Lucas has] been through it so I can it poses. talk to him and vice versa."

And while serving in the Navy has kept these two apart, it's com/USSTruman or www.navy.mil/local/cvn75/.

"This is just proof that your chain of command will look out for you," said Casey. "It's amazing. I really didn't think

Not many people can say that they've been on the same ship as their sibling during a combat deployment, added Casey.

"To be such a big organization and to have the opportu-"We can't do this without the support of our families, and nity for family members to one, serve with sacrifice; but two, to have another family member serving alongside you across come together, it's a once in a lifetime opportunity," said Carter. "They may never get the chance to do this again."

As the Carrier Strike Group EIGHT (CSG-8) flag ship, Truman's support of Operation Inherent Resolve (OIR) demon-"Everybody has their ups and their downs with the Navy strates the capability and flexibility of U.S. Naval Forces, and

For more information about Truman, visit www.facebook.



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

***** NOW GET ***

U.S. Military Incentive*

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



NEW 2018 RAV4

AS LOW AS

%

APR FINANCING**



\$1000

ADDITIONAL SAVINGS**



\$2000 TOTAL CASH ALLOWANCE**

NEW 2018 COROLLA

AS LOW AS

%

APR FINANCING**



\$1500 CASH BACK FROM TOYOTA

NEW **2018 HIGHLANDER**

\$1000 CASH BACK FROM TOYOTA

NEW 2018 TACOMA

AS LOW AS

APR FINANCING**



500

BONUS CASH^{**}

- OR

LEASE A **4x4 DOUBLE CAB SR5 V6** FOR

\$**299**

36 MONTHS

\$ 5000 BONUS CASH**

CASEY TOYOTA

601 East Rochambeau Drive • Williamsburg 757.259.1000 • caseytoyota.com

CHARLES BARKER TOYOTA

1877 Laskin Road

• Virginia Beach 757.437.4000

• charlesbarkertoyota.com

CHECKERED FLAG TOYOTA

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

FIRST TEAM TOYOTA

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

GLOUCESTER TOYOTA

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

PEARSON TOYOTA

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

PRIORITY TOYOTA

GREENBRIER 1800 Greenbrier Parkway • Chesapeake

1800 Greenbrier Parkway • Chesapeake 757.366.5000 • prioritytoyota.com

PRIORITY TOYOTA HAMPTON

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



ToyotaCare

buyatoyota.com



*HOW TO QUALIFY: 1.BE IN CUPRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, MATIONAL GLARD, COAST GLARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (H.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY PERSONNEL ARE ALSO ELIGIBLE: DESERVE AND INACTIVE NATIONAL GUARD. RETIRED MILITARY PERSONNEL ARE ALSO ELIGIBLE: APROVIDE VERIFIABLE PROOF OF MILITARY PERSONNEL ARE ALSO ELIGIBLE: APROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE: A THE TIME OF PURCHASE: LEAVE AND EARNING STATEMENT, MILITARY IDENTIFICATION CARD OR VETERABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE. A THE TIME OF PURCHASE: LEAVE AND EARNING STATEMENT, MILITARY IDENTIFICATION CARD OR VETERABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE. A THE TIME OF PURCHASE: LEAVE AND EARNING STATEMENT, MILITARY IDENTIFICATION CARDON OR VETERABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE. A THE TIME OF PURCHASE: LEAVE AND EARNING STATEMENT, MILITARY IDENTIFICATION CARDON OR VETERABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE. A SHAD EARNING STATEMENT, MILITARY INCENTIVE CHEEKE AND EARNING STATEMENT, MILITARY INCENTIVE CHEEKE AND PROVIDE THE OWNER OF PURCHASE: LEAVE AND EARNING STATEMENT, MILITARY INCENTIVE CHEEKE AND EARNING STATEMENT. MILITARY INCENTIVE ENGINEERS AND EARNING STATEMENT. MILITARY INCENTIVE ENGINEERS ENGINEERS THE AND EARNING STATEMENT. MILITARY INCENTIVE ENGINEERS ENGINEERS AND EARNING STATEMENT. MILITARY INCENTIVE ENGINEERS ENGINEERS AND EARNING STATEMENT.



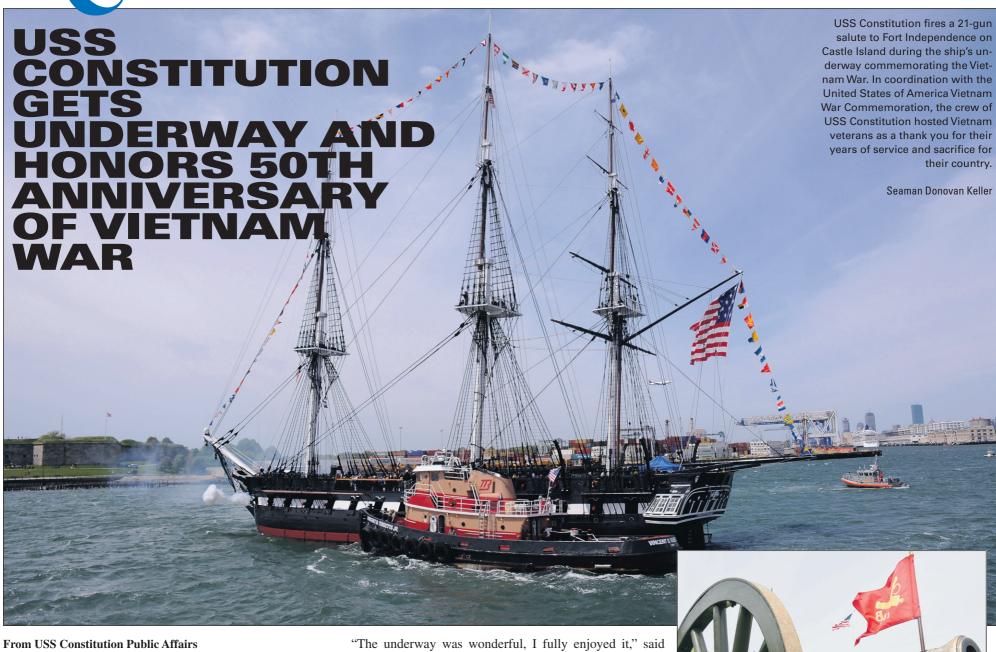


Medal of **Honor** presentation:

President Trump awards Medal of Honor to retired Navy SEAL for heroic actions in Afghanistan

» See **B6**

SECTION B FLAGSHIPNEWS.COM 05.31.18



BOSTON

USS Constitution and her crew headed underway from the ship's berth in Charlestown, Massachusetts, May 18, in commemoration of the 50th Anniversary of the Vietnam War.

In coordination with the United States of America Vietnam War Commemoration, the crew of USS Constitution hosted Vietnam veterans onboard as a thank you for their years of service and sacrifice for their country.

"I appreciate the extraordinary efforts of our partners and am humbled to be able to recognize, thank and honor our military veterans who served during the Vietnam War period," said Cmdr. Nathaniel R. Shick, USS Constitution's 75th Commanding Officer. "I owe a portion of my naval heritage to my father, a Vietnam veteran serving as a machinist mate States when Constitution launched in 1797 and one in honor ies 220 years of maritime heritage and unwavering service aboard the ballistic missile submarine, USS George C. Mar- of the ship herself. shall (SSBN 654). Thanks to his service and that of our 7 million Vietnam veterans, our military servicemen and women ago and this one felt like nothing has changed," said Jeffrey Navy Sailors offer community outreach and education about enjoy a tremendous outpouring of support today."

guests, Constitution navigated the Charles River Basin to was amazing. I always tell them, if anyone asks who they at Pier One in Charlestown Navy Yard. Boston's Inner Harbor.

Among the guests aboard was Vietnam Veteran U.S. Air a legacy." Force Master Sgt. Joseph Chebatah whose son, Shayne Chebatah, is a crewmember aboard Constitution.

Chebatah. "The information about the ship was new and exciting and the people talking were very knowledgeable on the history of the ship. This voyage was something that I wouldn't trade for anything and I enjoyed it a lot more because I got to spend it with my son."

Constitution fired off a 21-gun salute which was returned by the Concord Independent Battery and Massachusetts Army National Guard 101st Field Artillery near Fort Independence on Castle Island. Fort Independence is a state park that served as a defensive position for Boston Harbor from 1634 to 1962.

The ship also fired an additional 17 rounds as she passed the U.S. Coast Guard Station, the former site of Edmund Hartt's shipyard where Constitution was built. Each round of

are, reply with 'I am Old Ironsides' because they are part of

The ship returned to her berth, at 1 p.m.

Constitution, America's Ship of State, actively defended mil/local/constitution/.

An artillery piece owned by the Concord Independent Battery, a historic ceremonial unit, sits at Fort Independence here, May 18, 2018.

sea lanes against global threats from 1797-1855. The World's this salute honored the 16 states that comprised The United Oldest Commissioned Warship Afloat, Constitution embodto her country. Now a featured destination on Boston's Free-"The last underway I had aboard Constitution was 40 years dom Trail, Constitution and her crew of active duty U.S. Lawn, a USS Constitution crewmember from 1977-78. "Talk-the ship's history and the importance of naval sea power to Slipping her berth at 10:00 a.m. with 401 veterans and their ing to the present crew and learning about their experiences more than 500,000 visitors each year. Constitution is berthed

> For more information, visit www.history.navy.mil/ussconstitution or www.facebook.com/ussconstitutionofficial.

> For more news from USS Constitution, visit www.navy.

Hospital Corpsmen join Team Navy for 2018 DoD Warrior **Games**

By Angela Ciancio

U.S. Navy Bureau of Medicine and Surgery Public Affairs

FALLS CHURCH, VA.

Six hospital corpsmen will join 300 athletes this year in representing Team Navy compete against some of the services' most at the 2018 Department of Defense Warrior resilient athletes. Games in Colorado Springs, June 1-9.

Senior Chief Hospital Corpsman Joseph sons for competing in this year's games, but Paterniti, Hospital Corpsman 1st Class Carlos Valerio, Hospital Corpsman 2nd Class overcome incredible odds to be here," said Emmanuel Gonzalez, Hospital Corpsman Vice Adm. Forrest Faison, Navy surgeon 2nd Class Chris Alarcon, Hospital Corpsman general and chief, Bureau of Medicine and 3rd Class Susan Guzowski and former Hospital Corpsman 3rd Class Jaime Garza Jr. will »



"Each service member has different reaeach are bonded by the fact that they have

See CORPSMEN | B7

Pacific Partnership 2018 concludes in Thailand, heads to **Vietnam**

By Lt. Clyde Shavers

Commander, Task Force 73/Destroyer Squadron 7 Public

PATTAYA, THAILAND

Pacific Partnership 2018, the largest anin Pattaya, Thailand, May 24.

ries' first iteration in 2006. More than 130 schools and other locations. military personnel from the U.S., United Kingdom and Australia conducted HA/



U.S. Navy photo

Military Sealift Command expeditionary fast transport ship USNS Brunswick (T-EPF 6)

nual multilateral humanitarian assistance DR subject matter expert exchanges with the and disaster relief (HA/DR) preparedness Royal Thai armed forces, which culminated mission, concluded aboard expeditionary in a scenario-based exercise, medical lecture fast transport USNS Brunswick (T-EPF 6) series focusing on health care topics ranging from general primary health care to veteri-This was the first time Thailand hosted nary issues in post-disaster environments, and Pacific Partnership since the exercise se- community relations and band events at seven

» See PARTNERSHIP | B7

Come Join Our MWR Team, and Support Our Military Families!! We are searching for -

 <u>Lifequards</u> - search USAJOBS.gov for announcement number VA-18-13374

https://www.usajobs.gov/GetJob/ViewDetails/497064800

 <u>Custodial Worker</u> - search USAJOBS.gov for announcement number VA-18-13664 https://www.usajobs.gov/GetJob/ViewDetails/497014500

 Food Service Worker - search USAJOBS.gov for announcement number VA-18-13385 https://www.usajobs.gov/GetJob/ViewDetails/497169000 • Supervisory Rec Spec (Seasonal Aqua Manager) - search **USAJOBS.gov for announcement number VA-18-13383**

https://www.usajobs.gov/GetJob/ViewDetails /497134900?t=152405583254

 Fitness Specialist - search USAJOBS.gov for announcement number VA-18-13382

https://www.usajobs.gov/GetJob/ViewDetails /497128700?t=1524053249879





By Lisa Smith Molinari

It was June of 2010, and we were taking a summer trip to Tuscany from our base house in Germany. We were only fifteen minutes into the nine-

"Last night's chicken noodle soup," Lilly weakly observed after emptying the contents of her stomach into the trash pail. I carefully retrieved the sloshing container and held it over the floormat. "Pull over so I can were de-termined to make the best of it. dump this," I told my husband, Francis.

I politely suggested potential stopping areas, but all Francis could do the discomfort of my sopping shoes. was alternately jab at the gas and brake pedals, unable to make a decision as we whizzed down the Autobahn.

Only eight and a half hours to go...

revolting start ruin our family trip. "Hey kids, let's learn a little Italian!" I said, inserting the "Drive Time Italian" disc into the van's CD player. simple phrases.

- "Buon giorno, come sta?"
- "Molto bene, grazie."

Twenty minutes later, the kids and I were sound asleep, and the only Italian word I could remember was "spuntino" (snack).

We awoke in the hills of Liguria in a dense fog. In an attempt to distract attention from the weather, I read aloud from "Budget Guide to Italy."

"Listen to this, kids — it says here that, in order to deter pick pockets, we should not wear attire that is 'obviously American (sweatshirts, college t-shirts, sneakers, hiking shorts, jean jackets).""

"But Mom, that's all we have," Anna observed, annoyingly astute. To perk everyone up, I sang some Italian songs.

"'Mambo Italiano, Mambo...,' Hmmm, how does that go?"

""We open in Venice, we next play Verona, and onto...," What the heck

"Prego! Scuzi! Grazie! Napoli!' Wait, that's not how it goes."

After butchering the words to every Italian-themed song I could remember, I settled on humming a depressing rendition of the theme from

Finally, we exited the garbage-strewn Autostrade and headed for Camp Darby, where we reserved rooms at the Sea Pines Army Hotel.

Our "deluxe" rooms were neither de-lightful nor de-lovely, but we

After pizzas in Pisa, we awoke the next morning to torrential rain. We But on he went, mile after stinking mile. Unlike most men, Francis is toured Lucca's charming walls from under dripping tarps. Tuscan pumpkin soup with ciabatta smothered in broiled pecorino nearly made up for

In Florence, the kids stared at me staring at Michelangelo's anatomically amazing David at the Academia. In the museum gift shop, I decided that, although I wanted the two-foot replica of the famous statue Come hell or high water (or soup, as it were), I wasn't going to let a for my night stand, the refrigerator magnet would require less dusting, and explanation.

On day three, we drove to La Spezia to catch the train to the Cinque After what seemed like an eternity of introductory material, the narra- Terre. Despite relentless bad weather, arguments with Francis, our tor began Lesson One. At my behest, the kids reluctantly repeated the dumpy hotel, and Italian indifference to trash – it would all be worth it to hike the groves, vineyards and alleyways of the five cliffside towns.

"The trail-a is-a closed-a, a-too-a much-a rain-a," the local woman reported from behind the station's information desk. I held back tears. The upchuck bucket, the ants in our hotel bathroom, the fog, the cluttered minivan, the wet socks, my tense husband. I'd put up with it all for

Sensing my disappointment, Francis discovered an alternate route to the villages by way of a steep mountain hike. We stuffed our backpacks with water bottles and local focaccia, and trekked upward into the olive groves, stopping often to take in the breathtaking Tuscan countryside, the glittering sea, and our sweet little family.

Eight years later, I've learned that summer trips rarely turn out as expected. However, with a little perseverance, and plenty of dry socks, even the darkest clouds can have a silver lining.

www.themeatandpotatoesoflife.com

SPEAKING IN CODE

By Amanda-Lee Pitzer

teachers to know you were talking about. Well, years later I'm still disaster. speaking in secret code and this time it's to keep the enemy from understanding.

The other day my husband sent me a single sentence that made NO sense whatsoever. I fired back a reply asking him what the heck he was talking about. While I waited I read it again, and again, and again. Then I noticed what he did. I saw the specific capital letters in odd places. I got out a pen and strung together the letters. I couldn't even pronounce what I had written. But then, just to be sure, I googled it. Eureka! It was a city in the country he was headed to. NOW we were getting somewhere. I booked him a hotel where he wanted to be and talked to MWR about transportation to get him where he wanted to go. Most people would never have understood the code, but we live by it. More code followed a to function this way. few days later that turned our lives upside-down. But speaking in code with last minute details, plan changes, and life-altering situations happen is for milspouses to do this. No preface needed. She got what I put down on the daily in military families.

In most marriages, communication is the number one problem. Well, try being a military family where you can't communicate directly. That secret language. And, I have to admit, I like that it's a language that only really throws a wrench in things. Think about it; military families al- he and I really understand. ready do most of their communication through writing. Text messages and emails rule our lives. Written communication is already wrought

with problems; "What did he mean by that?" "Why would he say that?" When you were a kid, you probably had a secret code of sorts. You and on and on it goes. Take the already hard to read words and add in know, the kind to disguise the things you didn't want your parents or cryptic messages with a heightened emotional state and it's a recipe for

> BUT. This is what a military spouse trains for, right? We learned long ago how to communicate using our own special language that only we understand. Each family develops a way to talk, a way to map, and a way to track in order to find a way to stay connected and in tune with this ever-changing military life. No civilians can understand it the way we understand it. Trying to talk to my MIL over the phone telling her we needed to cancel or reschedule a vacation without giving her dates was...challenging. Before I even spoke I gave her instructions; "During this phone call, we will not say a month or a date. I just need you to understand I'm talking about our trip and infer the rest." It really took her by surprise and it was not easy; civilians just don't understand how

> As I spoke to a friend of mine across the country, I realized how easy it immediately. So maybe it's not a recipe for disaster. It might be hard at times, but we've gotten pretty good at developing and using our own



Q. Will I lose all my BAH if I move into military housing?

A. It depends.Lincoln Military Housing has specials that they run every month where you can receive a discount on rent in certain communities. This discount will come back to you the service member. Contact your local HSC for details.

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

Functions and/or services FFSC provides:

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

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



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

www.cnic.navy.mil/navylifema



SafeHelpline.org

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



USS MILIUS JOINS FORWARD DEPLOYED NAVAL FORCES IN YOKOSUKA, JAPAN

By Garrett Zopfi

YOKOSUKA, JAPAN

The Arleigh Burke-class guided missile-destroyer USS Milius (DDG 69) arrived at U.S. Fleet Activities (FLEACT) Yokosuka, to become part of the Forward Deployed Naval Forces (FDNF) in Japan, Tuesday, May 22.

The arrival of Milius to the 7th Fleet adds another upgraded Aegis Baseline 9 destroyer to the waterfront in Yokosuka.

"The crew has trained extremely hard to get the ship fully certified and ready for tasking," said Milius Commanding Officer Cmdr. Jennifer Pontius. "There is a lot of planning and preparation that goes into getting a ship ready to forward deploy and to transition a crew and their families overseas; I could not be prouder of this crew and their hard work."

Milius moored pier-side to the sounds of the 7th Fleet band's fanfare and cheers from family and friends.

On hand to welcome Milius to their new home Tuesday, were senior members of naval forces leadership in Yokosuka, including Fleet Activities Yokosuka's Commanding Officer, Capt. Jeffrey Kim.

"Fleet Activities Yokosuka is very happy to welcome the entire Milius team, including their families, to their new home," said Kim, who oversees the U.S. Navy's largest overseas installation. "As a community, we look forward to supporting USS Milius as one of 13 Forward Deployed Naval Force ships stationed here in Yokosuka."

"My crew and I are very excited to arrive in Yokosuka today and join this elite team of Forward Deployed Naval Forces," said Pontius. "For more than 50 years, the U.S.-Japan alliance has been the foundation of peace, security and the cornerstone of U.S. engagement in the region. We aim to foster and strengthen that bond with the Japan Maritime Self-Defense Force and the local community."

The excitement of service overseas wasn't lost on the crew who, after months of preparation, are anxious to explore their new home and reunite with their families.

"I'm not just going to confine myself to base," said Information Systems Technician 2nd Class, Tanisha Canedo, who looks forward to Japan's "culture, activities and the food."

"You try to hold back the emotion but it's touching," said Information Systems Technician 1st Class Cameran Heckenlaible who was reunited with his wife and children after six months apart.

"Thank you again for welcoming us to your wonderful city," concluded Pontius to the gathered crowds. "We are incredibly excited to be here and look forward to exploring and learning about Japanese culture."

Arleigh Burke-class guided-missile destroyers perform key roles in support of carrier strike groups, expeditionary strike groups or surface action groups. Destroyers are capable of sustained combat operations supporting forward presence, maritime security, sea control and deterrence.

These combatants operate in a network-centric warfare environment and execute multimission tasking to include air, surface, undersea, space and cyber warfare. Destroyers coordinate with units of a task group to conduct naval operations and execute the Maritime Strategy under a naval component commander.

Maintaining the most technologically advanced ships is vital to support the United States' commitment to the security, stability and prosperity of the Indo-Pacific region.



D. D. Lanks

The Arleigh Burke-class guided missile-destroyer USS Milius (DDG 69) arrives at U.S. Fleet Activities (FLEACT) Yokosuka, to become part of the Forward Deployed Naval Forces (FDNF) in Japan. FLEACT Yokosuka provides, maintains, and operates base facilities and services in support of the 7th Fleet's forward-deployed naval forces, 71 tenant commands and more than 27,000 military and civilian personnel.



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



WHERE:

Hilton Alexandria Mark Center - Alexandria, VA

WHEN:

June 14th - 15th

REGISTER:

http://2018vwvs.eventbrite.com

Why should you attend?

- Two days of educational workshops and training sessions
- Mentoring and coaching mini-sessions
- FILE A CLAIM at the event
- DMV connect

Included in your free registration:

- $\bullet\,$ A souvenir Lady Veteran t-shirt, notebook and pen.
- A conference bag FULL of giveaway items and resources
 All conference meals, snacks and non-alcoholic beverages
- Free parking voucher for the first 200 to check-in on both days

Questions? Call 804-786-0571 or email womenvet@dvs.virginia.gov



Registration is free of charge but limited to one ticket per order. Hosted by Virginia Department of Veterans Services, US Department of Veterans Affairs, Virginia National Guard, Women Veterans Interactive, VEC and ESGR.

Fleet rating experts critical to advancement exams

By Ed Barker

Naval Education and Training Professional Development Center Public Affairs

PENSACOLA, FLA.

Navy chiefs (E7 — E9) interested in shaping the future of their ratings are needed to serve as Subject Matter Experts (SMEs) for upcoming Advancement Examination Readiness Reviews (AERRs).

Released May 24, Naval Administrative Message (NAVAD-MIN) 134/18 announced the AERR schedule for July to September 2018. Based on this schedule, AERR panel members work as fleet SMEs for their respective ratings to develop E4 — E7 advancement exams for future cycles. Navy chiefs (E7 — E9) on active duty, Full Time Support (FTS), and reservists on Active Duty for Special Work (ADSW) are encouraged to take part in the process by reaching out to their respective Type Commander (TYCOMs) for application information. Each TYCOM has their own application procedure.

"The knowledge that our fleet experts bring to the reviews is irreplaceable, as that's what enables the relevance of the exams and identifies Sailors with the right skills to select for advancement," said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief, Master Chief Electronics Technician, Nuclear Power (SS) James

Berhalter. "AERRs give chiefs a tangible, direct input toward shaping their community — participants have a say in what their reliefs need to know. AERR participation is also a significant experience and resume builder that will benefit every chief throughout the Navy."

AERRs vary in length between one-to-two weeks and exam readiness reviews are held throughout the year, with each specific rating being reviewed on an annual basis. The reviews are held at NETPDC at Saufley Field in Pensacola, Florida. AERR Participants receive temporary duty (TDY) orders from their parent command, paid for by NETPDC. Travel is processed through parent command travel section and the Defense Travel

Chief Aviation Ordnanceman (AW/SW) Donnie Dowell, Air/Ship Integration Manager for Commander, Naval Air Force, U.S. Atlantic Fleet, recently participated in his third Aviation Ordnance AERR.

"Hearing chiefs complain about the advancement exam process is frustrating," said Dowell. "I tell them that if they want to make a difference in creating a better Sailor, they should volunteer to serve as an AERR SME and see how the process is done. "Every time I return to the Advancement Center for another AERR, I learn something new; how we can improve the exam process and ultimately, create more capable Sailors."

To view the annual AERR schedule, locate a specific rating recruitment and selection point of contact or view AERR eligibility requirements, log into My Navy Portal www.mnp. navy.mil and search under Professional Resources/Navy Advancement Center/AERR. TYCOM POCs are listed, and once selected, chiefs will receive an introductory e-mail from the Navy Advancement Center. It is suggested that SME selectees make early contact, asking any questions they have concerning the AERR process. NAVADMIN 134/18 also provides additional information and a listing of upcoming rating conferences scheduled for the next six months.

Normally, four-to-eight nominees will be selected for each AERR conference, TYCOM selections of Fleet SME nomina-

Master Chief Culinary Specialist (SW/SS) Stephen Boos (right) adds to the question bank during the 2017 Culinary Specialist Advancement Exam Readiness Review (AERR) at the Navy Advancement Center in Pensacola, Fla.

tions for the AERRs will be made 45 days prior to each review. SMEs should contact their command's travel personnel as soon as they are selected, to get an early start on the process. SMEs attending classified AERRs should make sure their SIPR Token, if they have one, is active and they have recent access (within the last 30 days) to important reference sites.

NETPDC's mission is to provide products and services that enable and enhance education, training, career development, and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education (VOLED) Department, the Navy Advancement Center (NAC), and the Resources Management Department.

For more information about the Navy Advancement Center and the Navy Enlisted Advancement System, visit https:// www.facebook.com/Navy-Advancement-Center/.

Navy provides first 'Golden Tickets' under new Targeted Reentry **Program**

From Navy Personnel Command Public Affairs

MILLINGTON, TENN

The first set of Golden and Silver Tickets have been issued Service." to 16 Sailors under the new Targeted Reentry Program (TRP), Navy leaders said May 22.

"We had 17 applicants and 16 were approved with 12 awarded a Golden Ticket and four awarded a Silver Ticket," said Capt. Dave Whitehead, director, Military Community Management.

Navy for active duty and Full-Time Support (FTS) Sailors tion and which receive Golden or Silver Tickets. Separating who are leaving the Navy and who decide not to affiliate with personnel have the final decision in whether or not they want to the Ready Reserve. Golden Ticket holders are guaranteed a participate in the program.

streamlined return within one year of release, should they return to active duty. Silver Ticket holders are afforded a streamlined return for up to two years, but are subject to the needs of the Navy and community management approval. Golden earn no pay, and will not be eligible for promotion or advance-Tickets not used in the first year become a Silver Ticket for a

training our Sailors," Whitehead said. "That, coupled with their leadership experience, makes them highly valuable to the adjustments will be made. Navy. Providing an opportunity to preserve this talent at critical career transition points increases our return on investment quirements: while giving our former Sailors an easier choice to return to

The TRP was designed to assist commanders in retaining superior performers who otherwise intend to fully separate from most recent physical fitness assessment; the Navy. Prior to separation, COs can nominate Sailors for participation in the program. The community managers at the Bureau of Naval Personnel manage the nominations and make court-martial and non-judicial punishment. The tickets allow for a streamlined reentry process to the a determination on which Sailors are approved for participa-

Members who are awarded a ticket are transferred into Standby Reserve-Inactive status for the two-year life of their tickets. This Reserve status requires no drilling, members will ment, health care, retirement points, Servicemembers' Group Life Insurance, and other benefits. Those who return to active "The Navy makes a significant investment in educating and duty through TRP will return in the same rank/rate/designator they held prior to separation, but date of rank and time in grade

To be eligible for TRP Sailors must meet the following re-

- Be in pay grades O-3 O-4 or E-4 E-6 with no more than 14 years of service;
- Medically fit for separation and must have passed their
- Not in a Failure of Selection status;
- Have no adverse/criminal/civil convictions including

For more information about TRP read NAVADMIN 047/18 at www.npc.navy.mil.

Buying a new home?

Talk to the VA Mortgage Experts.

At Dollar Bank, we've made it our business to be the mortgage experts. It's our priority that we provide you with the VA Mortgage that's right for you. Our Mortgage Experts are not paid a commission, unlike brokers or other financial institutions, so their focus is solely on your financing needs. Dollar Bank also keeps the servicing of our mortgages and will be there for you long after closing.

- Free pre-qualification
- VA Mortgages with no down payment up to \$458,850 and up to 100% financing
- Fixed Rate, Adjustable Rate and Construction Mortgages
- Low rates and fees
- 60-day rate lock with no charge

30-Year Fixed Rate VA Mortgage

60-Day Rate Lock

\$250,000 Loan Amount

Talk to a VA Mortgage Expert today! Call 757-671-7900 ext. 161 or visit any office or dollar.bank/mortgage.



Mutually Inspired®

📤 Equal Housing Lender. Member FDIC. Copyright © 2018, Dollar Bank, Federal Savings Bank

The Rate and Annual Percentage Rate (APR) are current as of 5/25/18 and may change without notice. The Rate applies to Veterans Administration guaranteed home loan (VA Loan) for the purchase or refinance of single family, first lien owner occupied residential transaction for loan amounts up to \$453,100 with a maximum loan-to-value of 100% and the property securing the loan in Dollar Bank's Virginia market area. Rate assumes a 0% down payment. The APR displayed estimates charges based on a typical transaction and assumes a loan amount of \$250,000, 0% down, 30 days prepaid interest, prepaid finance charges of \$86 and an initial Up-front 2.15% Veteran Administration (VA) Funding Fee. These charges may vary. You will incur additional closing costs. 360 monthly payments of \$4.85 per \$1,000 amount borrowed. The payment does not include amounts for taxes and insurance and the actual monthly obligation will be greater. Property insurance is required, flood insurance may be required. An according to the property of the escrow for taxes, insurance and other property related charges is required. Approval subject to VA and Dollar Bank eligibility and underwriting guidelines. Call 1-877-261-2820 for details on estimated charges and the lock-in process. Other terms available.

FREE STUFF & Weekend Plans Delivered to Your Inbox





Weekend Access offers exclusive contests for the military as well as events you won't want to miss! This weekly E-newsletter is distributed every Thursday to 22,000 opt-in subscribers (and growing) in and around the Hampton Roads region.

Sign Up Today! http://bit.ly/2qU1D4D



Advertise Today! 757.222-3990 or ads@militarynews.com

Navy JAG Corps leaders break new ground with U.K. partnership

From Navy JAG Corps Public Affairs

WASHINGTON

The Navy JAG Corps publicly announced on May 23, 2018, the establishment of a new partnership with the U.K. Royal Naval Legal Services Office.

The U.S.-U.K. Bilateral Legal Partnership is a cooperative effort between Navy legal communities from the two allied nations, which promotes the exchange of ideas and best practices, particularly in national se-

In April, Vice Adm. James W. Crawford III, judge advocate general (JAG) of the Navy, and Rear Adm. John G. Hannink, deputy JAG, met with Capt. Stuart Wright, Royal Navy, Captain Naval Legal Services, in Norfolk, Va.

Wright was joined in Norfolk by his colleagues, Cmdr. Ian Park, Lt. Cmdr. Tom Evans and Lt. Cmdr. Pete Barker. The visit marked a milestone after more than two years of work to establish this critical partnership.

"It's remarkable to see how far we've come. What began as a small conversation in 2016 about the role of the U.S. Navy carrier strike group judge advocate has since grown tremendously," said Crawford. "These efforts led to the embarkation of a Royal Navy judge advocate during exercise SAXON WARRIOR to assist him in his deployment as the first legal advisor for the U.K. aircraft carrier HMS Queen Elizabeth."

In addition to Crawford and Hannink, the U.K. legal representatives met in Norfolk with Capt. Keith Gibel, commanding officer of U.S. Region Legal Service Office Europe, Africa, Southwest Asia (RLSO EURAF-SWA); Capt. Michael Holifield, force judge advocate for Commander, Navy Installations Command; Capt. Joe Hoelz, director of Office of the Judge Advocate General's National Security Law Division (Code 10); and Cmdr. Greg Saybolt, deputy force judge advocate of Commander, U.S. Naval Forces Europe — Africa / U.S. Sixth Fleet (CNE-CNA-C6F).

During their stateside visit, the U.K. legal representatives toured USS Gerald R. Ford (CVN jag and https://twitter.com/Navy JAG. 78), dined at the U.S. Fleet Forces Command Flag Mess, and took part in an in-depth strategy

meeting about the U.S.-U.K. Legal Bilateral Partnership and future reciprocal opportunities.

They also attended the first day of the Navy Judge Advocate General's Training Symposium (JTS) East 2018, a learning event for U.S. judge advocates that occurs every three years. At JTS East, Wright presented a brief to the approximately 300 attendees about the recruitment, training and employment of lawyers in the U.K. Royal Navy. At the conclusion of Wright's presentation, Park briefed attendees on U.K. and European human rights law litigation.

"I'd like to take a moment to pay a very public tribute to Vice Adm. Crawford," said Wright at the conclusion of his JTS East presentation. "Without your personal commitment and investment in this legal bilateral relationship, sir, we would not be where we are today."

The U.S.-U.K. Bilateral Legal Partnership was conceived in 2016, after Crawford met with U.S. and U.K. legal personnel during a site visit in London. Afterwards, leaders at RLSO EURAFSWA, CNE-CNA-C6F, and Code 10 began communicating and interacting more frequently with their U.K. counterparts, and U.S. judge advocates attended the

> "Naval Legal Services International and Operational Law Course" in Portsmouth, U.K. in September 2016 and 2017.

> > Reciprocal training has become a cornerstone of the partnership. U.K. personnel attend the U.S. led International Law of Military Operations course; Barker currently serves as a research assistant at the U.S. Naval War College Stockton Center; and Lt. Jade Gaudet, who is assigned to RLSO

EURAFSWA, recently became the first U.S. naval officer to attend the 2018 Oxford Course for Military and Government Lawyers.

"Joining the Royal Navy for their annual international law training at Oxford University was truly a world-class experience," said Gaudet, who completed the month-long course in March. "I look forward to helping build this experience into a permanent feature of the growing U.S. Navy-Royal Navy legal community

All indications are that the U.S.-U.K. Legal Bilateral Partnership will continue to flourish. In addition to expanding U.S. involvement in the Oxford University and Naval Legal Services Office training, other exciting initiatives are underway. For example, the two legal services, along with the U.S. Marine Corps legal office, are working closely together on preparations for a joint deployment in 2021 aboard HMS Queen Elizabeth.

To learn more about the JAG Corps, or about the services provided by judge advocates and their colleagues, visit www.jag.navy.mil/.

For the latest news about the worldwide JAG community, follow www.facebook.com/navy-

NSWC Corona team receives V.B. **Kisan Pandit Innovation Award**

From Naval Surface Warfare Center Corona Public Affairs

WASHINGTON

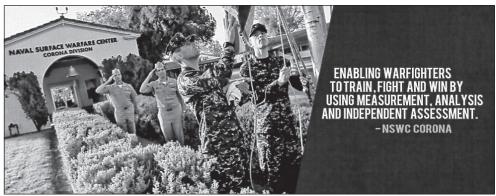
Naval Sea Systems Command (NAVSEA) recognized a team of scientists and engineers from Naval Surface Warfare Center (NSWC), Corona Division during the second annual V.B. (Kisan) Pandit Innovation Awards for Metrology and Calibration (METCAL) at NAVSEA Headquarters in Washington, D.C., May 21.

Naval Surface Warfare Center (NSWC) Corona's Measurement Reliability Team received the inaugural "Innovation Team Award" for developing a process and set of tools to significantly improve the reliability management of the Navy's inventory of test, measurement and diagnostic equipment. The new process allows a small team of analysts and engineers to measure and maintain the reliability of nearly 9,000 models of test equipment that are critical to maintaining the capability of weapon systems, assets and equipment.

NAVSEA Commander, Vice Adm. Tom Moore, presented the award to the team led by Dr.

friend of several employees at Corona, On Sept. 16, 2013, Pandit lost his life during the mass shooting that killed 12 at the Washington Navy Yard where the ceremony was held. Pandit was a METCAL program manager, worked with Corona employees on several projects and NSWC Corona employs more than 3,100 worldwide supporting warfighters to train, fight and was highly respected in his field.

"It's a real honor for Corona to receive the first Kisan Pandit Innovation Team Award," said Richard Schumacher, Measurement Science and Engineering Department head. "He was a champion of our measurement science and calibration mission, a good man and a good friend. And because of the close cooperation and integration Kisan had with Mike Norman in mul-



U.S. Navy graphic

tiple capacities throughout the years, from SUBPAC to his current position at SURFMEP, it's especially fitting that Mike received this year's individual award."

Following the award ceremony, NSWC Commander Rear Adm. Tom Anderson made a social media post to congratulate the NSWC Corona team saying, "Thank you for your hard work and dedication, and once again congratulations!"

The U.S. Navy's METCAL program plays a critical role in assuring weapon systems and Dennis Jackson, comprised of Dr. Steve Dwyer, Russ Greenhalge, Vartan Nazarian, Sharon equipment perform properly when called upon — from detecting and defeating incoming Nicholas, Tim Nguyen and Nam Phan from Corona's Measurement Science and Engineering threats to safely transporting Sailors to their mission and home. The METCAL program provides a system of calibration intervals to optimize measurement and maintain the reliability of The award's namesake, V.B. "Kisan" Pandit, was a former employee of NAVSEA and close equipment. METCAL is one of NSWC Corona's primary missions for the Navy and Marine

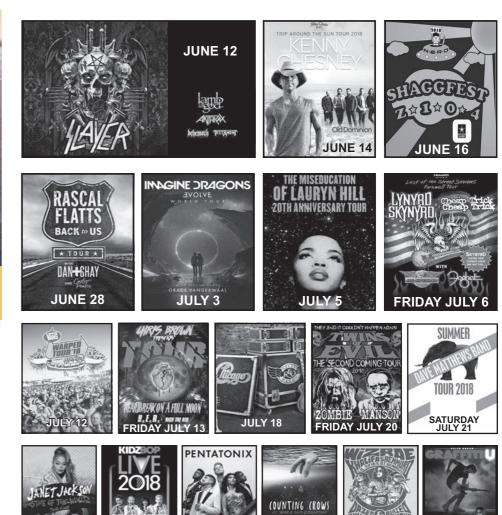
> As one of the largest employers in Riverside County, Calif., headquartered in Norco, win using measurement, analysis and independent assessment.



ATTENTION MILITARY FAMILIES: now there's a regional website just for you! MilitaryNews.com assists active duty military and their families, both during their transition and throughout their residence here in Hampton Roads.









VETERANS UNITED HOME LOANS.

SAT AUGUST

LIVE NATION FORD BOX OFFICE AT THE AMPHITHEATER TICKETMASTER | 800-745-3000

twitter@LiveNationVB | facebook/VABeachAmp

President Trump awards Medal of Honor to retired Navy SEAL for heroic actions in Afghanistan

By MC2 Paul L. Archer

WASHINGTON

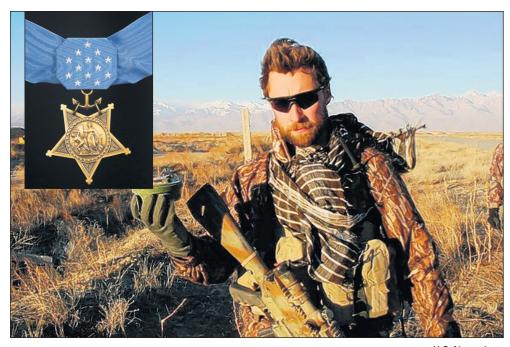
On May 24, retired Master Chief Petty Officer (SEAL), Britt Slabinski became the 12th living service member to be awarded the Medal of Honor for bravery displayed in Afghanistan. President Donald J. Trump presented Slabinski with the medal during a White House ceremony for his actions while leading a team under heavy effective enemy fire in an attempt to rescue teammate Petty Officer First Class Neil Roberts during Operation Anaconda in 2002.

During the ceremony, Trump praised Slabinski and his heroric actions.

"Today we induct a new name into the world's most exclusive gathering of heroes," said Trump, "Britt Slabinski is a special man and truly brave person."

"Through your actions you demonstrated that there is no love more pure and no courage more great than the love and courage that burns in the heart of American patriots. We are free because warriors like you are willing to give their sweat, their blood, and if they have to, their lives for our great nation. It's my tremendous privilege to present to you the congressional Medal of Honor," added Trump.

The president also welcomed members of Slabinski's family and friends to view the ceremony and receive a personal tour of the Oval Office.



A file photo taken in February 2002 of Senior Chief Special Warfare Operator (SEAL) Britt K. Slabinski at Bagram Airfield. President Donald J. Trump awarded the Medal of Honor to Slabinski during a White House ceremony May 24, 2018 for his heroic actions during the Battle of Takur Ghar in March 2002 while serving in Afghanistan. Slabinski was recognized for his actions while leading a team under heavy effective enemy fire in an attempt to rescue SEAL teammate Petty Officer 1st Class Neil Roberts during Operation Anaconda in 2002. The Medal of Honor is an upgrade of the Navy Cross he was previously awarded for these actions.

Slabinski was awarded the Medal of Honor for the following actions:

In the early morning of March 4, 2002, then-Senior Chief Slabinski led a reconnaissance team to its assigned area atop Takur Ghar, a 10,000-foot snow-covered mountain in Afghanistan. An enemy rocket-propelled grenade attack on the insertion helicopter caused Roberts to fall onto the enemy-infested mountaintop below, and forced the damaged helicopter to crash land in the valley below. Fully aware of the risks, a numerically superior and well-entrenched enemy force, and approaching daylight, Slabinski made the decision to lead the remainder of ski. his element on a rescue back to the mountaintop. Slabinski's team, despite heavy incoming enemy fire, was subsequently successfully inserted on top of Takur Ghar. Slabinski, without regard for his own life, charged directly toward the enemy strongpoint. He and a teammate assaulted and cleared one enemy bunker at close range. The enemy then unleashed a hail of



President Donald J. Trump presents the Medal of Honor to retired Master Chief Special Warfare Operator (SEAL) Britt Slabinski during a ceremony at the White House in Washington, D.C. Slabinski received the Medal of Honor for his actions during Operation Anaconda in Afghanistan

machine gun fire from a second hardened position 20 meters away. Slabinski exposed himself to enemy fire on three sides, and then moved forward to silence the second position. With bullets piercing his clothing, he repeatedly charged into deadly fire to personally engage the enemy bunker with direct rifle fire, hand grenades and a grenade launcher on the surrounding enemy positions. Facing mounting casualties and low on ammunition, the situation became untenable. Slabinski skillfully maneuvered his team across open terrain, directing them out of effective enemy fire over the mountainside.

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

The Medal of Honor is awarded to members of the Armed Forces who distinguish themselves conspicuously by gallantry and intrepidity at the risk of their own lives above and beyond the call of duty while:

- engaged in an action against an enemy of the United States;
- engaged in military operations involving conflict with an opposing foreign force; or
- serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.

Slabinski's Medal of Honor is an upgrade of the Navy Cross that he was previously awarded for these actions. Former Secretary of Defense Ash Carter directed the military departments to review all Service Cross and Silver Star recommendations for actions since Sept. 11, 2001, to ensure service members who performed valorously were appropriately recognized.

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

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

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

Additional information about Master Chief Slabinski is available at www.navy.mil/slabin-

Slabinski will also be recognized for his accomplishments during a "Hall of Heroes" cernony at the Pentagon May 25, 3 p.m. EDT.

SPAWAR-mentored high cchool robotics team wins division title at world championship

By Elisha Gamboa

Space and Naval Warfare Systems Command Public Affairs

SAN DIEGO

A group of Space and Naval Warfare Systems Command (SPAWAR) volunteers mentored a local high school robotics team to the For Inspiration and Recognition of Science and Technology (FIRST) Robotics World Championship in Houston, Texas April 18-21.

The team, Santana High School's 'Sultans from Santee, Calif.', competed against more than 400 teams from 74 countries, winning their division and making it to the world championship semi-finals.

SPAWAR encourages students to pursue degrees and careers in the areas of science, technology, engineering, and mathematics (STEM) through the use of hands-on activities, real life challenges and exciting competitions.

"Our goal is to grow and foster the next generation of innovators," said Wanda Curtis, SPAWAR Systems Center Pacific FIRST robotics outreach coordinator. "STEM affects everything around us; it is what is going to make our nation competitive in today's increasing technological environment."

Largely supported by their coaches, mentors, sponsors and parents, this was Santana High School's third appearance at LEGO League Junior teams (grades K-3), 38 FIRST LEGO the World Championship since forming in 2012.

"Our robotics team is made up of highly motivated and dedicated students," said SPAWAR FIRST Robotics mentor, Kerryl Cacho. "The students meet anywhere from three to four times a week, including weekends. This is in addition to their other responsibilities including school work, sports teams and academic clubs."

Made up of 25 or more students from grades 9-12, FIRST Robotics teams work together to build and program robots to perform challenging tasks against a field of competitors. Additionally teams must raise funds, design a team "brand,"



By Elisha Gamboa

Santana High School's Robotics Team, mentored by Space and Naval Warfare Systems Command volunteers, competed in the 2018 For Inspiration and Recognition of Science and Technology (FIRST) Robotics World Championship Semi-Finals.

hone teamwork skills and perform community outreach.

"In robotics you learn a lot of skills that will help you in the future," said Emily Parise, a student and FIRST Robotics team member. "You learn about all kinds of things — engineering, how to write a grant, how to communicate. It brought me out of my shell and forced me to do things I didn't think

In addition to Santana High School's Robotics Team, SPAWAR volunteers coached and mentored a number of other robotics teams competing this season, including six FIRST League teams (grades 4-8), 11 FIRST Tech Challenge teams (grades 7-12) and 13 FIRST Robotics Competition teams

In addition to Santana High School, five other SPAWAR mentored teams competed in the World Championships, with three students receiving the honor to compete for an individ-

"The point of all this is to help our SPAWAR employees to get out in the community and interact with these young people," said Brian Williams, SPAWAR Systems Center Pacific FIRST Robotics outreach coordinator. "Our employees get

the satisfaction of helping and mentoring, and the students get to learn valuable skills and lessons from our SPAWAR professionals. It's a win-win. And some day, we hope these students will want to come work for SPAWAR, and bring with them the skills they have learned to help build a stronger, more competitive Navy."

FIRST Robotics is just one of the many ways SPAWAR will continue to promote STEM in classrooms throughout the region. Other efforts include co-hosting a FIRST LEGO League tournament with Eastlake High School in Chula Vista, Calif., the AUVSI Annual RoboSub Competition, San Diego Fleet Week events, summer internship opportunities, STEM demonstrations at local schools and judging science

SPAWAR identifies, develops, delivers and sustains information warfighting capabilities supporting naval, joint, coalition and other national missions. SPAWAR consists of more than 10,000 active duty military and civil service professionals located around the world and close to the fleet to keep SPAWAR at the forefront of research, engineering and acquisition to provide and sustain information warfare capabilities



Rear Adm. Dave Welch, commander, Naval Surface and Mine Warfighting Development Center (SMWDC) leads a discussion with Warfare Tactics Instructor (WTI) candidates on the first day of SMWDC's Instructor and Tactics Course (ITC). Following ITC graduation, the candidates will complete 14 to 17 weeks of training in Amphibious Warfare (AMW), Anti-Submarine Warfare/Surface Warfare (ASW/SUW), or Integrated Air and Missile Defense (IAMD) to earn WTI qualification and wear a distinctive WTI patch. SMWDC is one of the Navy's five Warfighting Development Centers and its mission is to increase the lethality and tactical proficiency of the Surface Force across all domains.

Surface Warfare Officers complete Surface Warfare **Tactics and Instructor Training**

From Naval Surface and Mine Warfighting **Development Center Public Affairs**

SAN DIEGO

More than twenty Surface Warfare Officer Warfare Tactics Instructor (WTI) candidates completed initial instruction — the Instructor and Tactics Course (ITC) — at Naval Surface and Mine Warfighting Development Center's (SMWDC) headquarters May 24.

five Warfighting Development Centers in June folklore — as a basis for action." 2015 to increase the lethality and tactical proficiency of the surface fleet. Already, more than 200 qualified WTIs are in readiness production tours or returned to the fleet after initial qualification as an Anti-Submarine/Surface Warfare (ASW/SUW), Integrated Air and Missile Defense (IAMD), or Amphibious Warfare

"A core principle of high velocity learning is rigorous adherence to standards and processes

Welch, commander of SMWDC. "ITC provides our staff with time at the onset of WTI instruction to instill standards, and for the candidates to practice to those standards, in an environment that fosters learning and provides immediate, constructive feedback. We want this important, initial phase to carry through in application throughout the remainder of WTI training. One of our guiding principles as an organization is strict adherence to standards —

After completing ITC, WTI candidates in Point Loma, Calif., Dahlgren, Va., or Little Creek, Va. to complete qualification as ASW/ SUW, IAMD, or AMW WTIs. The ITC course graduates represented each type of WTI qualibaseline course for all potential WTIs.

"It's great to see all the different types of WTI candidates under one roof before they to achieve objectives," said Rear Adm. Dave head to their specific schools," said Lt. Cmdr. mission weapons, and optimize high-demand,

Chris Polnaszek, SMWDC's Academics Manager. "These first weeks of training set expectations and deliver standards to candidates, and also introduce them to an elite network of fight as a team. naval tacticians that support commanders and watch teams. The strength of the WTI cadre is as much in the team as it is in the individual."

With more than 200 specialized tacticians in the fleet; warfare, strike group and fleet commanders have increased capability, lethality and readiness at their disposal now and in the future. In addition to the tactical capability and expertise they are able to leverage from individual WTIs, the WTI "Warrior, Thinker, Teacher" model of continuous, lifelong learning drives unit, strike group, and fleet-level lethality as WTIs help build agile and responsive teams throughout the Force. Adherence to standards within the tactical community also port of one WTI," said Rear Adm. Yvette Da-SMWDC stood up as one of the Navy's while discouraging the use of tribal myth and lays the groundwork for rapidly increasing and vids, senior military advisor to the Assistant sustainable readiness.

> transition to one of three SMWDC Divisions a ripple effect throughout the surface force at a recent WTI graduation, "I'm getting the through increases in operator and system persupport of 233 of the top tacticians in the fleet." formance. For instance, the synchronization of effort between IAMD and AMW WTIs Commander, Naval Surface Force, and U.S. will help the Surface Warfare community Pacific fleet and exists to increase the lethality fication, highlighting the need and value of a maximize performance and capacity of the and tactical proficiency of the Surface Force Ship Self-Defense Systems (SSDS). Similarly, collaboration between IAMD and ASW/ SUW WTIs will allow for better use of multi-

low-density assets for multiple mission areas. To achieve these goals, WTIs train as a team in order to learn, grow, and, when called upon,

WTIs receive distinctive patches after they graduate from the training pipeline. It is then that most WTIs begin one of a variety of readiness production tours in key training billets. During these assignments, they are able to expound upon and sharpen their expertise through delivery of advanced tactical training, tactics and doctrine, or operational support to the fleet. The readiness production tour also reinforces the need for each WTI to rely on the strength, wisdom and expertise of the entire cadre to thoroughly examine and address complex challenges.

"I like to think that when I tap into the sup-Secretary of State for Political-Military Affairs Teamwork within the WTI cadre creates and a career surface warfare officer who spoke

> SMWDC is a subordinate command of across all domains.

PARTNERSHIP | Pacific Partnership concludes in **Thailand**

Continued from B1

"I am honored to be here as we conclude USNS Brunswick's visit to Thailand, a culmination of four meaningful days of learning from each other," said Rear Adm. Brad Cooper, commander, Expeditionary Strike Group 7. "This year, the United States and Thailand commemorate 200 years of friendship, and we look forward to more cooperation in the years to come."

Thailand is considered United States/ oldest regional ally as both U.S. and Royal Thai armed forces continue to con-

duct 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.

"The lasting legacy of this mission, in many ways, is to deepen understanding, create partnerships and build friendships," said Royal navy Capt. Peter Olive, deputy mission commander of Pacific Partnership 2018.

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

"We look forward to continuing Pacific Partnership 2018 next year in Thailand," said Lt. Gen. Parinya Khoonnasee, Royal Thai armed forces directorate of joint operations.

Brunswick is one of three expeditionary fast transports 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.

CORPSMEN | Team joins 2018 **DoD Warrior Games**

Continued from B1

Surgery. "We are proud to have Navy Medicine Sailors representing Team Navy."

The Warrior Games were created in 2010 as a way to enhance the recovery efforts of wounded warriors through the

use of adaptive sports. Eight teams will represent the U.S. Army, Marine Corps, Navy, Coast Guard, Air Force, and Special Operations Command, as well as the United Kingdom armed forces and the Australian defense force. This year marks the fourth annual Warrior Games since the DoD began managing the event, which was previously hosted by the U.S. Olympic Committee.

"Preparing for the games provides me the opportunity to gain the strength to adapt to my new normal," said Valerio. in the sacrifices they made for this country," said Faison. "We "I enjoy helping fellow service members adapt to their new normal through sports and friendship."

Wounded-warrior athletes are comprised of active-duty personnel and veterans with upper-body, lower-body and spinal cord injuries, serious illnesses, traumatic brain injuries, visual impairment and post-traumatic stress. They will compete in a variety of competitions including cycling, archery, sitting volleyball, shooting, swimming, track and field and wheelchair basketball.

The Warrior Games are an important venue to showcase the incredible fighting spirit of the nation's wounded service al tempo environments, at expeditionary medical facilities, members and honor the daily sacrifices they and their families medical treatment facilities, hospitals, clinics, hospital ships make in defense of the nation. The games are also a way for and research units around the world. the wounded-warrior athletes to develop lifelong friendships and mutual support with those who have endured similar

"These athletes are showing great resilience and fortitude wish them the very best of luck during the games."

Navy Medicine offers several avenues for service members to aid them in their rehabilitation journey. For more information on programs and services for injured service members, retirees and their families, please visit http://www.med.navy. mil/sites/nmcphc/wounded-ill-and-injured/Pages/health-promotion.aspx or call (757) 953-0700.

Navy Medicine is a global health care network of 63,000 personnel who provide health care support to the U.S. Navy, Marine Corps, their families and veterans in high operation-

Sangratulations to







STEPHANIE RENTERIA

2018 HEROES AT HOME Central Virginia MILITARY SPOUSE OF THE YEAR

Read all about the finalists in the 2018 Heroes At Home Spouse Guide online at FlagshipNews.com

2018 HEROES at HOME Central Virginia Honorees



THANK YOU TO OUR SPONSORS

 \star Presenting sponsor \star



SILVER SPONSOR ★

BRONZE SPONSOR

UNITED

CONCORDIA®



Mercedes-Benz









TABLE SPONSORS ★

Wegmans

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

We know what it MEANS TO SERVE.

LET US SERVE YOU.

USAA.COM or 800-531-8521







NAVSTA AUTO AUCTION TO BE HELD JUNE 25:

Need a new ride? NAVSTA might have just the right car for you. Be sure to check out the 411 on the auto auction to be held this month, on June 25. » See C4

FLAGSHIPNEWS.COM 05.31.18



Nathan's Famous Hot Dog eating contest qualifying circuit visits Norfolk on June 10

nual Nathan's Hot Dog eating contest in Coney Island Brooklyn, NYC on Stilwell & Surf avenues outside Nathan's. Joey "Jaws" Chestnut defended his title with 72 hot dogs & buns while women's title was won by defending champion Miki Sudo with 41 hot dogs & buns.

Local Hot Dog-Eating Champs Win a Trip to July 4 Finals in Coney Island

From Shea Communications

Nathan's Famous will host the Virginia qualifier for the annual Fourth of July International partnership with Kroger, will take place at Harborfest, in Norfolk, Virginia.

The top male and female finishers in the event will qualify for a seat at the Nathan's Fa-July 4, 2018, where they will face reigning champions Joey Chestnut and Miki Sudo.

"The launch of the annual Nathan's Famous hot dog-eating contest circuit signals the arrival of summer," said Scott Harvey, executive vice president of Nathan's Famous. "Some of the most accomplished eaters in the world will compete at this event, but we also are seeking new talent in Norfolk to represent our nation on the most patriotic day of the year."

"Competitive eating is the lens through which our humanity is revealed," said Major League Eating Chair George Shea. "Competing against world champ Joey Chestnut on the judged professionally and that safety standards are in place at each event. big stage in Coney Island on July 4 is the dream of any patriot."

Joey Chestnut of San Jose, California, currently holds the title of hot dog-eating world champion after defeating rising star Carmen Cincotti with a Coney Island record of 72 hot

Joey "Jaws" Chestnut defended his title with 72 hot dogs & buns.

dogs and buns in 2017. Chestnut's all-time best is a world record 73 Nathan's Famous hot dogs and buns in 10 minutes. Miki Sudo of Las Vegas, Nevada, will defend her title as female Hot Dog-Eating Contest at 12:15 p.m. on Sunday, June 10, 2018. The event, presented in champion, having consumed 41 hot dogs and buns in 10 minutes in 2017, a new personal

In recent years, an estimated 35,000 fans have traveled to the corner of Surf and Stillwell mous Fourth of July International Hot Dog-Eating Contest in Coney Island, Brooklyn, on avenues in Coney Island to watch the Nathan's Famous Fourth of July International Hot Dog-Eating Contest in person. The live telecast of the event has consistently attracted millions of viewers since ESPN first aired the contest in 2004.

> According to legend, the Nathan's Famous Fourth of July International Hot Dog-Eating Contest has occurred each July 4 th in Coney Island, New York., since 1916, the year Nathan Handwerker opened the beloved restaurant. MLE, the governing body of all stomach-centric sports, sanctions the Nathan's Famous Hot Dog-Eating Circuit and ensures the contests are

> Those interested in competing in the Virginia qualifier should visit www.majorleagueeating.com to obtain information and register. All competitors must be over 18 years of age.

NAVAL STATION NORFOLK HOSTS FIRST ALPHA WARRIOR COMPETITION

By MC3 Emily S. Ziegler Naval Station Norfolk Public Affairs Office

NORFOLK

Naval Station (NAVSTA) Norfolk's N24 gym held its first Alpha Warrior event, May 15.

Representatives from the Alpha Warrior program arrived on base with an obstacle course, May 14. The large apparatus was installed in the N-24 gym with help from volunteers and a number of special guests whom arrived with the Alpha Warrior program, including Barclay Stockett, a 2017 American Ninja Warrior (ANW) national finalist, Kevin Klein, also a 2017 ANW national finalist, and Bennie Wylie, the University of Oklahoma's Sport's Director.

"The alpha warrior crew was tremendous. They were awesome with the sailors. They were amazing with the kids. The athletes that were here were so grateful to be at the base and get involved with the navy," said Anthony Benning, NAVSTA Norfolk's Fitness and Sports Director.

Alpha Warrior is a military focused program that uses rigs similar to the ones seen on the popular competition show, American Ninja Warrior, to promote health and fitness at US

military installations around the world. Previously, most of the events were held on Air Force bases. NAVSTA Norfolk is proudly the first Naval Station to host this event.

After the rig was set up on the gym's basketball court, Bennie Wylie held an open training and education class for the equipment at 1800 Monday night and another training at 0600 the next morning geared towards fitness coaches.

"I loved going through the competition with my colleagues and coming together and cheering for each other. We have so many new pieces to our team, we needed that one thing that brings everybody together and I believe that's what that event was for our team and our staff," said Antonio Leary, Lead Fitness Specialist for NAVSTA Norfolk.

The Alpha Warrior Competition was held on Tuesday morning at 0800 for people ages 13 and older. The participants had five minutes to complete the course without falling more than three times. Approximately 30 people attempted the course and three completed the competition. Later in the day, a kid's competition was held for ages 4-12 and had an attendance of about 50 participants.

"You can get lost in it because you're having so much fun that you forget you're exercising," said Leary.

The Alpha Warrior rig will remain in the N24 gym as a permanent fixture. It has been reassembled in the Navy Operational Fitness and Fueling System (NOFFS) zone. The gym staff is now equipped to train patrons how to use the new equipment and encourage everyone to take the opportunity

"This is another means for our sailors to set a goal," stated Benning. "It's all within keeping people active and healthy and engaged in something other than sitting at a desk. It gives them an opportunity to try something new."



American Ninja Warrior National finalist, Kevin Klein, demonstrates how to use the new Alpha Warrior equipment at the N24 gym for patrons and staff.

The N24 gym plans to begin classes based around the new system. They also hope to have competitions to find Naval Station Norfolk's own Alpha Warrior. Everyone with base access is encouraged to come try the new equipment out and learn new fun ways to exercise.

Community Submit YOUR events, news and portion The Flagship welcomes submissions from our readers online.

■ Submit YOUR events, news and photos

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/.

Calend

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



Virginia Beach Patriotic Festival

- June 1, Brett Aldridge with Ryan Kinder, 7 p.m. 5th St. Stage
- June 2, Brantley Gilbert with Muscadine Bloodline, 7 p.m. 5th St. Stage
- June 3, Cole Swindell with Walker McGuire, 4 p.m. 5th St. Stage
- Virginia Beach Oceanfront
- VIP tickets \$50-75

The Patriotic Festival celebrates our Armed Forces with three days of concerts and military displays at the Virginia Beach Oceanfront. Being home to one of the largest concentrations of military installations in the United States, Hampton Roads is proud of its military heritage. There are a ton of things to do at this VA Beach attraction. Of course there is music, which brings thousands of people to this

fun event. There is also a "military zone", mobile tours, and other activities. There will be appearances by the US Marines, Newport Shipbuilders, USO Military Expo, US Air Force Performance Lab, Military Vehicle Display, and

Summer Carnival at Mt. Trashmore Park

- June 1–19 (Mon.-Fri.) 5 p.m.–10 p.m. (Sat.-Sun.) 2 p.m.–10 p.m.
- Mt. Trashmore Park, Edwin Dr., Virginia Beach
- Free admission Ride/game tickets for purchase

This fun family-friendly Virginia Beach event is a summer favorite! The whole family is invited to have a blast at the Summer Carnival at the Mount Trashmore Park. The Summer Carnival will include traditional state fair foods (hot dogs, cotton candy, funnel cakes...) and of course fun rides for all! There will be over 20 rides to ride! The only ride with no height requirement is the Ferris Wheel.

Ft. Eustis Father's Day Event

- June 3 11 a.m.
- 833 Monroe Ave, Fort Eustis
- Email Chereese@usohrcv.org to register

Join us at our Fort Eustis USO for a fun filled Father's Day event on June 3rd! We will have a home-made golf course, games, corn-hole, photobooth, Father's Day card Station, & of course food and drinks! You must RSVP to attend this event as space is limited-only 50 slots. Email Chereese@ usohrev.org in order to reserve your family's spot today!

Jordan Bridge Fun Run

- June 6 6 a.m., 11 a.m., & 4 p.m.
- NSAHR Portsmouth Riverview Fitness Center, 1101 Holcomb Rd. Bldg. 276 Portsmouth
- **757-953-7024**

The NSA Hampton Roads Summer Run Series will kick off on Wednesday, June 6 - National Running Day - with the Jordan Bridge Fun Run! There will be three waves available for the FREE run: 6 a.m., 11 a.m. and 4:30 p.m. Meet us there or ride with us in the MWR shuttle, which will meet in front of Riverview Fitness Center (bldg. 276) with departure times at 6 a.m., 11 a.m. and 4:30 p.m.

Sign up at Riverview Fitness Center or call 757-953-7024.

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.

Make the most of your landscaping projects this year with these tips

From Brandpoint

Home improvement projects aren't constrained to a single season, but during these warmer months, your focus is no longer simply on your home's indoors. Now there's outdoor yard work to do as well, and if you're looking to recreate your outdoor space, your outside projects may include some landscaping. If you have landscaping as part of your to-do list this season, the right strategy can ensure that you get the most benefit from your landscaping goals with the least amount of

To that end, here are five tips to simplify your landscaping projects this year.

- Plan for the entire year. Landscaping projects can be hard work, and because of that, you deserve to enjoy them for a long as possible. That's why it's important to plan your landscaping layout with the entire year in mind. Research your plant and flower options based on bloom periods and plant a variety so your yard is always being introduced to new pops of color. You should also add evergreen shrubs and other such landscaping project, it's important to remember this isn't just HVAC units and may place landscaping solutions too close to plant life to your overall plan to give you a spot of color in the a one-time solution. Your landscaping will need continual the unit, which makes it difficult for techs to service the unit winter and preserve your landscaping look.
- Be mindful of other tools outside your home. When developing your landscaping strategy, you need to be aware not example, if you're a person who appreciates beautifully colyour HVAC system. This allows units like the Champion Moonly of your home but the other vital components outside as well. Many homeowners are not mindful of their home's HVAC units and may place landscaping solutions too close to annuals. Your time commitment in year one will be roughly advanced monitoring system to provide accurate readouts for the unit, which makes it difficult for techs to service the unit the same, but you'll ease your time requirements in the years faster annual service, maximized service life and improved and exposes your system to the harmful effects of debris. Instead, plan to keep all landscaping at least two feet away from your HVAC system. This allows units like the Champion Momentum Variable Capacity Residential System to operate at financial department. Veteran landscapers know that it bepeak efficiency and allows service techs to utilize its built-in comes very easy to get swept up in the project and before you with rocks, wood chips or a flower garden — can add a pop of advanced monitoring system to provide accurate readouts for know it, you've added a slightly larger tree or another bush or color and visual appeal to an otherwise plain area. These vifaster annual service, maximized service life and improved two. Then you suddenly have unexpected costs heading your sual attractions can be placed anywhere, but adding one to an comfort in your home.
- Touch every corner of your yard. Your home is naturally the focal point of your yard, but it doesn't have to be the only one. Creating a berm — a mound-type space that you can fill with rocks, wood chips or a flower garden — can add a pop of color and visual appeal to an otherwise plain area. These visual attractions can be placed anywhere, but adding one to an otherwise deserted corner of your yard is a great way to tie the entire space together and make the most of an unused area.



Brandpoint image

- should start your project by planting perennials instead of
- Monitor your budget. Like many things, a lavish landwith a higher bill, plan out your budget ahead of time. Try to entire space together and make the most of an unused area. get as specific as possible with where you plan to spend every dollar. The more you can hold to each line item in your bud- landscaping project, it's important to remember this isn't just get, the better you'll be able to avoid unnecessary expenses a one-time solution. Your landscaping will need continual throughout the process.

makes the best use of your time and money. Apply the tips above and you'll be rewarded with a beautifully landscaped about the Champion Momentum Variable Capacity Residential System, visitHome improvement projects aren't constrained to a single season, but during these warmer months, your focus is no longer simply on your home's indoors. Now there's outdoor yard work to do as well, and if you're lookleast amount of headache.

projects this year.

- Plan for the entire year. Landscaping projects can be hard work, and because of that, you deserve to enjoy them for as long as possible. That's why it's important to plan your landscaping layout with the entire year in mind. Research your plant and flower options based on bloom periods and plant a variety so your yard is always being introduced to new pops of color. You should also add evergreen shrubs and other such winter and preserve your landscaping look.
- Be mindful of other tools outside your home. When developing your landscaping strategy, you need to be aware not only of your home but the other vital components outside

■ Add plants that fit your lifestyle. When planning your as well. Many homeowners are not mindful of their home's work, and as such, your landscaping plan should be based and exposes your system to the harmful effects of debris. Inpartly on the time you have to dedicate to the project. For stead, plan to keep all landscaping at least two feet away from orful flowers but doesn't want to replant them every year, you mentum Variable Capacity Residential System to operate at peak efficiency and allows service techs to utilize its built-in

- comfort in your home. ■ Touch every corner of your yard. Your home is naturally scaping project can get away from you very quickly in the the focal point of your yard, but it doesn't have to be the only one. Creating a berm — a mound-type space that you can fill way. Instead of ending your exciting project on a bad note otherwise deserted corner of your yard is a great way to tie the
- Add plants that fit your lifestyle. When planning your work, and as such, your landscaping plan should be based Making landscaping improvements to your yard can be a partly on the time you have to dedicate to the project. For fun and rewarding project provided you follow a strategy that example, if you're a person who appreciates beautifully colorful flowers but doesn't want to replant them every year, you should start your project by planting perennials instead of yard that you can enjoy every day of the year. To learn more annuals. Your time commitment in year one will be roughly the same, but you'll ease your time requirements in the years
- Monitor your budget. Like many things, a lavish landscaping project can get away from you very quickly in the financial department. Veteran landscapers know that it being to recreate your outdoor space, your outside projects may comes very easy to get swept up in the project and before you include some landscaping. If you have landscaping as part of know it, you've added a slightly larger tree or another bush or your to-do list this season, the right strategy can ensure that two. Then you suddenly have unexpected costs heading your you get the most benefit from your landscaping goals with the way. Instead of ending your exciting project on a bad note with a higher bill, plan out your budget ahead of time. Try to To that end, here are five tips to simplify your landscaping get as specific as possible with where you plan to spend every dollar. The more you can hold to each line item in your budget, the better you'll be able to avoid unnecessary expenses throughout the process.

Making landscaping improvements to your yard can be a fun and rewarding project provided you follow a strategy that makes the best use of your time and money. Apply the tips above and you'll be rewarded with a beautifully landscaped yard that you can enjoy every day of the year. To learn more plant life to your overall plan to give you a spot of color in the about the Champion Momentum Variable Capacity Residential System, visit championhomecomfort.com.



Sports

Swoggle, Elijah Burke set to appear in Norfolk

By Jonathan McLarty

Vanguard Championship Wrestling (VCW) returns to the Norfolk Masonic Temple on Saturday, June 2. Headlining the event is wrestling superstar "The Pope" Elijah Burke taking on "Mr. Xcellence" Brandon Scott. At a recent VCW event in Suffolk, Scott threatened to not wrestle again unless the match was for Billy Gunn's VCW Heavyweight Championship. However, Commissioner George Pantas and CEO Travis Bradshaw will not grant Scott a future title opportunity unless he continues to participate in his scheduled matches.

After serving his sixty-day suspension, JJ Blake will return to VCW on June 2 to compete for Phil Brown's VCW United States Liberty Championship. When the former partners turned enemies last competed, Blake assaulted Referee Chris Sharpe, leading to his suspension. In other title action, VCW Commonwealth Heritage Champion Gino will defend his championship against the 2017 Lutz Memorial Cup winner Ken Dixon. Although Gino was able to outsmart Dixon to get the win in March at Hampton High School, Dixon left Gino lying after the match.

Ahead of the Liberty Lottery event taking place on July 28, the first ever Lucky 7 Battle Royale will occur on June 2 to determine the twentieth entrant in the Liberty Lottery match. Signed for Lucky 7 are Sean Studd, Benjamin Banks, Diamond Victor Griff, O.B Wright, Mike Oridge, Irvin Legend, and "Pretty Boy" Jake Hollister. The winner walks away with the final entrant spot for the annual twenty-man battle royale.

Also signed for June 2: Brian Pillman Jr and Swoggle (formerly known as Hornswoggle in World Wrestling Entertainment) will appear, Simply Safe-ish (Wes Rogers and Livid the Clown) versus The Sanctuary (Timmy Danger and Neil Sharkey), VCW Tag Team Champions The Hellcats will defend their titles in an open challenge.

The Norfolk Masonic Temple is located at 7001 Granby Street in Norfolk. A meet and greet with Elijah Burke, Swoggle, and Brian Pillman Jr will occur that evening at 6 p.m. prior



Jonathan McLarty

 $Vanguard\ Champions hip\ Wrestling\ Tag\ Team\ Champions\ The\ Hell cats.$

to the 7:30 p.m. bell time. Advanced tickets options and other information can be found at VCW-Wrestling.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

5 WAYS TO WIN THE FIGHT AGAINST HUNGER CRAVINGS

From Brandpoint

It's a sadly familiar situation: You ate a nutritious breakfast, packed a salad and ate a healthy lunch. You're eating better, cutting out the junk and everything is going well ... until late in the afternoon.

Around 3 p.m. is when the cravings always hit. When your stomach tells you it wants carbs and sugar, and those snacks in the break room are irresistible. You start to convince yourself that one candy bar isn't really going to hurt anything.

Almost everyone has experienced these hunger pangs. The trick is, knowing how to handle them. These five tips will show you some of the best ways to manage and beat these cravings.

1. Are you hungry or thirsty? When hunger first hits, take a step back to ask yourself if you need food or just a few ounces of water. People often mistake thirst for hunger, and the solution here might be that you need to stay hydrated throughout the day. Keep a water bottle at your desk and refill it often.

2. Get the right kind of protein. Experts frequently recommend increasing your protein intake in order to stay full, but not just any protein will do; you need to be sure you're getting the right kind of protein. For instance, casein protein found in Muuna cottage cheese allows your body to digest more slowly and keeps you full longer. With flavors like strawberry, blueberry, pineapple, peach, mango, black cherry, raspberry, vanilla and plain, satisfying your hunger has never tasted better.

3. Add some spice to your life. Research has shown that spices such as red pepper can help curb hunger. Other spices such as turmeric, curry powder, ginger and chili powder may have a similar effect. So be generous with your spices. You'll have an additional kick to your meal and skip the late-afternoon hunger pangs.

to tell you to grab a su break out of the habit.

If your hunger pangs Muuna cottage cheese.

4. The foods you crave won't satisfy. It's tempting to think a frosted scone or piece of toast is your ticket to a full stomach. In fact, foods made up of refined carbohydrates and a lot of sugar



Brandpoint image

metabolize quickly, leaving you hungry and craving more food. Instead, reach for foods that are high in protein and low in carbohydrates. Here again, Muuna cottage cheese can come to the rescue with up to 19 grams of protein and just 4 grams of carbs per serving.

seach, mango, black cherry, raspberry, vanilla and plain, satisfying your hunger has never tasted etter.

5. It's all in your mind. A lot of times our mind plays tricks on us. Those late-afternoon hunger cravings might not be the work of an empty stomach, but rather, a brain that's been programmed to tell you to grab a sugary snack at a certain time. The feeling will pass and eventually you'll break out of the habit.

If your hunger pangs persist, be sure to have high-protein snacks on hand like rich and creamy Muuna cottage cheese. Loaded with protein and containing calcium, potassium and probiotics, it's a delicious and nutritious way to keep you going throughout the day.

Volunteers needed for 30th annual Clean The Bay Day

From City of Norfolk

Thousands of volunteers will join together across Virginia this June to clean up litter along waterways from the Eastern Shore to the Blue Ridge Mountains in celebration of the 30th annual Clean the Bay Day. Keep Norfolk Beautiful/City of Norfolk and the Chesapeake Bay Foundation (CBF) will hold the pearl anniversary of this shoreline cleanup on Saturday, June 2, from 9 a.m. until noon at various sites throughout Norfolk.

A group of Hampton Roads residents concerned about trash coordinated the first Clean the Bay Day in 1989. Since then it

has grown into an unparalleled cleanup event at hundreds of sites across the state.

"Over the past 30 years Clean the Bay Day has become a Virginian tradition because it's so simple and so effective," said Tanner Council of CBF. "Anyone can help clean up, and the 30th anniversary is a great time to start."

Last year, about 6,000 volunteers participated in Clean the Bay Day at 250 sites, on foot and in boats removing approximately 100,000 pounds of litter and debris along 450 miles of

The many cleanup locations include sites in Hampton Roads, Virginia's Eastern Shore, in Northern and Central Virginia, the Shenandoah Valley, and at many state parks. Early registration is advised. To register at a site near you, visit www.cbf.org/clean



Become a Foster Parent Today!







NAVSTA AUTO AUCTION TO BE HELD JUNE 25

From MWR Community Recreation **Naval Station Norfolk**

THE VEHICLES:

■ All vehicles have been abandoned on the Naval Station and are sold as is. There is no guarantee that the vehicles will run. Vehicles are not guaranteed as to year or state inspection. SPECIAL ODOMETER NOTE: DO NOT rely on the odometer reading, as it could be incorrect. Odometer reading could be more or less. Bidders are explicitly advised to closely examine the vehicle they are bidding on. There are no guarantees expressed or implied.

VIEWING OF VEHICLES:

Vehicles may be viewed at SP-123 from 1000 to 1300 on the Monday and Tuesday prior to the day of the auction. There will be a list of vehicles available at the viewing: however, any vehicle may be pulled from the auction up until the close of business Tuesday. Everyone entering the lot must have valid CAC/Military ID card. This auction is only open to our military/CAC card holders. (Active Duty, Retirees, Dependents, Civil Service)

BIDDER REGISTRATION:

All bidders must be registered and have a bidder number. Receipt of a bidder number implies an understanding of the legal obligations to these stated rules and regulations. Registration will start at 1000 on the day of the auction at the auction site. Bidders must register their name and address as they wish them to appear on the Certificate to Obtain Title. The MWR Department reserves the right to refuse to register bidders who have previously failed to follow the rules of their auctions. Registered bidders are responsible for all bids under their number. You, the registered bidder, are responsible for bids tendered, irrespective of the designated purchaser of the vehicle. i.e. DO NOT BUY A CAR FOR A FRIEND OR RELA-TIVE UNLESS YOU ARE PRE-PARED TO ASSUME RESPON-SIBILITY FOR THE PURCHASE. The Certificate to Obtain Title must be made out in the name of the winning bidder. Do not bid on a car and then request that the Certificate to Obtain Title be prepared in someone

else's name.

YEAR	COLOR	MAKE	MODEL	VIN
	BLACK	TRAILER	BOAT	
1986	WHT/BLU	SUNBIRD	BOAT	SB295659G586
1992	BLACK	CHEVROLET	SILVERADO	2GCEK19KXNT269810
1993	WHITE	HONDA	CIVIC	1HGEJ1256PL019518
1995	WHITE	SEAPRO	BOAT	PI0CC875H495
2012	SILVER	EZLOADER	EZL90R	1ZEADELA2CA010227
1997	BLACK	CHEVROLET	CAMARO	2G1FP22K7V2112843
1997	GREEN	CHEVROLET	BLAZER	1GNDT13W4V2215530
1998	RED	FORD	EXPEDITION	1FMPU18L6WLA39489
1998	WHITE	CHEVROLET	S10	1GCCS1441WK239340
1998	TAN	MAZDA		JM1BC1411W0187346
1998	BLACK	CHEVROLET	SILVERADO	1GCEK19M3WE161188
2000	MAROON	MAZDA	626	1YVGF22D4Y5115301
2001	WHITE	PLYMOUTH	NEON	1P3ES46C01D276374
2002	BLUE	PONTIAC	GRAND PRIX	1G2WP12K32F140073
2003	GREY	DODGE	DAKOTA	1D7HL12X23S120116
2003	BLUE	GMC	ENVOY	1GKDT13S832324869
2003	BLACK	FORD	F250	1FTNW21P03EC23190
2004	SILVER	VOLVO	S40	YV1MS382942025972
2004	GREY	LANDROVER	DISCOVERY	SALTY19444A857318
2004	RED	PONTIAC	GRAND AM	1G2NE52F04M518389
2005	WHITE	INFINITI	G35	JNKCV54E35M405480
2005	GREY	VOLKSWAGEN	GLI	3VWSE69M75M067179
2006	GOLD	ACURA	TL	19UUA66296A033609
2006	GOLD	TOYOTA	TUNDRA	5TBRU34196S466010
2007	BLACK	JEEP	COMPASS	1J8FT57WX7D177577
2008	WHITE	VOLVO	S40	YV1MS390082369032
2008	RED	VOLKSWAGEN	PASSAT	WVWAK73C38P016273
2008	WHITE	PONTIAC	GRAND PRIX	2G2WP552581191626
2008	WHITE	FORD	EXPLORER	1FMEU63E68UB03007
2008	BLACK	HONDA	SI	2HGFG21588H707643
2008	BLACK	CADILLAC	CTS	1G6DF577780186294
2008	BLACK	INFINITI	G37	JNKCV64E48M127456
2009	BLACK	ACURA	TSX	JH4CU26649C025406
2009	WHITE	DODGE	CHARGER	2B3KA33V49H570947
2010	RED	TOYOTA	COROLLA	JTDBU4EEXAJ060131
2010	GREY	HONDA	CIVIC	2HGFA1F60AH517600
2011	BROWN	CHEVROLET	MALIBU	1G1ZD5E13BF208442
2012	WHITE	FORD	TAURUS	1FAHP2EW9CG123014
2012	SILVER	TOYOTA	TACOMA	5TFJX4GN3CX008906
2012	WHITE	CHEVROLET	CRUZE	1G1PF5SCXC7141003

BIDDING ON VEHICLES:

The auction will normally start at noon on Wednesday at the direction of the auctioneer. The auctioneer will proceed down the row of vehicles taking verbal bids on each vehicle in turn. Bidders who are interested in a particular vehicle should stand near the vehicle so that the auctioneer will hear their bid. All sales are final. Please be sure of the vehicle you are bidding on. Bidders may not par- ment property) acknowledging the

ticipate in the auction while on their bid price. phones or electronic devices. The MWR Department reserves the right to refuse any and all bids and to settle FULL ON THE DAY OF THE AUCany and all disputes involving bids. This is an absolute auction. There are no extra fees or charges that must be paid. The bid price is the sale price. Once the auctioneer declares a vehicle "sold", the high bidder must sign a Form 1348-I (transfer of govern-

IF PAYMENT IS MADE IN TION: The highest bidder on each vehicle may pay in full on the day of the auction at SP-314. Such payment must be made in the form of cash or credit card (no checks). If payment is made in full on the day of the auction, the Certificate to Obtain Title (Form

97) will be prepared immediately and

PAYMENT FOR VEHICLES:

presented to the buyer. Payments are taken until 1530 auction day.

IF PAYMENT IS NOT MADE IN FULL ON THE DAY OF THE AUC-TION: The highest bidder must pay a minimum of \$20 or 10% deposit, whichever is greater, on the day of the auction. This non-refundable payment may be made by cash or credit card. The remaining balance must be paid with cash or credit card (no checks) within five working days. Payment must be made at the Naval Station Impound Lot office, Bldg SP-314 located at the end of 10th Ave., between the hours of 0900 and 1630. When the complete payment is made within five working days of the auction, the Certificate to Obtain Title will be issued to the buyer. The signed Form 1348-I will act as a bill of sale for removal of the vehicle from the auction site.

FAILURE TO MAKE FULL PAY-MENT WITHIN FIVE WORKING DAYS: The failure on the part of the bidder to make full payment within five working days of the auction will make the sale null and void, and result in the forfeiture of any deposits. The vehicle will then be re-offered for public sale at the next abandoned vehicle auction.

REMOVAL OF VEHICLES:

Vehicles must be paid for in full before they are removed from the auction site. All vehicles must be towed off of the lot. Buyers have five working days from the day of the auction to remove their vehicle and may do so from 0900-1600 Monday-Friday. Vehicles may not be worked on in the lot of the new location. You must show a signed Form 1348-I, Form 97, or registration for the vehicle to be released. Buyers who have paid in full for their vehicle and have not removed it within five working days will be assessed a \$15 per day/vehicle storage charge. Vehicles left for two weeks from the auction date will be declared abandoned and will be towed. Buyers will then be assessed a towing charge in addition to the \$15 per day storage charge.

FURTHER INFORMATION:

2 FOR 1

SAVINGS

Call the Impound Lot office at 444-2631, Monday – Friday, 0900-1700. www.genedanielsauctions.com

HUGE SAVINGS ON 2018 VACATIONS!

\$900

Ultimate Hawaii

Tour with Pearl Harbor Experience

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

Departs weekly year-round

Enjoy a fully-escorted four island Hawaiian vacation with beachfront lodging on Kauai, Maui, and the "Big Island" of Hawaii, and on Oahu in gorgeous central Waikiki. Includes a Pearl Harbor experience with stops at the USS Arizona Memorial and Battleship Missouri, historic Lahaina, Volcanoes National Park, plus our Farewell Feast with authentic Hawaiian entertainment and food. Price includes three inter-island flights, baggage handling, and sightseeing.



New England & Canadian Maritimes Cruise 15 days from \$3,798* \$1,899

Departs September 11 & 25, 2018

Starting in Boston, explore the highlights of New England and the Canadian Maritimes. Visit an historic mansion in Newport, Rhode Island before enjoying the famous shores of Cape Cod. Board the Norwegian Dawn and sail to Portland, Halifax, Charlottetown, Gaspésie and La Baie. Following your cruise, explore Quebec City, Montreal and the Green Mountains of Vermont, all bedecked in vibrant fall colors. Port stops vary for the southbound cruise.



National Parks of the Golden West

14 days from \$1,949* \$1,499*

Departs July - September, 2018

Visit nine⁺ of America's most spectacular national parks on this incredible tour! Start off in fabulous Las Vegas and continue to the world-famous Grand Canyon. From there we'll go on to see Zion's steep sandstone cliffs, red rock hoodoos in Bryce Canyon, Monument Valley's giant mesas, Arches National Park's gravity-defying stone formations, waterfalls and granite scenery in Yosemite, and towering sequoias in Kings Canyon—America's natural beauty awaits! Fully-



Highlights of Spain & Caribbean Cruise

20 days from \$3,998* \$1,999*

Departs October 29, 2018

Enjoy breathtaking sights from Europe to the Caribbean on this extraordinary trip. Experience the history and culture of Spain on a five-night escorted tour including Madrid and Barcelona, with stops at ancient Roman relics and stunning cathedrals. Board the magnificent Norwegian Epic for a 13-night cruise with stops on Madeira Island, St. Thomas, and St. Maarten before disembarking in Florida. Includes all meals on cruise, seven meals on land, and baggage handling.







Promo code N7017

Thanks, Dad: 5 special things you can do for your father this season

From Brandpoint

He was there when you rode your bike for the first time, got behind the wheel of a car and when you simply couldn't figure out algebra. Your dad has been there for you through the good and the bad and he's given you so much that you can't help but want to give back.

Now's the perfect time. Whether you do it for Father's Day, his birthday, anniversary or a simple surprise Tuesday, anytime can be the perfect backdrop to show Dad just how much he's meant to you and it all starts with these tips.

- Celebrate his interests. What does your dad love to do? Whatever it is, do it with him. Whether it's a fishing trip to his favorite lake, tickets to watch his favorite team play or even a surprise trip to the destination he's always wanted to visit, Dad will love the gift even more if it means spending time with you.
- Indulge him with the latest tech. If your dad is a gadget guy, now is the perfect time to indulge him with the latest technology. One way to do this is to solve the WiFi troubles in his home with eero, a reliable and secure home WiFi solution. Instead of relying on a single router to cover the entire home, eero will provide WiFi to every room. No more dead spots, slow spots or drop-offs; it's the perfect solution for total WiFi coverage. And it's secure — unlike traditional routers, eero receives regular security updates automatically, so no more searching, downloading or installing needed.
- Think of everything. This sounds daunting at first, of course, but one of the best gifts you can give Dad is a day away from the pressures he normally feels. That means if you plan to spend the day with him doing one of the activities listed above, plan that activity out to the last detail so he only has to go along for the ride. And if you're not planning to do such an excursion, your dad will appreciate your help with a job on his to-do list. Painting, yard work or errands, the more you can do for him, the less stress he'll feel.
- Create a scrapbook. From social media to computers and cloud storage, finding the photos and videos that relive important life moments has never been easier. Use them and create a scrapbook or digital memento for your father. Celebrate some of your greatest adventures together and you'll create a keepsake he'll cherish forever.
- Say thank you. This one is so simple it's amazing how many people forget to do it. At the same time, though, sometimes a simple thank-you is all Dad needs. Thank him for everything he has brought to your life. Thank him for teaching you to ride a bike, drive a car or trying to teach you algebra. Let him know that you appreciate everything he has done for you and you'll truly deliver your father a one-of-a-kind present.



intheaters

ADRIFT (PG-13)

Starring Shailene Woodley (Fault in Our Stars, Divergent films) and Sam Claffin (Me Before You, The Hunger Games films), ADRIFT is based on the inspiring true story of two sailors who set out to journey across the ocean from Tahiti to San Diego. Tami Oldham (Woodley) and Richard Sharp (Claffin) couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. In the aftermath of the storm, Tami awakens to find Richard badly injured and their boat in ruins. With no hope for rescue, Tami must find the strength and determination to save herself and the only man she has ever loved. ADRIFT is the unforgettable story about the resilience of the human spirit and the transcendent power of love.

ACTION POINT (PG)

Johnny Knoxville stars as D.C., the crackpot owner of a low-rent, out-of-control amusement park where the rides are designed with minimum safety for maximum fun. Just as D.C.'s estranged teenage daughter Boogie comes to visit, a corporate mega-park opens nearby and jeopardizes the future of Action Point. To save his beloved theme park and his relationship with his daughter, D.C. and his loony crew of misfits risk everything to pull out all the stops – and stunts – making for another wild ride.

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



Johnny Knoxville stars in Action Point, loosley based on the wild amusement park, Action Park in the late 70s/early 80s.

Best Lover.

TRUTH OR DARE (PG-13)

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

I FEEL PRETTY (PG-13)

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

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

of family, friendship, and flavor - finding a new taste for operation to stop the teens from sealing the deal. Leslie Mann adventure and earning the coveted coffee mug title of World's (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)

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.

basetheaters \$3 Movies

Overboard focuses on "Leonardo" (EUGENIO DERBEZ), a selfish, spoiled, rich playboy from Mexico's richest family and "Kate" (ANNA FARIS), a working class single mom of three hired to clean Leonardo's luxury yacht. After unjustly firing Kate and refusing to pay her, Leonardo falls overboard when partying too hard and wakes up on the Oregon coast with amnesia. Kate shows up at the hospital and, to get payback, convinces Leonardo he is her husband and puts him to work - for the first time in his life. At first miserable and inept, Leonardo slowly settles in. Eventually he earns the respect of his new "family" and co-workers. But, with Leonardo's billionaire family hot on their trail and the possibility of his memory returning at any moment, will their new family last or will Leonardo finally put the clues together and leave them for good?



Courtesy Pantelion Films/Metro-Goldwyn-Mayer

JEB Little Creek, Gator Theater - 462-7534

Friday, June 1 6 p.m. Overboard (PG-13)

9 p.m. Tully (R)

Saturday, June 2 1 p.m. Overboard (PG-13)

4 p.m. Avengers: Infinity War (PG-13) 7 p.m.Tully (R)

Sunday, June 3

1 p.m. I Feel Pretty (PG-13) 4 p.m. Avengers: Infinity War (PG-13) 7 p.m. Traffik (R) NAS Oceana, **Aero Theater** – 433-2495

Friday, June 1 6 p.m.Overboard (PG-13)

9 p.m. Tully (R)

Saturday, June 2

12 p.m. Overboard (PG-13) 3 p.m. Avengers: Infinity War (PG-13) 7 p.m. Super Troopers 2 (R)

Sunday, June 3

12 p.m. I Feel Pretty (PG-13) 3 p.m. Overboard (PG-13) 6 p.m. Tully (R)

TO PLACE AN AD:

Visit flagshipnews.com

Flagship Values

Hampton Roads Military Classified Marketplace

advertise your business

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

Announcements

Southside

Church of Christ

Meets in the Diamond Springs Gardenwood Park Civic League Building 5652 Haden Rd.

Services Sundays

10:00 AM Bible Study 11:00 AM Worship Services Conservative Non-Instrumenta

Robert Mallard 757-464-4574 www.southsidecoc.net

Retired Teachers Wanted To serve as panelists for an education conference in the fall. Please call 757-409-0349 for information.

Concerts/Shows

NORTHEAST DRAGWAY-JOIN THE RACING FUN SEE SCHEDULE: www.northeastdragway.com. WE ARE AT 1099 LAKE ROAD. HERTFORD NC 27944

Estate Sale

ESTATE SALES MOVING SALES

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

Flea Markets/Bazaars

Church Bazaar-Christ UMC, 1601 E. Bayview Blvd., Norfolk 23503. Sat., June 2, 10-3. Indoors. Bake Sale, hotdogs, variety of crafters.

Church Yard Sale Sat.5/26 w/Spaces to sell.\$12. 7-12 @ PAPUMC.208 S Plaza Trail 23452. 340-5775

Crafter/Vendor Space Available-\$35 at yard & craft sale, Sat., June 9, in Hampton on W. Mercury Blvd. Call Barb 315-415-4802.

FLEA MARKET Unity Lutheran Church. Saturday, June 2, 8-3. Spaces \$10. 2801 E. Princess Anne Rd., Norfolk. No Pre-Registration

HAYGOOD UNITED METHODIST

4713 Haygood Rd., VA Beach SPACES AVAILABLE \$10. Saturday, June 2, 7am - 2pm NAS OCEANA-FRONT GATE, Sponsored by Navy Wives Club. Sat., June 2, 8-2. Vendors & Public Welcome. Spaces

15X15, \$20. 757-433-2193, 567-2020. Olde Towne Antiques/Flea Mkt: June 2, Fantastic Finds. New location-200 County St. oldetowneportsmouth.com 405-3500.

Garage Sale - Chesapeake

Cheshire Forest in Great Bridge Community sale 380 homes. Only sale of the year. June 2nd 8a-12p rain-date June 9th Parker rd. at Cheshire Forest dr.

COMM.SALE: CHESHIRE FOREST, Sat. 6/2, 8-12, 728 Yorkshire Trail: adult clothing all styles/ seasons,books, household, collectibles, etc, thrift store prices.



GREYSTONE COMMUNITY ANNUAL YARD SALE HUGE RANGE!! EVERYTHING MUST GO!!! -BIG CLEAN OUT

Hampshires at Greenbrier Condos Community Garage Sale, Fri., June 1 & Sa June 2, 8-3 PM. Kempsville & Volvo Pkwy.

Garage Sale - Virginia Beach

Brookwood/Lynnhaven Garage Sale-620 Bethune Dr., V.B. Sat. 6/9 10-6 Fishing Equip. Collectibles/ Beanies, Sports Cards, Beer Cans, Furniture, '97 GMC Jimmy, Brand New Items, Christmas

Bellamy Manor 904 Eastwind Ct. 5/31-6/2 Thurs Sat 9-5 Whole 3,000 sq ft house! Furn, collect,tools vintage fb:betterhomesandbargainsestatesales

Great Neck Rd-THE RESERVE Annual Community Yd Sale. Godfrey Ln. Sat., 6/2, 8-1. Rain/Shine

Holly Road Garage sale 4601 Holly road

Lynnhaven Garage Sale-620 Bethune Dr. V.B Sat 6 Fishing Collectibles Beanies Sports ns Furniture '97 GMC Jimmy New Iter

MT Olivet Baptist Church, 1301 Church St. Annu

Yard sale and Fish fry, Saturday-June 2, 201 Tables available \$10.00 07:30A.M.-3:00PM Info/reservations 757-675-8164

Pine Ridge Neighborhood Community Yard Sale Huge Pine Ridge Community Yard Sale Saturday June 2, 8am-1pm, rain date Sat June 9. Neighbor-hood entrance at corner of London Bridge Rd & Pine View Ave, Va Beach, 23456. Sajo Farm Community Sale-Saturday, June 2nd, 8-12 Off of Diamond Springs Rd/ Perennial Place

Salem Woods, Va Bch. Sat. 26 May 9 am - 3 pm MOVING & GARAGE Sale. Woodworking, Mechanics, & Gardening Tools; Fishing & Marine; Electronics & Stereo; Christmas Items; Household; Furniture, Ex-ercise Equip. 1409 Ellerbeck Court. (757)343-7516 Antiques & Collectibles

American Antique Buyer

RAY HIGGINS

Buying All Antiques & ESTATES. FURNITURE, ART GLASSWARE, ANTIQUE GUNS ALL COINS

Sterling Flatware Older Men's/Women's Wrist Watches Pocket Watches

Working or Broken 25 Yrs. Exp. Licensed Will Come to You for Antiques 24/7. Free Estimates.





DECOYS WANTED
Highest CA\$H prices paid
Old wooden ducks or Canvas geese Swans and Shorebirds. Also buying Old fishing tackle & Wooden lui Roat Oars Nautical & Lifesaving Items

I BUY COINS **Coin Collections STAMP COLLECTIONS**

757-474-1303

ANTIQUES & ESTATES 18th, 19th & 20th Century, Furniture, Artwork, China, Crystal & Collectibles. 1 Piece Or Entire Contents. We Come To You With &

Courteous & Professional Service. No Obligation Offers. Please Get My Offer Before You Sell! Tag Sales & Estates Settled.

LARRY ZEDD 422-4477 Virginia Beach Antique Co.

Appraisal Service With 40 Years Experience.

Appliances

APPLIANCES - Refrigerator \$195; A/C \$99; Stove \$125; Freezer \$150; Washer \$150; Dryer \$125; Dishwasher \$100. All Items Like New. DELIVERY AVAIL 757-447-7347 Kenmore Refrigerator French door. 5 yrs old. Black Water and ice on outside. 350.00 757-681-7020

Articles For Sale

Antique Duncan Phyfe Sofa, 80 inches Golf & Sports Plaques to sit on desk, new, great for birthdays & special occasions, 499-0367 Tools/household items Saturday ONLY 5/26/18, from 8am-1pm, AAAA SellStorage unit G341, 4656 Honeygrove Rd VB,VA, Contexts workshop tools, compressy/hoses/hammers, garden tools, certifigerators,beach chairs & items from sell of believed.

Bikes-Mopeds-Dirt Bikes

Moped-Yahama Zuma 50F, 2013, 2K mis., like new, value \$1690, asking \$1599. 271-9961. Yamaha 2015 Zuma, 544 miles, like new, \$1775. Snyder's RV 499-8000.

> **Boat Trailers** USED TRAILER SALE !!! OVER 100 AVAII. FOR BOATS 12-38 BUDGET BOATS: (757) 543 -7595

Boat Gear/Equipment



Bayliner 18.5' Bowride Bayliner 18.5' Bowrider Very low engine time and only a few times in the water since 2010. Lift kept, new custom fitted cover, and in very good condition. Equipped with a 3.0 GL SX Outdrive. Many extras and acces-sories are included. \$8,000.00 All reasonable offers will be con-sidered.

Call/Text 757-620-1177 or email sarader1@

Boats/Rigs

mastercraft 1995 19 ft Ski and wakeboard Garaged off season.Used in freshwater only. Original trailer. \$14,000 757-286-1465

Cameras-Photography WANTED: High-End Film

Call 757-481-5375.

Furniture-Household

2 Pc. All New Mattress Sets-In Plastic

3 Piece Reclining loveseat, sofa & recliner rocker, rust color, good cond \$125. 757-641-2274 Golf Equipment

Bent Barrel Hunt Club Golf Classic, June 5th, Stumpy Lake Golf Course. Info 757-567-1492.

Good Things To Eat

AT HENLEY FARM **STRAWBERRIES & PEAS**

ou Pick, 2 locations, the farm at 3484 Char k Rd., 426-6869 or the corner of Princess A & Pleasant Ridge Rd., 689-6196. Everyday, 426-7501.

BEETS

Cromwell's Produce, 3116 New Bridge Rd., Va. Beach. 9-5 Daily. Call 721-6226.

CHEAP CRABS-Soft Shell, Live, small \$25; medium \$30; #2 male crabs \$50 bu. 30 minutes from Great Bridge or Pungo, 252-455-5279. Cindy's Produce-Strawberries, peaches cantaloupes, rhubarbs, holiday flower sale. 2385 Harpers Rd, Va Bch. 10-6. 427-2346. MC/Visa



& Fresh Picked. 2 Locations, Western Branch Chesapeake, Bennetts Creek, Suffolk, 1 mile off 17. 757-483-9880 Strawberries-You Pick & More. Bring

containers, Poor John's Farm, Dominion Blvd., Chesapeake. 679-9707. Open Daily 8:30-6 PM. **Hunting Equipment**

HUNT CLUB-Well-established. 7000 acres in Sussex/Dinwiddie. Looking for members. \$600. 757-585-9836.

Lawn & Garden

FREE PICK UP of your broken or unwanted lawn equipment. No riding mowers. Call 412-5664 Quality Used Riding Mowers, 42-50 inch **Riding Mowers**-Broken or unwanted. Free Pickup. Call Jerry 757-439-0649.

Medical Supplies

Complete Hospital Equipment for home invalid care. \$500. 757-228-3246.

Pets-Dogs,Cats,Other AKC Bloodhounds - M & F, Liver & Tans/Black & Tans, shots. Starting at \$500.00. 252-687-6097

AKC choc.Lab Pups,ready to go home w/1st shots

English Springer Spaniel Pup-AKC, female ready, 1st shots, \$500, 252-636-0189. English Springer Spaniels-Champion bloodlines, 919-223-0512.

German Shepherd Pups, AKC, hip/health guaranty parents on premises, shots, 2 litters 757-483-0717 **Golden Doodle Pups-**Parents reg & on site, vet check guarante, \$950. 757-620-6026. **Golden Doodles**-F1B, 9 wks., 2 sets of shots, have parents, \$900. 757-421-7708. **Golden Lab Mix Pups-**Ready to go. 1st shots & de-worming \$150. 252-357-4829, 252-548-8327 **Golden Retriever Pups-**AKC, English cream, parents on-site, vet ck guar, \$950. 757-620-6026 Great Dane Pup-AKC, males. Harlequin & mer-le, shots/wormed, ready July 17. \$1500. 635-3964

Lab/Golden mix 6F-3M 9 weeks old. 1st shots and de-worming, 400.00 (757) 374-3543 **Labradoodle Pups**-F1B, parents on site, vet check guarantee. \$1050, 757-620-6026.

Maltipoos & Shi Poos, M & F Mini. Schnauzers-All Colors. Super Coats. Year Health Guarantee. www.smithschnauzers.com For More Info 434-349-3854 or 434-770-1464 Sheltie Pup-AKC. Female. Sable w/full white collar, shots, dew claws. \$975. 757-613-6651.

Pets-Dogs, Cats, Other

SHIH/Maltese 1 m \$750. Also taking dep. on 4 wht Malti-Poos Stud service avail 757) 567-2687

Yorkie Puppies AKC, Health Guar., Family Raised, microchip 757-778-7081 www.dynamoyorkies.com Plants, Seeds, Flowers

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

SeaRay Sundancer 250 1989 26'9" new



Wellcraft 1997 24'-1, Cabin, 225 HP 2000 Johnson w/rebuilt carbs 2017 & other engine up grades, trim tabs, GPS, Fishfinder, trailer. Boat & motor very good condition \$12,500, 757-418-447

Sewing Machines/Vacuums

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

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

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

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

Wanted To Buy

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 Barrett Street Auction, next Auction June 30th. Now Accepting Consignments. 463-1911

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

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

Drivers/ Transportation/ Shipping

Local Fuel & Propane Drivers (2) FT/PT. Must have CDL & Hazmat. Call 252-465-8930 or 757-482-2179

Chesapeake

Motor Equipment Operator Hiring Event June 9. 2018

306 Cedar Rd. Chesapeake, VA

Interview and potentially receive a job offer the same day (Job offer contingent on results of background screenings). Please complete the application prior to attending the

To Apply, Visit, www.jobs.cityofchesapeake.net. EOE

Accounting/ Finance

FINANCIAL REPRESENTATIVE

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 bene 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's (Guardian), New
York, NY. Securities products and advisoy services offered through Park Avenue
Securities LLC (PAS), member FINRA,
SIPC. OSJ: 7101 Wisconsin Avenue, Suite
1200 Bethesda. MD 20814. ph# 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 2018-57338 Exp 5/20.

Building & Construction/ Skilled Trades

Miller & Long Company, Inc. TOWER CRANE OPERATOR NEEDED Experienced with NCCCO Cert. \$1,900/Week + Overtime. Benefits & Travel Pay. Drug Free -EOE-M/F-Vets-Disability. Please call **301-347-4268**. www.millerandlong.com

ROOFERS NEEDED TST Roofing seeking FOREMAN, MECHANICS & LABORERS. Contact: 757-452-6955; mturner@tstroofing.com.

Computers/IT/Technology

Developer Senior sought by Anthem Inc. in Norfolk, VA to perform data analysis, data modeling and data profiling using the full system development lifecycle. Apply online at www.jobpostingtoday com, ref # 73959.

Systems Analyst Advisor sought by Anthem, Inc. in Norfolk, VA to serve as primary technical GBD IT Encounters point of contact for HCA Encounters business partners for assigned markets, using full SDLC for program develop-ment. Apply at www.jobpostingtoday.com ref #13255.

Education/Training TEACHER/TEACHER'S ASSISTANT At

least 1 year teaching experience w/children. Cal Basics Primary School **757-424-0994** 6 am-6 pm.

Healthcare/ Medical

Lake Taylor Hospital is hiring for all Healthcare Related Positions. Visit ou vebsite at www.laketaylor.org for more infor **MEDICAL OFFICE MANAGER**

for Neurology Practice. www.tnisleep.com. Medical Management experience preferred. Fax resume to 757-686-1514 attn: Wendy.

Medical Receptionist

Looking for experienced Medical office individual for Full Time Front Desk position. Compassionate, well organized person needed for fast paced office. Knowledge of insurance coding helpful. Only Med-ical Office Experienced Individuals need apply. Email resume to millerp@atlanticortho.com

Part-time Radiologic Technologist Reliable, independent, and

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

Virginia Beach Psychiatric Center www.vbpcweb.com

Maintenance

Janitorial Attendant The Norfolk Airport Authority® is currently accepting application forms for Janitorial Attendant until 4:00 PM on June 8, 2018, Visit www.norfolkairport.com/employment for details. EOE F/M/Vets/Disabled

Maintenance/Grounds Maintenance/Grounds experience preferred for complex in Va. Beach. Must have valid driver's license, transportation & share on-call phone.Email resume to bridlecreek@fwmgmt.com or fax to (757) 495-2940

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. Value \$3700. Asking \$700 each obo 757-641-2274 For Lease-Commercial

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

Great Bridge-Large 1 BR, water, electric, a/c, heat included, \$900 mo., also Suffolk. 692-6843.

For Rent-Condo



Virginia Beach Indian Lakes Area 2bedroom 2baths Condo about 2.6 miles of Regent University. Easy access to 1264 and 164 to anywhere in Hamp-ton Roads. Visit my fb page 5206 Breezewood Arch VB VA 23464 \$1000 rent No Pets Allowed

For Rent-Furnished Apts

For Rent-Norfolk Apts

Clean 1 BR Apt-East Ocean View, 7th Bay, \$650 mo, includes water/sewer, 646-2398. GHENT-8 Great Locations
2 RR free heat & hot H20, \$650-\$995.

Meredith Mgmt. 622-8233 www.meredithmgmt.com \$300 Moves You In. \$735 Mo. leside Square Apts. 3515 Gatling Ave. 466-8111

Little Creek Rd-2 BR Twnhse. Central heat/air, Ask About Our Specials Meredith Mgmt.

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

For Rent-Norfolk House Rental in Norfolk - 2BR, 2BA Duplex, Central H/A, Washer & Dryer. \$775 per month w/ \$775 Deposit. Call Sydney @ 757-955-4419

For Rent-Portsmouth Apts CALL ABOUT FREE HALF MO. RENT SPECIAL!!

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

For Rent-Rooms **Bayview-**Furnished rm, cable TV, washer/dryer kit. priv's. \$125 wk, \$500 mo. 757-672-3544. Chesapeake-Sunrise Hills, furn room, central air, W/D hookup, \$150 wk.+ dep. 252-267-5030. **Colonial Place**-2 rms, utils, a/c, cable inclu. \$500 mo., \$200 dep. 757-622-4054, 450-6768 Hilltop-Priv. entrance & bath, \$750 inclu all utils cable & internet. Dep. required. 757-717-0129.

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

South Norfolk-Furn rm, all inclu. Cable & W/D free, \$500 mo., \$250 dep. Avail now. 408-1620.

Green Run-3 BR, 2.5 BA, avail now, \$1400 mo. Open House Wed. 1-5, Thurs. & Fri. 10-5. 1316 Sierra Dr. Va. Beach. 757-580-3263.

For Rent-Va. Beach Apts

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

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

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

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



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 auto-matic transmission. Loaded with every available option. Exterior color is dark purple metallic upper and white lower. White convertible top and black ior. Price is \$29,900. Contact Dave a

Chevy 1949 5 window Street Rod Truck All Stee P/W D/P 757-585-6884 Chevy 1968 Corvette Conv new top, small blk, 4 spd, air, very good shape. \$24,000. 773-3718

585-773-0971.

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

Automobiles for Sale

2003 Mercedes E320 \$3,000 or best offer- Reli able vehicle in good condition. Black exter 288,100 miles. Contact owner (757) 418-0222. **BMW 2013 528i**-Gray with cream interior, 50K mis., \$22,000. Private Sale. 757-289-5198.

ADVERTISE

FLAGSHIP CLASSIFIEDS House Cleaning **FLAGSHIPNEWS.COM** Affordable Deep Spring Cleaning-Residen



Buick 2003 LaSabre Custom: 75,726 miles Loaded, cold A/C, clean, and in good condition



Cadillac 2011 CTS-coupe Surprise her with this like new coupe with only 38,500 mi Garage kept CTS, without breaking the bank. One owner. Fully loaded. \$15,990 This car turns heads. 757-641-8139

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

FIREHAWK SLP PONTIAC 2000 2-DOOR COUPE mileage,garage kept,very clean,call ard@757-585-6884 for info.&pricing

Ford 2006 Taurus \$ 1600 firm,new Tires ,and Brakes,ac ,tan interior,#4 inspection ,nice running vehicle.180,000 miles Call Jim at 757-905-0254 Honda 2004 Civic Mechanics special or parts car.



Lexus 2005 ES330 148, 000 miles, strong mainte-

nance history, new tires, sunroof, owneding \$5,900 and will partially finance. Contact 757-464-0428.

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

> MORE. 63000

ART.

ASK FOR



ROLLS-ROYCE 2007 PHANTOM - A LUXURY AUTO

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

Flagstaff New 35' V Lite, diamond pkg, was \$47.362 now \$34.000. Snyder's RV 499-8000.



Forest River 2011 R-P0D 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.

WINNEBAGO 2017 MINNIE WINNIE LIKE NEW,ONLY USED ONE TIME 1800 MILES
PAID 80,000 WILL SELL FOR 55,000 0B0
CALL 757-583-0020 or 757-214-1140

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

Winnebago 2016, Vista, 35F, 1.5 BA, 8K mis, like new, \$89,500. Snyder's RV 499-8000



Harley Davidson 1992 Softtall Classic
has the fantastic EVO motor, Crane 35 cam, SS carb,
Pingel gas valve, removable windscreen, 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. 29,900 milles.
\$6790/080. 757-816-8864

757.622.1455

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

Additions, Sunrooms, Roofs, Decks & Other home Improvements. Chesapeake Unice 757-274-4533. Suffolk Office 986-3777. BBB Accredited. www.builderscorporation.com

Attorneys

DIVORCE/WILLS

Additions

Uncontested. \$395'+ \$86 filing fee. No court appearance req'd. Wills \$275 Member BBB. Se Habla Espano Hilton Oliver, atty. 757-490-0126 Childcare

ACCEPTING CHILDREN OF ALL AGES

In Business Over 30 Yrs, full bath remo

We have experience & educational training for child care providers in your city. Go to: www.pfceea.com Bath/Kitchen Remodeling

ing, any type of tile, Jacuzzi's, tile showers, fixtures, also additions, Class A Builder. 757-672-8348. Concrete/Asphalt

Concrete Exp. All types of con crete work driveways, stamped & exposed. We Accept Card Cards stamped &

652-4050. www.shabazznva.com

Electrical Work

10% OFF ABSOLUTELY ANY JOB mates \$100 OFF ANY BREA COLE ELECTRIC - 498-2653

Floors FLOOR TRADER

NEW FLOORING FAST!! We'll bring samples to your home, measure, and can even install the next day. We are Hampton Roads largest flooring dealer, so you get your floors

Garages

General Repairs AFFORDABLE SAME DAY REPAIR ★ ndyman, Int & Ext: Bathrooms, Small Jobs, el. 30 Yrs. Exp. BBB A+ Rating. 430-2612.

D&W Garages - 20x24' \$15,995; 24x24 \$17,995; 24x30' \$20,995; w/Slab & Vinyl Siding Call **465-0115** or **362-1833**. dandwgarages.com

Home Improvements *D & J Home Improvements. Complete

decks, tile, painting, flooring, 757-839-7771.

AIR-DUCT CLEANING UNIVERSAL DUCT CLEANING FREE INSPECTIONS Member BBB 757-502-0200

Oak Grove Remodeling and Repairs Inc. Veteran. Licensed & Insured. Residential & Commercial. FREE quotes. 757-414-7169.

| pilotezads.com

COMPLETE YARD WORK-Weeding, mulching,

Cut Grass, Edge, Trim Shrubs & Mo Call or Text Ernie at 757-408-2082 (Circle This One!)

We Do Anything In The Yard. Free Est. 472-8370 D & J LAWN CARE-We do flowerbeds

GRASS CUTTING Eating, Blowing, Bushes, Mulci nable Prices! Call 757-477-215 **MOBILE MECHANIX**

We Service All Lawn Mowers &

Tractors Including John Deere 757-478-3474

ATTICS & GARAGES CLEANED nauled away, also tree limbs & shrubs. Call 934-2258 **B & J MOVING**

Massage, Laura Spa, Grand Opening, full body+ deep tissue, attractive Korean masseuses 757-340-1188 @ 3707 Va. Beach Blvd., Va Bch

UNIVERSAL PEST & TERMITE.

Power Washing

ALL-BRITE PRESSURE WASHING, LLC.

2 story siding & trim, cleaning from top to bottor starting from \$130 & up. Our promise to remove mold, mildew & surface dirt. Call Gil to schedule, mold, mildew & surface dirt. Call Gil to schedule 272-5395. www.all-britepressurewashingllc.com **EVANS PRESSURE WASHING I pressure wash hous**

ndows, gutters, interior/exterior painting, jobs. Experience & Ref's. 757-533-2278. Roofing-Guttering *A FLAT RUBBER, HOT TAR,

LEAKING ROOF, REPAIR SPECIAL 30 YEAR ARCHITECT SHINGLE. \$1.99 PER SQ. FT. PLUS HANDYMAN.

Siding BEST PRICE EXTERIORS: 757-639-4692

Frank's Siding & Repairs 227-8964 ring Siding & Trim. Also Small & Large Jobs. Lic/Ins. Low Prices BBB A+ RATING.

AFFORDABLE TREE SERVICE-Tree pruning Senior Citizen Disc. Theo 515-6933. Josh 998-5327 FLOYD'S TREE SERVICE

Pruning, Trimming, Removal. imates. Licensed & Insured. 420-6396

Motor Homes



House Cleaning ALL SEASONS CLEANING - We clean so you don't have to! Professional Affordable Reliable Call

Landscape/Gardening

Lawn Maintenance **ABBOTT'S LAWN MANAGEMENT**

Affordable Cuts - Landscaping, Lawn & Tree Service, Edging & Mulching. Grass Cut - Minimum Charge \$60. Lic & Ins. Credit Cards Accepted,

Iching, debris removal, tree service, pressure washing, lawn seeding. 757-839-7771.

Moving-Hauling

asonable Rates, Licensed & Insured. bandjmoving.com 757-576-1290

Pest Control FREE INSPECTIONS. 757-502-0200 (Mention This Ad and Get \$25 Off)

es, decks, patios, driveways and sidew me for a free estimate 757-337-9991. **EXTREME PRESSURE WASHING**

Shingles, Slate, Tile, Chimney Flashing, Siding Licensed & Insured Call Today! 757-718-1072 J.K. ROOFING

Call (757) 880-5215

Tree Service

★ AMERICANTREESERVICE.CO ★

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

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

CONTACT US TODAY TO START ADVERTISING

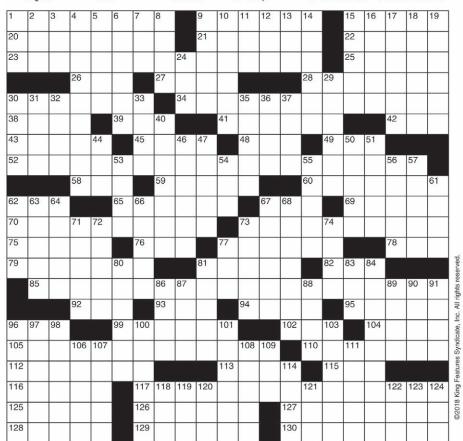
150 W. Brambleton Avenue | Norfolk, VA 23510 | **757.222.3990** | **MILITARYNEWS.COM**



Ford 2016 F250 Lariat, Crew Cab, 4WD, sunroof, nav, diesel, 33K mis., \$49,995. Snyder's RV 499-8000. Wanted Automobiles \$ABSOLUTELY ABLY ACQUIRING AUTOS All Makes & Models, Best Price Paid!! FREE TOWING. 749-8035 HARLEY DAVIDSON 2009 FXSTC SOFT TAIL CLAS-SIC Garage kept. 2200 miles. Like new. Lo Jack Harley Davidson 2012 Heritage Soft Tail WH/BL One Owner, No Accidents ,Many Extras, Garage Kep: ,7500 Miles - like new. \$10,900, 757-560-8315 . Suzuki 2004 hayabusa limited edition hayabus limited edition /runs good asking \$5500.00 stretch out Suzuki red ,two brother single pipe fu call 757 -235-4349 Sport Utility Vehicles Acura 2010 MDX, AWD, 7 pass, leat owner, 98K mis., serviced, \$14,500. 757-0 NEWS, Ford 2006 Explorer Limited, rear ente BLOGS, **DISCOUNTS** & MORE Mercedes 2012 GL-450 leather, heated seats, nav sun-roof, loaded, 84K mi, \$24,500, 757-816-2015 Trucks Ford 2005 F150 XLT. 4.2 Liter, regular cab, 2WD, 8' long bed, good cond \$4800. 757-228-6656 IN THE FLAGSHIP CLASSIFIEDS **FLAGSHIPNEWS.COM**

RECREATIONAL MATHEMATICS **Super** Crossword

							- 0	۳.	7		<u> </u>	1		U V	10.								Ī
1 9	OSS Sovere And c	n an		45	"hó Har	er wi le" in nd ler	it	85	Spinn	Misfits ning	s"	130	nun Var	npire	9	33	Huge Get a Class	s pro ical	fit	81 I	Singe Moriss Bow r	sette ub-or	n
-	on and Abbr. Like sa					row stal i . Lee			meas to a n lover	nath	1	וסס		elist		36	"The l	ball -	-	1	Guitar Paul Freezi		a
	it to send v	ria			org				— wh Extra	503/5/www.com				i-der Zedo			Hi-tec "Hush	h 'zir		86 87	City '— tra	ıp!"	5
5	he po service	Э			to a	egory mat				l stati	on	4	Pac	chyde	spot		Tijuar "that"			1	Beat b	-	
(Old-tin comed Russe	lian			love Cry Sir	audi	bly	95	name "— M Stick	arner	"	6	Alpi	y fat ine g ght s	oats		Preso	ure		90	Balm Mama Old ov	's ma	a
22 [ousse Desigr Oscar	ner			Nev	— vton e like	the	99	Repo	rter,		8	Uta	h Cit ir Pro	ty	50	Lyric Derisi Floral	ion	,	96	Christ myste	ie of	C
9	– Olive (pre		one	102	South	n, sou		9		gian	artist	53	Rival — kw	of Ly		97	Impor City in	taxe	
r	guy, to nath l	over?			5 Wil	oard subj		105	Prote		е		bre		nints		One-r Italiar	n mod	del 1	01		o lea	
i	Hall's n mus Chicke	ic	er		ma	np of yo, e. sh in	g.			to a lover ring T		12		. alie	pro ens'		"Hey, thinking Gloss	ng	,	1	Arrive fog		-
27 "	Have deal fo	— а	ı!"		ton				series No fe	3	v	13	Hot	brev ried	N	61	Deli b "Well,	read			of 'Supe	8	
	ncrea as deb					es" au math	- 25	113		arizes			big	nose			You - (Cole	—? "			Ventu Bunch		
5	2011- speak	er of		73	love Mo	re	520		on "S	s unc einfel	ď"	16	Sup				tune) Nisan			09	nform Dimin	ish	
34 H	he Ho Huge (o a m	grin,			"blo	e tha ody,' th lov	to a		speci	in floo alist black			wea	n a n apon /e a			Win p SeaW killer	/orld	1	14	Annoy Mixer Aztec	choic	
1	over? Medita			76	5 Pre 5 Min	tty up nic)		come noir, t	dy filr to a	n	18	hun Rer	ich ning		68	Outfit: Pecul	s iarity	1 1	19 ' 20 '	'l'm co View	old!"	
39 "	discipl Oh re — who	ally?			3 Cas			125	Lift w	lover		19	We	980s	/		Roma	ain			lt may disper 13-Do	nse	
41 (— wnd Old Ca Sagan	arl	es	79	7 Čry	eting: upor ving		127	Motio Talke nonse	d		29	Med	k's p d. x-r tv ab	ray	73	Shallo — coo Many	de	1	22	Old rir Abbr.	ng kir	
42 (Guitar Nuger	ist		8		as a	n	128		-toting	l.			ut di	rinks		moon Mothe	S			camco HST f	order	
1	2	3	4		5	6	7	8		9	10	1	1	12	13	14		15	16	17	18	19	
00							1	1		0.4								00					-



Sudoku

Motorcycles

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

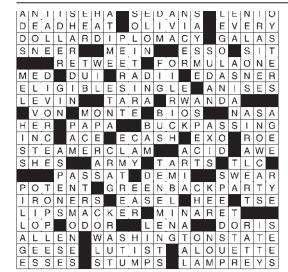
Clue: A equals N

MJ M YL HGLZQMAP YBCBLA UGYQGR JHZL SAZUUR MA LI IYHT, IZB LMPDC RYI M'L HYSMAP CDG LZBATR.

Last week's CryptoQuip answer

The short-order cook went into the kitchen frantically asking "Where's the fryer?"

last week's answers



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

Religious Services

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

religious_services

NOW HIRING

Sign-on recruitment bonus available.



Ships Communication Officer - Information Assurance Manager \$16,993

Chief Radio Electronics Technician - Information Assurance Technician \$13,505

First Radio Electronics Technician - Information Assurance Technician \$12,394

Bonus paid as a single lump sum in first payroll and requires a two-year service commitment.

Bring your Radio Communications, Information Technology, Data Systems, Intel and LAN Administration skills to positions at MSC.

You must have **Top Secret Clearance** eligibility within 24 months to be hired for the above Communications positions.

Federal Employment Benefits Include:

Travel, Time Off, Room & Board, Competitive Pay, Career Advancement, Uncommon Job Security, Federal Retirement Plans, Federal Health & Life Insurance

At MSC gain job security, take pride in the job you do and continue to serve your country by supporting the U.S. Navy as civil service mariners. **Stop searching, keep serving.**





Contact MSC Today to Learn More:

info@sealiftcommand.com | 866-867-1652 sealiftcommand.com/comms-jobs

MSC is an equal opportunity employer and a drug-free workplace.



