



Sailors pose in three versions of the two-piece flame resistant organizational clothing variant prototype.

U.S. Fleet Forces Command

WEAR TEST OF TWO-PIECE FLAME RESISTANT VARIANT BEGINS

From U.S. Fleet Forces Public Affairs

NORFOLK

Based on a strong demand signal from the fleet, U.S. Fleet Forces (USFF) Command, on May 14, began fitting Sailors for a wear test to prototype a two-piece flame resistant organizational clothing variant.

More than 300 Sailors at 34 afloat and operational shore commands in the U.S. and overseas will participate in the wear test. The trial period will run until September 2018 to determine if the two-piece variant will support all of the requirements for operational units.

“Wear tests are of the upmost importance to introducing new clothing to the fleet. We need feedback from Sailors to ensure what we ultimately deliver is safe, functional, high-quality, professional looking and comfortable,” said Capt. Mark Runstrom, director of USFF Fleet Supply Operations and Services. “From the onset, we’ve wanted this effort to be Sailor-driven and will rely heavily on Sailor input to make final design recommendations to Navy leadership.”

Participants were issued four shirts and four trousers to wear over the course of the test

period and instructed to provide feedback to the focus group point of contact at their command. Sailors’ comments on look, comfort, durability and functionality are strongly desired during this phase of the development process. The information received from the participants will be compiled for review by USFF, Navy Exchange Service Command and Navy Clothing and Textile Research Facility to determine any design changes or implementation plan for the clothing.

The two-piece design is reminiscent of wash khakis and utilities, a reflection of the Navy’s maritime warfighting heritage. Three different blouse colors will be tested, with minor variations to pocket placement, closure, and size on each.

Sailors E-6 and below will be given the option of a light blue blouse over dark blue trousers or a dark blue on dark blue design. Officers and chief petty officers are testing a khaki blouse over khaki trousers with the same design variations.

As a part of this prototyping effort, Sailors are also testing four different colors of flame resistant, moisture-wicking undershirts, along with a low-cut molder boot as a part of the

» See **UNIFORM** | A7



Michael Bottoms

Four members of Team SOCOM start the 800-meter race during the Warrior Games held at the Air Force Academy in Colorado Springs June 2, 2018. Created in 2010, the DoD Warrior Games introduce wounded, ill and injured service members and veterans to Paralympic-style sports. Warrior Games showcases the resilient spirit of today’s wounded, ill or injured service members from all branches of the military. These athletes have overcome significant physical and behavioral injuries and prove that life can continue after becoming wounded, ill or injured.

Senior military leaders, celebrities signal start of DoD Warrior Games

By Shannon Collins
DoD News, Defense Media Activity

COLORADO SPRINGS, COLO.

Senior military leaders and celebrities teamed up to signal the official start of the 2018 DoD Warrior Games at the U.S. Air Force Academy’s Falcon Stadium here yesterday.

Comedian Jon Stewart, joined by singer Kelly Clarkson, introduced Air Force Gen. Paul J. Selva, vice chairman of the Joint Chiefs of Staff, at the event’s opening ceremony.

This year’s Warrior Games competitions began June 1 and conclude June 9. About 300 wounded, ill and injured service members representing teams from the Army, Marine Corps, Navy, Coast Guard, Air Force and U.S. Special Operations Command, along with allied armed forces from the United Kingdom, Australia, and for the first time at Warrior Games, Canada, are competing in shooting, archery, track and field, swimming, sitting volleyball, wheelchair basketball, powerlifting, time trial cycling and indoor rowing,

» See **GAMES** | A7

CHECK US OUT ONLINE!

www.flagshipnews.com

facebook

www.facebook.com/The.Flagship

twitter

www.twitter.com/the_flagship

USS THE SULLIVANS CONDUCTS MISSILE EXERCISE:

The Arleigh Burke-class guided missile destroyer USS The Sullivans (DDG 68) launched a standard missile (SM-2) in the Virginia Capes operating area, May 28, 2018.

» See A6

NAVAIR CHANGE OF COMMAND: GROSCKLAGS RETIRES, PETERS AT HELM:

Improving readiness and increasing speed to the fleet will remain priorities at Naval Air Systems Command (NAVAIR).

» See B1

SUFFOLK WOUNDED WARRIOR COMPETES IN DOD GAMES:

U.S. Navy Master-at-Arms, Senior Chief Petty Officer David Mills, will compete in the 2018 Department of Defense (DOD) Warrior Games June 1 – 9, at the United States Air Force Academy in Colorado Springs, Colorado.

» 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

Naval Station Norfolk celebrates Asian-American, Pacific Islander heritage month

By MN3 Briana Manuel
Naval Station Norfolk Public Affairs

NORFOLK

Sailors stationed at Naval Station (NAVSTA) Norfolk came together to celebrate Asian-American and Pacific Islander Heritage Month, May 30.

The heritage committee hosted the event and coordinated the day’s speakers and food.

Former President George H.W. Bush established Asian-American, Pacific Islander Heritage Month in 1992. Each year, the Navy takes the month of May to celebrate Asian-American culture and history from a large variety of ethnic groups from the region.

Captain Richard C. McDaniel, Commanding Officer of Naval Station Norfolk, gave the opening remarks.

“We come from all different backgrounds from across the United States. I grew up in rural Tennessee, some of you grew up in urban centers. Our perspectives are going to be different and we will have different solutions to the same problems. That’s what makes diversity so important,” said McDaniel.

“There are 23,150 Asian American or Pacific Islanders in the Armed Services today. This includes 8 Admirals, 312 Officers and 702 Chief Petty Officers representing 56 ethnic groups and speaking over 100 different languages,” McDaniel continued.

Electronics Technician Third Class, Ireka Canty, was the guest speaker for the morning. While in college, she had the

opportunity to participate in a foreign exchange program in South Korea for a summer. This allowed Ireka to learn some of the Korean language. She expressed sentiments of unity, as is the theme of the month for the year.

“While I was there [in Korea] and able to delve into this culture and live with the Korean people and understand their perspectives and see their everyday life, it showed me clearly that Korea is not just this exotic place over there. It’s not just a place you go on vacation and promptly leave. It’s real people. They deal with problems similar to our own” stated Canty.

She closed with a comparison in cultures, saying, “Students there would ask questions about life in America, and I would answer and ask the same question in return. The essence of our examples and experience were the same and only the fine details differed. In these conversations I realized that we like to detach our culture, but we have more in common than we do to separate us.”

Culinary Specialist first class Hilbert Smith, president of the Diversity Committee for Naval Station Norfolk explained that, Asian American and Pacific Islander month, like all other months celebrating other cultures, is important because they provide us with knowledge and perspective. It highlights the diversity and the Navy and shows why we are so great.

HURRICANE SEASON IS UPON US

From Defense Media Activity

Thousands of Sailors could be affected by this year’s hurricane season. If you are in a hurricane prone area and you aren’t prepared, you should be.

A hurricane is a tropical cyclone in the North Atlantic Ocean, the Northeast Pacific Ocean, east of the dateline, or the South Pacific Ocean east of 160E.

To fully prepare for an emergency, create one or more emergency kits, well in advance of a crisis, that include enough supplies for at least three days. If you live in a disaster-prone area (hurricanes, floods, earthquakes), consider extending

capabilities to five days. Throughout the year, disaster kits should expand and evolve depending on your family’s needs, the season, and the situation.

(These can be electronic copies on durable storage media such as a thumb drive which can be easily carried and updated.) You may also need to include additional supplies to meet the needs of any children, pets, or special-needs family members.

You may not be at home when disaster strikes, so make smaller emergency kits to keep at work and in your car. You also need a portable kit to take with you if you go to a shelter

or evacuate.

The Emergency Kits fact sheet provides more tips and a list of items to include in your kits, as well as links to handy checklists you can download from the sites of national emergency planning and response agencies.

The main items to have in your kit include water, food, and first aid supplies. Be sure to include copies of important personal documents such as birth and marriage certificates, titles, and bill, mortgage, and insurance information.

EXTREME WEATHER AND DISASTER

PREPAREDNESS EMPOWERS YOU. ARE YOU READY?

FLOODING

HURRICANE

TORNADO

TSUNAMI

BLIZZARD

HEATWAVE

FIRE

EARTHQUAKE

LAVA

Emergencies occur, often with little to no warning. By planning and building a response kit, you can be better prepared for almost any emergency.

Build a kit for your workplace, vehicle and home. Make sure to constantly evaluate your kit and their relevance to the threats in your area.

Let's "Kit" Started

WATER
One gallon per person per day

NONPERISHABLE FOOD
Don't forget a can opener and utensils to eat it with.

FIRST AID KIT
Medical care is important. Remember to pack medication you or a family may need for medical conditions or allergic reactions.

DUST MASK
For every member of the household to help filter air.

FLASHLIGHT
Per every two members of the household.

PERSONAL SANITATION SUPPLIES
Soap, toothbrush, toothpaste, garbage bags and plastic ties.

BATTERY POWERED RADIO AND BATTERIES OR HAND-CRANKED RADIO.
Make sure to pack extra batteries for other battery operated items.

\$100
In local currency, small denomination bills

TOOLS
Used to shut off utilities.

PET FOOD & SUPPLIES
Don't forget about your pet if you own one.

MAP & EMERGENCY FAMILY PLAN
Where should your family go in case of an evacuation or separation?

PERSONAL & FINANCIAL DOCUMENTS
Printed or electronic copies of important documents housed in a fire box or on a durable storage device.

MUSTER WITH NEAAS
You can get the NEAAS app on your phone and easily account for you and your family members.

SPECIAL NEEDS
Such as wheel chair, batteries and other medical equipment supplies.

SLEEPING GEAR
For each person.

HATS AND GLOVES
To keep warm or to protect your head from the sun.

MATCHES
Stored in a waterproof container.

DISINFECTANT
To sanitize and disinfect.

For more information on kit building and disaster preparedness visit ready.navy.mil

U.S. Navy graphic

The Flagship

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 every Thursday by Flagship, Inc., whose offices are located at 150 W. Brambleton Ave., Norfolk, Va. 23510.

© 2018 Flagship, Inc. All rights reserved.

Military Discount 15%
Enter Code: MILITARY15

The Wash House
MODERN LAUNDROMATS & CAR WASH

WASH 2 COMFORTERS \$9.75

FREE VACUUMS
© 1980 W. Little Creek Rd.
Norfolk, VA 23505

Newly Renovated
Like us on Facebook

Find nearest Locations @
www.washhouselaundromats.com
or Call 252-717-2911

MAKE-A-WISH

800-722-WISH
www.wish.org

Share the power of a wishsm.

Make-A-Wish Foundation® is a CFC participant.

h, the Things You'll Know With

The Academy of Learning

NOW ENROLLING!

Ages 2-5 • Kindergarten

Readiness • Degreed Teachers

• Fine Arts Program & More!

757-578-2231

www.theacademyoflearning.com

Licensed Child Day Center

PM-25599358R

HUNGER BLOGS, TOO.

1 IN 6 AMERICANS STRUGGLES WITH HUNGER.

TOGETHER WE'RE

FEEDING AMERICA

Ad Council

Hunger is closer than you think. Reach out to your local food bank for ways to do your part. Visit FeedingAmerica.org today.

For more military news visit

www.flagshipnews.com



NAS Oceana honors Gold Star families, fallen service members

By MC2 Jacob S. Richardson

NAS Oceana Public Affairs

VIRGINIA BEACH, VA

Naval Air Station (NAS) Oceana honored fallen service members and their families at the 3rd annual Roll Call of Remembrance Memorial Day Observance held at the Chapel of the Good Shepherd at NAS Oceana, May 24. More than thirty Gold Star families were in attendance; they and all other attendees paid tribute to approximately eighty fallen service members from the Hampton Roads area.

Memorial Day is an American holiday. It takes place on the last Monday of May and commemorates the service men and women who died while serving in the U.S. military.

NAS Oceana Commanding Officer, Capt. Chad Vincelette, spoke to those gathered at the chapel sharing his appreciation and support for the families.

“Today is Oceana’s third annual service to remember and recognize fallen service members and their families,” Vincelette said. “I can tell you that today is not an abstract event for me. We have lost our own here at Oceana. Friends and fellow service members alike, but that loss does not compare to the loss felt by you, the families of the fallen.”

Capt. Vincelette continued, welcoming the Gold Star families in attendance and offering them the full support of NAS Oceana. “I want you to know that here at Oceana we consider each and every one of you to be a member of our family, and I want you to feel that way as well,” said Vincelette. “The sacrifice of your loved ones has not been forgotten, and it is a privilege for me as commanding officer to honor them.”

NAS Oceana joined Gold Star family members in honoring and remembering deceased service members. Gold Star family members are those who have lost a relative while they



U.S. Navy photo

were in the military. The Roll Call of Remembrance Memorial Day Observance ceremony provides the opportunity to show respect and support to those who have lost loved ones and to pay tribute and show gratitude to the sacrifice the fallen and their families have made.

“I am so grateful that you are all here today with us to honor and remember your fallen heroes and to allow our military community and our civilian community to join you in this ceremony and demonstrate the love and support we have and want to offer you as our Gold Star family members,” said NAS Oceana Gold Star Program coordinator Heather Kuhn. “We are so thankful for the Gold Star families in our community, and we value both the service and sacrifices made by their loved ones, the fallen heroes being remembered in our roll call today. It is because of them that we experience the freedom we enjoy every day.”

Gold Star Mother, Chester Hershberger, shared her reflection on lost loved ones and what Memorial Day means to her. “My son, Sergeant David Hershberger was lost in the Vietnam War; he would be seventy-years-old now if he was still with us. It was a terrible feeling, getting that knock on your door. I remember reading the paper the day before and the reports of fallen service members, not knowing my son

was among the lost,” said Hershberger. “Being able to come and enjoy this event has been wonderful. I get to share stories with other Gold Star family members, and it helps because it can still be tough to this day. I lost my son in 1968, and I still can’t believe he’s gone.”

Sergeant Hershberger’s name is on line seventeen, of panel forty-six, at the Vietnam Veterans Memorial wall in Washington D.C.

Various memorial traditions began all over the country after the Civil War. Families decorated graves with ribbons and flowers in honor of the fallen. In 1868, General John A. Logan, leader of an organization for Northern Civil War veterans suggested a nationwide celebration be held on May 30th called Decoration Day. Decoration Day came to be known Memorial Day over time. In 1968, Congress passed the Uniform Monday Holiday Act, establishing Memorial Day as a federal holiday and changing it to the last Monday in May in order to create a three-day weekend for federal employees; this new law took effect in 1971.

While Memorial weekend is full of cookouts, family, and fun, the meaning of Memorial Day is to provide an opportunity to remember and honor those who have sacrificed and given their lives for the United States, and its peoples safety,

2018



VIRGINIA WOMEN VETERANS SUMMIT

Change Makers & Trailblazers

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:

- 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.

BROUGHT TO YOU BY
PRIORITY
AUTOMOTIVE

MILITARY
PRIORITY #1

WEEKLY PHOTOS OF YOUR FRIENDS AND LOVED ONES ON DEPLOYMENT.

Aviation Boatswain's Mate (Equipment) 2nd Class Shandelyn Knudson, right, mans the rails of the aircraft carrier USS Theodore Roosevelt (CVN 71).

Ship's Serviceman 3rd Class Johnson Tobah cuts Lt. i.g. Johnathan Glass's hair in the Officer and Chief barber shop aboard the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7).

Damage Controlman 2nd Class Eliana Garcia conducts damage control training on the mess decks aboard the Arleigh Burke-class guided-missile destroyer USS Winston S. Churchill (DDG 81).

ON THE RADAR

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

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



Deep breath: New ‘rebreather’ helps Navy Divers beneath the waves

By Warren Duffie Jr.
Office of Naval Research Public Affairs

ARLINGTON, VA.

The muscular U.S. Navy diver hoisted a 60-pound life-support regulator onto his back, then donned a 30-pound metal helmet.

Fellow divers connected his diving suit to an “umbilical” hose pumping in breathing gas and establishing communications with the surface. After receiving approval to hit the water, the diver descended into a large test pool at Naval Surface Warfare Center Panama City (NSWC), Florida-home to the Navy Experimental Diving Unit.

The diver’s mission: demonstrate the effectiveness of the MK29 Mixed Gas Rebreather-a new prototype system that’s the first of its kind within the Navy diving community, developed by NSWC Panama City.

The technology is sponsored by the Office of Naval Research Global (ONR Global) TechSolutions program. TechSolutions is ONR Global’s rapid-response science and technology program that develops prototype technologies to address problems voiced by Sailors and Marines, usually within 12 months.

“This rebreather system is an awesome opportunity to enhance the capabilities of Navy divers and accelerate their deployments,” said ONR Command Master Chief Matt Matteson, who heads up TechSolutions.

Navy diving missions include underwater rescues, explosive ordnance disposal, ship hull maintenance, recovery of sunken equipment, and salvage of vessels and aircraft.

Beneath the waves, Navy divers breathe a careful mixture of oxygen and nitrogen. Below 150 feet, however, nitrogen becomes toxic-leading to nitrogen narcosis, a drowsy state that can dull mental sharpness severely and jeopardize safe return to the surface.

The solution is to replace nitrogen with helium. However, helium is expensive and hard to obtain because of recent worldwide shortages. And the Navy needs a lot of it for missions and training exercises, requiring canisters of the gas to be transported on accompanying ships or planes.

The MK29 rebreather solves these problems. Used oxygen-helium is filtered through a carbon dioxide scrubber-which removes carbon dioxide and recycles the breathable gasses back to the diver.

The result? Very little venting (giveaway bubbles)-or wasted helium.

“The MK29 decreases helium requirements by approximately 80 percent,” said Dr. John Camperman, a senior sci-



John Williams

The Office of Naval Research TechSolutions-sponsored MK29 Mixed Gas Rebreather system developed at the Naval Surface Warfare Center Panama City Division, undergoes testing at the Naval Experimental Diving Unit. The new system will conserve helium which is a valuable natural resource, accelerate the deployment of Navy divers, and increase safety.

entist overseeing the development of the MK29 at NSWC Panama City. “Divers can perform more dives with the same amount of gas, or bring less helium.”

Test results suggest this system will be a major asset to Navy divers-who can not only perform more dives, but also stay underwater longer if surface supply gas is interrupted.

The MK29 even reduces breathing noise and fogging of helmet viewports. It’s also the first piece of Navy diving equipment to feature 3D-printed titanium tubing that connects hoses from the helmet’s breathing manifold to the regulator backpack. That titanium reduces the risk of breathing hoses being sliced by sharp or jagged underwater objects.

The idea for the MK29 came from a NSWC Panama City master diver, who contacted TechSolutions seeking a way to reduce helium consumption while using newly available rebreather technology. Recognizing the expertise of Camperman and his team, TechSolutions asked them to develop the MK29.

Camperman’s research team will conduct further MK29 tests this year-and hope to see the rebreather issued throughout the fleet by next year.

Watch a video [LINK TO <https://youtu.be/rCbPISGrXZ8>] of the MK29 demonstration.

Warren Duffie Jr. is a contractor for ONR Corporate Strategic Communications.



John Williams

A diver wearing the Office of Naval Research TechSolutions-sponsored MK29 Mixed Gas Rebreather system enters the Naval Experimental Diving Unit pool at the Naval Surface Warfare Center Panama City Division (NSWC PC). The new system will conserve helium which is a valuable natural resource, accelerate the deployment of Navy divers, and increase safety.



THE REALITY OF HOMEOWNERSHIP IS CLOSER THAN YOU THINK.

Visit us today and learn how HHHunt Homes can help make buying a home easy and affordable.



**Townhomes from the mid \$200s
and single-family homes from
the upper \$200s.**

20 minutes from Langley Air Force Base!

Schedule Your Tour Today!

757.383.8547
HHHuntHomes.com



**HHHUNT
HOMES**

Because it’s how you live that matters



SERVE. PROTECT. SUPPORT.

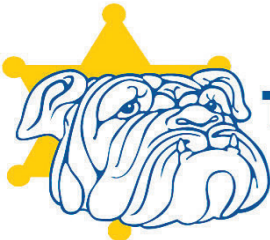
Top Guard hires professional, customer service-minded men and women who are dedicated to providing Top Guard’s high standard of security service excellence.

We employ people of diverse backgrounds, perspectives, education, and experience.*

Join a team that values service and experience. Apply today!

www.topguardinc.com/employment

*All of our employees undergo background screenings and drug tests and must have a clean driving record.



**TOP GUARD
SECURITY**

Peninsula

131 Kings Way, Hampton, VA 23669
Phone: 757-722-3961
Fax: 757-722-9902

Southside

7400 Granby Street, Norfolk, VA 23505
Phone: 757-961-821
Fax: 757-321-9414



NAVSUP BSC employees meet the fleet in Hampton Roads

By Vickie Hardy

NORFOLK

Twenty-one Navy employees from Naval Supply Systems Command (NAVSUP) Business Systems Center (BSC) in Mechanicsburg, Pa., traveled to the Hampton Roads, Va., area of operation to participate in NAVSUP BSC’s Meet the Fleet, May 21-24.

The four-day event served as an opportunity to increase readiness by providing a broadened perspective of fleet operations across multiple warfare areas, allowing hands-on interaction with Sailors, and promoting an understanding of challenges faced by fleet personnel in order to identify areas for improvement across NAVSUP BSC supported systems.

“Employees who attend Meet the Fleet gain a better understanding of Navy life, warfighter needs, and how NAVSUP BSC supports supply operations for afloat, ashore, and expeditionary forces,” said Capt. Douglas M. Bridges Jr., commanding officer, NAVSUP BSC.

During the trip, employees had the chance to familiarize themselves with fleet personnel and operations from the surface, air, submarine, and expeditionary warfare communities during tours of USS Ramage (DDG 61), USS George H.W. Bush (CVN 77), USS Boise (SSN 764), USNS Comfort, Explosive Ordnance Disposal Expeditionary Support Unit Two, Assault Craft Unit Two, Assault Craft Unit Four, Fleet Logistics Center Norfolk, and Naval Air Station Oceana.

“The real benefit to the trip was that we were able to see what types of vessels, units, and missions are out there,” said Therese G. Brehm, project manager for NAVSUP BSC.

“Now when we work through the specifics of the applications we are developing and supporting, we’ll have a much better understanding of the challenges that the operational units face. Seeing the size of the ships’ stores and knowing that they are supporting hundreds of crew members on the bigger ships, highlights the need for us to consider system performances such as speed and efficiency as a key design factor for applications,” she said.

This year’s trip also included a visit to the Navy Exchange on board Naval Station Norfolk and the National Museum of the Marine Corps in Triangle, Va.

“Meet the Fleet was an awesome, eye-opening experience. Touring the ships and seeing the supply processes in person gave me a new perspective on the importance of our task,” said Leslie Yeckley, information technology specialist for NAVSUP BSC. “By talking to those that coordinate supplying ships and aircraft, it paints a clearer picture of the enormity of the job, helps to understand the volume of supplies



James Foehl
Naval Supply Systems Command (NAVSUP) Business Systems Center (BSC) personnel pose for a group photo as USS Abraham Lincoln (CVN 72) and USS George H.W. Bush (CVN 77) are moored pier side at Naval Station Norfolk, as part of NAVSUP BSC’s Meet the Fleet event in the Hampton Roads, Va., area of operation, May 22.

and parts that are needed, and the urgency to be ready for deployment at all times,” she said.

For more information about NAVSUP BSC visit, <https://www.navsupsup.navy.mil/public/navsup/bsc/>.

```
{pre-class="a-b-r-La" style="user-select: text; font-family: 'Courier-New', Courier, monospace, arial, sans-serif; margin: 0px; white-space: pre-wrap; word-wrap: break-word; font-size: 14px;}"
```

NAVSUP BSC Employees Meet the Fleet in Hampton Roads

NAVSUP BUSINESS SYSTEMS CENTER

Story by Vickie Hardy
Thursday, May 24, 2018
#####

NORFOLK, Va. — Twenty-one Navy employees from Naval Supply Systems Command (NAVSUP) Business Systems Center (BSC) in Mechanicsburg, Pa., traveled to the Hampton Roads, Va., area of operation to participate in NAVSUP BSC’s Meet the Fleet, May 21-24.

The four-day event served as an opportunity to increase readiness by providing a broadened perspective of fleet operations across multiple warfare areas, allowing hands-on interaction with Sailors, and promoting an understanding of challenges faced by fleet personnel in order to identify areas for improvement across NAVSUP BSC supported systems.

“Employees who attend Meet the Fleet gain a better understanding of Navy life, warfighter needs, and how NAVSUP BSC supports supply operations for afloat, ashore, and expeditionary forces,” said Capt. Douglas M. Bridges Jr., commanding officer, NAVSUP BSC.

During the trip, employees had the chance to familiarize themselves with fleet personnel and operations from the surface, air, submarine, and expeditionary warfare communities

during tours of USS Ramage (DDG 61), USS George H.W. Bush (CVN 77), USS Boise (SSN 764), USNS Comfort, Explosive Ordnance Disposal Expeditionary Support Unit Two, Assault Craft Unit Two, Assault Craft Unit Four, Fleet Logistics Center Norfolk, and Naval Air Station Oceana.

“The real benefit to the trip was that we were able to see what types of vessels, units, and missions are out there,” said Therese G. Brehm, project manager for NAVSUP BSC.

“Now when we work through the specifics of the applications we are developing and supporting, we’ll have a much better understanding of the challenges that the operational units face. Seeing the size of the ships’ stores and knowing that they are supporting hundreds of crew members on the bigger ships, highlights the need for us to consider system performances such as speed and efficiency as a key design factor for applications,” she said.

This year’s trip also included a visit to the Navy Exchange on board Naval Station Norfolk and the National Museum of the Marine Corps in Triangle, Va.

“Meet the Fleet was an awesome, eye-opening experience. Touring the ships and seeing the supply processes in person gave me a new perspective on the importance of our task,” said Leslie Yeckley, information technology specialist for NAVSUP BSC. “By talking to those that coordinate supplying ships and aircraft, it paints a clearer picture of the enormity of the job, helps to understand the volume of supplies and parts that are needed, and the urgency to be ready for deployment at all times,” she said.

For more information about NAVSUP BSC visit, <https://www.navsupsup.navy.mil/public/navsup/bsc/>.

GET MAXIMUM CREDIT FOR YOUR TRAINING

Advance your naval career or make the transition to civilian employment with a degree from Excelsior College. As an accredited, nonprofit institution, Excelsior helps you earn your degree sooner so you’re ready for what’s ahead.

The Benefits Rank High

- 50+ career-aligned degrees to choose from
- Maximum transfer credit for your naval training
- Flexible online courses that work around your schedule
- Personal guidance from dedicated faculty advisors

Connect with your local rep Rosnette Hayes

Call: 757-748-0712

Email: rhayes@excelsior.edu

MAXIMUM CREDIT FOR NAVAL TRAINING

FLEXIBLE ONLINE COURSES

50+ CAREER-ALIGNED DEGREE PROGRAMS

The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.



U.S. Navy photos

The Arleigh Burke-class guided missile destroyer USSThe Sullivans (DDG 68) launched a Standard Missile 2 (SM-2) in the Virginia Capes operating area as part of an exercise to test the ship’s ability to defend against a close-in aerial attack. The Sullivans deployed with the Harry S. Truman Carrier Strike Group in support of NATO Allies, European, and Africa partner nations, coalition partners, and U.S. national security interest in Europe and Africa.

By Lt. Daphne White

USS The Sullivans (DDG 68) Public Affairs

ATLANTIC OCEAN

The Arleigh Burke-class guided missile destroyer USS The Sullivans (DDG 68) launched a standard missile (SM-2) in the Virginia Capes operating area, May 28, 2018.

The missile exercise demonstrated The Sullivans’ ability to defend against a close-in aerial attack. A BQM-74E air-launched drone served as the target. The ship successfully demonstrated its ability to employ a layered defense construct to engage a target with both the Mk 45 MOD2 (5”/54) caliber gun weapons system and the Aegis Weapons System.

“Our crew has trained and prepared for over a year to be ready to deploy with the Harry S. Truman Carrier Strike Group,” said Cmdr Russ Moore, the commanding officer. “We are a team. The success of this missile exercise is a testament to the abilities and preparedness of our combat systems, and our outstanding crew as we deploy to support maritime security overseas.”

USS The Sullivans deployed May 26 as part of the Harry S. Truman Carrier Strike Group (HSTCSG). HSTCSG is forward-deployed in the U.S. 5th and 6th Fleet areas of operations in support of NATO allies, European, and African partner nations, coalition partners, and U.S. national security interests in Europe and Africa.



USS THE SULLIVANS CONDUCTS MISSILE EXERCISE



BUSH SAILORS VOLUNTEER AT USS WISCONSIN

By MC3 Brooke Macchietto

USS George H.W. Bush Public Affairs

NORFOLK

“Miss.”

“Hit.”

“You sunk my battleship!”

For most people outside of the Navy, these words are the only association they have with those mighty warships. Far less people know about the decommissioned battleship USS Wisconsin (BB 64).

The sun had just begun to peek through the buildings and onto the Wisconsin Museum. Sailors gathered in jeans and t-shirts enjoying the cool breeze. Sailors from the aircraft carrier were ready to begin the volunteer work that would allow them to get better acquainted with the battleship.

“Today on the Wisconsin, we were going to come aboard to do some painting tasks on one of the main gun turrets but as we got here they saw that we had 18 volunteers, chiefs and first classes so we actually did the holiday flags, known as up and over, which none of us had ever done before.” said Chief Hospital Corpsman Jonathon Tarkowski.

The Sailors volunteered as part of the CPO 365 program. The program provides an opportunity for first class petty officers to get leadership training that can translate throughout their careers.

“The training in CPO 365 is paramount in becoming a chief and I get a lot out of those trainings,” said Navy Counselor 1st Class Tray Bynam.

Most importantly however, Tarkowski believes CPO 365 allows for Sailors to develop a stronger relationship with the chief petty officers.

“They are going to have things come up where they don’t really know what to do, or don’t know the best way to handle it,” said Tarkowski. “When you build those relationships, now they have a friendly face or someone they feel confident going to and it just makes everything work so much better. That’s the importance of not only teaching in CPO 365, but also doing these events to get together where you are outside



MC3 Brooke Macchietto

Sailors assigned to the aircraft carrier USS George H.W. Bush (CVN 77) prepare to raise flags in recognition of Memorial Day aboard the decommissioned battleship USS Wisconsin (BB 64) during a CPO 365 volunteer opportunity. George H.W. Bush is in Norfolk, Va., conducting routine training exercises to maintain carrier readiness.

the work environment, you get to know a little bit about each other.”

Due to its decommissioned status, the Wisconsin relies on about 2,300 volunteers a year to provide the routine maintenance required to keep the ship ready for the public to visit.

“It was kind of interesting to see the history of dressing the ship out for the holiday period, paying respect to Memorial Day, but it is also a task because not one of us could have done this by ourselves,” said Tarkowski.

Any type of volunteer work can remind Sailors that, even though they may not be from the area, they are a part of the community.

“I have been here many times with my family so just being here to volunteer is very special to me,” said Bynam.

The Wisconsin can provide continuous volunteer opportunities by allowing groups to adopt a specific space on the ship. Tarkowski says he is looking into the CPO 365 team adopting a space so even as new members cycle through, there will be a permanent connection between CVN 77 and BB 64. As the employees and volunteers of the Wisconsin continue to move “Forward for Freedom,” the Sailors from GHWB can keep promoting “Freedom at Work,” in their community.

Bush is in port in Norfolk, Virginia, conducting routine training exercises to maintain carrier readiness. For more news from USS George H.W. Bush visit www.navy.mil/local/cvn77 or www.facebook.com/ussgeorgehwbush/.

GAMES | *Warrior games begin*

Continued from A1

Stewart told the audience that he’d once shared a global USO tour with Selva.

“We went on a C-17. I would like for you to finish the inside of it. It was really loud and uncomfortable. But then when we got to Afghanistan, they put us on a C-130. Apologize for saying anything mean about the C-17,” Stewart, a son of a Vietnam veteran, said, eliciting laughs from the athletes and fans in the crowd. “You know what sounds a lot cooler than it sounds — a combat landing. Halfway through, when my buttocks were in my ear, well, it was truly an honor.”

Stewart said he noticed that Selva cares very much about service members and their families.

“You are his family. He cares so deeply about every service person out there and their families and what they do,” Stewart said of Selva. “And, he and his wife are just the most impressive and loving and loyal couple you could ever hope to be around.”

For Selva, being at Falcon Stadium was a return home. Thirty-eight years ago, Selva said, he and his wife, Rickie, marched into the stadium and 90 minutes later, left as second lieutenants.

Selva said a group of volunteers put together the first Warrior Games in Colorado Springs eight years ago. “Their vision was to demonstrate the toughness and the resiliency of the men and women of our armed forces, and they did a fine job,” he said. “The games haven’t changed much since. They’ve gotten a little more spectacular but the heart of these games is these 300 men and women who sit in front of me tonight — our athletes. You are all special, and we all owe you a debt of gratitude.”

Selva and his wife visited with the athletes at the track and field medal matches. “We got to meet Ross, Ben, Rafael and Abbie, four of the athletes who are giving their all,” he said. They have conquered challenges you and I would think are insurmountable. I’m humbled to be in their presence. All of you are an inspiration for the rest of us.”

Selva said the highlight of his and Rickie’s day was spending time with the athletes’ families and seeing and hearing the parents’, spouses’ and children’s pride and confidence in their athletes’ accomplishments.

“They just exude that pride and confidence. They talk about your coaches, caregivers, friends and the people who trained with you — the men and women who made this possible,” Selva said. “They brag about you. To all the athletes, thank you for being an inspiration. This week is all about sportsmanship and camaraderie. It’s about making friends. It’s about being the heroes that you are.”

Lighting the Torch

Stewart and retired Air Force Master Sgt. Shanon Hampton practiced teamwork during the torch lighting. Air Force Senior Master Sgt. Israel Del Toro Jr., a 2010 inaugural games athlete, began the torch passing to representatives of each branch of the service until Hampton had the flame for the big cauldron on the stage. As Air Force Chief of Staff Gen. David L. Goldfein told him to light the cauldron, he reached up to light it but strong winds prevented him from doing so.

Goldfein announced the official opening of the 2018 DoD Warrior Games but Stewart jumped in, getting an assist from stage support for a ladder. A stage hand lit the torch.

“Done — we are open for business,” Stewart said.

Hampton said he was honored to carry the torch. “It is difficult to put into words the honor I was given to carry the torch for the Air Force and the Warrior Games. To once again serve with the Air Force, with my teammates, for my country and for God will be a memory I will cherish the rest of my life,” Hampton said. “We all have faced trials, hardship and heartache to get where we are at, but some things are just worth hurting for. Go Air Force!”

Army Staff Sgt. Altermese Kendrick, stationed at Fort Hood, Texas, at the Garrison Chaplain Family Life Training Center, also served as a torchbearer.

“It was the largest honor I could’ve imagined,” she said.

Resiliency

Goldfein said the DoD Warrior Games represent the power of the human spirit. “There’s this old saying, ‘Age wrinkles the body but quitting wrinkles the soul,’” he said. “And while all of us grow older, not all of us grow stronger as we age. The



Michael Bottoms

Team SOCOM comes down the ramp during the opening ceremony of the 2018 Warrior Games held at the Air Force Academy in Colorado Springs June 2, 2018. Created in 2010, the DoD Warrior Games introduce wounded, ill and injured service members and veterans to Paralympic-style sports. Warrior Games showcases the resilient spirit of today’s wounded, ill or injured service members from all branches of the military. These athletes have overcome significant physical and behavioral injuries and prove that life can continue after becoming wounded, ill or injured.

athletes we celebrate this week show us how to grow stronger over time as they conquer the daily challenges in mind, in body, in spirit.

Warrior Games athletes are not “defined by illness, injury or the invisible wounds of war,” Goldfein said. “They’re defined by their courage, their determination, their grit, their resilience and their friends and family who cheer them on here and at home.”

He added, “Every athlete’s story is unique and deeply personal, built with common threads of strength and resilience. And these Warrior Games allow all of us, from both here and watching from home to recommit that no warrior takes the road to recovery alone. Family, friends and caregivers — we’re on your wing for life. It’s a full contact team sport. And within the profession of arms it’s family business.”

Goldfein also announced a new DoD Warrior Games tradition and presented an official DoD Warrior Games flag to Air Force Lt. Gen. Gina Grosso, commander of the DoD Warrior Games this year.

Camaraderie

“It’s a true honor for us and an incredible opportunity to be with everybody from northern America and the international service,” said torchbearer Royal Canadian Air Force Warrant Officer Yves Lacasse. “It’s a real brotherhood. On the first day, Marine Corps, U.K., Air Force, Socom, even if you didn’t know the guy, everybody gives hugs, shakes hands. We share the same stories. We live the same lives. We meet the first day, and it’s like we already know each other.”

“We’re so excited, and we feel really lucky to be here. We’re pumped to do our best, and the results don’t matter as long as we do our best,” Australian Navy Leading Seaman Vanessa Broughill said.

This is Broughill’s first Warrior Games. “It’s such an amazing and inspirational experience,” she said. She went to the U.S. Navy trials in Florida.

“I made friends with them back in Florida, and some of them feel like family now. I just can’t believe how amazing this is,” Broughill said.

She said she hopes to make the Invictus Games team. But if she doesn’t, she’ll be there to support.

Team Army has a “heart for winning, a heart for camaraderie, a heart for representing Army, still Army strong,” said Kendrick, who has been selected for the Invictus Games in Sydney, Australia, in October.

“I’m making friends so we know who to meet up with when we get over there; it’s going to be great,” she said. “We’re cheering on Australia regardless of whether we’re competing

against them or not, so we’re their support system here at the games.”

Clarkson, Concert

Clarkson said she was honored to return to the Warrior Games to perform a free concert for the athletes and their families.

“It was such a blessing to do the first one. It’s such an honor. Thank you so much for your service,” she said. “Thank your families for the sacrifice that you all make.

Stewart earlier had jumped with the Air Force’s Wings of Blue parachute team and joked about his trouble keeping his breakfast down.

Goldfein joked, “Thank you Jon Stewart for joining the Wings of Blue and jumping out of a perfectly good airplane today. I just hope we were able to replace the breakfast you lost on the way down.”

This is Stewart’s third year as host of the Warrior Games.

Athletes at the Warrior Games “will go to any lengths for their teammates, for the victory, and I hope you’re not here just to support them but to learn from them,” Stewart told the opening ceremony audience.

“Whenever I spend time with the athletes at the Warrior Games,” he added, “I hope that just a fraction of their tenacity, their honor, their grace, their resilience and their teamwork will inspire me to do better in my life every day.”

The Warrior Games was created in 2010 as an introduction to adaptive sports and reconditioning activities for service members and veterans.

The U.S. Olympic Committee led and organized the Warrior Games from 2010 to 2014, hosting them each year in Colorado Springs. In 2015, the DoD assumed responsibility for planning and organizing the Warrior Games, having a service branch host the games each year.

The Marines hosted in 2015 at Marine Corps Base Quantico, Virginia, and then handed it off to Army at the U.S. Military Academy at West Point, New York. The Navy hosted last year in Chicago, near its basic training center.

Adaptive sports and reconditioning are linked to a variety of benefits for wounded, ill and injured service members across all branches of the military. Benefits include less stress, reduced dependency on pain and depression medication, fewer secondary medical conditions, higher achievement in education and employment and increased independence, self-confidence and mobility.

Admission to Warrior Games competition events is free and open to the public.

NCIS OFFERS REWARD FOR THREATENING MESSAGES

From Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA

Norfolk Naval Shipyard has had four threatening messages within the last ten days. NNSY takes these threats very seriously and is working with NCIS to fully investigate.

NCIS is offering a \$2,500 reward for information leading to the successful arrest and prosecution of the individual(s) responsible. If anyone has any information, please contact NCIS at 757-396-5722 or submit a tip online.

For quick access to NCIS Tips web application go to: <http://www.ncis.navy.mil/Pages/NCISTips.aspx>



U.S. Navy graphic

NCIS is offering a \$2,500 reward for information leading to the successful arrest and prosecution of the individual(s) responsible. If anyone has any information, please contact NCIS at 757-396-5722 or submit a tip online.

UNIFORM | *Wear test begins*

Continued from A1

wear test. A rigger’s belt, ball cap and pin-on insignia will be worn with the prototype. Ultimately, USFF will make a recommendation, based again on Sailor feedback, on whether pin-on or embroidered name tags and warfare/collar devices will be prescribed for wear with the two-piece.

Aviation Maintenance Administrationman 1st Class Jamel Judgeowens, a wear test participant assigned to Commander,

Naval Air Force Atlantic, expressed his excitement for trying out the new uniform.

“I’m on shore duty, but I will be wearing this uniform to and from work for the next four months in place of the Navy Working Uniform,” he said. “The two-piece feels pretty good and I like the new boots. I don’t have to tie them, I don’t have to blouse them and they are very comfortable on the inside. They fit well, so it’s pretty cool. Stay tuned for the results of this uniform test.”

USFF most recently approved and introduced the Improved Flame Resistant Variant (IFRV) coverall for shipboard wear

and began the phase-out of the legacy FRV coverall. Focus groups and post-test surveys held during IFRV coverall testing revealed a strong desire among Sailors for a two-piece variant, which can provide an option for de-blousing during certain evolutions or in hotter environments, and be worn in operational commands at sea, in port, and off-base to reduce the number of daily clothing changes.

To learn more about the design features, wear test locations or to provide feedback about the two-piece wear test visit <http://www.public.navy.mil/usff/Pages/2-pc-fr/main.aspx>.

NOW HIRING

Sign-on recruitment bonus available.



**MILITARY
SEALIFT
COMMAND**

Take Command of Your Career®

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.*





U.S. Navy Vice Chief of Naval Operations Adm. Bill Moran delivers remarks during the Naval Air Systems Command change of command May 31, 2018 at Naval Air Station Patuxent River, Md. From right are Vice Adm. G. Dean Peters, Vice Adm. Paul Grosklags and chaplain Lt. Tristan Engle.

NAVAIR CHANGE OF COMMAND: GROSKLAGS RETIRES, PETERS AT HELM

By **Jeff Newman**
Naval Aviation News Staff Writer

PATUXENT RIVER, MD.

Improving readiness and increasing speed to the fleet will remain priorities at Naval Air Systems Command (NAVAIR) under Vice Adm. G. Dean Peters, who relieved Vice Adm. Paul Grosklags during a May 31 ceremony.

Peters received his third star minutes earlier from Vice Chief of Naval Operations Adm. Bill Moran, who offered his congratulations to both NAVAIR commanders during the change-of-command ceremony at Naval Air Station Patuxent River, Maryland. Peters previously served as program executive officer for Air Anti-Submarine Warfare, Assault and Special Mission Programs (PEO(A)), a post he assumed in March 2016. Brig. Gen. Gregory L. Masiello relieved Peters

at PEO(A) May 7.

“Being providers for the fleet is our mission and our shared identity,” Peters said. “This builds on the foundation that Admiral Grosklags has put in place; so if it sounds familiar, that’s by design. We’ve been planning and staffing and measuring--now is the time for outcomes.”

For Grosklags, the ceremony marked the beginning of his retirement following a 36-year naval career. A 1982 graduate of the U.S. Naval Academy, Grosklags was designated a naval aviator in October 1983 and started as a T-34C flight instructor and flew SH-2F Seasprite and SH-60B Seahawk helicopters operationally before commanding Helicopter Training Squadron (HT) 18.

He then served several acquisition tours, including as an engineering test pilot, assistant and deputy program manager for the MH-60R, and program manager for the Multi-Mission

Helicopter program office.

Grosklags served as operations officer and deputy program executive officer for PEO(A) before embarking on flag tours as commander of the Fleet Readiness Centers, NAVAIR assistant commander for logistics and industrial operation, NAVAIR vice commander, program executive officer for PEO(A), and principal military deputy to the Assistant Secretary of the Navy for research, development and acquisition. He assumed command of NAVAIR in October 2015.

During his remarks, Moran praised Grosklags for leading NAVAIR’s “shift in focus from policy to execution” and presented Grosklags with the Distinguished Service Medal for his time as NAVAIR commander.

“G-8 has been one of those leaders, pushing the edge of the envelope, pushing to innovate and imagine what was possible, pushing to accelerate the velocity of the simple things and moving money and contracts along so that you can get stuff to the fleet faster,” Moran said, referring to Grosklags by his call sign.

Grosklags said he was “tremendously proud of what the NAVAIR team has accomplished” during his tenure in

» See **NAVAIR** | B7



MC2 Jacob Allison The crew of the Independence-variant littoral combat ship USS Manchester (LCS 14) man the rails of the ship after Sen. Jeanne Shaheen, the ship’s sponsor, gives the traditional order to “man this ship and bring her to life.”

USS Manchester commissioned as Navy’s newest surface combatant

By **MC2 Jacob Allison**
LCS Squadron 1 Public Affairs

PORTSMOUTH, N.H.

The littoral combat ship USS Manchester (LCS 14) was commissioned as the Navy’s newest surface combatant in a ceremony in Portsmouth, May 26.

The Independence-variant LCS is the Navy’s second ship to be named for the city of Manchester, New Hampshire.

“The faces of the Sailors that ran to man this ship are the faces that I’ve seen day after day for the last 22 months as we worked to bring this ship to life,” said Cmdr. Emily Basset, Manchester’s commanding officer and a

Seattle, Washington native. “They took the city of Manchester’s motto — work conquers — and they have personified the spirit of our namesake city. Each Sailor is highly trained and must do the duties that three or four would do on another ship. These Sailors are reasons to make us all proud.”

The ship’s sponsor, Sen. Jeanne Shaheen, gave the traditional order to, “Man this ship and bring her to life,” signaling the Sailors to embark and officially begin the ship’s service as a U.S. Navy ship.

For the ship’s crew, the day was the culmination of months’ worth of work to get

» See **MANCHESTER** | B7



MC1 Peter Burghart The U.S. Navys forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) departs U.S. Fleet Activities (FLEACT) Yokosuka to begin its 2018 patrol.

Ronald Reagan Strike Group departs for patrol

From Commander, Task Force 70 Public Affairs

YOKOSUKA, JAPAN

The forward-deployed Ronald Reagan Strike Group departed Yokosuka, Japan, May 29, for a regularly scheduled patrol to operate in the western Pacific Ocean.

Ronald Reagan Strike Group will be conducting training in the U.S. 7th Fleet area of operations supporting security and stability in the Indo-Pacific region.

“[Ronald Reagan Strike Group] is very excited to get underway and begin to train and operate together, as well as with our allies and partners,” said Rear Adm. Marc Dalton, commander, Commander Task Force 70. “As we get underway for these operations we will continue to represent the

United States as the security partner of choice in the region, to ensure freedom of the seas, drive stability and security and to promote adherence to a rules-based international order.”

Reagan successfully completed sea trials, May 17, in preparation for the patrol.

“I’m very proud of the hard work and diligence of all of the incredible Sailors in the strike group,” Dalton said. “The Ronald Reagan Strike Group is ready to get underway to perform our mission in all respects and to answer the call of our nation and our allies.”

The Ronald Reagan Strike Group also includes Arleigh Burke-class guided-missile destroyer USS Mustin (DDG 89) and Ticonderoga-class guided-missile cruisers USS Antietam (CG 54) and USS Chancellorsville (CG 62).

For more news from Commander Task Force 70, visit www.navy.mil/local/ctf70/.

SURVIVAL OF THE FRIENDLIEST: EVOLVING AS WOMEN



By Lisa Smith Molinari

February was not the best month to PCS to England. It was 1996, and due to a housing shortage, we spent four gray, drizzly months living in RAF Alconbury Air Force Inn. Every day, I paced that dreary base hotel and sat with our one-year-old baby at the nearby Anthony’s Pizza, waiting for our new life to take shape.

I was lonely, vulnerable and desperate. So when the wife of Francis’ boss invited me to be her guest at the Spouses’ Club’s annual “Crystal Bingo” dinner at the Stukeley Inn, I nearly leaped into her arms with pathetic enthusiasm.

On the night of the event, I wore a bulky sweater with shoulder pads and teased my bob just right — it was the 90s after all — in hopes of impressing the other spouses. My host found us a table, as wives kindly introduced themselves to me one after the other. Impressed with my legal background, one spouse asked if I would serve as the club’s new Parliamentarian. I was so honored, and thought I’d found friends that would see me through our first overseas tour.

One month later, one of those same friendly spouses pointed a finger at me, and before storming dramatically out of the room, bellowed to the other women, “Well, if you think SHE has a better idea, then let HER do it! I’m done!”

After agreeing to be Parliamentarian, my new fellow Spouses’ Club members had informed me that they were reorganizing into a combined club and that I would have all the responsibility of working with base legal to affect the change and to rewrite the entire 17-page Constitution and Bylaws. This meant that I wouldn’t just be swilling wine and winning free crystal at monthly socials, I would have to endure brutally long board meetings to hash out all the details of the club’s reorganization.

I thought they had offered me the position because they liked me. But clearly, I’d been suckered. Although I had hoped to find fun women to vent to or explore England with, I found myself embroiled in ridiculous drama and petty rivalries. The experience was so negative, it took me nearly 20 years before I’d agree to join a base spouses’ club again.

Why do women tear each other down?

Humans are animals, and regardless of social advancement, we cannot escape our basic instincts. According to evolutionary biology and Darwin’s dominance theory, we engage in intra-sex competition for reproductive rights with the opposite sex, similar to other species.

However, research about human intra-sex rivalry was almost exclusively limited to men until the 1980s, when researchers finally realized that women were not the passive, uncompetitive beings that they had assumed they were. Scientists discovered that women compete with other women just as aggressively as men do with other men, but they do it indirectly.

While men use physical dominance to increase their natural selection, women, as child-bearers and nurturers, avoid competition that might physically injure themselves or their kin. Evolutionary psychologist David Buss found that, instead, women use “competitor derogation” against other women — i.e., gossip, bad mouthing, and exclusion — to level the playing field.

We’ve all seen it before, even among young girls. Girls resent the prom queens, women judge each other’s physical appearance, and we’ve all whispered behind each other’s backs. Quite honestly, it’s downright embarrassing.

We’re no longer living in caves and eating mastodon steaks over an open fire, so why can’t we control our primal urges to compete against our other women for ... for what? The right to be impregnated? Yikes! When you really consider it, it’s ludicrous, isn’t it?

As military wives, we move to unfamiliar places and spend months and even years without our spouses. We are each other’s greatest resource for support, security and companionship, so we should never be each other’s worst enemies. When tendencies to judge or compete surface, we must make a conscious effort to be understanding, helpful and encouraging.

We’re no longer cavewomen. We’ve evolved into modern military spouses. We’re smart, strong, and a whole lot of fun. And we’re each other’s best friends.

www.themeatandpotatoesoftlife.com

Toaster strudel and paper plates

By Amanda-Lee Pitzer

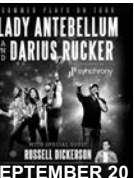
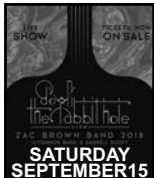
My youngest kid is a picky eater. It’s not that he doesn’t like certain foods, it’s that if he eats it for a while, he gets tired of it. Then...then he hates it. Even though he loved it yesterday. It drives me crazy! So here we are towards the end of the school year and we’ve exhausted every breakfast option out there. Finally, as I stood in the freezer section completely frustrated I saw Cinnabun Toaster Strudel. I asked him if he wanted to try the cinnamon roll goodness and he agreed. VICTORY! Finally, food in his stomach.

Normally, Toaster Strudels and other junk full of sugar isn’t really in our house. At least not for breakfast. We eat clean and healthy. We are part of a co-op for organic fruits and veggies. I buy the good meat. I even have my own chickens for healthier eggs. So buying these pockets of crap was really out of the norm for me. But I’m desperate. We just finished month one of deployment and he’s struggling. I mean, I’m struggling too. I don’t have the fight left in me to get some of my precious eggs and uncured bacon down his throat.

On top of that? I give him breakfast on a paper towel. I went to get out a clean plate and just couldn’t. The dishes have to stop for a while. I’m trying but I can’t keep up! So...bring on the paper plates. If my husband could only see this, he wouldn’t believe it. They won’t last forever- I truly hate paper plates. But right now, they are helping to save at least part of my sanity in the mornings before school.

They say the first few weeks of deployment are the adjustment period and after that it you find your new normal. I just wish we could fast-forward past this stage. I know it gets better, and we will get there by way of my temporary lapse in sanity that currently includes Toaster Strudels and paper plates.

navylife101.wordpress.com



VETERANS UNITED HOME LOANS.

AMPHITHEATER

AT VIRGINIA BEACH

LIVE NATION

FORD BOX OFFICE AT THE AMPHITHEATER
TICKETMASTER | 800-745-3000
twitter@LiveNationVB | facebook/VABeachAmp

visit

WWW.

FLAGSHIP

NEWS

.COM



Q. I’m thinking about buying a home soon. Where can I find advice on what I need to do to get started?

A. The Housing Center has workshops that will teach you all you need to know about Home Buying. Contact your local HSC for dates and times for the workshops.

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



Little Creek/Fort Story (757) 462-7563

Newport News (757) 688-6289

Norfolk/Portsmouth (757) 444-2102

Northwest (757) 421-8770

Oceana/Dam Neck (757) 433-2912

Yorktown (757) 887-4606

www.cnic.navy.mil/navylifema

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

Help is just a *Click*, *Call* or *Text* away!

For confidential victim assistance, visit www.SafeHelpline.org

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

Text zip code or installation/base name to 55247 (Inside the U.S.) or 202.470.5546 (Outside the U.S.)

U.S. NAVY ANNOUNCES 26TH RIM OF THE PACIFIC EXERCISE



Ships and submarines participating in Rim of the Pacific (RIMPAC) exercise 2012 sail in formation in the waters around the Hawaiian Islands. Twenty-two nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in the biennial Rim of the Pacific (RIMPAC) exercise from June 29 to Aug. 3, in and around the Hawaiian Islands.

MCC Keith DeViney

From U.S. 3rd Fleet Public Affairs

SAN DIEGO

Twenty-six nations, 47 surface ships, five submarines, 18 national land forces, and more than 200 aircraft and 25,000 personnel will participate in the biennial Rim of the Pacific (RIMPAC) exercise scheduled June 27 to Aug. 2, in and around the Hawaiian Islands and Southern California.

As the world’s largest international maritime exercise, RIMPAC provides a unique training opportunity designed to foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s interconnected oceans. RIMPAC 2018 is the 26th exercise in the series that began in 1971.

The theme of RIMPAC 2018 is “Capable, Adaptive, Partners.” Participating nations and forces will exercise a wide range of capabilities and demonstrate the inherent flexibility of maritime forces. These capabilities range from disaster relief and maritime security operations to sea control and complex warfighting. The relevant, realistic training program includes amphibious operations, gunnery, missile, anti-submarine and air defense exercises, as well as counter-piracy operations, mine clearance operations, explosive ordnance disposal, and diving and salvage operations.

This year’s exercise includes forces from Australia, Brazil,

Brunei, Canada, Chile, Colombia, France, Germany, India, Indonesia, Israel, Japan, Malaysia, Mexico, Netherlands, New Zealand, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Sri Lanka, Thailand, Tonga, the United Kingdom, the United States and Vietnam.

This is the first time Brazil, Israel, Sri Lanka and Vietnam are participating in RIMPAC. Additional firsts include New Zealand serving as sea combat commander and Chile serving as combined force maritime component commander. This is the first time a non-founding RIMPAC nation (Chile) will hold a component commander leadership position. This year will also feature live firing of a Long Range Anti-Ship Missile (LRASM) from a U.S. Air Force aircraft, surface to ship missiles by the Japan Ground Self-Defense Force, and a Naval Strike Missile (NSM) from a launcher on the back of a Palletized Load System (PLS) by the U.S. Army. This marks the first time a land based unit will participate in the live fire event during RIMPAC. RIMPAC 18 will also include international band engagements and highlight fleet innovation during an Innovation Fair.

Additionally, for the first time since RIMPAC 2002, U.S. 3rd Fleet’s Command Center will relocate from San Diego to Pearl Harbor to support command and control of all 3rd Fleet forces in 3rd Fleet’s area of responsibility to include forces operating forward in the Western Pacific. The Fleet

Command Center will be established at a deployable joint command and control on Hospital Point for the first part of the exercise and then transition to USS Portland (LPD 27) for the remainder of the exercise.

Hosted by Commander, U.S. Pacific Fleet, RIMPAC 2018 will be led by Commander, U.S. 3rd Fleet, Vice Adm. John D. Alexander, who will serve as combined task force (CTF) commander. Royal Canadian Navy Rear Adm. Bob Auchterlonie will serve as CTF deputy commander, and Japan Maritime Self-Defense Force Rear Adm. Hideyuki Oban as CTF vice commander. Fleet Marine Force will be led by U.S. Marine Corps Brig. Gen. Mark Hashimoto. Other key leaders of the multinational force will include Commodore Pablo Niemann of Armada de Chile, who will command the maritime component, and Air Commodore Craig Heap of the Royal Australian Air Force, who will command the air component.

This robust constellation of allies and partners support sustained and favorable regional balances of power that safeguard security, prosperity and the free and open international order. RIMPAC 2018 contributes to the increased lethality, resiliency and agility needed by the joint and combined force to deter and defeat aggression by major powers across all domains and levels of conflict.

TheBreastfeedingShop.com



WE ARE AN IN NETWORK PROVIDER WITH TRICARE

.....

No Out Of Pocket Expense
For Your Breast Pump

.....

OVERSEAS? NO PROBLEM.
WE SHIP ALL OVER THE WORLD!

TheBreastfeedingShop.com



TheBreastfeedingShop.com

Top Rated Breast Pumps

COLONIAL WILLIAMSBURG

MERCHANTS SQUARE

SUMMER BREEZE

CONCERT SERIES

UNLEASHED

BY + culturefix

NEW LOCATION

FREE | EVERY WEDNESDAY
JUNE 6 – SEPTEMBER 19 | 6-9PM
ON THE LAWN OF THE ART MUSEUMS OF COLONIAL WILLIAMSBURG

SPONSORS

Morgan Stanley

MERCHANTS SQUARE

ART MUSEUMS OF Colonial Williamsburg

CUSHMAN & WAKEFIELD | THALHIMER • MELLOW MUSHROOM • SUNTRUST BANK

Rain or Shine | No Outside Alcohol
FOR MORE INFORMATION: MerchantsSquare.org/SummerBreeze



MC3 Luis R. Chavez Jr

Ships from various nations in the Baltic Region and the U.S. 6th Fleet command ship USS Mount Whitney (LCC 20) begin the underway phase of Baltic Operations (BALTOPS) 2014. The annual multinational exercise is in its 42nd year and is conducted to enhance maritime capabilities and interoperability and to support regional stability.

BALTOPS 2018 BEGINS IN KLAIPEDA

From U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs

KLAIPEDA, LITHUANIA

Exercise Baltic Operations (BALTOPS), the premier maritime-focused exercise in the Baltic Region, takes place in the Baltic Sea from June 1-15, 2018. Air, maritime and ground assets from several NATO ally and partner nations are involved in the live training event that sets sail from Klaipeda, Lithuania, and finishes in Kiel, Germany. Training focus areas include air defense, anti-subsurface warfare, maritime interdiction, mine countermeasures and amphibious operations. The exercise enhances flexibility and interoperability among allied and partner nations to

strengthen combined response capabilities, as well as demonstrate international resolve to ensure stability in, and if necessary defend, the Baltic Sea region. This year is the 46th iteration of the annual exercise and will involve approximately 5,000 personnel from 22 nations, 60 aircraft, 42 ships and a submarine. The 16 nations contributing forces: Belgium, Denmark, Finland, France, Germany, Latvia, Lithuania, the Netherlands, Norway, Poland, Romania, Spain, Sweden, Turkey, the United Kingdom, and the United States. The six nations contributing staff members are Canada, Estonia, Greece, Italy, Portugal, and Slovakia.

Navy announces 2017 top language professionals

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced the fiscal year 2017 Language Professional and Linguist of the Year award recipients, and the Command Language Program of the Year, May 31. The recipients distinguished themselves through the use of critical foreign language skills in order to achieve mission success. The fiscal year 2017 award recipients are: Senior Language Professional of the Year: Chief Crypto-

logic Technician Brian Burrows, representing Navy Information Operation Command Colorado. Language Professional of the Year: Cryptologic Technician 1st Class Jamie Biro, representing Navy Information Operations Command Georgia. Senior Non-Career Linguist of the Year: Chief Aviation Boatswain’s Mate (Handling) Muhammed Morad, representing Naval Special Warfare Cultural Engagement Unit. Non-Career Linguist of the Year: Builder 1st Class Christian Kim, representing Naval Special Warfare Cultural Engagement Unit.

Command Language Program of the Year: Navy Information Operation Command Georgia. Biro will compete for the Department of Defense fiscal year 2017 Language Professional of the Year award, the DoD’s top language award, which recognizes outstanding military language professionals and their accomplishments. This award highlights the critical role that military linguists play in supporting missions around the world. Navy Information Operation Command Georgia will compete for the DoD fiscal year 2017 Command Language Program award, in which top performing Command Language Programs throughout the DoD compete to earn honors as the premier language program within the DoD. For more information on the awards or the Navy’s language programs visit http://www.public.navy.mil/bupersnpc/career/language_culture/Pages/default2.aspx.

TRICARE for active duty service members and family members:

Are you enrolled in TRICARE Prime, assigned a Primary Care Manager?

By Michael Kirschner
Tidewater Military Health System

TRICARE is the health care program for service members and families worldwide, including more than 400,000 people in Tidewater. Several military hospitals and clinics throughout Tidewater offer a wide range of comprehensive medical services and programs. Enrollment in TRICARE Prime is required for all Active Duty Service Members (ADSMs), and should be updated with each change in status or duty station. The member should ensure they are assigned a Primary Care Manager (PCM) at their medical department or military treatment facility (MTF) designated for their duty station. To enroll and be assigned a PCM, call Humana Military at 1-800-444-5445, or visit a Health Benefit Advisor office at an MTF near your duty station. Dependents of active duty members should contact Humana Military at 1-800-444-5445 to enroll in TRICARE Prime or TRICARE Select. If TRICARE Prime is chosen, the dependent should ensure they are assigned to a Primary Care Manager at the time of enrollment. (Note: available MTF PCMs within a 30-minute drive time from the home address will take priority over assignment to a civilian PCM).



Courtesy of Tricare

During 2018, you may change plans, however beginning 1 Jan 2019, you will only be able to change plans during the open enrollment season or with a Qualifying Life Event (QLE). If not enrolled in a plan, you will have “Direct Care Only”. Direct Care is care received at an MTF on a space available basis only. Until you are enrolled in a plan, you will not be eligible for any civilian care to include using a Retail Network Pharmacy or Express Scripts Home Delivery. See www.tricare.mil/LifeEvents/QLE for additional information. Update DEERS (Defense Enrollment Eligibility Reporting System) with your new duty station, home address, telephone numbers and email addresses. Call 1-800-538-9552, visit an ID card office, or go to www.tricare.mil/DEERS. To find an ID card office near you, go to: www.dmdc.osd.mil/rsl. To schedule an appointment at an ID card office, go to: <https://rapids-appointments.dmdc.osd.mil>. For any questions, contact Juanita Smallwood, Beneficiary Counseling and Assistance Coordinator, Tidewater Military Health System, Navy Medicine East, 757-953-0434.

INDIAN, JAPANESE AND US MARITIME FORCES TO PARTICIPATE IN EXERCISE MALABAR 2018



MC3 Cole Schroeder

Ships from the Indian Navy, Japan Maritime Self-Defense Force (JMSDF) and the U.S. Navy sail in formation, July 17, 2017, in the Bay of Bengal as part of Exercise Malabar 2017. Malabar 2017 is the latest in a continuing series of exercises between the Indian Navy, JMSDF and U.S. Navy that has grown in scope and complexity over the years to address the variety of shared threats to maritime security in the Indo-Asia-Pacific region.

From Commander, Task Force 70 Public Affairs

YOKOSUKA, JAPAN

Naval ships, aircraft and personnel from India, Japan and the United States will participate in exercise Malabar 2018, in mid-summer 2018 off the coast of Guam.

Malabar 2018 is the first time the exercise has been conducted off the coast of Guam, and the latest in a continuing series of exercises that has grown in scope and complexity over the years to address the variety of shared threats to maritime security. The exercise will feature both ashore and at-sea training off the coast of Guam in the Philippine Sea.

Training will focus on high-end warfighting skillsets, subject matter expert and professional exchanges, combined carrier strike group operations, maritime patrol and reconnaissance operations, surface and anti-submarine warfare, medical operations, damage control, helicopter operations and visit, board, search and seizure (VBSS) operations. Indian, Japanese and U.S. maritime forces look forward to working together again to build upon and advance their working relationship. Each iteration of this exercise helps to increase the level of understanding between our Sailors and interoperability between our three navies.

WE GET
YOUR BUSINESS
IN FRONT OF OUR
MILITARY

PRINT | EVENTS | ONLINE

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



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
4.00%*	4.18% APR*

Talk to a VA Mortgage Expert today!

Call 757-671-7900 ext. 161 or visit any office or dollar.bank/mortgage.

Dollar Bank
Since 1855

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 5/29/18 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 \$4.77 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 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.
MOR441_18

NAVAIR | *Change of command*

Continued from B1

improving readiness and accelerating delivery of new capabilities to the fleet.

“The progress across all of our sites, from our depot artisans to our contracting officers, from our program managers to our software engineers, that’s what energizes me,” he said. “That’s what kept me coming to work excited every day.”

Grosklags said rapid acquisition strategies aimed at getting capabilities to the fleet faster have become much more commonplace in recent years.

“It used to be, three years ago, that if a new program started and they wanted to use an accelerated acquisition approach, they were clearly the exception,” he said. “Not only that, but they were continually challenged, because doing anything outside that straight and normal process was considered high-risk and likely to fail. Today, we’ve turned that dialogue a little bit. Now, if somebody starts a new program or a new project, and they don’t start it with an accelerated acquisition methodology, everybody asks them, ‘why not?’”

In response to a question he often receives--why he stayed in the Navy for so long--Grosklags pulled from the podium a photo he kept framed in his office for 12 years of two Indonesian children, one of them holding bottles of water and saluting a U.S. Navy helicopter as it departed after delivering relief supplies following the 2004 tsunami that devastated Southeast Asia.

“My belief has been that those kids, their families, their friends, their entire community remembers that when they had nothing else, when they had nowhere to turn, it was

America that was first there to help them, and on that day in that place, the face of America was the United States Navy, and the face of the United States Navy for those kids was naval aviation and Navy helicopters,” Grosklags said. “So being a part of that bigger story, perhaps more than anything else, is the reason I’ve stuck around this long. It’s also the reason why when asked in the future, I’ll be very proud to say I was a Sailor in the United States Navy.”

Grosklags said the commitment and dedication of NAVAIR employees are what he will miss the most in retirement.

“Some of them have never been on a ship, most of them have never flown an aircraft, but they know that the stuff they are providing truly makes a difference to the folks who are deployed around the world,” he said. “What our Sailors do, what our government civilians do, the technologies that they are working with, the capabilities that they are providing to the fleet, it really is eye-watering stuff. What NAVAIR does is truly amazing.”

Grosklags said he has witnessed an increased appetite for innovation and speed, particularly when crises emerge and the entirety of the organization rallies around finding a solution to that problem and almost always finds one quickly.

“It’s that swarming mentality that we need to bring to more of the stuff that we do,” he said. “There needs to be a sense of urgency for what in many cases are considered mundane tasks.”

Peters echoed Grosklags, stressing the importance of “making speed and responsiveness second nature.” He said his command will continue to cut back on “distractions”--such as serial reviews and layers of oversight that slow progress.

“In the near future, we’ll lay out action plans to take full advantage of our incredible talent and intellectual capital to go

faster,” Peters said. “We will provide readiness and capability at ever-increasing levels of safety, reliability, interoperability, and affordability--and we’ll do it faster.”

Peters said his top three priorities as NAVAIR commander will remain unchanged from his previous commands: people, relationships and mission.

“If we embrace our shared identity as providers and focus our incredible talents on our shared vision--readiness and speed--the Fleet will have the capability and capacity it needs to meet any challenge,” he said.

A 1985 graduate of the U.S. Naval Academy, Peters earned his wings in 1986 and flew SH-2F helicopters on deployments to the North Atlantic, Arabian Gulf and the Gulf of Mexico in support of anti-submarine warfare, surface warfare and counternarcotics operations.

Peters later completed tours as a test pilot, instructor pilot and squadron department head, including a stint as commanding officer of Air Test and Evaluation Squadron (HX) 21. His early acquisition assignments included avionics lead for the MH-60R Seahawk, deputy program manager for the Vertical Takeoff and Landing Unmanned Aerial Vehicle (UAV) program, and assistant program manager for systems engineering for all Navy and Marine Corps UAVs.

Peters went on to serve as program manager of the H-60 and presidential helicopters program offices. In October 2014, Peters assumed command of the Naval Air Warfare Center Aircraft Division and also became NAVAIR’s assistant commander for research and engineering. He remained in those posts until his arrival at PEO(A).

Families experience Warrior Games adaptive sports at two-day expo

By Shannon Collins

DoD News, Defense Media Activity

COLORADO SPRINGS, COLO.

Members of the local community and families of athletes enjoyed the experience of being an adaptive sports athlete during the 2018 DoD Warrior Games’ first two-day exposition at the U.S. Air Force Academy here.

Cohen Schwab, 5, gets a push in a rugby wheelchair during an exhibition day for families during the 2018 Defense Department Warrior Games at the U.S. Air Force Academy in Colorado Springs, Colo., June 3, 2018. DoD photo by EJ Hersom

Cohen Schwab, 5, gets a push in a rugby wheelchair during an exhibition day for families during the 2018 Defense Department Warrior Games at the U.S. Air Force Academy in Colorado Springs, Colo., June 3, 2018. DoD photo by EJ Hersom

About 300 wounded, ill and injured service members representing teams from the Army, Marine Corps, Navy, Coast Guard, Air Force and U.S. Special Operations Command, along with allied armed forces from the United Kingdom, Australia, and for the first time at Warrior Games, Canada, are competing in shooting, archery, cycling, track and field, swimming sitting volleyball and wheelchair basketball through July 9.

The games are free and open to the public.

“In addition to putting on a top-notch athletic event for our athletes, the Warrior Games Expo was designed to give families, caregivers, military colleagues and the general public a first-hand experience of the world of adaptive sports,” said Air Force Col. Cary Hepp, lead public affairs officer for the 2018 DoD Warrior Games. “We also invited service organizations and adaptive sports’ national governing bodies with chapters throughout the country. The intent was to link Warrior Games athletes and their families up with organizations they can connect with when they return home.”

Many Activities

Throughout the two-day event, visitors enjoyed face painting, games, science technology, engineering and mathematics demonstrations for kids and visits from Air Force Academy athletes and “Wings of Blue” parachute team members.

They also had a chance to meet national wheelchair rugby team members and head coach James Gumbert, and see a demonstration and experience the a little bit of the sport themselves.

Ryan Schwab, from Castle Rock, Colorado, said he brought his sons, Nikolas, 9, and Cohen, 5, out to the expo because he loves the military. His father, Leonard, served in the Army during Vietnam, and his father-in-law retired from the Army as a command sergeant major. He was also a Vietnam veteran.

Nikolas said he enjoyed rugby. “It was really run and entertaining,” he said. “Some kids out there might not play like we do but this is something they could do to entertain themselves and get their muscles up.”

Cohen said he enjoyed playing but got a little too much into



EJ Hersom

Cohen Schwab, 5, gets a push in a rugby wheelchair during an exhibition day for families during the 2018 games at the Air Force Academy in Colorado Springs, Colo. June 3, 2018.

the match. “I scored a point but the blue team stole that last point. I loved smashing into that blue team,” he said.

Air Force Capt. Alicia Hogan, 10th Medical Group, U.S. Air Force Academy, brought her twin 5-year-old daughters, Emma and Courtney, to the expo to give them perspective.

Gaining Perspective

“I wanted the girls to see some of the different abilities these wounded warriors had, and some of the modifications they made so that they can compete in the same sports we see on TV,” Hogan said. “It’s an incredible experience just to see it from that perspective, and to realize just how amazing some of the things they’re able to do are.”

Hogan said she thinks it’s a great opportunity for her fellow service members and the general public to see what the athletes have trained and worked toward. Hogan said she’s even pulling her daughters out of daycare to try to watch some of the events such as swimming and basketball.

“We’re at the pool all the time in the summer so for them to see how other people are able to swim, even with disabilities or physical limitations, it will be amazing,” she said.

Nikky Williams, from Atlanta, is part of a team of broadcasters from across the nation that came here to support the games and cheer on the athletes and their families throughout the week. She said the events have been an eye-opener.

“One of the main things you see when you get out here, especially for someone like me who hasn’t been around military and military families, is it really takes a village,” Williams said. “It’s not just the sacrifice that our servicemen and women make. It’s their families, as well.

“Saying, ‘Thank you for your service,’ just doesn’t seem like enough,” she continued. “I just feel like there’s nothing I could say to express my gratitude to what these strong heroes and their families sacrificed just so that we could be here to do what we love.”

Wheelchair Basketball

For Lauren Knoff, 17, participating in wheelchair basketball helped her learn that she could still be active. She visited the expo with her sister, Faith, 16, and mother, Cathy. They were there with their uncle, Air Force Master Sgt. Dave Long, from Holloman Air Force Base, New Mexico.

“I’ve had a lot of surgeries on my leg, and I struggle with a lot of sports-related stuff. It’s really cool to see that there’s stuff people like me can do and still be active,” Lauren said. “It’s cool to be able to try it and feel what it’s like to play the

games like the warriors do.”

She said her favorite activity of the day was wheelchair basketball. “Basketball is so fun,” Lauren said. “It’s a lot of hard work. Your arms can get pretty sore but it’s really fun to fly across the field.”

Lauren said she spent a lot of time in a wheelchair during her surgeries on her leg but hadn’t interacted with people who were also in the chair. “I’m not used to being able to bump people and knock them away,” she said. “I’m not used to how the wheels are. You can go really fast. It’s nice. They’re super-light and super-tiny. You can be a speedster.”

Lauren said watching the track and field athletes compete on June 2 inspired her. “It was so awesome,” she said. “I almost cried so many times in the last two days, just like at everything. It’s overwhelming. They’re going above and beyond. It’s really inspiring to me. It makes me want to get out and do stuff like they do. It’s really cool.”

Athletes Heal, Regain Confidence

“Participation in adaptive sports programs saves lives,” Hepp said. “The Warrior Games and other rehabilitation and recovery programs offered by each service provide opportunities for athletes to heal and to regain confidence and purpose. Additionally, these athletes are competitors at heart, and the Games offer them the experience to enjoy the camaraderie of their fellow teammates throughout the week.”

Two-time Paralympian and Paralympian coach Karin Korb also led wheelchair clinics throughout the two-day event. She said her favorite part about wheelchair tennis is that it is an inclusive sport that helps disabled athletes be prideful in their disability.

“You can play standing. Amputees can play on their prosthetics. You can be a chair user; you can have a chronic health condition. Tennis is so inclusive,” she said. “Disability is something to be prideful about as a new identifier; just like people are proud of their color or sexual orientation.”

She said having a disability can be difficult because of barriers but “you can’t legislate attitudes but we can legislate what access looks like,” she said.

Korb said having events like this where people can experience, first-hand, disability through sport, help demonstrate that it’s okay to approach people with disabilities and have open conversations.

“Sport is the game-changer to so many people, and that’s why we love it so much,” she said.

MANCHESTER | *Ship commissioned*

Continued from B1

the Manchester prepared for commissioning, and having the commissioning in the ship’s namesake state was a special opportunity for some of Manchester’s Sailors.

“It’s really amazing to be on a ship named for [a city in] my home state,” said Information Systems Technician 1st Class Laryssa Noyes, from Derry, New Hampshire. “It’s really quite an honor that I’m here for this. It’s awesome because my family got to be here and see what I do on a daily basis.”

After the ceremony the ship will transit to San Diego to join Littoral Combat Ship Squadron 1 and eight other LCS currently homeported at Naval Base San Diego.

Manchester is the 12th littoral combat ship and the seventh of the Independence variant.

The littoral combat ship is a high speed, agile, shallow draft, mission-focused surface combatant designed for operations in the littoral environment, yet fully capable of open ocean operations. As part of the surface fleet, LCS has the ability to counter and outpace evolving threats independently or within a network of surface combatants. Paired with advanced sonar and mine hunting capabilities, LCS provides a major contribution, as well as a more diverse set of options to commanders, across the spectrum of operations.

Congratulations to

REBECCA MAXWELL

2018 HEROES AT HOME *Jacksonville* MILITARY SPOUSE OF THE YEAR



2018 HEROES *at* HOME

Jacksonville HONOREES



THANK YOU TO OUR SPONSORS!

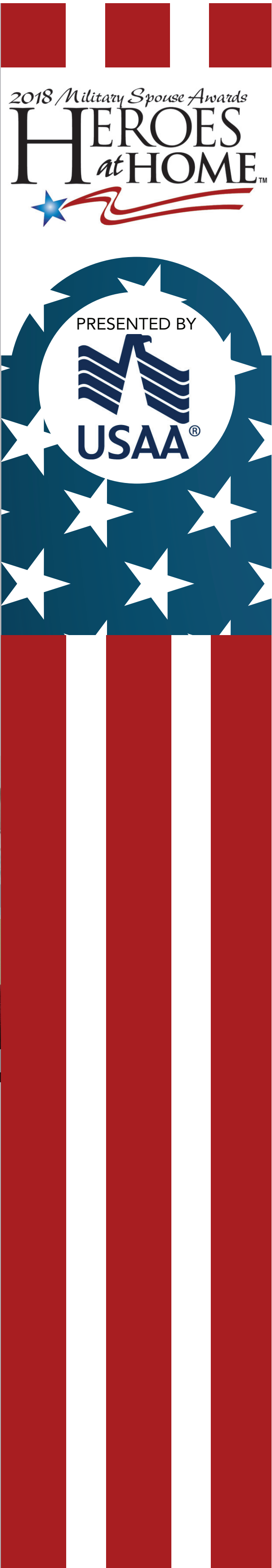
★ PRESENTING SPONSOR ★



★ BRONZE SPONSOR ★

UNITED CONCORDIA[®]
DENTAL
Protecting More Than Just Your Smile[®]

★ TABLE SPONSOR ★



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**

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





BORN TOGETHER, WORLDS APART

Chief Petty Officer finds twin sister after
33 year-long separation

By Public Affairs Specialist Jay Cope
Commander, Navy Region Southeast

Adopted as a young child from Seoul, South Korea, and despite growing up bereft of any blood relative, Chief Mass Communication Specialist Amanda Dunford knew she had a twin.

Her American parents told her what they knew of her background and history when she was seven. For decades, she was aware there was someone out there she desperately wanted to meet, to get to know, and to talk to — about literally everything.

Yet there was nothing for her to work with to track her down. Amanda had no name, no address, no paperwork on her biological family — nothing but the knowledge that she

had a sister who had also been adopted. She grasped at a straw in 2013 and took a DNA test from the website 23andMe. Four tedious and exhausting years later, she perused her emails before going to sleep one night in September 2017. She had stopped glaring at the computer screen long ago, hoping against hope for that miraculous update. And only as a matter of habit, she clicked on an email from 23andMe and opened a tentative note that said only, “I think I might be your sister.” Accompanying information from the website stated it was a 100 percent match. Amanda almost jumped up out of the covers.

“I sat straight up in bed and said, ‘I found her!’” There wasn’t much sleep to be had that night as Amanda typed furiously on the keyboard searching for anything she could find online about her new sister, Kathryn “Katey” Marie Bennett. Finding her profile on Facebook, Amanda saw photographs that helped her new reality sink in.

“It seemed really weird, as her picture looked just like me.” She downloaded one of the photographs and sent it to her younger sister, Marissa, as a way to break the news. Marissa received the photo and commented simply, “It looks fine.” Amanda replied excitedly, “Yeah, but it’s not me!”

Although the twins texted each other from the very beginning, Katey was apprehensive about speaking on the phone. For more than a week, she resisted Amanda’s request to talk or Skype on the phone.

“She was a blank slate,” Amanda said. “I had years to process that I had a sister. She didn’t know.”

Katey had trouble accepting the results as real. She pondered not even replying when she received the results, but her family urged her on.

“We can’t be twins,” she thought. “That’s just too crazy.” Once Katey felt comfortable enough to take the next step and place the call, it was like a dam had burst. Their first conversation was about nine hours long as they tried to fill an empty well of knowledge 33 years in the making.

“It felt like having a best friend that you have had for years,” Katey explained, “who knows what you think and what you are going to say – but instantaneously.”

Most of the conversation was spent learning about each other’s lives, likes, dislikes, adopted families, and a wealth of other information that most siblings take for granted. But the more they conversed, the more Katey realized the “freaky” similarities in their lives. They both love true crime dramas, both failed math in school, both excel in English, both love



the same movies, and more.

Military Career

Amanda was having difficulty finding a job she liked after school. Marissa had joined the Air Force, so Amanda checked that recruiter first. She didn’t feel it was right for her but remembered a history teacher in high school talking about his days in the Navy. She did her homework on the various Navy job fields in advance. She entered the Navy recruiter’s office and, despite having never touched anything other than a disposable camera before, told him, “It is photographer’s mate or nothing.”

“I was looking for a job where I could be creative,” she said. “I saw photographer and knew that’s the job I wanted.”

Katey supports her sister’s career, as an appreciation for military service is one of many things they have in common. Much like Amanda, she considered a military career.

“I actually had looked into the Navy my senior year in high school. I talked to some [recruiters] at my high school when they came and thought it might be something I wanted to do,” Katey said. “I obviously changed my mind, but when I learned about Amanda I felt really proud. I think the Navy is awesome and feel like [her career] is a great accomplish-

» See TWINS | C2



Photos courtesy Kathryn Bennett

Suffolk Wounded Warrior competes in Department of Defense Games

By: Lt. Cmdr. Jenn Womble
Commander Navy Installations Command

COLORADO SPRINGS, COLO.

U.S. Navy Master-at-Arms, Senior Chief Petty Officer David Mills, a 1994 graduate of Castro Valley High School who currently resides in Suffolk, Virginia, will join more than 250 seriously wounded, ill and injured service members and veterans at the 2018 Department of Defense (DOD) Warrior Games June 1 – 9 at the United States Air Force Academy in Colorado Springs, Colorado.

Mills will be competing against athletes from the Army, Marine Corps, Navy, Coast Guard, Air Force, Special Operations Command (SOCOM), Australia, Canada and the United Kingdom.

“Participating in the Warrior Games is a very humbling experience for me,” said Mills. “I am not only representing myself and 39 other people on Team Navy, I am representing the Navy as a whole, and those who served before me. I constantly think of the brothers and sisters that are not with us anymore, more specifically my wife who passed away in 2007 from a service connected condition. At the games, I will be carrying the flag that was draped on her casket and presented to me.”

During the nine days of competition Mills will compete in shooting, archery, field, and wheelchair basketball.

“Our Navy Wounded Warrior athletes have shown incredible resiliency in their personal roads to recovery through Commander, Navy Installations Command (CNIC)’s Adaptive Sports Program. The actions of these athletes demonstrate the Navy’s core attributes of integrity, accountability, initiative and toughness,” said Vice Adm. Mary Jackson, Commander, Navy Installations Command.



Courtesy David Mills

The Chief of Naval Operations (CNO) has said that we will remain the world’s finest Navy only if we all fight each and every minute to get better’, there is no better example of this performance than what our Sailors and Coast Guardsmen in the Navy Wounded Warrior Program do each and every day.”

Mills was selected for team Navy after the competitive Wounded Warrior Trials in February at Naval Station Mayport in Mayport, Florida. Team Navy includes service members and veterans with upper-body, lower-body, and spinal cord injuries; traumatic brain injuries; visual impairment; serious illnesses; and post-traumatic stress.

“Adaptive sports gave me the push I needed to see that my body can still perform no matter

» See GAMES | C2

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

BLACKBERRY SMOKE AND JJ GREY & MOFRO 92.9 THE WAVE presents	JUNE 15	BRIAN MCKNIGHT with special guest <i>Chrisette Michele</i> <i>*This show was rescheduled. Please note new date.</i>	July 22	96X presents THE REVIVALISTS & TRAMPLED BY TURTLES	AUGUST 17
REBELLION with special guests <i>Stephen Marley, Common Kings, Zion I & DJ Mackle</i>	JUNE 30	1964 "THE TRIBUTE" <i>"The Best Beatles Tribute on Earth" according to Rolling Stone</i> <i>*This show was rescheduled. Please note new date.</i>	July 27	VIRGINIA CRAFT BEER & WINE FESTIVAL Details coming soon!	SEPTEMBER 29
SLIGHTLY STOOPID with special guests <i>Stick Figure and Pepper</i>	JULY 13	106.9 THE FOX presents BRIT FLOYD <i>"The World's Greatest Pink Floyd Show"</i>	AUGUST 2	<i>*All tickets purchased for relocated or rescheduled shows at Union Bank & Trust Pavilion will be honored at their new date or location.</i>	
THE AVETT BROTHERS	JULY 20	GEORGE CLINTON & PARLIAMENT FUNKADELIC <i>*This show was rescheduled. Please note new date.</i>	August 12	MORE CONCERTS AND EVENTS TO COME!	
BUDDY GUY & JONNY LANG	JULY 21				

PORTSMOUTH, VA • PAVILIONCONCERTS.COM • (757) 393-8181 • MILITARY DISCOUNT AVAILABLE AT THE PAVILION BOX OFFICE

Community

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

The Flagship welcomes submissions from our readers online.

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

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

Calendar

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

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.

North American Sand Soccer Championships

- June 8-10, Free
- Virginia Beach Oceanfront
- www.sandsoccer.com or call 757-368-4600

The June 8-10 at the Oceanfront will have a “U.S. OPEN” pro/am cash division, including a new women’s pro/am division. There will be over 80 gender/skill and age divisions from Under-8 through adult, including co-ed. Additional beach sports include co-ed football, wrestling, and sand/field hockey.



Norfolk ‘18 HarborFest

- June 8-10 (Fri. & Sat.) Noon–11 p.m. (Sun.) 10 a.m.–6 p.m. Free
- Town Point Park, Downtown Norfolk Waterfront
- www.festevents.org

Celebrating America’s largest, longest-running, free maritime festival in its 42nd year! For three memorable days, the historic waterfront festival offers a weekend packed with thrilling activities on land and sea to include tall ships and the Parade of Sail, artisan foods and beverages, work boat races, unique and unusual performances, one of the largest fireworks shows on the East Coast, family games and activities, national and regional entertainment, and much more.

Headquarters NOFFS Train The Trainer Course

- June 8 8 a.m.–4 p.m.
- NSAHR Headquarters - Marianas Fitness Center & Gym, 7800 Hampton Blvd. Bldg. SC-400
- 757-836-1812

NSAHR Headquarters NOFFS Train The Trainer Course will be held at building SC-400 from 8 a.m. to 4 p.m. Preregistration is required by the Thursday before each class. NOFFS provides the Navy with a “best in class” physical fitness and nutrition performance resource that provides guidance to Sailors and Navy health and fitness professionals. Call 757-836-1812 for more information.

Slayer, Lamb of God, Anthrax, Behemoth & Testament

- June 12 7 p.m. \$24-\$419
- Veterans United Home Loans Amphitheater
- www.virginiabeachamphitheater.com

37 years, 12 studio albums, almost 3,000 performances and two Grammy awards, and now Slayer, one of metal’s greatest bands of all time, are embarking on their farewell tour! Joined by Lamb of God, Anthrax. Behemoth & Testament, these pioneers of thrash will be descending upon Veterans United Home Loans Amphitheater on Tuesday 12th June 2018 for a bittersweet night of epic music! Don’t miss your chance to see these legends live for the very last time!

Military Aviation Museum brings English tradition to Virginia Beach with Flying Proms Symphony air show

Experience an evening filled with classical musical pieces, performed by a live symphony orchestra, all with a backdrop of aerial displays from vintage World War I and World War II aircraft.

By Brian Strauss

The Flying Proms Symphony Air Show returns to the Military Aviation Museum on Saturday, June 16. Gates open at 3 p.m. with the concert starting at 7 p.m.

Now in its 8th installment, The Flying Proms offers guests a truly unique experience. Getting its roots from the United Kingdom’s traditional Proms, the Military Aviation Museum’s Flying Proms is the only event of its kind in North America. The museum is pleased to welcome Virginia Wind Symphony as the orchestral partner for this year’s event. This year’s proms will be emceed once again by England’s very own Mark Whall, who has been a loyal supporter of the museum and has

helped announce many of the museum’s air shows and Flying Proms.

The first half of the evening’s entertainment will feature aerial displays from the museum’s collection of historical aircraft, such as the Supermarine Spitfire and Messerschmitt Bf-109, accompanied by musical selections from popular aviation-themed movies. As dusk falls, and the planes land, the second half of the performance will commence, featuring an assortment of patriotic and pops music. Festivities culminate with a fireworks finale provided by Zambelli Fireworks.

Guests are encouraged to arrive early to walk the grounds of the Military Aviation Museum and take in the one of the world’s



Courtesy Military Aviation Museum

largest collection of World War I and World War II aircraft. Lawn chairs and blankets are recommended to relax on the grass field during the performance. There will be food and beverage vendors on site, selling dinner, snacks beer and wine. Guests are also welcome to bring their own picnics, but no outside alcohol is permitted.

Individual tickets are currently available online for a discounted rate of \$30 per adult admission and \$18 per youth admission (ages 6-17), now through June 10. Beginning June

11, tickets will be sold at the full price of \$35 per adult admission and \$20 per youth admission. Children under 5 years old will receive free admission. Private chalets are also available for groups of 8 or more. For more information and to purchase tickets, call 757-721-7767 or visit www.TheFlyingProms.com.

The Military Aviation Museum is located in the Pungo area of Virginia Beach at 1341 Princess Anne Rd, Virginia Beach, VA 23457.

GAMES | Suffolk man competes in games

Continued from C1

how mentally and physically impaired it may be,” said Mills. “I have seen some amazing people in the program, people that inspire me every day. I have befriended a lot of these amazing people and the network has strengthened me emotionally which has been a vital part of my recovery.”

These games provide an opportunity for athletes to grow physically, mentally and spiritually from the sportsmanship and camaraderie gained by representing their respective service teams in a friendly and spirited competition. It is an opportunity for athletes to showcase their endur-

ing warrior spirit in the presence of their families and grateful nation.

“Adaptive sports has been a tool that has helped me in many ways,” said Mills. “The camaraderie and network is probably the biggest thing I got out of the Adaptive Sports Program.”

The Navy honors the sacrifices of wounded warriors from the Navy and Coast Guard by providing them top-notch non-medical support through Navy Wounded Warrior (NWW) – Safe Harbor. All enrollees in NWW are encouraged to make athletics a key component of their recovery efforts. By promoting wounded warrior participation in competitions like the DOD Warrior Games, NWW helps enrollees heal through adaptive sports.

For more information about the 2018 DOD Warrior Games, please visit www.dodwarrior-games.com/.

TWINS | Sisters find each other

Continued from C1

ment.”

Amanda is currently the operations chief for the Naval Public Affairs Support Element (NPASE) East in Norfolk, Virginia, where she trains and supervises junior mass com-

munication specialists as they augment public affairs staffs for special events, major exercises, and overseas deployments.

She also deployed aboard the USS Nassau (LHA 4) as her first command before transferring to Armed Forces Network (AFN) at Souda Bay, Crete, and later to Joint Forces Command at Norfolk.

“[My time in the Navy] has been everything I hoped and more,” Amanda said. “I am truly privileged to have the people in my life that I do.”

But there was still that one individual that she had yet to meet in person and fully include in her life.

Immediate Connection

Since their life-altering introduction, Katey and Amanda check in with each other nearly every day. The regular exchange of messages and conversations met every expectation for which the two had hoped.

“It’s funny that we sound the same on the phone and we say some of the same things, even though we are separated,” Amanda said. “It’s weird having someone with so many similarities off the bat.”

She was so excited that she went on the 23andMe site to tell her story. Amanda didn’t realize that the site had contacts with The Today Show.

Producers reached out to the sisters and asked them if they would like to come out to an event and meet for the first time on the show. The twins agreed, and the show producers and 23andMe arranged for their flights to New York.

The 23andMe team worked with The Today Show producers to keep the two girls separated during their first night in New York. They were kept in different areas of the city to

ensure they would not accidentally meet. The next day, Katey was taken to the studio an hour earlier than her sister and kept in separate makeup rooms. Amanda paced a path in the carpet in a waiting room with no monitor to ensure she couldn’t watch the show while Megyn Kelly interviewed her sister.

Finally, after an agonizing wait, they brought her out.

“I was incredibly nervous about being on TV. I didn’t know what the stage looked like

or anything,” Amanda said. “They opened the [door] and I was like ‘Whoa, that’s a lot of people.’ Then I saw Katey and everything else just went away.”

Amanda noticed immediately that they didn’t look exactly the same anymore, but that there was no mistaking the similar features. The two stepped toward each other and embraced.

Amanda says she knows they sat down next to Kelly, but that she really doesn’t remember the rest of the show.

“It was a great feeling to finally get the chance to touch her and hug her,” she said. “It was such a big moment for me to finally get to hold her.”

Katey’s reaction was nearly the same.

“I felt like she was the only person I saw when the door opened. I couldn’t stop looking at her because she looked so similar to me. My mind was just completely blown.”

Despite the miles and the drastic time difference the twins are already working on how to stay in contact. Katey is planning a trip to Asia and is hoping that they may even learn more about their shared history. Finding each other after 33 years apart, they are determined that nothing will separate them again.

PHOENIX THEATRES

Main Gate Movies10

\$5 Movies!

ALL Seats ALL Shows

Every Day!

*3D Upcharge Applies

June 8-14

OCEAN'S 8 (PG13) Thurs.: 4:15, 7:10, 10:00 Fri.-Sun: 10:45, 11:30, 1:45, 2:15, 4:45, 7:45, 8:15, 10:45 Mon.-Thurs.: 10:45, 12:30, 1:45, 3:05, 4:45, 7:45, 8:30, 10:45	SOLO: A STAR WARS STORY (PG13) Thurs.: 10:30, 11:00, 1:00, 1:30, 2:00, 3:00, 4:00, 4:30, 5:00, 7:30, 8:00 3D: 12:00 Fri.-Sun.: 10:00, 10:25, 1:00, 1:30, 4:05, 4:30, 7:05, 7:35, 10:00, 10:35
HEREDITARY (R) Thurs.: 7:45, 10:45 Fri.-Sun.: 10:30, 1:30, 4:30, 5:00, 7:30, 10:30, 10:50 Mon.-Thurs.: 1:30, 4:30, 5:40, 7:30, 10:30	DEADPOOL 2 (R) Thurs.: 10:45, 11:15, 1:15, 1:45, 2:15, 4:45, 5:15, 7:45, 8:15, 10:45 Fri.-Sun: 10:15, 10:50, 1:15, 1:40, 4:15, 4:45, 7:15, 7:45, 10:15, 10:40
HOTEL ARTEMIS (R) Thurs.: 7:00, 9:30 Fri.-Sun: 11:00, 1:20, 4:40, 7:00, 9:30 Mon.-Thurs.: 11:00, 1:20, 4:30, 5:40, 7:00	BREAKING IN (PG13) Thurs.: 10:40, 1:05, 3:20, 5:35, 7:50, 10:05 Fri.-Thurs: 5:45, 8:00, 10:20
AVENGERS: INFINITY WAR (PG13) Thurs.: 11:45, 3:15, 6:45, 10:10 Fri.-Thurs.: 11:45, 3:15, 6:45, 10:10	
SHOWDOGS (PG) Thurs.: 12:20, 2:40, 5:10, 7:35, 9:55 Fri.-Thurs.: 10:40, 1:05, 3:20	

For Show Times and Purchasing Tickets, visit PhoenixTheatres.com

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

**THINK
YOU'RE TOO
OLD TO QUIT
SMOKING?
THINK AGAIN**



Brandpoint image

From Brandpoint

It's no secret that tobacco smoke can be deadly. It is strongly linked to everything from cancer and stroke to pulmonary issues and heart disease.

Although the prevalence of smoking in the U.S. decreased from 21 percent to 17 percent of adults over the past five years, according to America's Health Rankings, the risk of dying from cigarette smoking has not decreased. In fact, the risk has increased over the past 50 years, and, according to the Centers for Disease Control (CDC), one in five deaths is estimated to be attributed to smoking.

One reason it's still so deadly is that tobacco addiction is tough to break. Much of the dramatic drop in smoking rates over the past quarter century is due not to people quitting but to fewer starting in the first place.

Even as overall smoking rates have declined, the rate has hardly budged among those 65 and older. Nearly 9 percent of adults aged 65 and older were regular smokers in 2017, meaning more than 4 million older adults could benefit from kicking the habit.

Several common misconceptions about smoking and older adults persist. Eliminating these is an essential step in helping long-time smokers quit once and for all.

Misconception 1: After smoking for decades, quitting won't make much of a difference to someone's health.

Truth: Quitting smoking later in life can reduce the risk of diseases like cancer and chronic obstructive pulmonary disorder, according to Everyday Health. And people who quit in their 60s are likely to live longer than those who continue to smoke. Additionally, the CDC says, stopping smoking can benefit most major parts of your body — including improving blood flow to help wounds heal properly, and even keeping hearing and night vision sharp.

Misconception 2: Older smokers have a more challenging time quitting than younger smokers.

Truth: While older smokers are less likely to attempt quitting, studies quoted at ScienceDirect.com show they are more likely to be successful than younger smokers when they do attempt to quit. That doesn't mean smoking is necessarily easier to quit as people get older, but age itself shouldn't be

an obstacle.

Misconception 3: Changes in an older smoker's lifestyle make it harder to quit.

Truth: Older smokers are often making major changes in their lives, from retiring to downsizing their home to making room in their lives for grandchildren. These changes often trigger natural shifts in perspectives and behaviors that can be useful in quitting. The prospect of babysitting a new grandchild or visiting a long-awaited vacation destination can be a powerful motivator to put away cigarettes for good.

Misconception 4: Older smokers have a harder time finding support to help them quit.

Truth: Medicare covers eight smoking cessation counseling sessions every 12 months at no cost to individuals as long they visit a Medicare-participating provider. In addition, Medicare Part D and many Medicare Advantage plans with prescription drug coverage will cover medications that can help with nicotine withdrawal, providing extra help to battle cravings. There are also many phone and online resources free to individuals ready to stop smoking or quit tobacco use.

QUALITY BACKGROUND INVESTIGATIONS. MISSIONS THAT **MATTER.**

CACI Is Hiring Background Investigators in **NORFOLK**

CACI is hiring investigators to conduct the interviews and background checks that will ensure the safety and security of the nation. We provide veterans with rewarding careers where they can continue their mission and build upon their proven leadership, skills, discipline, integrity, teamwork, and work ethic. As a CACI employee, you will receive a benefits package that ranks among the best in the industry, and you will enjoy the freedom of an independent contractor and the security of a regular employee.

**We're hosting an Invitational Hiring Event on June 14.
Interested? Apply today.**

Visit www.caci.com/BINorfolk

INFORMATION **DEPLOYED.**
SOLUTIONS **ADVANCED.**
MISSIONS **ACCOMPLISHED.**

A Fortune World's Most Admired Company

CACI

EVER VIGILANT

CACI is an Equal Opportunity Employer - Females/Minorities/Protected Veterans/Individuals with Disabilities.



Brandpoint image

From Brandpoint

Across the country as weather heats up, so do the grills. You don't need to be a pitmaster to enjoy the fresh flavors that only come from grilling. A few simple tips and creative tricks will help you perfectly grill foods so juicy and delicious, you'll impress even the pickiest of palates.

Keep it closed: If you're looking, it's not cooking! When grilling, it's tempting to constantly check your foods, but this mistake can cause items to cook unevenly. While some parts may be overdone, others could be dangerously underdone. A grill does its best work when closed, so let heat build up evenly to cook foods with all those fantastic smoky flavors. Peek in only when necessary to verify doneness or add sauces or oils.

Marvelous marinades: Marinades are a popular way to add flavor to grilled dishes and can be a fun way to experiment with different foods. However, experts caution not to marinate for too long. Two hours should be your max for most marinades when you're planning to grill. This is particularly important with marinades using pineapple as the high level

of enzymes can make foods mushy. Additionally, marinading with citrus or vinegar for too long can toughen some foods.

Please with cheese: The smoky flavors of the grill are the perfect pairing to earthy cheeses like award-winning Salemville Blue Cheese. Crafted in the heart of Wisconsin, this cheese is known for its earthy flavor that perfectly accentuates burgers, chicken and steaks. To delight taste buds with a mingling of rich flavors, try making Blue Cheese Stuffed Fig Burgers. The tangy cheese pairs perfectly with the savory burger and the sweet fig and caramelized onions. For more great grilling recipes featuring blue cheese, visit www.salemville.com.

Let it be: After grilling your choice of meat, remove from heat and let it sit for a few minutes. If you cut into that savory steak or succulent chicken breast right after it's removed from the grill, those precious juices will erupt and end up on the plate. Just three to five minutes allows juices to redistribute throughout the cut and settle so that when served you get a main course just oozing with juicy flavor.

Creative sides: Think outside the box when it comes to

grilling sides. For example, Buffalo Blue Cheese Grilled Corn on the Cob is guaranteed to add kick to your meal. Start by heating the grill on low. Then, peel and clean corn. Brush each ear with hot wing sauce and wrap in aluminum foil, being careful to fully seal corn in foil. Place on the top rack of the grill and close the lid, cooking until fork tender, about 15 to 20 minutes. Remove from grill, carefully open aluminum foil and brush with additional hot wing sauce. Place on plates and sprinkle each ear with blue cheese. Serve immediately.

Grilled dessert: No need to turn off the grill come dessert time. Use that heat to transform fresh fruit into a satisfying dessert! Many fruits do well on the grill and offer a fantastic and healthy dessert alternative. If you've never grilled fruit before, stone fruits like peaches and nectarines are a good place to start. Simply cut in half, take out the pit, brush with olive oil and place on the grill cut-side down. Once warm, remove and drizzle and add a sprinkle of cinnamon or dollop of yogurt, if preferred. Other popular fruits to grill include pineapple, bananas, cantaloupe and even watermelon.



**RICHMOND EXECUTIVE -
CHESTERFIELD COUNTY AIRPORT**

804-768-7700

**MILITARY AVIATION
SERVICES**



<http://www.chesterfield.gov/airport/>

Kings Korner Restaurant & Banquet Facility

Military Fuel Contract

JET A • 100LL

ILS/AWOS

FBO Courtesy Car

PIA-25647685R

**DO YOU NEED TO SHIP
OR STORE YOUR POV?**



**\$50 off
Booking Fee**
when you
mention
this ad

When it comes to shipping your personally owned vehicle trust Trans Global Auto Logistics, Inc.

Trans Global Auto Logistics, Inc. is the best choice! With experienced and knowledgeable partners, and a world-wide network of trusted agents, we can provide you with competitive and affordable rates.

Contact us today for a complete, professional, and cost-effective shipping package that is tailored to your specific needs.

Going to Guam or Hawaii? Ask us about our specail rates!



Trans Global
LOGISTICS GROUP

LEAVE IT TO US, TO BRING IT TO YOU!

Email: info@tgal.us Tel: 1-800-264-8167 Web: www.tgal.us



Bruce Cook overcame extreme injury to return to extreme motocross riding.

NITRO CIRCUS

Motorcross daredevil fought a long road to recovery and now takes stunts to “The Next Level”

On January 3, 2014, Bruce Cook was poised to make free-style motocross history. Already an acclaimed FMX athlete, the Kelowna, Canada native had spent the past few years touring the world, performing for thousands of fans at each tour stop. He had made his X Games debut in 2012 and now was riding with one of his longtime idols, extreme sports icon Travis Pastrana, in Nitro Circus Live. On this January night, Cook was going to try to rock the action sports world by attempting the world’s first double frontflip.

In an instant however, everything changed. Cook under rotated on the landing and crashed hard. He underwent surgery the following day to repair a broken T-11 vertebrae. Cook also had suffered broken ribs and damage to his spinal cord resulting in paralysis from the waist down.

Bruce now faced the biggest challenge of his life. Always a highly motivated person, Cook tackled his injuries with the same focus and drive that had fueled his career. In an interview with CBC Radio just days after the accident, Bruce said, ““I’ve got a long road ahead... I’m staying positive that I’ll get through. I’m staying positive that I’ll walk again with enough work and support and determination.” In fact, just ten months after his accident, Cook was back on a dirt bike and popping wheelies on his first ride. Then, less than two years after his horrific crash, Cook made an epic comeback. During Nitro Circus Live’s Toronto show at Air Canada Centre on October 14, 2015 Cook brought down the house by landing an extraordinary world’s first: the first ever motorcycle backflip by a paraplegic.

“To perform with my Nitro Circus friends again and ride on the world’s biggest action sports stage was incredible,” said Cook. “The energy and support from the fans was un-

believable.”

“Bruce Cook is the man. The strength and courage he’s shown is huge,” said Pastrana. “In Nitro Circus, we are all about pushing boundaries and overcoming obstacles in order to reach our goals, and Bruce lives that day in and day out.”

“This is now officially the biggest moment in Nitro Circus Live’s history,” said Michael Porra, Nitro Circus CEO and Creative Director, after Cook’s achievement. “Bruce is part of the Nitro family and to see him back on the bike doing what he loves is tremendous.”

Today, Cook is still as driven and passionate about action sports — and about life — as ever. He will perform with Nitro Circus Live in stadiums around the world in 2016 and he continues to motivate and inspire people around the world with his story. His considerable technical skills have also made him an in-demand judge for FMX competitions.

“I haven’t really changed what I do,” Bruce explained recently. “I just slightly changed how I do it.” When asked what he was passionate about in an interview conducted a few months prior to his injuries, Cook answered, “Inspiring others to do what they want and to LIVE!” By that measure, clearly nothing has changed for Bruce Cook.

The high-octane excitement of Nitro Circus: the Next Level Tour is coming to the Virginia Beach Sportsplex on Saturday, June 16. Tickets are available now, and can be purchased at www.nitrocircus.live.

This spectacular brand new production, the ultimate full-moto show ever seen, will have death-defying tricks, jaw-dropping world firsts and absurd stunts. It all adds up to a thrilling show simply too big to fit indoors.

intheaters now

HEREDITARY (R)

When Ellen, the matriarch of the Graham family, passes away, her daughter’s family begins to unravel cryptic and increasingly terrifying secrets about their ancestry. The more they discover, the more they find themselves trying to outrun the sinister fate they seem to have inherited. Making his feature debut, writer-director Ari Aster unleashes a nightmare vision of a domestic breakdown that exhibits the craft and precision of a nascent auteur, transforming a familial tragedy into something ominous and deeply disquieting, and pushing the horror movie into chilling new terrain with its shattering portrait of heritage gone to hell.

OCEAN’S 8 (PG-13)

Sandra Bullock, Cate Blanchett, Anne Hathaway, Mindy Kaling, Sarah Paulson, Awkwafina, Rihanna and Helena Bonham Carter team up in the action adventure “Ocean’s 8.” Five years, eight months, 12 days...and counting. That’s how long Debbie Ocean (Sandra Bullock)—just released from prison—has been concocting the greatest heist of her storied career. She knows what it’s going to take—a team of the best in their field, starting with her former partner-in-crime Lou (Cate Blanchett). Together, they recruit a crew of specialists: jeweler Amita (Kaling); street con Constance (Awkwafina); expert fence Tammy (Paulson); hacker Nine Ball (Rihanna); and fashion designer Rose Weil (Bonham Carter). The target is \$150 million in diamonds—diamonds that will adorn the neck of world-famous actress Daphne Kluger (Hathaway), who will be center stage at the event of the year, the Met Gala. Their plan appears rock solid, but it will need to be flawless if the team is to get in and get away—all in plain sight.

ADRIFT (PG-13)

Starring Shailene Woodley (Fault in Our Stars, Divergent films) and Sam Claflin (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 (Claflin) 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,



Barry Wetcher

SANDRA BULLOCK as Debbie Ocean and CATE BLANCHETT as Lou in Warner Bros. Pictures’ and Village Roadshow Pictures’ “OCEANS 8,” a Warner Bros. Pictures release.

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 of family, friendship, and flavor - finding a new taste for adventure and earning the coveted coffee mug title of World’s Best Lover.

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)

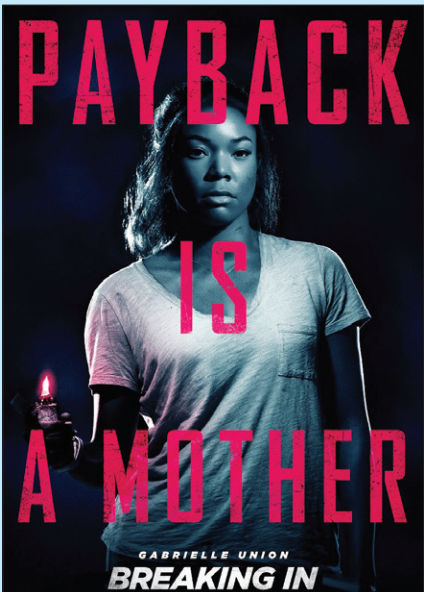
A family is forced to adapt a lifestyle where they live in silence and are full of caution at every act they commit, as they try to remain hidden in sight and sound from intelligently vicious creatures that have begun to override Earth.

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.

base theaters \$3 Movies

Gabrielle Union stars as a woman who will stop at nothing to rescue her two children being held hostage in a house designed with impenetrable security. No trap, no trick and especially no man inside can match a mother with a mission when she is determined on BREAKING IN.



Courtesy Will Packer Productions

JEB Little Creek, Gator Theater – 462-7534

Friday, June 8

6 p.m. Life OfThe Party (PG-13)
9 p.m. Breaking In (PG-13)

Saturday, June 9

1 p.m. Overboard (PG-13)
4 p.m. Avengers: Infinity War (PG-13)
7 p.m. Life OfThe Party (PG-13)

Sunday, June 10

1 p.m. Overboard (PG-13)
4 p.m. Breaking In (PG-13)
7 p.m. Avengers: Infinity War (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, June 8

6 p.m. Life Of The Party (PG-13)
9 p.m. Breaking In (PG-13)

Saturday, June 9

12 p.m. Life OfThe Party (PG-13)
3 p.m. Overboard (PG-13)
7 p.m. Avengers: Infinity War (3-D) (PG-13)

Sunday, June 10

12 p.m. I Feel Pretty (PG-13)
3 p.m. Breaking In (PG-13)
6 p.m. Traffik (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-Instrumental
Robert Mallard 757-464-4574

www.southsidecoc.net

HOPE CHURCH NN - WWW.HOPECHURCHVA.COM
SUNDAYS: 10:30AM, WEDS: DINNER - 6PM & SER-
VICE - 7PM. 16890 WARWICK BLVD NN VA 23603.

We buy GOLD and SILVER — HIGH RETURNS
5184307658 call or text now and CASH IT

Concerts/Shows

NORTHEAST DRAGWAY-JOIN THE RACING FUN
SEE SCHEDULE: www.northeastdragway.com, WE
ARE AT 1099 LAKE ROAD, HERTFORD NC 27344

Estate Sale

ESTATE SALE-June 8th & 9th, 8-2.
625 Kingston Dr., Va. Beach. Henkel Harris
furniture, sofa, glassware, bedrm., costume jewel-
ry, washer, dryer, cedar wardrobe. For info call
757-650-3549.

**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.

Living Estate Sale
610 Pembroke Ave.
Norfolk (Ghent)
Fri. & Sat., June 8 & 9
9 AM-3 PM
Owner Moved From Large House
To Small Condo. Partial Listing:
Antiques & decorative items,
large mahogany banquet table,
seats 18, sets of Queen Anne
chairs, 1 set of Chippendale
chairs, Stickley Sheraton-style
sofa, large carved antique cabi-
net, antique chests, corner cabi-
net, large glass-front bookcase
cabinet, paintings, prints, vin-
tage cookie jars, lamps, fancy
mirrors, lots of decorative items,
kit, & garage. Lots of costume
jewelry, ladies purses. Limited
on-street parking. Parking at lot
next to Ronald McDonald House.
Cash/Check Only. Larry Zedd, Va
Beach Antique Co. 757-422-4477

Flea Markets/Bazaars

THALIA METHODIST YARD SALE/FLEA MKRT 4321.
VA BCH BLVD 6/9 9AM-3PM FOR INFO GRESERV
431-1924 PLEASE DO NOT CALL THE CHURCH.

Garage Sale - Chesapeake

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

WESTERN BRANCH *WELLINGTON COMMUNITY
YARD SALE* Sat June 9, 8 to Noon, Over 35 Homes
Participating. Maps. Off Taylor Rd Rain Date June 16

Garage Sale - Virginia Beach

Indian River Plantation Community
Yard Sale-Off Indian River Rd., Sat., 6/9, 8-1 PM.

Antiques & Collectibles

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


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

I BUY COINS
Coin Collections
STAMP COLLECTIONS
757-474-1303

WANTED

ANTIQUES & ESTATES
18th, 19th & 20th Century,
Furniture, Artwork, China,
Crystal & Collectibles.
1 Piece Or Entire Contents.
We Come To You With &
Courteous & Professional
Service. No Obligation
Offers. Please Get My
Offer Before You Sell!
Tag Sales & Estates Settled.
LARRY ZEDD
422-4477
Virginia Beach Antique Co.
Appraisal Service With 40
Years Experience.

Whitney Navy Percussion Revolver circa 1860's. 7
inch octagonal barrel. \$1100. VB. 636-1322

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

Appliances

Kenmore Refrigerator. Side-by-Side. 24 cu.ft. 6 yrs
old. Black. Water and ice on outside. 350.00 757-
681-7020

Articles For Sale

4 Filing Cabinets, boat motor 9 hp, furniture,
some very nice, bring money. Call for info 466-0098

Parts or whole 1988 Ford Ranger Partingout P/U
Like new transmission/body parts in excellent cond
8' 1991bed w/camper shell.Heads with new valves
and seals. Engine block in ex. condx. 757-718-7498

Bikes-Mopeds-Dirt Bikes

Moped-Yamaha Zuma 50T, 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 1000 Avail. For Boats 12'-38'
BUDGET BOATS: (757) 543-7895

Boat Gear/Equipment


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

Boats/Rigs

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

Furniture-Household

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

MOVING SALE - Everything must go! Furniture,
household items, books, pictures. Kempsville,
1733 Styron La., Va. Beach. Sat. 6/9 from 9-3

Good Things To Eat

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

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-White peaches, sugar plums,
half runner beans, heirloom tomatoes. 2385
Harpers Rd, Va Bch. 10-6. 427-2346. MC/Visa

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.

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

Pets-Dogs,Cats,Other

**AKC Bloodhounds - M & F, Liver & Tan;Black &
Tans, shots, Starting at \$500.00. 252-687-6097**


**AKC Lab Puppies All Black, 4 M/3F, Ready
6/16/18. First Shots and Wormed, Champion
Bloodline. Pedigrees and photos may be seen at
indianridgeabradors.com. Both Parents on Site.
Health Guarantee. Price \$850. 252-336-2281.**

**AKC registered labs chocolate and black will
be ready to go June-2 Asking \$600.00 call 252-
331-3267**

**Australian Shepherds MINIs RTG 6/15 \$600^
7572973345 illaussieposse.weebly.com**

Australian Shepherd Yellow Labs-Mixed,
9 wks., shots, wormed, \$200, 252-792-6211.

Cock A Poo-F1b & Toy Poodle Puppies, shots,
wormed, vet checked, buff & black, family raised.
Friendly & Playful. \$1200. 757-416-8253.

COLLIES- Adult dogs, males. Sable & white,
Lassie color, 757-305-7990.

Dachshunds-AKC reg, miniature, pie bald, all
shots, \$350 each. Call 252-209-1915.

**FREE to a good home BICHON FRISE 61/2 yr
old neutered male. Sweet dog needs loving
home. If interested text/call 757-651-0453.**

**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 guarantee, \$950. 757-620-6026.

Golden Doodles-F1B, 9 wks., 2 sets of shots,
have parents, \$850. 757-421-7708.

Golden Lab Mix Pups-Ready to go. 1st shots
& deworming \$150. 252-357-4829, 252-548-8327

Golden Retriever Pups-AKC, American Reds,
vet checked, 1st shots, dewormed, health guar-
antee, doggie door trained, credit cards accepted.
\$800 American Reds. 757-377-7249.
gsbt41@yahoo.com

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

Jack Russell Pups-7 wks., 2 females, 3 males,
tails docked. 1st shots. \$350. 919-414-8672.

**Lab/Golden mix 6F-3M 9 weeks old. 1st shots and
deworming. 400.00 (757) 374-3543**

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

Mini. Schnauzers-All Colors, Super Coats.
Year Health Guarantee. www.smithschsnauzers.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.

**SHH/Maltipoes 1 m \$750. Also taking dep. on 4
with/Maltipoes. Stud service avail. 757-567-2687**

**Windsor VA Beautiful Shih-Tzu puppies ready now.
Puppies come with CKC papers for you to register,
food, and vet record.**

Puppies have been vet checked and given first round of
shots. Also been deworming since two weeks
after birth.

More information found at <http://www.hoobly.com/kxpHb/shih-tzu-puppies-ready-memorial-day-weekend.htm>

**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

Power Boats/Cruisers

**SeaRay Suncruiser 250 1989 26"9" new
exhausts, rebuilt i/o/A/C, microwave, head/shower/5.7
Mercuriser, new GPS/Plotter,asking 12k. nego. Can
be seen by appointment. 757/286-6463**

Power Boats/Cruisers


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, 757-418-4477

Topsoil-Mulch

#01A Black Sifted TOPSOIL
6 yds \$205, Mulch \$25/yd, Compost \$30/yd.
Rock, Sand & Firewood. **D. Miller's, 482-9883**

Wanted To Buy

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

Watersports/Jet Skis

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

Auctions

Mini Price Storage
1117 Valley Drive, Norfolk, VA 23502.
Will be sold at PUBLIC AUCTION on June 13, 2018
@ 10 AM. Payment by Money Order, Cashier's Check
or Visa/MasterCard/American Express. No Cash
Accepted. Space Numbers Are: 1110, 1185, 1211,
1228, 1236, 2307, 3033, 3056, 3143, 3146,
3203, 3218, 3286, 3422, 3477

Auctions

The contents of storage spaces located at
Mini Price Storage
7641 Sewells Point Road, Norfolk, VA 23513.
Will be sold at PUBLIC AUCTION on June 13, 2018
@ 10 AM. Payment by Money Order, Cashier's Check
or Visa/MasterCard/American Express. No Cash
Accepted. Space Numbers Are: 1110, 1185, 1211,
1228, 1236, 2307, 3033, 3056, 3143, 3146,
3203, 3218, 3286, 3422, 3477

AUCTION

The contents of storage spaces located at
Mini Price Storage
1117 Valley Drive, Norfolk, VA 23502.
Will be sold at PUBLIC AUCTION on June 12, 2018
@ 1 PM. Payment by Money Order, Cashier's Check
or Visa/MasterCard/American Express. No Cash
Accepted. Space Numbers Are: 1011, 2089,
2254, 3230/3231, 3143/1362

AUCTION

The contents of storage spaces located at
Mini Price Storage
3441 Va. Beach Blvd., Va. Beach, VA 23452
Will be sold at PUBLIC AUCTION on June 12, 2018
@ 10 AM. Payment by Money Order, Cashier's Check
or Visa/MasterCard/American Express. No Cash
Accepted. Space Numbers Are: 1011, 2089,
2254, 3230/3231, 3143/1362

AUCTION

The contents of storage spaces located at
Mini Price Storage
3441 Va. Beach Blvd., Va. Beach, VA 23452
Will be sold at PUBLIC AUCTION on June 12, 2018
@ 10 AM. Payment by Money Order, Cashier's Check
or Visa/MasterCard/American Express. No Cash
Accepted. Space Numbers Are: 1011, 2089,
2254, 3230/3231, 3143/1362

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.

Phoenix Auction Gallery, Next Auction
June 24. VAA# 1597. 722-9210

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

**Drivers/
Transportation/
Shipping**

Drivers CDL & NON CDL
Moving Company. Also packers &
helpers. All applicants must have
valid driver's lic. Apply Only @ 3325
Croft St. Norfolk, VA 23513, No
phone calls please.

**Accounting/
Finance**

FINANCIAL REPRESENTATIVE
FIRST FINANCIAL GROUP-VIRGINIA
BEACH, VA. First Financial Group is
looking for candidates with prior
experience as an FR and/or a
bachelor's degree in business. FFG
offers a comprehensive mentorship
program, competitive pay, and bene-
fits. Call Darrell Williams for more
information 757-477-0554. Darrell
Williams. First Financial Group is an
Agency of The Guardian Life Insurance
Company of America ("Guardian"). New
York, NY. Securities products and adviso-
ry services offered through Park Avenue
Securities LLC (PAS), member FINRA,
SIPC. OSJ: 7101 Wisconsin Avenue, Suite
1200 Bethesda MD 20814. ph#
301.907.9030. PAS is an indirect, whol-
ly-owned subsidiary of Guardian. This firm
is not an affiliate or subsidiary of PAS.
2018-57338 Exp 5/20.

**Administration/
General Office**

ADMIN ASSISTANT Great Bridge
9-5 EMPTFASTENERS.COM
No calls or walk-ins please.

CHURCH SECRETARY-FT w/BENEFITS
Provide secretarial, clerical and Missionary travel
arrangement support to Pastor. Call 628-1430 or
email: executivemadmin@secondcalvary.org.

OPERATOR/RECEPTIONIST
R/R Chevrolet's person for FT immediate
opening. Includes nights & weekends. Exp. helpful
but will train. Good pay & benefits. Resumes to
aacole@rkautogroup.net. No phone calls.

**Building &
Construction/
Skilled Trades**

Field Supervision/Skilled Labor
Corman Krokosing Construction, leading
heavy hwy, bridge, & utility contractor in the
Mid-Atlantic region, has the following positions
available in Tidewater area:
Superintendent - Bridge experience required
Foreman - Bridge experience required
Heavy Equipment Operator - Night Shift
Excavator/Loader/Dozer
Skilled Laborers (Bridge/Roadway/Utility
experience preferred)
Competitive wages/benefits. Apply in person to:
1403 Greenbrier Pkwy., Suite 575,
Chesapeake, VA 23320 or Email resume to
employment@cormanconstruction.com.
Equal Opportunity Employer. Minorities,
Veterans, Disabled & Women encouraged to apply.

Computers/IT/Technology

IT Quality Control Advisor sought by
Anthem, Inc. in Norfolk, VA to conduct
performance testing of web-based
and middleware applications. Apply at
www.jobpostingtoday.com ref #5410.

**Healthcare/
Medical**

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

Virginia Beach Psychiatric Center
www.vbpcweb.com

**Law Enforcement/
Security**

Top Guard Security Hiring Event
Norfolk Office - 7400 Granby Street
Hiring Unarmed & Armed Security Officers
\$250 Bonus Current Armed DCJS
Apply @ www.topguardinc.com
EOE M/F/Disability/VET

Maintenance

Maintenance Mechanic
Chesapeake Redevelopment and
Housing Authority is seeking an
experienced and motivated individual to
perform skilled maintenance work in
plumbing, electrical, automotive, and
structural systems/equipment, basic
HVAC, grounds maint. and basic
property upkeep. Requires HS diploma
or equivalent, combined with 2-3 years
exp with the listed maintenance skills.
Must possess a valid VA driver's license.
\$14.78 to start/good benefits. Apply to
CRHA, 1468 S. Military Hwy
Chesapeake, VA 23320, 523-0401,
hearing impaired use VA Relay 711, Fax
(757) 523-1601, e-mail
nancy_tarkenton@crhava.org.
Application available at www.crhava.org.
Position open until filled. EOE;
Preference given to qualified Section 3
Residents

Management

Operations Supervisor
The Norfolk Airport Authority® is cur-
rently accepting application forms for
Operations Supervisor until 4:00 PM on
June 15, 2018. Visit
www.norfolkairport.com/employment for
details. EOE F/M/Vets/Disabled

**Materials/
Logistics**

INVENTORY CONTROL
Experience in Cycle Counting, analysis &
reconciliation of inventory discrepancies. Full
time M-F with benefits. Email resumes to
cresumes@pilotonline.com, refer to Box #
20881 in the subject line

Burial/Cemetery Plot

Princess Anne Memorial Park 2 Mausole-
um crypts, \$10,000 both obs. Info 804-462-3107

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

For Lease-Commercial

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

For Rent-Chesapeake House

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

For Rent-Furnished Apts

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

For Rent-Norfolk Apts

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

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

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

Little Creek Rd-2 BR Twinnish. Central heat/air,
carpet. \$700-\$730. Credit w/ req'd. (858)368-5920
Ask About Our Specials Meredith Mgmt.
www.meredithmgmt.com

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

WATERFRONT, 570 W. Ocean View Ave.
LPG BEACH, VA, Near NAS, REMODELED, Lg
2BR, 1BA No Pets, Tricia 757-735-2876 Agent

For Rent-Norfolk House

Rental in Norfolk - 2BR, 2BA Duplex, Central
H/A, Washer & Dryer, \$775 per wch/ \$775
Deposit. Call Sydney @ 804-503-5950

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

For Rent-Portsmouth Apts

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

For Rent-Portsmouth House

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

For Rent-Rooms

Bayview Area-2 rms for rent, \$360 & up incl. uti-
lites, \$200 dep. Boating & gardening. 588-5179.

Bayview-Furnished rm, cable TV, washer/dryer,
kit, priv s. \$125 wk, \$500 mo. 757-672-3544.

Norfolk-Barraud Park. Washer/dryer, cable
infol. for \$135 wk. Need own bed. 757-374-6597.

Norfolk-Park Place. Small room, drug free, no
smoking. \$125 week. 757-337-7864.

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

Va. Beach-Lovely neighborhood, near everything,
all utilities, light cooking. Working person pref'd.
\$

Motorcycles



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



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

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

Sport Utility Vehicles

Chevrolet 2008 Trailblazer LT. 4 dr., all power, looks/runs great, 4X4, \$3500. 228-6656.

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

Mercedes 2001 ML320 AWD, 6 cyl 3.2L 4D, 141K, auto, a/c, just insp, \$1950 080, 757-630-5923



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 \$4500. 757-228-6656



Ford 2013 F-150 4X4 Supercrew 3.5L V6, 88K miles, Price \$8976. More info at : (757) 372-4965

Ford 2016 F250 Lariat, Crew Cab, 4WD, sunroof, nav, diesel, 33K mis., \$49,995. Snyder's RV 499-8000.

Utility Trailers

2018 Kaufman Goose Neck Utility Trailer, 27', brand new, never used, 757-710-5948.

Wanted Automobiles

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



PLEASE HELP MISSING MY 1ST CAR-ORANGE
1973 VW SUPER BEETLE! PLEASE HELP find Gertie. Bought her 1973.VW dealer Laskin Rd.,sold 1993-94,someone Va. Bch. Gertie had CB antenna on top,vin 1332325451. PLEASE CALL 757-412-3506 if you see Gertie or own this car. I would like to make offer to buy her back. I MISS HER!



**NEWS,
BLOGS,
DISCOUNTS
& MORE**

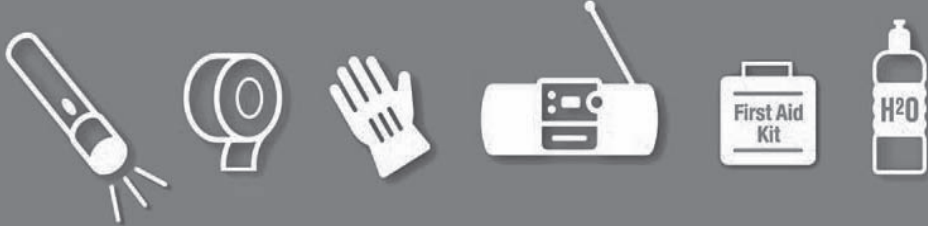


**MILITARY
NEWS
.COM**

CALM.



AND COLLECTED.



Building an emergency preparedness kit could help save your life.

Make sure your family is Red Cross Ready for all types of disasters and emergencies by taking these steps:

1. Get a kit
2. Make a plan
3. Be informed

Are You Red Cross Ready?



For more information, visit www.redcross.org/BeRedCrossReady or contact your local Red Cross chapter

H20396

Fun and Games

Super Crossword

ACROSS

1 Put a cork in
8 Tribulations
15 Rival of Hertz or Avis
20 Very weak
21 Patty of the LPGA
22 Supped
23 Set a camel's cousin free?
25 In a devious way
26 Toyota model
27 Meadowland
28 Folk stories
30 Belt stabbers
31 Times Square lights
32 —-mo replay
33 Terrible-tasting stadium snacks?
36 Writer — Stanley Gardner
37 — -Z (complete)
38 Wood splitter
39 Reply to the invite
40 Bailing "ma"
41 Very light wood gradually decayed?
45 Annual
47 Low cloud

48 So-o-o slow
51 Piano pieces
52 Easter meat
55 Kitten cry
56 — de plume (pen name)
58 Tutti- —
61 Yale alumni
63 Tall beast
64 makes a low, indistinct sound?
68 Patronize
72 "It's so-o-o cold!"
73 Pastel color
74 Unearth Moscow natives?
77 Brewer's kiln
78 California surfing spot
79 Yoko of "Two Virgins"
80 "— -la-lal"
83 — power
84 Cut short
87 Voyaging
89 Cooking competition reality show
92 2001 Sean Penn drama
95 Skier/shooter carb-loading on tubular pasta?
100 iPhone game, often

DOWN

1 Sault — Marie Canals
2 Painting emulsion with egg yolk
3 Hot in Vegas
4 Runt's quality
5 Hocus- —
6 San — Obispo
7 Claimed psychic skill
8 Bone: Prefix
9 Ostrich kin
10 Costa — Sol
11 Long fish
12 "Two and — Men" (sitcom)
13 Dorothy of the "Road" films
14 Tie-ups
15 Some plugs
16 Pastel color
17 In whatever place
18 Without harshness
19 Long, trying trips
24 Full-scale
29 Reason to turn green?
31 State east of Wyo.
32 Diner freebie
33 Rock's Rose
34 Sob
35 Act like
37 Tillage unit
38 Soaks up
42 \$20 bill dispenser
43 City bond, informally
44 Tip, as one's hat
46 With hands on hips and elbows out
49 TV beatnik Maynard G. —
50 Arizona city on the Colorado
52 "You take it"
53 TV's Trebek
54 Ho Chi — City
57 Writer Puzo
59 Bath mat site
60 Take a shot
62 Stymies
63 Beetle larvae
64 Frenzied
65 — Bator
66 Red-brown
67 Meyers of "Late Night"
69 Doc's gp.
70 Disney frame
71 113-Across solo, often
75 Red Sea gulf
76 Green net user
80 Central Florida city
81 "— be in England ..."
82 Snicker part
84 Panini bread
85 Leg-warming blankets
86 Exemption from penalty
88 "Je t"— (Luc's "I love you")
90 Physicist Curie
91 Diagram of a facility's layout
93 In the style of
94 Actress Kunis
97 Dignify
98 Under-ground passages
99 That, in Spain
102 Levers' pivot points
103 Rolle with a sitcom role
108 Pied-à- — (apartment)
109 Homies' turfs
110 1980 Dom DeLuise film
111 Evaluate
114 Fizzy wine, familiarly
115 Poet Sexton
117 Not "dis," in Brooklyn
119 "Norma —"
120 Hotel cousin
121 Relieve (of)
122 Post-Q run

INTERNAL BONES

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

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: **S** equals **T**

FIBM C VYUSNMCSB DIJDHBM

FJMZ SIB AYSSBUR, J FYNAX ZCR

JS JZ XNB SY SIB DANDH YV

SIB XUCF.

Last week's CryptoQuip answer

If I am removing autumn leaves from knolls in my yard, you might say I'm raking the mounds

last week's answers

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

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

Religious Services

For your installation's religious service times, visit:

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

NOW ENROLLING PK2 - 12th GRADE

Experience the OVCA difference:

- Engaging Classroom Instruction
- Technology Integration
- Critical Thinking Skills
- Academically Rigorous Curriculum
- Christian Worldview



Our Mission: To equip students spiritually,
intellectually, and physically to love God, love
People, and make Disciples.



Visit us at www.ovcacademy.com or
call 757-583-1808 for more information

WE GET
YOUR BUSINESS
IN FRONT OF OUR
MILITARY





PRINT | EVENTS | ONLINE

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



PROUDLY



SERVING THE MILITARY

For over 75 years, we've stood by the men and women dedicated to protecting our country. That's been GEICO's mission since day one. We understand your needs and we're here to provide you with great coverage, flexible payment options, numerous discounts and overseas coverage to fit your unique lifestyle.



We stand ready to serve you.

Get a quote today.

GEICO **MILITARY**
geico.com | 1-800-MILITARY | Local Office