



U.S. NAVY PARTICIPATES IN 42ND ANNUAL NORFOLK HARBORFEST

By **MCC Shannon Warner**
Navy Region Mid-Atlantic Public Affairs

NORFOLK

Friday, June 8, kicked off the much anticipated annual Norfolk Harborfest and as usual the U.S. Navy was actively participating.

Harborfest, in its 42nd year, is America's largest, longest-running, free maritime festival that takes place each year along the Town Point Park Waterfront in Norfolk.

This year several local Navy commands joined the festivities. Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66) participated in the Parade of Sail on Friday with her crew manning the rails in their dress white uniform. Gunners Mates from the Naval Station Norfolk 40MM Saluting Battery announced Gonzalez' arrival with booming volleys heard throughout the park.

Sailors from Coastal Riverine Squadron Two (CRS 2) participated in the Parade of Sail and provided live demonstrations and tours throughout the three-day event.

CRS 2 conducts maritime security, littoral patrol and local control of maritime lines of communication by defending high value assets and critical maritime infrastructure. CRS 2 provides security and Anti-Terrorism Force Protection to mission critical assets with both ground and afloat forces.

CRS 2s live demonstration involved simulating a moored vessel coming under attack and being engaged and chased off by Riverine small boats.

Throughout the festival U.S. Navy Explosive Ordnance Disposal Divers were set up with interactive exhibits in front of Waterside District. Harborfest goers had an opportunity to play Tic-Tac-Toe and interact with divers in the dive tank. For those more interested in technology the Explosive Ordnance Disposal Team had their truck "Big Blue" and several robots available for viewing.



MC3 Rebekah A. Watkins
Aviation Machinist's Mate 2nd Class Marc Acevedo participates in flight operations aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).

Truman Strike Group returns to Eastern Mediterranean to support OIR

By **MC2 Thomas Gooley**
USS Harry S. Truman

MEDITERRANEAN SEA

The Harry S. Truman Carrier Strike Group (CSG) returned to the Eastern Mediterranean Sea to resume flight operations in support of Operation Inherent Resolve (OIR), June 10.

"Bringing the Harry S. Truman strike group back into the fight against ISIS sends a powerful message to our partners that we are committed to peace and security in the region, and anywhere threatened by international terrorism," said Rear Adm. Gene Black, commander of the Harry S. Truman CSG. "Once again we demonstrate the incredible flexibility and capabilities of a carrier strike group; we are combat-proven and ready to answer the call anytime and anywhere to carry out any mission we are directed."

While in the region, aircraft from Carrier Air Wing (CVW) 1's strike fighter squad-

rons will conduct precision strikes on ISIS targets, highlighting the mobility, flexibility and power projection capability of the U.S. Navy's globally deployed force.

"The crew is locked in, focused and ready to continue the fight against ISIS," said Commanding Officer of the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75), Capt. Nicholas Dienna. "We will operate and maintain a presence wherever, whenever required to support our regional allies and partners in furthering stability and prosperity around the globe."

The Harry S. Truman CSG, which entered the U.S. 6th Fleet area of operations April 18, includes multi-mission capable platforms with strike; ballistic missile defense; and intelligence, surveillance and reconnaissance capabilities.

For more news from USS Harry S. Truman, visit <http://www.facebook.com/usstruman> and www.navy.mil/local/cvn75/.

Team Navy competes in 2018 Warrior Games

By **MC1 Marcus L. Stanley**

COLORADO SPRINGS, COLO.

Team Navy kicked off its participation in the annual Department of Defense (DoD) Warrior Games June 1 during the opening ceremony at the United States Air Force Academy in Colorado Springs, marking a return to the inaugural home of the competition.

Comprised of 40 athletes from Navy Wounded Warrior-Safe Harbor, Team Navy joins approximately 210 other service members and veterans from the Army, Marine Corps, Coast Guard, Air Force, and Special Operations Command. Athletes from the United Kingdom Armed Forces, Australian Defense Force, and Canadian Armed Forces are also competing in the games.

"It is truly humbling to be here cheering on the athletes of team Navy," said Vice Adm. Mary Jackson, commander, Navy Installations Command. "The athletes competing at the Warrior Games are the epitome of toughness, tapping all sources of strength and resilience."

The Warrior Games were established in 2010 as a way to enhance the recovery and rehabilitation of wounded, ill and injured service members and expose them to adaptive sports.

During the event, which is scheduled to take place through June 9, athletes will test

their abilities in 11 adaptive sports, including archery, cycling, shooting, sitting volleyball, swimming, track and field, and wheelchair basketball. Additionally, for the first time in Warrior Games history, athletes will compete in indoor rowing, powerlifting, and time-trial cycling.

"Learning how to compete using adaptive equipment has reinforced that I am still capable of accomplishing great things and giving back to my country, my community and my Sailors," said Chief Navy Diver Julius McManus. "The Warrior Games have re-kindled my desire for competition and have helped me to remember that I am more than my injuries."

Senior Chief Master-at-Arms David Mills, who is participating in the games for the first time, said being a part of the event has brought on a wave of emotions.

“It is truly humbling to be here cheering on the athletes of team Navy,”

Vice Adm. Mary Jackson, commander, Navy Installations Command.

"Participating in the Warrior Games is a very humbling experience for me," Mills said. "I think about it a lot, and I get emotional at times. 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 be-

fore."

Navy Wounded Warrior-Safe Harbor is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen and providing resources and support to their families. Through proactive leadership, the program provides individually tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.

To learn more about Navy Wounded Warrior-Safe Harbor, visit www.navywounded-warrior.com.

For more information about the 2018 DoD Warrior Games, visit <http://www.dodwarrior-games.com/>.



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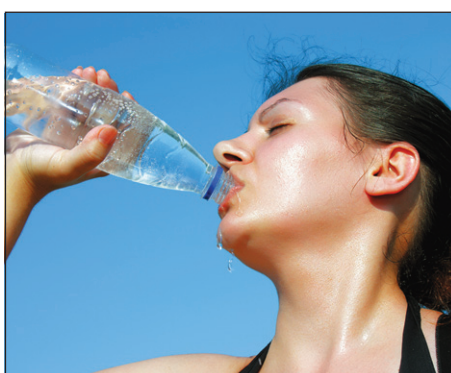
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THE HEAT IS ON:

In the last five years the U.S. Navy has recorded 698 instances of heat stress, two of which were fatal. Working or playing in hot weather can lead to illness or death if you're not prepared.



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FUTURE USS SIOUX CITY (LCS 11) COMPLETES ACCEPTANCE TRIAL:

The future USS Sioux City concluded its acceptance trial May 25. The acceptance trial is the last significant milestone before delivery of the ship to the Navy.

» See **B1**

SAILORS BALANCE SERVICE WITH MOTHERHOOD:

A look at how two women balance work and motherhood, as active duty sailors in the Navy.

» See **C1**

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NAVSTA CONSUMER CONFIDENCE REPORT

Naval Station Norfolk and Naval Support Activity Hampton Roads, Headquarters Complex (NSN & NSA HR HQ Complex) are committed to providing you drinking water that is safe and reliable. NSN & NSA HR HQ Complex believe that providing you with accurate information about your water is the best way to assure that your water is safe. There were no drinking water violations to report for 2017.

Each year, the Consumer Confidence Report (CCR) is required to be distributed by July 1st of the current year. This CCR is a snapshot of the quality of your drinking water in 2017. The purpose of this annual report is to advise consumers of where their water comes from, provide water quality data, advance greater understanding of drinking water, and heighten awareness to conserve water resources.

NSN & NSA HR HQ COMPLEX SOURCE WATER

NSN & NSA HR HQ Complex purchase drinking water from the City of Norfolk. Norfolk’s primary water supply comes from eight reservoirs located in Norfolk as well as Suffolk/Isle of Wight County. Additionally water sources include the Blackwater, and Nottoway Rivers and four deep wells located in Suffolk. From the reservoirs, water is pumped through pipes to the 37th Street Treatment Plant which is located in Norfolk. Water treatment chemicals are added to the

water, causing small solid particles to clump together and sink to the bottom of a settling basin. The water is then filtered to remove bacteria, algae, and other impurities. Finally, the water is disinfected with chloramines to kill any remaining bacteria. The 37th Street Water Treatment Plant provides state of the art treatment technology and surpasses all state and federal water quality standards and regulations. In addition to the over 230 substances that are tested at the 37th Street Treatment Plant, Naval Station staff routinely monitors for bacteriological pathogens, disinfection byproducts, lead, and copper in order to meet federal and state regulations and to ensure the highest water quality possible.

ABOUT DRINKING WATER

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Substances (referred to as contaminants) in source water may come from septic systems, discharges from domestic or industrial wastewater treatment facilities, agricultural and farming activities, urban storm water runoff, residential uses, and many other types of activities. Water from surface sources is treated while groundwater may or may not receive any treatment.

Contaminants that may be present in source water include:

Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants, such as salts and metals, which may be naturally occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and may come from gas stations, urban storm water runoff, and septic systems.

Radioactive contaminants, which may be naturally occurring, or the result of oil and gas production and mining activities.

In addition to these contaminants, all lakes and streams contain algae, which are microscopic plants that can cause taste and odor problems in drinking water.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency’s (EPA) Safe Drinking Water Hotline (800-426-4791).

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. The Food and Drug Administration (FDA) establishes limits for contaminants in bottled water, which must provide the same protection for public health.

WHO NEEDS TO TAKE SPECIAL PRECAUTIONS?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the EPA’s Safe Drinking Water Hotline (800-426-4791).

Kidney dialysis patients should consult with their health care providers or dialysis centers in order to take special precautions when using chloraminated water. Fish owners should be sure chloramines are removed from the water before it is used in aquariums or ponds. Many pet stores sell water conditioners for chloraminated water.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. The primary source of Lead in drinking water is materials and components associated with service lines and home plumbing. NSN & NSA HR HQ Complex are responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components in buildings. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes or until it becomes cold or reaches a steady temperature before using water for drinking or cooking. If you have questions about your water, please contact NSN/NSA HR Environmental at 757-341-0479/757-836-1862. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

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DEFINITIONS AND ABBREVIATIONS

Contaminants in your drinking water are routinely monitored according to Federal and State regulations. The table on the following pages shows the results of monitoring for 2017. In the tables and elsewhere in this report you may find many terms and abbreviations which you are not familiar. The following definitions are provided to help you better understand these terms:

- **Action Level (AL)** — The concentration of a contaminant that, if exceeded in more than 10 percent of samples collected during any monitoring period, triggers treatment or other requirements which a water system must follow. For lead and copper monitoring, compliance is based on the 90th percentile value.
- **Level 1 Assessment** – A Level 1 assessment is a study of the waterworks to identify potential problems and determine, if possible, why total coliform bacteria have been found in our waterworks.
- **Level 2 Assessment** – A level 2 assessment is a very detailed study of the waterworks to identify potential problems and determine, if possible, why an E. Coli PMCL violation has occurred and why total coliform bacteria have been found in our waterworks on multiple occasions.
- **Maximum Contaminant Level (MCL)** — The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to MCLGs as feasible using the best available treatment technology.
- **Maximum Contaminant Level Goal (MCLG)** — The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- **Maximum Residual Disinfectant Level (MRDL)** — The highest level of a disinfectant allowed in drinking water based on running annual average. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants. For chlorine and chloramines, a waterworks is in compliance with the MRDL when the running annual average of monthly averages of samples taken in the distribution system, computed quarterly, is less than or equal to the MRDL.
- **Maximum Residual Disinfectant Level Goal (MRDLG)** — The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.
- **NA** – Not applicable
- **Nephelometric Turbidity Unit (NTU)** – A measure of the clarity, or cloudiness, of water. Turbidity in excess of 5 NTU is just noticeable to the average person. Turbidity is monitored because it is a good indicator of the effectiveness of the filtration system.
- **Non-detection (ND)** – Laboratory analysis indicates that the contaminant is not present.
- **Picocuries per liter (pCi/L)** — A measure of the radioactivity in water.
- **Parts per million (ppm) or Milligrams per liter (mg/L)** – A measurement of the amount of contaminant per unit of water. A part per million is one cent in \$10,000 or one minute in two years.
- **Parts per billion (ppb) or Micrograms per liter (ug/L)** – A measurement of the amount of contaminant per unit of water. A part per billion is like one cent in \$10,000,000 or one minute in 2,000 years.
- **Secondary Maximum Contaminant Level (SMCL)** – Non-enforceable standard that is established for aesthetic considerations
- **Treatment Technique (TT)** — A required process intended to reduce the level of a contaminant in drinking water.

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Editorial Staff

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

Graphic Designer | Mike Doyle

Flagship, Inc.

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

Creative Director | Allyson Garner, 757-222-3955

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

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

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NEWS FROM NAS OCEANA

NAS Oceana Navy Fire and Emergency Services supports local Sea Cadet squadron

By Edgar Etheridge
NAS Oceana Fire Department

VIRGINIA BEACH, VA.

Navy Region Mid-Atlantic Fire and Emergency Services team members supported U.S. Naval Sea Cadet Corps (USN-SCC) Squadron the “Top Hatters” with recruitment efforts during the Virginia Beach Pungo Strawberry Festival, May 26.

Regional Firefighters assigned to Naval Air Station (NAS) Oceana, Joint Expeditionary Base Little Creek, and Fort Story demonstrated commitment to the Top Hatter Squadron Cadets’ effort to recruit members, with the intention of cultivating and growing future community leaders. Working as a team, firefighters supplemented the cadet’s informational booth with firetrucks and other firefighting equipment from NAS Oceana. The displays attracted large numbers of people. Young visitors received a tour of specialized fire equipment and received educational home fire prevention material. Fire staff also provided recruitment and hiring information to parents seeking employment in firefighting and emergency medical service career fields.

In total, eight fire department members led by NAS Oceana Fire Department’s Lt. Mark Amour volunteered over the two-day community event.

“We had the pleasure of supporting a great bunch of high energetic young men and women from the U.S. Naval Sea Cadet Corps. It was a refreshing young professional leadership group, promoting an excellent program and educational growth opportunity for their fellow young peers,” said Amour.

There were seven cadets from the Top Hatters present at the event, led by the unit’s executive officer, Lt. j.g. Edward Glomb. Top Hatter’s cadet recruitment team was on hand at the Strawberry Festival to help spread the word about the Top Hatters Squadron, the Sea Cadet Corps, and their mission of “Training Tomorrow’s Leaders, Today”.

The partnership between the Top Hatters and NAS



Compliments of NAS Oceana Fire Department

Navy Region Mid-Atlantic Fire and Emergency Services team members support U.S. Naval Sea Cadet Corps (USN-SCC) Squadron the “Top Hatters” with recruitment efforts during the Virginia Beach Pungo Strawberry Festival, May 26.

Oceana’s firefighters was fitting due to the cadet squadron’s namesake of VF-14 Top Hatters, commissioned on March 25, 1964, and based at NAS Oceana at that time. The fighter squadron is now based on the West Coast and continues serving proudly as the oldest Navy Squadron.

“Keeping with a long tradition of proud ties to NAS Oceana, our team members represented the highest makings of Pride, Professionalism and Patriotism that is associated with both the Cadets Squadron and NAS Oceana,” said Amour.

More information on the on the Top Hatters educational program, motto “Chart Your Course” can be found at <http://www.thsusnsc.org/joinus.html>. For those seeking a fire and emergency medical career field position, Navy Regional Mid-Atlantic Fire and Emergency Services, job vacancies and information can be found <http://cnic.navy.mil/regions/cnrma.html> and www.usajobs.gov.

Editors Note:

Edits were made to correct the place of the event from Westminster Canterbury Senior Community to Georgian Manor. The event was organized by Westminster Canterbury Senior Community. Additionally there were 60 rather than 48 Chiefs who attended the event.

In the Flagship published May 24, 2018 part of the story was not printed, you can see the entire story online at:

www.militarynews.com/news/navy-chief-navy-pride-hampton-roads-chiefs-mess-honors-local/article_7fd3d5b2-8c1c-56f3-ada5-1471fc5fa3c6.html

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Boatswain's Mate 1st Class Jonathan Cole, frocking ceremony aboard the amphibious assault ship USS Bonhomme Richard (LHD 6)

Personnel Specialist 1st Class Angela Hill, right, smiles as she congratulates new first class petty officers during a frocking ceremony aboard the aircraft carrier USS George H.W. Bush (CVN 77)

Aviation Boatswain's Mate (Handling) 1st Class Michael Kerley instructs Aviation Boatswain's Mate (Handling) Airman Shelby Winch to relay instructions from hanger bay control aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75)

ON THE RADAR

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NMCP HOSTS CLEAN THE BASE DAY, COLLECTS FOUR TONS OF TRASH

By Rebecca A. Perron

PORTSMOUTH, VA.

Members of Naval Medical Center Portsmouth (NMCP) environmental team have facilitated the annual Clean the Base Day on the first Friday in June for more than 20 years, in conjunction with the annual Clean the Bay Day that occurs the first Saturday in June.

The first class petty officer association teamed up with command’s environmental manager to coordinate the effort. The base was divided into 10 zones with the first class petty officers acting as zone captains who were responsible for recruiting volunteers to help in their zone and then leading the cleanup.

“This event is important because it helps keep our waterways clean and the Elizabeth River trash-free,” said Lanette Donegan, NMCP’s environmental manager. “We want to take good care of the environment and be good stewards of the environment and show the community that we care. Through this very successful endeavor, we build leaders and plant the seeds of environmental awareness and volunteering.”

One of the staff members who wanted to give back to NMCP and the community was Ship’s Serviceman 2nd Class James Thomas, a member of NMCP’s Materials Management Department. He said he was finding a lot of plastic along the shore, including plastic bottles, and wooden boards.

Hospitalman Lifrage Lesane, a behavioral health technician in the Inpatient Psychiatric Ward, had a similar experience.

“I’ve only been here three months, and I want to involve myself more in the command,” Lesane said. “This is a great

way. I’m finding a lot of plastic bottles and Styrofoam.”

During NMCP’s event, the volunteers concentrated the clean up along the boundary of the base where trash collects. NMCP’s shoreline along the Elizabeth River collects trash throughout the year as the current of the river traps trash between the rocks.

Throughout the cleanup, participants were encouraged to look for a “most unique item” in an unofficial competition. Some of the unique items found included doormats, safety helmets, swim noodles, buoys, a basketball and basketball hoop, trailer hitch and a sign attached to concrete. One team even found a note in a bottle that was dated May 13, 2018. The note included a happy Mother’s Day and happy birthday message to a woman on behalf of her late son.

As teams bagged smaller trash items and piled up larger ones, Professional Contract Services, Inc. employees and environmental staff collected the piles of trash in pickup trucks, making about 40 rounds around the base and taking more than 20 loads to a dumpster.

“We have some of the most professional Sailors in the Navy at NMCP,” Donegan said of the cleanup efforts. “I am proud to work here. Our staff cares about the environment and about making ‘green’ decisions that are part of our everyday operations.”

Donegan said that many of the staff who participated in Clean the Base Day commented that they were surprised at how much trash was there. She also said that many staff reported they were participating in the Clean the Bay Day as well at locations throughout Hampton Roads.



Photos by Rebecca A. Perron

During Naval Medical Center Portsmouth’s annual Clean the Base Day, two Professional Contract Services, Inc. (PCSI) employees and two NMCP staff assigned to zone eight move concrete from the pickup truck to the Clean the Base Day dumpster. NMCP’s environmental team has facilitated the annual Clean the Base Day on the first Friday in June for more than 20 years, in conjunction with the annual Clean the Bay Day that occurs the first Saturday in June.



Naval Medical Center Portsmouth staff collects trash along the shoreline behind the base pool during the annual Clean the Base Day.



Naval Medical Center Portsmouth staff collects trash along the shoreline adjacent to Bldg. 1 during the annual Clean the Base Day.

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INSPIRING SUCCESS AROUND THE CLOCK

By MC2 Joshua M. Tolbert
Naval Support Activity Hampton Roads Public Affairs

NORFOLK

Coaching and mentoring Sailors and football players is something that Major Alonzo Johnson enjoys doing each and every day.

Johnson, Naval Support Activity Hampton Roads’ Security Precinct Operations Officer, spends more than 10 hours each week coaching the 35 players on the Bennett’s Creek Warriors football team, with the kids ranging in age from nine to 11 years old.

“I got into coaching after attending one of my stepson’s games,” said Johnson. “I noticed that the coach was getting frustrated with one of the players, instead of encouraging him.”

The following season, Johnson decided he wanted to help better the players and himself through coaching for the team. He has coached the Warriors for the last four years and is now the head coach and offensive coordinator.

“It is all about the kids playing on the team,” said Johnson. “I want to see them grow and be successful, in football and in life.”

Johnson helps the players balance academics and sports, mentoring them both on and off the field. As the head coach and offensive coordinator, he is in charge of teaching the players during practice, developing the offensive game plan, and calling offensive plays during games.

“The players contact me and let me know about their accomplishments, their grades, and how they’re doing in school,” he said. “Their parents contact me for advice as well, sometimes they even ask me to talk to my players when they are having issues.”

Johnson inspires his Sailors the same way that he inspires his football players. Every day, he ensures his Sailors are prepared for work in the same way he ensures his players are ready for school and football games.

“Major Johnson is selfless and has an unwavering ability to make people want to be successful,” said Lt. j.g. Jessica Bentley, Naval Support Activity Hampton Roads’ Security Officer. “He is always pushing our Security team to be the best, to work hard, to have integrity, and be part of a team.”

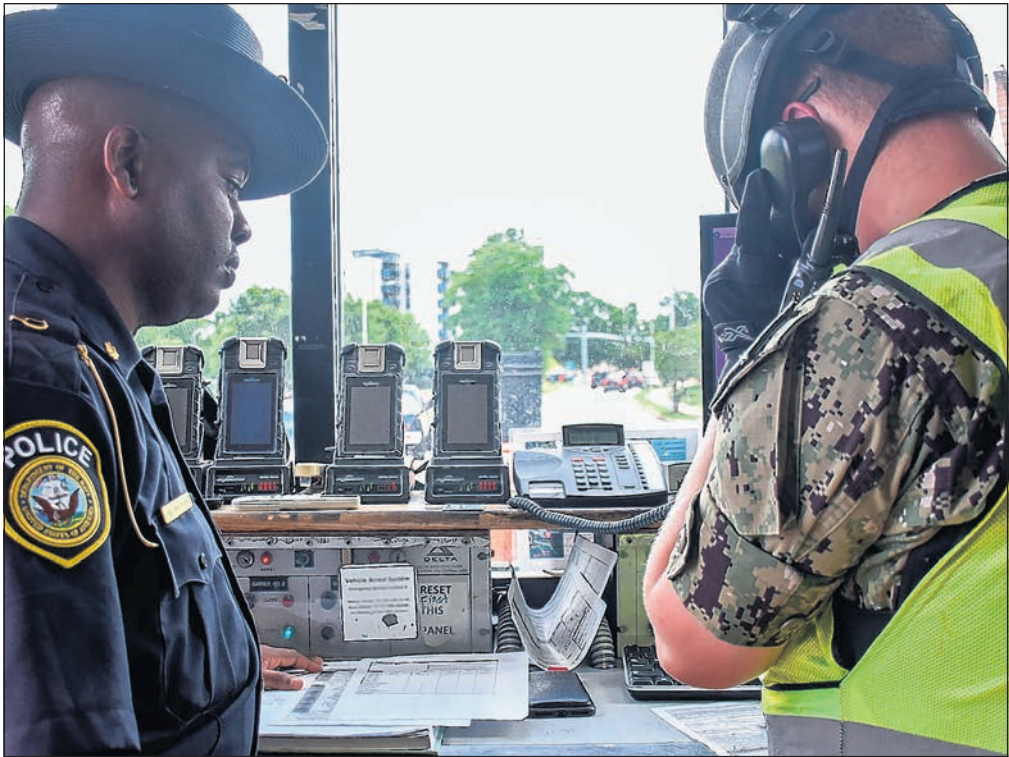
Johnson is known for his tireless work ethic and unwavering encouragement of his Sailors and co-workers. When he is not working or coaching, he enjoys spending time with his family.

“I wonder when he sleeps,” said Bentley. “His work ethic is tireless, there is no challenge he won’t tackle.”



U.S. Navy photo

Major Alonzo Johnson, Naval Support Activity (NSA) Hampton Roads’ Security Precinct Operations Officer and head coach of the Bennett’s Creek Warriors Football Association (right) coaches the 35 football players on the Bennett’s Creek Warriors football team. Johnson is known for successfully coaching and mentoring both Sailors and his football players.



Major Alonzo Johnson, Naval Support Activity (NSA) Hampton Roads’ Security Precinct Operations Officer and head coach of the Bennett’s Creek Warriors Football Association (left) conducts an inspection of a guard post at NSA Hampton Road’s Portsmouth Annex.

U.S. Navy photo

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Prospective students who attend our UMUC For Military Webinar on June 27 and apply within 30 days after attending will be eligible to have the \$50 application fee waived.*

Source: *Military Times* Best: Colleges 2018 annual survey of online and nontraditional colleges and universities.
UMUC is certified to operate by the State Council of Higher Education for Virginia.
*The \$100 application fee for the Doctor of Management program cannot be waived.

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Snapshot

Harborfest photos



David Todd

Gunner's Mates from Naval Station Norfolk man a portable saluting battery to announce the arrival of USS Gonzalez (DDG 66) at the Norfolk Harborfest Parade of Sail, June 8. Harborfest, now in its 42nd year, is America's largest, longest-running, free maritime festival that takes place each year along the Town Point Park Waterfront.



U.S. Navy photo



U.S. Navy photo



U.S. Navy photo



U.S. Navy photo



U.S. Navy photo

THE HEAT IS ON, STAY COOL

By Susanne Greene
Naval Safety Center Public Affairs

NORFOLK

In the last five years the U.S. Navy has recorded 698 instances of heat stress, two of which were fatal. Working or playing in hot weather can lead to illness or death if you're not prepared.

"To minimize the likelihood of heat-related illness, Sailors and civilians should familiarize themselves with the Heat Stress Index and avoid strenuous activity or the heaviest work during the hottest times of the day," said Capt. Paul J. DeMieri, M.D., the Naval Safety Center's Flight Surgeon. "They should hydrate frequently, about a cup of water every 15-to-20 minutes in extreme heat, and avoid consuming liquids with any caffeine or alcohol."

According to the Occupational Safety and Health Administration (OSHA), the heat index takes into account both humidity and air temperature. The higher the heat index, the hotter the air temperature feels, since sweat does not evaporate and cool the skin. OSHA and the National Institute for Occupational Safety and Health (NIOSH) report that most common heat-related illnesses are heat stroke, heat exhaustion, heat rash, and heat cramps.

"It's important to become familiar with signs of heat illness and know the basics of how to start treatment," DeMieri said.

Heat Exhaustion is a serious heat-related illness. Symptoms include elevated body temperature, decreased urine output, headache, nausea, vomiting, dizziness, weakness, irritability, thirst, and excessive sweating. If you notice these signs in a shipmate, take them to a medical clinic or dial 911. While you are waiting for medical personnel to arrive, move the person to a cooler area and give them liquids to drink, remove all unnecessary clothing, place a cool compress on their head, neck and face or have them wash their head, neck and face with cold water.

Heat Stroke is the most dangerous heat illness and can lead to death if not treated immediately. Symptoms of a heat stroke are elevated body temperature, confusion, seizures, hot, dry skin or excessive sweating, or loss of consciousness. If you notice these symptoms in a shipmate, dial 911 immediately. Also, move the person to a cool area, wet them with cool water, place cold wet clothes, or ice on their body and stay with the person until help arrives.

DeMieri said it's important to take all heat illnesses seriously.

"Heat cramps are usually caused by exercise or heavy exertion in warm weather and most commonly affect localized muscle groups," he said. "They can be a precursor to more severe heat-related injury and can usually be managed with rest, decreased activity, and increased fluid intake."

Take the following steps to keep cool when working outdoors: drink water or sports drinks frequently, make sure to eat regular meals throughout the day, schedule frequent rest periods and create a buddy system so you and your shipmates can check on one another.

HEAT STRESS INJURIES

HEAT RASH

- Red raised rash
- Impairs sweating and decreases effectiveness of sweating

HEAT CRAMPS

- Muscle cramps, pain or spasms in the abdomen, arms or legs

HEAT EXHAUSTION

- Moist, clammy skin
- Dilated pupils
- Normal or subnormal temperature
- Dizziness, confusion and/or nausea
- Weak pulse
- Rapid breathing

HEAT STROKE

- Dry, red, hot skin
- Pupils constricted
- Very high body temperature
- Dizziness, confusion and/or nausea
- Pulse rapid
- Unconsciousness
- Coma
- Death

HOW TO PREVENT

- Hydrate. Drink 8 to 16 cups of water a day.
- Eat a well-balanced diet. Salt food to taste.
- Get plenty of rest, at least 6 hours every 24 hour period.
- Limit how much coffee and sodas you drink.
- Keep a lookout for shipmates and watch for symptoms.

Navy Warfare Development Command updates Defense Support to Civil Authorities Handbook

From Navy Warfare Development Command Public Affairs

NORFOLK

Navy Warfare Development Command (NWDC) has incorporated lessons learned from the Navy-Marine Corps response to last year’s series of devastating storms in a substantial update to NWDC’s Defense Support for Civil Authorities (DSCA) Handbook / Quick Reference Guide.

The DSCA Handbook provides key elements from Joint and Navy doctrine, as well as contact information and other useful references for commanders and units.

NWDC’s Focused Collection and Analysis Team (FCAT) actively collected data and operational level lessons from DSCA operations in response to Hurricanes Harvey, Irma, and Maria. FCAT members embedded at the United States Fleet Forces / Commander, Task Force 80 (CTF-80) Maritime Operations Center (MOC) to observe, gather information, and interview personnel.

In addition, the FCAT deployed a team to embark with the Expeditionary Strike Group 2 (ESG-2) in USS Kearsarge (LHD-3) off the coast of Puerto Rico. The team interviewed key personnel, including the commanders and commanding officers of the staffs, ships, and aircraft squadrons providing relief to Puerto Rico and the U.S. Virgin Islands. The FCAT also met with the Commanders, Carrier Strike Group 10 (CSG-10) and CSG-12, and their key staff to capture lessons from their DSCA operations off the coast of Florida.

Throughout more than nine weeks of naval support to the victims of the 2017 hurricanes, observers found Sailors and Marines displayed exceptional ingenuity in order to meet the Joint Force Maritime Component Command Commander’s Intent safely and effectively. Despite the catastrophic damage to infrastructure, first responding units issued, coordinated, and tracked mission tasks, managed airspace, and worked with other services and agencies in the area. Sailors and Marines exercised effective risk management under extremely challenging circumstances to save lives, mitigate human suffering, and restore critical infrastructure to enable civil authorities in affected areas.

NWDC’s full report of the 2017 Navy DSCA Response, the DSCA Handbook / Quick Reference Guide, and lessons from previous hurricanes are available to Common Access Card holders in the Navy Lessons Learned Information System at <https://www.jllis.mil/apps/?do=cops.view&copid=402>.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Navy Warfare Development Command, visit www.navy.mil/local/nwdc/.

NAVSUP FLC Norfolk husbanding service provider team supports NYC Fleet Week

By Tom Kreidell
NAVSUP FLC Norfolk Office of Corporate Communications

NEW YORK

The Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC) Norfolk Husbanding Service Provider (HSP) Team provided onsite logistics support for Fleet Week New York, which ran from May 23 to 29.

According to HSP Supervisory Contracting Officer Lt. Cmdr. Carrie Paben, she was onsite to serve as the administrative contracting officer to review, approve and issue authorizations to proceed to the husbanding service provider, should additional husbanding support items and services be required while in port.

She was joined by Lt. Tim Landry in support of the ships that traveled to Fleet Week New York; including USS Arlington (LPD 24), USS Little Rock (LCS 9), USS Mitscher (DDG 57) and USS Zephyr (PC 8). Their onsite presence ensured immediate support, especially during normal non-working evening hours and through Memorial Day weekend.

“The most rewarding part of the trip was opportunity to be face-to-face with our customers, both the shipboard customers and Commander, Navy Region Mid-Atlantic and Carrier Strike Group 10 representatives,” she added.

“Due to working in the same space, we were able to maximize working relationships to ensure faster, more efficient trouble-shooting as well as make some great connections for future support.”

The HSP team helps ships procure a wide variety of services from trash removal, sewage removal, pilots and tugs, fresh water, bus service, vehicle rental and more, depending on the needs of the individual ship. Paben explained that by being on site for an event of this size, they were able to accompany the contracting officer representative from U.S Fleet Forces on his daily visits to the ships to observe daily reconciliation between the ship Supply Officer and husbanding service provider agent.

“These daily reconciliations are key to ensuring the government is only paying for services we receive as well as monitoring contractor performance,” Paben added.

She concluded by saying that the opportunity to be on-site will greatly assist the HSP contracting team in the future in anticipating requirements for this annual event and will allow the team to help guide fleet customers in ensuring all requirements are considered, from hotels for watch standers to ATPF requirements across New York City.

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

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

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

REPORT | *water quality*

Continued from A2

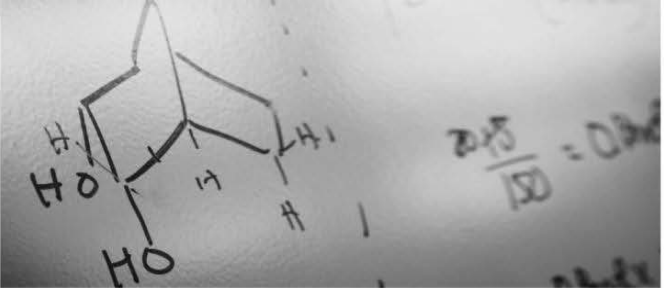
2017 WATER QUALITY TABLE

Regulated Substances	Unit	MCLG	MCL	Highest Level	Average Level	Range	Meets EPA Standards	Possible Source of Contamination
Atrazine	ppb	3	3	0.05	ND	ND-0.05	Yes	Agricultural Runoff.
Barium	ppm	2	2	0.03	0.03	0.03	Yes	Erosion of natural deposits
Fluoride	ppm	4	4	0.7 ¹	0.6	0.1-0.8	Yes	Added for the prevention of tooth decay
Nitrate as Nitrogen	ppm	10	10	0.27	0.16	0.08-0.27	Yes	Erosion of natural deposits—runoff
Total Organic Carbon	ppm	n/a	TT	3.1 ¹	2.8	2.4-3.3	Yes	Occurs naturally in environment
¹ Highest monthly average for calendar year								
LEAD AND COPPER* (AT INSTALLATION'S TAP)								
Units	EPA Limits		Your Drinking Water			Meets EPA Standards	Description/Typical Sources of Contaminants	
	MCLG	AL	Samples Above AL	90 th PERCENTILE				
Lead (2016 data)	ppb	0	15	0 of 30	4	Yes	Corrosion of household plumbing systems; Erosion of natural deposits	
Copper (2016 data)	ppm	1.3	1.3	0 of 30	0.261	Yes	Corrosion of household plumbing systems; Erosion of natural deposits	
* Naval Station Norfolk is on a triennial monitoring schedule for Lead and Copper. The frequency of sampling is once every three years. The next sampling event will be in 2019.								
Microbiological Contaminants	Unit	MCLG	MCL	Reported Level	Meets EPA Standards	Possible Source of Contamination		
<i>E. Coli</i>	# of positive samples	0	*	0		Human and animal fecal waste		
* Effective April 1,2016 The Revised Total Coliform Rule established the following Primary Maximum Contamination Level (PMCL): In compliance unless (i) the waterworks has an E. coli-positive repeat sample following a total coliform-positive routine sample; (ii) the waterworks has a total coliform-positive repeat sample following an E. coli-positive routine sample; (iii) the waterworks owner fails to take all required repeat samples following an E. coli-positive routine sample; or (iv) the waterworks owner fails to test for E. coli when any repeat sample tests positive for total coliform.								
Residual Disinfectants and Disinfection By Products	Unit	MCLG	MCL ¹	Highest Level ²	Range (Individual Results) ³	Meets EPA Standards	Possible Source of Contamination	
Haloacetic Acids (HAA5)	ppb	NA	60	45.5	0-69	Yes	Drinking water disinfectant by-product	
Trihalomethanes (TTHM)	ppb	NA	80	62	24-68.5	Yes	Drinking water disinfectant by-product	
Total Chlorine Residual	ppm	4 ⁴	4 ⁵	1.4	0.0 – 2.3	Yes	Drinking water disinfectant	
¹ MCL is calculated based on locational running annual averages (LRAA) of samples collected from the last four quarters. ² This number is the highest running annual average of quarterly compliance samples for the 2017 calendar year; for Total Chlorine Residual, the highest running annual average was determined by calculating quarterly values which were based on monthly compliance samples. ³ MCL exceedance is NOT determined based on individual results. ⁴ MRDLG. ⁵ MRDL.								
Turbidity	Unit	MCLG	MCL	Highest Level	Lowest monthly percentage of samples meeting the limit	Meets EPA Standards	Possible Source of Contamination	
Turbidity*	NTU	n/a	<1.0 maximum, and ≤0.3 95% of the time	0.25	100%	Yes	Soil Run-off	
*Turbidity is a measure of the cloudiness of water. Turbidity, by itself, is not harmful, but it can interfere with the disinfection of drinking water.								

Secondary and Unregulated Monitored Substances	Unit	SMCL	Highest Level	Average Level	Range	Likely Source
Aluminum	ppm	0.20	0.03	0.02	0.01-0.03	Erosion of natural deposits; also from use of chemicals at water treatment plant
Chloride	ppm	250	26	15	9-26	Natural in environment
Foaming Agents	ppm	0.50	0.02	0.01	0.01-0.02	Natural in the environment
Iron	ppm	0.30	0.14	0.07	ND-0.14	Natural in environment
Manganese	ppm	0.05	0.01	ND	ND-0.01	Natural in environment
Metolachlor	ppm	n/a	0.1	ND	ND-0.1	Agricultural use
pH (acidity)	pH units	6.5 – 8.5	7.8 ¹	7.8	7.4-8.2	Adjusted during water treatment process
Sodium	ppm	n/a ²	20	14	9-20	Natural in environment; also from use of chemicals at water treatment plant
Sulfate	ppm	250	27	24	22-27	Natural in environment; also from use of chemicals at water treatment plant
Total Dissolved Solids	ppm	500	103	88	77-103	Natural in environment
Zinc	ppm	5	0.26	0.14	ND-0.26	Natural in environment; also from use of chemicals at water treatment plant

¹ Highest monthly average for calendar year
² For physician-prescribed “no salt diets” a limit of 20 ppm is suggested.

Additional Information*	Unit	Average Level	Range
Alkalinity	ppm	27	15-39
Ammonia	ppm	0.1	ND-0.3
Hardness	ppm	42	28-60
Silica	ppm	5	2-6
*The substances listed above are not regulated by the EPA; however, this information is provided as a service to our customers			



Unregulated Contaminant Monitoring Rule 3 (UCMR3) *	Unit	Average Level	Range
Chromium-6 (2013 Data)	ppb	0.02	0 – 0.07
Strontium (2013 Data)	ppb	71	63 – 82
Vanadium (2013 Data)	ppb	0.04	0 – 0.3
Chlorate (2013 Data)	ppb	290	180 – 410
*This monitoring provides a basis for future regulatory actions to protect public health.			

WATER QUALITY DATA

• The tables below list only those contaminants that were present in your drinking water at levels detectable by laboratory equipment. Unless otherwise noted, the data presented in these tables is from testing done in 2017. We are required to monitor for certain contaminants less than once per year because the concentrations of these contaminants are less likely to change. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. The EPA sets the Maximum Contaminant Levels (MCLs) and the Maximum Contaminant Level Goals (MCLGs) as listed in the tables. The Regulated Substances Table and the Unregulated Substances Table are provided for your information and as required by the Consumer Confidence Rule.

VIOLATIONS AND EXCEEDANCES

There were no drinking water violations to report for 2017.

QUESTIONS

Please contact NSN Environmental staff at 757-341-0479 and NSA HR HQ Complex Environmental staff at 757-836-1862 if you have any questions regarding this report.

To access this report electronically, please visit the Commander, Navy Region Mid-Atlantic website at: www.cnrc.navy.mil/regions/cnrma/om/environmental_support/water_quality_information.html

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USS Constitution commemorates Battle of Midway in Boston Harbor:

USS Constitution and her crew headed underway from the ship's berth in Charlestown, Massachusetts, June 8, in commemoration of the 76th Anniversary of the Battle of Midway.

» See **B4**

SECTION B | FLAGSHIPNEWS.COM | 06.14.18



USNS MILLINOCKET ARRIVES IN MANILA WITH EMBARKED 7TH FLEET STAFF

MCC Jonathan Kulp

Military Sealift Command joint high-speed vessel USNS Millinocket (JHSV 3).

By **MC1 Chris Krucke**

U.S. 7th Fleet Public Affairs

MANILA, REPUBLIC OF THE PHILIPPINES

USNS Millinocket (T-EPF 3) and embarked U.S. 7th Fleet staff Sailors and Marines arrived in Manila, Republic of the Philippines June 11.

Manila is the final port of the U.S. 7th Fleet theater security cooperation patrol. More than 40 service members including the U.S. 7th Fleet band and Fleet Anti-terrorism Security Team Pacific Marines will participate in community relations projects and band engagements while here, as well as experience the local culture and interact with the city's citizens. Many of the Philippine-born staff also look forward to reconnecting with family and friends while in Manila, and enjoying foods rarely offered outside of the Philippines.

"There's no place like home," explained Lt. Ivin Dysangco, from Lucban, Quezon. "I'm really excited to be here, and walk through the malls and little eateries in Manila sampling

food you can only find here. It's been seven years since I had this opportunity."

Members of the 7th Fleet Band expressed similar excitement at the chance to perform in schools, malls and auditoriums throughout Manila.

"As performers, when we're onstage, we tend to feed off the energy from the audience. The more they give us, the more we give back," said Musician 1st Class Vincent Moody. "I can tell you from experience that the energy we get from our audiences in the Philippines, especially the kids, is unmatched. They are some of our biggest fans!"

Seventh Fleet, which celebrated its 75th year in 2018, spans more than 124 million square kilometers, stretching from the International Date Line to the India/Pakistan border and from the Kuril Islands in the North to the Antarctic in the South. Seventh Fleet's area of operation encompasses 36 maritime countries and 50 percent of the world's population with between 50-70 U.S. ships and submarines, 140 aircraft, and approximately 20,000 Sailors in the 7th Fleet.



Compliments of Lockheed Martin

Future USS Sioux City (LCS 11) completes acceptance trial

From Naval Sea Systems Office of Corporate Communications

MARINETTE, WIS.

The future USS Sioux City (LCS 11) concluded its acceptance trial May 25 after completing a series of graded in-port and underway demonstrations on the Great Lakes for the Navy's Board of Inspection and Survey.

The acceptance trial is the last significant milestone before delivery of the ship to the Navy. During the trial, the Navy conducted comprehensive tests of the littoral combat ship (LCS) intended to demonstrate the per-

formance of the propulsion plant, ship handling and auxiliary systems.

"The successful completion of this acceptance trial is an important step in the life of the future USS Sioux City," said LCS program manager Capt. Mike Taylor. "I look forward to the next phase of Sioux City's journey when she is delivered to the Navy this summer."

Following delivery and commissioning in Annapolis, Md., LCS-11 will sail to Florida to be homeported in Mayport with sister ships USS Milwaukee (LCS 5), USS Detroit (LCS 7) and USS Little Rock (LCS 9).

Eight more Freedom variant ships are under construction at Fincantieri Marinette Marine Corp. in Marinette, Wis. Christened in September 2016, Wichita (LCS 13) successfully completed builder's trials earlier this year and will conduct acceptance trials in July. Meanwhile, Billings (LCS 15) was

» See **SIoux CITY** | B7

FLEET CYBER COMMAND CONDUCTS NEW INSPECTIONS FOCUSED ON READINESS

From Commander, U.S. Fleet Cyber Command/U.S. 10th Fleet Public Affairs

FORT GEORGE G. MEADE, MD.

U.S. Fleet Cyber Command's Office of Compliance and Assessment (OCA) launched its Command Cyber Operational Readiness Inspections (CCORI) program earlier this year, marking the first time this type of inspection will be directed and conducted by the Navy as service cyber component of U.S. Cyber Command.

The CCORI program is fundamentally different from previous Command Cyber Readiness Inspections (CCRIs). This new inspection program is mission-based, threat-focused and operationally relevant. It assesses risk to organizational mission by evaluating threats to, and vulnerabilities

found within information systems, networks, applications and data.

Fleet Cyber Command has taken over responsibility for conducting CCORIs, which were previously only conducted by Joint Forces Headquarters-Department of Defense Information Networks (JFHQ-DODIN). FCC OCA now conducts Navy CCORIs and CCRIs from start to finish.

"This is a milestone accomplishment for OCA and the Navy as we continue to mature this inspection process by building agile cyber inspection teams," Capt. Kristian P. Kearton, OCA director said. "Navy CCORIs identify real-world risk by discovering vulnerabilities as they relate to mission-critical systems."

» See **INSPECTIONS** | B7



MC1 Samuel Souvannason

Sailors stand watch in the Fleet Operations Center at the headquarters of U.S. Fleet Cyber Command/U.S. 10th Fleet. U.S. Fleet Cyber Command serves as the Navy component command to U.S. Strategic Command and U.S. Cyber Command. U.S. 10th Fleet is the operational arm of Fleet Cyber Command and executes its mission through a task force structure.

Rule number one: Follow the rules

By Lisa Smith Molinari

Years ago, I wanted to be Super-mom, and for the most part, I was. I cooked, I cleaned, I nurtured, I maintained complete control. Nothing could faze me.

That worked for a while, and then, strangely, my children started to think for themselves. No amount of time outs, gold stars, or “wait-till-your-father-gets-homes” would convince my kids to obey me every time.

My breaking point came during a family camping trip in 2003 at Cheatham Annex Naval Base in Virginia. Ever the idealist, I envisioned fun family game night in the cabin, meaningful talks under dappled sunlight, delicious barbecues, and gooey fireside s’mores.

It rained for four days solid. Thankfully, our cabin was equipped with electricity, and the sedative affect of the television was the only thing that kept us from going mad. On the fifth day, the clouds parted, and I was determined to salvage the experience with a perfect family barbecue.

We cooked hotdogs over a few sad charcoal briquettes, while the kids ran amok around the muddy perimeter of our camp. I set the algae-stained picnic table with paper plates and channeled June Cleaver, “C’mon kiddoes! Time for dindin!”

When no one showed, I started to count, “One, two...”

Only Lilly, our toddler, appeared, splattered with mud to her

knees, so I stormed off to physically escort her older siblings, Anna and Hayden, to their seats.

“I don’t wanna eat it,” Anna said, staring down at her cold mac-n-cheese and singed hot dog.

“No shoe,” Lilly mumbled, just as I noticed her purple Mary Jane embedded in the mud a few feet away. I swatted the gnats and tried to maintain my composure.

I was sure s’mores would be a hit. We had to press the marshmallows against the metal grill to find any heat from the smoldering briquettes. In the end, the s’mores were stiff, and tainted with hot dog residue, but he kids were too busy fighting over Hershey bars to notice.

Finally, we gave up. The cabin’s “electronic nanny” (television) lulled the kids into a catatonic state, and Francis and I collapsed onto the couch. Frustrated, my mind raced.

Just then, a light blinked on in my head. I leaped off the couch to find the art supplies I had packed for happy family crafts that never took place, and scribbled like a mad scientist writing an ingenious formula. An hour later, my masterpiece was complete: The Molinari Family Rules were born.

At home a few days later, I was determined to set a new and improved standard for our family.

“Ahem. I hereby call to order the first official Molinari Family Meeting. Please take a moment to write your name at the top of this four



page agenda,” I proclaimed while pushing in Lilly’s booster seat.

I unveiled The Rules in dramatic fashion and asked everyone to read them aloud and discuss at length. After 15 minutes, the kids slouched in their seats. After half an hour, their heads drooped onto the table. By the 45-minute mark, even Francis was nodding off, so I ended on a positive note – something about how much I loved them – and hoped my message had sunk in.

Several such meetings took place in the years after that ill-fated camping trip. Every time I felt things spinning out of control, I called another meeting. I always asked everyone to recite The Rules

together. After each meeting, I felt rejuvenated, armed, and in control again.

Now that I think about it, no one’s behavior really changed all that much after our family meetings. Perhaps the meetings were only for *my* benefit. Was everyone in the family simply sacrificing a couple hours of their time so Mom could regain her sanity?

Embarrassed by this realization, I once contemplated removing The Rules from our wall and making my pointless meetings a thing of the past. But then it dawned on me — my family had unselfishly put up with my family meetings just for me, which meant that they had mastered Rule #1: Be kind.

NOT A DRY EYE IN THE HOUSE...

By Amanda-Lee Pitzer

Our baby graduated Kindergarten last week and to say he was excited was an understatement. He practiced and practiced for his big part in the program. Because daddy is deployed, he was given a special part. It was his job to say:

“We’d like to honor our military, veterans, and first responders. Please stand so we can honor your service...Please join us in singing the Star Spangled Banner”

He was joined at the microphone with 18 of his classmates, all kids of our service members. A few days before graduation, he casually mentioned that daddy couldn’t be there for us to honor his service. He wasn’t upset about it; it was just an observation. However, that got my mind to thinking. How could we make sure he felt like daddy was honored too? Afterall, he was currently serving. It was important to Jacob that everyone knew what his daddy was doing. At one point he asked me if our video crew could put a special picture of daddy on the screen while he said his line. But then it hit me...I knew exactly what to do. But, I had less than 24 hrs to make it happen!

I contacted a print shop owned by someone I knew and put in a rush request – I needed to make my husband into a fat head. I kept it a secret partly because I didn’t know if they could do it for me on such short notice. But man, did they come through for me. Because my oldest is the “Back-up Dad” I told him that he had a special job at graduation. Right when Jacob said his line, “Please stand so we can honor your service,” he was to stand up in my husbands place, with his fat-head. (I should also mention, that the morning of graduation, my oldest came to me and told me that he decided to skip his playoff game that he had been looking forward to. He felt that he should be there for his little brother. Oh, his sweet spirit!)

So there we were, watching him say his line. He scanned the audience and watched people stand up all over the place. Then his eyes landed on the picture of his daddy held up high and proud. My coworkers all knew



it was coming, and we had dozens of teary eyes on us at this moment. He let out the most adorable giggle; his smile was priceless.

Yes, sometimes we have to do things in unorthodox ways as a military family. But as I went to bed that night, I went to bed so happy that I was able to help him know that daddy was there in that moment. In fact, he’s always there with us. He is never far from our thoughts and our hearts. Physical proximity does not take away from the fact that daddy loves them and is always with them. That is a fact that they know without a doubt.

Take command: Changes coming to the TRICARE Retiree Dental Program

Do you have TRICARE Retiree Dental Program (TRDP) coverage now? If so, then you need to know that the TRDP will end on Dec. 31, 2018. Not to worry — anyone who was in TRDP this year or would have been eligible for the plan, will be able to choose a dental plan from among 10 dental carriers in the Federal Employees Dental and Vision Insurance Program (FEDVIP). You’ll be able to enroll in FEDVIP during the 2018 Federal Benefits Open Season, which runs from Nov. 12 to Dec. 10, 2018. Coverage will begin on Jan. 1, 2019.

Previously, FEDVIP was not available to Department of Defense beneficiaries, but it will now be available to those who would have been eligible for TRDP. As an added bonus, they will also be able to enroll in FEDVIP vision coverage, along with most active duty family members.

More than 3.3 million people are currently covered by FEDVIP. You

can choose from dental plans offered by 10 different carriers. To enroll in FEDVIP vision, you must be enrolled in a TRICARE health plan. You can decide if one of four vision plans meets your family’s needs.

TRICARE Young Adult enrollees are not eligible to enroll in FEDVIP vision.

You may only enroll in a FEDVIP plan outside of open season if you experience a Qualifying Life Event (QLE) that allows you to do so. Any election in a FEDVIP plan remains in effect for the entire calendar year.

For more information, visit the FEDVIP-TRICARE website at www.tricare.benefeds.com and sign up for email notifications. You’ll get an email when new information is available and key dates approach. Future updates will include eligibility information, plans, carriers, rates, educational webinars and more.



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Board of Visitors and Principals, including Commander, Naval Surface Force, United States Pacific Fleet, gather for a photo following a three-day meeting focused on Material Readiness and Engineering Training June 7.

SWOSU Great Lakes hosts Board of Visitors focused on material readiness, engineering

By Brian Walsh
Training Support Center Public Affairs

GREAT LAKES, ILL.

Surface Warfare Officers School Unit (SWOSU) Great Lakes hosted its annual Board of Visitors event with a specific focus on material readiness and engineering training, June 5-7.

The SWOS Board of Visitors is a recurring forum designed to review SWOS curricula and ensure training wholeness and effectiveness, and to maintain alignment with the vision of Navy surface warfare leadership.

Cmdr. Terrance Patterson, commanding officer at SWOSU Great Lakes, served as this year’s host and coordinator.

“The [Board of Visitors] looks at surface warfare elements each year, material readiness and engineering, maritime warfare, and navigation and seamanship, seeking to substantiate existing training requirements, identify new ones, and shape future community investments in training,” Patterson said. “This was the third Material Readiness and Engineering [Board of Visitors] event since Vice Adm. Richard Brown, commander, Naval Surface Force, United States Pacific Fleet,

started this extremely important initiative when he was SWOS Newport commanding officer.”

The three-day Board of Visitors process began with the meeting of an advisory group. The group met for two days and is comprised of the SWOS directors as well as representatives from the Navy Operations (OPNAV) staff, the surface type commanders, Naval Sea Systems Command, and a number of community stakeholders.

Key topics for discussion included journeyman electrical maintenance training, machinist mate’s auxiliary system technician pipeline, LCS engineering systems maintenance training, along with various community issues.

“Board of Visitors is a critical opportunity for us to collect fleet concerns in a particular focus area.” Capt. Scott Robertson, commanding officer of SWOS. “Knowing where the training gaps and shortfall in the fleet exist is essential for making the necessary changes to training or acquire the needed resources to instill professional confidence in our Sailors on ships.”

Day three began with a brief of the advisory group’s findings to the principals group, which included: commander, Naval Surface Force, United States Pacific Fleet; directors of

surface warfare (N96) and OPNAV (N13); Program Executive Office Ships; Naval Surface and Mine Warfighting Development Center; and commanders’ SWOS and Center for Surface Combat Systems.

Vice Adm. Richard Brown chaired this year’s Board of Visitors.

“The training continuum has never been as robust as it is today,” Brown said. “From the creation of Basic Division Officer’s Course and Navigator Course in 2012, Advanced Division Officer Course in 2014, Auxiliary Officers Course, Electrical Officer Course, Quartermaster Training Continuum, Assistant Navigator School and the Surface Enlisted Engineering Training, we are giving the right training at the right time. It important to meet with all the stakeholders to review fleet input and ensure our training continuum is improving and we are providing our fleet with the best Sailors and officers.”

After extensive discussion of the advisory group’s findings, the principals group achieves consensus on the action items for follow-up. These actions may prompt immediate changes to existing training or may initiate policy and programmatic actions to shape future training budgets. In sum, the Board of Visitors helps to align the surface community investment strategy for training.

For more news from Training Support Center, Great Lakes, visit www.navy.mil/local/tscgl/.

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MC2 Michael Hendricks
Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet, Rear Adm. Sean Buck delivers opening remarks during maritime staff talks (MST) with representatives from the Peruvian navy. MST's support the U.S. global maritime strategy by building and strengthening working partnerships with regional partners by improving interoperability with face-to-face meetings.

4TH FLEET HOSTS STAFF TALKS WITH PERUVIAN NAVAL DELEGATION

From U.S. 4th Fleet Public Affairs

ST. AUGUSTINE, FLA.

Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet, Rear Adm. Sean Buck, and staff hosted Peruvian Chief of Staff of General Command of Pacific Operations, Rear Adm. Alberto Alcala Luna and his staff for Maritime Staff Talks (MST), June 4-6.

The MST with senior Peruvian naval officers supports the U.S. global maritime strategy by building and strengthening working partnerships with regional partners by improving interoperability with face-to-face meetings.

“Looking back over the last year, I’d like to use these talks this week to focus on the progression of interoperability,” said Buck. “It’s only going to be through the coordinated efforts of the Peruvian navy and the U.S. maritime services working together, that we will be able to achieve both our objectives, we’re going to demonstrate our long term commitment to one another and further the trust and confidence that we have between us.”

Upon the conclusion of the MST, both nations will have a stronger working relationship and clear-cut goals for the upcoming year to enhance interoperability through numerous multinational exercises.

“I will say to our relationship is increasing day by day,” said Alcala. “My staff and I will continue to make the extra effort and take extra time to do these MSTs, because as you said Admiral Buck, UNITAS was a very good exercise and it shows that when working together, we can do anything.”

Peru is slated to participate in exercises UNITAS and PANAMAX later this year. These multi-lateral exercises help improve the ability of participating naval forces to work and operate effectively in complex environments.

U.S. Naval Forces Southern Command/U.S. 4th Fleet (USNAVSO/FOURTHFLT) fulfills the maritime role within U.S. Southern Command’s joint and combined military operations. USNAVSO/FOURTHFLT employs maritime forces in cooperative maritime security operations to maintain access, fortify the ability of U.S. forces to work together with partner nations and build enduring partnerships with the ultimate goal of enhancing regional security and promoting peace, stability, and prosperity in the Caribbean, Central and South American regions.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from U.S. Naval Forces Southern Command & U.S. 4th Fleet, visit www.navy.mil/local/cusns/.

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BAINBRIDGE WORKS WITH GERMAN NAVY DURING BALTOPS 2018

By MC1 Theron J. Godbold

BALTIC SEA

The Arleigh Burke-class guided-missile destroyer USS Bainbridge (DDG 96) completed a replenishment-at-sea with the German Berlin-class replenishment ship FGS Frankfurt am Main (A 1412), June 6, during exercise Baltic Operations (BALTOPS) 2018.

BALTOPS is the premier maritime-focused exercise in the Baltic Region and takes place from June 1-15. 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 the Baltic Sea region.

“This morning’s replenishment-at-sea with Frankfurt am Main was a tremendous opportunity for our team to integrate with fellow NATO forces,” said Cmdr. Patrick Murphy, commanding officer of the Bainbridge. “The weather was perfect, the seamanship was flawless, and we gained invaluable experience in employing alternate methods of rigging, line handling, communications and measurements that are not normally used in the U.S. auxiliary force. Working so closely with our allied and partner nations has dramatically increased our overall proficiency and interoperability at sea and we look forward to going alongside the mighty Frankfurt again soon.”

With approximately 5,000 personnel from 22 nations, this is one of the largest exercises in the region.



MC1 Theron J. Godbold

The Arleigh Burke-class guided-missile destroyer USS Bainbridge (DDG 96) refuels with the German Berlin-class replenishment ship Frankfurt am Main (A 1412) during exercise Baltic Operations (BALTOPS) 2018. BALTOPS is the premier annual maritime-focused exercise in the Baltic Region and one of the largest exercises in Northern Europe that is designed to enhancing flexibility and interoperability among allied and partner nations.

“We thought the replenishment would be difficult due to the differences in methods used, but all in all everything went great due to the outstanding seamanship and professionalism from both ships,” said Chief Boatswain’s Mate Denise Domingo. “I think that this morning’s evolution was a great experience not only for me but my junior sailors as well.”

Some of the training focus areas for BALTOPS include air

defense, anti-subsurface warfare, maritime interdiction, amphibious operations and mine countermeasures.

The countries participating in BALTOPS include: Belgium, Canada, Denmark, France, Germany, Latvia, Lithuania, the Netherlands, Norway, Poland, Romania, Spain, Turkey, the U.K., the U.S., Finland and Sweden.

SSC Atlantic engineer fine-tunes systems engineering process for mobile apps

By Holly Carey

Space and Naval Warfare Systems Center Atlantic Public Affairs

CHARLESTON, S.C.

A Space and Naval Warfare Systems Center (SSC) Atlantic engineer designed a tailored mobile engineering process for the Sea Warrior Program mobility team, resulting in the development of 24 mobile applications, including the recent Physical Fitness Assessment Calculator, which launched May 7.

Emily DiSalvo, the Sea Warrior Program mobility team assistant program manager for engineering, provides engineering support, engineering rigor and independent engineering assessments for mobility projects.

“One of my first roles with the team was trying to figure out how to take the complex systems engineering and acquisition process from DoD Instruction 5000.02 and tailor that so it was more appropriate for smaller-scale mobile applications,” DiSalvo said. “We quickly found that these mobile apps do not need the same level of rigor that a larger acquisition program or tactical system would require.”

Using a six-phase tailored mobile engineering process that includes three systems engineering technical reviews, DiSalvo and her team streamline large requirements into simpler, in-depth processes to quickly and effectively move apps to production.

“It was important to us to have a process that still maintains the systems engineering rigor, but keep that rigor at the appropriate level so it aids and guides us, rather than slow the development of the mobile apps,” DiSalvo said.

The Department of Defense (DOD) Acquisition process for larger acquisition systems typically has lifecycles of three

to five years or more, but the mobility team can develop a mobile app in just a few months using the tailored mobile engineering process. As a result, the Sea Warrior Program has fielded two dozen mobile applications that have been downloaded more than 345,000 times in the last three years.

“Emily and the Sea Warrior Program mobility team take the most critical parts of the systems engineering lifecycle and apply it to Navy mobile app development in a very efficient manner,” said Paul Walter, SSC Atlantic ashore systems engineering competency lead. “They are combining the best aspects of systems engineering and agile software development processes to deliver timely app solutions to our Sailors.”

The mobility team delivers apps that allow the Navy to take advantage of mobile devices for Sailor self-service functions by increasing the reach of training and information. Ranging from general military training resources and financial literacy information to uniform regulations and professional development career tools, the apps are available to Sailors on their personal devices.

In April 2016, DiSalvo used the tailored mobile engineering process to assist the mobility team with the launch of the Navy App Locker, a mobile app and accompanying website that allows Sailors to identify official apps developed by the Navy and proceed directly to commercial app stores via trusted download links. The site, available at www.applocker.navy.mil, currently hosts more than 70 Navy mobile apps, including 24 Sea Warrior Program-developed apps.

“Mobile work, in general, is so different from anything else Sea Warrior Program or the Navy does, so there’s really no precedent in terms of what to do from a systems engineering perspective,” DiSalvo said. “We were given the opportunity to run with it, and the result is this repeatable process.”



Cmdr. Erik Wells

Space and Naval Warfare Systems Center (SSC) Atlantic engineer Emily DiSalvo discusses Sea Warrior Program mobile applications during the 2018 Sea-Air-Space exposition. As the Sea Warrior Program mobility team assistant program manager for engineering, DiSalvo provides engineering support, engineering rigor and independent engineering assessments for mobility projects.

The Sea Warrior Program manages a large portfolio of business applications, systems and initiatives delivering critical capabilities used by active and Reserve forces, civilians, retirees and Navy families 24/7 around the world. The Sea Warrior Program portfolio includes My Navy Portal, mobile apps, Navy eLearning, distribution systems, Navy Pay and Personnel System, and Authoritative Data Environment.

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

USS Constitution commemorates Battle of Midway in Boston Harbor

By MC3 Casey Scoular

USS Constitution Public Affairs

BOSTON

USS Constitution and her crew headed underway from the ship’s berth in Charlestown, Massachusetts, June 8, in commemoration of the 76th Anniversary of the Battle of Midway.

In coordination with the National Parks of Boston, Naval History and Heritage Command, and USS Constitution Museum, the crew of USS Constitution hosted the American public, as well as many guests from across the nation, as a thank you for their tremendous support of the United States armed services and our veterans.

Slipping her berth at 10:30 a.m. with 431 guests, Constitution navigated down the Charles River Basin out to Boston’s Inner Harbor.

While transiting the Boston Harbor, the FREMM-class multi-purpose frigate Italian Ship (ITS) Alpino (F 594), one of the world’s most innovative newly commissioned frigates, rendered honors to America’s Ship of State, USS Constitution.

Among the distinguished visitors aboard Constitution was retired Rear Adm. Samuel J. Cox, the director of Naval History and Heritage Command, who spoke about the Battle of Midway, as well as the men who served in the Navy at the time.

“The draft for World War II had been in effect for less than a year at the time that the battle of Midway took place, so almost all of the Sailors who were fighting at Midway were, like service members are today, volunteers,” said Cox. “Unlike service members today, who have the support of the nation, most of the Sailors who fought at Midway volunteered at a time where there was isolationism, pacifism, and an extremely sparse military budget and the result was the United States was not prepared for the war that occurred. Those volunteers held the line at the cost of their lives for a nation that was not ready for war and their actions resulted in a big change in the course of history.”

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

“My experience was absolutely amazing,” said Constitution’s Command Master Chief Jeremy Kingston, who was pinned to master chief during the underway. “To see how far the Navy and the military have come since Midway and to be a part of that commemoration is extremely important. Constitution’s number one mission is to promote the United States Navy and that mission starts with recognizing those who have gone before. Honoring those who have gone before is part of the Sailor’s Creed and the Oath of Enlistment. There’s no greater honor than to recognize the sacrifice of those who have gone before.”

The ship also fired an additional 17 rounds as she passed the U.S. Coast Guard Station, the former site of Edmund Hart’s shipyard where Constitution was built. Each round of this salute honored the 16 states that comprised the United States when Constitution launched in 1797 and one in honor of the ship herself.

Following the second salute, Constitution’s crew and members from National Parks of Boston paid tribute to the fallen of WWII with a wreath laying toward the World War II-era Fletcher-class destroyer USS Cassin Young (DD 793). At the conclusion of the wreath laying, members of the 1812 Marine Guard Riflemen fired a 3-gun volley followed by the playing of taps.

USS Constitution hosted members of the public who participated in a lottery for a spot on the underway.

“Being aboard Constitution during the commemoration was a solemn experience,” said Marc Parent, a Constitution lottery winner. “The tributes that were performed were extremely well done. I’m a big fan of USS Constitution. To be able to come aboard her was unreal. This was one of the best experiences I’ve ever had in my life.”

The ship returned to her berthing, Pier 1 of the Charlestown Navy Yard, at 1:30 p.m.



MC3 Casey Scoular

Ship’s riggers assigned to Naval History and Heritage Command Detachment Boston raise USS Constitution’s main mainmast yard back into place. The square-rigged frigate is America’s Ship of State and the Oldest Commissioned Warship Afloat in the entire world.

The Battle of Midway is often cited as the turning point of the war in the Pacific during World War II. The U.S. Navy lost one aircraft carrier, USS Yorktown, but sank all four Japanese aircraft carriers that participated in the battle. The four Japanese carriers sunk had also been involved in the attack on Pearl Harbor, making the victory even more meaningful.

Constitution, America’s Ship of State, actively defended sea lanes against global threats from 1797-1855. The world’s oldest commissioned warship afloat, Constitution embodies 220 years of maritime heritage and unwavering service to her country. Now a featured destination on Boston’s Freedom Trail, Constitution and her crew of active duty U.S. Navy Sailors offer community outreach and education about the ship’s history and the importance of naval sea power to more than 500,000 visitors each year. Constitution is berthed at Pier One in Charlestown Navy Yard.

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



MC2 Evan Thompson

USS Winston S. Churchill conducts PASSEX with Egyptian navy

From USS Winston Churchill Public Affairs Office

U.S. 5TH FLEET AREA OF OPERATIONS

The Arleigh Burke-class guided-missile destroyer USS Winston S. Churchill (DDG 81) and the Egyptian navy’s El Suez participated in a passing exercise (PASSEX), June 3.

A passing exercise is an exercise between two navies to ensure interoperability in navigation and communication in times of war and humanitarian relief.

Cmdr. Thomas Van Scoten, commanding officer of Winston S. Churchill, exchanged greetings with the Egyptian frigate’s leadership before the two ships conducted an exchange of liaison officers and performed maneuvering drills.

“The crew aboard the Churchill was thrilled to take part in this exercise with the Egyptian naval force,” said Van Scoten. “Exchanging liaison officers and conducting various tactical events help to strengthen a long-standing relationship between our two navies while providing an opportunity to in-

crease mutual tactical proficiency and foster interoperability.”

“This exercise was very successful and opens the door for many more like it in the future,” said Van Scoten. “I welcome the idea of continuing to work together with the Egyptians to enrich this history of positive Navy-to-Navy cooperation.”

Winston S. Churchill is deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

Naval War College’s joint maritime operations’ students participate in annual capstone event

By MC2 Kristi Nanco

U.S. Naval War College Reserve Public Affairs Office

NEWPORT, R.I.

More than 200 students assigned to U.S. Naval War College (NWC) participated in an intense, two-week long Capstone exercise which culminated experience gained throughout the Joint Military Operations (JMO) course.

The JMO course, one of three core courses required by students in NWC’s Graduate Degree Program, prepares future military and civilian leaders for high-level policy, command, and staff positions in various operational environments by building strategic and cultural perspective.

Participating students included officers from various U.S. military branches and civilians from numerous U.S. government agencies, as well as, international officers from over 60 countries.

“Since its establishment in 1884, the Naval War College has consistently focused on the capabilities necessary for students to become effective leaders,” said Rear Adm. Jeffrey A. Harley, NWC’s president. “With the on-going expansion of our inval-

able warfighting curriculum, including the JMO Capstone event, we’re able to further develop and enhance our students’ critical thinking skills that will be necessary to meet future challenges, in the United States and around the world.”

During this year’s Capstone event, students were separated into nine teams, with each working to address a challenging scenario in which they must establish sea control in a contested region of the South China Sea. Each team member was given a role in the operation, for example, an intelligence officer or a logistics officer, and they used a military planning process to form and carry out an action plan.

“We are not just preparing the students for their next jobs, we are preparing them for their entire careers,” said Capt. Edmund Hernandez, chairman, NWC’s JMO Department. “Some of them will become flag officers and having this experience to look back on may help inform the decisions they make in the future.”

At the end of the exercise, the students gathered to receive feedback from NWC staff and professors about their performance in the war game.

“In the next 10 years, I expect to be in a joint environment; now, I have a foundation of how various branches’ capabilities can be integrated across the board,” said Capt. Theresa Fouda a NWC student.

On average, over 600 resident students and 1,000 distance learning students graduate from NWC each year. Students earn Joint Professional Military Education (JPME) credit and either a diploma or a master’s degree in National Security and Strategic Studies or Defense and Strategic Studies. More than 50,000 students have graduated since its first class of nine students in 1885 and about 300 of today’s active duty admirals, generals and senior executive service leaders are alumni.



U.S. Navy graphic



Compliments of Lockheed Martin

SIoux CITY |Ship completes acceptance trial

Continued from B1

christened in 2017 and sister ship Indianapolis (LCS 17) was christened in April 2018. Additional ships in the production phase include St. Louis (LCS 19), Minneapolis-Saint Paul (LCS 21) and Cooperstown (LCS 23), with Marinette (LCS 25) and Nantucket (LCS 27) in the pre-production phases.

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

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

INSPECTIONS |Focused on readiness

Continued from B1

A CCORI team consists of two dozen personnel, divided into three teams, including the OCA inspection team, supporting commands and site trusted agents. The Mission Element provides an assessment of the impact to the organization’s mission if critical systems are compromised, the Vulnerability Element identifies technical and non-technical vulnerabilities, and the Threat Element assesses external, in-

ternal and insider attack vectors based on the identified vulnerabilities.

“CCORIs provide unit commanders with the risks to their missions based on the network’s current state of cybersecurity,” said Cmdr. James Brown, OCA Mission Support and Inspection Team OIC. “They also provide JFHQ-DODIN and U.S. Cyber Command Commanders the level of risk that unit’s cyber security is to the DODIN.”

Since its establishment, FCC/C10F has grown into an operational force composed of more than 16,000 active and Reserve Sailors and civilians organized into 26 active commands, 40 Cyber Mission Force units, and 26 reserve commands around the globe. FCC serves as the Navy component

command to U.S. Strategic Command and U.S. Cyber Command, and the Navy’s Service Cryptologic Component commander under the National Security Agency/Central Security Service. C10F, the operational arm of FCC, executes its mission through a task force structure similar to other warfare commanders. In this role, C10F provides support of Navy and joint missions in cyber/networks, cryptologic/signals intelligence and space.

For news and information from Commander, U.S. Fleet Cyber Command / U.S. 10th Fleet, visit www.navy.mil/local/FCCC10F/ or follow us on twitter @USFLEETCYBERCOM.

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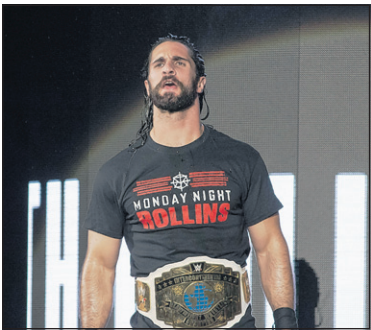
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WWE NETWORK’S
BIG WEEKEND!

The World Wrestling Entertainment Network is set to premiere two new shows this weekend, as “Money In The Bank” and “Takeover: Chicago” make their debuts.

» See C3

FACE OF DEFENSE: SAILORS BALANCE SERVICE WITH MOTHERHOOD

By MC3 Brooke Macchietto
USS George H.W. Bush

ATLANTIC OCEAN

It’s a new day as the alarm clock goes off. Navy Petty Officer 2nd Class Shatia Carroll flings the covers off and begins her morning routine. She gets dressed before she dresses her son, but they brush their teeth together. After getting her son breakfast, she drives him to preschool and makes her way to work. She arrives at the ship by 7:15 a.m.

Carroll, from Jackson, Tennessee, is a single mother to her 3-year-old son, Jayden. She’s also a culinary specialist assigned to the aircraft carrier USS George H.W. Bush, homeported at Naval Station Norfolk, Virginia.

Since returning from a seven-month deployment, the ship has sustained a busy underway schedule, forcing Carroll to leave her son with her sister and mother while she is gone.



MC3 Brooke Macchietto

Boatswain’s Mate 1st Class Megan Miller, from Oakland, Illinois, briefs Sailors during sea and anchor detail on the fantail aboard the aircraft carrier USS George H.W. Bush (CVN 77).

Military Service, Motherhood

“The hardest part is being away from my son, because he changes every day,” Carroll said. “Before I left for deployment, he was saying a couple words. And then I came back home, and he was saying whole sentences.”

These changes don’t slow down as kids get older. Navy Petty Officer 1st Class Megan Miller, a mother of three who hails from Oakland, Illinois, recalled striking memories of her children at a younger age.

“I just watched my oldest, Marcus, drive around the cul-de-sac in the car and I came to this thought of him doing it on his bike in the same exact cul-de-sac and just how fast time flies by,” Miller said.

Being a mother in the Navy is undeniably difficult, but it is also rewarding, particularly when mothers are able to get their kids involved in their job.

“They enjoy coming to the ship and seeing all the boats at anchor and everything in the fo’c’sle,” Miller said. “They like hearing my stories about being underway and some of the stuff we have done, so they definitely think it is pretty cool.”

Support From Home, Work

Support from home is paramount to being a successful parent while in the military, but being a successful sailor while raising children also requires support from work.

“You have to be open and communicate with your chain of command if you have issues,” Miller said.

With the right mentality and the right team, being a sailor and a mom is far from impossible.

“Stay encouraged and keep a positive mindset because it’s easy to become stressed having to be away from your child,” Carroll said. “As long as you have support from your friends and family you can still be a mother in the Navy.”

Carroll and Miller are counting down the minutes until they are with their children again.

“I will call him and he will say, ‘Mommy, when are you coming to pick me up?’” Carroll said. “And, I’ll say, ‘As soon as I get back home — as soon as we pull in — I am coming to get you.’”



MCSN Zachary P. Wickline

Navy Petty Officer 2nd Class Shatia Carroll, a culinary specialist, is a mother and a sailor who serves aboard the aircraft carrier USS George H.W. Bush.

Busch Gardens® Williamsburg Celebrates 40th Anniversary of Nostalgic Roller Coaster

Five-Day Anniversary Celebration Planned for Nessie and Her Fans

By Busch Gardens Williamsburg

WILLIAMSBURG, VA.

The iconic Loch Ness Monster roller coaster at Busch Gardens® Williamsburg has thrilled more than 58 million riders over many years. The park will commemorate the coaster with a five-day, 40th anniversary celebration June 6 – 10.

Busch Gardens will feature a number of special activities and offers marking the celebration including a \$40 single-day admission ticket in honor of the Loch Ness Monster. The Busch Gardens Thrill Ticket is available to purchase online only June 1 through June 10, and will be valid for a one-time use through July 1.

The anniversary festivities include a variety of in-park deals like a summer drink special as a nod to the park’s rich heritage, Loch Ness Monster pretzels, doughnuts, Dippin’ Dots, a souvenir cup and unique photo opportunities. Guests also can experience a smoother ride on refurbished coaster trains and see the renovations made to the Loch Ness ride station.

The world’s only interlocking, double-looping

roller coaster hurls passengers along more than 3,200 feet of steel track into the air, over water and through a dark cave. Dormant for years, the mountain cave will come alive again as Nessie’s anniversary gift to park guests.

“The Loch Ness Monster is one of the most iconic roller coasters in the world, and it deserves a worthy celebration,” said park President Kevin Lembke. “The legend of this magnificent coaster has only just begun. This celebration sets the stage for an incredible summer filled with all-new events and experiences.”

“Nessie” also is celebrated by the American Coaster Enthusiasts club (ACE). This thrill-seeking club, made up of more than 5,000 members, was founded in 1978 at the base of the legendary roller coaster. The club recognized the Loch Ness Monster as an ACE Roller Coaster Landmark in 2003.

Busch Gardens’ oldest roller coaster still excites thrill seekers from around the country, just like the day it opened four decades ago. For more information on the Loch Ness Monster’s 40th anniversary, consumers can visit buschgardens.com/lochness-monster40.

Busch Gardens wants guests to share their favorite moments about the iconic coaster. Loch Ness Monster photos and memories can be shared on the park’s social media channels by tagging @buschgardensva and using #sharemyBGWstory and #LochNess40.



Courtesy Busch Gardens

The iconic Loch Ness Monster roller coaster at Busch Gardens® Williamsburg

BLACKBERRY SMOKE AND JJ GREY & MOFRO 92.9 THE WAVE presents	JUNE 15	BRIAN MCKNIGHT with special guest Chrisette Michele *This show was rescheduled. Please note new date.	July 22	96X presents THE REVIVALISTS & TRAMPLED BY TURTLES	AUGUST 17
REBELUTION with special guests Stephen Marley, Common Kings, Zion I & DJ Mackle	JUNE 30	1964 “THE TRIBUTE” “The Best Beatles Tribute on Earth” according to Rolling Stone *This show was rescheduled. Please note new date.	July 27	VIRGINIA CRAFT BEER & WINE FESTIVAL Details coming soon!	SEPTEMBER 29
SLIGHTLY STOOPID with special guests Stick Figure and Pepper	JULY 13	106.9 THE FOX presents BRIT FLOYD “The World’s Greatest Pink Floyd Show”	AUGUST 2	*All tickets purchased for relocated or rescheduled shows at Union Bank & Trust Pavilion will be honored at their new date or location.	
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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

Black Jacket Symphony presents The Eagles’ Hotel California

- June 15, 8 p.m. \$25-\$35
- Sandler Center for the Performing Arts, 201 Market Street, Virginia Beach in Town Center
- www.sandlercenter.org

The Black Jacket Symphony offers a unique concert experience through recreating classic albums in a live performance setting. A selected album is performed in its entirety by a group of handpicked musicians specifically selected for each album, with no sonic detail being overlooked--the musicians do whatever it takes to musically reproduce the album.

The performance is separated into two sets. The first set features the album being recreated as a true symphonic piece. The second set, which features a selection of the album artist’s “greatest hits,” opens in full contrast to the first set with an incredible light display and the symphony being much more laid back. The tone is set very quickly that the show will feature the high level of musicianship of the act being covered and will also be accompanied by all the bells and whistles of a major rock and roll show.

Norfolk Tides Baseball: Tides Vs. Charlotte Knights

- June 15, 16 (7:05 p.m.), 17 (1:05 p.m.)
- Harbor Park, Norfolk
- www.norfolktides.com

Enjoy a full weekend of baseball at the beautiful Harbor Park on the banks of the Elizabeth River in Downtown Norfolk. Watch the Tides take on the Charlotte Knights.



Nitro Circus Live! You Got This Tour

- June 16, 6 p.m.
- Virginia Beach Sports Complex, 2044 Landstown Centre Way, Virginia Beach
- www.festevents.org

Get ready for non-stop action! Nitro Circus Live features the best athletes in FMX, BMX, skate, scooter, inline, and more sending it over the biggest ramps ever made. With an all-new show touring worldwide this year, the action-packed, jaw-dropping moments will be wall to wall.

Next Steps: VA Veterans Resource Workshop

- June 15, 9 a.m.
- Hampton Roads Veteran Employment Center, 861 Glenrock Rd., Suite 220, Norfolk
- www.hrcv.uso.org/events/123

Transitioning Service Members, recently separated veterans, and military spouses are invited to attend our second, Next Steps: Virginia Veterans Resource Workshop! This interactive workshop will introduce you to your state and local resources and provide you with employment readiness tips and skills. You will also have the opportunity to register for free services and more one-on-one assistance from USO PathfinderSM and Virginia Transition Assistance program. And LUNCH WILL BE PROVIDED!

NEX Gives Back to Students with Its A-OK Student Reward Program

From Naval Supply Systems Command

The Navy Exchange Service Command’s (NEXCOM) A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be at the end of June 2018.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Homeschooled students can also qualify with acknowledgement that the student has a “B” average or equivalent record of accomplishment.

Eligible students include dependent children of active duty members, reservists and military retirees as well as

U.S. civilian Department of Defense employees stationed outside the continental United States and U.S. civilian employees of firms under contract to the Department of Defense outside the continental United States. Students must be enrolled in 1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to discount coupons for NEX products and services.

NEXCOM has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997. Since the program’s inception, NEXCOM has awarded \$722,000 in savings bonds and monetary awards to students with the help of its generous vendor partners.

5 Cautionary Tips for College Grads Itching to Become Entrepreneurs

By Jeremy Greenberg

As the college Class of 2018 ventures out into the working world, many of them will choose to work for themselves, or at least entertain the thought.

A variety of factors – less security in the traditional job market, more innovation (especially through social media), a desire for more fulfilling work and independence – has led to a steady trend toward entrepreneurship among graduates in the past 10 years.

Recent surveys of graduating classes found nearly half want to become entrepreneurs post-graduation. The Wharton School at the University of Pennsylvania, for example, saw a quintuple increase in its graduates starting their own company during a seven-year study period, according to Business Insider.

Slightly over 50 percent of small businesses fail in their first four years, according to Small Business Trends, but those startup-failure rates apparently don’t deter grads.

“I am amazed at the dramatic increase in interest among students across all disciplines in starting a business,” says Jeremy Greenberg, Entrepreneur in Residence at The Wharton School and founder of Avenue Group (www.AveGroup.com).

“At the same time, while it’s won-

derful to have that dream, it’s daunting. Most don’t make it. Most have no idea what they’re getting into. Those who do have to embrace the whole challenge, from learning every step of the way to taking action.”

But Greenberg says there are plenty of cautionary tales they can learn from, and he offers five factors college graduates should seriously consider before taking the leap:

- You can’t do it all. Young entrepreneurs quickly get in over their heads when they wear too many hats or aren’t sure which hats fit. “This is especially common among inventors and technologists with superb ideas but no business-building skills,” Greenberg says. “Very few people are both inventors and operators. Most successful entrepreneurs must determine early on which category they fall into and find a complementary partner/company to provide the skills they lack.”
- Indecisiveness is crippling. Entrepreneurs cannot be stagnant. “Lack of action due to fear of making the wrong decision impedes success and growth,” Greenberg says. “There is inherent risk in starting a company, and, in order to become successful, we must be willing to take risks and make bets along the way.”
- Motivation is not the answer.

Virginia Beach Native serves with Navy Strike Fighter Squadron

By MC1 Electa Berassa

Navy Office of Community Outreach

LEMOORE, CALIF.

A 2011 Bayside High School graduate and Virginia Beach, Virginia, native is currently serving with a U.S. Navy strike fighter squadron which flies one of the world’s most advanced warplanes.

Petty Officer 2nd Class Jasmine Jennings is a logistics specialist with the Golden Dragons of VFA 192, which operates out of Naval Air Station Lemoore. A Navy logistics specialist is responsible for supplying the command and making sure everyone has what they need to do their job.

“I have learned discipline,” Jennings said. “It was easy for me in boot camp because I am used to taking care of myself.”

Members of VFA 192 work with the F/A 18 Super Hornet, one of the most advanced aircraft in the world. The Super Hornet takes off from and lands on Navy aircraft carriers at sea and is capable of conducting air-to-air combat as well as striking targets on land. It is approximately 61 feet long, has a loaded weight of 51,000 lbs., and a max speed of 1,190 miles per hour.

Operating from sea aboard aircraft carriers, the Super Hornet gives the Navy the power to protect America’s interests anywhere, at any time. The versatile jet has the ability to destroy targets located hundreds of miles inland, without the need to get another country’s permission to operate within its borders.

“Strike Fighter Wing, U. S. Pacific Fleet, based at Naval Air Station Lemoore, California, is the heart of Naval Aviation,” said Capt. James S. Bates, Deputy Commodore, Strike Fighter Wing, U.S. Pacific. “The sailors assigned to SFWP always exceed expectations and produce amazing results through team work and dedication to their department, squadron, the U.S. Navy and their family. Naval Aviation is a challenging occupation, but our sailors work day



MC1 Tim Miller

Petty Officer 2nd Class Jasmine Jennings is a logistics specialist with the Golden Dragons of VFA 192

in and day out to provide fully mission capable aircraft and fully qualified aircrew to ensure leadership is able to answer national level tasking. I am humbled to be able to lead the sailors of SFWP and I am proud to call Lemoore my home.”

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

“My parents were in the Navy,” said Jennings. “I saw how they took care of their family, and I wanted to be able to do that as well. I wanted to have that kind of foundation.”

Jennings is also proud of being frocked last year for doing the job of a second class while being a third class.

As a member of one of the U.S. Navy’s most relied-upon assets, Jennings and other sailors know they are part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

“Serving in the Navy means knowing that I am protecting my country,” Jennings said. “Someone can look up to me, and I can pass this on to my children. I am being a role model for the next generation.”

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Sports

Hampton Roads Youth Foundation Presents 10th Annual Mike Tomlin Meet & Greet Reception July 13th at the Historic Post Office

Event hosted by Newport News, VA Native and Pittsburgh Steelers Head Coach Mike Tomlin and featuring NFL players from the Hampton Roads area

From Hampton Roads Youth Foundation

Hampton, Virginia – On Friday, July 13th, join Newport News, VA native and Pittsburgh Steelers Head Coach Mike Tomlin for the 10th Annual Mike Tomlin Meet & Greet Reception presented by the Hampton Roads Youth Foundation, Outback Steakhouse of Hampton, 103 JAMZ and 92.1 The Beat. The event will take place at the Historic Post Office (132 E. Queen Street, Hampton, VA 23669) from 6:30pm- 9:30pm. Invited sports legends include Tajh Boyd (former player), Quin Blanding (Washington Redskins), Andrew Brown

(Cincinnati Bengals), Trenton Cannon (New York Jets), Don Carey (Jacksonville Jaguars), Dwight Hollier(former player), Jalyn Holmes (Minnesota Vikings), Deon King(Jacksonville Jaguars), Derrick Nnadi (Kansas City Chiefs), LaRoy Reynolds (Philadelphia Eagles), Josh Sweat (Philadelphia Eagles), Darryl Tapp (Tampa Bay Buccaneers), Terry Kirby (former player), Michael Vick (former player) and more. General Admission cost is \$75 and VIP cost is \$175. VIP includes a photo with Coach Tomlin, Open Bar, and a Gift Bag. Only 100 tickets were made available to the public for this year’s event. In addition to photos and autograph opportunities with Mike Tomlin, there be a sports memorabilia raffle. Every person who purchases a ticket to the meet and greet will also have the opportunity to enter the HRYF/Pittsburgh Steelers training camp sweepstakes. The sweepstakes includes access for up to four (4) people to the Pittsburgh Steelers training

camp, August 6-10, 2018 (exact dates and location TBD). Guests will have the opportunity to observe camp and meet NFL players. This package does not include travel and lodging. The winner of the sweepstakes will be announced at the Meet & Greet and get their photo taken with Mike Tomlin. Food and beverages will also be provided. The 10th annual Mike Tomlin Meet & Greet Reception is held in conjunction with the 22nd Annual Hampton Roads All-Star Football Camp. The camp will be held on July 13th and 14th on the campus of Christopher Newport University at Pomoco Field in Newport News, VA. The two- day camp (youth ages 8-13 and high school players) features NFL players and certified community high school coaches teaching basic offensive and defensive skills. Other elements include a symposium with NFL players, nutrition and conditioning presentations, college preparation discussion, dietary supplement facts, statistics of the dangers of performance enhancing drugs, and dialogue on the importance of academic excellence. For more information on the 10th Annual Mike Tomlin Meet & Greet Reception, please contact (757)/304-8172 or email hryfinfo@gmail.com . Please purchase tickets by visiting www.hryf.org.

‘MONEY IN THE BANK’ AND ‘TAKEOVER: CHICAGO’ MAKE FOR A BIG WWE WEEKEND

By Jonathan McLarty

On June 17, World Wrestling Entertainment (WWE) will present their 2018 Money in the Bank event live on the WWE Network. Two Money in the Bank ladder matches will take place that evening, one each for the male and female superstars. The winner of each of these matches will have scaled a ladder and retrieved the briefcase that was suspended above the ring. Within the briefcase is a contract for a match against their brand’s World Champion, a contract that can be cashed in at any point within one year. As all WWE pay-per-view events going forward will feature superstars from both Monday Night Raw and SmackDown Live, members of both brands are represented in the two ladder matches. The gentlemen who will be competing are: Braun Strowman, Finn Bálor, The Miz, Rusev, Bobby Roode, Kevin Owens, Samoa Joe, and one member of The New Day. In the women’s match, the competitors are: Ember Moon, Charlotte Flair, Alexa Bliss, Becky Lynch, Natalya, Lana, Naomi, and Sasha Banks. On SmackDown Live, WWE Champion AJ Styles continues to feud with Shinsuke Nakamura. At Money in the Bank, the two

will compete for the WWE Championship in a Last Man Standing match. Their prior encounters have ended in a count out, as well as a draw. This stipulation will ensure a clear winner is decided for the brand’s top title. SmackDown Women’s Champion, and former Money in the Bank winner Carmella, will defend her title against the dominant Asuka. For Monday Night Raw, WWE Intercontinental Champion Seth Rollins will face off against Elias. Rollins, since winning the Intercontinental Championship at WrestleMania 34, has reenergized his career and put on multiple stand-out performances. Ronda Rousey, who will be competing in her first ever singles match, will seek to wrestle away the WWE Raw Women’s Championship from Nia Jax. One night before Money in the Bank, WWE’s NXT brand presents Takeover: Chicago on June 16 live on the WWE Network. Five matches have been announced for the event, headlined by Aleister Black defending the NXT Championship against Lars Sullivan. NXT Women’s Champion Shayna Baszler will defend against Nikki Cross. The Undisputed Era (Kyle O’Reilly and Roderick



Jonathan McLarty
WWE Raw Tag Team Champions Matt Hardy (L) and Bray Wyatt (R) at a Hampton WWE Live event from May of 2018.

Strong) will put their NXT Tag Team Championships on the line against Oney Lorcan and Danny Burch. In a match between two young upcoming NXT stars, the acrobatic Ricochet goes one-on-one with Velveteen Dream. In the most emotional match of the night, Johnny Gargano will face his former tag team partner Tommaso Ciampa in a street fight. Gargano was able to win his job back by defeating Ciampa in an unsanctioned match at Takeover: New Orleans. In retaliation, Ci-

ampa slammed Gargano from the stage to the floor, leaving Gargano to question his future in wrestling. Despite the injury, Gargano has vowed to get his revenge in Chicago. For the latest news and to subscribe to the WWE Network, visit WWE.com. Jonathan McLarty (@JonathanMcLarty) is a contributing writer for The Flagship, as well as a local sports and event photographer (McLartyPhoto.Zenfolio.com).



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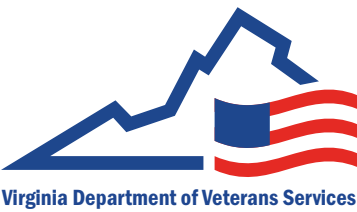
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From Brandpoint

Neighborhood cookouts are quintessentially summer, and totally fun. Because of that, it’s no surprise that you may want to host them as often as possible, even every weekend if you could. But that introduces a new challenge — how do you keep your events fresh and interesting for your guests?

Multiple events allow you the opportunity to switch things up and make your individual get-togethers more special. So with that in mind, here’s a list of five ways you can up your game and take your cookouts to the next level this year.

■ Smoke your meat ... without the smoker. Not only is this possible, it’s quite easy to do. Clean out a used metal can — the larger the better — and remove its label. Once the can is ready, fill it half full of wood chips — try apple wood for a more mild smokiness, or hickory for something a bit stronger. Cover the lid with foil and poke three to four holes, each about half an inch in size. Finally, place the can on your grill; you should start to see smoke rising from the holes in 10 minutes or less. Cook your meat around this can and keep the grill closed whenever possible to lock in that smoky flavor.

■ Refresh old classics. The cheeseburger is a summer event mainstay and one you don’t need to sacrifice simply because you’re trying to switch things up. Instead of abandoning the cheeseburger altogether, why not give it a distinctly new taste instead? Castello Burger Blue Cheese is conveniently sliced and made to melt on any burger. Its creamy and characteristically tangy notes of blue feature balanced sweet and salty undertones, making it a good match for everything from traditional beef burgers all the way to Portobello veggie burgers. And if crumbles are more your thing, the Castello Burger Blue Cheese Shaker will turn your traditional cheeseburger into a delicious crumble creation in no time. All you have to do is shake and enjoy.

■ Theme your get-together. This one could mean different things to different groups, but determining the best theme for your guest list is half the fun. If your guests are well traveled, host an “around the world” party and ask each guest to bring a dish from a different country. Or try a nostalgic approach with a summer camp theme featuring rustic picnic spreads, a campfire and games. Find a theme that matches the interests of your group and everyone will be excited to jump on board.

■ Change up the menu. A cookout can have a very unique feel — and taste — simply by altering the side dishes you offer. This is a wonderful opportunity to show off your creative side and replace those same-old sides with new flavors like macaroni with blue cheese with bacon or baked sweet potatoes loaded with pulled barbecue chicken and Castello Extra Mature Cheddar cheese. You can find these and many more recipes on Castello’s website, so take the time to explore and discover the perfect solution to tantalize your guests’ taste buds.

■ Shift the timeline. Cookouts are generally seen as an afternoon event, but you can always switch things up by adjusting the timeline. Invite friends and family over for a brunch cookout to enjoy before spending the day at the beach or ball game. Think pancakes, bacon and eggs on the grill using a cast-iron skillet, fresh squeezed orange juice and frozen melon balls for cooling down. Mix it up and your group is sure to appreciate the change.

The sooner you plan, the sooner you can celebrate
No matter the theme, time or menu for your event, a little planning goes a long way, so don’t delay. Your next-level summer get-together is just waiting for you to bring it to life, and once you finish your first cookout, there will be no stopping you from planning your second ... and third ... and ... more!



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A HEALTHIER, HAPPIER SUMMER STARTS WITH THESE TIPS

From Brandpoint

In the cold of winter, at the start of the year, people all across the country resolve to live a healthier lifestyle — yet summer is actually the perfect time to start your resolution. Think about it: the weather is beautiful, the kids are out of school and fresh produce is abundant. Instead of starting a resolution to live healthier at a time when you’ll be cooped up inside to avoid the cold, why not do it now when you can’t wait to be outside?

Your path to success begins with these five tips:

1. Go outside.

Get the family outdoors. Whether it’s hiking, walking, gardening or swimming, there are scores of things to do outdoors during the summer, and any of these can help you burn calories, improve muscle mass and, best of all, have fun. And did you know that moderate exposure to sunlight can also provide the vitamin D your body needs to fight off disease? Bonus! Pick an activity that appeals to the whole family (furry friends included) and you’re more apt to stick to your routine.

2. Start your day off right.

Summertime is full of indulgences, from ice cream cones to frosè to s’ mores over the campfire. Don’t be afraid to dig into these treats, but make sure the rest of the day stays balanced. Everything in moderation, as they say! A bagel or toast with a quick spread of Arla Cream Cheese made with no artificial flavors or preservatives is a quick, nutritious way to start your day off on the right foot. When you start with a cream cheese that is so deliciously simple, it’s easy to layer on the farmer’s market fruits and veggies. Give it a try and you’ll find an entirely new breakfast routine to fuel your summer fun.

3. Grab some shades.

Proper eye care is advised all year long, but it’s especially important in the summer when you’re outside in the sun. Invest in a good pair of shades capable of blocking at least 99 percent of all ultraviolet A and B rays. Then make sure you wear them when you’re outdoors. Not only will you look incredibly cool and chic, you’ll also reduce the possibility of wrinkles developing around your eyes and ward off cataracts.



4. Serve up healthy snacks.

Having a casual neighborhood get-together calls for easy, bite-sized snacks to complement your summer drinks. Skip the chips and aim for healthy snacks instead. Cranberry cream cheese dip, cheesy snack bread with grilled local vegetables, and warm spinach and Gouda Gateau will all redefine your idea of good snacking, and they’re easy to make. Visit Arla’s website to find your inspiration and make casual al fresco hosting more delicious and healthy than you ever expected.

5. Take that vacation.

Yes, actually take it. Your total health is more than just your physical well-being; it’s your mental health as well. Nothing helps you reset the batteries like a good vacation. With that in mind, make sure your vacation doesn’t create stress. Keep travel and related expenses to a minimum and you’ll spend more time enjoying your vacation and less time wondering how to get everywhere and pay for it. If traveling overseas or taking a whole week away is too big of a leap, instead try a long weekend in a new city in your own state, or road trip to a National Park and book a campsite. There are options at every budget level, and summer is the perfect time to get out and go!

Start enjoying a healthier lifestyle today

There’s no reason to wait until next winter to start living a healthier lifestyle. Everything you need is right here in the summer, so formulate your plan, apply the tips above and stick with it. Do so and your resolution will be holding strong by the time New Year’s rolls around again.

intheaters now

TAG (PG)

For one month every year, five highly competitive friends hit the ground running in a no-holds-barred game of tag they’ve been playing since the first grade—risking their necks, their jobs and their relationships to take each other down with the battle cry: “You’re It!” This year, the game coincides with the wedding of their only undefeated player, which should finally make him an easy target. But he knows they’re coming...and he’s ready.

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



Kyle Kaplan
HANNIBAL BURESS as Kevin Sable, JAKE JOHNSON as Randy “Chilli” Cilliano, ED HELMS as Hogan “Hoagie” Malloy, JON HAMM as Bob Callahan and ISLA FISHER as Anna Malloy in New Line Cinema’s comedy “TAG,” a Warner Bros. Pictures release.

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.

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.

basetheaters \$3 Movies

Diane (Diane Keaton) is recently widowed after 40 years of marriage. Vivian (Jane Fonda) enjoys her men with no strings attached. Sharon (Candice Bergen) is still working through a decades-old divorce. Carol’s (Mary Steenburgen) marriage is in a slump after 35 years. Four lifelong friends’ lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.



Courtesy June Pictures

JEB Little Creek, Gator Theater – 462-7534

Friday, June 15

6 p.m. Book Club (PG-13)
9 p.m. Deadpool 2 (R)

Saturday, June 16

1 p.m. Avengers: Infinity War (3-D) (PG-13)
4 p.m. Book Club (PG-13)
7 p.m. Deadpool 2 (R)

Sunday, June 17

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

NAS Oceana, Aero Theater – 433-2495

Friday, June 15

6 p.m. Book Club (PG-13)
9 p.m. Deadpool 2 (R)

Saturday, June 16

12 p.m. Book Club (PG-13)
3 p.m. Avengers: Infinity War (3-D) (PG-13)
7 p.m. Breaking In (PG-13)

Sunday, June 17

12 p.m. Life OfThe Party (PG-13)
3 p.m. Deadpool 2 (R)
6 p.m. Book Club (PG-13)

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11:00 AM Worship Services
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Robert Mallard 757-464-4574

www.southsidecoc.net

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Estate Sale

Chesapeake Colony Estate sale. Saturday, June 9, 9am -3pm. 609 Chesapeake Trail, Virginia Beach. Contemporary Beds, Restoration Hardware Rustic Dining Table & Leather chairs, kitchenware, clothes, crystal glassware, mountain bikes, backpacking/camping gear, wood-working tools, fly fishing rods, reels, etc., And much more. Nice stuff! Come make an offer!

Estate Sale-2310 Oregon Ave., Portsmouth, Fri. & Sat., 6/15 & 6/16, 9-3. Furniture, misc. dolls, horse carousel, collectibles, pictures, misc. items

ESTATE SALE
4304 Suber Ct., Va Beach
(Thalia Section)
Fri. & Sat., June 15 & 16
8:30 AM-3 PM

Everything must & will be sold.
Partial Listing: Thomasville Solid cherry furniture, chest, dresser, harvest table, oak din rm table, 6 Windsor chairs, buffet, spinet piano, curio cabinet, wildlife photos by Ron Maratea, bookcases, books, Century king-size bed & wardrobe, very clean sofas & chairs, collection of Gres Lladros, collection of 1950 glass, vintage costume jewelry, kit. & garage items. Cash/Check Only.
Larry Zedd, Va Beach Antique Co. Call 757-422-4477

ESTATE SALE-June 15, 16, 17, 8-2 PM. 5568 Shell Rd., Va. Bch. Glassware, furniture, dolls, crocks, lamps, mirrors, oak items, textiles, kitchen. Call 650-3549.

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759 MARKET Street PresChrch 6/9(8-2) Sp# 12, FLEA ARKET Blvd VaBch Tbs 55 615-1341 Rd 6-12

Garage Sale - Chesapeake
Western Branch-Good News Baptist Church, 3252 Taylor Rd., Fri. & Sat., June 15 & 16, 7-2 PM.

Garage Sale - Suffolk
OLDE MILL CREEK MOVING SALE Furniture, Dog Kennel, etc., 1735 Mill Wood Way, SAT 6/9 (8-12)

Garage Sale - Virginia Beach
Lago Mar-Off Sandbridge Rd. or Eastern end of Nimmo Pkwy. 8 AM, Sat., 6/23, 50+ families.

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Pets-Dogs,Cats,Other

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1 Good enough

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12 Chimed

16 Game show VIPs

19 — acid (vitamin C)

20 At any place

22 Grain morsel

23 Start of a riddle

25 Joanne of "Abie's Irish Rose"

26 Hide-hair connection

27 Tooth in a machine

28 Professional wrestler Flair

29 Oater

31 Furtive action

35 Movie-archiving gp.

37 River in a Best Picture title

39 Shah's land

40 Riddle, part 2

44 Tropical rodent

47 Former Russ. state

48 Folk rocker DiFranco

49 Exterior

50 Bremen loc.

51 Intuit

53 Camera for a pro

55 Tongue, e.g.

58 Riddle, part 3

62 Reference book's "Look here, too"

63 — profit (lucratively)

64 "Can — true?"

65 Leaning Tower's city

69 Play for time

70 Gym tops

72 Vents vocally

73 Atoll part

74 Sit next to

76 Stage design

77 Grows molar, e.g.

79 Riddle, part 4

82 Hold down

86 Rural rest stop

87 Exotic berry in fruit juices

88 Writer Deighton

89 Giant in foil

90 See 3-Down

92 Nov. lead-in

94 Very focused

96 End of the riddle

101 Tennis legend Björn

102 Election analyst

103 Gods, to Livy

104 Use one's lungs

108 Under control

110 Soft & —

112 Classical introduction?

114 Au — (roast beef option)

115 San Francisco's — Valley

116 Riddle's answer

122 Taxing gp.

123 Playwright McNally

124 Submarine

125 Cougar, e.g.

126 Mgr.'s helper

127 Salon colorer

128 Admiration taken too far

DOWN

1 Expendable chessmen

2 Take — at (attempt)

3 With 90-Across, frighten away

4 Drunk

5 Jackie's hubby #2

6 Small ammo

7 Brittle-shelled

8 Back talk?

9 Grain bristle

10 Actor Omar

11 Shipping rig

12 Match official

13 Declaration

14 Water nymph

15 Mardi —

16 Not extreme

17 Indy 500 entrant, e.g.

18 Eye-catchers

21 S'pose

24 "Bejabbers!"

30 Keep busy

32 Clerk on "The Simpsons"

33 Drop

34 Judges, e.g.

36 "The Day of the Jackal" novelist

38 Orville and Wilbur of aviation

41 Main port of Norway

42 Give an alert

43 Luxurious

44 Tennis legend

45 Civets' cousins

46 Long trial

52 Broody music genre

54 Intermediary

56 BBQ piece

57 Flexible card

59 Fit as a fiddle

60 Vicious

61 Clever

65 Bikeway,

66 Fill one's lungs

67 Tyler of rock

68 Green light

70 End up

71 Rudolph's facial feature

72 Joins again

74 "Selma" director

75 "— Mir Bist Du Schön"

77 Quirk

78 "Evita" star

79 Part of QED

80 "Back to the Future" bully

81 Bit of power

82 Of Jewish scholars

83 Stage actress Duse

84 Least abundant

85 Difficult

91 Bring up until able to fly, as a bird

93 Tianjin locale

95 Baking meas.

97 12 in a foot

98 Impostors

99 Sheer folly

100 In the area of

105 "— Called to Say I Love You"

106 Writer Godden or actress Willis

107 Analytic work

109 Comics' Kett

111 Rip apart

113 Prefix meaning "the same"

117 Tate displays

118 Agent's take

119 Flurry

120 Minister's field: Abbr.

121 Levin or Gershwin

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128

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HAMSTRAUTUSPOKYKEYS
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TBIRDCHORISTERNUMBER
TETRAREDANTSINGALLS
ASYETARSENIODEEPEST

5 1 4 6 3 7 8 9 2

9 3 7 2 8 1 6 4 5

2 8 6 9 4 5 1 3 7

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7 9 2 8 1 4 5 6 3

6 5 3 7 2 9 4 1 8

1 7 9 4 5 8 3 2 6

3 2 5 1 7 6 9 8 4

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