



MC2 Timothy Schumaker

NAVY LAUNCHES PILOT PROGRAM TO PAIR SENIOR ENLISTED WITH PRIORITY BILLETS

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

A new rating modernization initiative will provide active-duty, senior enlisted Sailors looking for their next billet the opportunity to get a jump on the process thanks to a new selection board pilot program, the Navy announced June 14.

The Fiscal Year (FY)-19 Enlisted Advancement-to-Vacancy Selection Board, announced in NAVADMIN 144/18 is a pilot program where active-duty, senior enlisted Sailors apply for specific priority billets listed in the NAVADMIN and, if selected, are temporarily advanced to the billet paygrade. This pilot will be limited to critical E8 and E9 billets only. Pending the outcome of the pilot, we expect to expand this program to other enlisted paygrades.

To be permanently advanced, Sailors must be selected for advancement via the normal advancement process.

"This program will give motivated Sailors an opportunity to take on positions of greater responsibility, while at the same time helping the Navy to better align our senior enlisted leaders to the places we need them to be," said Capt. Rick Cheeseman, director, Career Management Department, Navy Personnel Command.

The selection board is scheduled to convene Aug. 13 and applications to the board must be postmarked no later than July 9. For Sailors to be eligible, they must meet the following criteria:

- Must meet all eligibility requirements for the regularly scheduled FY-19 Active Duty SCPO or MCPO advancement selection boards.
- Applicants must receive a favorable endorsement from their commanding officer (CO) via a NAVPERS 1306/7.
- Applicants must sign, and have their CO witness, a NAVPERS 1070/613 with the following statement: "I understand that by submitting an application for consideration by the FY-19 Enlisted Advancement-to-Vacancy Pilot Selection Board I am certifying that I am assignable to any billets for which I applied and will execute orders to those billets if directed."
- Applicants must possess any required Navy Enlisted Classification (NEC) codes for the billets advertised or have the experience to obtain the NEC en-route to the billet. Specific prerequisites for each billet are outlined in the NAVADMIN.

Sailors who have submitted voluntary Fleet Reserve/retirement requests are not eligible.

A full list of available billets, board application and communication procedures can be found in the NAVADMIN at www.npc.navy.mil.

Navy announces updates to Financial Literacy App

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy updated its financial literacy mobile app June 14, to include information on the Blended Retirement System (BRS) and additional resources for Sailors to better manage and plan their finances.

Along with new BRS information, there is a BRS New Accessions Course, a BRS comparison calculator, and the Family Financial Planning Course.

The updated BRS information is timely, as Sailors who are currently under the legacy or "high-3" retirement system must decide whether to opt-in to the BRS by Dec. 31. The decision to opt-in is irrevocable, increasing



Patrick Gordon

Financial planning is essential for all military personnel.

the importance of making a well informed decision. BRS went into effect Jan. 1, 2018, with new Sailors being automatically enrolled into the system.

"This updated app provides Sailors a 'one-stop shop' resource to find information to assist them in achieving their personal financial goals and meeting the Navy's financial literacy touch-point training requirements," said John Hunt, lead financial literacy analyst for Family Readiness, Office of the Chief of Naval Operations (OPNAV) N170C. "Of note,

» See **FINANCE** | A7

Future USS Indiana to commission in September

From Commander, Submarine Force Atlantic Public Affairs

NORFOLK

The Navy's newest fast-attack submarine, USS Indiana (SSN 789), will commission at the Navy Port at Cape Canaveral Air Force Station in Port Canaveral, Florida, Sept. 29, 2018. It will be the sixteenth Virginia-class submarine to join the fleet.

Indiana will be the third U.S. Navy ship, and first submarine, to be commissioned with a name honoring the state of Indiana. Diane Donald, wife of retired Adm. Kirkland H. Donald, is the ship's sponsor.



U.S. Navy

Designed to operate in both coastal and deep-ocean environments, Indiana will present leadership with a broad and unique range of capabilities, including anti-submarine warfare; anti-surface ship warfare; strike warfare; special operation forces (SOF) support; intelligence, surveillance and reconnaissance; irregular warfare; and mine warfare missions.

Indiana is a part of the Virginia-class' third, or Block III, contract, in which the

» See **INDIANA** | A7



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

» See **A6**



OAK HILL HOSTS MIDSHIPMEN TRAINING: Twenty-five midshipmen embarked the Harpers Ferry-class dock landing ship USS Oak Hill during exercise BALTOPS 2018 for a summer training surface warfare cruise, June 2.

» See **B1**

DONATE BLOOD: Blood supplies are dangerously low. Please donate!

» See **C1**

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NEWS FROM NAS OCEANA

NAS OCEANA STABLES HOSTS WOUNDED WARRIORS

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

As part of USO Warrior Week, veterans and active duty service members participated in an opportunity to ride horses at the Naval Air Station (NAS) Oceana stables. The event was organized in partnership between EQUI-VETS, the City of Virginia Beach, and United Service Organizations (USO).

The USO Warrior Week program is designed to assist Wounded Warriors in healing. The USO invited wounded, ill, and injured service members to participate in various therapeutic and recreational activities in hopes to aid in their recovery. The week culminated with the annual Patriotic Festival, a three-day music concert series to honor our service members and their families. According to the U.S. Department of Veterans Affairs, between 11 and 20 percent of veterans return home with PTSD.

Matthew Eisenhower, a veteran with PTSD, a traumatic brain injury, hearing loss and anxiety, says he appreciates the work of USO Warrior Week and also enjoys the horses.

"I was raised riding horses," said Eisenhower. "It means a lot to get the opportunity to get back on it. All of the struggles of that and trying to battle through that when I was 20 years old, was very difficult."

Senior Chief Religious Program Specialist Tracy Durbin expressed her feelings on rid-

ing a horse surrounded by a "sea of veterans".

"It's comforting to be near other service members that you can directly relate to and speak one-on-one with. It's my first time participating in warrior week and also my first time riding or touching a horse. I'm having a blast," said Durbin. "I suffer from PTSD. I find it such a benefit and a great opportunity to participate in these events, surrounded by warriors. This whole week is about being able to relax and enjoy the support given to us."

Whether it's a mental or physical distress the horses are there to provide comfort.

The Virginia Beach police department's mounted unit also participated in the day's event, riding with and speaking to the service members and veterans present.

"The Equi-Kids and Equi-Vets Programs are very forward thinking and have always been big supporters of the community, its veterans, and the mounted unit. My officers and I have been looking forward to this event. It's an honor to ride with the warriors here today," said Sergeant MaryJo Crooke. "It is great to see not only the effect the horses have on individuals, but also the effect the person has on the horse. I have always said the horse senses the need for patience and gentleness based on the person, they are extraordinary animals."



U.S. Navy photo

Service members, veterans, and members of the Virginia Beach police department's mounted unit, ride horses at the Naval Air Station (NAS) Oceana stables. The event was organized in partnership between EQUI-VETS, the City of Virginia Beach, and United Service Organizations (USO), as part of USO Warrior Week and is designed to assist Wounded Warriors in healing.

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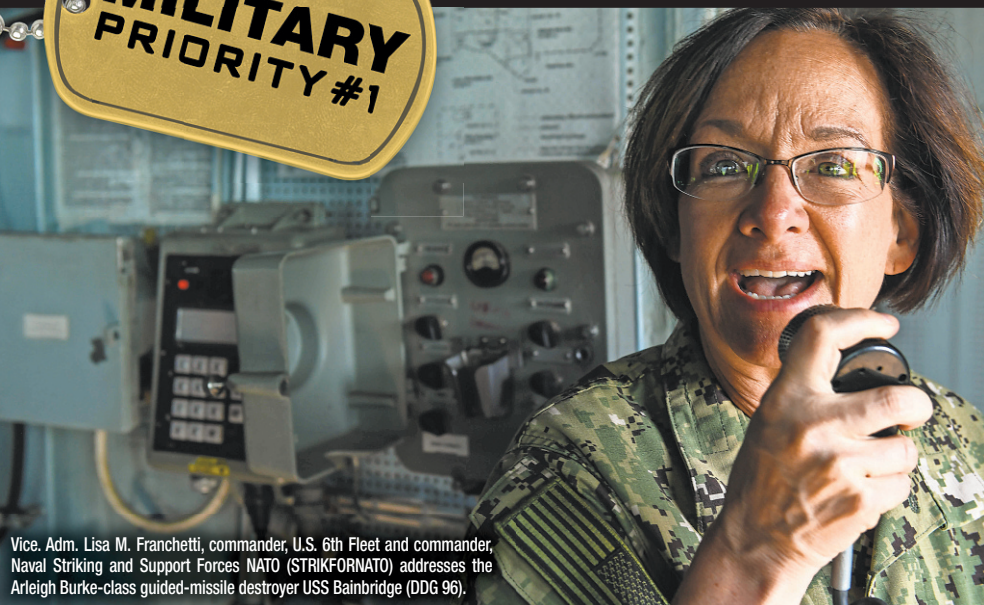
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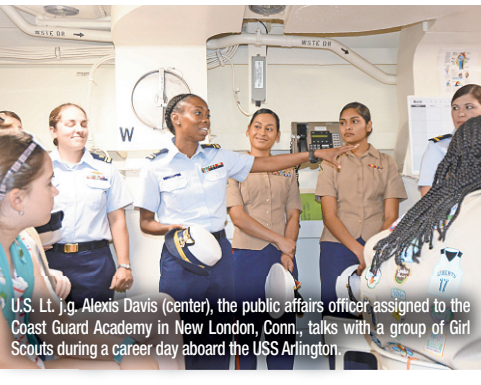
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PRIORITY #1

WEEKLY PHOTOS OF YOUR FRIENDS AND LOVED ONES ON DEPLOYMENT.



Vice. Adm. Lisa M. Franchetti, commander, U.S. 6th Fleet and commander, Naval Striking and Support Forces NATO (STRIKFORNATO) addresses the Arleigh Burke-class guided-missile destroyer USS Bainbridge (DDG 96).



U.S. Lt. J.g. Alexis Davis (center), the public affairs officer assigned to the Coast Guard Academy in New London, Conn., talks with a group of Girl Scouts during a career day aboard the USS Arlington.



Sailors practice baton strikes during a security reaction force course aboard the Arleigh Burke-class guided-missile destroyer USS Donald Cook.



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

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



BEAT THE HEAT THIS SUMMER AT NAVAL STATION NORFOLK’S OUTDOOR POOL

By MC3 Emily Ziegler
Naval Station Norfolk Public Affairs Office

NORFOLK

Just off Hampton Boulevard, behind Naval Station Norfolk’s Pass and ID Office, sits a great summer resource for military members. The Fleet Recreation Park (FRP) pool, located at building FRP-12, is currently open, free of charge, from 11 a.m.- 6 p.m. Wednesday through Sunday for all military members and two non-military ID guests.

The facility has a large indoor pool, a large outdoor pool and an outdoor kiddie pool. Around the outdoor grounds are picnic tables, lounge areas, and pool slides. The indoor pool is currently closed for renovations, but will be open again soon.

On Saturday, May 26, 246 guests attended an opening day pool party which consisted of a hot dog and hamburger lunch and other snacks, family photos, bounce houses, tie dying workshops, swim lessons and music.

“We’re open! We want people to come and enjoy our facilities,” said Christopher Brooks, Aquatics Director for both Q-80 and FRP-12 pools.

The pool house is operated by the Navy’s Morale Welfare and Recreation department and has a full staff and life guards that are on duty during all open hours.

“The staff here is really involved and welcoming. It’s fun and everybody is really nice,” said Nena Greenhouse, the FRP-12 pool’s sales clerk.

This summer, the facility is hosting many aquatics programs and events for all ages, including swim lessons, water aerobics, Discover Scuba classes and “Dive-In Movie Nights.” Of course, lounging by the pool is always encouraged for those who just wish to relax.

“We provide patrons a sense of recreation and a nice place where they can relax and refuel, in a way, and just get away from everything for a little while,” stated Brooks.

Swim lessons are \$35 per person for eight lessons and take place in a group setting raging from ages 6 months to twelve years old. They also offer private lessons based on your needs and instructor availability. Water aerobics are free and take place every Thursday at 5:30 p.m. from June 21 st to August 30 th . Discover Scuba classes will be on Saturday, June 23 rd at 7 p.m. and 9p.m., free of charge. The Dive-In movies are also free and will be held at 7:00 p.m. June 29, July 13, 21, and 27, and Aug. 10. The movies will be family friendly and announced the Friday before the event on the Norfolk MWR Facebook page.

For more information on pool hours, programs, and availability, visit <https://www.navymwrnavalstationnorfolk.com/fitness/aquatics> or call FRP-12 at 757-444-2134.



U.S Navy photo



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Reserve Force Financial Department receives Navy-wide recognition

By MC1 Tiarra Fulgham

Commander, Navy Reserve Force Public Affairs

NORFOLK

The financial department (N8) of Commander, Navy Reserve Forces Command (CNRFC) has been recognized as the winner of the Assistant Secretary of the Navy Financial Management and Comptroller (ASN FM&C) Awards in the category of Budget and Execution for “exceeding all standards” and their overall ‘effectiveness and timely budget submissions’.

Nominations submitted demonstrated the high caliber, strong commitment and creativity of the Navy’s financial management workforce.

“It’s a very prestigious award that the command has never won before,” said Cmdr. Jonathan Markrich, Operation and Maintenance, Navy Reserve (O&MNR) budget director for CNRFC. “The N8 team is made up of dedicated military and civilian professionals who strive to make sure the force is always ready and able to meet all mission requirements.”

In its entirety, CNRFC’s N8 department is composed of civilians, contractors and service



members who share the responsibilities of managing a budget of more than one billion dollars.

The Navy has been under an ongoing financial audit for nearly four years in an effort to make their structure and processes more closely mirror corporate America. The audit has inspected the entire Reserve Force budget across various fiscal years.

James Haley, financial and audit readiness compliance director for CNRFC, received individual recognition for ‘Audit Improvement’ for Echelon II or above.

“Truthfully, I felt a little guilty from the standpoint of they are calling me out individually,” said Haley. “I have a team of government folks and contractors who make me look good. I view this as more of a team award than an individual award.”

Haley has been a part of the CNRFC staff for two years. He explained the recognition is more a collaborative effort than individual.

“I got [the team] together and told them I’m happy CNRFC got the recognition. We were recognized last year as well, so we are the only budget submitting office to be recognized two years in a row for our audit efforts,” said Haley.

The ASN (FM&C) is designated to develop and establish principles and policies and prescribe procedures in various areas of financial management such as budgeting, accounting, auditing, disbursing, financing, internal review, progress and statistical reporting.

The ASN will personally recognize award recipients at a ceremony to be held at the Pentagon later this summer.

For more news from Commander, Navy Reserve Force, visit www.navy.mil/local/nrf/.

USS Abraham Lincoln (CVN 72) crushes INSURV

By MC3 Garrett LaBarge

NORFOLK

Sailors aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) successfully completed the Board of Inspection and Survey (INSURV), June 15.

“You demonstrated to the American people that you know how to maintain and operate this equipment,” said Commanding Officer Capt. Putnam H. Browne. “The CNAL inspector who has been with us for the last year said he has never seen a ship put in more effort into an INSURV inspection than you guys did.”

During the four-day inspection, Abraham Lincoln hosted more than 200 INSURV inspectors who conducted more than 415 inspections of the ship’s material and operational readiness. Abraham Lincoln passed with an 85 percent, the best score for a carrier on the east coast.

“Hard work and preparation... lots of preparation,” said Aviation Boatswain’s Mate (Handling) 1st Class Jason Hamilton, Abraham Lincoln’s INSURV central leading petty officer. “Those two actions were the driving force behind Abraham Lincoln’s successful INSURV.”

Last week’s inspection was the final phase of the INSURV process. Abraham Lincoln completed five practice INSURV phases, which represented the crawl, walk and run process — slowly building knowledge and momentum between each one on the way to the INSURV material inspection.

The Board of Inspection and Survey, formed roughly 150 years ago, is the premiere Navy inspection entity. It is comprised of both service members and civilians who have considerable fleet experience. They attend school for training and conduct practice inspections before earning their spot.

“[INSURV] was put in place because there were ships essentially rotting at the pier right after the Civil War,” said Rear Adm. Erik Matthew Ross, president of INSURV. “Congress said we need a board of inspectors to make sure we can take care of those ships. There are men and women all over the country who want to know that we are ready to go to combat, and that our sons and our daughters are going to be safe. They want to know that we are going to be able to win the fight.”

For many junior Abraham Lincoln Sailors, this was their first time experiencing INSURV.

“When we first started this in November, there were a lot of rumors about what INSURV could, or would be like,” said Air Traffic Controller 2nd Class Kory Coleman, a member of Abraham Lincoln’s INSURV central team.

Once the practice phases actually began, however, Sailors realized what items needed improvement and got to work fixing the discrepancies. The crew has corrected 12,998 discrepancies since November 2017.

“We are grateful for all the hard work,” said Hamilton. “Some Sailors might not see it because of all the hard days, long days and staying overnight, but the whole command definitely appreciates it.”

The inspections canvassed functional areas across all departments including habitability, damage control equipment, navigation and engineering, to name a few. Inspectors were looking for cleanliness, preservation and anything that would materially impact the ship’s ability to go into combat.

“The communication amongst the departments has been very good and has improved throughout our process of preparing for this,” said Cmdr. Brett Lukasik, Lincoln’s air operations officer and INSURV coordinator. “From the beginning, we received



MC3 Jacob Smith Assistant board of inspection and survey (INSURV) inspector Richard Zuck trains Sailors for an inspection on self-contained breathing apparatuses in the hangar bay aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

accolades for being very courteous and professional throughout, which sets the stage, because then when the inspectors come aboard, they’re not expecting a culture of conflict.”

Now that Abraham Lincoln has passed INSURV, it is ready to take on Carrier Strike Group 12 and prepare for deployment. Everything we do as a strike group will be geared to protecting our nation, ensuring the freedom of the seas and preserving our interests around the world.

“INSURV is a big deal,” said Coleman. “It is clear that it took every department and every Sailor, from bottom to top of the chain of command, to get this done. The ship can move forward as one team.”

As Executive Officer Capt. Amy Bauernschmidt says, the teamwork made the dream work.

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



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U.S. Navy graphic

PCS: A MOVING GAME

From Naval Supply Systems Command, Office of Corporate Communications

Sailors moving this summer should start preparing now, said Naval Supply Systems Command (NAVSUP) Household Goods (HHG) Director John E. Hilaman. “A good move doesn’t just happen,” he said, “it takes planning.” Hilaman recommends Sailors prepare for a smooth move by keeping these 10 tips in mind:

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

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

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

4. MINIMIZE CHANGES — After the pickup date has been confirmed, only request changes in an emergency. Date changes can lead to delays, additional cost to the member,

or the need to convert the shipment to a Personally Procured Move (PPM).

5. BE REACHABLE — Moves go smoother when you are easy to contact. Provide your personal phone numbers, cell phone numbers and personal e-mail to the personal property offices at origin and destination. Include in-transit contact information, as well.

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

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

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

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

All dates for packing, pickup and delivery are finalized between the service member and the assigned TSP.

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

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

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

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

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

PCS

theMovingGame

Getting from point “A” to point “B.”

The Game...

One of the benefits of military life is the unique opportunity to experience life in different parts of the country and the world.

A Permanent Change of Station (PCS) is an invitation to a new adventure—where you have the chance to live in diverse cultures and environments. With the help of your installation’s relocation specialist, you can seize the opportunity and master your move with these basics.

Unlike temporary travel assignments, permanent change of station (PCS) is a long-term assignment, generally two-four years. Moves inside the continental United States are known as **CONUS** and moves outside the continental United States are known as **OCONUS**. These are typically overseas moves, but **OCONUS** also includes Alaska, Hawaii and U.S. territories.

The military can manage your PCS through teams of packers and movers. Your Household goods typically are moved via a government carrier.

If you prefer, you may be able to choose a personally procured move (PPM)—also known as a do-it-yourself (DITY).

-The DITY process can be complicated but can save you money. You can move your household goods yourself and collect an incentive payment of up to 95 percent of the government’s estimate to move them.

-You can do a personally procured move when you have PCS orders; a temporary duty assignment; face separation or retirement or assignment to, from or between government quarters.

-You can choose a “partial DITY.” This reimburses you for moving some of your own items while allowing military-hired movers to do the rest.

Moving outside the continental U.S. can be the adventure of a lifetime. These moves involve more planning and logistics.

How to play...

You can manage your move by going online to Military OneSource and using the “Plan My Move,” tab which provides information on benefits & entitlements, points of contact, checklists, planning tools and more.

Let Military OneSource professionals help you with relocation assistance referrals, and help with housing, transportation, and information on education and employment in your new location so you can focus on your exciting new adventure. Learn more about the moving benefits and resources available to you by talking to your friends for advice and reaching out for assistance at www.militaryonesource.com.

Orders in hand...

Time to roll!

Always read your orders entirely and make note of the PCS instructions included within them.

- Meet with your Transportation office
- Contact the Family Center at your new location
- Notify housing of your move date
- Meet with your finance office

Use the PCS Moving Checklist available in the PCS Guide on Military OneSource.com

One of the first steps to a proper move is to familiarize yourself with the moving process.

START

CARD #1
Start your PCS as soon as you get your orders. The PCS process takes some time so get moving!

CARD #2
Visit your installation’s local transportation office or Personal Property office to receive a relocation briefing.

CARD #3
You can manage your move by going online to Military OneSource.com and using the “Plan My Move,” tab which provides information on benefits & entitlements, points of contact, checklists, planning tools and more.

CARD #4
Good planning with a Do it yourself (DITY) move may result in a profit! Chs-Ching! Contact your Personal Property Transportation Office.

CARD #5
Plan alternate move dates just in case things get too busy, especially during PCS move season (May through August)

CARD #6
Be Reachable. Moves go smoother when you are easy to contact. Provide: personal email, work email, cellphone or work number.

CARD #7
Do not schedule a pickup for the day you are to close on the sale or purchase of a home or on the day you must vacate a rental. Allow time for unforeseen changes.

CARD #8
Service members must keep all shipments within their weight allowance or pay to ship excess weight. Sort through household goods and set aside items you want to put up for sale.

CARD #9
Keep all hard copy and electronic records of your move details. Take photos of your documents as a back up.

DRAW CARD #1

DRAW CARD #2

DRAW CARD #3

DRAW CARD #4

DRAW CARD #5

DRAW CARD #6

DRAW CARD #7

DRAW CARD #8

DRAW CARD #9

Garage

Living Room

Guest Room

Kitchen

Master Bedroom

Bedroom #2

Hallway

Den

Chen

USNS TRENTON TRANSFERS RESCUED MARINERS

From U.S. Naval Forces Europe-Africa Public Affairs

OFF THE COAST OF LAMPEDUSA, ITALY

The Spearhead-class expeditionary fast transport USNS Trenton (T-EPF 5) conducted a passenger transfer of 41 people with ships from the Italian Coast Guard off the coast of the island of Lampedusa, Italy, June 17.

Trenton had encountered a vessel carrying 41 people in distress while operating in the Mediterranean Sea, June 12. During the operation, the Trenton crew initially observed approximately 12 bodies in the water that appeared to be unresponsive. The crew prioritized in recovering those who needed immediate help.

Rigid-hull inflatable boats and a fast rescue boat conducted a follow-on search for these bodies, but could not locate them or any additional persons at the

scene. If necessary, U.S. Navy ships are able to preserve remains in refrigerated storage.

After bringing them aboard the ship, the Trenton crew cared for their temporary passengers, providing them with food, water, clothing and basic medical care.

“Although it is seldom that we run into people in distress at sea, it is something we plan, practice and prepare for routinely,” said Susan Orsini, ship master aboard Trenton. “A rescue at sea involves all hands aboard the ship. I was so proud and impressed by the thoughtful resourcefulness of all hands on board USNS Trenton; it filled my heart with hope and gratitude.”

“The pivotal role the shore side units and personnel play in a rescue at sea cannot be minimized; the ship cannot do it alone,” said Orsini. “Their efforts involve intense and intricate coordination, timely and critical communications to all units and personnel involved. The reward for our efforts was seeing the rescued personnel transferred, in good spirits and good health, heading to their next destination.”

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests, security, and stability in Europe and Africa.



U.S. Navy

Sailors from the Spearhead-class expeditionary fast transport ship USNS Trenton (T-EPF 5) render assistance to mariners in distress that they encountered while conducting routine operations in the Mediterranean Sea, June 12, 2018. U.S. 6th Fleet, headquartered in Naples, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



A Coast Guard Air Station Cape Cod MH-60 Jayhawk helicopter flies over the ocean. The Jayhawk is equipped for search and rescue, law enforcement, and homeland security missions.

Petty Officer 3rd Class Andrew Barresi

Coast Guard assists 4 people, 1 dog stranded on island off Cape Lookout, NC

From U.S. Coast Guard 5th District Mid-Atlantic Public Affairs

WILMINGTON, N.C.

Coast Guard crews assisted four people and their dog after their vessel ran aground near Cape Lookout Sunday evening.

TowBoatUS personnel notified watchstanders at Sector North Carolina’s command center in Wilmington at 9:40 p.m. that a 20-foot vessel was taking on water in the vicinity of Shark Island, which is about 500 yards south of Cape Lookout.

A 47-foot Motor Life Boat crew from Station Fort Macon in Atlantic Beach and an MH-60 Jayhawk helicopter crew from Air Station Elizabeth City launched to assist.

When the Coast Guard crews arrived on scene, they found that the boat had run aground and the people were stranded in knee-deep water on the edge of Shark Island.

The helicopter crew hoisted all four adults and their dog from the island and transported them to Michael J. Smith Field in Beaufort.

There were no reported injuries or pollution. The boat’s owner is arranging salvage plans with TowBoatUS.

“We are thankful that the individuals did not attempt to swim back to shore,” said Coast Guard Lt. j.g. Nicholas Kealy, co-pilot of the Jayhawk helicopter crew. “The current is significantly strong in that area, and it could have put them in a dangerous situation. We are glad they showed great judgment and called for help.”

FINANCE | *New financial literacy app*

Continued from A1

the updated app includes information about NSIPS now allowing Sailors to view their BRS status and elect Continuation Pay. There is also now a link to the BRS Comparison Calculator to help opt-in eligible Sailors compare the legacy retirement system with the BRS so that they can make an educated decision on which retirement system is right for them.”

Targeted primarily to Sailors, the app also serves as a valuable tool for Navy family members. Users can explore issues like managing their credit, building a spending plan, home buying, moving, as well as how to navigate survivor benefits, insurance and the Thrift Savings Plan among many other topics.

The Navy Financial Literacy mobile application is available for download at the Navy App Locker at www.applocker.navy.mil for both Apple and Android devices. The U.S. Navy Sea Warrior Program (PMW 240) produced the app and Tracen Technologies Inc., a company that specializes in integrated mobile and web solutions, developed the software.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

INDIANA | *Ship to be commissioned in Sept.*

Continued from A1

Navy redesigned approximately 20 percent of the ship to reduce acquisition costs. The new submarine features a redesigned bow, which replaces 12 individual Vertical Launch System tubes with two large-diameter Virginia Payload Tubes each capable of launching six Tomahawk cruise missiles, among other design changes that reduced the submarines’ acquisition cost while maintaining their outstanding warfighting capabilities.

Indiana has special features to support SOF, including a reconfigurable torpedo room which can accommodate a large number of SOF and all their equipment for prolonged deploy-

ments and future off-board payloads. Also, in Virginia-class SSNs, traditional periscopes have been replaced by two photonics masts that host visible and infrared digital cameras atop telescoping arms. Through the extensive use of modular construction, open architecture and commercial off-the-shelf components, the Virginia class is designed to remain at the cutting edge for its entire operational life through the rapid introduction of new systems and payloads.

For more information on the future USS Indiana (SSN 789) and the commissioning ceremony, contact the Submarine Force Atlantic Public Affairs office at USFF_COM-SUBLANT_NFLT_PAO@navy.mil.

For more news from Commander, Submarine Forces, visit www.navy.mil/local/sublant/ or www.facebook.com/sublant/.



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Making the grade:

The U.S. Navy's Historically Black Colleges and Universities/Minority Institutions (HBCU/MI) program recently was named a "Top Supporter of HBCU Engineering Schools" by U.S. Black Engineer and Information Technology magazine.

» See **B6**

SECTION B | FLAGSHIPNEWS.COM | 06.21.18

OAK HILL HOSTS MIDSHIPMEN FOR SUMMER TRAINING PROGRAM DURING BALTOPS 2018



MC3 Michael H. Lehman

Lt. Anna Hosig, gives seamanship training to midshipmen aboard the Harpers Ferry-class dock landing ship USS Oak Hill (LSD 51) as the ship departs Klaipeda, Lithuania June 3, 2018. Oak Hill, home-ported in Virginia Beach, Virginia, is conducting naval operations in the U.S. 6th Fleet area of operations.

By MC3 Michael H. Lehman

BALTIC SEA

Twenty-five midshipmen embarked the Harpers Ferry-class dock landing ship USS Oak Hill (LSD 51) during exercise Baltic Operations (BALTOPS) 2018 for a summer training surface warfare cruise, June 2.

The midshipmen summer training program provides U.S. Naval Academy and college Naval Reserve Officers Training Corps (NROTC) midshipmen the opportunity to experience the daily lives of officer and enlisted Sailors in the fleet while executing their mission at sea.

Throughout the training program, midshipmen had the opportunity to observe and participate in various evolutions, including getting underway from Klaipeda, Lithuania, deck landing qualifications with U.S. and international helicopters, and amphibious operations with the 350 embarked Marines and their equipment.

The midshipmen also took part in a distinguished visitor day in which Vice Adm. Lisa M. Franchetti, Commander, U.S. 6th Fleet and Commander, Naval Striking and Support Forces NATO, and Dalia Grybauskaite, the president of Lithuania, came aboard Oak Hill to observe an amphibious assault demonstration during BALTOPS.

Despite the high-speed tempo of this joint, multi-national NATO exercise, Franchetti took time to speak with the midshipmen following the amphibious assault demonstration.

"There is no doubt that you won the lottery when it comes to midshipmen cruises," said Franchetti. "At the tactical level, you are underway in the Baltic Sea on an amphibious ship, conducting amphibious operations with our NATO allies. Operationally, you are able to work with our allies and partners in a strategically important area of the world."

Franchetti said that no matter what service the midshipmen select upon commissioning, they will now have a better insight into the Navy's joint, combined capability as a result of their time on Oak Hill during BALTOPS.

"The president of Lithuania and other foreign nationals came aboard the ship," said Midshipman 3rd Class Moses Tauteoli, from Salt Lake City. "Being able to see everyone work together and execute the mission has been an eye-opening experience."

Upon arrival to Oak Hill, the midshipmen were paired with "running mates" — junior officers and exceptional enlisted Sailors to help train them and provide mentorship.

"The midshipmen being paired with enlisted Sailors gives them the opportunity to be on the deck plates with us and see first-hand what we do on a day-to-day basis," said Engineer 2nd Class Jakob Armstrong, from Mattoon, Illinois. "It makes me feel good knowing that I had a hand in molding a future division officer who will lead Sailors just like me."

The running mates are one of the many important pieces of the overall framework designed to make the most of the limited time that midshipmen will spend on Oak Hill before

returning to the U.S. for other training and summer leave.

"We built a robust schedule of events that encompasses several question and answer sessions, ship tours, training briefs and various leadership opportunities," said Lt. j.g. Kevin Banks, the training officer aboard Oak Hill. "Every officer aboard Oak Hill helped shape the program into a positive and insightful experience for our midshipmen."

Cmdr. Rod Jacobo, executive officer of Oak Hill, hosted nightly leadership lessons with the midshipmen.

"Even with all the operations going on, the executive officer has taken the time to meet with us every night to ensure we are having a productive training cruise," said Tauteoli. "Other officers aboard the ship have come to us and shared their stories and what they have learned, so when we enter the fleet we can put our best foot forward."

Tauteoli said that this cruise has helped him determine where to focus his studies and what to do with his remaining time at the Naval Academy to help support the enlisted Sailors he will eventually lead.

"Seeing the leadership of the officers and understanding that the crew is the most important aspect of any ship are the single greatest experiences I have gotten from this program," said Tauteoli.

BALTOPS is the premier annual maritime-focused exercise in the Baltic region and one of the largest exercises in

» See **BALTOPS** | B7



MC1 Nardel Gervacio

Secretary of the Navy Richard V. Spencer observes training in the Littoral Combat Ship (LCS) simulator during a visit to Surface Warfare Officers School (SWOS) Command.

SECNAV visits Surface Warfare Officers School

By MC1 Nardel Gervacio

Surface Warfare Officers School Public Affairs

NEWPORT, R.I.

Secretary of the Navy Richard V. Spencer visited the Surface Warfare Officers School (SWOS) Command, June 12, to speak with students and get a firsthand look at surface warfare training.

Upon his arrival, Spencer was greeted by SWOS Executive Officer Capt. Timothy Wilke alongside command leadership, Execu-

tive Director Richard Callas and Command Master Chief Randy Bell.

While at SWOS, Spencer observed the capabilities of the school and listened to feedback from Sailors. He met with a group of Advanced Division Officer Course (ADOC) and department head students for a roundtable lunch session to discuss the future of the Navy, the Navy's budget, and shipbuilding priorities before touring the facilities.

"I thought it was very constructive, and he took the time to answer questions that everyone had," said Lt. j.g. Cory M. Roberts of Santa Barbara, Calif., an ADOC student. "I'm really excited for his plan and the future, not just in the surface warfare

» See **SECNAV** | B7

US, Thailand continue to expand partnership with 24th CARAT exercise

By Lt. Clyde Shavers

CTF 73/DESPRON 7 Public Affairs

PATTAYA, THAILAND

The U.S. Navy and Marine Corps, and Royal Thai navy began the 24th iteration of the Cooperation Afloat Readiness and Training (CARAT) exercise series in Pattaya, Thailand, June 14.

The multi-nation exercise series is organized in bilateral phases with regional nations and is designed to enhance capabilities in a broad spectrum of naval operations. The exercise series features cooperative evolutions that highlight the ability of partner nations to work together towards the common goal of ensuring a free, open, and stable Indo-Pacific maritime security environment.

"Twenty-four years of engagement through CARAT speaks volumes about the maritime partnership between the U.S. and Thailand," said Rear Adm. Joey Tynch, commander, Task Force 73. "We appreciate the commitment of our partners from the Royal Thai Navy for bringing their enthusiasm, knowledge and perspectives each year to this exercise that allows both navies to strengthen bonds while learning valuable skills from each other."

The guided missile destroyer USS Mustin (DDG 89), expeditionary fast transport USNS Brunswick (T-EPF 6), diving and

salvage ship USNS Salvor (T-ARS 52) and a maritime surveillance aircraft P-8 Poseidon will participate in cooperative evolutions at sea alongside the Royal Thai Navy while Marine forces will engage in jungle training and live fire evolutions. Construction projects will occur at a local school conducted by the Naval Mobile Construction Battalion (NMCB) 5 and table top exercises and symposiums involving medical personnel, mine countermeasures experts, diving and salvage crews, and explosive ordnance disposal technicians will enhance the complexity and diversity of the training.

"We are pleased to operate at sea alongside our friends and partners from the U.S. Navy," said Capt Thumrong Supunpong, commander, Royal Thai Navy exercise task unit. "This CARAT exercise provides valuable opportunities for our navies to learn from each other and increase our ability to work cooperatively together in a variety of realistic scenarios. We are grateful to the U.S. Navy for their enduring partnership with the Royal Thai Navy."

CARAT builds upon other engagements and exercises with Thailand to include Pacific Partnership, the largest annual multi-lateral humanitarian assistance and disaster relief preparedness mission, Southeast Asia Cooperation and Training (SEACAT) involving more than a dozen partner nations, and Cobra Gold, Indo-Pacific's largest multinational exercise. These engagements serve to enhance information sharing and coordination, build mutual warfighting capability and support long-term regional cooperation.

"The CARAT exercise series provides a unique and vital opportunity for our navies to

» See **CARAT** | B7

REALIZING IT’S NOT ALL ABOUT ME

By Lisa Smith Molinari

“Honey, my job is a priority,” my husband reminded, after saying that he would not be home to help me pack for our family vacation. Every summer, Francis’ work seems to get in the way of our annual beach trip. It’s become tradition for me to do all the planning, packing, dog-ken-neling, kid-nagging, and driving to North Carolina, while Francis shows up late “because he has to work.”

This year, Francis was not only going to arrive at the beach after I’ve made beds and chilled beverages, he was also departing early “for work,” leaving me to clean, re-pack, and make the twelve-hour drive home.

So, I was feeling sorry for myself.

“Military spouses are expected to do everything,” I thought while wrestling the heavy mower down the steps of our shed. The grass was so long, I had to stop every lap to empty the clippings. My nails were stained green, a flying bit of mulch speared my shin, and I stepped in dog doo ... twice.

“I’m too old for this,” I grumbled to myself.

At one point, I saw my 80-something-year-old neighbor, Sandy, waving a crumpled tissue at me from her side of the fence.

“How have you been?” I asked after silencing the mower.

“I have a problem with my teeth,” she said, oddly. She went on to explain that her dog, a huge labradoodle named Zoey, had chewed up her bridge. I noted gaps in her molars as she spoke.

“Oh, I just love your dog,” she said, looking over at our yellow lab. “What’s her name again?”

“He’s male, and his name is Moby.” I had told her this many times before.

“You know,” she said, gesturing excitedly to the street with her hand, “she got out and came over to my kitchen door one day!” Sandy had also told me this before, about how smart our dog must be to have found Zoey’s house. “Your dog loves Zoey. What’s her name again?”

We went around in circles like this a few more times, talking about the same things we always talked about — our dogs, which pine trees shed

too many needles, Sandy’s old house in Connecticut. I glanced down at my watch. Still so much to do to get ready for vacation. I tried to make a break for it.

“Hey, could you come over with your dog so I can show you my cabin?” Sandy pleaded. She had asked to show me her little log house several times since we moved to the neighborhood a year ago, but I had always avoided it. This time, guilt got the better of me.

We entered Sandy’s kitchen door, and she giggled when Moby lapped from Zoey’s bowls. She shuffled me through her tiny kitchen, an unused

guest bedroom, and the log living room. Home Shopping Channel was on the television. A dusty ceramic Christmas tree sat on the mantle with cards from her grown children who lived out of state. Sandy told me to climb the stairs to the loft to see the dollhouse that she had put there in case grandchildren ever visited.

They were too old for dolls now.

Having seen her cabin, I poised myself to make an exit. “Sit for a minute, would you?”

Sandy gestured to a creaky wicker settee and smiled widely despite the gaps in her molars. “I’ll open the window so we can smell the sea.”

Sandy talked more about her old house in Connecticut, her grown children, and the dogs, before she asked me if I wanted to see

her doll house. I explained that I’d already seen it.

“Oh, yes ... what’s your name again?” I wrote my name, address, phone number and “Moby (male dog)” in large block letters on an index card Sandy retrieved from a kitchen drawer.

“You can bring Zoey over to play at my house next time,” I told her.

Walking home, I remembered the board games I needed to pack, the damp grass I needed to cut, the laundry I needed to finish, and the 12-hour drive I had to make to the beach with the kids.

And I was grateful.
www.themeatandpotatoesoflife.com



Which wife are you? Are you embracing YOUR role?

By Amanda-Lee Pitzer

I have impact the unique opportunity to be a part of many groups of military spouses on social media. There are new spouses, old spouses (um...no. Not old. Seasoned.) regionally connected spouses, enlisted and officer spouses.

The pages operate in drastically different manners. One in particular is full of questions. A LOT of questions. Another is much quieter. I find myself much more active on the first page.

I mean, I wish I had someone to help me out for my first deployment. I don’t always know every answer, but I try to answer anything I can. Maybe it is because I’m a teacher by trade—and I’ve been trained to believe that there are no dumb questions. (Okay, whoever said that is crazy. There are dumb questions!) But either way, there are only so many people than can answer those questions, so if I can help, I do.

On a different page there was a discussion and I was really impacted by a statement I read. One of the seasoned spouses spoke up in regards to new wives. She mentioned that at one point, we were all the new wife. While we didn’t have social media to air our problems and questions, we still had the same problems and questions. She went on to say that our role is to support and train the ones that are figuring out this life. After all, it was a Chief’s wife that took her hand during her first deployment and walked her through it. She gave all the credit to that woman who selflessly answered her questions, even the dumb ones, knowing that she was a scared young wife who just needed guidance.

So which wife are you and what is your role? I can tell you from experience that everyone has a role. Even those of you that have no idea what is going on yet.

New Wife: Your job is to learn. Knowledge is power. You will spend a lot of this life figuring out things on your own; wouldn’t life be easier if you could sit down and learn from those that have done this life already? Take advantage of the opportunity to ask questions. Also...please listen when they are trying to help you. As a teacher, there is nothing more discouraging than trying to help a student that refuses to listen. If we are taking the time to talk to you, it is worth your time to listen.

The Seasoned Wife: Your job is to teach. The fact of the matter is, one day my husband will retire and we will leave this life. As much as I’m looking forward to that day, it saddens me at the same time. I can either keep in all that I have learned for my own use, or I can pass it on to someone that will use it for years to come. Our military is only as strong as the families that stand behind them. Our role is to mentor those left behind. Yes, the military now is totally different than it was 15, 20, 25 years ago...but it’s still difficult. They are still full of fear and uncertainty. Be the one that they tell a story about years from now when they are guiding a new spouse. Be the one that made an impact and taught them to do the same.

NavyLife 101



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Press briefing by James G. Foggo, Commander of Joint Force Command Naples and Vice Admiral Ketil Olsen, Military Representative of Norway to the NATO Military Committee

NATO photo

Commander describes Exercise Trident Juncture effort, planning

By Jim Garamone
DoD News, Defense Media Activity

WASHINGTON

NATO is preparing for its largest military exercise since 2002, with more than 40,000 personnel from 30 NATO and partner countries participating.

The NATO commander of the exercise, Navy Adm. James G. Foggo III, briefed reporters on the planning for Exercise Trident Juncture 2018 at NATO headquarters in Brussels yesterday. Foggo is the commander of NATO’s Joint Force Command based in Naples, Italy. He’s also commander of U.S. Naval Forces Europe and Africa.

Norwegian navy Vice Adm. Ketil Olsen, his nation’s military representative to the NATO Military Committee, also briefed.

Deterrent, Defense

The aim of the exercise is to provide a deterrent effect and

defense against “any threat, from any direction, at any time,” Foggo said.

Trident Juncture demonstrates that NATO is relevant, united and ready to defend itself employing collective defense, Foggo said. The exercise’s scenario posits a violation of the sovereignty of a NATO ally — in this case, Norway.

Under NATO’s Article 5, collective defense means an attack on one ally is considered as an attack against all allies.

The main exercise is scheduled for Oct. 25 to Nov. 7 in and around Norway with a preliminary exercise in the waters off Iceland Oct. 15-17.

Personnel from all U.S. services will participate in the exercise. Sweden and Finland will also participate.

The core of the exercise is the NATO Response Force. The exercise will serve to qualify the force as combat ready. “Within this exercise we will have the 5,000-person Spearhead Force — the Very High Readiness Joint Task Force exercising in Norway,” Foggo said.

Challenging Exercise

Trident Juncture will be a challenge, Olsen said.

“Statistically, there will be rain and/or snow and wind. And, there actually might be a lot of it,” he said.

Foggo said the exercise will also test alliance logistics capabilities to land a large force and sustain that force.

“The plan is to upsize the Joint Force Headquarters with a larger contingent of logisticians,” he said.

NATO “is about defend and deter,” Foggo said. “We don’t look for reasons to conduct offensive operations, anywhere. It’s a defensive alliance. That’s what Article 5 is all about.”

Much of the exercise planning has taken place in the unclassified realm, including the dates of the exercise and the relative size of the national contingents, Foggo said.

“One of NATO’s strengths is we have nothing to hide,” he said. “This is a demonstration in a very transparent way of a capability, and we want people to know that.”

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Commander of U.S. Naval Forces Japan holds emergency preparedness town hall

By Kristina Doss
U.S. Fleet Activities Yokosuka Public Affairs Office

YOKOSUKA, JAPAN

The admiral in charge of all U.S. Naval installations in Japan recently hosted a forum in Yokosuka to discuss the region’s refocus on emergency preparedness.

Rear Adm. Greg Fenton, Commander of U.S. Naval Forces Japan and Navy Region Japan, held a town hall on board U.S. Fleet Activities Yokosuka, June 11, to inform Navy families about the importance of being prepared for disasters and emergency evacuations.

A key way for families to prepare for emergencies ranging from destructive tropical cyclones to armed conflicts, Fenton said at Yokosuka’s Fleet Theater, is completing the Emergency Evacuation Program (EEP) packet. The EEP is a newly revamped bundle of documents that will serve as families’ ticket out of Japan in the unlikely event that an evacuation is called for by the U.S. government.

“When you show up [to an evacuation point] and you hand that package to the person who’s going to handle your transportation out of Japan, he or she will know exactly where to [look] in that package and get the information they need,” Fenton said. “Names, total number of people, ages, passport information; all that stuff is already there.”

Fenton’s town hall in Yokosuka was the third stop on a countrywide tour of U.S. military installations in Japan.

Besides sharing information about disaster preparation and the EEP packet, the town hall gave Yokosuka families an opportunity to ask Fenton and other Navy leaders questions. The



U.S. Navy graphic

questions covered a number of topics including information about preparing kids for emergencies, school coordination and non-U.S. citizen spouses.

Navy spouse Karin Cestaro said she was drawn to the town hall to get emergency preparedness information from an official source, especially with typhoon season being here and natural disasters such as volcanic eruptions dominating television news, Facebook and spouse discussions.

“It brings questions to the forefront of everyone’s mind. What happens when it’s here?” Cestaro said.

Capt. Jeffrey Kim, Commanding Officer of Fleet Activities Yokosuka, was also on hand at the town hall and highlighted the importance of signing up for the Computer Desktop Notification System (CDNS), the key way for the Fleet Activities Yokosuka community to find out about emergencies.

CDNS is a multilayered system, Kim said at the event, allowing community members who sign up to receive simultaneous notifications to government computers, home, work and mobile telephones, and email.

“CDNS is the voice of this base, immediately alerting people to impending emergency situations,” Kim said.

At the end of the event, Fenton acknowledged preparation — especially the EEP packet — may take time, but it’s better to start chipping away at it now than waiting to fill out the paper work during an emergency.

“How ready are you?” Fenton asked. “That’s really what I want the big takeaway [to be] here tonight.”

For a copy of the EEP packet, visit Fleet Activities Yokosuka’s Emergency Management page at http://cnic.navy.mil/regions/cnrj/installations/cfa_yokosuka/om/emergency_management.html.

For information on how Fleet Activities Yokosuka community members can register for CDNS, visit the installation’s home page http://cnic.navy.mil/regions/cnrj/installations/cfa_yokosuka.html and scroll to the bottom.

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

For more news from Commander Fleet Activities Yokosuka, visit www.navy.mil/local/cfay/.

NAVSUP REFORM IS MAKING WAY

By Benjamin Benson
NAVSUP Office of Corporate Communications

MECHANICSBURG, PA.

Naval Supply Systems Command’s (NAVSUP) reform program to improve business processes and help increase lethality of the force has started with initiatives to improve data analytics and contracting.

“As our armed forces adapt to a faster-paced, more complex, and increasingly competitive security environment, NAVSUP is reforming to meet the changing needs to ensure mission success,” said NAVSUP Commander Rear Adm. Jonathan A. Yuen. “Driving our reform initiative is a desire to realign so we are closer to our customers, to help them get what they need quicker and with better effectiveness.”

To implement the reform, NAVSUP stood up a Project Management Office to coordinate enterprise actions, which are organized around a series of core and enabling efforts. Each element is led by one of NAVSUP’s senior leaders, with teams focused on implementing key aspects of the reform program. Two efforts, “Digital Accelerator” and “Responsive Contracting,” have started the reform process with significant initiatives.

Digital Accelerator

“The digitization effort aims to better exploit the mountains of data NAVSUP collects every day to garner insights into the way its customers behave,” said NAVSUP Assistant Commander for Supply Chain Technology Kurt Wendelken, who is leading this effort. “The concept is to make more real-time data readily available to the user to enable better decision-making at every level.”

This effort serves as an enabler for the core reform initiatives by improving data analytics and new digital technology throughout programs and processes. As all business processes are enabled by information technology (IT) in some way, this effort injects IT as a part of the innovation process rather than an afterthought. The Digital Accelerator’s primary function will be to quickly develop and prototype concepts that are conceived as the business processes are being re-worked and re-imagined.

The Digital Accelerator team is developing a first prototype named “ContractsPro,” which they plan to have ready to test later this summer. Finding that several contracting processes were problematic, slow and needed more oversight, ContractsPro is designed to address process problem areas, enabling these processes to be completed more quickly in a standardized, accurate manner.

After the team’s concepts are applied to enable the reform core efforts, they may be integrated across the NAVSUP Enterprise, rolling IT prototyping into broader innovation efforts.

Responsive Contracting

Led by NAVSUP Weapon Systems Support (NAVSUP WSS) Director of Contracts Capt. Cody Hodges, “responsive contracting” is a core effort to increase the efficiency of the contracting process. “Our goal is to speed up contracting by attacking inefficiencies throughout the entire acquisition process, from the generation of the requirement through the award of the contract. Ultimately, we will make the processes easier for the customers and the contracting officers, which should result in getting parts to the warfighter faster,” said Hodges. “Increasing our contract responsiveness will benefit the entire supply chain, and better position our command to accomplish our mission.”



Shannon Haney
Rear Adm. Jonathan A. Yuen, right, commander, Naval Supply Systems Command (NAVSUP) and Kim Tanita, left, district service manager tour the floral department of the Navy Exchange (NEX) in Pearl Harbor.

Focusing on both NAVSUP WSS’s aviation and maritime contracting, the team found gaps in requirements package generation, as well as areas throughout the acquisition workflow. The weaknesses they identified often required lengthy back-and-forth clarifications, re-work, and ultimately long time-delays impacting NAVSUP’s customers.

The team started the reform effort with extensive stakeholder interviews, followed by collaborative workshops identifying 62 potential solutions. They narrowed these down to 11 pilot solutions that the cross-functional pilot teams will further develop in the coming months.

One pilot project is developing an automated requirements generation checklist to ensure customer packages are easier to submit from the start. This team is comprehensively aligning roles and responsibilities for process ownership in requirements package generation that will help the customer and the contracting officer better understand what each other needs to do to execute a purchase request. Another pilot project involves realigning contracting teams to improve customer support.

“These efforts will lead to immediate contracting efficiencies at NAVSUP WSS, while also laying the foundation for enterprise-wide improvements,” said Hodges. “The streamlined acquisition processes we are developing will improve communication and reduce redundancy, rework and frustration across the acquisition workforce. These reforms will help NAVSUP improve customer satisfaction, and ultimately increase fleet readiness.”

Future Reform Efforts

While some of NAVSUP’s core and enabling reform efforts have already started, others will kick off in the next few months. The goal is for all efforts to be executed over the next 18 months. In the end, this initiative will evolve the NAVSUP operating model to adapt to the changing environment and remain always ready, resourceful, responsive!

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

For more information, visit www.navsup.navy.mil, www.navy.mil/local/navsup, or follow us at www.facebook.com/navsup and <https://twitter.com/navsupsyscom>.

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AMPHIBIOUS RAPID DEPLOYMENT BRIGADE SETS SAIL

Lance Cpl. Hannah Hall

Japan Ground Self-Defense Force service members join U.S. Marines and Sailors, to celebrate an amphibious warfare exercise at Camp Ainoura, Sasebo, Japan, May 16, 2018. Marines and Sailors with Combat Logistics Battalion 31, 31st Marine Expeditionary Unit, joined the Japan Ground Self-Defense Force service members to embark with the newly formed Amphibious Rapid Deployment Brigade to enhance the ARDB's capabilities to deal with various situations on islands. The 31st MEU, the Marine Corps' only continuously forward-deployed MEU, provides a flexible force ready to perform a wide range of military operations.

By Lance Cpl. Hannah Hall

CAMP AINOURA, SASEBO, JAPAN

Marines and Sailors with Combat Logistics Battalion 31, 31st Marine Expeditionary Unit (MEU), and Japan Ground Self-Defense Force (JGSDF) service members completed training with the newly formed JGSDF Amphibious Rapid Deployment Brigade (ARDB) in Sasebo, Japan, May 24. The ARDB combines Japanese air, ground and sea forces, similar to a U.S. Marine Corps Marine Air-Ground Task Force.

The ARDB, established March 27, 2018, is the Japanese government's concept to deal with various situations on islands. The ARDB combines ground forces, aviation support, and logistical capabilities into a cohesive unit capable of reacting to a variety of scenarios, including self-defense and humanitarian assistance-disaster relief.

"We have so many challenges and have to improve our capabilities," said JGSDF Lt. Col. Ken Tsuneda, commanding officer, Logistics Battalion, ARDB. "In this exercise, we were able to partner with the Marine Corps and gain knowledge."

The Marines and Sailors observed and gave their advice to the ARDB on how to improve their skills moving forward. The JGSDF service members are excited for the next exercise, according to Tsuneda, "It was a very nice opportunity and the exercise was the first step toward a new partnership."

"It has been a great experience, we always look forward for the opportunity to train with our allied partners," said Capt. Juan Ituriaga, a supply officer with CLB-31. "We were able to learn from their tactics and best practices while sharing our own as well, meanwhile growing stronger together."

The 31st MEU is the only continuously forward-deployed MEU and is capable of accomplishing a wide variety of military operations including humanitarian assistance and disaster relief, regional security and non-combat evacuation.



Lance Cpl. Hannah Hall

Japan Ground Self-Defense Force service members load equipment onto the LST Type SHIMOKITA during an amphibious warfare exercise at Camp Ainoura, Sasebo, Japan, May 16, 2018. Marines and Sailors with Combat Logistics Battalion 31, 31st Marine Expeditionary Unit, joined the Japan Ground Self-Defense Force service members to embark with the newly formed Amphibious Rapid Deployment Brigade to enhance the ARDB's capabilities to deal with various situations on islands. The 31st MEU, the Marine Corps' only continuously forward-deployed MEU, provides a flexible force ready to perform a wide range of military operations.

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MC3 Michael H. Lehman

Capt. Brian Finman, deputy commodore of Amphibious Squadron 4, gives seamanship training to midshipmen aboard the Harpers Ferry-class dock landing ship USS Oak Hill (LSD 51) as the ship departs Klaipeda, Lithuania June 3, 2018. Oak Hill, home-ported in Virginia Beach, Virginia, is conducting naval operations in the U.S. 6th Fleet area of operations.

BALTOPS | Oak Hills summer training

Continued from B1

Northern Europe enhancing flexibility and interoperability among allied and partner nations.

Oak Hill is deployed in the U.S. 6th Fleet area of operations conducting naval operations in support of U.S. national security interests in Europe and Africa to enhance capability and interoperability with our allies and partners in the region.

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For more information, visit www.oak-hill.navy.mil.

SECNAV | Visit to Surface Warfare school

Continued from B1

community, but the Navy overall.”

The tour included the Conning Officer Virtual Environment (COVE) station for navigation and shiphandling training, which simulates every class of ship in the U.S. Navy and all their homeports, in addition to routine ports of call in the world. Spencer also observed the Littoral Combat Ship (LCS) Simulator where students learn to handle the ship without the backup of a large bridge team.

“It was an honor to have him here, and we really appreciated his sincere interest in what we do,” said Navigation, Seamanship and Shiphandling Director Bud Weeks. “[We were] able to demonstrate to him the process of our training and to discuss ways in the future on how we can make what we do here better.”

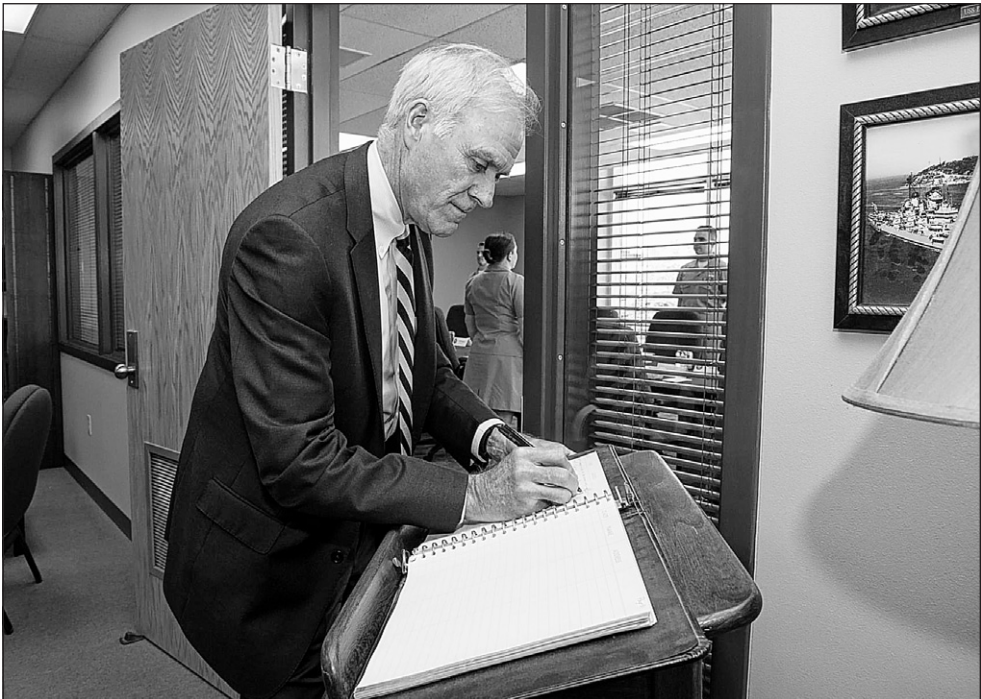
Before departing SWOS, Spencer, impressed with the leadership and the organization at the command, ended the tour by simply saying, “World-class leadership.”

Headquartered in Newport, R.I., and overseeing nine learning sites worldwide, SWOS readies sea-bound Sailors to serve on surface combatants as officers, enlisted engineers, and enlisted navigational professionals to fulfill the Navy’s mission to maintain global maritime superiority.

For more information about Surface Warfare Officers School, visit <http://www.netc.navy.mil/centers/swos/> or <http://www.facebook.com/SWOSCOL-COM/>.

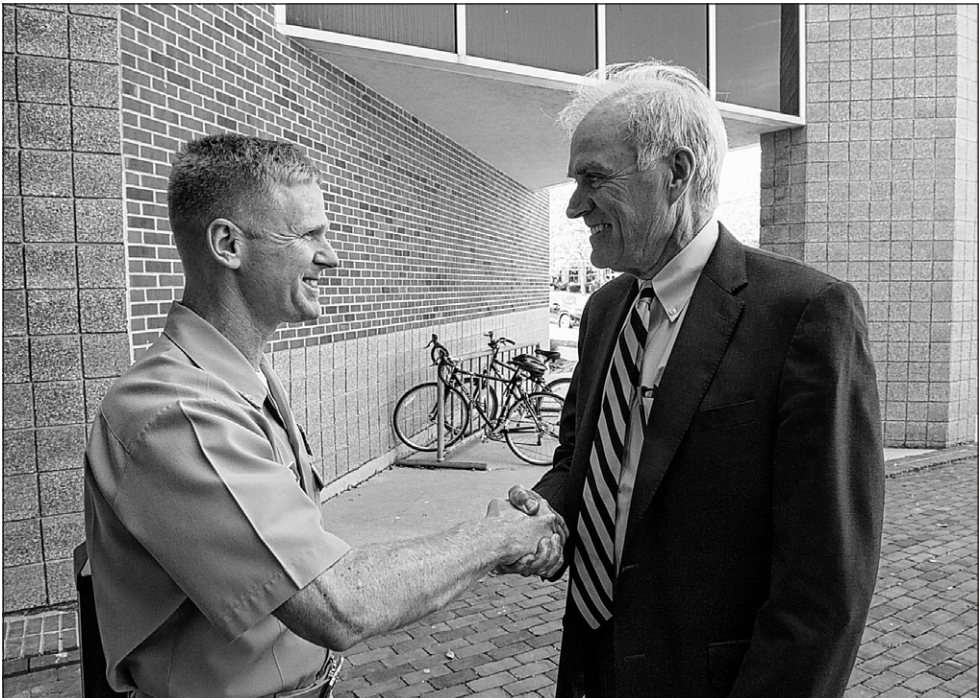
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Photos by MC1 Nardel Gervacio

Secretary of the Navy Richard V. Spencer signs a guestbook during a visit to Surface Warfare Officers School (SWOS) Command.



Capt. Timothy Wilke, executive officer, Surface Warfare Officers School (SWOS) Command, greets Secretary of the Navy Richard V. Spencer during a visit to SWOS.



Bud Weeks, navigation, seamanship and ship handling director at Surface Warfare Officers School (SWOS) Command, discusses training with Secretary of the Navy Richard V. Spencer during a tour of the Conning Officer Virtual Environment trainer.

CARAT | US and Tawain continue partnership

Continued from B1

understand the challenges inherent in a complex maritime environment, and on how to work through them in a cooperative manner,” said Capt. Lex Walker, commodore of Destroyer Squadron 7. “Having been part of last year’s CARAT exercise, this year marks a significant growth in our collective ability to work together in even more sophisticated scenarios, and I look forward to continuing this effective engagement next year and beyond.”

Additional phases of CARAT will occur in Indonesia, Malaysia, Brunei and Bangladesh in 2018 along with similar maritime training engagements and activities with Vietnam and the Philippines.

Commander, Logistics Group Western Pacific/Task Force 73 is the executive agent for more than 20 bilateral and multilateral security cooperation exercises with 14 nations in South and Southeast Asia. The command and staff also oversees more than 50 ships and operational naval logistics forces in the Western Pacific and Indian Oceans, forward deployed littoral combat ships, and a Navy region ashore.

For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.



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9:30pm - 10:45pm:
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SATURDAY, JUNE 23rd

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3:30pm - 4:30pm:
DJ

4:45pm - 5:45pm:
Kimberly
"La Guerrera"

6:15pm - 7:15 pm:
Elastic Bond

7:45pm - 8:45pm:
Steve Style

"Ex Grupo Xtreme"

9:30pm - 10:45pm:
Luis Enrique

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Latin Village**

Noon - 12:45pm:
DJ

12:45pm - 1:15pm:
Los Acoustic Guys

1:30pm - 2:00pm:
Ballet Folklorico Mexican
Tradition of Julio Ruiz

2:15pm - 3:00pm:
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BORN TOGETHER, WORLDS APART

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

By Public Affairs Specialist Jay Cope
Commander, Navy Region Southeast

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

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

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

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

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

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

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

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

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

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

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

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



the same movies, and more.

Military Career

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

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

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

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

» See TWINS | C2



Photos courtesy Kathryn Bennett

Suffolk Wounded Warrior competes in Department of Defense Games

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

COLORADO SPRINGS, COLO.

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

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

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

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

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



Courtesy David Mills

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

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

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

» See GAMES | C2

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

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

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

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

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

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

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

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

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

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

an obstacle.

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

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

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

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

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

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

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

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

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

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

Creative sides: Think outside the box when it comes to

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

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



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

NITRO CIRCUS

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

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

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

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

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

believable.”

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

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

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

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

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

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

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HEREDITARY (R)

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

OCEAN’S 8 (PG-13)

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

ADRIFT (PG-13)

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

ACTION POINT (PG)

Johnny Knoxville stars as D.C., the crackpot owner of a low-rent, out-of-control amusement park where the rides are designed with minimum safety for maximum fun. Just as D.C.’s estranged teenage daughter Boogie comes to visit,



Barry Wetcher

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

a corporate mega-park opens nearby and jeopardizes the future of Action Point. To save his beloved theme park and his relationship with his daughter, D.C. and his loony crew of misfits risk everything to pull out all the stops — and stunts — making for another wild ride.

SOLO: A STAR WARS STORY (PG-13)

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

THE AVENGERS: INFINITY WAR (PG-13)

An unprecedented cinematic journey ten years in the making and spanning the entire Marvel Cinematic Universe, Marvel Studios’ “Avengers: Infinity War” brings to the screen the ultimate, deadliest showdown of all time. The Avengers and their Super Hero allies must be willing to sacrifice all in an attempt to defeat the powerful Thanos before his blitz of devastation and ruin puts an end to the universe.

DEADPOOL 2 (R)

After surviving a near fatal bovine attack, a disfigured cafeteria chef (Wade Wilson) struggles to fulfill his dream of becoming Mayberry’s hottest bartender while also learning to cope with his lost sense of taste. Searching to regain his spice for life, as well as a flux capacitor, Wade must battle

ninjas, the yakuza, and a pack of sexually aggressive canines, as he journeys around the world to discover the importance of family, friendship, and flavor - finding a new taste for adventure and earning the coveted coffee mug title of World’s Best Lover.

I FEEL PRETTY (PG-13)

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

A QUIET PLACE (PG-13)

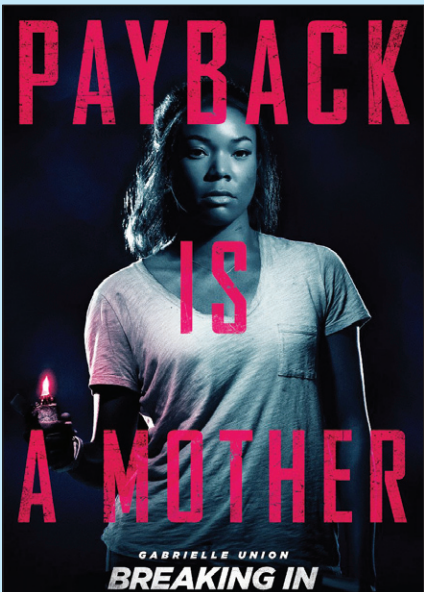
A family is forced to adapt a lifestyle where they live in silence and are full of caution at every act they commit, as they try to remain hidden in sight and sound from intelligently vicious creatures that have begun to override Earth.

LIFE OF THE PARTY (PG-13)

When her husband suddenly dumps her, longtime dedicated housewife Deanna (McCarthy) turns regret into re-set by going back to college - landing in the same class and school as her daughter, who’s not entirely sold on the idea. Plunging headlong into the campus experience, the increasingly outspoken Deanna - now Dee Rock - embraces freedom, fun and frat boys on her own terms, finding her true self in a senior year no one ever expected.

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



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Saturday, June 9

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

Sunday, June 10

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

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

Saturday, June 9

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

Sunday, June 10

12 p.m. I Feel Pretty (PG-13)
3 p.m. Breaking In (PG-13)
6 p.m. Traffik (R)

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3203, 3218, 3286, 3422, 3477

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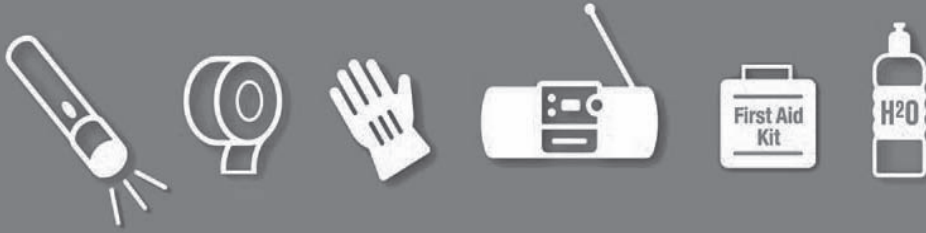


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H20396

Fun and Games

Super Crossword

ACROSS

1 Put a cork in

8 Tribulations

15 Rival of Hertz or Avis

20 Very weak

21 Patty of the LPGA

22 Supped

23 Set a camel's cousin free?

25 In a devious way

26 Toyota model

27 Meadowland

28 Folk stories

30 Belt stabbers

31 Times Square lights

32 —-mo replay

33 Terrible-tasting stadium snacks?

36 Writer — Stanley Gardner

37 — -Z (complete)

38 Wood splitter

39 Reply to the invite

40 Bailing "ma"

41 Very light wood gradually decayed?

45 Annual

47 Low cloud

48 So-o-o slow

51 Piano pieces

52 Easter meat

55 Kitten cry

56 — de plume (pen name)

58 Tutti- —

61 Yale alumni

63 Tall beast

64 makes a low, indistinct sound?

68 Patronize

15-Across, e.g.

72 "It's so-o-o cold!"

73 Pastel color

74 Unearth

Moscow natives?

77 Brewer's kiln

78 California surfing spot

79 Yoko of "Two Virgins"

80 "— -la-lal"

83 — power

84 Cut short

87 Voyaging

Cooking competition reality show

92 2001 Sean Penn drama

95 Skier/shooter carb-loading on tubular pasta?

100 iPhone game, often

101 Vitality

104 Singer Davis

105 "Livin' Thing" rock gp.

106 Load to bear

107 Merciless theater guide?

110 Monkly title

111 "It's — cost you!"

112 Top-tier

113 Certain opera singer

114 River of Switzerland

115 Hank known for hitting

116 Ford debut of '55

118 Tune sung by a robbed singer?

123 "Neon" fish

124 Biting insects

125 Laura — Wilder

126 So far

127 Hall of TV

128 Most profound

DOWN

1 Sault — Marie Canals

2 Painting emulsion with egg yolk

3 Hot in Vegas

4 Runt's quality

5 Hocus- —

6 San — Obispo

7 Claimed psychic skill

8 Bone: Prefix

9 Ostrich kin

10 Costa — Sol

11 Long fish

12 "Two and — Men" (sitcom)

13 Dorothy of the "Road" films

14 Tie-ups

15 Some plugs

16 Pastel color

17 In whatever place

18 Without harshness

19 Long, trying trips

24 Full-scale

29 Reason to turn green?

31 State east of Wyo.

32 Diner freebie

33 Rock's Rose

34 Sob

35 Act like

37 Tillage unit

38 Soaks up

42 \$20 bill dispenser

43 City bond, informally

44 Tip, as one's hat

46 With hands on hips and elbows out

49 TV beatnik Maynard G. —

50 Arizona city on the Colorado

52 "You take it"

53 TV's Trebek

54 Ho Chi — City

57 Writer Puzo

59 Bath mat site

60 Take a shot

62 Stymies

63 Beetle larvae

64 Frenzied

65 — Bator

66 Red-brown

67 Meyers of "Late Night"

69 Doc's gp.

70 Disney frame

71 113-Across solo, often

75 Red Sea gulf

76 Green net user

80 Central Florida city

81 "— be in England ..."

82 Snicker part

84 Panini bread

85 Leg-warming blankets

86 Exemption from penalty

88 "Je t"— (Luc's "I love you")

90 Physicist Curie

91 Diagram of a facility's layout

93 In the style of

94 Actress Kunis

97 Dignify

98 Under-ground passages

99 That, in Spain

102 Levers' pivot points

103 Rolle with a sitcom role

108 Pied-à- — (apartment)

109 Homies' turfs

110 1980 Dom DeLuise film

111 Evaluate

114 Fizzy wine, familiarly

115 Poet Sexton

117 Not "dis," in Brooklyn

119 "Norma —"

120 Hotel cousin

121 Relieve (of)

122 Post-Q run

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Sudoku

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

CryptoQuip

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

Clue: S equals T

FIBM C VYUSNMCSB DIJDHBM

FJMZ SIB AYSSBUR, J FYNAX ZCR

JS JZ XNB SY SIB DANDH YV

SIB XUCF.

Last week's CryptoQuip answer

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

last week's answers

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

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

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