

SUMMER
WATER SAFETY
TIPS

By Susanne Greene
Naval Safety Center Public Affairs

NORFOLK

According to Naval Safety Center data, 16 Sailors and 11 Marines have died in off-duty drownings in the last five years.

One Sailor and two Marines were seriously injured in off-duty water-related incidents as well.

“From 2005-2014, there were an average of 3,536 fatal unintentional drownings (non-boating related) annually in the United States — about 10 deaths per day,” according to the Centers for Disease Control and Prevention (CDC) website. “An additional 332 people died each year from drowning in boating-related incidents.”

The CDC contributes the following factors to unintentional drowning: lack of swimming ability and supervision, lack of barriers and location, failure to wear a life jacket, seizures, and alcohol.

According to Naval Safety Center data, most of the Sailors and Marines who died in off-duty drownings did so while

swimming, kayaking, boating or fishing.

Those who are not strong swimmers should consider taking swimming lessons to reduce the risk of drowning. Lessons are available for both adults and children, and learning how to swim can greatly reduce risks.

Everyone should pay attention to their surroundings and water conditions, and make sure to watch children at all times, whether at the beach or swimming pool. Also, swimming at pools and beaches where life guards are on duty provides less of a risk than swimming alone.

“About one in five people who die from drowning are children 14 and younger,” according to the CDC. “For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries.”

Personnel should also take precautions at home when it comes to pool safety. Placing a barrier fence around the pool and getting a pool alarm help mitigate risks. A fence can help prevent small children from falling into the pool, and an alarm sounds an alert when the pool water is in motion. Both safety features aid in reducing drowning accidents.

If anyone is at risk of seizures, the CDC recommends

supervision whether at the beach or a pool, wearing a life jacket while boating, and taking a shower instead of a bath to prevent accidental drowning in the event of a seizure.

“Potentially, half of all boating deaths might be prevented with the use of life jackets,” according to the CDC.

Alcohol should not be consumed before or while swimming. If supervising children at the beach or pool, no one should consume alcohol at all, as it slows reflexes and interferes with judgment.

“Among adolescents and adults, alcohol use is involved in up to 70 percent of deaths associated with water recreation, almost a quarter of emergency room visits for drowning, and about one in five reported boating deaths,” according to the CDC website. “Alcohol influences balance, coordination, and judgment, and its effects are heightened by sun exposure and heat.”

For more information about water safety and the Critical Days of Summer, visit the Naval Safety Center at <http://www.public.navy.mil/NAVSAFECEN>.

TA increase accelerates
Sailor college degrees

By Ed Barker
Naval Education and Training Professional Development Center
Public Affairs

VIRGINIA BEACH, VA.

The June 1 increase in the Navy’s Tuition Assistance (TA) funding cap has made an immediate difference in the academic lives of numerous Sailors seeking college degrees.

Announced in NAVADMIN 127/18, the Navy removed the fiscal year limit of 16 semester hours (or equivalent) and allowed Sailors to use TA up to the Department of Defense’s (DoD) fiscal year funding cap of \$4,500.

For Sailors nearing or meeting the prior caps, this change represents a dramatic improvement.

“I was able to use the additional funding for the last class I needed to complete my bachelor’s degree,” said Logistics Specialist 2nd Class David Yip, stationed at Marine Helicopter Squadron (HMX) 1 in Quantico, Virginia. “I’ve been working on my degree for nearly five years now, and really appreciate that the increase allowed me to finish my capstone class in business administration.”

Another Sailor who benefited from the TA limit increase was Aviation Structural Mechanic 1st Class William Caldwell, hydraulics and low observable leading petty officer for Strike Fighter Squadron (VF) 147, based out of Naval Air Station Lemoore, California.

“I had tapped-out my TA for this fiscal year, and the extra \$500 enabled me to com-



U.S. Navy
photo illustration

plete a required science class that I might not have been able to afford otherwise,” said Caldwell. “There’s no doubt that my degree will help me both in the Navy and after I retire.”

Under the new cap, TA will continue to be paid up to the current DoD limits of \$250 per semester hour, \$166.67 per quarter hour, or \$16.67 per clock hour up to the total yearly cap of \$4,500. Tuition costs that exceed those limits, in addition to course fees, books, and instructional materials, will remain the Sailor’s responsibility.

Chief Navy Counselor Kristie Freeman, Navy Voluntary Education (VOLED) enlisted advisor, recommends Sailors regularly review their education plan and take full advantage of the expanded TA authority.

“Education specialists from the Navy College Virtual Education Center (NCVEC) and overseas Navy College Offices are available to discuss the TA increase, and recommend other opportunities to earn college credit, such as College Level Exam Program (CLEP) and DSST® exams offered through the Defense Activity for Non-Traditional Education Services (DANTES),” said Freeman. “There are numerous ways Sailors can stretch their TA dollars, and we’re here to help.”

For additional details and more information on TA, see NAVADMIN 127/18 at

» See TUITION | A7



NAVY REESTABLISHES
SAILOR EARLY RETURN-
TO-SEA POLICY

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

In an effort to fill critical billets at sea, the Navy announced June 27 that it has increased detailers’ authority to transfer Sailors from their shore duty assignment earlier than their projected rotation date (PRD).

Announced in NAVADMIN 156/18, the Sailor Early Return to Sea (SERTS) policy enables enlisted rating detailers to begin filling high-priority E4 — E9 sea duty billets by using an increased distribution authority.

“Navy Personnel Command already has a number of programs and policies that provide Sailors an opportunity to volunteer to return to sea duty early,” said Capt. Alonza Ross, director, NPC Enlisted Distribution Division, Career Management Department. “A number of these programs provide incentives such as money or C-WAY deferment.”

“When the available number of Sailors for a key rate or with critical skills-Navy Enlisted Classification Codes — NECs- isn’t avail-

able due to any number of reasons, the detailers will use the plus or minus six-month transfer window,” said Ross. “In those cases, where the transferring population just isn’t there, NPC will use the SERTS program to identify Sailors who can be moved back to sea duty early to help address readiness issues in the Fleet.”

Factors that will be considered as to whether a Sailor is eligible for SERTS are:

- Length of time on shore
- Current or frocked paygrade
- Fleet experience
- NECs held
- Types of previous sea duty
- Remaining obligated service

Sailors must have completed at least 18-23 months of shore duty, and will not transfer until they have at least completed 24 months on shore. Further, the impact on a Sailor’s shore duty command will be balanced against at-sea priorities. Sailors in special program billets such as recruit division

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GOVERNOR MAKES PROGRAM PERMANENT:

June 26, Governor Ralph Northam ceremoniously signed legislation making the Military Medics and Corpsmen (MMAC) program a permanent program in Virginia.

» See A7



26TH RIMPAC EXERCISE BEGINS:

Twenty-five nations, with more than 45 ships and submarines, about 200 aircraft and 25,000 people are participating in RIMPAC from June 27 to Aug. 2 in and around the Hawaiian Islands and Southern California.

» See B1

CHALK THE WALK:

Chalk-wielding street artists will color the boardwalk at 17th St. at the Virginia Beach Oceanfront on Saturday.

» See C1

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NMCP celebrates LGBT Pride Month

By Christina Johnson
NMCP Public Affairs

PORTSMOUTH, VA.

Naval Medical Center Portsmouth’s diversity committee hosted a Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month celebration in the chapel, June 27.

Master of ceremonies, Hospital Corpsman 3rd Class Maila Rain Stark, began the pride celebration by speaking about the LGBT community’s history within the military. He asked that a part of the LGBT rainbow flag be held in front of the group in order to explain what each color of the flag represents.

The first portion of the flag ranged from pink at one end to red at the other, and Hospitalman Gabriela Murillo spoke about being a lesbian and her personal experiences during her nearly four years in the Navy.

“I can tell you as a lesbian Sailor for me my biggest priority is the Navy, first of all, I wear the uniform. Secondly, it’s my family,” said Murillo. “I’m married, and I’m very happy with the progress that’s been made in the Navy where my wife can actually get a DoD (Department of Defense Identification) card.”

Murillo explained the importance of her wife having a DoD card is when she is deployed, her wife can receive the same access to the resources that the Navy offers all heterosexual couple’s non-military spouses.

The remaining sections of the flag were addressed by Yeoman 1st Class L. A. Sanders, representing the gay community, and Stark for the bi-sexual and transgender communities. Each Sailor gave their personal experiences being gay, bi-sexual and transgender before and after joining the Navy.

The guest speaker for the event was Sonar Technician (Surface) 2nd Class Patrick Damon, and he was introduced



Hospitalman Gabriela Murillo shares a personal story during NMCP’s LGBT Pride Month celebration.

STG2 Paul Wu

as one of the first military members to march, while in uniform, in New York’s LGBT Pride Parade in 2017.

“I’m gay, but I’m a Sailor,” said Damon. “Pride is a celebration of community. No matter what we do, it’s honor, courage and commitment.” He explained that to have honor is to treat all persons with respect, to have courage is to speak up in the face of discrimination, and to have commitment to keep the U.S. Navy the best navy in the world.

“Change doesn’t come to the comfortable — it’s never easy,” said Damon. “I ask for the last minute of my speech time to reflect on our brothers and sisters who have served and died in silence.”

The celebration concluded with comments from Capt. Christopher Culp, NMCP’s commanding officer.

“One hundred years ago, the Navy didn’t look like how it looks today,” said Culp. “These celebrations, regardless of which one, try to get rid of ignorance. The bring familiarity and knowledge, and they encourage conversations among all shipmates who go to war together.”

“Each of you told a compelling story and you did it with

bravery — and I commend you for it,” added Culp. “I thank you for sharing your stories and educating us and doing your part to end the ignorance that feeds discrimination.”

The celebration attendees were invited to enjoy a piece of rainbow-colored cake provided by the diversity committee in honor of pride month.

As the U. S. Navy’s oldest, continuously-operating hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members and their families. The nationally acclaimed, state-of-the-art medical center, including its nine branch clinics located throughout the Hampton Roads area, additionally offers premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsmen for future roles in healing and wellness.

For more news from Naval Medical Center Portsmouth, visit www.navy.mil/local/NMCP/.



Capt. Christopher Culp, NMCP commanding officer, shares his thoughts at the conclusion of NMCP’s LGBT Pride Month celebration.

STG2 Paul Wu

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MY NAVY CAREER DEVELOPMENT SYMPOSIUM VISITS NAS OCEANA

By MC2 Jacob S. Richardson

NAS Oceana Public Affairs

VIRGINIA BEACH, VA.

In today's Navy, Sailors are expected to take ownership of their own careers and professional development. To support this effort, the Sailor-focused My Navy Career Development Symposium (CDS), visited Naval Air Station (NAS) Oceana, June 20.

The Symposium, with its theme "Take Charge of Your Career!", was designed to provide Sailors the opportunity to learn how to make the most of the Navy's Sailor 2025 program, the personnel modernization transformation, and how to optimize career opportunities.

"As Chief of Naval Personnel, part of my job is to retain the best and brightest Sailors the Navy has to offer. To do that, we must make our Navy the employer of choice by offering career flexibility and transparency and showing how Navy leadership is dedicated to the Navy Team of dedicated Sailors, talented Navy civilians and their families," said Burke. "We continue to receive good feedback about CDS everywhere we go. Sailors are really excited to play an active role in managing their career."

The Chief of Naval Personnel (CNP) began the symposium with an update on his vision of Sailor 2025 and the all-new Performance Evaluation system.

Afterward, a host of experts gave short presentations on subjects such as: "How Rating Exams Work", "Pay and Benefits", and more.

The presentation highlighted key programs and allowed Sailors to dive into specific topics with subject matter experts in afternoon sessions. In addition, CDS representatives were available throughout the day to answer Sailors' questions.

During the symposium, Vice Chief of Na-

val Operations Adm. Bill Moran led a discussion about the future path of the Navy, providing an opportunity for Sailors of all ranks to stand up and ask questions.

"The main idea behind our collective efforts in creating this training is how do we identify and keep the best talent we have in the Navy and meet growing global security requirements," said Moran. "All of the work that Burke's team has done with identifying and keeping talent actually works very well with a growing Navy because it creates a harmonious effort between recruiting and retention. We are in a growth market. We have the support of leadership, and we have the task to grow our fleet to more than three hundred ships. This means more Sailors and a growing need for talented personnel. This is a great time to be in the Navy."

Many developments and programs were discussed throughout the day:

Sailor 2025. The Navy's program to improve and modernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow. Focused on empowering Sailors, updating policies, procedures, and operating systems, and providing the right training at the right time in the right way to ensure Sailors are ready for the Fleet. For additional Sailor 2025 program information visit the website: <http://www.public.navy.mil/bupers-npc/career/talentmanagement/Pages/default2.aspx>

My Navy Portal (MNP). A new system that allows Sailors to manage their own careers from hire to retire. Information is arranged into 10 Navy Career & Life Event (CLE) categories.

Credentialing Opportunities On-Line. The Navy's Credentialing Opportunities On-line (COOL) is a great resource to discover possible career fields after service is finished,



Vice Chief of Naval Operations Adm. Bill Moran leads a discussion about the future path of the Navy during the My Navy Career Development Symposium at Naval Air Station (NAS) Oceana, June 20

US Navy photo

and to plan for that eventuality. Civilian credentialing improves members' active duty professionalism. The three types of credentials that can be earned are licensure, certification and apprenticeship. See details at the Navy COOL website: <https://www.cool.navy.mil>

Learning and Development Roadmap. A guide for Sailors, mentors, supervisors, and career counselors to use for professional development and advanced education in your career community. Roadmaps help build on Sailorization, specifically by rate and pay grade. **USE YOUR ROADMAP:** Click the "FIND" button at <https://www.cool.navy.mil/usn/> to track when you should be hitting milestones, Career & Life Event accomplishments, qualifications, training and typical career path developments.

United Services Military Apprenticeship Program. Provides Sailors the opportunity to earn a Department of Labor certificate of apprenticeship. It combines on-the-job training (OJT) and related technical instruction in which you receive practical and technical training. You benefit the Navy by improving your current skillset and take a step to establishing your post-Navy career. Go to My Navy Portal and find the link for USMAP in the "Training/Education/Qualification" section.

Voluntary Education Program. The Navy has streamlined its Navy College Program (NCP) and Voluntary Education (VOLED). The Voluntary Education Process

is a step-by-step progression to obtaining your educational goals. Go to the Navy College website to learn about "My Education" and WebTA. Discover eligibility requirements, what is covered, and what cap limits exist for Tuition Assistance.

U.S. Navy App Locker. The U.S. Navy App Locker is your trusted source for information and download links to mobile apps developed by the U.S. Navy. The Navy App Locker allows Sailors to view all details and information about official Navy apps, while also providing direct download links to the Apple iTunes and Google Play app stores. The Navy App Locker interacts with iOS and Android devices and does not require CAC authentication. The Navy App Locker also is a great resource for obtaining apps that provide access to required annual General Military Training (GMT) courses! Bookmark the Navy App Locker for quick access: <https://www.applocker.navy.mil> and download the mobile version by searching "navy app locker," or "seawarrior".

"We have taken many steps in the right direction, from the continuing Rating Modernization work to overhauling the Enlisted Advancement Exam Process and giving Commanding Officers more authority to promote deserving personnel through the Meritorious Advancement Program. And yet, we still have further to go in order to ensure our best and brightest Sailors stay Navy. We brought CDS here to show you exactly how we are doing that," said Burke.

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Captain Kai Torkelson becomes 108th Commander of Norfolk Naval Shipyard

From Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

Captain Kai Torkelson is now the 108th Commander of Norfolk Naval Shipyard (NNSY), relieving Captain Scott Brown in a ceremony in Building 163 June 29.

In the ceremony’s keynote address, Portsmouth Mayor John Rowe discussed his father beginning his career at the shipyard as an electrician in 1940, eventually retiring from NNSY in 1975. “As a kid growing up in Portsmouth, whose Dad worked at the shipyard, this shipyard had a central role in our life. And Scott, my father would be so proud of you and bringing this shipyard to a new level of excellence. The city of Portsmouth and Norfolk Naval Shipyard have a long, rich and wonderful history that is so intertwined, and it goes back to almost the very spot we’re sitting, on the banks of the southern branch of the Elizabeth River.”

After reflecting on his guiding principles he’s advocated as shipyard commander since September 2014, Brown said, “I’m turning over to an exceptional officer—Captain Kai Torkelson. “I’m confident this shipyard will accelerate its focus on people and mission, while achieving great accomplishments under your leadership.”

Torkelson takes command during a pivotal period for Norfolk Naval Shipyard, currently in the midst of expanding its workforce and integrating cutting-edge technologies in ship repair. During Brown’s tenure, the shipyard hired more than 4,500 employees, worked to revitalize its waterfront infrastructure and overhauled its training and mentoring programs. NNSY’s achievements during Brown’s command include delivering USS Harry S Truman (CVN 75) to the Fleet two days early in July 2017; overseeing a record-setting refueling on USS Rhode Island (SSBN 740); and being honored with the 2017 Chief of Naval Operations Safety Award for a large industrial activity.

Torkelson is a native of Virginia and a third generation naval officer. He previously served at NNSY as Deputy Project Superintendent for USS Ronald Reagan’s (CVN 76) Planned Incremental Availability from 2009 to 2010, and as the Submarine Repair Officer at the shipyard’s satellite location at Naval Station Norfolk from 2010 to 2013. He returned to NNSY following assignments at Pearl Harbor Naval Shipyard and Intermediate Maintenance Activity as Production Resources Officer, Operations Officer, and Business and Strategic Planning Officer.



Norfolk Naval Shipyard (NNSY) Commander, Captain Kai Torkelson, addresses the workforce during NNSY’s Change of Command Ceremony June 29.

Shelby West

“As a third generation naval officer, serving the Navy is in my blood,” said Torkelson. “It’s an exciting time to take the helm of this historic command and I look forward to taking America’s Shipyard--our shipyard!--to even greater heights of capability and service. The Navy has committed to improving Norfolk Naval Shipyard’s employment levels, our training resources, and our facilities and infrastructure. The challenge is on to navigate through this period of great growth and transition while still providing the same quality service the Navy has come to expect of us.”

During the ceremony, NAVSEA Commander, Vice Admiral Tom Moore, presented Brown with the Legion of Merit. Brown’s next assignment will be at Naval Sea Systems Command at the Washington Navy Yard.

NNSY, a field activity of the Naval Sea Systems Command, is one of the oldest, largest and most multifaceted facilities belonging to the U.S. Navy, specializing in repairing, overhauling and modernizing ships and submarines. It is the fourth largest employer in the Hampton Roads area with more than 10,000 civilians and an annual payroll of approximately \$700 million.

“I’m turning over to an exceptional officer—Captain Kai Torkelson. I’m confident this shipyard will accelerate its focus on people and mission, while achieving great accomplishments under your leadership.”

Former Commander, Captain Scott Brown

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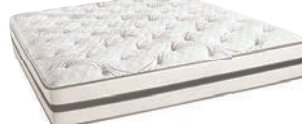


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Navy leadership highlights personnel modernization at MyNavy CDS Norfolk

From Navy Personnel Command Public Affairs

VIRGINIA BEACH, VA.

The MyNavy Career Development Symposium (CDS) visited the Norfolk area to discuss Sailor 2025 initiatives and career management programs to Sailors stationed at Joint Expeditionary Base Little Creek-Fort Story, Naval Air Station Oceana and Naval Station Norfolk, June 19 — 21.

Hosted by Navy Personnel Command (NPC), MyNavy CDS brings detailers, enlisted community managers (ECM), and senior Navy leadership directly to Sailors to inform them how they can benefit from the personnel modernization transformation.

“We want to let Sailors know that we’ve been listening,” said Chief of Naval Personnel Vice Adm. Robert Burke. “We’ve come here to talk about it and have a real two-way conversation. We’re doing what we can to put the decision-making power back in your hands in ways that will strengthen the Navy and yourselves.”

Topics discussed were the ongoing Sailor 2025 program, rating modernization and the upcoming detailing marketplace. Navy leadership also explained how more changes are



Senior Chief Mass Communication Specialist David Crawford, the mass communication specialist detailer assigned to Navy Personnel Command, talks to Mass Communication Specialist 2nd Class Ruben Reed, a Sailor assigned to the aircraft carrier USS Gerald R. Ford (CVN 78), about future career options during the My Navy Career Development Symposium at Naval Station Norfolk. The symposium, hosted by Navy Personnel Command, is in the Norfolk area to reach out to Sailors and inform them of the benefits available from the personnel modernization initiatives of the Sailor 2025 program.

Photos by MC2 Matthew Riggs

coming and invited Sailors to offer their input and opinions during each session.

During one of the sessions, Burke demonstrated a cell phone app prototype using his smart phone that will allow Sailors to easily access their military record, myPay and even negotiate for orders.

“Changes in technology and policy allow us to offer Sailors more choices while meeting the needs of the Navy,” said Capt. Rick Cheeseman, assistant commander, Navy Per-

sonnel Command for Career Management. “We have leadership in place now that’s allowing us to make changes at a pace we’ve never made them before. And, in an environment where the Navy is growing, it’s important to be flexible and agile as we meet Sailor needs.”

MyNavy CDS was reformatted from past events to have brief introductory sessions in the morning, giving Sailors an overview of each topic. The afternoon sessions allowed for in-depth question and answer discussions where Sailors had the opportunity to voice topics important to them and provide immediate feedback directly to Navy leadership.

“Context matters; it’s a big deal,” said Cheeseman. “You have to come out and talk to people face to face. Hearing directly from the folks doing the work is important. It’s important to connect with those Sailors on the deck plates ... all of us down in Millington and certainly CNP’s office up in D.C. are all doing it for one reason: to take care of the Sailors. You can only convey that through face-to-face contact.”

NPC detailers and enlisted community managers were also on site to provide detailing services, interact with Sailors and offer career path advice during personalized meetings.

“I’m here for my Sailors,” said Air Traffic Controlman 2nd Class Robert Taylor, a supervisor assigned to the aircraft carrier USS Gerald R. Ford (CVN 78). “I’m here to learn everything I can. That way I can ask the questions I know my Sailors will ask me.”

Professional Apprenticeship Career Tract



Airman Daleangelo Turner, right, assigned to the “Ragin’ Bulls” of Strike Fighter Squadron (VFA) 37, takes a photo of information about the selective reenlistment bonus he can be entitled to once rated as an aviation ordnanceman during the My Navy Career Development Symposium at Naval Air Station Oceana.

(PACT) Sailors attending MyNavy CDS were able to meet with enlisted community managers, learn valuable information and many were integrated into a rate.

“I am very glad that they came all the way out here,” said Airman Tabitha Brundidge, assigned to the “Tridents” of Helicopter Sea Combat Squadron (HSC) 9. “I was able to learn a lot about the options I have down the road, and by talking to them I learned things I wouldn’t have anywhere else.”

For information about MyNavy CDS visit: <http://www.public.navy.mil/bupers-npc/career/talentmanagement/Pages/CDS.aspx>



Yeoman 1st Class Kathryn Patten, center, a command career counselor assigned to Navy Recruiting Command Richmond, fills out Career Waypoints (C-Way) applications with Chief Yeoman Curtis Aldridge, the enlisted community manager technical advisor assigned to Navy Personnel Command (NPC), during the My Navy Career Development Symposium at Naval Station Norfolk.

A SAILOR’S JOURNEY TO THE KITCHEN

By MC3 Juan Sotolongo

MEDITERRANEAN SEA

He was working for a food company in the Dominican Republic when the doctors told him a tumor had been discovered in his daughter’s left eye.

Faced with the toughest decision of his life, Culinary Specialist 2nd Class Carlos Trejo had a choice to make.

“The doctors told us our daughter had an 85 percent chance of losing the vision in her affected eye if we agreed to go through with the operation in the Dominican Republic,” Trejo said. “We didn’t like those odds, so I moved my family to the United States. When we got here, the doctors told us that they could remove the tumor with a 15 percent chance of my daughter losing her vision; as opposed to 85.”

Even though the surgery was being performed in the U.S. and the odds were in his family’s favor, the procedure was nerve-wrecking for Trejo.

“I remember being very nervous and praying a lot to God,” Trejo said. “I asked God for the doctors to do an amazing job and thankfully they did.”

Trejo then took it upon himself to give back to the U.S. for saving his daughter.

“I joined the Navy,” Trejo said. “It’s been a win-win for me because the military life really fits me and TRICARE makes it easier for me to not worry about my family’s medical needs.”

Moreover, Trejo has grown as a person by embracing the Navy way of life and learning from other Sailors.

“The most important thing the Navy has taught me is leadership,” said Trejo. “I’ve learned to lead by reflecting the Navy core values.”

Trejo posts quotes around his kitchen to remind himself and his Sailors of the ingredients they need to achieve success.

“My favorite quote is ‘without commitment you cannot start accomplishing your goals, but more importantly, without consistency you won’t be able to finish them,’” said Trejo.

Trejo said he uses the nuggets of wisdom he’s been given throughout his Navy career and lets them marinate in his mind in order to improve himself as a person.

“I’m trying to give this recipe to success to everyone I meet,” Trejo said. “I’m not just doing my job and giving 100%. I’m giving more than 100% so I can be an example and make a change in other people’s lives.”

From humble beginnings as a food company employee, Trejo is now the personal chef for Harry S. Truman’s Commanding Officer, Capt. Nicholas Dienna.

“Petty Officer Trejo is an outstanding Sailor and fantastic chef,” said Dienna. “Each time



MC3 Juan Sotolongo

Culinary Specialist 2nd Class Carlos Trejo poses for a photo in the CO’s in-port cabin aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) June 16, 2018. Harry S. Truman is currently deployed as part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe.

we have guests, his magic from the kitchen is always the main attraction. And, more importantly, he is great example of humility and professionalism for other Sailors.”

“I just want to thank all the leaders and Sailors who lifted me up and guided me to where I am today,” Trejo said with a smile. “I’m thankful every day to this country and to the Captain for being so supportive.”

Truman is deployed as part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe.

For more information about Truman, visit www.facebook.com/USSTruman or www.navy.mil/local/cvn75/.

Governor Northam makes the Military Medics and Corpsmen Program permanent

From The Virginia Department of Veterans Services

NORFOLK

At a special ceremony, June 26, at the Hampton Roads Veterans Employment Center in Norfolk, Governor Ralph Northam signed legislation making the Virginia Department of Veterans Services’ Military Medics and Corpsmen (MMAC) Program permanent. He also charged the MMAC team with hiring 300 qualified veterans through the Program by the end of his administration.

Established by the Virginia General Assembly as a pilot program in 2016, MMAC provides a path to careers in the civilian healthcare industry for recently discharged Army Medics, Navy and Coast Guard Corpsmen, and Air Force Medical Technicians. MMAC collaborates with major healthcare systems across the Commonwealth to provide employment for former medics, corpsmen, and technicians, allowing veterans to maintain their clinical skills while obtaining the required civilian medical credentials. Since the program’s inception, 76 veterans have been hired in civilian healthcare, and 43 of those veterans met the qualifications to practice specific advanced skills learned in the military.

“I want to express my appreciation to my fellow physician, Delegate Christopher Stolle for patroning this legislation in the House, to Senator George Barker for his leadership in patroning this bill in the Senate. I also want to thank all of our members of the General Assembly who supported this program that again shows why Virginia is the most veteran-friendly state in America,” the Governor added.

MMAC was modeled after the highly successful Veterans Health Administration Intermediate Care Technician Pilot Program, which operated in 15 federal Veterans Affairs Medical Centers. Virginia was the first state in the country to create a program of this nature, with other states now beginning to implement similar programs.

“As a former Army doctor, I worked alongside military medics while treating soldiers injured during Desert Storm,” said Governor Northam. “Our medics and corpsmen have extensive training and valuable experience, but unfortunately until Virginia took the lead in establishing the MMAC Program that recognizes this service, it was difficult for them to



Courtesy of The Virginia Department of Veterans Services

June 26, Governor Ralph Northam ceremoniously signed legislation making the Military Medics and Corpsmen (MMAC) program a permanent program in Virginia. It had previously been a two-year pilot program. This unique program administrated by the Department of Veterans Services gives a pathway for military medics and corpsmen transitioning from active duty to use their skills in the civilian healthcare system. It is the only program of its kind in the U.S. (from left to right): Virginia Secretary of Veterans and Defense Affairs Carlos Hopkins, Senator Bill DeSteph (8th District), Governor Ralph Northam, Delegate Chris Stolle (83rd District), and John Newby, Virginia Commissioner of Department of Veterans Services.

use these skills as they transitioned to the civilian workforce. Over the past two years, working with our partner healthcare systems across the Commonwealth, MMAC has proven to be a great success. I am pleased to be signing this legislation, making the program permanent.”

The Virginia healthcare systems currently participating in the MMAC Program are Bon Secours Virginia Healthcare, Carilion Clinic, Chesapeake Regional Healthcare, Inova Health System, Riverside Health System, Sentara Healthcare, Novant Health UVA Health System, and the Virginia Department of Corrections.

“All of us recognize that the MMAC Program has been and will continue to be successful because of the collaboration and input from many of the Commonwealth’s top healthcare systems,” said Secretary of Veterans and Defense Affairs Carlos Hopkins. “The MMAC Program is a true example of our innovative initiatives and public-private partnerships that help our service members transition to the civilian workforce and contribute to the economic well-being of the Commonwealth.”

“As a retired Naval Officer and physician myself, I can personally attest to the relevant, real-world experience military medics and corpsmen hold from their extensive military edu-

cation and training,” said Delegate Christopher Stolle. “They are outstanding candidates to fill gaps in Virginia’s healthcare workforce. I am pleased to see so many health systems making moves towards capturing the clinical skills and overall talent and experience that our veterans bring to the healthcare industry.”

About VDVS

The Virginia Department of Veterans Services (VDVS) operates 30 benefit offices throughout the state that assist military veterans and their families in filing claims for federal veterans benefits; two long-term care facilities offering in-patient skilled nursing, Alzheimer’s/memory care, and short-term rehabilitation for veterans; and three cemeteries that provide an honored final resting place for veterans and their families. VDVS provides veterans and family members with direct linkages to services including behavioral healthcare, housing, employment, education and other programs. The Department also operates the Virginia War Memorial, the Commonwealth’s monument to honor the memory and sacrifice of Virginia’s men and women who served and fought to defend our way of life from World War II to the present. For more information, please visit www.dvs.virginia.gov.

Northwest Annex galley earns the Navy Region Mid-Atlantic Captain Edward F. Ney Memorial Award nomination

By MC2 Joshua M. Tolbert

Naval Support Activity Hampton Roads

NORFOLK

Naval Support Activity (NSA) Hampton Roads’ Northwest Annex (NWA) Galley was nominated by Commander, Navy Region Mid-Atlantic (CNRMA) to compete for the Navy’s most prestigious food service award.

“The Captain Edward F. Ney Memorial Award focuses primarily on customer service, food presentation, and the surveys completed by the customers,” said Christopher Wiggs, NSA Hampton Roads’ NWA Galley’s Food Service Officer. “Another focus of the award is the success of the galley during its accreditation inspections.”

The Captain Edward F. Ney Memorial Award Program was established in 1958 by the Secretary of the Navy to recognize



U.S. Navy photo

galleys that excel in food service. The award, named in honor of Capt. Edward Francis Ney, United States Navy, recognizes the peak of Naval food service success.

“This galley has made a lot of progress in the past year, earning a 5-star accreditation to being nominated for the Navy’s highest food service award,” said Wiggs. “This award nomination validates our team’s dedication to excellence, day in and day out, 365 days a year.”

The staff opens the galley at 4:30 a.m. every day and provides meals for Sailors, Marines, and Coast Guardsmen from 6:00 a.m. until 5:30 p.m. Their consistent customer service and attention to detail led them to a fully accredited five-star rating. Maintaining this level of integrity in food and customer service has earned the galley its coveted Ney Award nomination.

“We turned around the way that we do business,” said Chief Culinary Specialist Jorge Hernandez, NWA Galley’s Leading Chief Petty Officer. “It feels good to be a part of the success of our galley and our Sailors, and to see the results of our hard work.”

The Captain Edward F. Ney Memorial Award is the most coveted Food Service award that a U. S. Navy galley can receive.

“I am proud of the perseverance of our staff,” said Senior Chief Culinary Specialist Christopher Harsch, NWA Galley’s Leading Culinary Specialist. “Our Sailors and employees took ownership of the performance of the galley, earning this recognition through their hard work and dedication.”

The nominated galleys will be re-inspected for the final judging of the 2019 Captain Edward F. Ney Memorial Award, and a winner is expected to be announced early next year.



U.S. Navy photo

POLICY | Return to sea

Continued from A1

commanders, recruiters, brig duty, instructors and special warfare operators will not be considered for SERTS. Nuclear-trained Sailors will continue to be detailed according to the Naval Nuclear Propulsion Program.

In addition to filling billets at their current pay grade, SERTS candidates may be selected to fill vacant requirements within their pay band:

supervisor (E7-E9), journeyman (E5-E6), and apprentice (E1-E4). For example, E8s and E9s may be chosen to fill vacant E7 and E8 requirements.

Upon selection, the Navy Personnel Command will notify the Sailor and the Sailor’s current command of the possible transfer. Sailors and their command may submit an adverse impact statement within 15 days of notification.

For more information, read the NAVADMIN at www.npc.navy.mil.

TUITION | Assistance excellerates degrees

Continued from A1

<http://www.npc.navy.mil>.

More information can be found by visiting the Navy College Program website: <http://www.navycollege.navy.mil/index.htm> including how to start the education process, complete required training, submit a Help Request through the Navy College Virtual Education Center (NCVEC), initiate a Live Chat session, or review knowledge management articles. The NCVEC can be reached toll free by calling 1-877-838-1659; DSN 492-4684, Monday-Friday 7 a.m. —

7 p.m. EST.

An additional program — Navy Credentialing Opportunities On-Line (Navy COOL), provides information about licenses and certifications applicable to all Navy occupations, offering resources and funding to help Sailors gain appropriate civilian desired, and in many cases required, credentials.

For more information about Navy COOL, visit <http://www.cool.navy.mil/> or call (850) 452-6683.

Get the latest information by following Navy Voluntary Education on

Facebook: <http://www.facebook.com/ NavyVoluntaryEducation/>.

Additional information about the Naval Education and Training Professional Development Center can be found via <http://www.netc.navy.mil/netc/netpdc/Default.htm>.

For more news from Naval Education And Training Professional Development Center, visit www.navy.mil/local/NETPDC/.

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sq.ft.

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LAMINATE
12MM



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sq.ft.

SMOKED ASH HAND SCRAPPED
LUXURY VINYL PLANK
4.2MM



\$1.73
sq.ft.

ENGINEERED ACACIA
NATURAL HAND SCRAPPED
1/2" X 7 1/2"



\$1.93
sq.ft.

WATER RESISTANT BAMBOO
MOREL HAND SCRAPPED
7MM X 5 1/8"



\$1.99
sq.ft.

LIGHTHOUSE
WATER-RESISTANT LAMINATE
12MM



\$2.83
sq.ft.

SOLID PREFINISHED
HANDSCRAPPED OAK WALNUT
3/4" X 3 1/4"



\$3.93
sq.ft.

DOLPHIN GRAY
POLISHED MARBLE
12" X 24"



\$3.93
sq.ft.

MADISON WHITE
POLISHED MARBLE
18" X 18"



\$4.93
each

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LINEAR MARBLE MOSAIC



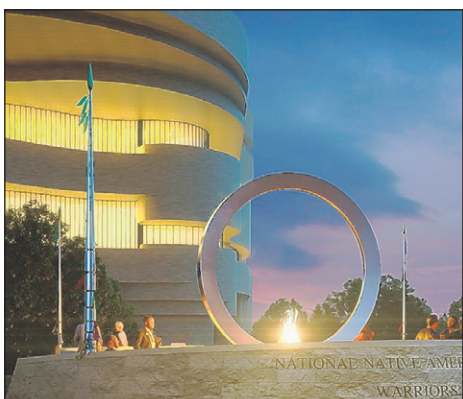
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USMC veteran designs National Native American Veterans Memorial:

Harvey P. Pratt's Warriors' Circle of Honor design was selected to be constructed next to the Smithsonian NMAI.

» See B3

US NAVY KICKS OFF 26TH RIMPAC EXERCISE



MC2 Daniel Lanari

Vice Adm. John D. Alexander, commander, U.S. 3rd Fleet, and multi-national participants, answer questions about the Rim of the Pacific (RIMPAC) 2018 exercise during a press conference on Joint Base Pearl Harbor-Hickam. Twenty-five nations, with more than 45 ships and submarines, about 200 aircraft and 25,000 people are participating in RIMPAC from June 27 to Aug. 2 in and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity while fostering and sustaining cooperative relationships among participants critical to ensuring the safety of sea lanes and security of the world's oceans. RIMPAC 2018 is the 26th exercise in the series that began in 1971.

From Commander, U.S. 3rd Fleet

PEARL HARBOR

Commander, U.S. Pacific Fleet Adm. John C. Aquilino and Commander, U.S. 3rd Fleet Vice Adm. John D. Alexander announced today the start of the world's largest international maritime exercise, the biennial Rim of the Pacific (RIMPAC), scheduled through Aug. 2 in and around the Hawaiian Islands and Southern California.

Twenty-five nations, more than 45 surface ships and submarines, 17 national land forces, and more than 200 aircraft and 25,000 personnel are taking part in a unique training opportunity designed to foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's interconnected oceans. RIM-

PAC 2018 is the 26th exercise in a series that began in 1971.

"RIMPAC is not only the world's largest international maritime exercise, it also shows that like-minded nations who value a free and open Indo-Pacific want this opportunity to improve our cooperation with each other," said Aquilino.

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

clearance, explosive ordnance disposal, diving, and salvage operations.

Alexander emphasized the importance of building relationships among international maritime partners by conducting exercises such as RIMPAC.

"We are all maritime nations," said Alexander. "We all prosper through trade and the majority of the trade goes through the Indo-Pacific region."

This is an opportunity to build relationships ahead of a crisis, he said. This enables us to call our friends, partners and allies to work together to provide disaster relief, combat piracy, or a wide range of maritime contingency operations.

This year's exercise includes forces from Australia, Brunei, Canada, Chile, Colombia, France, Germany, India, Indonesia, Israel,

Japan, Malaysia, Mexico, Netherlands, New Zealand, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Sri Lanka, Thailand, Tonga, the United Kingdom, the United States, and Vietnam.

"There are different uniforms, different faces, and different cultures, but we share a common purpose here at RIMPAC," Aquilino said. "I want to thank all the participating nations for sending forces to be a part of RIMPAC. The ships, aircraft and personnel have come a long way, and they represent a significant investment by their countries. Those countries are investing in the security and stability in this maritime region that has allowed all nations to enjoy unprecedented prosperity for decades."

» See RIMPAC | B7



John Williams

Dr. Sophoria Westmoreland, from the Office of Naval Research (ONR), talks about the Naval Research Enterprise and the Science and Engineering apprenticeship programs during the Department of Navy (DoN) Historically Black Colleges and Universities/Minority Institutions (HBCU/MI) Naval Opportunity Awareness Workshop at Florida A&M University.

US Navy partners with Historically Black Colleges and Universities, Minority Institutions

From The Office of Naval Research

ARLINGTON, VA.

On Aug. 30-31, the Department of the Navy's (DoN) Historically Black Colleges and Universities/Minority Institutions (HBCU/MI) program will host its annual Naval Opportunity Awareness Workshop (OAW) at Clark Atlanta University in Atlanta.

There will also be a special, student-focused pre-workshop event, Aug. 29, from

1:30 to 4 p.m.

The workshop is aimed at college and university presidents, vice presidents, provosts, faculty, staff and students from HBCU/MIs. It will highlight research opportunities within the Navy and Marine Corps, summer faculty/sabbatical research opportunities, student internships and scholarships.

The OAW provides a platform for direct engagement between the Department of the Navy and key stakeholders, potential grantees and future partners. It serves as a recruitment tool to get more HBCU/MI faculty involved in naval-relevant scientific research, and to attract students to internships.

There are hundreds of minority-serving institutions across the country, and Navy HBCU/MI officials want to increase awareness to take advantage of the DoN HBCU/MI programs. HBCU/MI programs offer

» See PARTNERSHIP | B7

SURVEY SAYS: DETAILERS DOING A GOOD JOB

By MC1 Ian Lundy

Navy Personnel Command Public Affairs

MILLINGTON, TENN.

Results from an ongoing survey shows the majority of interactions between Sailors and their detailers are positive.

Data compiled from Navy Personnel Command's (NPC), career management department Sailor Experience Survey, which began Jan. 11, 2018, shows a positive trend in customer service and detailer interactions with Sailors.

This survey was created to measure Sailors' satisfaction with the customer service and professionalism when engaging detailers, said Capt. Rick Cheeseman, assistant commander, Navy Personnel Command for Career Management, also known as PERS-4.

"Our new survey, and the data analytics it provides, allows PERS-4 to improve its customer service by using Sailor feedback to identify deficiencies within the detailing process," Cheeseman said.

NPC's career management department established a working group to create the survey to collect data and responses.

"With this feedback, we can correct issues quickly, in near-real time, thereby positively affecting Sailors and improving their experience interacting with Navy Personnel Command," Cheeseman said.

NPC's career management department is happy with the results from the survey. "The detailer was quick to respond and give

me the information I was seeking upon receiving nomination to recruiting. They were extremely helpful with all the questions I had about the screening process and worked through all the problems I ran into while being deployed," said one anonymous comment submitted.

"While the survey has only been active a short time, it has improved relations between Sailors and their detailers. PERS-4 has used this new program to revitalize detailer training, ensure that detailers are more responsive to their constituents, and to reinforce the expected high level of customer service to the fleet," continued Cheeseman.

Some of the data shared by NPC's career management department shows that the perception of detailing as an impersonal process is changing.

"Overall responses from January to the end of May totaled 1,103, with responses to all five survey questions showing 75 percent of respondents 'very satisfied,' and 83 percent 'a little satisfied,'" Cheeseman said.

The current grading scale of all responses falls into five categories: "very satisfied-100 percent," "a little satisfied-75 percent," "neutral-50 percent," "a little dissatisfied-25 percent," "very dissatisfied-0 percent." The overall fleet satisfaction with detailer interactions, based on this grading, is a score of 84.54 percent, added Cheeseman.

The responses and data collected from completed questionnaires are used for other purposes said Chief Petty Officer Lucas Pawlowski, the lead detailer for hull maintenance technicians at NPC and a working group member that created the survey.

"The information from the survey can be used for in-house training for detailers to really get better at customer service. An additional bonus is we will have metrics to provide (Chief of Naval Personnel) with

» See SURVEY | B7

CAUGHT SPEEDING: INDIGESTION UNTIL PROVEN GUILTY



By Lisa Smith Molinari

The vacation was over. After a week of roasting in the Carolina sun and indulging shamelessly in happy hour beverages and nightly feasts, we packed our sand-sprinkled suitcases, a gluttonous stockpile of leftover food, and our elephant-skinned bodies into our minivan for the brutal twelve-hour drive back to Rhode Island. As I zoned out, munching cleansing carrots from a baggie and half-listening to the humorous prattle of my college-aged kids, I had no idea that I would soon become a common criminal.

Our minivan — a 2005 Toyota Sienna with 224,000 miles and a perpetual sour odor — had been our faithful family servant through six military moves. But she was on her last leg, or wheel as it were. Soon after her last inspection, her dashboard lights lit up like a Christmas tree, warning us to “check engine” and other various alerts that we summarily ignored. The rear passenger door handle was missing, there was a long crack in the sun-baked-baby-poop-brown-vinyl dashboard, the alloy wheels were corroded, the headlights were yellowed and hazy, and there were remnants of duct tape around the windshield from the time we tried to fix the leaky roof.

But despite it all, our old minivan was faithfully carrying us home as she always had.

Along a mind-numbing stretch of rural interstate 13 on the Eastern Shore of Virginia, our minivan was mingling in a small herd of post-

vacation traffic making its way north, when suddenly, I saw a police car in a broken-down diner parking lot on the side of the road.

I inhaled a tiny gasp, tapped the break, and thought, “Uh oh, am I speeding?” Then my stomach did a sickening somersault when I saw red flashing lights behind me. I stopped carefully on the side of the road. The kids were alarmed, but excited about the social media value that this unfortunate event presented. Just as Lilly snapped a selfie, a police officer and his uniformed trainee approached the driver’s side window.

“Ma’am, you’re being pulled over for going 70 in a 45 mile-per-hour zone,” the officer said in a southern drawl as I fumbled for my documentation.

After an initial feeling of pride that our old minivan could actually still reach 70 mph, I thought, “Forty-five zone? Wait, wasn’t it 55 or 65? I didn’t notice speed limit signs, but then again, I wasn’t looking. Surely this guy will let me off with a warning when he sees that I have a squeaky clean record.”

I handed over my license, registration, and military ID in hopes that he would appreciate my respect for service. While my innards cart-wheeled over my spleen, the officer and trainee retreated to their vehicle, returning with a clipboard ten minutes later.

“Ma’am, you are summonsed to appear in district court on August 28 on the charge of Reckless Speeding,” he said, leaning his bald

head into my window to hand me a pen. “Sign here.”

My stomach dropped onto the floormat. “What?!” I screamed in my head. “I have to appear in court? But I’m a good citizen! I was eating a carrot, for criminy’s sake!”

The officer peered through his Oakleys into my panicked eyes. Speaking low, perhaps so his trainee would not think less of him, he admitted that the judge would reduce it to a lesser traffic ticket if I simply showed up for court. I scribbled my signature, and muttered a dopey, “Thank you, Officer,” and pulled back onto the road with my intestines twisted in a tangled knot.

For the remaining ten hours, I carefully drove under the posted speed limits, as other cars whizzed by me, obviously annoyed that I was holding up traffic. As I plodded along, I struggled with the nauseating fact that I, a 23-year military spouse with a spotless record, was accused of being reckless by the Commonwealth of Virginia.

Accepting my imperfect status, I discarded the bag of wholesome carrots and called out to the dozing kids, “Hey could one of you dig around and find that four-pound bag of leftover M&Ms?”

www.themeatandpotatoesoflife.com

Moving this Summer? Your TRICARE options may change

From Tricare

Are you starting a new adventure in a new location soon? If so, that’s a TRICARE Qualifying Life Event (QLE). A QLE is a major life change, like moving, getting married or divorced, or becoming eligible for Medicare. Moving doesn’t change your TRICARE eligibility. Your TRICARE coverage moves with you. But moving may change your TRICARE health plan options.

Because moving is a QLE, that means you’ll have 90 days from the date of the move to change your TRICARE health plan based on your eligibility. A QLE lets you enroll in or change your TRICARE health plan outside of the annual open season. When a QLE happens for one family member, it creates a QLE for the entire family. This means all family members

may be able to switch TRICARE health plans when one person in the family has a QLE.

Before You Move

When you’re about to move:

Don’t disenroll from your current plan before you move.

You’re covered by your current TRICARE health plan on your way to your new location.

Update your address and other new information in the Defense Enrollment Eligibility Reporting System (DEERS).

Tell your regional contractor and doctors if you have other health insurance (OHI), in addition to TRICARE. By law, TRICARE pays after all OHI. OHI doesn’t apply to active duty service members (ADSMs).

Moving Stateside

If you’re enrolled in TRICARE Prime and moving to another Prime Service Area, you can transfer your TRICARE Prime enrollment. Depending on how far you move from your current home, you’ll likely need to change your primary care manager.

If you’re moving to an area where TRICARE Prime isn’t available, the QLE will allow you to

change your enrollment. TRICARE Prime isn’t available everywhere. You may have different TRICARE health plan options when you move. ADSMS may only use TRICARE Prime.

If you’re already enrolled in TRICARE Select, update your personal information in DEERS. Then find a new TRICARE authorized network or non-network provider in your new location. Using a TRICARE network provider will help keep out-of-pocket costs lower.

Moving Overseas

Before you move, call the appropriate TRICARE Overseas Program (TOP) Regional Call Center for your new area. Active duty family members must be command-sponsored for TOP Prime or TOP Prime Remote coverage. Retirees and their family members aren’t eligible for TOP Prime options, but may be eligible for TOP Select.

During this moving season, remember that your TRICARE coverage moves with you. Take command of your health by learning more about QLEs and the upcoming open season.

EXPIRATION DATES

By Amanda-Lee Pitzer

We ran into the store on the way home the other day for some basics and of course, milk was on that list. I have trained my boys to help me shop and they know that when we grab anything perishable we try to grab the one with the latest expiration date. Honestly, I don’t know why I still do it. When you’re raising boys, food never lasts long enough to expire. So off they go to grab milk and orange juice when all of the sudden I hear, “Jacob, Jacob! Look! There’s the date daddy is coming home!” That item simply had to come home with us. It meant too much to them to let it sit on a shelf.

It’s amazing how those little things become so celebrated. Nobody else that would have heard that conversation would have understood at

that moment why my kids were screaming in the grocery store. See, this life can suck. Hard. But military families get these incredible silver linings that other families don’t. When a civilian family is waiting for daddy to come home from a business trip it may last, what? 1 week? 2 weeks at best? There isn’t much fanfare when he walks in the door. Of course, everyone is happy to see him, but there aren’t the same hugs and kisses, no flags or balloons line the walkway, no signs to welcome him home. He doesn’t walk into a to-do list a mile long. He doesn’t walk into the arms of a woman that needs mementos from his trip. When this man comes home, it is life as normal.

When a military dad comes home? There’s nothing like it. The house is cleaned to perfec-

tion and takes on a patriotic theme. The sign on the front porch screams to everyone that walks by, “A hero is home!” The hugs are so strong that the force knocks him to the ground and nobody cares. That first kiss beats the one they shared when they decided for better or worse. His family doesn’t need stuff collected from the journey of foreign places; they need nothing more than to spend days wrapped up tight in each-other. Within a few hours, the kids have shown him a list of all the things they absolutely MUST do together right away. SHE has a honey-do list to, but that list that she needed done takes a back-seat as she watches the loves of her life bask in absolute bliss of each-other.

Of course, as soon as he comes home, she knows there is an expiration date and it starts all over again. But this time together is more precious than those on the outside will ever understand. Expiration dates are usually a sign of something going bad, but for us, they are often a sign of something indescribable to come.

Navy Housing

Q. What is a “sight unseen addendum?”

A. It is an addendum added to leases that tells the tenant that even though they may not have seen the property they are signing the lease on, they cannot use that as a reason to cancel the lease agreement. This is almost regardless of the condition. Contact the HSC for details.

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- Family Advocacy Program
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- Relocation Assistance
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USS Mustin aids Filipino fishermen in distress

From Task Force 70 Public Affairs

SOUTH CHINA SEA

The Arleigh Burke-class guided missile destroyer USS Mustin (DDG 89) rendered assistance to two distressed mariners, June 26, whose fishing boat had suffered an engine malfunction, rendering the vessel inoperable.

Mustin was conducting a routine patrol June 26 in the vicinity of the Philippines when watch standers sighted a fishing vessel with two Filipino fishermen onboard frantically waving.

After pulling alongside and communicating with the fishermen in Tagalog, it was determined the fishing vessel had engine trouble and was unable to stay with their fellow fishermen or return to shore. The two fishermen had water onboard, but no food, and were unable to communicate with local coast guard.

The Mustin crew provided immediate assistance. They first contacted one of the nearby fishing vessels to relay the mariners’ situation. They then deployed their rigid hull inflatable boat and towed the adrift fishing vessel to rejoin their fellow fishermen.

“The Mustin nation feels very fortunate to have been at the right place at the right time in order to provide assistance to fellow mariners while underway conducting routine operations in the South China Sea. I couldn’t be prouder of my Sailors’ ability to safely and professionally assist our fellow mariners at sea,” said Cmdr. Warren Smith, Mustin’s commanding officer. “That pride extends from my bridge watch officers who spotted the Filipino mariners in the distance indicating distress by waving their shirts over their heads, to our Tagalog speakers who could break through the language barrier to determine the extent of the distress, and finally to my small boat team for their ability to tow the fishing boat to safety during heavy rain, lightning and thunderstorms.”

The Filipino-American watch standers on Mustin said they were fortunate to be on the bridge when the banca, a small lo-



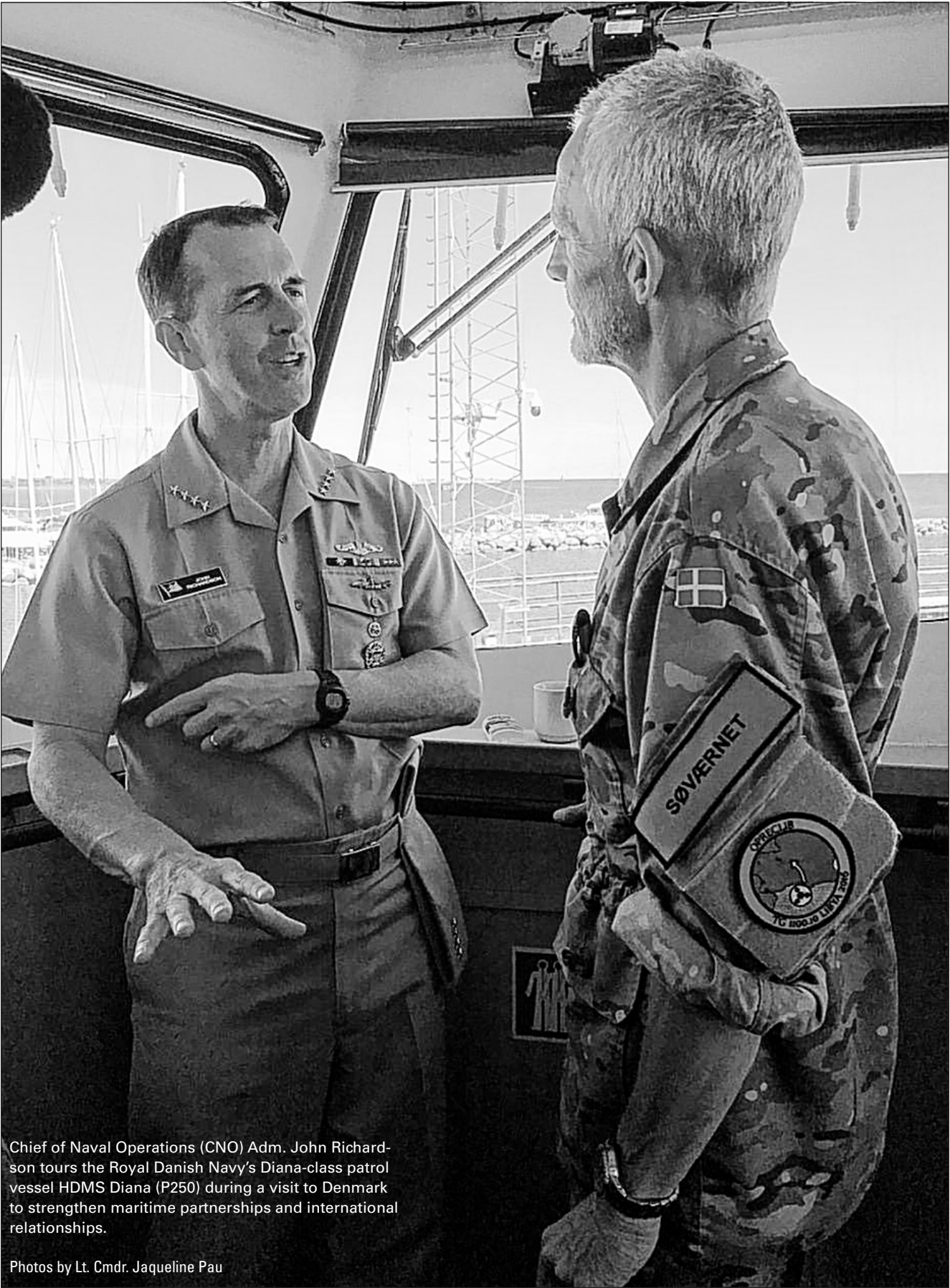
MC2 Sonja Wickard Two Filipino fishermen signal they are in distress to Sailors from the guided-missile destroyer USS Mustin (DDG 89) after their fishing boat was disabled in the South China Sea. Mustin used their rigid-hull inflatable boat to tow the adrift fishing vessel to rejoin their fellow fishermen. Mustin is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.

cal fishing vessel, was spotted. They were grateful to be able to provide translation when Mustin went alongside.

“I was glad to be at the right place and at the right time. As luck would have it, I was already on the bridge and was able to help with the language barrier using the ship’s announcing system,” said Hospital Corpsman 2nd Class Nicasio Bone. “It is the right thing to do to help people in distress and if anyone was put in the same position as me, they would bring the same help. I was really impressed by how the ship came together at the end of a long day to help these two fishermen; it seemed natural to do.”

“It was fortunate that we saw the banca when we did. Based on the conversation that they had with us, the fishermen had no radio, no way of contacting the coast guard, and were relying on the luck of finding other people out at sea for help,” said Boatswain’s Mate 3rd Class Arleen Castro.

After ensuring the distressed fishing vessel and its crew were safely back with other Filipino fishing vessels, the Mustin crew provided three days of food and resumed their routine patrol. Mustin is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.



Chief of Naval Operations (CNO) Adm. John Richardson tours the Royal Danish Navy's Diana-class patrol vessel HDMS Diana (P250) during a visit to Denmark to strengthen maritime partnerships and international relationships.

Photos by Lt. Cmdr. Jaqueline Pau

CNO VISITS DENMARK

From Chief of Naval Operations Public Affairs Communication

COPENHAGEN, DENMARK

Chief of Naval Operations (CNO) Adm. John Richardson visited Denmark to strengthen maritime partnerships and international relationships, June. 27-28.

During the visit, hosted by his counterpart, Chief of the Royal Danish Navy Rear Adm. Torben Mikkelsen, Richardson met with Danish Vice Chief of Defense, Lt. Gen. Max A.L.T. Nielsen and other senior officials.

The leaders discussed expanding and strengthening the partnership between their two navies by exploring new opportunities for combined forward operations.

“It was very important for me to stop in Denmark to recognize the importance of the U.S. Navy’s relationship with the Royal Danish Navy and to discuss ways to make the partnership even stronger going forward,” said Richardson.

Richardson had the opportunity to tour the Danish Defense Command in Copenhagen, and he received operational demonstrations aboard a Danish Diana-class patrol vessel.

Richardson said the U.S. and Denmark naval partnership is a priority and a relationship he seeks to strengthen through information sharing, interoperability initiatives, and combined operations.

Earlier this month, Denmark, along with 20 countries including Belgium, Finland, France, Germany, Lithuania, Spain, the United Kingdom, the United States and NATO participated in BALTOPS 2018.

BALTOPS is an annual, multinational exercise to enhance maritime capabilities, interoperability and support regional stability.

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/.



EXERCISE DYNAMIC MONGOOSE BEGINS

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

ATLANTIC OCEAN

Naval forces from Canada, Denmark, France, Germany, the Netherlands, Norway, Spain, Turkey, the United Kingdom and the United States are participating in the NATO Allied Maritime Command-led exercise Dynamic Mongoose 2018, June 25 — July 6, in the North Atlantic Ocean.

The exercise is designed to enhance anti-submarine war-

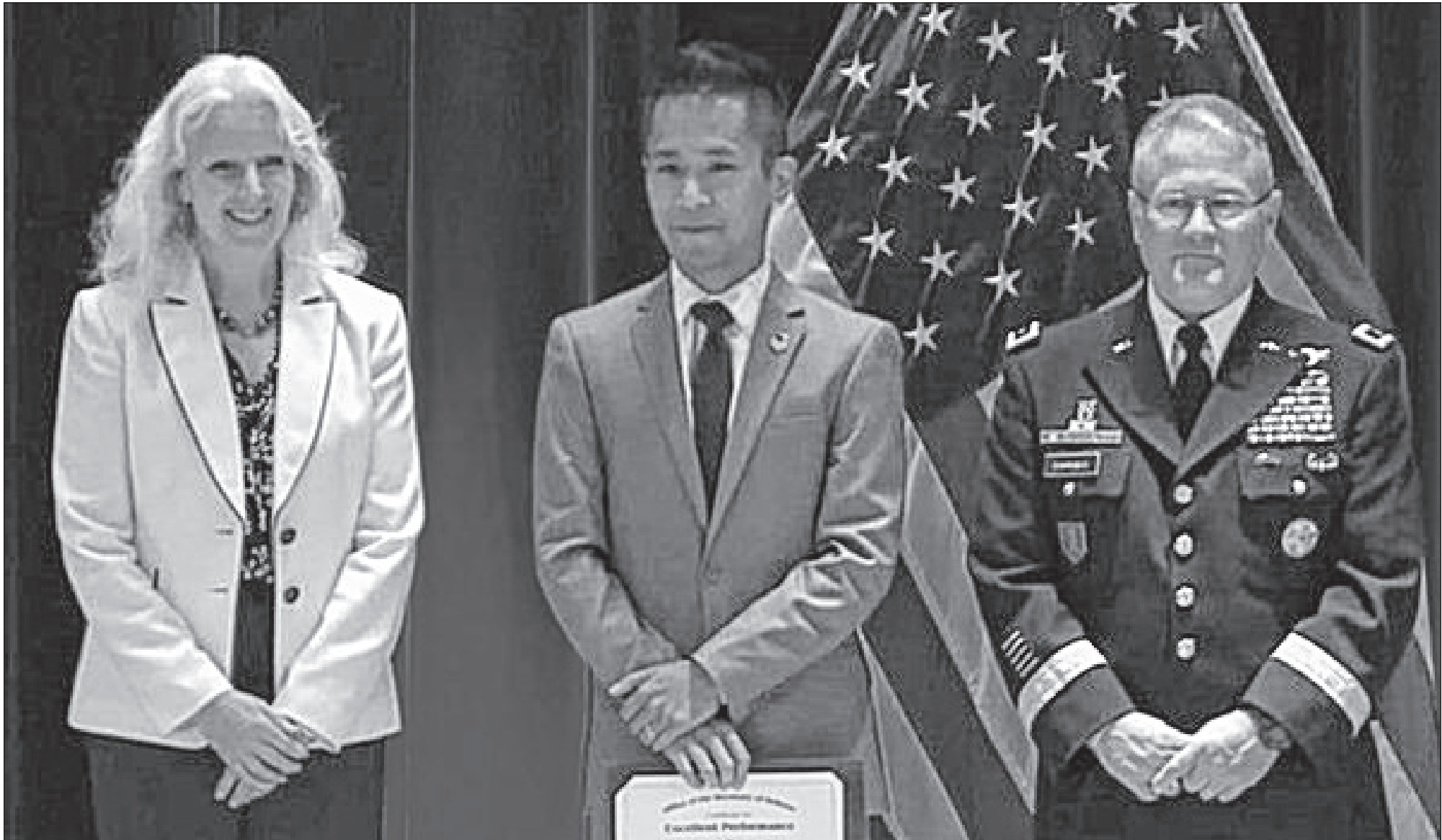
fare (ASW) capabilities and increase theater ASW capacity among participating navies through realistic training. Dynamic Mongoose also serves to build interoperability and strengthen the enduring relationships among participating allied forces.

“This valuable training opportunity will allow us, in conjunction with our NATO allies and partners, to enhance our ASW capabilities, improve interoperability and ultimately strengthen the alliances that bind our nations together in mutual commitment to regional security,” said Cmdr. Chad R,

Donnelly, commanding officer of Patrol Squadron (VP) 10, a U.S. Navy maritime patrol squadron participating in the exercise.

Dynamic Mongoose highlights the inherent flexibility of maritime forces to demonstrate theater ASW proficiency, providing the right presence where we need it, when we need it. As NATO allies, we enjoy relationships built upon shared values, experiences and vision committed to promoting peace and stability in the region.

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



DoD photo

DoD honors value Engineering Achievement Award Recipients

By Terri Moon Cronk
DoD News, Defense Media Activity

WASHINGTON

More than 30 individuals, teams and organizations were honored with the Fiscal Year 2017 Value Engineering Achievement Award in a ceremony in the Pentagon Auditorium today.

“With formal [Defense Department] programs for value engineering dating back to 1954 in the Navy’s Bureau of Ships, value engineering has played an integral and enduring role in accomplishing the DoD mission to provide a lethal joint force, to defend the security of our nation, and sustain American influence abroad,” said Kristen Baldwin, acting deputy assistant secretary of defense for systems engineering, keynote speaker for the event.

National Defense Strategy
In the summary of the 2018 National Defense Strategy, Defense Secretary James N. Mattis identifies his top priorities to generate and sustain the U.S. military advantage, she said, which are: building a more lethal force, strengthening alliances and attracting new partnerships, and bringing business reforms to DoD.

In the area of DoD reform, Baldwin told the award recipients their personal and team initiatives in using value engineering have “kept pace with the direction to change our mindset, to change our culture and our management systems in the department, and to modernize our systems and capabilities, and

create efficiencies while doing so. Your assured steps provide necessary functions to our forces while achieving those cost savings.”

Better Reliability, Quality, Safety
Value engineering efforts, she added, deliver improved reliability, quality and safety to augment the DoD objective to continuously deliver performance with affordability and speed. The awardees’ efforts also align with DoD’s warfighting and national security missions, Baldwin said.

As part of the DoD Honorary Awards Program, the DoD Value Engineering Achievement Award honors civilian and military organizations, teams, individuals, and programs/projects for demonstrating exemplary value engineering accomplishments. The winners are:

ARMY

- Program/Project: Project manager, Combat Ammunition Systems.
- Individual: Chester Marc Dalangin, program manager, Crew Served Weapons.
- Team: Watervliet Arsenal.
- Organization: U.S. Army Aviation and Missile Command.
- Special: Apache Helicopter Project Manager’s Office, Apache Production and Fielding Product Office.
- Special: Project manager, Armored Fighting Vehicles.
- Special: U.S. Army Armament Research, Development and Engineering Center.

NAVY

- Program/Project: Single Coat Paint Systems.
- Individual: Charles Radvansky, Industrial and In-Service Systems engineer.
- Team: Cumbersome Work Practices Resolution Team.
- Organization: Naval Systems Engineering Directorate, NAVSEA 05.
- Special: Phased Array Ultrasound Technology/Time of Flight Diffraction Program.
- Special: Virginia Class Submarine Battery Replacement Team.
- Special: Pressure Rescue Module Battery Improvement Team.

AIR FORCE

- Program/Project: Air Intercept Missile-120 Advanced Medium Range Air-to-Air Missile.
- Individual: Tracy L. Patrick, chief, Combat Systems Branch.
- Team: Air Force Materiel Command Federal Acquisition Regulation 16.5 High Performance Team.
- Organization: Air Force Category Management Program Support Office.
- Special: Michael W. Sahl, lead engineer, Detachment 3.
- Special: Col. William Patrick, system program manager, B-2 Division.
- Special: Col. Christopher B. Athearn, senior materiel leader, Long Range Systems Division.

DEFENSE LOGISTICS AGENCY

- Program/Project: DLA Aviation, Aviation Engineering Flaps Project.
- Individual: Donald O’Flaherty, equipment specialist, DLA Land and Maritime,

VALUE MANAGEMENT AND ENGINEERING DIVISION.

- Team: DLA Aviation, Source Approval Request Team.
- Organization: DLA Aviation, Engineering and Technology Division.
- Special: DLA Land and Maritime, Reverse and Sustaining Engineering.
- Special: Defense Threat Reduction Agency
- Special: DTRA Ground-Based Prompt Diagnostics Test Team.

MISSILE DEFENSE AGENCY

- Program/Project: Terminal High Altitude Area Defense Ground Components Product Office.
- Individual: Mark Murphy, systems engineer, Ground Components Product Office.
- Team: Terminal High Altitude Area Defense Systems Engineering Directorate Value Engineering Team.
- Organization: Terminal High Altitude Area Defense Project Office
- Special: Terminal High Altitude Area Defense Logistics Support Value Engineering Team
- Special Terminal High Altitude Area Defense Missile Production Value Engineering Team.

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SAT AUGUST 11

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JOURNEY 2018
AUGUST 13

GODSMACK
SHINEDOWN
AUGUST 18

JASON ALDEAN
HIGH WAY 101
LAUREN ALAINA
SATURDAY SEPTEMBER 15

GEAZY, LIL UZI VERT
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5SOS
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SEPTEMBER 2

MAINTAIN IN HIGH TOUR
SEPTEMBER 6

DEEP PURPLE
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100

Building the future, one RoboBoat at a time

By Sierra Jones
Office of Naval Research

ARLINGTON, VA.

Teams of students representing 13 schools from six different countries tested their engineering skills by developing autonomous boats during the 11th annual International RoboBoat Competition, June 18-24, in Daytona Beach, Florida.

Sponsored by the Office of Naval Research and the Association for Unmanned Vehicle Systems International Foundation, RoboBoat is an annual robotics contest where the next generation of engineers puts autonomous surface vehicles (ASVs) through a series of advanced, water-based challenges that mirror real-world maritime operations.

“The challenges might seem simplistic, but before the boats even make it to the water to try and complete the course, there’s a lot complex engineering that goes into the ASVs’ development,” said Kelly Cooper, a program officer in ONR’s Ship Systems and Engineering Research Division and a RoboBoat judge. “This competition really showcases the technical ingenuity of the students.”

That ingenuity will be needed as the desire for autonomous systems continues to grow — not only for the naval service, but across the commercial sector — as companies like Dominos, Amazon and Uber all want to use autonomous vehicles for deliveries.

And while these companies are making strides toward autonomous services for the average consumer, the Department of the Navy (DoN) is looking to use the technology to “create fundamental shifts” in the way the Navy and Marine Corps conduct future naval operations.

According to the recently-released DoN Strategic Roadmap for Unmanned Systems (short version), the goal is to “transform modern warfare” by seamlessly integrating un-



John Williams

The team from Institut Teknologi Sepuluh Nopember (ITSN) located in Surabaya, Indonesia, launch their autonomous robotic boat during the finals of the 2018 International RoboBoat Competition at Reed Canal Park in South Daytona, Fla. ITSN completed all tasks and took first place in the competition. Sponsored by the Office of Naval Research, the behaviors demonstrated during the competition mimic tasks that are being developed for coastal surveillance, port security and other types of oceanographic operations.

manned systems into the naval services and across all domains.

This is something ONR is already doing — pushing the path forward for autonomous technologies like swarming boats, aerial vehicles and unmanned surface ships and helicopters.

“RoboBoat showcases the talents of future engineers and serves as a basic introduction to some of what the Navy needs its autonomous systems to do,” said Cooper. “We know there will be a strong pull from the commercial sector to have these kids come work for them, but we want the participants to know that the future is bright with the naval services as well. We have the jobs and we need their talent, too.”

As in the past, this year’s teams were largely composed of university students and were evaluated on their vessel design and performance. The design component focused on innovation, quality of engineering and craftsmanship. The performance component tested a vehicle’s ability to execute specific missions on the water without any human interaction.

As part of the performance challenge, the ASVs had to demonstrate their speed and navigation capabilities by passing through a set of gates before competing for any mission challenge points.

The mission tasks demonstrated the maritime systems’ autonomous behavior in different scenarios, including: speed;

automated docking, which demonstrated the ability to launch and communicate with an aerial drone; finding a path in a crowded area; target identification; precise navigation; and, finally, return to dock.

Institut Teknologi Sepuluh Nopember (Indonesia) was this year’s biggest winner, bringing home the top prize of \$6,000. Georgia Institute of Technology won second prize and \$5,000; Hagerty High School (Florida) took third and \$3,000; and Embry-Riddle Aeronautical University (Florida) came in fourth, earning \$2,000.

Smaller awards of \$500 and \$1,000 in various special award categories went to Nathan Hale High School (Washington State), Tecnologico de Monterrey (Mexico), Embry-Riddle Aeronautical University, SRM Institute of Science and Technology (India), Delft University of Technology (Netherlands) and Hagerty High School.

The other participating institutions were Florida Atlantic University, Universitas Diponegoro (Indonesia), University of Iowa, University of Michigan and University of Ottawa.

For more news from Office of Naval Research, visit www.navy.mil/local/onr/.

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CNR forum leverages history to focus the future

By MCC Stephen Hickok

WASHINGTON

Vice Adm. John Totushek, CNR from 98-03, Vice Adm. Dirk Debbink, CNR from 08-12, and Vice Adm. Robin Braun, CNR from 12-16, met with McCollum at the Navy Yard’s Visiting Flag Quarters to provide a historical perspective as McCollum works to shape the future of the Reserve Force.

Being the spokesman for the Navy Reserve within in the DoD and in front of Congress as well as traveling extensively to meet with Sailors on their drill weekends, has given the CNR office a reputation as being one of the busiest 3-star jobs at the Pentagon. McCollum says it is a tough job, but it is also a team effort.

“Being CNR is about building relationships and trust and also being collaborative and gathering as many approaches to problem solving as we can,” McCollum said.

The forum provided a way to discuss how previous CNR’s handled the job and the lessons they learned.

“It was an absolute benefit,” McCollum

said. “I’ve always believed it’s important to be a student of history to help inform the future and it’s been very valuable to hear the history spoken through the words and experiences of those who have had my job.”

Each of the CNR’s were given time to provide a snapshot of their time in office, creating a discussion that was a living timeline of the history of the Reserves.

“It really was an endeavor in culture,” McCollum said. “As we each discussed our own snapshot, we talked about different leaders of the nation and elected officials, different Chief of Naval Operations and all the tides and currents of the issues that have come and gone.”



One discussion topic for the forum was about what they weren’t able to accomplish during their time in the office. Each CNR confirmed that a large part of the position is continuing the long-term Reserve strategy.

“Don’t look for immediate effects,” Debbink said, “This is supposed to be long term strategy. This is about continuing on the path we’ve been on for over a decade making the Reserve component that much more valuable to the active component through integration.”

Integration was also a common thread for each CNR as they worked to best employ the Reserve Force.

“It’s been a year-and-a-half since I retired,” Braun said. “And I continue to look forward to the day when we have an integrated personnel system for the active and reserve component to make it easier for Sailors to go between active and reserve orders.”

Braun’s work is still coming to fruition as McCollum says his office is right now working on how to create systematic funding lines

to integrate Reserve Sailors and their hardware.

“Navy Reserve Sailors bring skills, competencies and maturity,” McCollum said. “And in that regard, when our Sailors go and serve, the active duty loves them. But they are the consumers of the Navy Reserve, and we have to get that integrated funding in place.”

Advocating for Sailors was the central theme of the forum.

“The common thread was service to our Sailors,” Debbink said. “When I was active duty I would always say, I get to go to work every morning for 64,000 Sailors, and I know McCollum feels the same way. It was fun to share our dedication and our enthusiasm for doing what’s right for Sailors.”

Braun said, besides the comradery the whole purpose of getting together is about the Sailors and making things better for them. “Our goal, really, was to help Vice Adm. McCollum in his quest to make a better Reserve Force,” she said.

The stresses and challenges that come with the office, according to Debbink are the complicated parts of the job. But he says meetings like this are important to be able to see the big picture.

“To the degree you can pull up and provide some clarity has always been my favorite part,” he said.

US/UK NAVY CHIEFS STRENGTHEN PARTNERSHIP

From Chief of Naval Operations Public Affairs Communication

LONDON

Chief of Naval Operations (CNO) Adm. John Richardson visited London to highlight the importance of the U.S. and Royal Navy partnership June 27-28.

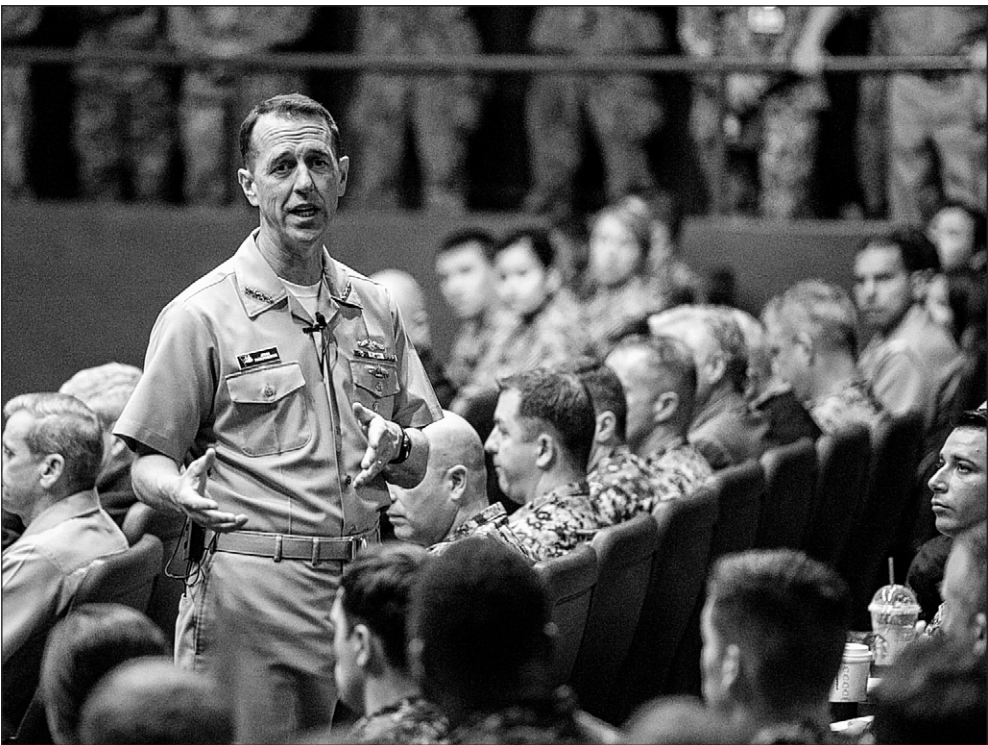
During the visit, Richardson met with U.K. Secretary of State for Defense Gavin Williamson, Chief of Defense Staff Gen. Sir Nick Carter, and First Sea Lord Adm. Sir Philip Jones.

Richardson and Jones also participated in a roundtable discussion at the International Institute for Security Studies, where they discussed strengthening the partnership between their two navies during a time of increasing global maritime competition.

“The US has lots of partners, but when we really want to go to the high end of naval warfare, I know that the Royal Navy stands by our side,” said Richardson. “Our relationship starts at the top. The First Sea Lord and I are in constant dialogue, exchanging ideas about how to enhance maritime security as we sail alongside each other in all corners of the globe.”

“As much as the Royal Navy must retain the sovereign capability to act on its own in defence of the realm if necessary, even the most cursory analysis of our history shows that we are better off working in partnership with our allies whenever our interests align,” Jones said. “Of all our partners around the globe, the most significant is our collaboration with the US. Ours is a truly strategic partnership, underpinned by our shared commitment to the development of world-class 21st century seapower.”

Richardson said the U.S. and U.K. naval partnership is a priority and a relationship he seeks to strengthen through information sharing, interoperability initiatives, and combined operations.



MC1 Nathan Laird
Chief of Naval Operations (CNO) Adm. John Richardson delivers remarks and holds a question-and-answer session during an all hands call.

“The U.S. Navy-Royal Navy relationship will continue to set the standard for the US-UK alliance, ensuring that we bring to bear all the capabilities of our two great countries,” said Richardson.

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/

RIMPAC | Navy kicks off exercise

Continued from B1

Israel, Sri Lanka, and Vietnam are participating in RIMPAC for the first time. Additional firsts include New Zealand serving as Sea Combat Commander and Chile serving as Combined Force Maritime Component Commander, the latter being the first time a non-founding RIMPAC nation will hold a component commander leadership position. The exercise will feature live firing of a long range anti-ship missile

(LRASM) from a U.S. Air Force aircraft, surface to ship missiles fired by the Japan Ground Self-Defense Force, and a Naval Strike Missile (NSM) fired from a launcher on the back of a Palletized Load System (PLS) by the U.S. Army. This year marks the first time a land-based unit will participate in the RIMPAC live-fire event. RIMPAC 2018 will also include international band engagements and highlight fleet inno-

vation during an Innovation Fair.

Additionally, U.S. 3rd Fleet’s command center will relocate from San Diego to Pearl Harbor to support command and control of 3rd Fleet forces in its area of responsibility for the first time since RIMPAC 2002.

Hosted by Commander, U.S. Pacific Fleet, RIMPAC 2018 is being led by Alexander, who is serving as Combined Task Force (CTF) commander. Royal Canadian Navy Rear Adm. Bob Auchterlonie is serving as CTF deputy commander, and Japan Maritime Self-Defense Force

Rear Adm. Hideyuki Oban is serving as CTF vice commander. U.S. Marine Corps Brig. Gen. Mark Hashimoto is leading the Fleet Marine Force. Other key leaders of the multinational force include Commodore Pablo Niemann of Armada de Chile, commanding the maritime component, and Air Commodore Craig Heap of the Royal Australian Air Force, commanding the air component.

This robust constellation of allies and partners support sustained and favorable regional balances of power that safeguard security,

prosperity, and the free and open international order. RIMPAC 2018 contributes to the increased lethality, resiliency, and agility needed by the Joint and Combined Force to deter and defeat aggression by major powers across all domains and levels of conflict.

Details of RIMPAC activities and imagery are available at <http://www.cpf.navy.mil/rimpac>. Media interested in covering the exercise should contact the RIMPAC Combined Information Bureau at (808) 472-5430 or rimpac.media@gmail.com.

PARTNERSHIP | Navy partners with minority institutions

Continued from B1

various opportunities for faculty and students to work collaboratively with scientists and engineers at naval labs on projects of mutual interest.

“HBCU/MI students are a national asset,” said Anthony C. Smith Sr., director, Department of the Navy, HBCU/MI program. “We’re interested in fostering student interest

in scientific research and implementing their research into the DoD.”

The DoN HBCU/MI program is based at the Office of Naval Research, with the mission of discovering some of the best and brightest minds at HBCU/MIs.

“These students and faculty are a huge, untapped asset that can benefit the Navy and the

nation,” said Smith.

The program has three main goals:

- Expand opportunities for schools to successfully compete for grants and contracts for basic and applied research.
- Offer scholarships, fellowships and internships to students pursuing degrees in Science, Technology, Engineering and Math (STEM) studies.
- Promote greater student interest in STEM degrees at HBCU/MIs.

“We want our young minds and their ideas, infused into our programs,” Smith Sr. said.

“Diverse innovative minds will help us maintain a competitive advantage over our adversaries.”

Watch a video <http://www.youtube.com/watch?v=JPOFH9a6HiA> about the Navy’s HBCU/MI program.

For more information about the Naval Opportunity Awareness Workshop, or to register, please contact Dr. Cyntica Eaton at cyntica.eaton.ctr@navy.mil.

For more news from Office of Naval Research, visit www.navy.mil/local/onr/.

SURVEY | Sailors doing a good job

Continued from B1

real-time data from the fleet,” Pawlowski said.

According to the survey’s introduction webpage, the data collected is statistically summarized with the responses of others, to offer insight, provide quality assurance and en-

hance detailer and placement coordinator professionalism and customer service.

The survey takes approximately two minutes to complete, is voluntary and the responses are anonymous. Information collected is analyzed and maintained by NPC’s career management department.

“It’s designed to be short and effective; it’s one page with a ‘submit’ button at the bottom,” said Pawlowski.

Not all responses are positive, but both positive and negative inform the detailer community, Pawlowski said.

“Having access to direct feedback from the fleet has helped me as a detailer. It allows me to better mold how I approach an interaction with a Sailor who is up for orders,” Pawlowski added.

NPC’s career management department is currently using email distribution to make the fleet aware of the Sailor Experience Survey and has a proposal to develop an app for mobile phones, for additional access.

The Sailor Experience Survey may be accessed at this web link: <http://survey.max.gov/454228>

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CELEBRATE THE 4TH OF JULY!

Norfolk is throwing a Fourth of July party, and you're invited. Get the details on the Great American Picnic at Town Point Park, and the Shore Thing Concert & Independence Day Celebration in Oceanview.

» See C3

SECTION C | FLAGSHIPNEWS.COM | 06.28.18

TRIBUTE BANDS BRING MORE THAN JUST MUSIC TO THE PARTY



Formont Photography

Sandstock at the Virginia Beach Oceanfront, this weekend, showcases tributes to Van Halen, Heart, Aerosmith and more!

From BeachStreet USA

They say that ‘imitation is the greatest form of flattery,’ but for some musicians it’s become a way of life. Tribute bands have become big business in the entertainment industry. Not only duplicating the music, but also adopting the wardrobe, stage moves and banter, these tribute bands can bring a big show to those who might not otherwise be able to go see a band like Van Halen, Aerosmith, or Fleetwood Mac. This weekend at the Virginia Beach Oceanfront, “Sandstock” brings the tributes – and brings them BIG. Prepare for 3 days of straight up rock and roll from some of the best tribute bands in the business. Here’s a rundown on who you’ll see, and when you can see them!

HOT FOR TEACHER (VAN HALEN TRIBUTE)

Hot for Teacher brings audiences the rocking sounds of Van Halen. Formed in 1999 to showcase Van Halen’s classic era of David Lee Roth hits, Hot for Teacher has relentlessly performed all across the United States. This band is perfect for outdoor festivals, large casino events, and packed concert venues nation-wide. Featured on television and in magazines, Hot for Teacher was also featured in the book, “Everybody Wants Some – the Van Halen Saga” by Ian Christie. In 2008, Hot for Teacher was voted Best Tribute Band by the East Bay Express and became the first tribute ever invited to perform at the prestigious National Association of Music Merchants (NAMM) in Anaheim, CA. For over three years they have been entertaining at the annual event.

DRAW THE LINE (AEROSMITH TRIBUTE)

Hailing from Boston, Massachusetts, the Draw The Line Aerosmith Tribute Band’s career has spanned almost fifteen years, taking them all over the world. The band has performed in all but two U.S. states. They have also been to Puerto Rico, the U.S. Virgin Islands, and other U.S. territories. They have toured England, Canada, South America, and Japan. During a January 1998 interview, Aerosmith singer Steven Tyler singled out Draw The Line as the “best of the Aerosmith tribute bands.” Draw The Line’s lead singer, Neill Byrnes, won a Steven Tyler look-alike contest on 107.3 WAAF, one of Boston’s biggest rock radio stations.

RUMOURS (FLEETWOOD MAC TRIBUTE)

Rumours is the country’s premier Fleetwood Mac tribute band. Based in Atlanta, GA, Rumours captures the energy of Fleetwood Mac at the height of their career by blending perfect harmonies, precise instrumentation, and a visually engaging stage show. Rumours’ dedication to recreating the Fleetwood Mac experience has skyrocketed their popularity, garnering a loyal fan base. Playing to sold out audiences and packed houses at private engagements and major venues across the country including House of Blues, the legendary Daryl Hall’s Club, and a one week residency at Epcot for Disney’s wildly popular Sounds Like Summer concert series, Rumours has earned its place as one of the top tribute bands around today.

All performances, which are free to the public, will be held on two “dueling” stages — the Hippy Dippy Stage and the Flower Power Stage — built right on the sand at 24th Street. Grab some friends and join us for a fun-filled weekend of great live music.

MÖSTLY CRÜE (MOTLEY CRUE TRIBUTE BAND)

Möstley Crüe is the ultimate tribute to one of the 80’s most notorious and legendary hard rock acts, straight from the Sunset Strip, the original Bad Boys and the L.A. Kings of Debauchery and Sleaze — the one and only Mötley Crüe . Möstley Crüe was formed in Raleigh, NC, in 2007 and quickly rose in popularity with local and regional hard rock

fans still longing for a taste of the 80’s. Möstley Crüe takes you back in time to when guitars ripped, drums thundered and bass boomed. Paying homage to the Crüe as only they can, with a show that will leave you wanting more and more.

APPETITE FOR DESTRUCTION (GUNS & ROSES TRIBUTE)

Appetite for Destruction, the ultimate Guns N’ Roses experience, have been performing the music of Guns N’ Roses for almost twenty years, selling out venues throughout the Northeast. They have performed with special guest and current G N’ R keyboardist Dizzy Reed, shared two bills with ex-G N’ R guitarist Gilby Clarke, and headlined at BB King’s in Times Square for five consecutive years.

Appetite delivers the definitive Guns N’ Roses show, performing all the hit singles, rock radio staples, and G N’ R fan favorites with acute attention to detail, serving as both outstanding lookalikes and soundalikes for the legendary band. Their catalog of Guns N’ Roses songs is unsurpassed, as is their nearly two-decade-long career of bringing G N’ R to the masses.

HEARTBREAKER (HEART TRIBUTE)

HEART BREAKER is the Ultimate USA Tribute to the band HEART. A national touring act, based in North Carolina was brought forth with the goal of playing each song with love, respect, and a true passion for the original material; their goal is to bring a truly transcendent, and pitch-perfect concert experience, both musically and visually!

With Heart Breaker, you not only get all the greatest chart-topping hits by Heart such as “Alone”, “These Dreams”, “What About Love”, “Crazy on You”, and of course the crowd favorite “Barracuda”, but you also get a taste of the great Led Zeppelin songs that both inspired Heart and were fan-favorites, often played on tour.

The vocal power brought to bear on songs is second to none thanks to our own “Ann and Nancy Wilson”: Suzi Nelson and Joan Burton. Complimenting this vocal virtuosity of this duo is a band of talented musicians that nail the details both vocally and musically. You can always be sure that each song will be spot on.

The Heart Breaker show is a full concert experience, musically and visually, that is sure to thrill and entertain any Classic Rock fan!

Entertainment Schedule:

Friday, June 29

Hippy Dippy Stage (South stage) 6:30-7:30pm – Mostley Crue
Flower Power Stage (North stage) 7:30-8:30pm – Hot for Teacher
Hippy Dippy Stage (South stage) 8:30-9:30pm – Mostley Crue
Flower Power Stage (North stage) 9:30-10:30pm – Hot for Teacher

Saturday, June 30

Hippy Dippy Stage 6:30-7:30pm – Appetite for Destruction
Flower Power Stage 7:30-8:30pm – Draw the Line
Hippy Dippy Stage 8:30-9:30pm – Appetite for Destruction
Flower Power Stage 9:30-10:30pm – Draw the Line

Sunday, July 1

Hippy Dippy Stage 6:30-7:30pm – Heartbreaker
Flower Power Stage 7:30-8:30pm — Rumours
Hippy Dippy Stage 8:30-9:30pm — Heartbreaker
Flower Power Stage 9:30-10:30pm — Rumours

For more information on Sandstock – A tribute to Rock & Roll, visit BeachStreetUSA.com or call 757-385-SURF (7873).



Thinkstock image

The dangers of fireworks, potential for devastating injuries

From Prevent Blindness

While many Americans spend the Fourth of July holiday with friends and family, some actually spend their time being medically treated for a fireworks injury. The latest report from the U.S. Consumer Products Safety Commission found an estimated 7,600 fireworks-related injuries were treated in U.S. hospital emergency departments during the Independence Day period.

There were an estimated 11,100 fireworks-related injuries for the year. Unfortunately, many injuries are to children. In fact, children younger than 15 years of age accounted for 31 percent of the estimated injuries.

Although most injuries result in burns, firework-related injuries to the eye include contusions, lacerations, and foreign bodies. Injuries may be so severe that permanent vision loss or blindness may occur. And, in 2016, four people died from direct impacts from fireworks.

Prevent Blindness, the nation’s oldest eye health and safety non-profit organization, and a member of the National Fire Protection Association’s “Alliance to Stop Consumer Fireworks,” supports the development and enforcement of bans on the importation, sale and use of all fireworks and sparklers, except those used in authorized public displays by competent licensed operators. However, the group also warns that even professional displays can be dangerous, due to the erratic or unpredictable nature of fireworks.

In the event of an eye emergency, Prevent Blindness recommends:

- Seek help from a medical professional immediately.
- Do not rub the eye. Rubbing the eye may increase bleeding or make the injury worse.
- Do not attempt to rinse out the eye. This can be even more damaging than rubbing.
- Do not apply pressure to the eye itself. Holding or taping a foam cup or the bottom of a juice carton to the eye are just two tips. Protecting the eye from further contact with any item is the goal.
- Do not stop for medicine! Over-the-counter pain relievers will not do much to relieve pain. Aspirin (should never be given to children) and ibuprofen can thin the blood, increasing bleeding. Take the injured person to the emergency room at once.
- Do not apply ointment. Ointment, which may not be sterile, makes the area around the eye slippery and harder for the doctor to examine.

For more information on the dangers of fireworks, please call Prevent Blindness at (800) 331-2020, or visit www.preventblindness.org/prevent-eye-injuries-fireworks.

Community

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

The Flagship welcomes submissions from our readers online.

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

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

Calendar

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



Norfolk Tides vs. Durham Bulls

- June 28-30
- Harbor Park, Downtown Norfolk
- www.norfolktides.com

The Tides are in! Catch the Norfolk Tides as they take on the Durham Bulls in a 3 day home series at the beautiful Harbor Park in downtown Norfolk!

Artful Insights: New Waves 2018

- June 28, 6:30 p.m. - FREE
- Virginia Museum of Contemporary Art, 2200 Parks Ave., Virginia Beach
- www.virginiamoca.org

Discover the amazing talent that is living and working in Virginia. Join New Waves exhibiting artists as they discuss their work in a Pecha Kucha style presentation.

This a great opportunity to discover new artists and learn about the diversity of materials and approaches that are used in contemporary art today. Presentations will be fast paced and rich in content.

After the presentations, explore the exhibitions on your own or join the artists in the galleries in front of their work for an informal Q & A. Cash bar and light refreshments provided.

4th Of July Great American Picnic & Fireworks

- July 4, 5-10 p.m. - FREE
- Town Point Park, Norfolk Waterside
- www.festevents.org

Leave the grilling to us on the 4th of July and bring your family and friends down to Town Point Park. Guests can buy traditional all American fare, including hot dogs, hamburgers, barbecue, seafood, buttered corn on the cob, juicy watermelon, lemonade... with all the fixin's and much more available for purchase! Relax on the lawn and enjoy the live entertainment, then watch as the sky lights up with the fireworks display at 9:30 pm! Read more on C3.

Virginia Beach Oceanfront Stars & Stripes Explosion

- July 4 - Fireworks at 9:30 p.m. - FREE
- Virginia Beach Oceanfront
- www.beachstreetUSA.com

Multiple live performances on oceanfront stages attract thousands of visitors and residents of Virginia Beach to a "star-spangled" salute to this great country of ours at Stars & Stripes Explosion. Live entertainment offers something for everyone: patriotic and classical to Motown, musical tributes to chart-topping recording artists, and world-class magic performed by an internationally-recognized illusionist! From 8-9:30 p.m., a stage erected right on the beach at 24th Street becomes the focal point for performances featuring military bands. The show segues into a spectacular fireworks show at 9:30 p.m. that explodes over the ocean in a burst of patriotic colors and patterns! All events are free and open to the public.

Puddle Of Mudd at the Norva

- July 6, 8 p.m. \$20 advance, \$23 door
- The Norva, 317 Monticello Ave. Norfolk
- www.thenorva.com

Puddle Of Mudd is an American post-grunge band from Kansas City, Missouri. The band has sold over 7 million albums and has a string of No.1 mainstream rock singles in the US. Their major label debut 'Come Clean' has sold over five million copies.

Ask Puddle of Mudd frontman Wes Scantlin about the writing and recording of the album Volume 4: Songs in the Key of Love & Hate, and he responds with the same spirit of carefree wanderlust that defines his band: "It's all easy peezy, dude, no big deal at all..."

Virginia Beach native supports the Navy's surface warfare mission

By Dusty Good

A 2009 Kempsville High School graduate and Virginia Beach, Virginia, native is serving in the U.S. Navy at Commander, Naval Surface Force Atlantic (COMNAVSURFLANT), which is located on the largest Navy base in the world, Naval Station Norfolk.

Lt. Bobby Allen is a surface warfare officer.

A Navy surface warfare officer is normally responsible for the safety and operation of surface ships.

"I like that my job gives me a chance to drive the ship," said Allen. "It's just fun to be actually able to maneuver the ship and make it do what I want it to do."

Allen credits his success in the Navy to many of the lessons learned in his hometown of Virginia Beach.

"I learned if it's worth doing, it's worth doing it right while growing up," said Allen.

SURFLANT was established in 1975 to provide a central, East Coast command for the cruisers, destroyers, amphibious ships and other surface forces of the Navy's Atlantic Fleet.

COMNAVSURFLANT is one of the

six U.S. naval type commands. It was established in 1975 as a consolidation of the cruiser-destroyer, amphibious, and service forces of the U.S. Atlantic Fleet. In addition to SURFLANT's nearly 70 ships, there are special mission and fleet support units that make up the more than 100 commands of the force. SURFLANT personnel are stationed stateside and forward deployed in Bahrain; Rota, Spain; and the Aegis Ashore Missile Defense System in Romania and Poland. Additionally, surface forces provide a critical element to drug interdiction operations in the Caribbean Sea and Eastern Pacific.

"To go in harm's way" in defense of the principles of freedom and democracy has been the rally call of surface force sailors for more than 200 years.

The command provides combat-ready surface forces for U.S. Fleet Forces Command and combatant commanders that are capable of conducting prompt, sustained naval, joint, and combined operations in support of United States national interests.

"My top priority is readiness. I'm

“I like that my job gives me a chance to drive the ship,” said Allen. “It’s just fun to be actually able to maneuver the ship and make it do what I want it to do.”

Lt. Bobby Allen



MC1 Tom Gagnier

extremely proud of the diverse group of sailors and civilians who serve at our command, they accept every challenge and serve with honor," said Rear Adm. Jesse A. Wilson Jr., commander, Surfaces Forces Atlantic. "Together we are a team of warfighters who properly man, tactically train and effectively equip a force that is ready for the fight today and tomorrow."

Though there are many ways for a sailor to earn distinction in their command, community, and career, Allen is most proud of the ability to serve.

"The things I've been able to see and do since I've been in [the Navy], I wouldn't have had the opportunity to do without serving," said Allen.

While serving in the Navy may present many challenges, Allen has found reward in service.

"The Navy has taught me the difference between good and bad leadership," Allen said. "Being a good leader means listening to what those who are below you have to say and taking criticism to make myself better."

Williamsburg native serves aboard a floating airport at sea

By MC1 James Green

A Williamsburg, Virginia, native and 2014 Lafette High School graduate is serving in the U.S. Navy aboard the aircraft carrier USS Theodore Roosevelt, which recently returned from a 7-month deployment.

Petty Officer 3rd Class Malcolm Farmer is an aviation boatswain's mate (handling) aboard the carrier operating out of San Diego. A Navy aviation boatswain's mate (handling) is responsible for flight deck firefighting and rescue operations.

Farmer credits success in the Navy to many of the lessons learned growing up in Williamsburg.

"You have to stay humble," said Farmer. "It's important to work as a team and having a humble personality helps you fit into that team."

The crew spent the deployment supporting Operations Inherent Resolve and Freedom's Sentinel, as well as maritime security cooperation efforts in the Arabian Gulf and Pacific Ocean.

The ship transited more than 56,000 miles, and made five port calls in four different countries, to include the United Arab Emirates, the Kingdom of Bahrain, the Republic of Singapore, and the Republic of the Philippines, as well as port calls in Hawaii and Guam.

"This deployment gave me the opportunity to bond with my co-workers, and I gained an appreciation for everything they do," said Farmer.

Named in honor of former President Theodore Roosevelt, the carrier is longer than three football fields, measuring nearly 1,100 feet. The ship, a true floating city, weighs more than 100,000 tons and has a flight deck that is 252 feet wide.

Powerful catapults slingshot the aircraft off the bow of the ship. The planes land aboard the carrier by snagging a steel cable with an arresting hook that protrudes from the rear of the aircraft.

As a sailor with numerous responsibilities, Farmer learns about life at sea serving in the Navy and the importance of taking personal responsibility while leading others.

Sailors' jobs are highly varied aboard the carrier. Approximately 3,200 men and women make up the ship's crew, which keeps all parts of the aircraft carrier running smoothly — this includes everything from washing dishes and preparing meals to handling weaponry and maintaining the nuclear reactors. Another 2,500 men and women form the air wing responsible for flying and maintaining the aircraft aboard the ship.

"What Rough Riders have accomplished during this de-



MC1 Heidi Cheek

ployment was truly inspirational," said Capt. Carlos Sardiello, commanding officer Theodore Roosevelt. "Earning the privilege to be called the best one day at a time; every sailor and Marine made what is very difficult look easy. We are immensely proud of the hard work and dedication that was exhibited as well as the sacrifices of the families."

Theodore Roosevelt, like each of the Navy's aircraft carriers, is designed for a 50-year service life. When the air wing is embarked, the ship carries more than 70 attack jets, helicopters and other aircraft, all of which take off from and land aboard the carrier at sea.

All of this makes the Theodore Roosevelt a self-contained mobile airport and strike platform, and often the first response to a global crisis because of a carrier's ability to operate freely in international waters anywhere on the world's oceans.

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

"The Navy has given me a chance to provide security to my family while doing something that is bigger than myself," added Farmer.

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Fri.-Tues.: 10:00, 11:00, 12:00, 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 8:00, 11:00
3D: 9:00 pm
INCREDIBLES 2 (PG)
Thurs.: 10:15, 10:45, 11:15, 1:15, 1:45, 2:15, 4:15, 4:45, 5:15, 7:15, 7:45, 10:15, 10:45
Fri.-Tues.: 10:15, 11:15, 1:15, 2:15, 4:15, 5:15, 7:15, 8:15, 10:15

SICARIO (R)
Thurs.: 7:30, 10:30
Fri.-Tues.: 10:45, 1:45, 4:45, 7:45, 10:45
TAG (PG-13)
Thurs.: 12:00, 2:30, 5:10, 7:40, 10:05
Fri.-Thurs.: 12:00, 2:30, 5:10, 7:35, 10:05
SUPERFLY (R)
Thurs.: 11:00, 1:50, 4:40
Fri.-Tues.: 11:55, 2:40, 5:15, 7:55, 10:40
HEREDITARY (R)
Thurs.: 7:55, 10:50
Fri.-Thurs.: 7:00, 10:00
OCEAN'S 8 (PG-13)
Thurs.: 11:30, 2:10, 4:50
Fri.-Tues.: 11:50, 2:20, 4:50, 7:20, 9:50

For Show Times and Purchasing Tickets, visit PhoenixTheatres.com

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

CELEBRATE INDEPENDENCE DAY WITH FIREWORKS AT TOWN POINT PARK AND OCEAN VIEW BEACH PARK

From Festevents

Norfolk, VA (June 25, 2018)– Celebrate Independence Day with friends and family on the water with fireworks and traditional American fare in TWO Norfolk, VA waterfront locations on TWO different days!

**36th Annual Fourth of July Great American Picnic
Town Point Park, Downtown Norfolk Waterfront**

Wednesday, July 4, 2018; 5pm-10pm

Fireworks at 9:30pm

United States Fleet Forces Band: Four Star Edition at 6:30pm

United States Fleet Forces Band: Wind Ensemble at 8:00pm

FREE and open to the public

The 36th Annual Fourth of July Great American Picnic will be held Wednesday, July 4, 2018 in Town Point Park along the downtown Norfolk, VA waterfront. Guests may buy traditional all-American favorites, including hot dogs, hamburgers, barbecue, seafood, buttered corn on the cob, juicy watermelon, and more! Bring a lawn chair or blanket, find a seat on the grass and watch the sky light up with one of the largest fireworks shows in downtown Norfolk at 9:30 PM in Town Point Park!

The patriotic sounds of the United States Fleet Forces Band: Four Star Edition will perform at 6:30pm and the United States Fleet Forces Band: Wind Ensemble will perform at 8:00pm on the ABNB Federal Credit Union Main Stage followed by the fireworks display at 9:30pm! Admission is free and open to the public.

The USS Monterey will be docked for public tours open to the general public 10:00am-4:00pm at the Nauticus Pier adjacent to Town Point Park.



**The Shore Thing Concert & Independence Day Celebration
Ocean View Beach Park, Ocean View, Norfolk**

Friday, June 29, 2018; 6pm-10pm

Fireworks at 9:30pm

Wonderland at 6pm

FREE and open to the public

The Shore Thing Concert & Independence Day Celebration will be held Friday, June 29, 2018 at Ocean View Beach Park in Ocean View, Norfolk, VA. Fireworks will light up the sky at 9:30pm following local dance-pop party band, Wonderland! The Shore Thing Concert & Independence Day Celebration kicks off the popular Friday after-work music series, “Thank Goodness It’s Ocean View” (TGOV) music concert series at Ocean View Beach Park on the Chesapeake Bay.

The TGOV summer concert series is a giant family-friendly beach party that includes great music, food, beverages, children’s activities and more! Dance to live music by Wonderland starting at 6pm and experience a spectacular fireworks display over the Chesapeake Bay at 9:30pm.

The TGOV summer concert series kicks off Friday, June 29, 2018 with the Shore Thing Concert and Independence Day Celebration and runs every Friday from 6pm to 9:30pm through August 31, 2018.



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Summer safety: 5 tips for protecting your skin from the sun

From Tricare

Summer is upon us and with so many sun-filled fun activities to look forward to, don't let safety take a backseat. During times of extreme weather, your skin can be at risk of suffering the most damage. Skin protection, especially during the summer, is crucial to ensuring overall health.

According to the Centers for Disease Control and Prevention (CDC), the sun's ultraviolet (UV) rays can damage your skin in just 15 minutes. Skin cancer is the most common of all cancers in the U.S. The most preventable cause of skin cancer is overexposure to UV light, either from the sun or artificial sources like tanning beds and sunlamps. Be aware that indoor and outdoor tanning can be extremely harmful and should be done in a cautious and mindful manner.

You have many options for protecting your skin while outdoors in the sun. Follow these tips this summer to help protect yourself and your family:

- Use sunscreen with SPF 15 or higher — Put on broad-spectrum sunscreen with at least SPF15 on all parts of exposed skin before you go outside. This is a good practice even on slightly cloudy or cool days. And remember, sunscreen wears off. You may need to reapply sunscreen if you stay out in the sun for more than two hours, and after you swim or sweat excessively.
- Wear clothing to cover your skin — When possible, wear a T-shirt or beach cover-up, in addition to sunscreen. Long-sleeved shirts, long pants, and skirts provide protection from UV rays.
- Use shade — Reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter when the sun's rays are strongest, between 10 a.m. and 4 p.m. But don't rely on the shade alone. You still need to remember to use protective measures, like sunscreen and protective clothing, when you're outside.

- Wear a hat to provide upper body shade — Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses — Protect your eyes and the skin around your eyes by wearing sunglasses. Sunglasses that wrap around work best because they block UV rays.

Anyone can develop skin cancer. However, a person's skin pigment indicates how likely they are to sustain injury from UV rays. If you notice changes in your skin, such as a new growth, a sore that doesn't heal, or a change in the appearance of a mole, talk to your doctor. TRICARE covers skin cancer exams for people who are at a higher risk for developing skin cancer. This includes individuals with a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight, or clinical evidence of precursor lesions.

Stay tuned for more summer safety tips from TRICARE. To learn more about sun safety, visit the CDC or American Cancer Society websites.

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From Brandpoint

Looking to get away from the daily grind this summer? The answer may be to leave your stress on land and take those summer plans on the water. Four in five Americans say being around water relaxes them, and 72 percent feel healthier after spending time on the water, according to a Discover Boating survey.

Americans are working longer hours, dealing with stress and constantly connected to technology, with just 46 percent taking their full vacation time, according to Project Time Off's 2017 study, The State of American Vacation.

One easy solution? Get on the water and go boating. Whether close to home or on vacation, being on, in or near the water is good for you. In fact, the human brain consists of 75 percent water, so when you see or hear water it triggers the brain to react positively, according to Dr. Wallace J. Nichols, marine biologist and author of Blue Mind, a bestselling novel on the scientific connection between water and happiness.

What's more, boating is more accessible than you may think. In fact, more than 142 million Americans go boating each year, according to the National Marine Manufacturers Association.

"Modern technology can make it more difficult to fully disconnect and relax, and boating is one of the few activities that can take you away from daily distractions to a place where you can reconnect with friends and family, relax and enjoy the outdoors," says Carl Blackwell, president of Discover Boating.

There are easy ways to get on the water, no matter where you are or whether your interests lie in fishing, watersports, sailing, personal watercraft or simply cruising with loved ones. Use these five tips to help you find your way on the water this summer.

Join a boat club. Find a boat club near you to access a versatile fleet of boats. You'll pay a monthly fee and be able to book your time on the water online. Most boat clubs take care



Brandpoint image

of docking, cleaning and maintenance, with members responsible for fuel. Plus, most offer boat training courses as part of the membership.

Rent a boat. Rental options are available on most waterways and provide hourly, daily or weekly access to a variety of boat types. Rental outfitters give tutorials on operating a boat, share safety instructions and offer suggestions on destinations. Another rental option new to market is peer-to-peer rentals, where you can locate boats online by entering your zip code, allowing you to rent someone else's boat, which usually includes insurance and captains

for hire to help you set sail.

Charter a trip. Explore new waters and experience the boating lifestyle by chartering a boat trip with family or friends. Chartering offers several options — bareboat (with no captain) or crewed (with captain and crew), and can be as short as a few days or weeks long. Pick your preferences and get your feet wet.

Take a class. Sign up for a boating lesson to hone your powerboating, sailing or watersports skills by mastering the basics while having fun along the way. On-water training courses, watersports camps, youth boating programs and more are offered across the U.S.

Float your own boat. Chart your own course to boat ownership by visiting DiscoverBoating.com, where you'll find a boat selector and loan calculator tool to help determine your budget and identify types of boats that fit your lifestyle and interests. Once you've narrowed down your search, the site can connect you with manufacturers whose boats best fit your needs and wants.

Get off the dock and climb aboard a boat this summer by using DiscoverBoating.com's Go Boating Today interactive tool — just enter your zip code to find boat clubs, rentals or charters close to home.

in theaters now

TAG (PG)

For one month every year, five highly competitive friends hit the ground running in a no-holds-barred game of tag they've been playing since the first grade—risking their necks, their jobs and their relationships to take each other down with the battle cry: "You're It!"

This year, the game coincides with the wedding of their only undefeated player, which should finally make him an easy target. But he knows they're coming...and he's ready.

HEREDITARY (R)

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

OCEAN'S 8 (PG-13)

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

ADRIFT (PG-13)

Starring Shailene Woodley (Fault in Our Stars, Divergent films) and Sam Claflin (Me Before You, The Hunger Games



Kyle Kaplan

Chris Pratt stars in Jurassic World: Fallen Kingdom.

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.

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.

JURASSIC WORLD FALLEN KINGDOM (PG-13)

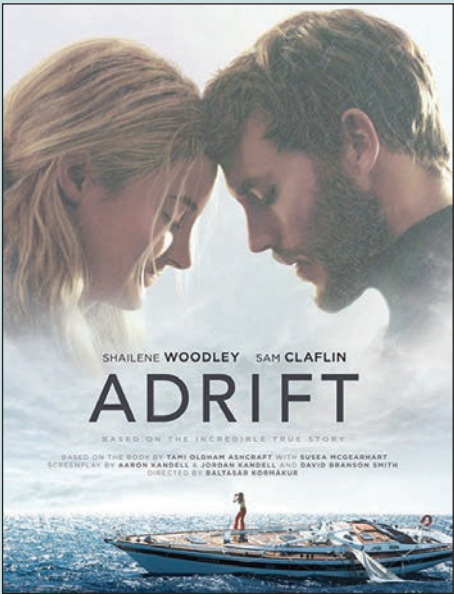
Four years after the Jurassic World theme park was closed down, Owen and Claire return to Isla Nublar to save the dinosaurs when they learn that a once dormant volcano on the island is active and is threatening to extinguish all life there. Along the way, Owen sets out to find Blue, his lead raptor, and discovers a conspiracy that could disrupt the natural order of the entire planet. Life has found a way, again.

THE INCREDIBLES 2 (PG)

Everyone's favorite family of superheroes is back in Incredibles 2 but this time Helen (voice of Holly Hunter) is in the spotlight, leaving Bob (voice of Craig T. Nelson) at home with Violet (voice of Sarah Vowell) and Dash (voice of Huck Milner) to navigate the day-to-day heroics of normal life. It's a tough transition for everyone, made tougher by the fact that the family is still unaware of baby Jack-Jack's emerging superpowers. When a new villain hatches a brilliant and dangerous plot, the family and Frozone (voice of Samuel L. Jackson) must find a way to work together again which is easier said than done, even when they're all Incredible.

base theaters \$3 Movies

Starring Shailene Woodley and Sam Claflin, Adrift is based on the inspiring true story of two free spirits whose chance encounter leads them first to love, and then to the adventure of a lifetime. As the two avid sailors set out on a journey across the ocean, 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.



Courtesy Lakeshore Entertainment/STX

JEB Little Creek, Gator Theater – 462-7534

Friday, June 29
6 p.m. Adrift (PG-13)
9 p.m. Upgrade (R)

Saturday, June 30
1 p.m. Solo: A Star Wars Story (PG-13)
4 p.m. Adrift (PG-13)
7 p.m. Upgrade (R)

Sunday, July 1
1 p.m. Book Club (PG-13)
4 p.m. Solo: A Star Wars Story (PG-13)
7 p.m. Deadpool 2 (R)

NAS Oceana, Aero Theater – 433-2495

Friday, June 29
6 p.m. Adrift (PG-13)
9 p.m. Upgrade (R)

Saturday, June 30
12 p.m. Deadpool 2 (R)
3 p.m. Solo: A Star Wars Story (PG-13)
6 p.m. Breaking In (PG-13)
9 p.m. Life Of The Party (PG-13)

Sunday, July 1
12 p.m. Life Of The Party (PG-13)
3 p.m. Book Club (PG-13)
6 p.m. Deadpool 2 (R)

Fun and Games

LESSON IN TOLERANCE

Super Crossword

ACROSS

1 Putting game

5 Graham of football

9 Train lines, e.g.: Abbr.

13 Minnesota's capital

19 Hollywood's Sharif

20 Apparel

21 "Got it," facetiously

22 — del Fuego (island group)

23 Occur

25 Grizzly catcher's activity

27 Solidarity

28 Stock value

29 Florida resort

30 Moist

31 First part of an act

34 Lacking any amenities

38 Repulsive

43 Product's ultimate application

44 Pub mug

45 Nanny, e.g.

46 Captivate

48 Scholastic stat

49 Up vote

50 Digit with a relatively large nail

52 Fourth scale steps

53 Bubbling, as

55 "I read you"

57 Not reveal one's pain

61 Athletic shoe brand

63 Outward flow

64 Swenson of the screen

65 Sacred sites

67 Adam's mate

68 Minor deities

72 Other, to José

73 Tennis' Graf

75 Fed head

76 Play fair

81 Towel off again

82 Sophia of the silver screen

83 Heckler's cry

84 Facial hair

86 In thing, temporarily

87 "Is" pluralized

88 Bewilder

91 Movie genre

92 Totally fulfill

93 Tiny nation in Europe

96 Be a sentinel for

99 Oppressive

101 Like pre-1991 Russia

102 Funny Philips

103 Code name

105 Ring count

106 Current flow measures

110 "It's Just a Matter of Time" singer of 1959

114 What the first words of 23-, 25-, 38-, 57-, 76-, 96- and 110-Across can all mean

116 Bodega site

117 Major- — (steward)

118 Author Oz

119 "Boy!" or "girl!" lead-in

120 Selected

121 Utah city

122 Thanksgiving side dish

123 "Sure thing"

DOWN

1 Set out for

2 Arab land

3 "A Prairie Home Companion" town

4 Rival one is amicable with

5 Night hooters

6 4:00 socials

7 Tic-toe linkup

8 Refinery rock

9 Paco of fashion

10 Regarding that matter

11 That, to José

12 Collate, e.g.

13 Tough one

14 Metal cake container

15 Besieger's bomb

16 Jackie's "O"

17 Sizable vase

18 Not keep up

24 Gp. against bullfighting

26 Includes

28 Diem lead-in

31 Many busts

32 Sever

33 Styried

35 Yank at

36 Savory jelly

37 Tennis' Fraser

38 Glassy looks

39 Camry, e.g.

40 Special FX graphics

41 Boars, say

42 FBI worker

47 Davis of "Get on the Bus"

50 Composer Benjamin

51 Devitalized

53 Casbah city

54 Small hound

56 Cipher

58 Young moray, say

59 Lamentable

60 Part of IMO

62 Rein in

66 Perhaps

68 Becomes extinct

69 Long-loved item

70 Lower the value of

71 Gary of beat poetry

73 Yells

74 Projecting flat collar

76 Thrifty rival

77 Element #5

78 Actress Jacob

79 Male turkeys

80 LaBeouf of "I, Robot"

85 Botch it up

88 Straight whiskey type

89 Island that's Principe's partner

90 Poison

92 By one means or another

94 Knights' suits

95 Oreo, e.g.

97 Loud noise

98 "Chocolat" actor Johnny

100 Compass pt.

104 Within: Prefix

106 Molecule unit

107 Touse

108 Blues singer — James

109 Pahlavi, e.g.

110 Telly channel

111 Cheer word

112 Gold, to José

113 Blue Jays, on scoreboards

114 Cough up

115 Actress Thurman

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Sudoku

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

CryptoQuip

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

Clue: U equals T

B LDTDQUAC LDFX F RVUUV UIFU

F ABEIUBQE YUVLD IFX WDDQ

NYBQE: "UID TNYUVRDL BY

FAJFCY WLBEIU."

Last week's CryptoQuip answer

After looking at my ugly bookcase, my neighbor cried "You should be ashamed of your shelf!"

last week's answers

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

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

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www.flagshipnews.com/
base_information/
religious_services

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