

THE UNIFORMED SERVICES
BLENDED RETIREMENT SYSTEM

ARE YOU OPT-IN READY?

BRS Opt-In Eligible?

Active Component as of Dec. 31, 2017, with Less than 12 Years of Service?

CY 2018: Opt-In Eligible Service Members Decide Which Retirement Plan to Choose

There are Resources to Help You:

- Opt-In Course on JKO
- Installation Personal Financial Managers and Counselors
- MilitaryOneSource.mil
- Militarypay.defense.gov/BlendedRetirement

Eligibility

- Active component with less than 12 years of service as of Dec. 31, 2017
- Reserve component who have accrued less than 4,320 retirement points as of Dec. 31, 2017

Opt-In Period

- You can opt into BRS anytime between Jan. 1, 2018 to Dec. 31, 2018

Resources:

- Mandatory opt-in course on Joint Knowledge Online (JKO)
- Installation Personal Financial Managers / Counselors
- MilitaryOneSource.mil
- Militarypay.defense.gov/BlendedRetirement

Reserve Component in a paid status and as of Dec. 31, 2017, with Less than 4,320 Retirement Points?

Make an Informed Decision for your Financial Future

- Anyone serving as of Dec. 31, 2017, is grandfathered into the legacy retirement (high-3) system
- The opt-in window for BRS is Jan. 1, 2018 - Dec. 31, 2018

BLENDED RETIREMENT SYSTEM ENROLLMENT PERIOD NEARS MIDPOINT

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy issued a reminder for all commands to notify Sailors who are eligible to opt-in to the Blended Retirement System (BRS) that there are just six months remaining in the BRS enrollment period in NAVADMIN 158/18, released July 2.

Command administration departments must contact their supporting personnel office to verify that the list of opt-in eligible Sailors within their command is current.

Sailors have until Dec. 31, 2018 to opt-in to the BRS and enrollment can be completed via the “MyPay” website. Sailors who choose not to enroll in the BRS will remain in the current “legacy” retirement system. If a Sailor elects to enroll in the BRS, that decision is permanent.

The NAVADMIN also notes that the BRS mid-career continuation pay rates for 2019 can be found at: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/readiness/Pages/Personal-Financial-Management.aspx. To receive the mid-career continuation pay, Sailors must have opted into BRS and requested continuation pay before reaching 12 years of service.

For more information read NAVADMIN 158/18 at: <https://www.public.navy.mil/bupers-npc/reference/messages/NAVADMINSPages/NAVADMIN2018.aspx>

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



MC2 Thomas Gooley

A French Dassault Rafale M Fighter touches down on the flight deck aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75). 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.

NATO'S OLDEST ALLIES UNITE

By MC2 Thomas Gooley

ATLANTIC OCEAN

From July 2 to July 6, aircraft from Carrier Air Wing One (CVW-1), embarked aboard USS Harry S. Truman (CVN 75), conducted integrated flight operations with French Naval Aviation aircraft as part of French Air Defense week.

The purpose of the exercise was to increase readiness and demonstrate the ability to operate together by practicing air warfare and strike techniques, to include dissimilar air combat training.

“France is our oldest ally and a vital partner in ensuring security and stability in the

» See **NATO** | A7

Navy announces FY-19 Senior Enlisted Continuation Board

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

The fiscal year 2019 (FY-19) Senior Enlisted Continuation Board (SECB) will convene Dec. 3, according to NAVADMIN 159/18 released July 5.

The board has no quotas and is a performance-driven review of senior enlisted personnel conducted primarily by senior enlisted personnel to identify Sailors whose continued service is no longer in the best interest of the Navy. Among the many factors reviewed, documented misconduct and/or substandard performance within the past three years will be a consideration in determining whether to continue a board-eligible Sailor.

As outlined in the NAVADMIN, the board will review records of active component (AC) and full time support (FTS) E-7 to E-9 Sailors with at least 19 years of active service computed from their active duty service date as of Aug. 31, 2018 and three-years’ time-in-rate (TIR) as of Aug. 31, 2018; and selected Re-



serve (SELRES) and voluntary training unit (VTU) E-7 to E-9 Sailors with at least 20 years qualifying service and three-years TIR as of Aug. 31, 2018.

Sailors who have a final authorization to transfer to the Fleet Reserve or an approved retirement request for Sept. 1, 2019 or earlier will be exempt from the SECB. Those Sailors selected for chief warrant officer (CWO) by the procurement board held in January 2018 or selected by the FY-19 advancement boards will not be considered by the SECB, however, CWO selectees who meet eligibility criteria and decline appointment or are removed from selection prior to Nov. 15, 2018, will be considered.

Naval Education and Training Professional Development Center will publish the names of board-eligible Sailors on Oct. 8, 2018.

» See **SECB** | A7



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U.S. Navy graphic



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SWIMMERS BEWARE - RIP CURRENTS:

The Coast Guard would like to warn mariners and beachgoers of hazardous weather and sea states that could take place as Tropical Storm Chris makes its way up the east coast.

» See **A7**



PREVENTATIVE MEDICINE:

The Navy Environmental and Preventive Medicine Unit FIVE (NEPMU-5) hosted 15 Mexican Navy health service personnel in support of Rim of the Pacific (RIMPAC) exercise, June 26. California.

» See **B1**

PRINCE TRIBUTE COMING TO TOWN POINT PARK:

Relive the 1980s in Norfolk this weekend with The Purple Xperience and local faves The Deloreans!

» See **C1**

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Navy Medicine East and Naval Medical Center Portsmouth conduct continuous process improvement of labor & delivery and cesarean section delivery processes

By Michael Kirschner

Lean Six project team members are developing and implementing a standard, lean process at Naval Medical Center Portsmouth (NMCP) to improve the number of Cesarean sections (C-section) starting on time. The process will also create a safer plan of care by ensuring emergency deliveries can be responded to in a more timely manner. This can reduce negative scheduling impacts throughout the day. Several “workflow” walk-throughs were held on the NMCP Labor & Delivery ward to observe and gather data related to the process of scheduled C-Sections.

A team meeting was held this month to develop a Lean Six Sigma Spaghetti Diagram of the Cesarean Section delivery workflow for OB surgeons, OR nurses, and Anesthesiologists.

The Lean Six project team, working to improve the “Scheduled C-Sections” at NMCP, made a site visit to Sentara Princess Anne Hospital (SPAH) in Virginia Beach to share information. This project is still in progress and is scheduled to be completed by July or August 2018.



Photos by Michael Kirschner
The team donned their “bunny suits” to enter and observe the L&D Operating Rooms. (left to right) CDR Ryan Nations, LCDR Colleen Blosser; Ms. Jennifer Byers, Ms. Dana Wiggins, and LCDR Lauren Suszan.

U.S. NAVY IDENTIFIES CASUALTY

From U.S. 5th Fleet Public Affairs

U.S. 5TH FLEET AREA OF OPERATIONS

A Sailor assigned to the Arleigh Burke-class guided-missile destroyer USS Jason Dunham (DDG 109) died from injuries sustained while conducting small boat operations July 8.

Ensign Sarah Mitchell, 23, of Feasterville, Pennsylvania, was medically evacuated to a hospital in Aqaba, Jordan, and was pronounced dead at 12:45 p.m., local time.

No other Sailors were injured and the investigation is ongoing.

Dunham is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

For more news from Commander, U.S. Naval Forces Central Command/5th Fleet, visit www.navy.mil/local/cusnc/.



U.S. Navy photo
Undated FILE PHOTO of Ens. Sarah Mitchell, 23, of Feasterville, Penn. Ens. Mitchell, died from injuries sustained aboard USS Jason Dunham (DD 109), July 8, 2018.



MC3 Lenny Weston
Damage Controlmen assigned to the amphibious assault ship USS Bataan (LHD 5), discharge a firehose during the Damage Control Olympics at the Farrier Firefighting School for Surface Line Week 2018.

Surface Line Week 2018 comes to a close

From Naval Surface Force Atlantic Public Affairs

NORFOLK

Surface Line Week (SLW) 2018 concluded Friday following five-days of friendly competition held at various locations in the Hampton Roads area.

Surface Line Week (SLW) is an annual competition hosted by Commander, Naval Surface Force Atlantic (SURFLANT) for all SURFLANT commands. Each year, Sailors, Marines, and Department of the Navy civilian employees from the Hampton Roads area come together as a surface force to strengthen camaraderie along the waterfront.

SLW 2018 featured approximately 2,300 participants from area commands competing in 22 different events de-

signed to showcase the athletic and professional skills of the surface force.

“SLW was a great opportunity for our Sailors to step off their ships or out of their offices and display their professional and athletic skills in an atmosphere of healthy competition and command pride,” said Lt. Cmdr. Todd Beatty, coordinator for this year’s event.

“Surface Line Week and the Warrior Ball are so important because it celebrates the surface force as a warfighting community and strengthens the warrior spirit within each Sailor and the force,” said Rear Adm. Jesse Wilson, Jr., commander, Naval Surface Force Atlantic.”

This year’s event featured athletic tournaments and events such as basketball, volleyball, soccer, and track and field; and professional skills challenges such as damage control olympics, bos’n olympics, and various culinary competitions.

Winners for Surface Line Week 2018 are Assault Craft Unit Two (small command), USS Cole (DDG 67) (medium command) and USS Bataan (LHD 5) (large command).

For more news from Commander, Naval Surface Force, U.S. Atlantic Fleet, visit www.navy.mil/local/surflant/.

Editorial Staff

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

Graphic Designer | Mike Doyle

Flagship, Inc.

MNV Military Manager | Pam Bullock, 757-446-2795
Advertising Inquiries | Pam Bullock, 757-446-2795
Creative Director | Allyson Garner, 757-222-3955

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

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

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The Flagship
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NEWS FROM NAS OCEANA

NAS OCEANA TO HOST 2018 AIR SHOW

By MCSN Mark Thomas Mahmood

Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Naval Air Station Oceana will host the 2018 Air Show, scheduled to start at 8 a.m. Sept. 22 and 23. The event is free, open to the public and designed to showcase the skills of naval aviators and provide an opportunity to connect the military and local community.

The theme of this year's air show is Naval Air Station Oceana 75th Anniversary. Originally opened in 1943 in the mudflats of Virginia Beach, Naval Air Station Oceana is now the Navy's East Coast Master Jet Base and home to all of Naval Aviation's F-18 Hornets and Super Hornets.

This year's featured flight demonstrations will be held by the U.S. Navy Flight Demonstration Squadron, the Blue Angels, and the Canadian Forces 431 Air Demonstration Squadron, the Snowbirds.



MC1 Daniel M. Young

The U.S. Navy flight demonstration squadron, the Blue Angels, diamond pilots perform the Left Echelon Parade maneuver at the Naval Air Station Oceana Air Show 2017. The Blue Angels are scheduled to perform more than 60 demonstrations at more than 30 locations across the U.S. in 2017.

The CF Snowbirds are Canada's military aerobatics and flight demonstration team comprised of Canadian Armed Forces members and National Defense Public Service employees.

Naval Air Station Oceana has partnered with the Virginia Beach City Public Schools (VBCPS) to hold its third "STEM (science, technology, engineering, mathematics) laboratory" for local students during the Friday practice air show. This event is designed to teach students about modern technological advancements and their applications, especially within the military and NASA.

Capt. Chad P. Vincelette, commanding officer of Naval Air Station Oceana, said the STEM program during the air show has culminated a great relationship with VBCPS.

"This is the third year we've invited all the fifth grade students," said Vincelette. "The logistics and the extensive planning fused our relationship with the school system."

This year's STEM laboratory is scheduled to be the biggest one yet, and perhaps the biggest field trip of all time, with attendance of approximately 5,500 school students. Guinness World Records will be attending the event to verify attendance for the world's largest educational field trip. That same day, Sept. 21, the show will also be open to all military and dependents.

The next two days, Saturday and Sunday, will be the public's opportunity to see a variety of presentations from naval aviators and civilian performers. Saturday's on-base event

will be complemented with an evening performance and Beach Blast celebration Sept. 22 at 6 p.m. at Neptune Park, on 31st Street, at the Virginia Beach Boardwalk.

Additional air show performances will include Geico Skytypers, Mike Goulian (Extra 330sc), Kent Pietsch (Jelly Belly Interstate Cadet), Bob Carlton (Salto Jet Sailplane), Jim Tobul (Corsair), Greg Shelton (Wildcat), Warrior Flight Team, F/A-18F Super Hornet Demonstration, Air Power Demonstration, F-22 Raptor Demonstration, Bill Leff (USAF Heritage Flight), Black Daggers U.S. Army Parachute Team, Skydive Suffolk Jump Team, Flashfire Aftershock Jet Firetruck and Firewalkers Pyrotechnics.

The 2018 Naval Air Station Oceana Air Show is planned, set up and performed by Naval Air Station Oceana personnel and requires the skills and knowledge of all Sailors stationed there. Thousands of hours are spent in making this the Navy's largest public outreach event.

This year's air show is designed to be the biggest one yet. Continued details about the event will be released in the coming months and posted on Naval Air Station Oceana's official Facebook page, www.facebook.com/NavalAirStationOceana and the Naval Air Station Oceana Air Show's official Facebook page, www.facebook.com/OceanaAirShow.

To purchase tickets or for more information, go to www.oceanaairshow.com.

For more news from Naval Air Station Oceana, visit www.navy.mil/local/oceana/.



MC2 Travis DiPerna

Explosive Ordnance Disposal Technician 2nd Class William Cramer, assigned to Explosive Ordnance Disposal Mobile Unit 2, demonstrates the capabilities of a bomb disposal robot to a child during an air show at Naval Air Station (NAS) Oceana, September 15, 2017. NAS Oceana and the Virginia Beach City Public School (VBCPS) system partnered to provide the opportunity to take a one-of-kind field trip to NAS Oceana.

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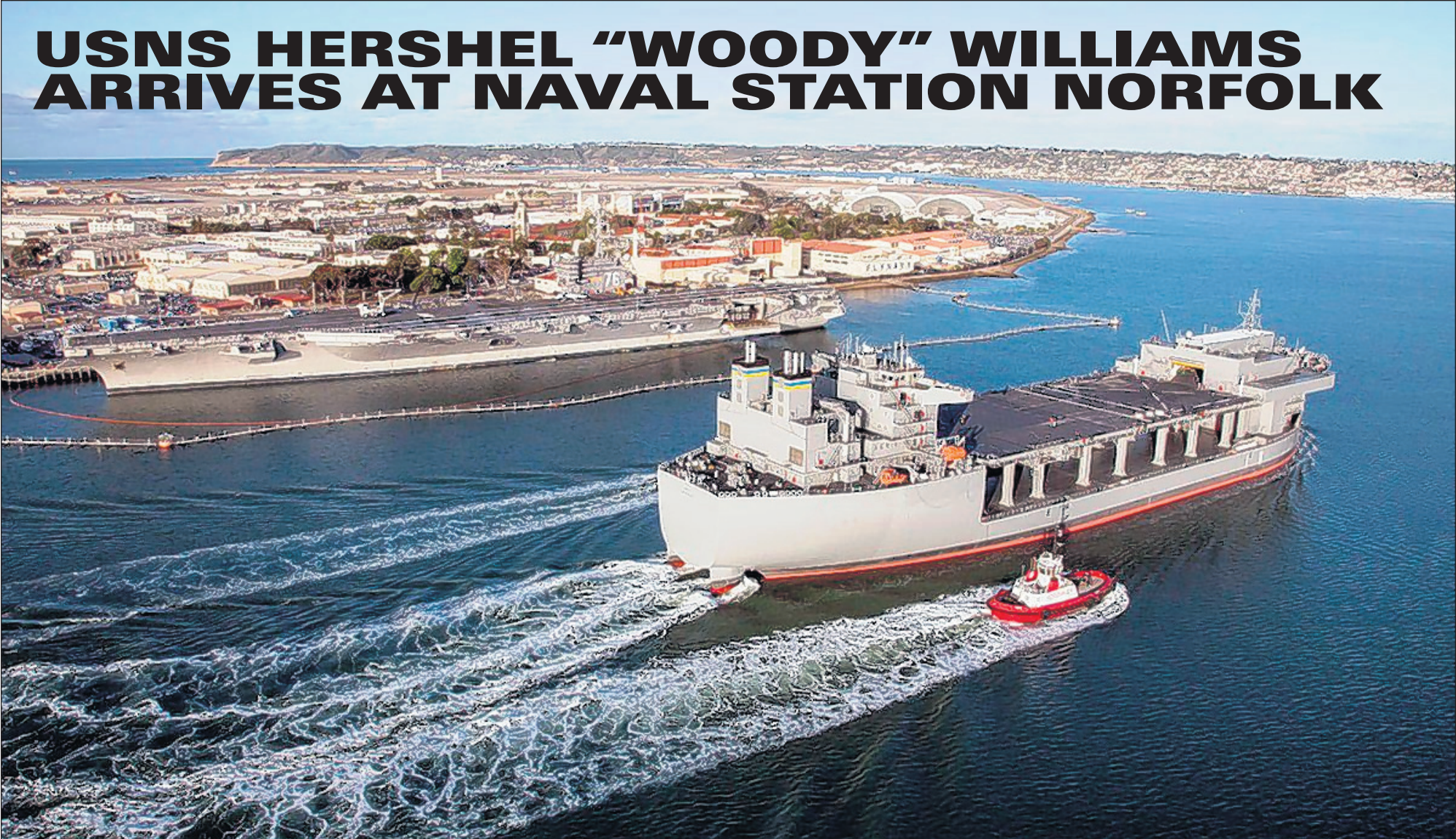
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USNS Hershal “Woody” Williams (T-ESB 4) departs San Diego for Norfolk.

U.S. Navy photo

From Military Sealift Command Public Affairs

NORFOLK

The U.S. Navy’s newest expeditionary sea base (ESB), USNS Hershel “Woody” Williams (T-ESB 4), arrived at Naval Station Norfolk, July 5, after completing its 15,000 nautical mile maiden voyage from San Diego, California.

USNS Hershel “Woody” Williams was delivered to the U.S. Navy’s Military Sealift Command in February 2018 and is the Navy’s second, purpose-built ESB. The first ESB is USS Lewis B. Puller (T-ESB 3) which is currently operating in the Middle East.

“Our voyage from California to Virginia was very unusual because most modern ships use the Panama Canal to travel from the Pacific Ocean to the Atlantic Ocean. Because of our ship’s size, we were too large for the canal so we went around the southern tip of South America through the Straits of Magellan,” said Capt. George McCarthy USNS Hershel “Woody” Williams’ master. “Also, we transited this region during the arduous South American winter, so this was a journey which deserves respect.”

The Straits of Magellan are considered to be difficult to navigate due to the constriction of its sea-lanes and volatile weather and strong sea-currents.

“Pulling into Norfolk signifies the completion of the ship’s two-month, 15,000 nautical mile maiden voyage,” said Lt. Cmdr. Courtney ‘Cory’ Rank, USNS Hershel “Woody” Williams’ military detachment officer in charge. “The time on this voyage gave the Sailors time to gel as a team with the civil service mariners. Being able to build comradery as a crew during this journey is of vital importance to its future as a team.”

The 784ft.-long vessel features a 52,000 square-foot flight deck, fuel and equipment storage, repair spaces, magazines, and mission-planning spaces. Able to accommodate up to 250 personnel, USNS Hershel “Woody” Williams will support multiple missions, such as air mine counter measures, counter-piracy operations, maritime security operations, humanitarian aid and disaster relief missions and crisis response operations. The ship has hybrid-manned crew with a combination of military personnel and civilian mariners.

“Military Sealift Command has lots of experience sailing ships with hybrid crews,” said Capt. George McCarthy, USNS Hershel “Woody” Williams’ master. “I believe the hybrid crews are very effective and we will see more of our future ships operated under this concept.”

USNS Hershel “Woody” Williams is named after the last surviving Medal of Honor recipient from the Battle of Iwo

Jima. Hershel “Woody” Williams joined the Marine Corps following the attack on Pearl Harbor and, after serving in Guadalcanal and Guam, he joined the campaign in Iwo Jima. Two days after arriving on the island, Williams picked up a 70-pound flamethrower and walked ahead of his infantry’s tanks for four hours clearing their path of enemy machine gun fire. His actions resulted in President Harry S. Truman awarding him the Medal of Honor two years later.

USNS Hershel “Woody” Williams is the expeditionary sea base-variant of the expeditionary transfer dock (ESD) which includes USNS Montford Point (T-ESD 1), USNS John Glenn (T-ESD 2) and USS Lewis B. Puller (T-ESB 3). USS Lewis B. Puller was later commissioned as a warship and currently carries the “USS” designation. The third expeditionary sea base, USNS Miguel Keith (T-ESB 5), is currently under construction by General Dynamics National Steel and Shipbuilding Company (NASSCO) in San Diego, California.

MSC operates approximately 125 non-combatant, civilian-crewed ships that replenish U.S. Navy ships, conduct specialized missions, and strategically preposition combat cargo at sea around the world while moving military cargo and supplies used by deployed U.S. forces and coalition partners.

For more news from Military Sealift Command, visit www.navy.mil/local/MSCL/.



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Sailors assigned to the flight deck crew prepare to conduct flight operations aboard the guided-missile destroyer USS Forrest Sherman (DDG 98).



Aviation Boatswain's Mate (Handling) 2nd Class Sherlandria Ashe poses for a photo while transmitting the hangar bay aboard the aircraft carrier USS George H.W. Bush (CVN 77).



Aviation Boatswain's Mate (Fuel) Airman Caitlyn Leming operates a sound-powered telephone aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).



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

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USS Gettysburg crew visit namesake to commemorate Independence Day

By Lt. j.g. Mckensey Cobb
USS Gettysburg (CG 64) Public Affairs

GETTYSBURG, PA.

A crew contingent from USS Gettysburg (CG 64) visited their namesake borough July 4-6 to help commemorate the Independence Day holiday.

Highlighting the visit, the ship’s color guard, reestablished after four years specifically for this performance, debuted Wednesday at the 6th annual 4th of July Patriotic Pops Concert and Fireworks at Gettysburg College. With new equipment and little experience, the newly-formed team trained and rehearsed the professional execution of honors to our nation over the past two months. Then, during their inaugural performance, the Color Guard incorporated their Pennsylvania namesake’s flag.

“We are proud to have the opportunity to contribute in such a special way,” said Fire Controlman (Aegis) 1st Class Daren Baker, who led the color guard. “The Borough of Gettysburg has treated us with unparalleled hospitality and I could not imagine a better



U.S. Navy photo

way to celebrate our nation’s Independence Day than supporting this event.”

In addition to performing on stage, the Gettysburg crew conducted flag raising and lowering ceremonies each day during their three-day visit. They also observed the 155th

Gettysburg Anniversary Civil War Reenactment, where they met reenactors of famous generals and learned lessons in strategy and leadership from the most pivotal battle of the Civil War.

The Sailors also performed maintenance and upkeep of the Company K Monument, located in the town square, and shined the Borough’s giant brass bell that sits in front of the local Fire Department. The crew is thankful for all the support the Borough has provided for nearly three decades, and look for every opportunity to give back to their namesake community.

“As the crew re-forms, it is important to connect to our namesake community and leverage our experiences in the Borough of Gettysburg into all aspects of our growing command culture,” said Capt. Corey Kenisten, the ship’s commanding officer.

Homeported in Norfolk, Gettysburg is one of six cruisers in the Navy’s Cruiser Modernization Program managed by Naval Sea Systems Command. Under the program, Gettysburg and the other cruisers will receive significant combat systems and engineering upgrades. Upon completion of the program, Gettysburg and her crew will return to the fleet with a significantly en-

hanced air defense capable platform that is capable of meeting operational demands for years to come.

For more news from Commander, Naval Surface Force, U.S. Atlantic Fleet, visit www.navy.mil/local/surflant/.

“As the crew re-forms, it is important to connect to our namesake community and leverage our experiences in the Borough of Gettysburg into all aspects of our growing command culture,”

Capt. Corey Kenisten



Lt. j.g. Mckensey Cobb
Damage Controlman 2nd Class Tacia Marquez, assigned to the guided-missile cruiser USS Gettysburg (CG 64), studies “The Battle of Gettysburg,” a painting in the Gettysburg Museum and Visitor Center. Sailors from Gettysburg are visiting Gettysburg, Pa., to perform at the July 4th Concert at Gettysburg College and participate in community service activities.



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NATO Allied Command Transformation celebrates America's Independence Day

From Allied Command Transformation Public Affairs

NORFOLK

The North Atlantic Treaty Organization's (NATO) Allied Command Transformation celebrated America's Independence Day during a formal flag raising ceremony on July 3.

During the ceremony, the Fifes and Drum Corps of Yorktown performed and the U.S. Fleet Forces (USFF) band played the United States national anthem, NATO hymn and patriotic music to commemorate the historic event.

French Air Force Gen. Denis Mercier, Supreme Allied Commander Transformation, provided remarks spotlighting America's independence and the importance of NATO's headquarters in North America.

"For the men and women of Allied Command Transformation, having the opportunity to spend the Fourth of July with our American colleagues and friends is always a cherished moment because of the enduring hospitality we all receive in Norfolk and in the Hampton Roads region, NATO's home in America," said Mercier.

Mercier continued to emphasize that Allied Command Transformation staff members and their families reside in the



MCC Adrian Melendez
Musician 2nd Class Matthew Kinnamam, from the U.S. Navy Fleet Forces Band, performs at NATO's Allied Command Transformation during a U.S. Independence Day Flag Raising ceremony.



MCC Adrian Melendez
NATO's Allied Command Transformation Color Guard parades the colors, along with the Yorktown Fifes and Drum Band, during a U.S. Independence Day Flag Raising ceremony. The event is held every year at NATO's home in North America and is a symbol of honor to Allied Command Transformation's host nation and strengthens trans-Atlantic bonds.

local area and enjoy being a part of the community.

"Every year, new staff members cross the Atlantic during the summer rotation, settle in the neighborhoods and local communities, and every year, we are reminded of the powerful transatlantic bond linking our nations together across the ocean," said Mercier.

U.S. Navy Adm. Christopher Grady, USFF commander, attended the ceremony and highlighted the importance of celebrating America's Independence Day alongside Allies at Allied Command Transformation.

"The United States Navy is proud to host the only North American NATO command in its 15th year of excellence," said Grady. "The Navy looks ahead to being a partner in the future Joint Forces Command, as NATO continues to adapt to dynamic security challenges."

"I wish [Americans] a very happy Independence Day, in remembrance of the change it brought to the old world, and of the inspiration it gave to other people aspiring to democracy and liberty," said Mercier. "Long live our Alliance, and God bless the United States of America."

As one of NATO's two strategic commands, Allied Command Transformation has been located in the United States since its inception in 2003. The city of Norfolk, and the region as a whole, serve as exceptional hosts to military and civilian personnel from 34 allied and partner nations. As the warfare development command for NATO, Allied Command Transformation's mission is to contribute to preserving the peace, security and territorial integrity of Alliance member states by leading the transformation efforts of military structures, forces, capabilities and doctrines.

For more information on NATO's Allied Command Transformation, visit: <http://www.act.nato.int/>



MC2 Luke Edwards
Commander, U.S. Fleet Forces Command, Adm. Christopher Grady, and NATO's Supreme Allied Commander Transformation, Gen. Denis Mercier, salute during a U.S. Independence Day Flag Raising ceremony at Allied Command Transformation Headquarters.

U.S. Ambassador, French guests embark Truman

By MC3 Michael Chen

ATLANTIC OCEAN

The U.S. Ambassador to the French Republic and Principality of Monaco, Jamie D. McCourt, joined senior members of the French military during a visit aboard USS Harry S. Truman (CVN 75) July 3.

"It's always an honor to have our great friends and partners aboard Truman," said Harry S. Truman Commanding Officer, Capt. Nick Dienna. "This visit caps off a phenomenal few weeks operating in Sixth Fleet. Our Sailors were graciously welcomed in Marseille, and we are now working bilaterally with our French counterparts to hone our skills for joint operations whenever, wherever we are needed."

Harry S. Truman Carrier Strike Group (HSTCSG) is currently participating in French Air Defense Week, an exercise designed to demonstrate interoperability and increase readiness for participating units. During the exercise, HSTCSG aircraft are integrating with French Navy counterparts to conduct training and simulation maneuvers. The exercise is an opportunity for U.S. and French maritime aviation forces to work together, exchange information and refine tactics, techniques and procedures in order to promote maritime safety and security in the region.

"French fighter jets performing operations on the deck of one of America's great supercarriers is an amazing symbol of the strong partnership between the United States and France," said Ambassador McCourt.

During the group's daylight embark, there was a military staff exchange, a short tour, and observation of touch-and-goes performed by French Dassault Rafale fighters.

Harry S. Truman is deployed in the U.S. 6th Fleet area of operations supporting maritime security operations and U.S. national security interests.

For more news from USS Harry S. Truman (CVN 75), visit www.navy.mil/local/cvn75/.



MC3 Victoria Granado
USS Harry S. Truman (CVN 75) Commanding Officer, Capt. Nicholas Dienna, left, shows Ambassador Jamie D. McCourt, U.S. ambassador to the French Republic and Principality of Monaco, Truman's position on a chart on the bridge aboard the Nimitz-class aircraft carrier. USS 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.



Ambassador Jamie D. McCourt, U.S. ambassador to the French Republic and Principality of Monaco, right, is greeted by USS Harry S. Truman (CVN 75) Commanding Officer, Capt. Nicholas Dienna aboard the Nimitz-class aircraft carrier.

MC2 Thomas Gooley

Mariners, swimmers warned of dangerous weather and rip currents from Tropical Storm Chris

By U.S. Coast Guard 5th District Public Affairs

PORTSMOUTH, VA

The Coast Guard would like to warn mariners and beachgoers of hazardous weather and sea states that could take place as Tropical Storm Chris makes its way up the east coast.

Wind, waves and visibility can quickly become problematic for boaters, while the increased sea states leading up to and after a tropical storm can create powerful rip currents.

Swimmers are urged to only swim at beaches with active duty lifeguards and to follow local advisories at their beach for beach closures and rip currents.

Recreational and commercial mariners are advised to put

safety first and operate within their vessel’s parameters and not to go out in heavy weather.

“Rip currents are serious risk in the mid-Atlantic. If you head to the beach, pay attention to the local beach advisories and check the weather forecast before you go,” said Mr. Matt Brooks, command duty officer at the 5th District command center. “There have been numerous deaths this year due to rip currents. Swim at a beach with a lifeguard and do not swim after hours.”

Rip currents are a significant threat along the mid-Atlantic coast, primarily along the southern Outer Banks in North Carolina, in Maryland waterways and off the New Jersey shore.

The most important safety precaution people should take



regarding rip currents is to swim only at beaches where lifeguards are on duty. Lifeguards are highly trained and are the first line of defense when beachgoers are swept away by rip currents. Don’t take the risk of swimming at an unguarded beach.

The presence of rip currents along our coasts is another reason people should wear life jackets at all times. People who fall overboard boats or overturn paddlecraft could potentially be affected by rip currents, and wearing a life jacket could help save their lives.

For more information on rip currents, visit: <http://www.ripcurrents.noaa.gov/>

New course prepares Command Pay and Personnel Administrators to support the Fleet

From Navy Personnel Command Public Affairs and Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

A two-week course launching July 30 will train Command Pay and Personnel Administrators (CPPAs) as part of Sailor 2025’s focus to improve the quality of pay and personnel services across the Navy.

Center for Service Support (CSS) developed the “C” School course in collaboration with Navy Personnel Command’s Pay, Personnel and Benefits Branch (PERS-2) to support the Sailors and civilians at the frontline of this effort as CPPAs, who serve as a critical link between individual Sailors, their commands, and their supporting pay and personnel organization.

“They are tasked with ensuring all pay and personnel documents are initiated and transmitted from the command in accordance with current Navy pay and personnel policies and procedures, which is why this ‘C’ School is so important,” said Dr. Tom Palmer, PERS-2 workforce development and talent management lead. “As the Navy continues on with these transformation initiatives, this course will provide CPPAs the knowledge to work in tandem with the My Navy Career Center and personnel support detachments to better support our shipmates fleetwide.”

CSS’s CPPA Program Lead Lori Henault led the pilot for the course in June at Training Support Center (TSC) Hampton Roads, Virginia Beach, Virginia.

“So much thanks are owed to the team of professionals whose collective effort made this possible,” said Henault. “We were able to quickly prioritize and produce a course of instruction that provided the CPPA cadre with a more comprehensive training better preparing them to be an intricate part of the administrative process.”

A diverse pool of students, including yeomen, personnel specialists, Sailors from non-administrative ratings, and civilians, experienced the test run of the course, to best represent the CPPA community as a whole.

“This course represents a tremendous team effort between CSS and PERS-2,” said Rear Adm. Kyle Cozad, commander of Naval Education and Training Command (NETC). “I’m most pleased that we went from identifying a critical fleet shortfall earlier this spring to full course implementation in record time. This is all about making sure our CPPAs have the right tools to take care of our Sailors, and thanks to the team’s hard work, we were able to significantly compress a curriculum development process that could take well over a year into ‘live’ course delivery later this month — less

than five months from flash to bang.”

The robust 80-hour curriculum provides the necessary tools to initiate Navy pay, personnel, and travel transactions at the command level both ashore and afloat. CSS teamed with NETC to use innovative processes to design, develop, pilot and field the course in only five months.

“CPPAs play a vital role in supporting our warfighters in each and every command across the fleet, and this greatly improved learning opportunity will lead to markedly better administrative and pay support for our Sailors,” said Rear Adm. Jeff Hughes, commander, Navy Personnel Command. “I am confident it will both improve the quality of service for our Sailors, which in turn will provide our Sailors the ability to focus more on improving our Navy’s operational effectiveness and lethality.”

The pilot course resulted in concrete input on the content from both experienced and inexperienced administrators and provided instant feedback on the instructor-led training.

“Even as a veteran Sailor I learned a lot in this course,” said Senior Chief Yeoman Tiwana Powell, one of the pilot course students. “I’ve already gone ahead and contacted everyone I know that has junior Sailors working as CPPAs and highly recommended that they enroll their Sailors in this class ASAP.”

Chief Personnel Specialist JayJay Robles, CSS’s personnel specialist training manager, and Chief Yeoman Jesse Berkhoudt, CSS’s yeoman training manager, developed the course and served as the pilot course’s instructors.

“The CPPA is evolving from a collateral duty to a primary duty,” said Berkhoudt, remarking on how the CPPA’s responsibilities have drastically changed over the last two years. “CPPAs will now be able to perform their duties with training, which is not only current with the already demanding responsibilities, but also standardized across the fleet.”

While the CPPA will be doing many operations similar to an administration or personnel

department, they do not and will not replace them. However, the CPPA role is designed to help and be a resource for Sailors.

“We want the class to be as effective and real as possible,” said Robles. “We are using the same forms and situations that are exactly the kind of stuff a CPPA would deal with, like moving a Sailor with three kids or somebody with BAH issues — things like that.”

Attending the classroom course gives students a cohesive learning experience, letting them ask questions and have discussions.

“We don’t have to wonder if we’re doing it right no matter where we are,” said Construction Electrician 2nd Class Spencer Bouchard, another pilot course student. “In this class, they are standardizing our requirements, and with that we can eliminate a lot of the confusion, like having one form here and a different one somewhere else. We can point out ways we can help all the CPPAs stay on the same page and focus on helping Sailors with their issues.”

Berkhoudt emphasized how the pilot course quickly showed how CPPAs can improve their knowledge. The

“CPPAs play a vital role in supporting our warfighters in each and every command across the fleet, and this greatly improved learning opportunity will lead to markedly better administrative and pay support for our Sailors,”

Rear Adm. Jeff Hughes, Commander, Navy Personnel Command.

CPPA toolbox already included an interactive CPPA web-based course, available through My Navy Portal via Navy e-Learning.

“Based off averages from the initial pre-test to the first exam after 40 hours of classroom training, pilot students who received both the online training and/or were currently filling a CPPA role improved their exam scores by 22 percent after the first week,” said Berkhoudt.

Once fully implemented, CSS instructors will teach the CPPA course on each coast, at TSC Hampton Roads and at TSC San Diego.

Personnel in the yeoman (YN), yeoman (submarines) (YNS), personnel specialist (PS), navy counselor (NC) ratings; those personnel in ratings assigned to commands without a YN, YNS, PS, or NC (E-4 through E-9); and designated civilian personnel are eligible for the CPPA course (A-500-0035).

CPPAs interested in enrolling in the course should contact their training manager or coordinator to request a quota for the course.



The full schedule listing is available through FY19 via the Enterprise Naval Training Reservation System (eNTRS) or by searching CDP 19K6 (Dam Neck) and CDP 19K7 (San Diego) on the Catalog of Navy Training Courses (CANTRAC). Training officers can request quotas through eNTRS or the training support centers. Each class will hold approximately 24 seats, with 21 dedicated to active duty and 3 to civilian employees who are or will be functioning as a CPPA. The priority for quota approval will be for Sailors currently at operational commands set for deployment that are CPPAs but have not attended the course.

Once the billets are available in the Billet Based Distribution (BBD) system in the fall, detailers will be the primary mode of requesting quotas. Quotas that are not filled 30 days prior to class convening dates will be released to TSC Hampton Roads to be filled by the fleet. Contact information and directions will be in CANTRAC when this takes effect.

Sailors can obtain the A16A Command Pay and Personnel Administrator Navy Enlisted Classification (NEC) code now by either:

1. Completing the Navy e-Learning (NeL) Command Pay and Personnel Administrator (CPPA) Training Course (PERS2-PERS2-PAYPERS-CPPA-CPPATRaining-V1.0); Department of the Navy Annual Privacy Training (DON-PRIV-1.00; and Records Management in the DON: Everyone’s Responsibility (DOR-RM-010-1.2) as identified in the Navy Enlisted Classification Manual.
- Or
2. Completing A-500-0035.

Sailors who already possess the NEC through NeL will not be mandated to attend the 80-hour course, but it is highly encouraged as the level of instructional training far exceeds the current NeL option. When CPPA billets are coded in the BBD system, it will be mandatory for Sailors to hold the A16A NEC prior to checking aboard.

CPPA resources are available at <http://www.public.navy.mil/bupers-npc/support/paypers/cpcresources/Pages/default2.aspx>

Center of Service Support, in Newport, Rhode Island, provides Sailors in the naval administration, logistics and media communities the necessary skills, knowledge and education to enhance lifelong learning and to support the fleet’s warfighting mission.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

NATO | Allies unite

Continued from A1



MC3 Rebekah A. Watkins

F/A-18 Super Hornets, assigned to Carrier Air Wing One, and French Dassault Rafale M Fighters fly over the Nimitz class aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman is deployed as part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe.

region and across the globe,” said Commander, Carrier Strike Group 8, Rear Adm. Gene Black. “The opportunity to integrate with French Naval Aviation helps us enhance our interoperability as we work to achieve common objectives.”

CVW-1 aircraft that participated in the exercise were F/A-18s and E-2D Hawkeyes, which integrated with French Dassault Rafale M Fighters.

“When we operate together we’re stronger than just the sum of our parts, and this training continues our investment in that cooperation,” said Black.

Throughout the duration of the exercise, flight operations were conducted over France and French territorial and international waters in the Bay of Biscay.

Harry S. Truman is deployed in the U.S. 6th Fleet area of operations, supporting maritime security operations in support of U.S. national security interests.

SECB | Board meeting announced

Continued from A1

Command-designated personnel will be able to view their impacted Sailors on the Navy Enlisted Advancement System website at <https://prod.neas.netc.navy.mil>. Individual candidates will be able to view their SECB eligibility at <https://prod.neas.netc.navy.mil/NEASRpts/Continuation-BoardInd.aspx>.

Commands must review their FY-19 SECB listing for accuracy every week from Oct. 8 to Nov. 15, 2018. If an eligible candidate is not listed, or to remove someone from the list, commands must contact Navy Personnel Command (NPC) to make the required adjustment. Nov. 16, 2018, is the last day for commands to add or delete a candidate from the eligibility list. Any Sailor on the eligibility list after Nov. 16,

2018 will be reviewed by the SECB.

Board results will be posted on BUPERS On-Line for command access only, and commanding officers will be notified via a Personal For NAVADMIN when this occurs.

Sailors who are not selected for continuation must transfer to the Fleet Reserve or retire by Sept. 1, 2019, unless operationally waived by the deputy chief of naval personnel (for AC and FTS) or Commander, Navy Reserve Forces Command, for SELRES and VTU. Sailors with an approved operational waiver must transfer by Dec. 1, 2019.

For more information, read the message at the NPC website at www.npc.navy.mil, visit the NPC enlisted continuation page at www.npc.navy.mil/boards/enlistedcontinuation or call the NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672).

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

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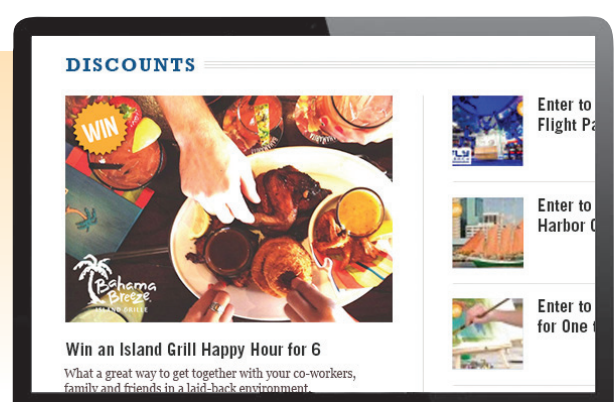
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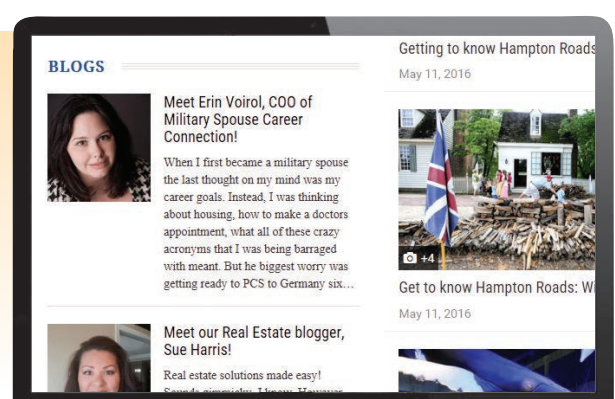
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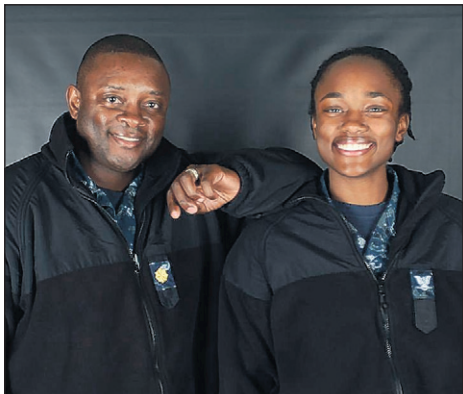


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Naval Service: A Family Affair Onboard Nimitz:

Eric Alexander and Erica Alexander-Quow, a father-daughter duo both currently serving onboard the aircraft carrier USS Nimitz

» See **B6**

SECTION B | FLAGSHIPNEWS.COM | 07.12.18



U.S. Navy photo

NAVY PREVENTIVE MEDICINE UNIT HOSTS MEXICAN NAVY IN SUPPORT OF RIMPAC EXERCISE

By **Lt. Janice Whittaker**
Navy Environmental and Preventive Medicine Unit Five, Public Affairs

SAN DIEGO

The Navy Environmental and Preventive Medicine Unit FIVE (NEPMU-5) hosted 15 Mexican Navy health service personnel in support of Rim of the Pacific (RIMPAC) exercise, June 26.

The Mexican Navy personnel are crew members from the ARM USUMACINTA-412, a Mexican navy ship that arrived in San Diego June 25, as part of RIMPAC.

NEPMU-5 collaborated with the 15th Medical Expeditionary Unit (MEU) in organizing the event.

The visit showcased a wide variety of public health services, placing significant emphasis on humanitarian assistance and disaster response mission capabilities as well as sharing best practices on applying force health protection measures for exercise participants.

“The visit aboard the ARM USUMACINTA-412 fostered an open exchange of information and practices on Humanitarian Assistance and Disaster Relief with our partners in the Mexican navy. By collaborating with our partners, we build trust and strengthen future coalition-force cohesion,” said Lt. Megan Hinton, 15th MEU medical planner.

The Mexican navy personnel toured the comprehensive industrial hygiene laboratory, microbiology laboratory, and were introduced to the Forward Deployable Preventive Medicine Unit’s capabilities as well as Global Health Engagement initiatives that the Navy has participated in.

“Engaging our foreign counterparts is critical to our overall mission to improve the health and safety of our war fighters, expand medical readiness, and build relationships across the globe. This visit highlights that effort and contributes to the significant impact of embracing diversity while enhancing interoperability by helping partner nations build health capacity, combat global health threats, and supporting humanitarian assistance and disaster relief initiatives,” said Cmdr. Shelton Lyons, Officer in Charge NEPMU-5.

NEPMU-5 Fleet Support staff also had an opportunity to engage in a subject matter expert exchange onboard USUMACINTA. The team demonstrated use of portable water testing equipment primarily used for shipboard and field environment. Additionally, they were able to tour the ship spaces and interact with foreign counterparts on matters involving shipboard sanitation, which gave them insight on the Mexican navy’s force health protection capabilities.

“Having the opportunity to exchange public health response capabilities with the Mexican Navy, better prepares

each service in case of an actual disaster,” said Lt. William Gordon, Environmental Health Officer, NEPMU-5.

RIMPAC, world’s largest international maritime warfare exercise, is held biennially during June and July of even-numbered years from Honolulu, Hawaii. It is hosted and administered by the United States Navy’s Pacific Fleet, headquartered at Pearl Harbor, in conjunction with the Marine Corps, the Coast Guard, and Hawaii National Guard forces under the control of the Governor of Hawaii. The United States invites military forces from the Pacific Rim and beyond to participate. With this exercise, the United States Pacific Command seeks to enhance interoperability between Pacific Rim armed forces, ostensibly as a means of promoting stability in the region to the benefit of all participating nations. It is a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s oceans.

For more news from Navy Environmental and Preventive Medicine Unit FIVE, visit <http://www.navy.mil/local/nepmu5> or follow NEPMU-5 on Facebook at www.facebook.com/nepmu5.

For more news from Navy and Marine Corps Public Health Center, visit www.navy.mil/local/nmcphc/.



MC1 Cory Asato

Royal Malaysian Navy Sub-Lieutenant Chan Jun Kwan, assigned to frigate KD Lekiu (FFG 30), displays a damage control floating bag concept developed by his crew during the inaugural Rim of the Pacific (RIMPAC) exercise innovation fair. Twenty-five nations, 46 ships, five submarines, about 200 aircraft, and 25,000 personnel 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.

RIMPAC partners present at Inaugural Innovation Fair Competition

By **MC1 Cory Asato**
JOINT BASE PEARL HARBOR-HICKAM, HI

Six units from five countries presented their design ideas at the inaugural innovation fair during Rim of the Pacific (RIMPAC) exercise 2018 at Joint Base Pearl Harbor-Hickam, June 30.

Sailors from the Indian Navy stealth multi-role frigate INS Sahyadri (F49), Royal Malaysian Navy frigate KD Lekiu (FFG 30), Royal Australian Navy landing helicopter dock ship HMAS Adelaide (L01), Republic of Korea Navy destroyer Yulgok Yi (DDG 992), Strike Fighter Squadron 2 (VFA-2) and USS Halsey (DDG 97) presented innovative concepts from the deck plate geared toward improving quality of life and increasing efficiency and unit cohesion.

“The best ideas come from the folks that use it,” said Cmdr. Brett Elko, a native of Charlotte, North Carolina, and assigned to Commander, U.S. Third Fleet (C3F). “We wanted to use the opportunity of RIM-

PAC, this international stage, to share ideas throughout the naval community and involve our most junior Sailors.”

Each unit presented concepts such as radio-frequency identification to locate sailors, a floating damage control bag, yoga in a shipboard environment, a shipboard food waste disposal system, and a web-enabled parking system to a panel of judges featuring representatives from the international community, deck plate leadership and a subject matter science expert from the Office of Naval Research.

“RIMPAC and the innovation fair has presented a unique opportunity for us,” said Royal Malaysian Navy Sub-lieutenant Chan Jun Kwan, assigned to KD Lekiu. “I was able to board many other nation’s naval vessels and see their damage control procedures and tools which helped me to assess the versatility of our concept on the international stage.”

The panel graded each presentation on

» See **RIMPAC** | **B7**

FIND A JOB _



GETTING TACKY ABOUT THE COST OF MILSPOUSE UNEMPLOYMENT

By Lisa Smith Molinari

My mother hates it when I tell people how much I spend on things. For example: Friend says, “That’s a great outfit, Lisa.” I say, “Well get this — I bought the shirt on clearance at TJ Maxx for \$11.99, and I found these pants along with an electric carving knife, hardly used at all, at the base thrift store on ‘fill-a-bag-for-five-bucks’ day. Pretty cool.”

I see this as sharing good news, but according to Mom, it’s tacky.

But nearly 24 years as a military spouse has engrained in me respect for a good bargain.

When I married my husband, I had to quit my job as a civil litigation attorney for a Pittsburgh firm to move to Alexandria, Virginia to start our new life. I applied for reciprocity to practice in the District of Columbia, but the process took so long, I didn’t get my DC license until we PCSed to California. In the meantime, I took a law clerk temp job for \$9 per hour, before taxes.

That pattern of unemployment and underemployment continued for our entire marriage. I was never able to practice law again, and I never contributed significantly to our household income, despite my whopping student loans. If I had stayed in Pennsylvania to develop my legal career, I would have easily been making more than \$150,000 per year by now.

One way I compensate for my abysmal income is to bargain hunt. However, realistically, shopping on clearance racks cannot compensate for 24 years of financial sacrifice as an unemployed or underemployed military spouse.

According to a May 2018 report from the Council of Economic Advisors, the estimated value of a military spouse’s average annual income loss is \$12,374. Over a 20-year military career, that amount adds up to \$189,614 of income loss. Enough money to buy a house or send two kids to college. With 690,000 American military spouses today, this loss of individual income costs our society between \$710 million to \$1.1 billion per year, primarily in the form of unemployment and healthcare benefits paid, and lost income taxes.

But thanks to recent actions being taken to recognize and rectify the financial sacrifice made by military spouses, adverse employment conditions may be easing up. Here’s what’s been done:

2011 — US Chamber of Commerce Foundation launched Hiring Our Heroes initiative to engage businesses and to host job fairs for veterans and military spouses.

2011 — DoD launched Military Spouse Employment Partnership which now boasts 360 Fortune 500 US partner companies (including my favorite bargain haunt, TJ Maxx) to train, recruit and employ military spouses.

2017 — President Trump signed the National Defense Authorization Act, providing rebates for military spouses who apply for new employment licenses after moves, appointment of quality child care providers, and a policy allowing military families to move before or after service members for school or work.

2017 — DoD established Spouse Education and Career Opportunities (SECO) program to offer military spouses free career counseling, resume building, job searching, training, licensing, and tuition assistance.

2018 — Military Spouse Employment Act was introduced by Senator Tim Kaine (D-Va.) to address employment of military spouses by federal agencies, childcare accessibility, expansion of eligibility for employment benefits to one year after separation, removal of restrictions on military spouse entrepreneurs, etc.

2018 — Starbucks joined Hiring Our Heroes and other big-name companies to launch an initiative to hire 100,000 military spouses by the end of 2021.

2018 — LinkedIn offered free premium memberships to military spouses experiencing PSC moves and those within six months of military separation.

These programs represent a pretty good deal for younger military spouses, who now have the chance to reduce the whopping 16 percent milspouse unemployment rate and earn the salaries they deserve. The deal may be too late for older spouses like me — my husband retired last year after 28 years on active duty — but I’ll continue to chip away at my income deficit by using Butterball turkey coupons at the commissary deli, hitting resale shops, and perusing clearance racks.

Call us tacky, but military spouses will keep talking about the cost of things until we get what we deserve.

www.themeatandpotatoesoflife.com

With 690,000 American military spouses today, this loss of individual income costs our society between \$710 million to \$1.1 billion per year, primarily in the form of unemployment and healthcare benefits paid, and lost income taxes.

Remind yourself that it’s okay not to be perfect

By Amanda-Lee Pitzer

It doesn’t feel like my husband just left on deployment. Right now it feels just like one of those mini trips and I felt like I handled it really well until today. I’m irritable, in a fog, and frankly I’m starting to feel pissed off. I’ve never felt this way about him being gone before — it’s a strange feeling. I make my list of stages of deployment and check my way through them but THIS was not on the list.

Now I’m mad that my list is messed up. I want to go home and get in bed, but it’s baseball season so we live on that field. I made a goal a couple of months ago that I would run a 5k each month that he was gone, beginning this month. I have zero desire to get up and go run tomorrow. It’s already a busy day and I don’t feel like adding to it. But I’m torn; do I let these feelings win and will I feel defeated if I back out? Do I push through and give myself a pat on the back when I’m through? I have no idea the best course of action is to take to help ME. Part of me feels an obligation to report to you that I got up and ran



that 5k and it was all sunshine and rainbows ... but someone told me something the other day. People connect with other people through pain, loss, mistakes ... you know, the ugly stuff. People don’t connect with someone’s perfect life. So here I am, throwing in the towel. I’m lost right now — and what I need is a break. And yes, I need a break week one.

That’s the thing with deployment, we have to take care of US. We’re so busy taking care of everyone else and keeping busy, that sometimes we just need to do us. So that is where I’m at right now. Its only day 3 and I’m feeling overwhelmed, angry, and like a failure. So instead of getting up and going for a run, I’m going to sleep in. I’m going to make pancakes. I might even go do a little shopping before we have to be at the field. The point is, the only person I have to live up to is me. And me says it’s okay to take care of myself for a day.



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

AFRICA

The United States, Cabo Verde and Senegal completed combined operations during Operation Junction Rain, a part of African Maritime Law Enforcement Partnership (AMLEP), in Dakar, Senegal, June 28.

AMLEP pairs a U.S. Coast Guard law enforcement detachment (LEDET) with partner nation maritime forces and

interagency personnel to execute combined law enforcement operations. The U.S. boarding teams operated from partner nation vessels to identify suspect vessels or escort vessels that have been cited for illicit and criminal activities.

"This part of Operation Junction Rain was a great success," said Cmdr. Matthew Lehman, commodore, Destroyer Squadron 60 and Task Force 65. "We worked seamlessly with our Senegalese and Cabo Verdean partners while supporting their efforts to patrol their maritime domains against illicit traffickers and illegal fishing."

In total, combined boarding teams performed 40 boardings, of mostly fishing vessels, and the Senegalese Navy issued two fishing violations for a total of \$75,000.

U.S. Naval Forces Europe-Africa, headquartered in Naples, Italy, oversees joint and naval operations, often in concert with allied and interagency partners, to enable enduring relationships and increase vigilance and resilience in Europe and Africa.

Whidbey Island Search and Rescue Sailors safeguard lives

By PO2 Ignacio D. Perez
DoD News, Defense Media Activity

WHIDBEY ISLAND, WASH.

The smell of pine trees and the peacefulness of rushing rivers in the high country is evident across much of the state of Washington.

The region is a hiker’s dream. However, this beautiful landscape has a potentially lethal side that can claim the lives of even the most experienced hikers. Luckily, sailors from Naval Air Station Whidbey Island’s Search and Rescue team are on 24-hour duty.

Saving People

“Our job is to go out and save people, whether it’s pulling them out from the water or from the side of a mountain,” said Navy Lt. Chris Pitcher, the air station’s SAR operations officer, “and we train almost every day for those different scenarios. So when those scenarios do pop up, we’re not surprised, and we can get the job done and get that person to a higher level of care.”

Although the opportunity to be able to focus on saving lives makes NAWSI SAR a choice assignment for most naval aircrew members and pilots, the opportunity to live in an area like the Pacific Northwest makes the billet just as coveted.

“This is definitely the place to be,” said aircrew member Navy Petty Officer 2nd Class Cody Wall. “There’s just so much to do here if you like being in the outdoors, whether it’s hiking, snowboarding, camping or climbing. But it’s not just the area that makes this place nice. This is one of the most fulfilling jobs I’ve ever had, whether it’s going out during a night rescue or being able to fly over parts of Washington few people have ever been to.”

The unit has performed rescues in Washington state’s Cas-



MC2 Ignacio D. Perez

Chief Hospital Corpsman Wayne Papalski assigned to Naval Air Station (NAS) Whidbey Island Search and Rescue gives the signal to Sailors to safely enter an MH-60S Sea Hawk helicopter during a high altitude training evolution in the North Cascades National Park. NAS Whidbey Island Search and Rescue’s primary mission is to be the first responder for the aircraft and personnel stationed at NAS Whidbey Island. Secondary to that, they work closely with local agencies in order to be a responder to anyone in legitimate danger.

cadés and Olympic National Parks, as well as in Idaho, Oregon and Canada. Constant training is necessary, due to the region’s unforgiving terrain.

“The terrain here is pretty diverse,” Pitcher said. You have mountain ranges that can have some of the densest forests with 200-foot firs, to some the rockiest sheer cliff faces that you can imagine.”

Despite the harrowing flying conditions, many search-and-rescue sailors say that when they look back at their careers,

they will consider their time at Whidbey to be some of the best years they have had.

“Looking back at my four years here, I’ll tell you this is the best command I’ve been at,” said Navy Chief Petty Officer Wayne Papalski, a senior hospital corpsman. “It’s just been an amazing and humbling experience, getting to do what I got to do up here, and what some of my brothers and sisters in the other room got to do to help people.”

NATO Seasparrow conducts successful flight test of ESSM Block 2

From PEO IWS Public Affairs

POINT MUGU, CALIF.

The NATO Seasparrow Project Office recently conducted a successful flight test of the Evolved Seasparrow Missile (ESSM) Block 2, intercepting a BQM-74E aerial target, the U.S. Navy announced, July 5.

The test is the first ESSM flight test to utilize the new Block 2 active guidance seeker-head. ESSM Block 2 will employ both semi-active and active guidance to meet current and anticipated future threats.

This test follows the successful completion of two Controlled Test Vehicle flight tests in June 2017 and is the first in a series of live fire tests that will lead to the ESSM Block 2 missile entering production.

“This flight test is critical to demonstrating the technology for the ESSM Block 2,” said Capt. Bruce Schuette, project manager for the NATO Seasparrow Project. “I am very proud of the entire NATO Seasparrow Project Team, from our industry partners to our field activities and test facilities, for all the extensive work that went into making this event a success.”



U.S. Navy photo

The NATO Seasparrow Project is an international consortium of 12 nations consisting of Australia, Belgium, Canada, Denmark, Germany, Greece, The Netherlands, Norway, Portugal, Spain, Turkey and the United States. The 12 member nations are partners in engineering, development, production and sustainment of the missiles and supporting equipment. Established in 1968, the NATO Seasparrow Project is the lon-

gest running, most successful cooperative weapons program in NATO and is celebrating its 50th Anniversary this year.

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

EXWC HOSTS STEM STUDENTS FOR DAY OF CAREER EXPLORATION

From Naval Facilities and Engineering
Command Engineering and Expeditionary
Warfare Center Public Affairs Office

PORT HUENEME, CALIF.

Naval Facilities and Engineering Command (NAVFAC) Engineering and Expeditionary Warfare Center (EXWC) hosted a one-day STEM program for local high school teenagers, where the students discovered new engineering concepts, explored problem solving, and learned the basics of engineering design and functionality.

“Today we saw demonstrations on concrete stress testing, ocean pressure testing and water filtration,” said Cullen Reeves, a 12th grade student at Moorpark High School. “It was cool to see the testing in person instead of just seeing a presentation.”

EXWC’s STEM outreach is focused on addressing and supporting the national need for more young people especially female student

to pursue careers in STEM fields.

“These students are an incredibly bright, motivated group. They volunteered to attend this camp over the first week of their summer break because they are genuinely interested in learning more about what STEM career paths the Navy offers,” said Dr. Darrell Gooden, Industry Liaison for Engineering, Energy, Environment & Utilities, Ventura County Office of Education. “It was also great to show them that STEM careers encompass more than just engineering; the students that are considering biology majors were especially interested in the Oceans presentations today.”

EXWC host several STEM programs throughout the year, encouraging young students to push the boundaries of their creativity and desire to make the world a better place.

Kail Macias, Technical Director at EXWC, welcomed the students upon their arrival. When asked what he liked best about his job, he explained, “I am proud to know that the



U.S. Navy graphic

work we do here every day directly supports our men and women in uniform. Not only is our work often the first line of defense, but it is instrumental in winning over the hearts and minds of our allies overseas. We bring much-needed facilities that support the Navy’s mission and improve the quality of life for many communities who need it most.”

“I really enjoyed the experiment today on water filtration,” said Elizabeth Nguyen, 11th grade student at Oxnard High School. “We competed as teams to test different types of filters on storm water and measured which filters produced the best results.”

During their time at EXWC, the STEM students were also given a tour of the Concrete lab, Deep Ocean Lab, Water Filtration Lab, Mobile Utilities Support Equipment (MUSE) facility, and desalination facility, to potentially have if they decide to attend after graduat-

ing high school.

“I am definitely more interested in pursuing a career in mechanical or electrical engineering,” said Marcos Garcia-Razo, a sophomore at Golden Valley Charter School. “I also plan to apply for the SMART Program and summer internships offered here on base.”

NAVFAC EXWC is a command of more than 1,100 dedicated federal employees, contractors, and military personnel who provide specialized facilities engineering, technology solutions, and life-cycle management of expeditionary equipment to the Navy, Marine Corps, federal agencies, and other Department of Defense supported commands.

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.

USS JASON DUNHAM AND EGYPTIAN NAVY CONDUCT PASSEX



MC3 Jonathan Clay

The Egyptian Navy ship El Zafer (F951), bottom, steams alongside the guided-missile destroyer USS Jason Dunham (DDG 109) during a passing exercise (PASSEX). Dunham is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

By MC3 Jonathan Clay

U.S. 5TH FLEET AREA OF OPERATIONS

The guided-missile destroyer USS Jason Dunham (DDG 109) and the Egyptian Navy frigate El Zafer (F951) conducted a passing exercise (PASSEX), July 1.

PASSEX is an exercise in which multiple ships, operating in close vicinity, practice evolutions together to improve crews' knowledge, navigation and familiarity with operability.

"This was another great opportunity to work with the Egyptian Navy and continue to build, foster and solidify rapport with a maritime-military nation who shares a lot of the same interests in this area of operations," said Cmdr. John Hamilton, Dunham's commanding officer.

The PASSEX commenced with Dunham and El Zafer performing divisional tactics and maneuvers.

"It's good to see how they operate, and it's good for them to see how we operate," said Hamilton. "If something were to happen in the region, we would already have that

ground work, that foundation, and that general understanding."

The exercise concluded with a gunnery exercise. A floating smoke target was dropped for the ships to fire upon, and Dunham shot five rounds from the ship's 5-inch gun, followed by 20 rounds from El Zafer's 37mm machine gun.

"It's always exciting to get together with other navies," said Hamilton. "Even though they fly a different flag and wear a different uniform, Sailors are Sailors, and it reaffirms that there are others out here who share similar interests."

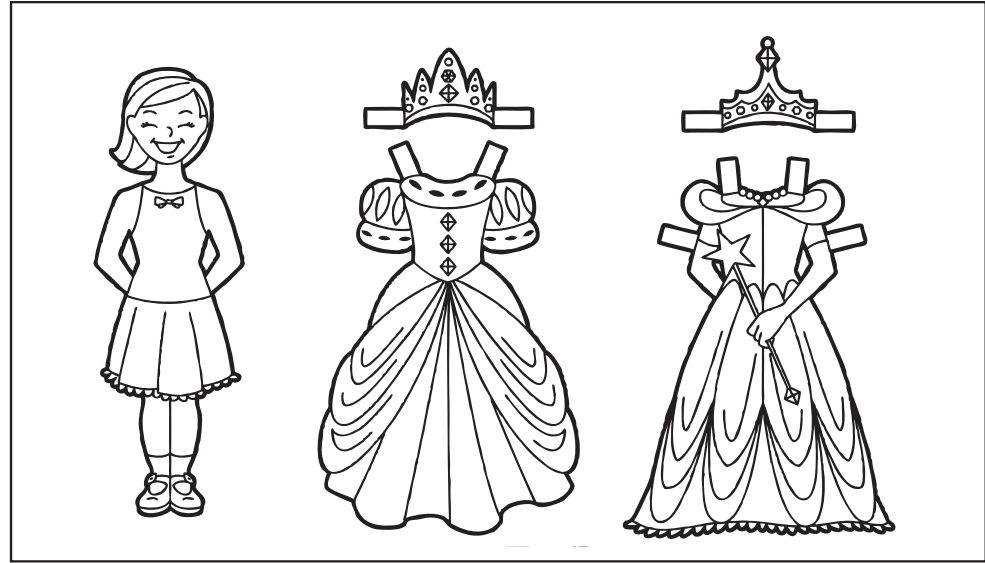
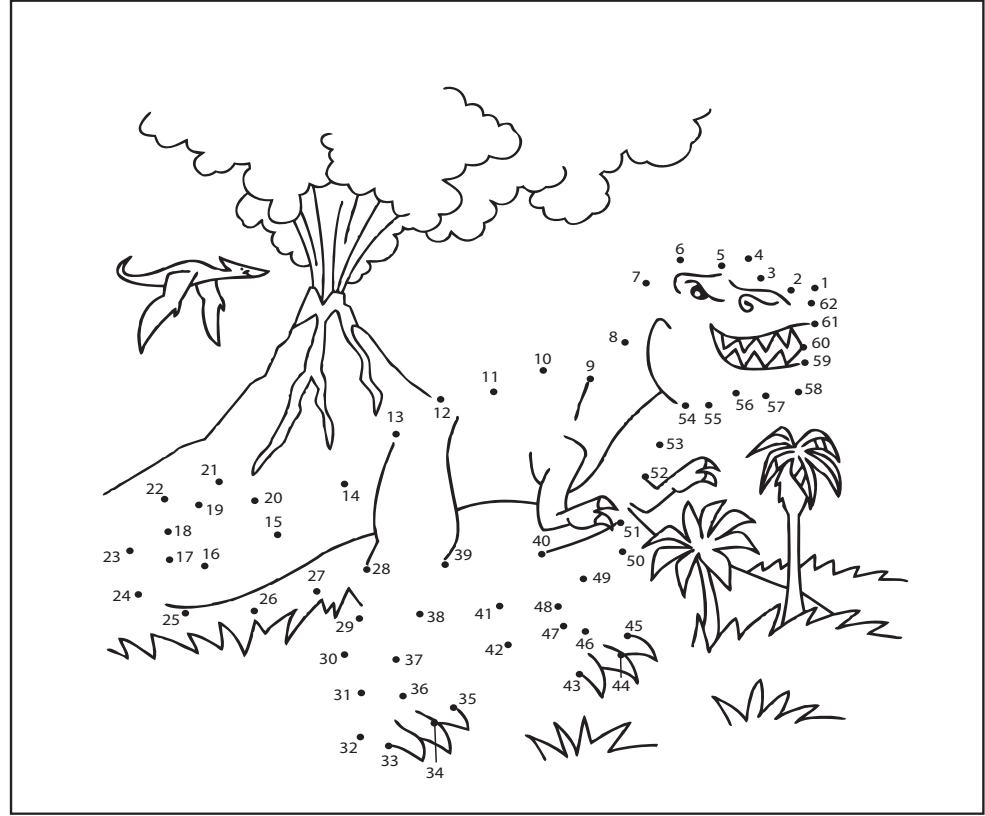
Dunham is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

For more news from Commander, U.S. Naval Forces Central Command/5th Fleet, visit www.navy.mil/local/cusnc/.



MC3 Jonathan Clay

The Egyptian Navy ship El Zafer (F951), bottom-right, conducts a passing exercise (PASSEX) with the guided-missile destroyer USS Jason Dunham (DDG 109). Dunham is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



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NAVAL SERVICE: A FAMILY AFFAIR ONBOARD NIMITZ

By MC3 Michael A. Prusiecki

NAVAL BASE KITSAP-BREMERTON, WASH.

From a young age, children develop role models and emulate those who inspire them. Often, the figure of emulation is a parent; someone who raises them and is responsible for their growth and development into independent, functioning members of society. Many children want to follow in the footsteps of their parents and adopt the career that their mother or father had during their lifetime, and military service is one such career path frequently followed. The solid foundations and experiences born from military service have inspired numerous generations to follow in their elder families footsteps and continue to answer the call to arms.

One such example is Eric Alexander and Erica Alexander-Quow, a father-daughter duo onboard the aircraft carrier USS Nimitz (CVN 68).

Lt. Cmdr. Eric Alexander, a native of Stuttgart, Arkansas, enlisted in the Navy in 1996 as an aviation boatswain's mate (fuel). He served at various commands and eventually reached the rank of chief petty officer before being commissioned through the limited duty officer program in 2007. Since February 2018, he has been serving as the aircraft handling officer onboard Nimitz.

Erica Alexander-Quow enlisted in the Navy in June 2017 as an intelligence specialist, and has been serving onboard Nimitz since January 2018.

Their respective journeys in the Navy have led them to Nimitz where they serve together.

"It's a unique situation, however I enjoy it. We commute together and I get to mentor her a lot. I train her on shipboard safety and being a better Sailor. Her safety is my biggest concern," said Alexander.

"It's pretty cool. We have a great relationship and it's interesting to be able to work in the same place, even though we are in completely separate departments with different

chains of command," said Alexander-Quow. "It's nice to have a watchful eye in the sky, someone who is always looking out for me, even though I try not to involve him much because I don't want to be seen as having an advantage. I try to keep it separate."

Alexander-Quow said she joined the military due to the lessons learned from her father's long and successful career in the Navy.

"Seeing his experience and the benefits from it, and also moving around to so many places was a big inspiration to follow in his

footsteps and serve," she said. "I want to eventually outrank him and I would love to do Seaman-to-Admiral and get commissioned one day, but right now I'm taking it day by day so we will see how my career plays out."

The Alexanders are well aware of the importance of separating family from work, and make sure to keep their dynamic as professional as possible.

"At work, it's all business. She see me and she says "Sir", I see her and I say "IS3". I ex-

pect her to be on point with her uniform and be respectful at all times, and military bearing is especially important," said Alexander. "I want her to have her own experience and I do my best to stay out of her bubble, and she has a fantastic chain of command who are able to help her with any problems she comes across, but she knows I'm here if she needs me."

"We're good at maintaining that father-daughter relationship at home away from work. Our everyday commute gives us time to unwind and diffuse any problems so we don't have to bring any negativity home," said Alexander-Quow.

Along with being a positive influence career wise, Alexander recognizes the vast importance of being a positive factor in life, in general.

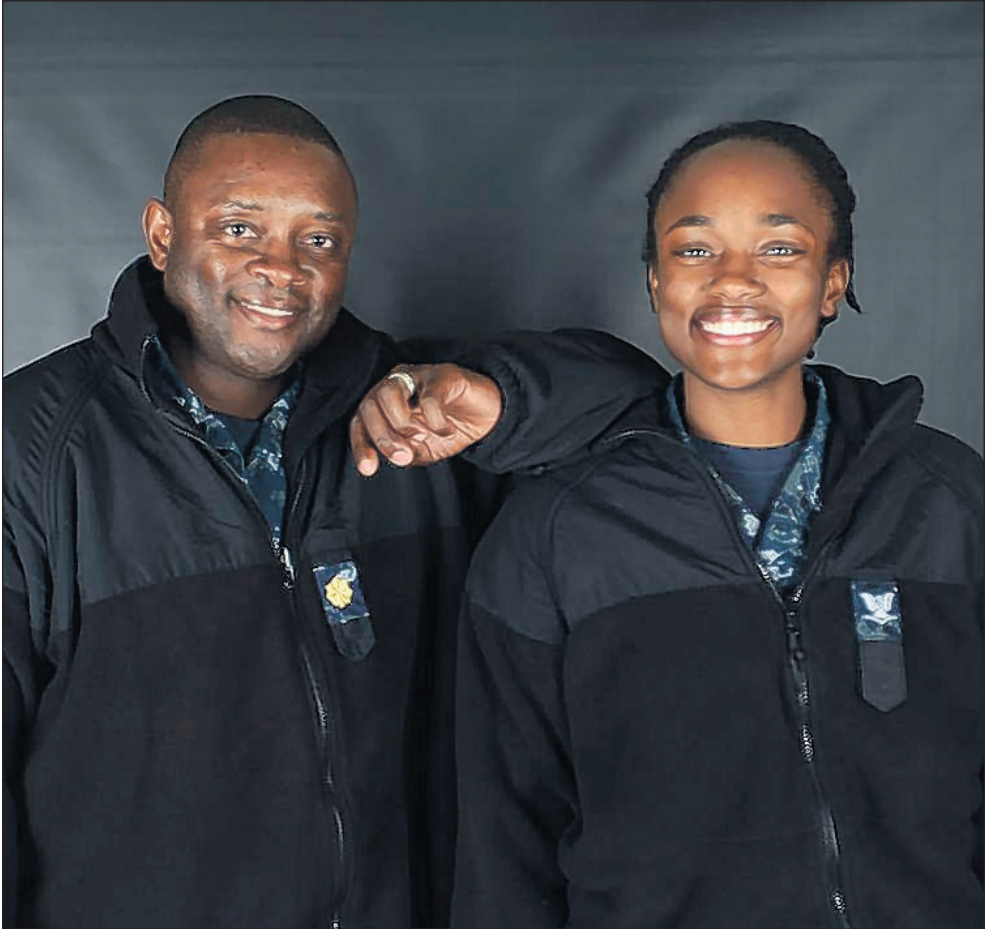
"All parents want their children to have a better life than they had. It's important to me to be a major factor in my kids' lives because that's something I didn't have," he said. "I challenge them to find a goal every day and reach that goal so they can achieve and maximize their full potential."

Although it will not always be easy, this father and daughter are committed to excellence and are more than ready to contribute to the Navy's mission. Given their situation and the opportunity to serve together at the same command, the Alexanders are continuing their tradition and legacy of naval service in their family.

Nimitz is conducting a docking planned incremental availability at Puget Sound Naval Shipyard and Intermediate Maintenance Facility where the ship is receiving scheduled maintenance and upgrades.

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

For more news from USS Nimitz (CVN 68), visit www.navy.mil/local/cvn68/.



Lt. Cmdr. Eric Alexander, aircraft handling officer, and his daughter Intelligence Specialist 3rd Class Erica Alexander-Quow, pose for a photograph on the aircraft carrier USS Nimitz (CVN 68), June 15, 2018. Nimitz is conducting a docking planned incremental availability at Puget Sound Naval Shipyard and Intermediate Maintenance Facility where the ship is receiving scheduled maintenance and upgrades.

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Newport Gulls/Navy remembrance: America’s unique identity through baseball in World War I

From U.S. Naval War College Public Affairs

NEWPORT, R.I.

The Newport Gulls in close collaboration with Naval History and Heritage Command and U.S. Naval War College (NWC) honored a historic baseball game that took place on July 4, 1918 between U.S. Army and Navy service members by throwing out a symbolic first pitch. The game took place exactly 100 years later on July 4, 2018.

The first pitch, similar to that originally thrown by King George V at Stamford Bridge in London a century ago, kicked off the Gulls’ game at the historic Cardines Field in downtown Newport. The actual baseball, signed by King George V, can be viewed at Newport’s own Naval War College Museum.

In addition, the original baseball program as used by Adm. William S. Sims during the historic Army-Navy game in London will be on display along with an inscribed commemorative pocket watch, as presented to Machinist’s Mate 1st Class John “Jack” Egan by King George V on the 4th of July 1918. For the first time in the century since the ballgame of 1918, these important artifacts will appear together at the



Members of the replicated historic Army and Navy baseball teams stand with Michael Falcone (center), the director of baseball operations at Cardines Field following a ceremonial first pitch to commemorate and honor a historic baseball game which took place in London 100 years ago. The pitch was thrown at the start of a Newport Gulls game held on July 4.

Naval War College Museum.

The first pitch will be thrown by Dr. Nat Sims, the grandson of Adm. William S. Sims, who at the time served as commander, U.S. Naval Forces in Europe and was the driving force behind the establishment of baseball games during that period of time. The effort was to bring together various groups of people to focus on the enemy.

In addition to Dr. Sims, two other grandchildren of the Navy baseball players participated in the ceremonial first pitch. Great grandson of the Navy catcher, Ens. Charles Fairchild Fuller, Fuller Cowles, stood in to receive the first pitch from Dr. Sims. The great-grandson of Navy left fielder, Machinist’s Mate 1st Class John “Jack” Egan, John DeGraff,

also participated in the ceremonial first pitch as well as Lt. Cmdr. Justin Dargan, a recent NWC graduate.

Along with the 4th of July 2018 centenary ballgame, the Naval War College Museum will open a display about the centenary of the historic Army-Navy ballgame of 1918 in the Newport Visitor’s Center adjacent to Cardines Field. Among the oldest ballparks in the United States and which is named after U.S. Army Pvt. Bernardo Cardines, who was killed in action in September 1918.

For more news from Naval War College, visit www.navy.mil/local/nwc/.

‘SALTS, DEPARTING...’ LEGACY SUPPLY SYSTEM SET TO RETIRE IN AUGUST

By James E. Foehl

Naval Supply Systems Command Business Systems Center, Public Affairs

MECHANICSBURG, PA.

Since 1991, the Navy’s Standard Automated Logistics Tool Set (SALTS) has provided supply personnel with a means of moving logistical and administrative data from a single point of entry to a vast host of databases and data services globally.

With a target date of August 31, the Navy’s trusted supply toolset, SALTS, is ready to retire.

Chartered by Naval Supply Systems Command (NAVSUP) since its inception, SALTS was initially developed as a supply communications tool used to move Military Standard Requisitioning and Issue Procedures data to and from the battlefield during Operation Desert Storm.

“It started with the Marines over in the desert and eventually expanded to include messaging, payroll data, queries for databases, and other supply-type functions,” said Jim Friedrichs, SALTS operation manager for NAVSUP Business Systems Center (BSC).

Friedrichs has spent more than 25 years working with SALTS and over 20 years processing supply data for the Navy before retiring as a Master Chief Data Processor.

“In 1991 when everything was stepping up in Kuwait, the operational commanders told the supply guys, ‘we’re fighting a war. Figure out a way to get requisitions back to the U.S., get your status, parts, and all that good stuff,’” he said.

Aviation Supply Office (ASO) in Philadelphia, now known as NAVSUP Weapons Systems Support, was tasked to come up with a solution. Taking only three weeks to develop and deploy, SALTS was able to send and receive critical supply data from the battlefield.

“They threw a couple of personal computers, portable satellite units, and software together, and were able to send and receive

files point-to-point from the desert back to ASO. The requisitions were then fed into the supply system, and statuses were sent back as they came in,” said Friedrichs.

SALTS solved the problem of getting data quickly from deployed ships and units into systems in the U.S.

“Having SALTS and a method that’s automated, you could cut down MILSTRIP submission times from days or weeks to minutes,” he said.

There was little to no human intervention required to run SALTS. Customers would dial into the application, the modem would connect them, and the script files in the SALTS program would do all the sending and receiving.

“It’s still done like that to this day,” said Friedrichs.

According to Friedrichs, the magic of SALTS is its ability to automate processing using a black box process.

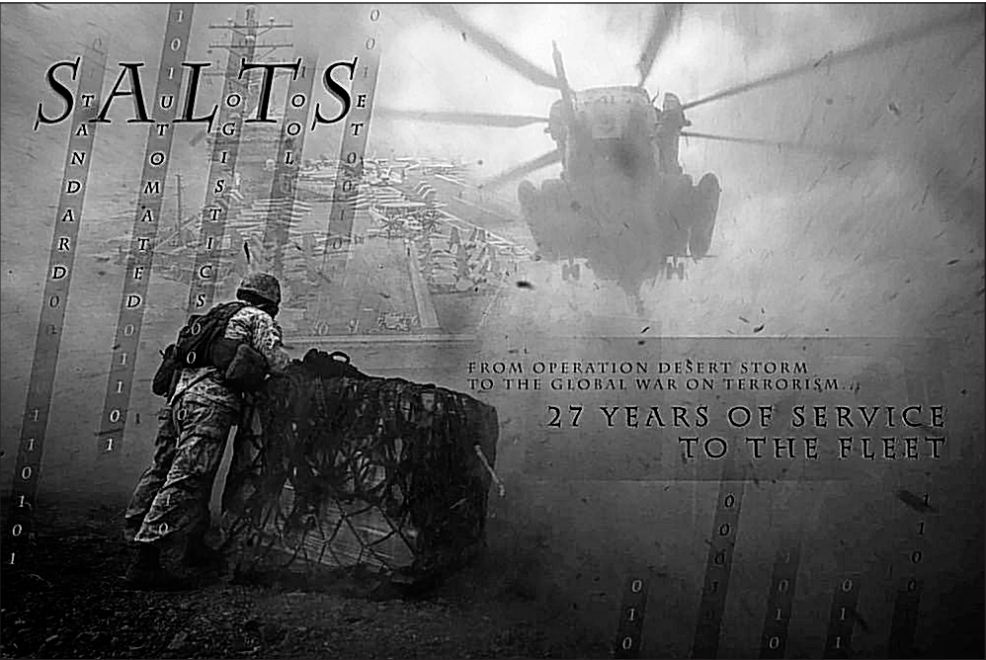
“It’s a middleware program that reads files, and if something isn’t done correctly, such as sales documents or fund codes, it applies cross-reference tables that will correct it to what it should be.”

The SALTS black box processes ensure the accuracy of food and fuel transactions using programmed logic. Without it, errors would occur and require human intervention to investigate and correct.

That process could take a week or more to fix. In SALTS, it takes two to three seconds to fix.

“At the height of SALTS, we had 51 servers. We were doing everything from hosting websites for Navy commands to providing all kinds of services to get data back-and-forth from wherever it was needed,” said Friedrichs.

For 27 years, SALTS has been utilized for supply communications both ashore and afloat, providing the capability to upload MILSTRIP requisitions, inventory supply parts, food, and fuel, certify government pur-



U.S. Navy photo illustration by James E. Foehl

Photo illustration depicting Navy and Marine Corps supply and logistics movement. The Navy’s Standard Automated Logistics Tool Set (SALTS) has provided supply personnel with a means of moving logistical and administrative data from a single point of entry to a vast host of databases and data services globally since 1991.

chase card statements, and provide financial audit data from the Standard Accounting and Reporting System (STARS).

“It’s an application for Logistics Specialists to do business. It’s fast, efficient, and pretty painless, which is what everybody likes about it,” said Carl Lawson, SALTS project manager for NAVSUP BSC.

While SALTS ease of use has been a critical factor in its longevity, the outdated software has become too costly to redesign with increasing cybersecurity risks.

“SALTS was a mainstay and key system for the fleet for many years, but it became increasingly difficult to support due to more stringent cybersecurity and audit compliance requirements,” said Eric Berry, SALTS information technology (IT) program manager for NAVSUP.

“SALTS does not meet current security architecture requirements for hosting at DoD facilities or in the cloud, so it’s more expedient and cost effective to transfer SALTS functions to other systems vice re-developing SALTS,” said Berry.

With newer systems coming online such as Navy Enterprise Resource Planning and Citi-Direct Enhanced, the same capabilities can be performed with more functionality.

STARS reporting is now available through the NAVSUP portal, and Navy supply personnel can use Navy One Touch Support (OTS) for MILSTRIP requisitioning.

OTS is a web-based application sustained by NAVSUP BSC. It consolidates more than

two-dozen sources of DoD information and improves fleet readiness by reducing the time to submit and track logistics requirements while increasing supply chain visibility.

Lawson noted that the biggest impact on fleet personnel would be the learning curve associated with using different systems.

“To mitigate the impact of transitioning from SALTS to new systems, we’ve created accessible training documents for the fleet that covers how to create an OTS account, create a Defense Logistics Agency account, create Material Obligation Validations, submit MILSTRIPS, and host of other items,” said Lawson.

These training tools are available for download through both SALTS and OTS at, <https://web.salts.navy.mil/ws/>, or https://www.onetouch.navy.mil/static_ots/index.html.

Headquartered in Mechanicsburg, Pa., NAVSUP BSC delivers IT and information management solutions with specific emphasis on logistics and financial related products and services. NAVSUP BSC is a part of the NAVSUP Enterprise, which employs a diverse, worldwide workforce of more than 22,500 military and civilian personnel, to provide supplies, services, and quality-of-life support to the Navy and joint warfighter.

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

RIMPAC | Innovation fair

Continued from B1

impact, feasibility, originality and alignment with the RIMPAC theme of capable, adaptive, partners. KD Lekiu’s concept of a floating damage control bag earned first place, INS Sahyadri earned second place with their concept of shipboard yoga and RKS Yulgok Yi received an honorable mention with their concept of a shipboard waste disposal system.

“I’m glad I was able to share our concept and perspective,” said Kwan. “Our Navy has an innovation competition similar to this annually with hundreds of submissions. The problem we are trying to address affects every ship in all Navies around the world so we’re very thankful for this opportunity.”

Twenty-five nations, 46 ships, five submarines, about 200 aircraft and 25,000 personnel 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.

For more information about RIMPAC, visit <http://www.cpf.navy.mil/rimpac> or on Facebook at <http://www.facebook.com/RimofthePacific>.

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Virginia Beach native wins IM/IT Excellence Award at DON IT East Conference in Norfolk.

Brianeisha Eure, a Salem High School graduate, is currently serving as a Space and Naval Warfare Systems Center Atlantic computer scientist.

» See C2



By Matthew Korfhage
The Virginian-Pilot

The Norfolk Taco Festival is coming. On July 14, more than 25 local taco makers – including some of the best in Hampton Roads – will fill Town Point Park. Baja-style fish taco specialists like Colley Cantina will join authentic street-taco spots like Jessy’s and El Rey in Norfolk, and Los Cuates in Virginia Beach. At least 75 distinct tacos will be available from the vendors.

The festival is organized by traveling event company, A Taste of Your Town, which has also put together taco festivals in Philadelphia, Cleveland and Baltimore, in addition to wing and cheesesteak fests. The company organized the sold out taco-festival in Virginia Beach on Cinco de Mayo.

But the Norfolk fest will have nearly twice as many tacos as Virginia Beach’s.

“The event was awesome, the restaurants got great exposure,” says Taste of Your Town’s Robert Brazas. “Word of mouth spreads, more businesses sign on, and the next is even better.”

Brazas also promises a carnival atmosphere, with carnival games, eating contests, stilt walkers, balloon twisters, live

mariachi and ice cream – but regrets they didn’t have enough space for luche libre wrestling demonstration.

Oh, and there apparently will be a “giant nacho bar.”

General admission is \$14.99, which includes a margarita. Tacos are \$3 apiece. The truly dedicated can buy \$60 VIP tickets that cover five taco vouchers and four drink vouchers.

Around two-thirds of the approximately 5,000 available tickets have been sold, says Brazas.

According to organizer David Feldman, all the tacos they serve at their festivals are local – or at least from within driving distance.

“Any time when we come into a new area, it’s 100 percent local small businesses,” Feldman says. “This goes right back into the community: We research and see what are the best, we like to touch first and foremost the authentic aspect, things you’d find in the streets of Mexico or Texas.”

While some of the taco spots will be more familiar, Brazas says his company digs deep when it moves into a new area, both through online research and word of mouth.

At the Virginia Beach festival in May, that meant bringing in truly excellent birria from North Carolina and spit-cooked al pastor from Javi’s, whose cooks do catering around town but don’t have a storefront.

Julio’s Mexican Restaurant will travel in from Quinton, Va.

Brazas says that once restaurants see the interest from the public, they’ll travel up to four hours to bring tacos to the festivals – but A Taste of Your Town might turn away a restaurant if he’s not sure they can handle the volume.

“Usually after a festival the first question is ‘When are we going to do it next? What’s the next event?’” Brazas says. “People from the Virginia Beach festival are coming to our Delaware festival in August. Eighty percent of the businesses come from actual outreach by us. The other 20 percent is people who saw the previous event, and said, ‘How can we join the party?’”

IF YOU GO
What: Norfolk Taco Festival
When: 1 - 7 p.m. July 14; VIP entry is at noon
Where: Town Point Park, 113 Waterside Dr., Norfolk
Tickets: \$14.99, includes drink. \$59.99 VIP, includes 4 drink tickets, 5 taco tickets and early noon admission. bit.ly/norfolktacofest.

THE PURPLE XPERIENCE TO BRING A BIT OF PRINCE TO TOWN POINT PARK

From Festevents

Hailing from Prince’s birthplace, in Minneapolis, MN, Marshall Charloff and the Purple Xperience – The Nation’s Leading Prince Tribute Band, have been touring around the country since its’ inception in 2011 by Dr. Fink and front-man Marshall Charloff – bringing the greatest and most authentic production of Prince and The Revolution in the world to audiences of all generations. Since 2011 Purple Xperience has entertained over 300 thousand fans and has shared the bill with The Time, Cameo, Fetty Wap, Gin Blossoms, Atlanta Rhythm section, and Cheap Trick.

Lead singer, Marshall Charloff, not only styles the magic of Prince’s talent in an uncannily unmatched fashion with his appearance, vocal imitation, and multi-instrumental capacity on guitar and piano, but Marshall has performed nationwide fronting world-class symphonies in most major cities in the US and Canada.

Marshall recorded with Prince on the album 94 East, (where Marshall plays both, key-boards and bass guitar and Prince is on lead vocals). Pepe Willie, who discovered Marshall, was also responsible for getting Prince’s career up and running. In 2009, Marshall teamed up with Doctor Fink from Prince and the Revolution and Pepe Willie from the band 94 East to perform at the Rock and Roll Hall of Fame benefit concert. Marshall Charloff’s band, Purple Xperience, hosts a number of world-class players, including: Tracey Blake on Lead guitar, Ron Long on Bass guitar, Ron Caron on Drums, and Cory Eischen on Keys.

On Wednesday, July 18, The Purple Xperience flips the calendar back to the 80s for a free, fun-filled evening guaranteed to help guests make their way through the remainder of the work-week! Eighties attire is encouraged!



In addition to The Purple Xperience, Virginia’s most celebrated 80’s Show band, The Deloreans, will get things started with their brand of 80s music. . The Deloreans are not only rooted in the Hampton Roads area, they’ve also travelled through the years reaching as far as the Florida Keys up to the beautiful White Stone Mountains of northern New Hampshire. Nearing 10,000 fans on Facebook, the band started from a mom & pop local organization to a growing regional act. The Deloreans have performed for small intimate crowds to audiences over 30,000. Exploring only the top songs of the eighties from every genre, the ensemble lures the audience closer to the stage through dance, fist pumps, conga lines, and more!

2018 CONCERT CALENDAR

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

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Calendar

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



106.9 The Fox presents: Ted Nugent w/special guest Mark Mackay

- July 16, 8 p.m. \$49.50 –\$75
- The Sandler Center for Performing Arts
- www.sandlercenter.org

Ted Nugent has carved a permanent place in rock & roll history as the ultimate guitar-shredding showman, selling more than 40 million albums, performing over 6,500 high-octane live shows, and continuing to set attendance records at venues around the globe.

For millions of passionate music lovers everywhere, Ted delivers the Ultimate Life Soundtrack. A Ted Nugent show is not just a performance—it’s a firebreathing celebration!

Parenthood Fair - An event for expecting and new parents

- July 18, 9 a.m. - Noon
- Norfolk Exchange Mall, Naval Station Norfolk
- 757-444-2102

Speakers:

- Fleet & Family Support Center
- Child & Youth Program (Child Care)
- Navy Marine Corps Relief Society
- MWR Prenatal and Postnatal Fitness
- OBGYN Clinic
- Command Career Counseling
- NEX
- Housing
- TRICARE
- WIC and more...

World Arm-Wrestling League - Super Match Showdown Series

- July 19, 8 p.m. \$15
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

Based in Chicago, The World Armwrestling League is the largest and fastest growing professional arm-wrestling league in the world, featuring intense matches, a high energy - up close fan experience, and the sports top superstars. WAL is an inclusive league with a large community that has events at every level, to encourage new arm-wrestlers to the sport. WAL competitors come from all walks of life to combine strength, strategy and technique as they battle in the “Pit” to be a WAL champion, and the best in the world.

Play Battleship on a Battleship!

- All summer, FREE
- Battleship Wisconsin, Downtown Norfolk
- www.nauticus.org

What do a classic American board game and the Battleship Wisconsin have in common? Both can now be enjoyed on the downtown Norfolk waterfront! As part of Nauticus’ continued focus on community “placemaking” this summer, the museum has just introduced an enormous “Battleship” game that overlooks the Norfolk icon.

Weather permitting, the “Giant Battleship” will be free for the public to experience all summer on the Nauticus campus during regular hours of 10 a.m. – 5 p.m. daily.

Virginia Beach native receives excellence award for Rising Star of the Year

By Holly Carey

SSC Atlantic Public Affairs

CHARLESTON, S.C.

Space and Naval Warfare Systems Center (SSC) Atlantic computer scientist Brianeisha Eure, a Salem High School graduate and Virginia Beach, Virginia, native recently received the Department of the Navy (DON) Information Management/Information Technology (IM/IT) Excellence Award at the DON IT East Conference in Norfolk, Virginia.

Eure was presented with the IT Rising Star of the Year award for her role as the information systems security manager (ISSM) for the Defense Health Agency (DHA) Enterprise Intelligence and Data Solutions (EIDS) Program Management Office (PMO).

The annual DON IM/IT Excellence Awards recognize projects, teams and individuals that help transform the Navy and Marine Corps through information technology. The IT Rising Star of the Year awardee is recognized for displaying visionary thinking, innovation and superior leadership skills in delivering IT to support the DON’s mission.

Eure manages a complex architecture and infrastructure of more than 300 servers with services including multiple solutions of big data analytics, data visualizations, data warehousing, virtual desktops, and web services. Eure received the award, in part, due to her work in significantly

reducing Assured Compliance Assessment Solution software vulnerabilities, Security Technical Implementation Guide findings, and open plan of action and milestone items.

“I am extremely honored to receive this award, especially so early in my career with SSC Atlantic,” said Eure. “It has been a thrilling experience to be able to deliver impactful results in such a short timeframe supporting the DHA EIDS PMO. I could not have done it without the support of the integrated product team, my cyber team, and fellow ‘SPAWARRIORS,’ to include my mentor Sean Perryman.”

Eure leads and mentors her staff of 11 civilian and contractor information systems security officers and has established regular team mentoring roundtables and ‘Q&A’ forums for her geographically dispersed team.

“Her mentoring has extended to additional process documents and ‘Q&A’ sessions for all Defense Health Agency ISSMs on Risk Management Framework lessons learned,” said Shannon Cole, Eure’s supervisor, and information systems security tier 3 competency lead.

The DHA EIDS PMO provides seamless data services and decision support for clinicians, patients, beneficiaries, analysts, researchers, and Department of Defense leadership in support of the delivery of health care to service members from battlefield to the homefront.

“Brianeisha’s efforts to document



Courtesy Navy Office of Community Outreach

processes, automate administration and improve visibility greatly increased the cyber resilience of the enclave,” said Cole. “And for that we are truly appreciative.”

The award was presented by Navy Cyber Security Division Director Rear Adm. Danelle Barrett (OPNAV N2N6G), Acting DON Chief Information Officer (CIO) Dr. Kelly Fletcher, and Marine Corps Acting Director Command, Control, Communications and Computers (C4) and CIO Ken Bible.

“Brianeisha graduated from Norfolk State University with both a bachelor’s and master’s degree.

SSC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable command, control, communication, computers, intelligence, surveillance, reconnaissance (C4ISR), cyber and information technology (IT) capabilities.

Chesapeake native is a U.S. Navy destroyer sailor

By Kayla Turnbow

Navy Office of Community Outreach

SAN DIEGO

A Chesapeake, Virginia, native and 2012 Western Branch High School graduate is serving in the U.S. Navy aboard the guided missile destroyer, USS Decatur.

Petty Officer 2nd Class Kelsey Bos is a sonar technician (surface) aboard the guided-missile destroyer operating out of San Diego.

A Navy sonar technician (surface) is responsible for maintaining and operating sonar equipment involving anti-submarine warfare on board the ship.

Bos credits success in the Navy to many of the lessons learned growing up in Chesapeake.

“Everybody around me growing up was in the military so I learned a good work ethic because everyone really started working at an early age,” said Bos. “I have a higher tolerance for working hard and getting the job done and putting in more work.”

More than 300 sailors serve aboard the ship, and their jobs are highly specialized, requiring dedication and skill, according to Navy officials. The jobs range from maintaining engines to handling weaponry along with a multitude of other assignment that keep the ship mission-ready at all times.

“The success of the Decatur is due to the dedication and ownership each member of the crew feels towards making Decatur the best ship on the

waterfront,” said Cmdr. Bob Bowen, commanding officer of USS Decatur. “Our team is always ready to accomplish the mission because of the commitment each sailor has to maintaining high standards and sound shipboard operating principles. Every team member knows their roles and responsibilities and does their part to ensure success.”

Destroyers are warships that provide multi-mission offensive and defensive capabilities. They are 510 feet long and armed with tomahawk land-attack cruise missiles, Standard Missile-3 and newer variants of the SM missile family, advanced gun systems and close-in gun systems. Destroyers are deployed globally and can operate independently or as part of carrier strike groups, surface action groups, or amphibious readiness groups. Their presence helps the Navy control the sea. Sea control is the precondition for everything else the Navy does. It cannot project power, secure the commons, deter aggression, or assure allies without the ability to control the seas when and where desired.

The ship has anti-aircraft capability armed with long range missiles intended for air defense to counter the threat to friendly forces posed by manned aircraft, anti-ship, cruise and tactical ballistic missiles.

Unique experiences build strong fellowship among the crew. The crew is motivated, and can quickly adapt to changing conditions, according



Courtesy Navy Office of Community Outreach

to Navy officials. It is a busy life of specialized work, watches and drills. Serving aboard a guided missile destroyer instills accountability and toughness and fosters initiative and integrity.

Serving in the Navy is a continuing tradition of military service for Bos, who has military ties with family members who have previously served. Bos is honored to carry on that family tradition.

“My dad was in the Navy,” said Bos. “It served our family really well and he had a good experience in the Navy. The military really looked out for our family.”

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

“Serving in the Navy means that my job directly effects so many people across the country,” added Bos.

Assistant coach Sidorkiewicz to return for second season with Admirals

From Norfolk Admirals

The Norfolk Admirals, proud member of the ECHL, have re-signed assistant coach Peter Sidorkiewicz to a one-year contract for the 2018-19 season.

Sidorkiewicz, 54, returns for his second season with the Admirals, and 18th behind the bench. The native of Poland joined the Admirals last season after spending the previous two seasons coaching in Austria.

“The way last season ended, we really started to come together and compete night in and night out,” said Sidorkiewicz. “I’m looking forward to coming back and building on that success.”

Prior to joining the coaching ranks, Sidorkiewicz played 14 seasons professionally. A fifth-round draft pick of the Washington Capitals, Sidorkiewicz appeared in 246 NHL games and appeared in the 1993 NHL All-Star Game.

The Admirals 30th anniversary season will kick off on October 13 as they host the Wheeling Nailers.

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July 13-19

HOTEL TRANSYLVANIA 3 (PG)
Thurs.: 5:00, 6:00, 7:10, 8:10, 10:20 3D: 9:20
Fri.-Thurs. (7/19): 10:30, 11:30, 12:45, 1:45, 4:00, 5:15, 6:15, 7:30, 8:30, 9:45, 10:45 3D: 3:00

ANT-MAN AND THE WASP (PG-13)
Thurs.: 10:00, 11:00, 12:00, 1:00, 2:00, 4:00, 6:00, 7:00, 9:00, 10:00 3D: 3:00
Fri.-Thurs. (7/19): 10:15, 12:00, 1:15, 4:15, 6:00, 7:00, 9:00, 10:15 3D: 2:50

INCREDIBLES 2 (PG)
Thurs.: 10:45, 11:15, 1:30, 2:05, 4:45, 7:30, 10:15
Fri.-Thurs. (7/19): 10:45, 1:30, 4:10, 7:10, 10:10

THE FIRST PURGE (R)
Thurs.: 11:45, 2:15, 4:40, 7:15, 9:45
Fri.-Thurs. (7/19): 11:40, 2:15, 4:50, 7:25, 10:05

SKYSCRAPPER (PG-13)
Thurs.: 7:00, 9:30
Fri.-Thurs. (7/19): 11:45, 1:50, 4:45, 7:15, 7:45, 10:00, 10:30 3D: 2:15

UNCLE DREW (R)
Thurs.: 12:40, 3:10, 5:40, 8:10, 10:45
Fri.-Thurs. (7/19): 12:40, 3:10, 5:40, 8:10, 10:40

SICARIO: DAY OF THE SOLDADO (R)
Thurs.: 11:30, 2:20, 5:10, 8:00, 10:50
Fri.-Thurs. (7/19): 11:00, 4:25

TAG (R)
Thurs. (7/12): 12:15, 2:40
JURASSIC WORLD: FALLEN KINGDOM (PG-13)
Thurs. (7/12): 10:30, 1:35, 4:30, 7:25, 10:20

Fri.-Thurs. (7/19): 10:20, 1:20, 4:20, 7:20, 10:20

For Show Times and Purchasing Tickets visit PhoenixTheatres.com

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



Something To Wrestle: Wrestling legends share their stores

Continued from last week, Bruce Prichard and Conrad Thompson Interview Part II

By Yiorgo
Yiorgo: Bruce, in your podcast “Something to Wrestle with Bruce Prichard”, you documented why you were fired from the then World Wrestling Federation (WWF/E) in 1991 at the age of 28. You came back a year later working in creative. Can you pick one of your favorite wrestlers you liked working with and talk about some of the vignettes you produced with him?

Bruce Prichard: To me one of the biggest ones and most fun to work with was Dusty Rhodes, the common Man. I grew up watching him and now I’m managing him. It was strange to say the least. Even though some in our audience may have known Dusty’s persona in the NWA, Vince McMahon saw him as the Common Man, a really happy and personable baby-face that was the American Dream but he was also the common man, the Everyman. That was the character that Vince wanted to get over. Dusty wanted to be the tough guy but went along with what Vince wanted.

Those vignettes were a blast. Here is an example. We pulled up to a gas station in Stamford, Connecticut. I asked the gas attendant, do you mind if we shoot something here? We will be real quick. I told Dusty just start doing it when we get there. We shot these vignettes running gun style. In another one we went into a butcher shop, I looked at Dusty’s apron and I said Dusty you’re too clean, and I went over where they had a container with meat and blood in it and I dumped the blood all over him and the smock. He looked like the real butcher with a bloody, dirty smock.

All those were a lot of fun because we were taking an already established character and putting a tweak on it. I don’t know if Dusty got it at the time, he did, but he didn’t. He felt that he had more appeal as a tough guy and we felt he had more appeal as a showman and Everyman and he finally embraced it. Dream got it he just wanted to do more.

Y: and Dusty did do more eventually with his involvement in WWE’s Performance Center.

BP: Exactly, that to me was his gift that he was so good in being able to teach that he

didn’t realize it for the longest time. He finally accepted that his days in the ring were done, and attached himself to some young talent to help develop, to me that was Dusty’s gift that’s where he excelled.

Y: You eventually convinced Vince to let you become an on air TV personality as Brother Love. Can you share a favorite Brother Love story or two?

BP: To me, my career defining moment was to go out at WrestleMania 17 in Huston, Texas my hometown, at the Astrodome to be in front of that crowd of almost 68,000, it was awesome and a career high for me to be able to perform in front of your hometown record breaking crowd. Also to be able to work with the likes of Hulk Hogan, Roddy Piper was amazing. My favorite as far as getting to do anything was getting to work with the Undertaker at the very end and coming back and doing the deal of Undertaker coming out of the box and getting tombstoned in Philadelphia. I have so much respect for Mark Calaway in adversarial roles was a lot of fun.

Y: We have already documented in Part I and in previous interviews how you got into the podcast business. It is also well documented that you went from 60,000 to now easily getting over 1 million downloads each week and both of you are two-time, two-time podcast of the year!!! Super Congrats!!! Can both of you talk about that moment when you found out?

Conrad Thompson: Well last year we were nominated for Sports and Recreation Podcast of the Year by the Academy of Podcasters and they wanted us to speak at a symposium about our unconventional way to grow the podcast. It was a great honor and very cool to be considered by unfortunately due to work I was not able to go. Bruce flew out to Santiago and did the symposium. At the banquet later on, I really did not think we had a chance, I mean Barstool was nominated as well as Pardon my Tank, Bill Simmons and a lot of the big players. To my surprise Bruce texted me, we won. I did not believe him and Bruce texted me the picture of him holding the trophy.

Later in the year, last year, Sports Illustrated



David Silva

Conrad Thompson, Bruce Prichard and WWE Legend Booker T:

ran their Best off issue. They announced that we had won the Media Awards for Podcast of the Year from Sports Illustrated. They specifically sited the Roddy Piper episode being one of the best, most heat felt and most touching episode of any category. So we have been honored to receive the Podcast of the Year not once but twice. So just like in wrestling, like Owen Hart did, as we made our appearances throughout the country, we brought our awards with us and proclaimed ourselves two-time, two-time Podcast champs like Bruce’s friend Booker T proclaimed five-times and we celebrated with our audience.

BP: It’s very humbling, because when you think about it, in so many ways I was on the outside of the business looking in. Eventually I said to myself, move on, you don’t have any more future in the wrestling business and that made me open up on the podcast. When people started listening, and we got the awards and people started talking about us, that they really care, it’s really, really very humbling. When we do our live shows and I hear these stories from people that we helped them through their chemo treatments, a bad time in their lives, going through some depression, I mean some incredible stories; it makes you feel pretty good that you’re able to help people out.

I promise you when we started this that was not our goal. Our goal was to sell some mortgages. But now when we realize how many people we touch, it’s pretty cool.

Y: How did the WWE Network deal “Something Else to Wrestle With Bruce Prichard” come to be and how does it feel after all these years to be back in the fold?

BP: It’s good to be home and it’s nice to be a part of their universe, their WWE Network, that’s pretty cool. They reached out to me.

They asked if that would be something I would be interested in doing, we went back and forth for probably about 6 months, and we reached an agreement. It’s been pretty darn good. They allow us to be true to ourselves. We produce the show. The only difference is that we do a much-edited version because we have to be time friendly for television. On audio we can be as long as we want to be, on television, we have to be aware of time. Because of that, I try to tell stories with footage in mind and examples of what I’m talking about. That really was what was intriguing to me, to be able to take the stories and bring them to life with footage and then when we got into it and I found out that so much of the behind the scenes stuff that they had that I didn’t even know they had. You can see me actually producing talent. It adds credibility to the stories and makes it fun. You get to see behind the curtain of things that normally you would not get to see.

The relationship has been great so far, they have done everything they said they would do, and we have done what we said we would do. We are now in talks for a second season. We would love to see it go on forever, that would be great.

Y: Do you know why they reached out to you?

BP: What they told me was that when they were looking at podcasts, they were hearing a lot of noise about our podcast and that we had the most listeners. They wanted the best so they asked us to be a part of them. Although I don’t know if they have ever seen it, the fact that it is allowed to be on the WWE Network in the format that it is, really speaks volumes as to the support from Vince, Hunter and Stephanie.

Next week Part III

M.S.G. acoustic blues trio to perform at the Hampton History Museum July 18

From Hampton CVB
The M.S.G Acoustic Blues Trio brings their Piedmont blues to the Hampton History Museum’s monthly concert series on Wednesday, July 18, 6:00 p.m. – 8:00 p.m.

An M.S.G. Acoustic Blues Trio concert is not just a performance; it is a complete emotional journey from joy to tears. It’s an event where everyone can participate and share in the celebration of life.

M.S.G. is a roots-infused, Piedmont-steeped, yet thoroughly up-to-date group of widely and deeply talented musicians: Jackie Merritt, harmonica, guitar and bones; Miles Spicer, guitar; and Resa Gibbs, lead vocalist and percussionist. Their repertoire includes originals, traditional blues, gospel and ragtime tunes, as well as a number of surprising covers.

M.S.G. has been together for nearly sixteen years and have produced four CDs. They are proud to say their latest effort, THE FLOOD received a first-round Grammy nomination under the category of Best Traditional Blues Album. M.S.G. is considered one of the top Piedmont acoustic blues (singer/songwriting) groups in the Mid-Atlantic Region of the country.

The trio has performed at the 2015 Chicago Blues Festival, the Smithsonian Folklife Festival, the Kennedy Center and the Bristol Rhythm and Roots Reunion Music Festival. They have played and taught at the Folk Project Weekend in N.J.

M.S.G. had a busy 2017 season including venues in Tennessee, North Carolina, West Virginia, Maryland, Illinois, Indiana, Pennsylvania and throughout Hampton Roads.

Held in the museum’s Great Hall on the third Wednesday of the month, the “Front Porch”



Daniel Rosenstein

Music Series presents different genres of music that have shaped the American soundscape and influenced talent in Hampton Roads’ vibrant music scene. Admission is free to museum members, \$5.00 for non-members. Doors open at 5:30 pm.

The Hampton History Museum is located at 120 Old Hampton Lane in Downtown Hampton. There is free parking in the garage across the street from the museum. For more information call 757-727-1102 or visit www.HamptonHistoryMuseum.org.

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There are thousands of reasons to love the summer, and if you're a pet owner, you love summer more than most.

Summer is the perfect opportunity to get outside and get active with our pets. Between cool swims in the pool and brisk walks in the sunshine, summer is a great bonding time for you and Fluffy or Fido.

However, it's also important for pet owners to have a proper understanding of factors that can affect their pet's health and safety during the warmer months. This includes varying weather conditions, maintaining proper nutrition and preparing for other summertime events.

With June being National Pet Preparedness Month, Dr. Kurt Venator, Purina's Chief Veterinary Officer, suggests four things for pet owners to keep in mind this summer so that we can live safe, healthy and happy lives together with our pets whether at home or on the road.

Beating the heat

Just like the heat can make people feel unwell, the particularly hot days of summer can leave pets dehydrated or ill if not properly attended to. Pet owners should be mindful of a pet's exercise, outdoor time and hydration to keep them feeling their best.

More specifically, if heading out for a walk, be sure to go outside during cooler parts of the day like early morning or early evening. Also, before you start your walk, use your hand to feel the pavement. If it feels too hot to touch, then it's way too hot for your pet's paws. Stay in the grass or possibly try booties so his or her paws don't burn.

Above all, never leave your pet unattended in the car. Your car acts like a greenhouse on hot days, and overheating can set in quickly, causing permanent damage to your pet, and even death. On hot days, it's best to just leave your pet at home.

Summer snacks and proper ingredients

With blueberries, strawberries and other yummy treats in season during the summer, you can share these healthy indulgences with pets too. Fruits like peaches, strawberries and mangoes are great treats for pets as long as pits, stems and leaves are removed and fruit is thoroughly washed.

What's great about these fruits is that they contain vitamins, fiber and antioxidants and tend to be low in sugar, so when fed in moderation, they're actually quite healthy for dogs in the same ways they're healthy for humans. That's why Purina includes fruits, like blueberries, in their Beneful Playful Life and Beneful Grain Free formulas. Made from real protein sources and blended with an optimal amount of fruit and veggies, these foods can give your pet the nutrition they need to play all day.

Did someone say vacay?

Taking to the skies? When flying with a pet, it's important to understand your pet's needs. Therefore, you should conduct the appropriate research, plan ahead and understand airline/aircraft policies on the day of departure to ensure the trip is just as safe for your pet as it is for you. For instance, did you know that in order for your pet to fly you should obtain a Certificate of Veterinary Inspection? Most airlines require this document within ten days of travel. This document must

be signed by an accredited veterinarian, and should indicate that your pet has been examined and able to fly.

Hitting the road? Buy a travel harness that comes across your pet's chest and clips onto a safety belt. This keeps your pet secure and prevents him or her from interfering with your driving. To keep your pet feeling comfortable and entertained on the journey, also consider bringing a cozy blanket, spill-proof bowl and time-consuming treats, like the Purina Busy(R) Bone, to pass the hours till you reach your destination.

Be prepared for natural disasters

Although it's difficult to predict when natural disasters will occur, preparing for the worst for your family and your pet can make the difference when every second counts — especially during hurricanes, tornadoes and wildfires. Understand what weather impacts your area, have resources on hand and have a plan to keep everyone safe.

Just like you, your pet should also have a disaster kit that includes basic pet essentials such as bottled water, cans of wet food, blankets, collapsible bowls, cat litter and pan, and a leash and collar. A one- to two-week supply of food that your pet usually eats is an ideal amount to include in your disaster kit as well; however, be sure to check the expiration dates. Pack the foods your pet eats routinely to ensure complete and balanced nutrition in stressful moments like this.

For more information and tips about keeping your pets safe, healthy and always prepared, please visit www.Purina.com/Summer.

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Sports

WHO NEEDS TO BE IN THE 2018 HOME RUN DERBY

By Jarrod Ribaudo
www.couchguysports.com

Baseball is back to the time where balls are flying out of stadiums left and right. The MLB has Aaron Judge, J.D. Martinez, Mike Trout, and even little Mookie Betts hitting bomb after bomb. Still none of those guys are going to be in the home run derby this year. Similarly to the NBA Dunk Contest, the derby seems like it is on a downward trajectory in terms of acquiring superstars to participate. Last year the MLB did get Judge, Gary Sanchez, and Giancarlo Stanton to take part last year, but none of them are returning to the contest this season.

So if the MLB does not get to pick and choose who competes in the derby, who are some guys that could create an entertaining contest in Washington this year?

Bryce Harper, RF Washington Nationals: Harper has already said he will participate in the derby if he gets selected to the All-Star game. Due to his stardom, and the fact that the game is in Washington this season, Harper will almost certainly be selected to the game, making him the main attraction at this years derby.

Evan Gattis, C/DH Houston Astros: Gattis is a great story. Also known as “El Oso Blanco”, Gattis struggled with addiction before making it to the MLB. Now clean, Gattis uses his 6’4 270 pound frame to crush home runs for the ‘Stros. It would be fun to see the grizzly looking Gattis step into the box and use his raw power to hit shots out of the park. With his big beard and barehandedness up at the plate, Gattis has become the MLB’s Paul Bunyan. He needs to be in the derby this year.

Joey Gallo, 1B/3B/OF Texas Rangers: This mash-er from the Rangers is this decades version of Adam Dunn. Lots of strikeouts but also lots of bombs. When he does make contact the ball travels. Gallo has the ability to hit the ball 500+ feet and would be one of the favorites to win.

Jesus Aguilar, 1B Milwaukee Brewers: Aguilar has burst onto the scene this year hitting 19 home runs through 72 games after hitting 16 in 133 games last year. Still, it isn’t like his power is something new. In his MLB career Aguilar has stepped up to the plate 557 times, a full season worth of at-bats. In those 557 plate appearances Aguilar has 35 bombs.

People love an underdog story and finally getting his chance to produce at 28-years-old, people could rally around the first baseman if he gets the opportunity to participate in the derby.

Matt Olson, 1B Oakland Athletics: When talking about power, Olson has to be brought up. He hit 24 homers in only 59 games last year. No that is not a typo.

This season hasn’t gone quite as well, but Olson still has 18 dingers in 85 games. Olson didn’t start the year so hot (hitting only 2 homers in April) but has proceeded to hit 15 homers in May and June.

Olson is very similar to the aforementioned Gallo (both big, powerful, strikeout-prone lefties) and if both took part in the All-Star Game festivity, it could turn a good ‘ol fashioned AL West mash-off.

Others to consider: Kyle Schwarber, Trevor Story, Mike Zunino, Max Muncy, Rafeal Devers



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THE FIRST PURGE (R)

Behind every tradition lies a revolution. Next Independence Day, witness the rise of our country’s 12 hours of annual lawlessness. Welcome to the movement that began as a simple experiment: The First Purge. To push the crime rate below one percent for the rest of the year, the New Founding Fathers of America (NFFA) test a sociological theory that vents aggression for one night in one isolated community. But when the violence of oppressors meets the rage of the marginalized, the contagion will explode from the trial-city borders and spread across the nation.

ANTMAN AND THE WASP (PG-13)

Scott Lang is grappling with the consequences of his choices as both a superhero and a father. Approached by Hope van Dyne and Dr. Hank Pym, Lang must once again don the Ant-Man suit and fight alongside the Wasp. The urgent mission soon leads to secret revelations from the past as the dynamic duo finds itself in an epic battle against a powerful new enemy.

OCEAN’S 8 (PG-13)

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

ADRIFT (PG-13)

Starring Shailene Woodley (Fault in Our Stars, Divergent films) and Sam Claflin (Me Before You, The Hunger Games films), ADRIFT is based on the inspiring true story of two sailors who set out to journey across the ocean from Tahiti



Courtesy Marvel Studios

Evangeline Lily and Paul Rudd star in Ant-Man &The Wasp, in theaters now.

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.

SICARIO 2: DAY OF THE SOLDADO

In Sicario: Day of the Soldado, the series begins a new chapter. In the drug war, there are no rules – and as the cartels have begun trafficking terrorists across the US border, federal agent Matt Graver (Josh Brolin) calls on the mysterious Alejandro (Benicio Del Toro), whose family was murdered by a cartel kingpin, to escalate the war in nefarious ways. Alejandro kidnaps the kingpin’s daughter to inflame the conflict – but when the girl is seen as collateral damage, her fate will come between the two men as they question everything they are fighting for.

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.

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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.



Courtesy Disney/Pixar

JEB Little Creek, Gator Theater – 462-7534

Friday, July 13

6 p.m. Incredibles 2 (PG)
9 p.m. Tag (R)

Saturday, July 14

1 p.m. Incredibles 2 (3-D) (PG)
4 p.m. Ocean’s 8 (PG-13)
7 p.m. Hereditary (R)

Sunday, July 15

1 p.m. Solo: A Star Wars Story (PG-13)
4 p.m. Incredibles 2 (PG)
7 p.m. Adrift (PG-13)

NAS Oceana, Aero Theater – 433-2495

Thursday, July 12

7 p.m. Adrift (PG-13)

Friday, July 13

6 p.m. Incredibles 2 (PG)
9 p.m. Tag (R)

Saturday, July 14

12 p.m. Incredibles 2 (3-D) (PG)
3 p.m. Ocean’s 8 (PG-13)
6 p.m. Incredibles 2 (PG)
9 p.m. Upgrade (R)

Sunday, July 15

12 p.m. Incredibles 2 (PG)
3 p.m. Adrift (PG)
6 p.m. Tag (R)

Schedule is subject to change. For your weekly movie showtimes and more, check out the Navy Mid-Atlantic Region MWR website at discovermwr.com.

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AKC German shepherd pups 9wks old 1female,2 males vet checked & wormed first shots. \$650.00 each, parents on site. 757-485-1685 no calls after 8pm



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Championship Bloodlines
Bred to Hunt • Excellent Companions
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www.seminole-brittany.com

Australian Cattle Dog AKC \$600.00
757-404-8811 5 months old and super smart.

Beagle Pup-AKC reg. male, shots/wormed. 5 mos old, champion bloodline. \$250. 757-472-1353
Cane Corso pups - 7 wks \$800, ICCF reg, shots, dewormed, tails docked. 757-305-4717

Cock A Poo Pups-F1b, shots, wormed, vet ck, buff \$1000 & black \$850, family raised. 416-8253
Daschund puppy. Mini FM, short haired chocolate and tan. First shots, 8 weeks old. \$600. Beautiful and frisky. Parents' premises. Pure bred, no p.pers. Ready to go to a good home. 757-639-4578

German Shepherd Pups AKC, hip and health guarantee 757-483-0717

German Shepherd Pups-AKC, German lines, large boned, black & black & reds, temperament & quality, fam. raised, vet checked, ready July 10th. Accepting deposits. 757-543-6258. 757-777-4302.

German Shepherd Pups-AKC, gorgeous sables, black & creams, shots, wormed, ready 7/14. 734-812-2630 (Suffolk).

Golden Doodle Pups-Parents reg. & on site, vet check guarantee. \$950. 757-620-6026.

Golden Doodles-F1B, 9 wks., 2 sets of shots, have parents. \$850. 757-421-7088.

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

Golden Retriever Pups-AKC, vet checked, 8 wks., 1st shots/wormed, \$800. 757-421-7088.

Great Dane Pup-AKC, 1 boy, 1 girl, Harlequin & merle, shots/wormed, \$900. 757-635-3964.



Great Pyrenees's, female, 3 years old, well behaved, likes to cuddle. Looking for a good home. Good with kids and other animals. 757-621-6576 text preferred.

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

Labrador Retriever pups AKC, microchip, 9 weeks old. Facebook: Walker Labs Chesapeake VA Ph 757-439-8580

Labs-Ready Now! \$600. 4 AKC Pups, 3 yellow males, 1 black female. Parents on site, wormed, shots, family raised. 804-943-5746.

Multi-poo's, 2 m, white. \$750 each. 1st puppy shot. Ready now. Stud service avail. 757) 567-2687

Maltipoos & Shi Poo's, M & F
252-207-9353 majesticmaltese.com



MINI F1B GOLDENDOODLE PUPS \$1200
Seasidepups.com Call/text 907-738-6015

Mini GoldenDoodle Puppies - Handsome, Playful, Friendly 717-354-4621 www.LancasterPuppies.com

Shih Tzu Pups-Shots, dewormed, 8 weeks, 1 female, 4 males, 757-623-2022.

SHORKIE PUPS. Avail 7/22. 1st shots. Dont shed! \$850. Reserve now. Call or text 757-724-5978

Siberian Husky Pups-2 males, 1 female, 7 wks., pure bred, \$1100. 757-405-8723.

STANDARD POODLE PUPS-AKC, health guarantee, cream parts, black & black & white, \$1000. Call 434-349-3854 or 434-770-1464. www.smtstieddyhondoodles.com

Teddy Bear Yorkie-poo 1 ill M left. Vet checked. Parents onsite Pics upon request. 757-404-8990

Power Boats/Cruisers

1974 12' Lightening Fiberglass Boat w/ new trailer, live well. \$2500 obo. 757-788-8197.

2011 Carolina Skiff. 258 DLV, 175 Suzuki, radio, Garmin GPS, many extras. 757-414-3556.

Carolina Skiff 198DLV 2011 19 ft. 2011 Carolina Skiff 198 DLV with 115 Yamaha 115 4stroke, 291hrs. (300hr. service done @ 278.8hrs.) T-top with 4rod holders, front & rear spreader lights, electronics box, am/fm/cd player, hi/force elite 5 system with gps, sea-star hydraulic steering, 28gal. fuel tank, duel batteries, 4 boat mounted rod holders, road king tire with mounted spare. 17k/757-631-4821

Formula 1976 23' 3" cuddy cabin in very good condition. Repowered in 2015 with Mercruiser 383 stroker paired with Volvo doprop (fresh water cooled). Hardtop w/ rod holders, curtains 3 sides, Bennett trim tabs, outriggers, optima batteries, hydraulic steering and more. Been kept in dry storage for past 18 years (757)630-2788



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1999 Sea Doo-3 passenger, plus trailer, needs work. Best offer. 757-340-7091.

Auctions

Mini Price Storage
The contents of storage spaces located at
3441 Va. Beach Blvd., Va. Beach, Va 23452 Will be sold at PUBLIC AUCTION on July 17, 2018 @ 10 AM. Payment by Money Order, Cashier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 105, 122, 1067, 1071, 1081, 1100, 1111, 1114, 1181, 2028, 2096, 2180, 2200, 2230, 2281, 3113, 3302, 3182022.

AUCTION

The contents of storage spaces located at
Mini Price Storage
7641 Sewells Point Road, Norfolk, VA 23513, Will be sold at PUBLIC AUCTION on July 18, 2018 @ 1 PM. Payment by Money Order, Cashier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 105, 122, 1067, 1071, 1081, 1100, 1111, 1114, 1181, 2028, 2096, 2180, 2200, 2230, 2281, 3113, 3145, 3216, 3244.

AUCTION

The contents of storage spaces located at
Mini Price Storage
1117 Valley Drive, Norfolk, VA 23502, Will be sold at PUBLIC AUCTION on July 18, 2018 @ 1 PM. Payment by Money Order, Cashier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 1098, 1110, 1163, 1185, 1195, 1212, 1215, 2053, 2286, 3038, 3100, 3195, 3203, 3309, 3363, 3376, 3429.

Barrett Street Auction, next Auction July 28th. Now Accepting Consignments. 463-1911

Emporia for unpd R.E. Tax 7-19; 1 PM-24 properties. VAF 662 www.vauction.com 538-0123

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

Phoenix Auction Gallery, next Auction August 12th. VAAR #1597. 722-9210

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Accounting, MS-Office - Some Experience Required. Non-smoker. Call 757-485-1323.

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Computer/IT: ADP Technology Services, Inc. seeks a Senior Application Developer at our Norfolk, VA location to comm. w/ QA, Dvlpmt, & ADP bus. partner staff to ensure change reqs. are doc., tested, & applied to established s/w prod. dvlpmt timelines & deadlines. Bach's degree in Comp. Sci., Comp. Engg., Elec. Engg., Info. Tech. or a rel. field plus 7 yrs of exp. reqd. ADP will accept a master's degree plus 5 yrs. of exp. 3 yrs. of exp. must incl: OBIEE; ODI; Informatica; Siebel EIM; BI Publisher; OLAP Data Warehouse; OLTP; PL SQL; TSQL; SQL+Plus; SSIS; Golden Gate; & WebLogic. To apply, please respond to req. 156843 at http://jobs.sdc.com. Alternatively, applicants may mail their resume to the following address referencing req. 156843: Employment Practices, 1 ADP Blvd., MS 248, Roseland, NJ 07068

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Upholstery Sewer to sew Vinyl. Exp'd only. Call Amcraft 757-546-9374, Chesapeake.

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Virginia Beach Psychiatric Center www.vbpcwv.com

Maintenance

Maintenance/Grounds
Maintenance/Grounds experience preferred for complex in Va. Beach. Must have valid driver's license, transportation & share on-call phone. Fax resume to (757) 495-2940. EOE

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The City of Virginia Beach Public Works Dept. is seeking a Maintenance Engineer I/HVAC. Requires high school or GED plus 5 years experience, one in a supervisory capacity, in fields related to heating and air conditioning which provide the required knowledge, skills, and abilities, and associated with such positions as Heating and Cooling Plant Operator, Heating/Refrigeration/Refrigeration Mechanic, or HVAC Maintenance Supervisor. Journeyman HVAC license required. For more information and to apply on-line by 7/15/18 go to www.vbgovcareers.com EOE

Part-Time/Seasonal

Part Time Help Needed for High Rise Condominium in Norfolk.
Receptionist, Housekeeper & Security Guard.
Flexible Hours. Contact Lynda @ 423-5151 for more information.

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2 Cemetery Plots at Rosewood Witchduck Rd in VB. \$12,800. \$5000 companion marker or bronze & granite \$8500 OBO 757-769-9846

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GHEENT-8 Great Locations
1 & 2 BR, free heat & hot H2O, \$650-\$995. Meredith, 757-622-8233 www.meredithmgmt.com

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

For Rent-Norfolk Apts

Little Creek Rd-2 BR Twnhse. Central heat/air, carpet. \$700-\$730. Credit req'd. (888)368-5920 *Ask About Our Specials* Meredith Mgmt. www.meredithmgmt.com

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

WATERFRONT, 570 W. Ocean View Ave.
\$925. BEACH LIFE. Near NAS, REMODELED. Lg 2BR, 1BA No Pets. Tricia 757-735-2876 Agent

For Rent-Portsmouth Apts

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

Churchland-July Special Reduced Dep.
3 BR, 1.5 BA, liv rm, din rm, kit., den, fenced-in yard. Close to base. 4609 W. Norfolk Rd. \$1150 mo. + sec. dep. 757-488-2994.

For Rent-Rooms

Bedrm. For Rent. Shared utils. \$450 mo. Va. Beach, near Little Creek Base. 757-373-3110.

NSU AREA-All Utills. Ready Today, \$140/wk + cable + security dep. (757) 622-1781. 284-6249.

Portsmouth-Priv. room, bath & entrance, all furnished, \$500 mo., \$200 dep. 757-807-4835.

South Norfolk-Furn'd Rm, Share BA/Kit. Clean, Quiet, All Utills Included. Security Deposit \$150. \$150/week. MUST BE EMPLOYED!! Avail Now. 757-201-0370.

Virginia Beach Lynnhaven Mall Area Room for rent \$500/mo + utilities. Call 757-463-8741

Wards Corner-On busline, \$550 mo. \$600 w/prv. entrance. All utills included. 757-338-7188.

Fun and Games

Super Crossword

OUTLANDISH
CELEBRITY FIRSTS

- ACROSS**

1 Another name for Jesus

9 Utterly failed

15 Abounds

20 Flattish Italian bread

21 Salt with element #53

22 Dot in the drink

23 French president who never wore color-coordinated clothes?

25 Being tried, in law

26 Ship wood

27 Not e'en a single time

28 Advanced

30 Whet

31 Director Van Sant

33 Caught a three-time Best Actor red-handed?

38 Purplish red

42 Aria, usually

43 Analyzes, as syntax

44 Frequent co-star of Humphrey Bogart who was fantastic?
- 47 Gospel group

49 Musk of Tesla Motors

50 Slippery

51 "Eureka!"

52 Phil of folk

56 Enumerates

58 Campaign creations

59 "Die Hard" star dicing vegetables?

63 Avenues: Abbr.

64 Exude slowly

66 Pure delight

67 Tie together

68 Issued an alert to a knighted composer of musicals?

73 Evening bash

75 Hankerings for "it"

77 Little devil

80 Reclusive "Bonanza" star?

83 Tolkien terror

84 Put on hold

86 Last name of Buffalo Bill

87 Consents to

88 Try to cure

90 Boy, in Baja

91 Weight unit
- 94 Legendary hockey player who's a native New Zealander?

97 Harmonize

100 Pal of Spot or Rover

101 Consulate

102 Promote the growth of the star of "The Last King of Scotland"?

107 Gp. that lobbies

108 Comic Buzzi

109 Dunaway of "Network"

110 Class book

112 That woman on "Good Times"

17 Arm joints

18 Nasty sort

19 Underscore

24 Bit of history

29 Bit of errata

31 Belgian city

32 N.A. nation

34 Author

Dinesen

35 IM gulfaw

36 Em preceder

37 Chou En- —

38 Coal and oil

39 Dark

40 Danger when landing a plane

41 Flaming
- 45 Gave succor

46 IV amounts

47 Comrade of Fidel

48 Laugh half

51 Not up yet

53 Elucidates

54 Sound from a souse

55 Seattle-to-Reno dir.

57 More achy

59 Carbon copy

60 180s on the road

61 Fly traps

62 On the outs (with)

65 Blood type, for short

66 Hddien valley

69 "Hello, hello?"

70 Caustic cleansers

71 "— to do it all over again ..."

72 Musical run with four sharps

73 Utah's capital, for short

74 Hugs, on cards

78 Café lists

79 Official substitute

81 Flier of myth
- 82 Scratch (out)

83 Former Bruin Bobby

85 Seminal '40s computer

88 Received

89 Enticing

92 French for "a"

93 Brand of spongy balls

94 Sch. in Cambridge

95 Org. on a toothpaste box

96 Dubya's deg.

97 From the top

98 Stumper (Var.)

99 High-heel feature

100 Nasty sorts

103 Desert rarity

104 Spotted scavenger

105 Afr. republic

106 Christopher of film

111 Comic book mutants

112 Pirates' loot

113 Not like a bit

114 Gazed at

116 Film director

Demme

118 Drink slowly

119 Cain's mom

120 See 9-Down

121 Con opener?

122 Dog's threat

1	2	3	4	5	6	7	8		9	10	11	12	13	14		15	16	17	18	19	
20									21							22					
23								24								25					
26						27							28			29		30			
				31	32			33		34	35	36				37					
38	39	40					41			42					43						
44								45	46					47	48						
49							50						51					52	53	54	55
56					57		58				59	60				61	62				
63					64	65				66						67					
			68	69						70					71	72					
73	74								75						76				77	78	79
80								81	82									84	85		
86								87									89		90		
				91	92	93				94	95						96				
97	98	99								100							101				
102										103	104					105	106		107		
108																					
115																					
123																					
126																					

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Sudoku

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

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: H equals B

AIYD HAEMDT RYXP EAXXE

KNWPR NDF KYYWMPR, XE

FNATLVPC ICYKPPFPF VY

HCMDT LYXP VLP HNWMD’.

Last week’s CryptoQuip answer

Since the fire-breathing beast is totally deficient in proper sleep, all day dragon is draggin’.

last week's answers

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

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

Religious Services

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religious_services



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