



Pennants for different universities and colleges create a wall of color decorate an Education and Career Services office.

Nell King

CHANGES ANNOUNCED TO POST-9/11 GI BILL TRANSFERABILITY

From Chief of Naval Personnel Public Affairs

WASHINGTON

Department of Defense released changes to department policy on the transfer by service members in the Uniformed Services of “Post-9/11 GI Bill” education benefits to eligible family member, July 12.

Effective July 12, 2019, eligibility to transfer those benefits will be limited to service members with less than 16 years of total service, active duty service and/or selected Reserves as applicable.

Previously, there were no restrictions on when service members could transfer education benefits to their family members. The provision for a Sailor to have at least six years

of service to apply to transfer benefits remains unchanged.

“After a thorough review of the policy, we saw a need to focus on retention in a time of increased growth of the Armed Forces,” said Stephanie Miller, Director of Accessions Policy, Office of the Secretary of Defense. “This change continues to allow career service members that earned this benefit to share it with their family members while they continue to serve.” She added “this change is an important step to preserve the distinction of transferability as a retention incentive.”

What does this mean for our Sailors?

The change will allow Sailors to retain their eligibility to transfer education benefits even if they have not served the entirety of their obligated service commitment through no

fault of their own. This means if a Sailor fails to fulfill their service obligation because of a “force shaping” event (such as officers involuntarily separated as a result of being twice passed over for promotion, or enlisted personnel involuntarily separated as a result of failure to meet minimum retention standards, such as high-year tenure) the transfer of benefits to a family member would not be impacted.

Exceptions that permitted service members with at least ten years of service to obligate less than four years if prevented by statute or policy from doing so, such as enlisted high year tenure, have been cancelled. All approvals for transferability of Post-9/11 GI bill require a four-year commitment in the Armed Forces and, more importantly, the member must be eligible to be retained for four years from the date of election.

A NAVADMIN with Navy’s implantation guidance will be released shortly.

For more on the policy, visit <http://www.esd.whs.mil/DD/>.

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

Navy uniform update released

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced the expansion of hair styles for women along with several other uniform policy changes and updates in NAVADMIN 163/18, July 11.

Among the several hair style changes is the authorization for women to wear locks. The NAVADMIN provides specific and detailed regulation on how locks can be worn.

Women are also authorized to wear their hair in a single braid, French braid, or single ponytail in service, working and physical training uniforms. The ponytail may extend up to three inches below the bottom edge of the of the shirt, jacket or coat collar. The accessory holding the ponytail must not be visible when facing forward, and be consistent with the color of the hair. The hair cannot be worn below the bottom of the uniform collar

where there are hazards such as rotating gear.

Women may now wear a hair bun that does not exceed or extend beyond the width of the back of the head.

Other uniform changes include the approval of the Navy Optional Physical Training Uniform (OPTU) that consists of a navy blue high performance shirt and five-inch running shorts. The uniform is expected to be available at Navy Exchange Uniform and Customer Care Centers starting October 2018.

Navy is also developing a standard navy blue Physical Training Uniform (PTU) that will be phased into the seabag issue at Recruit Training Command in the next 12-18 months.

The Black Relax-Fit Jacket (Eisenhower Jacket) has been designated a unisex item and Sailors can wear the men or women’s jacket sizing that best suits their uniform requirements.

To allow for greater visibility female Sailors have the option to wear identification badges on the right side above the pocket of their uniforms.

Wear testing of the improved female officer and chief Service uniform skirts and slacks will be



MC1 Raymond D. Diaz III, Chief of Naval Operations Adm. John M. Richardson, center left, and Chief of Naval Personnel Vice Adm. Robert P. Burke, center right, and Sailors assigned to the Pentagon announce new grooming standards on camera during a live all-hands call. The event was held to answer questions from the fleet and to announce upcoming changes and updates to Navy policies.

» See UNIFORM | A7



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USS GERALD R. FORD POST-SHAKEDOWN:
The Navy’s newest aircraft carrier, departed Naval Station Norfolk on Sunday to begin a post-shakedown (PSA) period at Newport News Shipbuilding in Newport News.

» See A4



NEBRASKA RETURNS:
The blue crew of Ohio-class ballistic-missile submarine USS Nebraska (SSBN 739) returned to Naval Base Kitsap-Bangor, July 12, following the boat’s first strategic deterrent mission since 2013.

» See B1

HAMPTON HEAT RACING JULY 21:
Hampton Heat 200 roars into Larry King Law’s Langley Speedway July 21. Free tickets available!

» See C1

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MILITARY SPOUSE: MYCAA

By MC2 Brittney Cannady

Defense Media Activity

For many military spouses completing education and career goals are a major concern as they balance life with a loved one in the military. A Defense Manpower Data Center study revealed that 27.1% of military spouses listed furthering their education or training as an important milestone. While military life may present unique challenges for spouses like frequent moves and funding issues, the Department of Defense (DoD) has taken steps to address those concerns.

With help from the Military Spouse Career Advancement Accounts (MyCAA) program, spouses like Leilani McNurlan have reached that goal.

A career development and employment assistance program sponsored by the DoD, MyCAA helps military spouses pursue licenses, certificates, certifications, or associates degree necessary for gainful employment in high demand, flexible career fields.

“MyCAA has helped me so much financially. Being able to finish my nursing degree without having to create debt while I did it feels great,” said McNurlan, who recently graduated from Florida State College at Jacksonville.

The mother of four completed her associate’s degree in practical nursing just months after giving birth and while her husband Culinary Specialist Second Class Matthew McNurlan, assigned to amphibious transport dock, USS New York (LPD-21) deployed. With her spouse gone she no longer had a partner to help at home while she attended study groups and turned to family and friends for support. Although the feat of juggling parenting and school was difficult McNurlan says it was worth it.

“Working on a degree is hard by itself but having my spouse working up to deployment and leaving while I was in school made

it extra hard,” said Leilani. “I’m glad that when Matthew gets home from deployment I’ll be able to say that I’ve accomplished something I’ve always wanted to do.”

MyCAA provides a maximum education benefit of up to \$4,000 with an annual fiscal year cap of \$2,000 to assist eligible military spouses in obtaining a professional credential needed to pursue their career goals. Annual cap waivers are also available if there is an upfront tuition cost that exceeds \$2,000 (up to the maximum education benefit of \$4,000).

Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2, and O-1 to O-2 who can start and complete their coursework while their military sponsor is on Title 10 military orders, including spouses married to members of the National Guard and Reserve Components in these same pay grades qualify for assistance as well.

Regardless of their eligibility to receive MyCAA assistance counseling services are provided to military spouses of all ranks. Counseling services help spouses identify additional sources of federal, state, and local financial assistance, scholarships, career opportunities, and necessary support resources (e.g., child care, transportation, books, computers, equipment, supplies, etc.).

Despite the various sources of assistance offered through MyCAA many spouses are unaware they are eligible for the program. According to analysis from RAND Corporation, among military spouses who knew about MyCAA, the main reasons they didn’t use the program were busy schedules and the misconception they were ineligible. Leilani credits her fellow military spouses with helping her learn about the program and learning who was qualified to receive aid.

“I found out about the program at our last



Courtesy Militarybenefits.info

“After all the long nights of studying, tears of joy and sadness, it feels amazing to be able to graduate and say that I did it with four kids and while my husband was deployed.”

Leilani McNurlan

command after they put out a newsletter and a few friends shared info about it through word of mouth, which is why I think it’s really good to have friends who are military spouses because they are great resources when you need information,” she said. “I think if more spouses knew they didn’t have to worry about student loans while they were in school it would be a huge burden lifted. I’m thankful I learned about the program when I did.” McNurlan said.

Although pursuing her nursing degree full time with a deployed spouse made for a busy lifestyle Leilani says school also offered a way to focus on self-improvement while taking her mind off deployment.

“I think that’s kind of the reason I decided

to be in school while Matthew is gone, having something to look forward to like school and making sure I passed my tests really made time go by faster,” she said.

“After all the long nights of studying, tears of joy and sadness, it feels amazing to be able to graduate and say that I did it with four kids and while my husband was deployed,” Leilani said. It’s nice because by the time he gets home I can tell him ‘I did it’, and now not only is my husband a role model for our kids, but I am too.”

For more information, visit: <https://militarybenefits.info/military-spouse-career-advancement-accounts-mycaa/>



MC3 Thomas Goolley

The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) conducts a strait transit. 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.

By Adm. Christopher Grady

commander, U.S. Fleet Forces Command

NORFOLK

The National Defense Strategy directs us to be operationally unpredictable while remaining strategically predictable. As such, select units from the USS Harry S. Truman (CVN 75) Carrier Strike Group (CSG) will return to Norfolk, Virginia, this week — a direct reflection of the dynamic force employment concept and the inherent maneuverability and flexibility of the U.S. Navy.

The Truman CSG has had an incredibly successful three months in the U.S. 6th Fleet area of responsibility. The ship accomplished every objective established for its crew, from striking ISIS in Syria to expanding partnerships and exercising with our friends and allies.

Let me be clear — all returning units are 100 percent mission capable and will remain in the sustainment phase of the Optimized Fleet Response Plan, which means they will sustain warfighting readiness and be ready to surge forward or redeploy when called upon.

As with any in-port period, routine maintenance will be conducted on ships, aircraft and equipment, and Sailors will take the opportunity to continue advanced training, maintain warfighting certifications, as well as spend time with their families.

The Flagship

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NEWS FROM NAS OCEANA

VOICES HEARD: NEW HAIR REGULATIONS MAKE POSITIVE IMPACT ON SAILORS

By MCSN Mark Thomas Mahmod

VIRGINIA BEACH, VA.

Aviation Maintenance Administrationman 1st Class Jacqualynn Leak, assigned to “The Gladiators” of Strike Fighter Squadron (VFA) 106, said that since she’s joined the Navy in 2009, she has faced many struggles when it came to her hairstyle.

“I started mostly wearing braids or using different hair relaxers to make it easier to maintain and be in standards,” said Leak, referring to the Navy’s female grooming standards. “I found that to be very damaging to my hair.”

Leak said she started researching and trying to find a different way to style her hair.

“I just wanted my hair to flourish and be happy and healthy,” said Leak.

In November 2014, Leak made the decision to have her hair locked, though the style was not yet authorized by the Navy. A chief petty officer assigned to VFA-106 told her she would not be able to wear her hair the way it was styled, so Leak decided to wear a wig to work every day.

In January 2017, Leak made it her mission to make a change in the Navy’s female hair regulations because of the struggles she experienced, and in April 2018, she submitted her final written proposal for these changes.

On July 11, 2018, NAVADMIN 163/18 was released, announcing an expansion of approved hairstyles for women that includes locks, ponytails and single braids.

The Navy’s continued effort to promote inclusiveness allows female service members to be more comfortable in uniform, allows for a wider range of personal expression and promotes a greater sense of pride for their service.

Culinary Specialist 3rd Class Nija Devries, stationed on Naval Air Station Oceana, said she really likes the changes to the Navy’s new changes to the hair regulations.

“My hair is naturally curly and keeping it tied up in a bun 24/7 over the five years I’ve been in the Navy ruined my natural curl pattern,” said Devries. “When I would take it down, I had hair that was breaking. It’s too much strain on your hair after a while.”

Devries, who can now be seen wearing her hair in a ponytail, said she feels much more comfortable while in uniform.

“This ponytail is definitely letting my hair breathe more and letting it do what it does naturally, as opposed to it being constrained,” said Devries.

Not only does the newly approved hairstyles allow female service members to feel more comfortable in uniform, Leak said it allows other people to express themselves more freely.

“I feel like I can really be who I am,” said Leak. “I love the Navy and I love me. My hair is a part of me and when I was wearing a wig, I felt like I was hiding that part of me from everyone.”

Similarly, Devries said the updated regulations are more realistic concerning the fe-



MCSN Mark Thomas Mahmod

Aviation Maintenance Administrationman 1st Class Jacqualynn Leak poses for a photo on Naval Air Station Oceana. Leak was one of the Sailors responsible for encouraging the changes to Navy female hair regulations.

male body and how it acts.

“The Navy is starting to realize that we’re not all cookie-cutter people, or people don’t all fit into the same category,” said Devries. “Everyone, including their hair, is different shapes, sizes and styles.”

Devries also said she feels that the new regulations will cause a boost in morale among female service members.

Likewise, Leak said changes such as the ones in NAVADMIN 163/18 will make people happier about their service in the Navy.

“With the Navy trying to be more diverse, inclusive and accepting people for who they are, it makes me happy to serve,” said Leak. “I’m so ecstatic to come to work because I know that everyone is going to accept me for who I am.”

On July 10, 2018, Leak participated in a Facebook Live All-Hands Call with Chief of Naval Operations Adm. John Richardson and Chief of Naval Personnel Vice Adm. Robert Burke where the changes to the Navy’s female hair regulations were announced.

In the Facebook Live All-Hands Call, Richardson said they demonstrated that the Navy listens to its members’ recommendations.

Leak said the whole process of making these changes was humbling and inspiring for her.

“I’ve gotten so many Facebook messages and emails from people thanking me,” said Leak. “I didn’t realize how many women were living my same struggle.”

Leak said Sailors can look to these changes as inspiration for their daily lives. “If you get people to understand that even an airman can make a change in the Navy that can impact the whole fleet, that inspires people to want to do great things,” said Leak.

“It makes people even prouder to serve in a branch of service that is so inclusive and really wants to get the job done. It’s very humbling to know that even at our level, we can affect change.”

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Iwo Jima, 26th MEU complete MDVR

By MC3 Kevin C. Leitner

U.S. 5TH FLEET AREA OF OPERATIONS, AQABA, JORDAN

The amphibious assault ship USS Iwo Jima (LHD 7) and embarked Marines of the 26th Marine Expeditionary Unit (MEU) departed Aqaba, Jordan, after completing a mid-deployment voyage repair (MDVR) maintenance availability, July 13.

MDVRs are scheduled availabilities to complete repairs and maintenance, allowing a ship to continue to be fully mission capable throughout the remainder of its deployment.

“The MDVR gave us the opportunity to take seven days to focus on getting maintenance done and make sure that we remain ready to respond as required,” said Capt. Joseph R. O’Brien, Iwo Jima’s commanding officer. “It also gives us the opportunity to prepare the ship to come back home by doing an agricultural wash-down of all the vehicles and all the equipment that was brought on board.”

Contractors came aboard the ship from locations such as Forward Deployed Regional Maintenance Center Bahrain and Southeast Regional Maintenance Center Mayport, Florida., to assist the crew with repairs.

Marines and Sailors spent the week washing down vehicles, equipment and containers in wash racks aboard the Royal Jordanian Naval Base for agricultural inspections. They

washed approximately 300 major end-items and cleaned, inventoried and inspected thousands of additional items.

Some of the other tasks conducted by Sailors and Marines during the MDVR included repairs to vital radars and the ship’s mast, engineering plant upkeep and ship preservation.

Before pulling in to Aqaba, the crew knew the great amount of work that was in store for them and prepared to get it done safely and efficiently.

“Preparation for the MDVR was an all-hands effort,” said Boatswain’s Mate 3rd Class Andrew Frasca, a member of Iwo Jima’s Deck Department. “From undesignated seaman all the way to the commanding officer, we were well prepared to complete the tasks at hand with zero mishaps.”

Marines assigned to the 26th MEU also took part in sustainment training during the port visit, with elements of Battalion Landing Team, 2nd Battalion, 6th Marine Regiment (BLT 2/6) and Combat Logistics Battalion (CLB) 26 conducting live-fire ranges at Camp Titin.

“The BLT conducted a live fire portion of their team leader course, which trains the young Marines who will be team leaders for the next deployment. This range allowed them to sustain proficiency in all weapon systems in the rifle squad,” said Maj. Brian Hinrichs, commander of Echo Company, BLT 2/6. “Also, the Combat Engineer Battalion



Cpl. Jered Stone

A U.S. Marine with Combat Logistics Battalion (CLB) 26, 26th Marine Expeditionary Unit (MEU), power washes a Tractor, Rubber Tired, Articulated Steering, Multipurpose 624KR forklift during an equipment and vehicle wash-down in Aqaba, Jordan, July 7, 2018. Iwo Jima is the flagship for the Iwo Jima Amphibious Ready Group and, with the embarked 26th Marine Expeditionary Unit, 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.

detachment and CLB maintained breaching skills with a demolition range. Overall, the training allowed the MEU to sustain critical skills and increased the morale of the Marines.”

Additionally, the Maritime Raid Force conducted combat dive, military freefall, close quarters tactics, and team tactics training at Camp Titin and King Abdullah II Special Operations Training Center. While the port call was a working port focused on maintenance and training, Sailors and Marines had the opportunity to participate in tours to Petra and Wadi Rum, which included an off-road scenic tour and a hike up Burda Mountain.

Iwo Jima 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.

The Iwo Jima Amphibious Ready Group embarks the 26th MEU and is comprised of Iwo Jima, the transport dock ship USS New York (LPD-21), the dock landing ship USS Oak Hill (LSD 51), Fleet Surgical Team (FST) 4 and 8, Helicopter Sea Combat Squadron (HSC) 28, Tactical Air Control Squadron (TACRON) 22, components of Naval Beach Group (NBG) 2 and the embarked staff of commander, Amphibious Squadron 4.



MC3 Dominick A Cremeans

Sailors clean the port side of the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) on a floating dock July 7, 2018.



U.S. Marine Corps high-mobility, multipurpose wheeled vehicles are staged during an equipment and vehicle wash-down in Aqaba, Jordan, July 7, 2018.

Cpl. Jered Stone

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Photos by John Joyce

Middle school students stand in front of an F-18 used as a ground plane for testing and evaluating the hazards of electromagnetic radiation to ordnance at the Naval Surface Warfare Center Dahlgren Division (NSWCDD) Electromagnetic Environmental Effects test site. The students toured NSWCDD in conjunction with their academy activities at the 2018 STEM Summer Academy. They saw the real-world applications during their tour that also featured the electromagnetic railgun, laser lethality laboratory, Potomac River Test Range, and vehicle integration technologies.

Middle school students brief Congressman on STEM technologies to solve simulated Navy challenges

By John J. Joyce
Naval Surface Warfare Center Dahlgren Division

KING GEORGE, VA.

It’s not often that middle school students have an opportunity to brief the Chairman of the House Armed Services Subcommittee on Seapower and Projection Forces about technologies they developed to solve Navy challenges. Students from schools located in several Virginia counties can tell their teachers and classmates they did just that, when asked the inevitable question, “what did you do over the summer break?”

Their technological efforts took place during the 2018 STEM (science, technology, engineering and mathematics) Summer Academy sponsored by Naval Surface Warfare Center Dahlgren Division (NSWCDD).

Along the way, the students briefed their mentors, teachers, and visitors – including Rep. Rob Wittman (R-Va.) – on how they overcame a variety of Navy focused problems by designing, building, and programming LEGO Mindstorm robots.

The problems could not be solved, however, with STEM skills alone. The successful completion of 10 simulated missions required continuous communication, coordination, teamwork, and lots of creativity.

As Wittman, school teachers, and NSWCDD scientist and engineer mentors observed, the students used STEM to rescue swimmers, rotate troops, recover ships, create a warning signal structure, recover an infrared beacon at sea, map an underwater surface, move an amphibious vehicle to a dry dock, deliver crates of humanitarian aid; build a minesweeper to locate and mark mines so that ships can avoid them, and transport an electromagnetic railgun to the deck of a Navy ship.

The STEM camp didn’t end there. The Robotics and Automation Engineering activity with its 10 missions was just one of 10 activities that students were immersed in from June 25-29.

As Wittman toured the summer academy – also known as STEM summer camp – he saw ‘campers’ fire water rockets they constructed and calibrated in conjunction with an aerospace engineering activity. The goal for all teams was to discover the optimal amount of fuel (water in this case) required to launch the ball the highest.

As students engaged in a civil engineering activity that involved building a balsa wood tower to meet the goal of the highest strength to weight ratio, Wittman encouraged the students to continue pursuing STEM education and career paths. The congressman told students that even if they decide on other careers, they will still benefit from their STEM

education since there are STEM related issues in other fields. He added that by the time the students reach the workforce, 80-85 percent of jobs will involve STEM.

“The STEM camp has a variety of activities that engage students in different ways,” said Page Wessel, a former school teacher, currently an NSWCDD mathematician supporting the Submarine Launched Ballistic Missile Program. “Some students prefer robotics, others prefer more hands on like the boat activity. We have enough activities to get the kids interested in STEM careers and they have lots of questions for us as teachers and mentors. They’re really enjoying the activities designed to enforce their STEM instruction.”

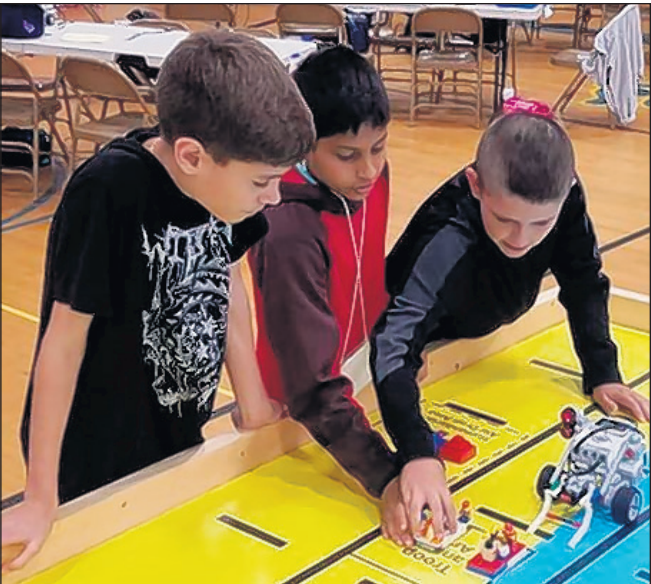
In all, 103 students – from middle schools located in Virginia’s Stafford, Spotsylvania, and King George Counties in addition to Fredericksburg and Dahlgren – partnered with one of 17 middle school teachers and one of 17 NSWCDD scientist and engineer mentors. The teachers and mentors encouraged students to develop their teamwork and problem-solving skills in math and science throughout the camp.

“This summer program is a great extension and opportunity for those kids who may have some STEM interest but can’t stay after school to take advantage of STEM programs because they are not able to get rides or can’t take an elective class,” said Lisa Jones, a Freedom Middle School gifted resource teacher who teaches STEM elective classes. “It’s also the perfect opportunity for those kids in schools that don’t have STEM elective classes.”

In addition to their STEM activities, students were briefed each morning by NSWCDD leaders, scientists and engineers. NSWCDD Commanding Officer Capt. Godfrey ‘Gus’ Weekes discussed his STEM background and experience in the Navy. Kevin Cogley spoke to the students about the chemical, biological, and radiological (CBR) Defense work at Dahlgren. He also demonstrated equipment used for CBR Defense, including a gas mark and gas detector. Dr. Patrick Mead discussed how virtual reality and augmented reality helps the warfighter and reduces costs of programs. What’s more, several students experienced augmented reality while wearing a headset and virtually touring a room inside of a ship.

NSWCDD High Energy Laser Controls and Integration Branch Head Matt Ketner – speaking about the Navy’s future challenges from threat and operational perspectives – called upon the students to help the Navy in the future. His overview included the technical skills required for work in directed energy technology as well as the various missions and applications for directed energy systems.

Sarah Wessel – a college senior interning at Dahlgren through the STEM Student Employment Program (SSEP) – recounted how she was inspired to pursue STEM while



Middle school students prepare to deploy a robot they designed, built, and programmed to deliver humanitarian aid, rotate troops and transport an electromagnetic railgun to the deck of a Navy ship at the 2018 STEM Summer Academy.

engaged in the summer academy.

“I worked with a small team of students to design, build, program, and race a PVC Pipe boat,” said Wessel. “We programmed the boat to complete the course at the Dahlgren boat ramp, then competed against the other teams’ boats at the end of the week. What is most memorable about the experience was how the NSWC Dahlgren engineers challenged us, believed in our potential, and encouraged us to overcome challenges.”

In 2017, Wessel – via the Naval Research Enterprise Internship Program (NREIP) at Dahlgren – converted the Advanced Beam Control Locating and Engaging — Enhanced Tracking System (ABLE-ETS) gimbal’s pointing controller Simulink code into C++ code. ABLE-ETS is a test bed for maturing directed energy and high-energy laser technologies, including tracking, sensors, and lasers.

NREIP provides an opportunity for college students to participate in research at a Navy laboratory during the summer. The goals of NREIP are to encourage participating college students to pursue science and engineering careers, to further education through mentoring and their participation in research, and to make them aware of Navy research and technology efforts, which can lead to employment within the Department of the Navy.

This year, Wessel picked up an internship with the STEM Student Employment Program, applying her experience from the previous summer to convert the control system of ODIN — a laser dazzler.

SSEP provides direct hire authority for undergraduate and graduate degree seeking students enrolled in STEM majors. The program was established to provide interns with exposure to public service, enhance educational experience, and possibly provide financial aid to support educational goals. Additionally, this program will provide a streamlined and accelerated hiring process to compete successfully with private industry for high-quality scientific, technical, engineering, or mathematics students for filling scientific and engineering positions.

In conjunction with their academy activities – and the inspirational morning briefings – the STEM campers saw the real-world applications during their NSWCDD tour, that featured technologies and facilities, including the electromagnetic railgun, laser lethality laboratory, the Potomac River Test Range, vehicle integration technologies, and the F-14 ground plane used for testing and evaluating hazards of electromagnetic radiation to ordnance.

“It is amazing how the campers engineered their way through these various tasks,” said STEM Summer Academy director Robert Taft. “They responded to Capt. Weekes charge to grab this opportunity. They worked hard, failed quickly and productively but in the end, the students saw many successes. The NSWCDD tours and science demonstrations tied it all together in a vision of what is possible when STEM teams work together.”

Information on Navy internship programs for students is available at: www.navsea.navy.mil/Career-Opportunities/Join-Our-Team/Internships.



Middle school students prepare to deploy robots they designed, built, and programmed to respond to 10 missions – including the delivery of humanitarian aid, rotating troops and transporting an electromagnetic railgun to the deck of a Navy ship – at the 2018 STEM Summer Academy.

FY18 FTS Aviation Command retention bonus announced

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced the fiscal year (FY) 2018 Full Time Support (FTS) Aviation Command Retention Bonus (ACRB) in NAVADMIN 167/18, July 13.

FTS ACRB program mirrors the Active Component’s

ACRB and provides those who screen for aviation command a bonus of \$100,000 in exchange for three years of service following their commanding officer (CO) tour.

The FY 2018 FTS ACRB shifts from a two-year, \$36,000 total contract to a three-year, \$100,000 total contract.

Like the Active Component ACRB, FTS COs who were in command in FY 2017 and accepted the FY 2017 ACRB, are eligible to renegotiate for the terms and conditions of the FY 2018 ACRB program.

To be eligible aviators must select after screening for command and the obligation will take them through 22 years of

service or the completion of their post-commander command tour, whichever is longer.

Details on eligibility and application process can be found on the Navy Personnel Command FTS Aviation Bonus web page at <http://www.public.navy.mil/bupers-npc/officer/detailing/fulltimesupport/pages/aviation.aspx>

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

NMCP’s CgOSC Team holds Coffee Klatch

By Christina Johnson
NMCP Public Affairs

PORTSMOUTH, VA.

Naval Medical Center Portsmouth’s Caregiver Occupational Stress Control (CgOSC) team hosted a coffee klatch, a social gathering for coffee and conversation, to bring recognition to their program, July 13.

The CgOSC team was formed at NMCP in 2015 to help the staff deal with the stress that can come with being a caregiver, and how to recognize and help those who may be exhibiting stress warning signs such as anxiety, depression, withdrawal from others, and a change in personal behavior.

“One of our chaplains started the coffee with the CgOSC team as an outreach event so that it would let more people know that we are here as a resource in the medical center,” said Lt.Cmdr. Erin Kerr, CgOSC team leader. “We go through training to learn about resilience and stress first aid to help out caregivers who may be having a reaction to stress, and to help them back to being ready and well.”

The program is an offshoot of the Naval Center for Combat and Operational Stress Control (NCCOSC) initiative which was created to recognize stress in service members. It was recognized that caregivers fall under various stressors, and it’s important to take action to make sure the stress is dealt with in a healthy way.

The NCCOSC Stress Continuum model is one of the team’s assessment tools. Four different colors are used to measure an indi-

vidual’s response to stress. Choosing green means you are fit and focused, ready to go (ready); yellow indicates a behavior change and distress (reacting); orange means there is more severe or persistent distress (injured); and red is confirmation of a stress injury that gets worse over time and doesn’t heal without help (ill).

Nearly 150 cups of coffee, along with a pocket-sized Stress Continuum reference card and a pamphlet describing the caregiver program, were offered to the staff. “We’ve partnered with the NMCP professional organizations, including the Professional Nurses Association, Medical Service Corps Officers Association, First Class Petty Officers Association, and the Chief’s Mess, to sponsor the quarterly coffee,” said Kerr. “This quarter, the coffee was provided by the nurses association.”

“It’s great, it’s nice to get something free,” said NMCP staff member Shirley Warner, a Women’s Health Clinic nursing assistant. “My LPN told me yesterday that they were serving free coffee,” said Warner. “I’ll take a pamphlet too so I can pass on the information.”

Since this is a voluntary program, a concern is how to sustain the program. “We know that everyone wants metrics to measure the impact of whatever it is you’re doing,” said Cmdr. Ann Marie Raniowski, Inpatient Mental Health provider and CgOSC team senior advisor. “This has been a continuous challenge because we want to make ourselves known, and we pride ourselves on not taking



U.S. Navy photo
Cmdr. Ann Marie Raniowski, senior advisor for Caregiver Occupational Stress Control (CgOSC) team at Naval Medical Center Portsmouth (NMCP), speaks to NMCP staff members about proper stress management at the CgOSC coffee klatch at NMCP.

names or recording the encounters to make people feel comfortable by breaking down the communication barrier.”

The quarterly coffee is not only to encourage staff members to join the CgOSC team, but to make sure everyone knows the ultimate goal is prevention.

“We want to start the conversation because caregivers typically suffer in silence, and they won’t say anything until the stresses pile on,” said Kerr. “Our whole goal is to reach people early, start the conversation, recognize the symptoms of occupational stressors, and to deal with them before they reach burn out or compassion fatigue which takes a lot longer to come back from.”

“We need a good majority of our caregivers here to help continue this program on the campus, as well as at our branch health

clinics,” added Raniowski. “Having a mental health background, you just know that this works — common sense stuff.”

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

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

US Navy launches future USS Frank E. Petersen Jr.

From Team Ships Public Affairs

PASCAGOULA, MISS.

The future USS Frank E. Petersen Jr. (DDG 121) was launched on July 13 at Huntington Ingalls Industries (HII) shipyard.

The method for launching a ship includes a multi-day process that involves moving the ship from the land level facility to the dry dock which is then slowly flooded until the ship is afloat. With the ship in the water, final outfitting and production can commence.

“Serial production efforts on our Arleigh Burke class destroyers will benefit both the Navy and our industry partners as we meet the increasing need for operational assets,” said Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO) Ships. “DDG 121 will be the 70th destroyer of its class to join the fleet.”

“Serial production efforts on our Arleigh Burke class destroyers will benefit both the Navy and our industry partners as we meet the increasing need for operational assets.”

Capt. Casey Moton

The ship is being configured as a Flight IIA destroyer, which enables power projection, forward presence, and escort operations at sea in support of Low Intensity Conflict/Coastal and Littoral Offshore Warfare as well as open ocean conflict.

Equipped with the world’s foremost integrated naval weapon, the Navy’s Aegis Combat System Baseline 9, DDG 121 will provide Cooperative Engagement Capability, allowing for Integrated Air and Missile Defense. This system delivers quick reaction time, high firepower, and increased electronic countermeasures capability for Anti-Air Warfare.

HII’s Pascagoula shipyard is also currently in production on the future destroyers Paul Ignatius (DDG 117), Delbert D. Black (DDG 119), Lenah H. Sutcliffe Higbee (DDG 123) and Jack H. Lucas (DDG 125) that were awarded as part of the five-ship multi-year procurement for fiscal years 2013-2017.

As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and special warfare craft.

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



Huntington Ingalls Industries
Launching of Arleigh Burke-class destroyer Frank E. Peterson Jr. (DDG 121).



MC3 Lisa Reese
Sailors from Construction Battalion Maintenance Unit 202 listen to a brief while waiting to load their equipment on a Landing Craft, Air Cushion during a Strategic Mobility Exercise.

Construction Battalion Maintenance Unit 202 trains like they fight

By MC3 Lisa Reese

Navy Expeditionary Combat Command Public Affairs

VIRGINIA BEACH, VA.

Construction Battalion Maintenance Unit (CBMU) 202 participated in a strategic mobility exercise (STRATMOBEX) on board Joint Expeditionary Base Little Creek-Fort Story, July 9-12.

The exercise provides training to maintain readiness and sharpen skills needed to rapidly deploy personnel and equipment on a large scale.

“We have a lot of junior guys right now, a lot of them are just getting their licenses, so this exercise is geared to give them the experience of driving on and off a Landing Craft, Air Cushion,” said Chief Builder Jamie Harris, quality control for CBMU 202, who serves as the officer in charge of Defense Support of Civil Authorities for the exercise. “This scenario is like a crawl, walk, run for them in the sense we are preparing them for the time they will have to load up and respond to a hurricane.”

Last year Puerto Rico and the Virgin Islands were struck by hurricane Maria, a category 4 hurricane, with winds as high as 155 mph, which was the first to directly impact Puerto Rico in 85 years. CBMU 202 was deployed to both locations, clearing

roadways and assisting in relief efforts.

Equipment Operator 3rd Class Mason LaFountain, one of the unit’s drivers, remembers what it was like to put the skills he learned during mobility exercises like this one, to use in a real-world scenario.

“Last year we had a big impact,” said LaFountain. “We cleared nearly 500 miles of roads after mudslides, allowing people to travel to and from their homes. It also cleared the way for emergency services for people who needed it.”

From his real-world experience, LaFountain learned the importance of “train like you fight”.

“It’s helpful to run through this once or twice before we deploy because it helps make everything run smoother,” said LaFountain. “The most important part is making sure everyone knows their place, knows what their part is in the mission. Once everyone focuses on their part it all comes together to help people in need.”

Seabees are the expeditionary engineering and construction experts of the Naval Service. Seabees provide task tailored adaptable and combat ready engineering and construction forces that deploy to support naval objectives globally. Navy Expeditionary Combat Command’s Seabee units adapt to mission requirements by being scalable and agile. Seabees provide military support for consequence management and disaster preparation and recovery, including overseas humanitarian assistance and support of civilian agencies.

For more news from Navy Expeditionary Combat Command, visit www.navy.mil/local/necc/.

UNIFORM | Navy releases update

Continued from A1

complete this summer. Improvements include a straight line Service skirt, and redesigned khaki and white Service slacks with lower waist and reduced rise (waist to top of the inseam). These items are expected to be available at Navy Exchange Uniform and Customer Care Centers at the end of the year.

An improved Black Leather Safety Boot (I-Boot 4) for

optional wear with all Navy working uniforms and coveralls will be for sale at designated fleet concentration locations beginning this October. The boots were selected based on Sailor feedback and the 2017 Navy Boot Study.

New uniform policies are the result of fleet feedback and the ongoing efforts to improve Navy uniforms, uniform policies and Sailor appearance.

The Navy Uniform mobile app will be updated in late July. The update will include all of Navy Uniform regulation illustrations, policies and NAVADMINs. The expanded uniform

app’s goal is to provide one-stop uniform policy access and ability to submit uniform questions links to Navy Exchange on-line uniform sales via the app.

For complete on these uniform policy, details, guidance, and where to direct questions see NAVADMIN 163/18 at www.npc.navy.mil.

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



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“Make A Wish”
Granted:

On June 14, the Joint Typhoon Warning Center (JTWC) hosted a Make a Wish Foundation recipient, Connor Woods and family to fulfill his dream of becoming a meteorologist.

» See **B4**

USS NEBRASKA RETURNS
FROM FIRST STRATEGIC
DETERRENT PATROL SINCE 2013



MC1 Amanda Gray
The Ohio-class ballistic missile submarine USS Nebraska (SSBN 739) transits the Hood Canal as it returns home to Naval Base Kitsap-Bangor following the boat’s first strategic patrol since 2013. Nebraska recently completed a 41-month engineered refueling overhaul, which will extend the life of the submarine for another 20 years.

By Commander, Submarine Group 9 Public Affairs

BANGOR, WASH.

The blue crew of Ohio-class ballistic-missile submarine USS Nebraska (SSBN 739) returned to Naval Base Kitsap-Bangor, July 12, following the boat’s first strategic deterrent mission since 2013.

Nebraska recently completed a 41-month engineered refueling overhaul (ERO) to extend the life of the submarine for another 20 years.

“Nebraska’s return to strategic service represents an important milestone in the life of the ship,” said Capt. Nicholas Tilbrook, commander, Submarine Squadron 17. “When the decision was made to extend the Ohio-class

submarines from a 30-year ship life to 42 years, midlife refueling overhauls became an important part of that strategy. During the lengthy shipyard period, extensive maintenance is accomplished, in addition to refueling the reactor. Numerous critical pieces of equipment and systems are refurbished, replaced or modernized so the submarine’s reliability and operational capabilities at the completion of the overhaul are increased. It is vital that our Ohio-class SSBNs continue their tremendous track record of operational reliability, unmatched stealth, and peerless strategic systems until the Ohio-class follow-on, the Columbia class, comes online in the 2030s.”

After completing the overhaul, the ship and both crews successfully completed three ma-

ior certifications. The first was the command and control exercise, which demonstrated the crew’s ability to execute the mission and accomplish all required tasking. The second major certification was demonstration and shakedown operations (DASO), which validated both the ship’s strategic systems and the crew’s ability to effectively operate the strategic weapons systems. During this certification, Nebraska successfully launched two Trident II D5 missiles off the coast of San Diego. Finally, Nebraska crews completed a nuclear weapons acceptance inspection, which certified the crew could safely, securely, and effectively maintain the strategic weapons system.

“Restoring a submarine to service is one of the hardest jobs we ask a crew to accomplish,”

said Tilbrook. “Nothing is routine. Everything has to be done for the first time. It is imperative that best practices and lessons learned be factored into everything the crew does, so they can reach the fleet’s high standard for performance as quickly as possible. Nebraska’s blue crew has done a fantastic job returning to strategic service. During inspection after inspection and through all of their return to service certifications, they have been knocking it out of the park. The launch of two ballistic missiles during their certification was performed flawlessly and showed that Nebraska was back and ready to join the rest of the SSBN submarine force to ensure our nation’s strategic deterrent remains credible.”

» See **NEBRASKA** | B7



MC1 Ryan Riley

Ukrainian Rear Adm. Oleskii Neizhpapa, exercise director, delivers remarks during an opening ceremony for exercise Sea Breeze 2018 in Odessa, Ukraine, July 9, 2018.

Exercise Sea
Breeze 2018 kicks
off in Ukraine

By U.S. Naval Forces Europe-Africa/U.S. 6th Fleet

NAPLES, ITALY

The 18th iteration of exercise Sea Breeze kicked off following opening ceremonies in Odessa and Shiroky Lan training range, Ukraine, July 9.

Sea Breeze is designed to enhance interoperability among participating nations and strengthen regional security by focusing on a variety of warfare areas, officials said.

“This annual multinational maritime exercise has enhanced our interoperability and ca-

pabilities among participating forces,” said Navy Capt. Matthew Lehman, commodore of Task Force 65. “The exercise seeks to build combined capability and capacity to ensure regional security and foster trust among participating nations.”

Some of the training areas include maritime interdiction operations, air defense, antisubmarine warfare, damage control tactics, search and rescue, and amphibious warfare.

6th Fleet Flagship

“This year’s Sea Breeze is the first time we will take the staff to sea and embark the U.S. 6th Fleet flagship, USS Mount Whitney,” Lehman said. “We will be operating our flagship alongside our NATO allies and partner nations in the Black Sea. The maritime portion will incorporate all warfare areas to continue to build on last year’s

» See **UKRAINE** | B7



U.S. Navy photo

RIMPAC MINE WARFARE
OPERATIONS UNDERWAY
IN SOCAL

By MC2 Curtis D. Spencer

SAN DIEGO

Commander Task Force (CTF) 177, led by U.S. Navy Rear Adm. Dave Welch, commander, Naval Surface and Mine Warfighting Development Center (SMWDC) and the Navy’s Global Mine Warfare Commander, kicked off the Southern California (SO-CAL) portion of the Rim of the Pacific (RIMPAC) with mine warfare training operations which run from June 27 to Aug. 2.

CTF 177 is comprised of 26 units with approximately 1,100 personnel representing the United States, Australia, Canada, England, Japan, the Netherlands and New Zealand. It will conduct advanced mine warfare operations including mine countermeasure operations to support RIMPAC.

The mine warfare training operations are

structured into five phases: staging and integration; force integration training; two simultaneous tactical phases; and a debrief and refurbishment period.

“The purpose of these operations is to increase capability and to build relationships with our partners. Trust isn’t something you can surge, and it’s critical that we maintain and develop these key relationships for the times we really need to rely on one another,” said U.S. Navy Rear Adm. Dave Welch, commander, Naval Surface and Mine Warfighting Development Center (SMWDC) and the Navy’s Global Mine Warfare Commander. “The training we will complete will increase capability, evaluate new and existing tactics, foster interoperability, and also provide us the opportunity to complete biennial certification

» See **RIMPAC** | B7

TOTALLY TUBULAR: MEMORIES OF SUMMER FUN

By Lisa Smith Molinari

You can call me Parent of the Year. I just gave my 17-year-old daughter permission to go “cliff diving” with her friends at a rocky outcrop overlooking the bay.

As counter-intuitive as this may seem for a parent, I smile when my children seek out the kind of old-fashioned, risky fun I had when I was a kid. Back before the internet made screens our main focus in life, we spent summers trying to figure out what to do for entertainment. Swimming holes, rope swings, junk yards and bridges were hot spots, but in a pinch, abandoned shopping carts, appliance boxes and other household objects would also do the trick.

One summer in the 1970’s, my older brother scored two large inner tubes. He called his friend, Tracy, to come over to help him figure out what to do with them. Tray was in junior high school and wanted nothing to do with little sisters like me. So, I trotted barefoot up the hill to the neighbor’s backyard playhouse, picking newly-sprouted dandelions along the way.

About an hour later, there was a knock at the playhouse door.

“Hey, Lisa! C’meer! Wanna do something fun with me and Tracy?!”

Flabbergasted by this unusual turn of events, I threw the baby doll I was nurturing into the spider-webbed corner and ran out the door. “Whaddya wanna do?!” I yelled excitedly.

Tracy and Tray lead me to the side of the neighbors’ house where I saw the inner tubes lashed together, side by side, with twine. Grinning sideways at each other and down at me, my brother said, “Lisa, if you climb inside the tubes, we’ll roll you down the hill and it’ll be really fun!”

I couldn’t see red flags or hear alarm bells. All I knew is that my big brother finally wanted to play with me.

I crouched down and climbed into the center hole, gripping the metal valves like handles just as they instructed. With my chin on my chest and my legs criss-crossed, I fit snugly into the tiny space. Assuring me that the ride would be better than the Scrambler at the County Fair, they carefully shoved me off down the hill.

As the tubes took their first few rotations, I squealed with excitement.

But then, I reached the drop off at the front of the neighbors’ property, and the cylinder spun wildly with the sudden acceleration. The natural undulations of the lawn sent the tubes airborne, causing them to change shape as they bounced on the ground. The circle distorted into an elongated oval with each impact, and my teeth clacked.

As the contraption flew down the hill toward a border of blue spruces, my initial squeals of delight turned into breathy screams of terror, and then into the silence of survival mode.

From my cramped vantage point, I could see flashes of blue sky, the approaching spruces, grass, and Tray and Tracy screaming down the hill after me.

I knew I had to save myself from certain disaster. As I slammed into the ground after a particularly high bounce, I allowed my foot to pop out of the ring. My toes immediately caught the grass, flipping the tubes like a quarter in a coin toss.

My wheel of terror teetered to a stop just before the spruces, and I burst out of the confining hole onto the grass. The entire universe spun around me. I could hear faint yelling coming closer, until Tracy’s silhouette appeared against the blue sky above me.

“Lisa! Lisa! Are you okay?!” Tracy panted, as a drop of spit began to ooze from his gaping mouth. Just before the elongating globule could detach itself, Tracy slurped and swallowed in the nick of time.

As the summers passed, my brother continued to bait me into painful judo flips, terrifying locked closets, and harebrained schemes, and I also found plenty of trouble all on my own. And now, as my teenage daughter goes to jump off cliffs, I say a little prayer that no one breaks an arm, I accept the natural order of the world, and I understand that some things never change.

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I hate driving a stick...

By Amanda-Lee Pitzer

When my husband left on deployment, he said he was going to put his car up on blocks so I couldn’t drive it while he was gone. Of course, I can’t drive a stick anyway so he knew the blocks weren’t necessary. Okay that’s not completely true, my brother gave me a little instruction when I was 15. He took me to the high school parking lot and taught me how to drive a stick...or the first two gears anyway. After a few of those sessions, he decided it was time to take me on the open road. About a mile from our house he pulled over and I hopped in. As I put it in first and crept onto the road there was suddenly a black truck behind me laying on the horn. They quickly went around me yelling all the way. That was the end of my manual transmission school.

Fast-forward 20 years, and here’s this beautiful Camaro sitting in the garage. Now, it does need to be driven around the block periodically in his absence, but I didn’t want to rely on my dad to do it. It was time I learned. Every couple of weeks he would come over and coach me through it. I finally made a trip out of the neighborhood with him and felt so proud of myself. The boys started asking when we were going to take daddy’s car for a spin to go get ice cream, and I decided I just needed to face my fear and do it. So in a split-second decision, we got in the car and off we went to get ice cream. I’m pretty sure I sweat through my clothes. I was terrified that I was going to destroy his baby! I was so incredibly thrilled when we were safely back in the garage – and I only killed it two times the whole trip! As soon as I



Amanda-Lee Pitzer

turned off the engine my youngest yelled, “We didn’t die!!!” Yeah, that’s pretty much how I felt too.

I can’t tell you how many spouses never conquer their fear. This time I decided that I was going to try to learn to do new things so I wouldn’t have to ask for help. I learned how to use an array of power tools and built a barn door and a shed ramp and then I finally learned to drive a stick. I may not be the best at using power tools or driving a manual, but I’m learning. I’m even learning how to not be embarrassed (okay, not AS embarrassed) as I mess up though the learning process. But that’s okay, I’d be more embarrassed if I didn’t even try.

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The gold crew of the Ohio-class ballistic submarine USS West Virginia (SSBN 736) poses with their Arleigh Burke Fleet Trophy after being presented the award by Adm. Christopher Grady, commander, U.S. Fleet Forces Command, front right. The trophy is presented to the ship or aviation squadron from each coast selected for having achieved the greatest improvement in battle efficiency during the calendar year based upon the battle efficiency competition.

Photos by MC2 Eli Buguey

USS WEST VIRGINIA EARNs ARLEIGH BURKE FLEET TROPHY

From Commander, Submarine Group 10 Public Affairs

KINGS BAY, GA.

U.S. Fleet Forces Command (USFF) named the gold crew of Ohio-class ballistic submarine USS West Virginia (SSBN 736) as the recipient of the Arleigh Burke Fleet Trophy for 2017.

Adm. Christopher Grady, commander, USFF, presented the trophy to the crew during an awards ceremony held at Naval Submarine Base Kings Bay, Georgia, July 11.

Grady congratulated the crew for their accomplishments and the strides they made in the last year to achieve excellence, as well as their ability to improve.

“This award embodies the ability to get better every day at what we do,” said Grady. “It’s through hard work and self-assessment you have been able to earn this achievement.”

Grady reflected on the crew’s success in supporting the strategic mission and improvement in multiple battle efficiency areas, setting the standard for the Submarine Force.

USFF presents the Arleigh Burke Fleet Trophy annually to the ship or aviation squadron from each coast selected that achieved the greatest improvement in battle efficiency during the calendar year, based upon the battle efficiency competition.

The competition is conducted annually to strengthen individual command performance, improve overall force readiness and recognize outstanding performance.

Cmdr. Jay Bijeau, West Virginia gold crew’s commanding officer, was very proud of the crew’s achievements and success.

“This past year was a phenomenal year for the [gold] crew of the West Virginia,” said Bijeau. “They started the year with a very successful strategic deterrent patrol, an at-sea exchange of command over the summer, and finished the year with an efficient and well-executed dry-docking maintenance period.”

The crew invested a significant amount of time, and trained the next generation of Sailors to ensure the ship is well posi-



Leadership from the gold crew of the Ohio-class ballistic submarine USS West Virginia (SSBN 736) is presented the 2017 Arleigh Burke Fleet Trophy by Adm. Christopher Grady, commander, U.S. Fleet Forces Command, center right, with Vice Adm. Joseph Tofalo, commander, Submarine Forces, left, and Rear Adm. Jeffrey Jablon, commander, Submarine Group 10, right.

tioned for long-term success.

“The significant improvements in battle efficiency are a testament to the crew’s commitment to success, motivation and strong work ethic, and will pay dividends as the ship executes its mission of strategic deterrence — the most important mission in the Department of Defense,” concluded Bijeau.

The sole mission of ballistic-missile submarines like West Virginia has been strategic deterrence since their inception in 1960. The ballistic missile submarine provides the nations’ most survivable and enduring nuclear strike capability, always ready and vigilant in a secure and survivable posture to rapidly respond to national tasking.

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SWOS delivers newest Department Heads to the Fleet

By MC1 Nardel Gervacio
Surface Warfare Officers School Public Affairs

NEWPORT, R.I.

Surface Warfare Officers School (SWOS) graduated 65 new surface warfare department heads, during a ceremony held onboard Naval Station Newport at the Admiral Michael G. Mullen Auditorium July 12.

The 27-week Department Head Course remains the flagship course at SWOS, designed to prepare graduates for tours as department heads on all class of ships within the fleet.

“It was a pretty intense course,” said Lt. Marley Cassels of Columbia, Missouri, who is heading to USS Mustin (DDG-89) homeported in Yokosuka, Japan for her next assignment. “I’m excited to go back to sea because it’s always a new adventure.

“You don’t know what’s coming other than what you heard from other people, but you are amped up at the same time because you spent the last 6 months trying to learn how to be the best tactical action officer you can be and now you can go and apply all those things.”

The Department Head Course is divided into two major subdivisions. The first is tactical action officer, which focuses on areas such as undersea warfare, air defense, surface warfare, and expeditionary operations. The second is operations, readiness, training, and engineering, which explores the specifics of each student’s prospective assignment.

“I felt I had some really good training on my first ship,” said Cassels. “Then coming here, you get to go through some of the simulators, put things into action, and we delved a lot deeper on topics that we don’t spend a lot time on during our first tours.”

In his opening remarks, Capt. Scott Robertson, commanding officer of SWOS, welcomed family members and congratulated the graduates for their professional milestone.

“My staff and I hope you that you have been stretched professionally by this course, and I know each and every one of you have grown in your level of competency, and you are ready for the challenges ahead,” said Robertson.

The graduates will report to their assigned ships within the coming weeks to begin their 18 or 36-month tours.

“It was very interesting to find out what I didn’t know and how much there was to learn,” said Lt. Ross Hammerer of Springfield, Virginia, who reports next to USS John Paul



MC1 Nardel Gervacio

Richard Callas, executive director, Surface Warfare Officers School, addresses students during a graduation ceremony for Department Head Class 247. The Navy’s newest graduates successfully completed the 27-week course designed to prepare them for tours as department heads on all class of ships within the fleet. Headquartered in Newport, R.I. and overseeing nine learning sites worldwide, SWOS readies sea-bound Sailors to serve on surface combatants as officers, enlisted engineers, and enlisted navigation professional to fulfill the Navy’s mission to maintain global maritime superiority.

Jones (DDG-53) homeported in Pearl Harbor, Hawaii. “The course did a great job challenging me and giving as much instruction as they could in order to make us well prepared to go out and rejoin the fleet.”

During the ceremony, Robertson reflected on the department head’s role of boldly leading and delivering motivated, inspired Sailors to meet the mission.

“Learning the material, interacting with my staff members, practicing ship handling in the simulators are one facet in your preparation,” said Robertson. “The other was to get you mentally ready for arguably the most challenging, but most rewarding, tours you will face as a surface warfare officer (SWO).”

The guest speaker for the event, Richard Callas, executive director of SWOS, also described the opportunities ahead of the graduates.

“Nowhere in your career will you have more responsibilities and more burdens placed on your shoulders as such a junior individual with just a couple of years of sea experience,” said Callas. “SWOs are the toughest, strongest and most durable of any officer community in any service. We know how to organize and get things done. Be tough, keep charging every day.”

Lt. Samantha Margolis received the Top Snipe Award as the prospective engineering officer with the highest grade point average in the engineering curriculum. Lt. Robert Jain-

dl earned the Top Gunner Award as the prospective department head with the highest grade point average in the tactical action officer curriculum and also the Newport Navy League Award for academic excellence as the top graduate. Lt. Scott Margolis was selected for the City of Newport Award for demonstrating the highest qualities of professionalism and leadership. The class chose Lt. Joseph Giuda for the Arleigh Burke Award for his leadership, industry and perseverance.

Approximately 275 students attend the Department Head Course each year.

Headquartered in Newport, Rhode Island, and overseeing nine learning site worldwide, SWOS readies sea-bound Sailors to serve on surface combatants as officers, enlisted engineers, and enlisted navigation professional to fulfill the Navy’s mission to maintain global maritime superiority.

For more information about SWOS, visit <http://www.netc.navy.mil/centers/swos/> or <http://www.facebook.com/SWOSCOLCOM/>.

For additional information on the Naval Education and Training Command, visit the NETC website at <https://www.netc.navy.mil> or <http://www.navy.mil/local/cnet/>. Follow us on Facebook at <http://www.facebook.com/netcpao> and twitter @netcpao

Joint Typhoon Warning Center hosts Make a Wish recipient, aspiring meteorologist

By Lt. Caitlin Fine
Joint Typhoon Warning Center Public Affairs

PEARL HARBOR

On June 14, the Joint Typhoon Warning Center (JTWC) hosted a Make a Wish Foundation recipient, Connor Woods and family to fulfill his dream of becoming a meteorologist. Since he was young, Connor, of Pennsylvania, was fascinated by extreme weather events and natural disasters like hurricanes and tsunamis.

The Make a Wish Foundation flew Connor and his family to Oahu to tour the JTWC, which forecasts for tropical cyclones in the Pacific and Indian Oceans, where 80% of the world’s total tropical cyclones occur. Mr. Owen Shieh and Lt. Dave Price of the JTWC Training Department gave Connor and his family a tour of the JTWC watch floor.

Shieh said, “Many meteorologists can relate to Connor’s childhood fascination with the weather, so it was an honor to host his visit and to help make his wish of visiting an

operational tropical cyclone forecast center come true.”

Watchstanders at the Command Duty Officer, Satellite Analyst, Typhoon Duty Officer, Geophysical Technician and Forecast Duty Officer positions explained their responsibilities and contribution to tropical cyclone forecasting and tsunami response, another mission that JTWC performs for Department of Defense assets worldwide. Shieh and Price discussed the physics and thermodynamics that drive tropical cyclones, the tropical cyclone forecasting process, and which variables and data sources are considered when estimating current and future track and intensity for tropical cyclones.

At the end of his visit, command leadership presented Connor with command coins, a command T-shirt, a book entitled “The Ultimate Guide to America’s Weather” and an honorary Information Warfare Officer pin to welcome Connor into the Naval Oceanography community as an honorary meteorologist.

Connor’s father, a retired Navy veteran, expressed his and his son’s gratitude for the visit, saying he and Connor, “can’t thank you and the command team enough [for an] amazing day.”

While on Oahu, the Woods family also toured the National Weather Service’s Honolulu Weather Forecast Office and Central Pacific Hurricane Center, located on the campus of the University of Hawaii at Manoa, to experience forecasting for a local civilian population. They visited the Pearl Harbor memorial and were given a private tour of the USS Missouri (BB-63). Additionally, they went zip-lining at Kualoa Ranch, the location of many film scenes, including scenes from Jurassic Park and Jumanji.

JTWC provides tropical cyclone reconnaissance, forecast, safety warning and decision support services for operational advantage to U.S. government agencies operating in the Pacific and Indian Oceans.

JTWC also provides tsunami advisory information and recommendations to shore installations and units, as well as impact forecasts for U.S. Pacific Fleet’s airborne Intelligence, Surveillance and Reconnaissance and decision support services to U.S. Pacific Command and its subordinate commands, as directed.



U.S. Navy photo

Master Sergeant Sonny Richardson, Satellite Operations Flight Non-Commissioned Officer in Charge, and Technical Services Department Head Mr. Matt Kucas, explain how satellites are used in tropical cyclone reconnaissance and intensity estimation.

JTWC is jointly staffed by U.S. Navy and Air Force personnel and falls under the operational control of Commander, Task Force 80.7-Commander, Naval Meteorology and Oceanography Command. U.S. Air Force personnel are sourced to JTWC by the 17th

Operational Weather Squadron, a subordinate squadron of the 557th Weather Wing.

For more news from Joint Typhoon Warning Center, visit www.navy.mil/local/jtwc/.



U.S. Navy photo

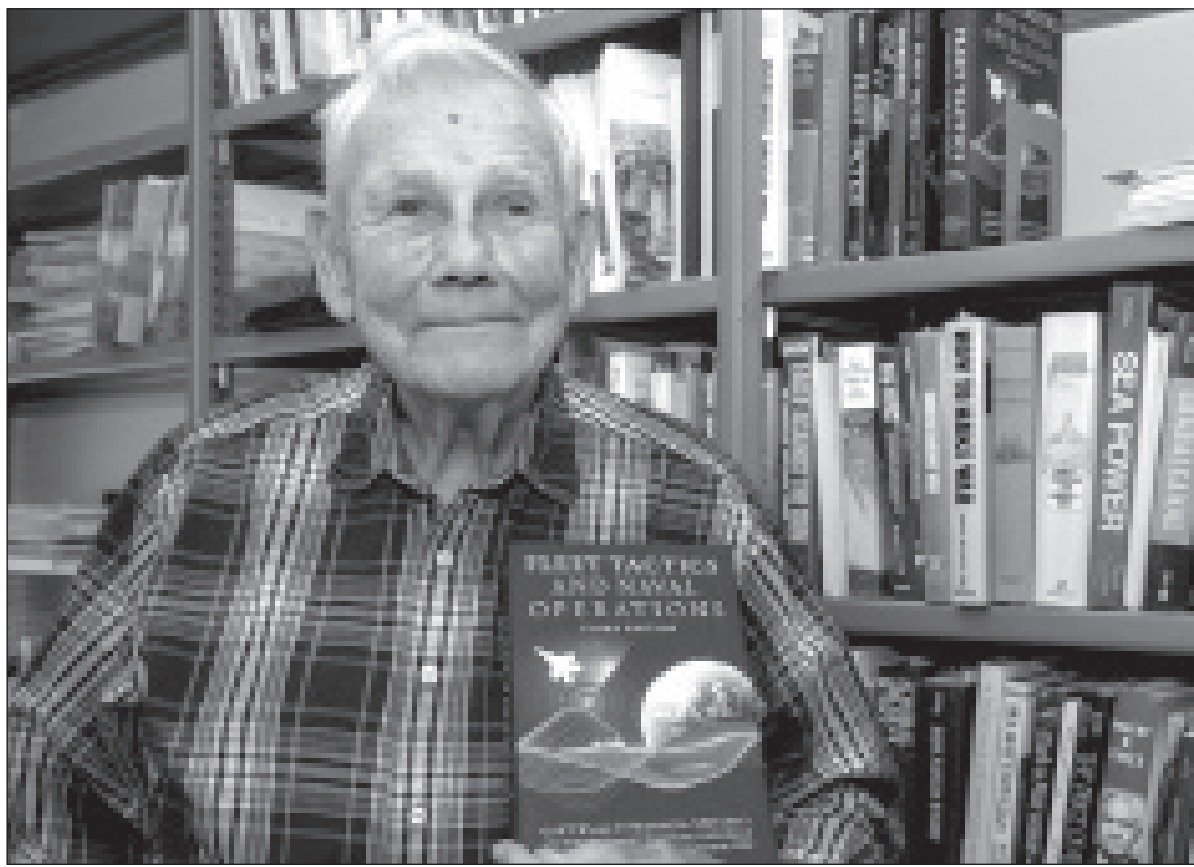
JTWC Commanding Officer Cmdr. Jillene Bushnell awards Mr. Connor Woods an honorary Information Warfare Officer pin as an honorary member of the METOC community.



U.S. Navy photo

Mr. Matt Kucas, Technical Services Department Head, explains how the Typhoon Duty Officer creates tropical cyclone track, intensity, and wind radii forecasts incorporating different sources of satellite, observational, and model data.

LEGENDARY NAVAL STRATEGIST HUGHES RELEASES NEW EDITION OF FLEET TACTICS



Credit: MC2 Nathan Serpico

NPS Dean Emeritus Wayne Hughes holds the latest edition of his seminal work, “Fleet Tactics and Naval Operations.” The third edition reflects Hughes’ masterful understanding of naval tactics, analysis and operations from the age of sail to the present, including an expanded understanding of how emerging technologies are impacting battles at sea.

By Matthew Schehl

MONTEREY, CALIF.

Naval Postgraduate School (NPS) Dean Emeritus Wayne Hughes, renowned as a foremost authority on naval tactics, has just published a new edition of his seminal book, “Fleet Tactics and Naval Operations.”

Co-authored with retired Rear Adm. Robert Girrier, and with a forward by Adm. John Richardson, Chief of Naval Operations, the new third edition traces the historical evolution of tactics, analysis and operations from the age of sail to the present, including an expanded understanding of how emerging technologies are impacting battles at sea.

“This edition emphasizes information warfare, including unmanned vehicles, cyber warfare, modern means of deception, and artificial intelligence,” Hughes explained. “There is a whole new chapter on information warfare and its influence on tactics.”

“The main reason for reading the new edition is its descriptions of how to fight and win battles past, present and future,” he added.

“Fleet Tactics” has long been considered a go-to resource for Navy officers on battle planning and tactical thinking since it was first published in 1986. Its relevance has not waned over the last four decades, and continues to be a ‘wheel book’ for freshly-minted junior officers and seasoned leadership alike.

“I am sure that I am not alone when I say that my copy of ‘Fleet Tactics’ is one of the most consulted, most dog-eared, most underlined, most marked-up books in my library,” Richardson wrote in his forward. “The book filled an important void, providing an up-to-date treatise on the importance and execution of tactics in modern naval warfare.”

The landmark study was the first since World War II to thoroughly examine technological advances for the American Navy to successfully engage a peer competitor — the Soviet Union. The second edition, published in 2000 at the apex of the post-Cold War era, explored tactical adaptation to missile threats and littoral operations.

“Wayne Hughes’ ‘Fleet Tactics’ is one of the most

widely-read books on naval warfare,” said retired Navy Capt. Jeff Kline, NPS Professor of Practice in the operations research department. “This new edition maintains the foundational lessons of the first two editions, while addressing the emerging impact of cyber and robotics on naval tactics.”

Throughout the post-Cold War era, the United States enjoyed naval ascendancy and technological superiority. However, with the arrival of the information age, near-peer adversaries have emerged in the virtual domains of space, cyberspace and the electromagnetic spectrum, according to Richardson.

“The U.S. Navy now faces significant blue-water competition,” he wrote. “It is no longer possible to ignore fleet-to-fleet engagements as naval forces seek to influence events ashore; navies will have to fight their way in from far out at sea.”

“The sea-control game is back on, and we need to get moving — and new tactics will lead the way,” he added.

The third edition of “Fleet Tactics” also considers how technological advances affect operations in traditional domains: undersea, on the surface, in the air and over land in the littorals.

The on-demand availability of precise information and networks to nearly anyone — not only adversarial militaries — has shifted focus from information superiority to decision superiority in these environments, pushing commanders to think in new ways, Richardson said.

“The introduction of information warfare into fleet tactics is an important development that demands critical analysis and thought,” he wrote. “The imperative that we update our tactics to account for this new reality is here.”

“In an era where ‘firing effectively first’ may now mandate that the first salvos will be non-kinetic, this update is a timely ‘kick’ to remind us to rig for sea and get under way,” he wrote.

For more news from Naval Postgraduate School, visit www.navy.mil/local/nps/.

“This edition emphasizes information warfare, including unmanned vehicles, cyber warfare, modern means of deception, and artificial intelligence. There is a whole new chapter on information warfare and its influence on tactics.”

Wayne Hughes



Courtesy USNI

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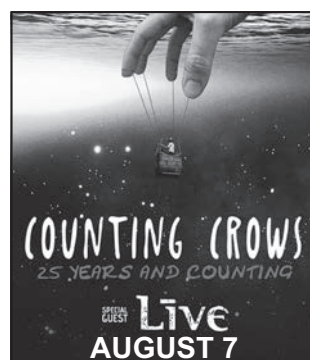
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From U.S. 7th Fleet Public Affairs Office

FLEET ACTIVITIES YOKOSUKA, JAPAN

Secretary of the Navy Richard V. Spencer inducted U.S. Sen. John S. McCain III into the official namesake of the guided-missile destroyer USS John S. McCain (DDG 56) in a ceremony on board, July 12.

Commissioned in 1994, the destroyer already bears the names of Sen. McCain’s father, Adm. John S. McCain, Jr., a former U.S. Pacific Command commander; and his grandfather, Adm. John S. McCain, a distinguished World War II carrier task force commander. Sen. John S. McCain, III, continued this proud legacy as a naval aviator during the Vietnam War. As a prisoner of war, he endured more than five years of captivity, representing America honorably and selflessly. The destroyer is the second ship named John S.

McCain. A new SECNAV naming notice officially honors three generations of dedicated service to the Navy and nation.

“Today, we add the story of Sen. John S. McCain to the spirit of the mighty vessel which already carries the legacy of his father and grandfather,” said Spencer. “As a warrior and a statesman who has always put country first, Sen. John McCain never asked for this honor, and he would never seek it. But we would be remiss if we did not etch his name alongside his illustrious forebears, because this country would not be the same were it not for the courageous service of all three of these great men.”

After retiring from the Navy, Sen. McCain continued national service in Congress, first as a representative and later as a senator from Arizona to this day. He took an active interest in the destroyer and its crew, visiting them

most recently during a port visit to Cam Ranh International Port in Vietnam on June 2, 2017. The ship had visited ports in Vietnam several times before over the years in honor of the McCain legacy.

“After SECNAV’s remarks, the crew and guests observed colors,” added Cmdr. Micah Murphy, McCain’s commanding officer. “The flag we flew today, as well as the commissioning pennant that flew during Sen. McCain’s visit in Vietnam last year, will be given to him to commemorate this historic occasion.”

USS John S. McCain is forward-deployed to Yokosuka, Japan as part of the U.S. Seventh Fleet.

For more news from Commander, U.S. 7th Fleet, visit www.navy.mil/local/c7fl/.

“As a warrior and a statesman who has always put country first, Sen. John McCain never asked for this honor, and he would never seek it. But we would be remiss if we did not etch his name alongside his illustrious forebears, because this country would not be the same were it not for the courageous service of all three of these great men.”

Richard V. Spencer,
Secretary of the Navy

NPS professors honored with Navy’s Distinguished Service Award

By Matthew Schehl

MONTEREY, CALIF.

Two Naval Postgraduate School (NPS) professors have received the highest honorary award bestowed on Navy civilians by the Secretary of the Navy.

Operations research (OR) professors Gerald Brown and Nita Shattuck were presented with the Navy Distinguished Civilian Service Award (DCSA) at the 86th Military Operations Research Society Symposium in King Auditorium, June 19, in recognition of their research which has had a significant impact on the naval service and the Department of Defense.

NPS president retired Vice Adm. Ronald A. Route presented the awards, noting the honor of recognizing these two faculty in an assembly of their peers.

Shattuck, who holds faculty appointments in both the operations research and system engineering departments, has extensively researched the human body’s natural circadian rhythms, and the effects of fatigue and sleep deprivation on performance.

Years of research into crew endurance has led to a revolution of sorts in how the Navy schedules when Sailors should stand watch. In fact, the Navy’s entire surface force has been directed to implement circadian-based watch schedules, based on Shattuck’s research to improve performance and crew endurance.

“I am so honored and humbled by this,” Shattuck said. “It’s a once in a lifetime kind of achievement, I never expected to receive something like this.”



U.S. Navy photo

Operations research (OR) professors Gerald Brown and Nita Shattuck were presented with the Navy Distinguished Civilian Service Award (DCSA) at the 86th Military Operations Research Society Symposium in King Auditorium, June 19.

Shattuck’s DCSA citation specifically commends her “exceptional leadership, unmatched dedication, and business acumen.” Often spending months at sea in austere conditions, through rough seas and sleepless nights, she earned the respect of junior sailors and senior leadership alike.

Yet Shattuck refuses to take sole credit for the prestigious award.

“I have a wonderful team,” she explained. “They’re really the reason I received this because they work so hard alongside me.”

For Brown, an icon in the field, this is the second DCSA for the emeritus distinguished professor. With an operations research career at NPS dating back to 1973, he is known as a “true giant” in the field of military operations research, as Route noted.

His vast and wide-ranging corpus of academic research has had a direct and significant impact across the Navy and the U.S. military at large.

Since 2013, both Fifth and Seventh Fleets have utilized software Brown developed to optimally schedule daily lo-

gistical replenishment operations. His capital-planning modeling has influenced billions of dollars in procurement across all services.

“It’s gratifying to be recognized for this most-recent work,” Brown said. “The DCSA is customarily awarded to select retiring senior Navy executives, so to receive this award as a less senior civilian employee — a mere academic with no particular managerial responsibility — at a command far from the Pentagon is recognition of the importance and influence of the work we do at NPS.

Brown’s research also greatly improved the resiliency of the energy supply chain across the Pacific, and his basic and applied research into attacker-defender modeling has changed how the U.S. plans its defense against terrorism.

“I have visited many other universities and laboratories world-wide, and have found nothing to compare with the professionals I work with at NPS and our mission,” he added proudly.

For more news from Naval Postgraduate School, visit www.navy.mil/local/nps/.

RIMPAC | *Operations underway*

Continued from B1

of the U.S. Navy’s deployable mine warfare battle staff.”

SMWDC’s Mine Warfare Battle Staff will complete Mine Warfare Commander biennial certification following Commander, U.S. 3rd Fleet’s review of training objectives met throughout the exercise. The CTF 177 team will also conduct an assessment of mine countermeasure forces in confined waters and sea lines of communication. Helicopter Sea Combat Squadron (HSC) 21 is also slated to continue operational testing for MH-60S Seahawk Airborne Mine Countermeasure systems — Airborne Laser Mine Detection System (ALMDS) and Airborne Mine Neutralization System (AMNS) -a first for fleet exercises.

RIMPAC 2018 will also be the first time that U.S. Coast Guard Maritime Security Response Team West (MSRT-W) participates in RIMPAC SOCAL. Early in the exercise they conducted maritime interdiction operations with Royal Ca-



nadian Navy explosive ordnance disposal (EOD) technicians.

U.S. Navy, U.S. Coast Guard, Royal Australian Navy, Royal Canadian Navy, Royal Navy, Japanese Maritime Self Defense Force, the Royal Netherlands Navy and Royal New Zealand Navy personnel will participate in the exercise. Commands participating include: Mine Countermeasures Squadron (MC-MRON) 3, Mine Countermeasures Division (MCMDIV) 31, MSRT-W, the Australian Mine Warfare and Clearance Diving Squadron USS Ardent (MCM 12), USS Harpers Ferry (LSD 49), HMCS Whitehorse (MM 705), HMCS Yellowknife (MM 706), Helicopter Mine Countermeasures Squadron (HM) 14, and Helicopter Sea Combat Squadron (HSC) 21.

Twenty-five nations, 46 ships, five submarines, 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



U.S. Navy photos

in the series that began in 1971.

For more news from Commander, U.S. 3rd Fleet, visit www.navy.mil/local/c3f/.



NEBRASKA | *Sub returns from patrol*

Continued from B1

The mission of the SSBN force is strategic deterrence, which is the act of deterring a nuclear attack with a safe, secure, and effective nuclear-deterrent force. SSBNs serve as an undetectable launch platform for submarine-launched ballistic mis-

siles. They are considered the most survivable leg of the strategic deterrent triad; the others legs being long-range manned aircraft and land-based intercontinental ballistic missiles.

“The successful completion of

this deployment highlights the outstanding dedication, hard work and teamwork among the Nebraska crew, the civilians and Sailors from Puget Sound Naval Shipyard, Trident Training Facility, Strategic Weapons Facility Pacific, Intermediate Maintenance Facility and Submarine Squadrons 17 and 19,” said Rear Adm. Blake Converse, commander, Submarine Group 9. “Our

ability to maintain a strong, credible nuclear deterrent is a key element of U.S. national security and the security of our allies and friends. Strategic deterrence is our nation’s highest defense priority, and Nebraska’s return to strategic service was vital to upholding the Navy’s commitment to that mission.”

The keel for Nebraska was laid July 6, 1987. Since the boat’s com-

missioning, Nebraska has completed 63 strategic deterrent patrols. Nebraska is one of eight ballistic-missile submarines stationed at Naval Base Kitsap-Bangor.

For more news from Commander, Submarine Group 9, visit www.navy.mil/local/csg9/.

UKRAINE | *Sea Breeze kicks off*

Continued from B1

successes while pushing the exercise to become more advanced to adhere to the ever-changing operational environment.”

U.S. participation includes the command and control ship USS Mount Whitney; the guided

missile destroyer USS Porter; a P-8A Poseidon maritime patrol aircraft from Patrol Squadron 10; Marines from Echo Company, 2nd Battalion, 25th Marine Regiment; Navy Underwater Construction Team 1 divers; and members of the U.S. Naval Forces Europe-Africa and U.S. 6th Fleet staff.

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

USS Buffalo (SSN 715) holds inactivation ceremony celebrating 35 years of service

From Commander, Submarine Group 9 Public Affairs

KEYPORT, WASH.

The crew of the Los Angeles-class fast attack submarine USS Buffalo (SSN 715) held an inactivation ceremony, July 16, at the Keyport Undersea Museum, celebrating the boat’s 35 years of service.

The occasion marked the crew’s final public event before the submarine is officially decommissioned in the controlled industrial area (CIA) at Puget Sound Naval Shipyard (PSNS) in Bremerton, Washington.

“Today we will be talking proud as we celebrate USS Buffalo,” said Buffalo’s executive officer Lt. Cmdr. Joshua Ragadio. “She is the third of her name, 28th of its class and the 24th to be commissioned; she is silent thunder, the tip of the spear, the warrior of the deep. We are here to recognize the plethora of accomplishments earned by this mighty fine warship, the places she has gone and the things she has seen. Most importantly we are here to celebrate all the officers, chiefs and Sailors who proudly served.”

Supporters, Navy League members, representatives from the city of Buffalo and former crew members attended the ceremony to reunite with old shipmates and bid the submarine farewell. Also in attendance from the city of Buffalo was Jim Dentinger, son of the late Fred Dentinger, the inaugural USS Buffalo Committee Chairman and lifetime supporter of Buffalo.

“Our nation owes the Sailors that served on USS Buffalo a tremendous ‘thank you’ for all your sacrifices to keep this country safe throughout its many successful deployments,” said Dentinger. “On behalf of every Buffalonian, and my father Fred Dentinger, thank you for 35 years of incredible service and memories.”

When a commissioned U.S. Navy ship is decommissioned, it is taken out of active service and the crew is reassigned to another



MC1 Amanda R. Gray

Sailors assigned to Los Angeles-class fast-attack submarine USS Buffalo (SSN 715), fold the boat’s national ensign during an inactivation ceremony at Keyport Undersea Museum.

ship or command. Inactivation is the process in which the submarine will be de-fueled, with the hull retained in safe storage until decommissioning.

“We anticipate that sometime in early February, on a cool, damp day here in the Pacific Northwest, behind the security of Puget Sound Naval Shipyard’s Controlled Industrial Area and with little fanfare, myself, along with the executive officer, chief of the boat, a small fraction of the crew and a handful of shipyard personnel will witness the commissioning pennant hauled down and the ensign lowered for the final time aboard Buffalo,” said Cmdr. Paul Lee, Buffalo’s final commanding officer. “Today’s ceremony is our opportunity to bring together current and former crewmembers and families, members of our inactivation project team, and a number of our brothers and sisters in our profession of arms to remember and to truly appreciate the sacrifices of the crew and their families and say goodbye to the 6,000 tons that we called home.”

The ceremony concluded with the lowering of the national ensign along with a symbolic securing of the watch.

“Ultimately, warship Buffalo and the men who served on Buffalo are defined by their

legacy,” said guest speaker Capt. Richard Sief, commodore of Submarine Squadron 1 and Buffalo’s 14th commanding officer. “A legacy of unmatched combat and mission readiness, superb leaders who went on to do great things within the submarine force and beyond, and a bond of Buffalo-tough shipmates who made each other better.”

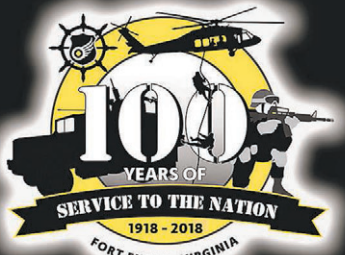
Buffalo completed their last deployment December 23, 2016. During their final 7-month deployment to the Western Pacific region, Buffalo visited Singapore, participated in cooperative exercises with the Indonesian and Republic of Singapore navies and had 25 crew members receive their submarine warfare qualifications, or “dolphins”. Buffalo departed Joint Base Pearl Harbor-Hickam in Pearl Harbor, Hawaii for a homeport change to Bremerton, Washington, May 1, 2017 for decommissioning. Since their arrival to the Pacific Northwest, the crew has participated in a number of innovation projects and has devoted thousands of hours to community service projects.

“So while the Buffalo will finish the final stages of her decommissioning, all you current Buffalo Sailors will now join the proud tribe of former Buffalo Sailors, and you will unify with them,” said guest speaker retired

Rear Adm. Robert Hennegan, Buffalo’s 7th commanding officer. “This is the common linkage of service to our great country and to one of our greatest warships, the USS Buffalo. While over the decades, the Buffalo operated out of multiple homeports, multiple shipyards, multiple missions, they operated every single day for 35 years; whether they were on a spectacular mission, that we can’t talk about here, or stuck deep in the shipyard getting extensive maintenance done, it was always the Buffalo crew on board, serving our country away from their families, for one night, for one month, or one deployment. Well done! So when you step back and think about this, this continued service from a select group of submariners and the associated sacrifices these men and their families made, it is truly inspired. Buffalo crew, thank you and welcome to a proud tribe of Buffalo submariners.”

The keel was laid by the Electric Boat Division of General Dynamics in Groton, Connecticut, January 25, 1980. The boat was launched May 8, 1982, and commissioned November 5, 1983.

For more news from Commander, Submarine Group 9, visit www.navy.mil/local/csg9/.



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Need a car or truck? Check out the details on the NAVSTA Auto Auction to be held on July 25.

» See C4



VIRGINIA BEACH, Va. (Aug. 13, 2011) Runners navigate the first water pit during the 11th annual Armed ServicesYMCA Mud Run at Joint Expeditionary Base Little Creek-Fort Story. The Mud Run is an 8-kilometer event on the base. All proceeds from the race benefit the Armed ServicesYMCA of Hampton Roads.

Photos by Robin Hicks



TIME TO GET DOWN & DIRTY!

Feel like a SEAL in this grueling 8K

From ASYMCA

On Saturday, August 11, at Joint Expeditionary Base Little Creek in Virginia Beach, the oldest and longest Mud Race in Hampton Roads will take place. Now, in its' eighteenth year, the 8K Mud Run and One Mile Mini Mud Run has set the bar high for mud-run obstacle courses. This challenging and unique event is a grueling 8K for runners 13 and older. Expect to get down and dirty!

What can you expect if you decide you're brave enough to accept the challenge? Well, first of all . . . expect a great time! Whether you're 22 or 72 this run is challenging and rewarding while maintaining a family-friendly atmosphere. The run itself winds

though sand dunes, various coastal terrains, and features several obstacles, such as a low crawl, barricades, mud pits and some new surprises! These are the same conditions the US Navy SEALs train in, so come out and see where America's finest train every day and run a few miles in their shoes.

Race time is 8:05 a.m. Plan on giving yourself plenty of time to arrive and park.

But before you can run, you MUST register! Visit www.asymca.org/hampton-roads-mud-run-registration to register. Civilian registration ends August 3, 2018.

After you run, be prepared to party! Get ready for the best after party on the beautiful beaches of JEB Little Creek! Wash off in



Runners navigate an obstacle during the 11th annual Armed ServicesYMCA Mud Run at Joint Expeditionary Base Little Creek-Fort Story.

that is dedicated to the mission of strengthening families of the junior enlisted service members serving in all branches of the military in the Hampton Roads region.

Your contribution to the Mud Run goes directly to fund these life-changing programs.

Hampton Heat 200 roars into Larry King Law's Langley Speedway July 21

Free tickets to Hampton Heat available to Hampton residents at Hampton Visitor Center

By Ryan Downey

On Saturday, July 21, Larry King Law's Langley Speedway will host the Hampton Heat 200. A Meet-and-Greet Session with the drivers will take place 6:15 p.m. – 6:50 p.m. Racing for the Super Streets, Pro-Six, Super Trucks and UCARs will begin at 7:00 p.m. Larry King Law's Langley Speedway is located at 11 Dale Lemonds Drive in Hampton.

Larry King Law's Langley Speedway and the Hampton Convention & Visitor Bureau are offering a limited supply of free admission tickets to Hampton residents on a first-come, first-served basis, with a limit of two (2) tickets per household. The free tickets are available only at the Hampton Visitor Center, located at 120 Old Hampton Lane in downtown Hampton. The visitor center hours are Monday through Saturday, 9:00 a.m. – 5:00 p.m., Sunday 1:00 p.m. – 5:00 p.m. Proof of Hampton residency in the form of an official state identification or residential utility bill must be shared.

Regular admission fees for the Hampton Heat 200 event are \$12.00 Adults, \$10.00 Military (Active or Retired) and Senior Citizens (60 & Over), \$5 children ages 6-12, and free for children age 5 and under. Advance tickets can be purchased in the Larry King Law's Langley Speedway office Monday through Saturday, 9:00 a.m. – 5:00 p.m. (at the gate) or at www.langleyspeedway.com.

Hampton Heat is one of the speedway's largest races, draw-



Josh Power

ing more drivers and crowds than all others held at the historic track. While the event's purse of \$10,000 is a big draw, the chance to compete on the track where racing greats Darrell Waltrip, Dale Earnhardt Jr., and Denny Hamlin began their careers, lures drivers from throughout the Mid-Atlantic and Southeast.

A longtime member of the NASCAR Whelen All-American Series and a NASCAR Home Track, Larry King Law's Langley Speedway is a .395-mile, slightly-banked oval. To learn more about Langley Speedway, fans may call the Speedway office at 757/865-RACE or visit www.langleyspeedway.com.

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

2018 CONCERT CALENDAR

THE AVETT BROTHERS	JULY 20	106.9 THE FOX presents BRIT FLOYD "The World's Greatest Pink Floyd Show"	AUGUST 2	VIRGINIA CRAFT BEER & WINE FESTIVAL	SEPTEMBER 29
BUDDY GUY & JONNY LANG	JULY 21			Details coming soon!	
BRIAN MCKNIGHT with special guest Chrisette Michele	July 22	GEORGE CLINTON & PARLIAMENT FUNKADELIC	August 12	WHEELS ON THE WATER	October 6
*This show was rescheduled. Please note new date.		*This show was rescheduled. Please note new date.			
1964 "THE TRIBUTE" "The Best Beatles Tribute on Earth" according to Rolling Stone	July 27	96X presents THE REVIVALISTS & TRAMPLED BY TURTLES	AUGUST 17		
*This show was rescheduled. Please note new date.					
		7 CITY BLUES FESTIVAL	September 8	MORE CONCERTS AND EVENTS TO COME!	

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A Conversation with “Something To Wrestle With Bruce Prichard”

The conclusion of our 3-part series on the behind-the-scenes stories of professional wrestling podcast

By Yiorgo

Yiorgo: It’s been documented that you had to convince Bruce to do the podcast so on behalf of the millions of fans, thank you.

Conrad Thompson: We tried to create a community of shorts. We did not want to talk at the audience; we want to laugh with them. It’s a fine line and I believe we have been able to make it happen for all the shows so far. Among other things, they told us to keep the podcast short. We instead let the conversation take us where it needs to go. Some of our episodes have been 3-4 hours long.

Y: Bruce, what are your memories about Vince McMahon and the government steroid trial?

Bruce Prichard: Vince was confident he could beat it. He was innocent. It was all an incredible travesty. Pat Paterson and I would usually meet at Vince’s house to go over things or if Vince was busy prepping for the trial Pat would come over my house or I would go over his. I lived about 20 minutes away from Vince. It was a treat not to have to go in to that office. We did have a hiring freeze at the time until it was resolved. I remember Bam Bam Biglow was the last one we hired for a long, long time.

Y: You know, it’s a testament to Vince McMahon who could have become very bitter about what the government tried to do to him yet look how patriotic he still is with everything he does for the troops and so much more. It speaks volumes as to who he is as a human being.

BP: Excellent, I agree.

Y: On the podcast you love to do imitations. Who are your top 3 favorite imitations?

BP: Well I would like to say that I don’t do imitations I do caricatures. One is Vince McMahon I just fall right into him. Second Dusty, I fall into him as well, and Jim Cor-

nette I just fall into him as well. They are naturals. You tell stories about people and you try to become that person in the story and if you can do it in their voice and passion, you got it licked.

Y: Bruce, you have seen it all and done it all. What have been some of your wow moments?

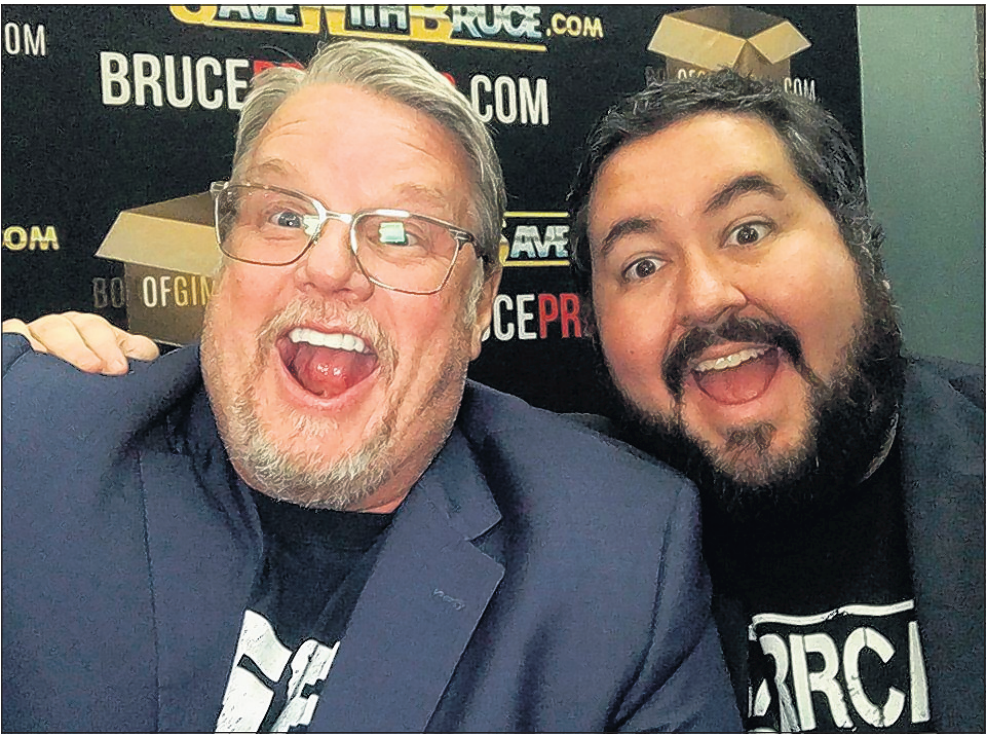
BP: There have been quite a few. From closing down Wall Street when we went public on the New York Stock Exchange and being in the board room there in the Stock Exchange using that as our dressing room. To be able say on a Thursday I want to close Wall Street down to making it happen by the following Wednesday and actually doing it and experiencing it. That was pretty cool.

The different times we did things in Time Square. Going to Berlin and being in that same place where Adolf Hitler made that famous speech. The guide said no one is allowed to go there. You actually felt the evil you felt the evil! That’s the best way to describe it. Things like that, that we’ve been able to experience in our lifetime just because of what we did for a living.

There are so many. Flying in a Lear jet by myself to get back home. Those are things as a kid you dream off. People think wouldn’t it be great to do, and I did it. It almost became second nature. What, you want me to fly coach or commercial air? Really? Come on I can’t do that. You become accustom to it.

Making history on that Football field when Vince McMahon did the XFL that was history. Being in so many WrestleMania’s, that was history. That was some amazing stuff.

There are so many but what it boils down to for example is recently with our “Something To Wrestle With Bruce Prichard” Show on Tour to step out on the stage in Chicago at the sold out House of Blues and all those people were there to see Conrad and I, that to this day gives me goose bumps. Go-



David Silva

ing out there to our live shows and knowing that people are still listening to our stuff, you can’t top it.

Y: Why should people listen to your podcast, “Something To Wrestle With Bruce Prichard” at <http://www.mlwradio.com/something-to-wrestle-with-bruce-prichard.html> watch your show on the WWE Network and come see you live?

BP: We really give a unique perspective from someone who was actually there from the top. For so long, the people have only gotten a certain narrative with 90-95 % of it being rumor, innuendo and jealousy of stories without anyone giving the other side. What I do is I give the other side. I talk about things that actually happen not what someone said happened. There are a couple of people who can dispute me, Vince McMahon and Pat Paterson. I use to say they are not talking but Pat Paterson has come to several of our live shows and shared some of the same stories. It’s a behind the scenes peak, we break down that fourth wall down even further and we let the people in. We dig deep into our subjects. Sometimes people think why are they going here, but if you listen you realize that maybe some of the less most popular talent has some of the most interesting stories.

On the video side of things it’s an opportunity to see things that you have not seen before and hear stories that for sure you have not seen before. I was involved in it from a

business, creative and I was in the trenches on every aspect of it because that’s how closely I worked with Vince. If for example creative services had to have a meeting with Vince we had to sit in it because they would have to come to us. If promotions, marketing or anybody in the company had to have a meeting with Vince we were involved with it and a part of those decisions. I was a part of so much of that. A lot of time I would just sit back and listen and ask him afterwards why he did what he did after the fact? I was in a very unique position and better then any college education. Including Pat Paterson, I was under the learning trees everyday and now I get to share it with all our fans.

Y: Yes indeed. The millions of fans that download your podcast of witch I am one, we are all very happy that you finally gave in and said yes to Conrad’s request to turn your talks into a podcast. Conrad is Everyfan. That perfect inquisitive fan that spends hours doing the research and holds your feet to the fire until you answer completely. Thank you both for taking us along for the ride.

Conrad and Bruce: It is our pleasure.

Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.

Youtube sensation Miranda brings “No Offense Tour” to Norfolk this weekend

From Sheila Breen Kenny
Right On PR

A great night of music and laughs comes to Norfolk as internet sensation Miranda Sings (20M followers, 2B+ views) brings her No Offense Tour to Harrison Opera House for an all ages show on Sunday, July 22. The tour is all new with new songs and dances and audience participation and for the first time ever, Colleen Ballinger, who is the creator of Miranda Sings, will perform half of the show as herself and half of the show as the comedic viral video singing star Miranda. It’s like two shows in one with something for all ages to enjoy!

Miranda Sings is the creation of Colleen Ballinger, a multi-hyphenate actor, comedian, trained vocalist,

writer and executive producer. Miranda is a hilarious parody of a young, self-absorbed singer with more far more confidence (and vibrato) than talent, she’s known for her overdrawn red lips, questionable advice about singing and life and over-the-top rants about her family and personal problems. Miranda/Colleen have over 20 Million followers across social media and passed 2 Billion views on YouTube.

**MIRANDA SINGS LIVE...
NO OFFENSE TOUR @
HARRISON OPERA HOUSE**

SUNDAY JULY 22, 7:30
Tix: \$39
All Ages
Tickets & info: www.mirandasings.com



Miranda Sings is the creation of Colleen Ballinger, a multi-hyphenate actor, comedian, trained vocalist, writer and executive producer.

Courtesy Right On PR

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NAVSTA Auto Auction to be held July 25

RULES AND REGULATIONS OF THE AUCTION (7/2018) THE VEHICLES:

All vehicles have been abandoned on the Naval Station and are sold as is. There is no guarantee that the vehicles will run. Vehicles are not guaranteed as to year or state inspection. *SPECIAL ODOMETER NOTE: DO NOT rely on the odometer reading, as it could be incorrect. Odometer reading could be more or less. Bidders are explicitly advised to closely examine the vehicle they are bidding on. There are no guarantees expressed or implied.

VIEWING OF VEHICLES:

Vehicles may be viewed at SP-123 from 1000 to 1300 on the Monday and Tuesday prior to the day of the auction. There will be a list of vehicles available at the viewing; however, any vehicle may be pulled from the auction up until the close of business Tuesday. Everyone entering the lot must have valid CAC/Military ID card. This auction is only open to our military/CAC card holders. (Active Duty, Retirees, Dependents, Civil Service)

BIDDER REGISTRATION:

All bidders must be registered and have a bidder number. Receipt of a bidder number implies an understanding of the legal obligations to these stated rules and regulations. Registration will start at 1000 on the day of the auction at the auction site. Bidders must register their name and address as they wish them to appear on the Certificate to Obtain Title. The MWR Department reserves the right to refuse to register bidders who have previously failed to follow the rules of their auctions. Registered bidders are responsible for all bids under their number. You, the registered bidder, are responsible for bids tendered, irrespective of the designated purchaser of the vehicle. i.e. DO NOT BUY A CAR FOR A FRIEND OR RELATIVE UNLESS YOU ARE PREPARED TO ASSUME RESPONSIBILITY FOR THE PURCHASE. The Certificate to Obtain Title must be made out in the name of the winning bidder. Do not bid on a car and then request

1990	WHITE	MERCURY	MARQUIS	2MECM75F2LX652601
1992	BLACK	CHEVROLET	SILVERADO	2GCEK19KXN1269810
1994	GREY	ISUZU	RODEO	4S2CY58VOR4324157
1997	GREEN	FORD	MUSTANG	1FALP47V1VF160271
1998	WHITE	JAGUAR	VDP	SAJKB6243WC815650
1998	RED	FORD	TAURUS	1FAFP53S2WA101226
1998	WHITE	HONDA	CIVIC	1HGEJ6674WL043503
1998	SILVER	HONDA	SHADOW	JH2PC2132WM501913
1999	SILVER	HONDA	CIVIC	1HGEJ8249XL035809
1999	TAN	FORD	TAURUS	1FAFP58S6XA213411
1999	GREEN	HONDA	ACCORD	1HGCC1657XA038557
1999	BLACK	DODGE	RAM	3B7HF16Y1XM553879
1999	RED	FORD	F150	1FTRX18L2XNB68114
2000	SILVER	PLYMOUTH	VOYAGER	2P4FP25B5YR518517
2001	BLUE	FORD	MUSTANG	1FAFP40431F170941
2001	GREEN	JEEP	CHEROKEE	1J4FF48S51L526513
2001	TAN	BUICK	CENTURY	2G4WS52J711236086
2001	BLUE	FORD	ESCAPE	1FMYU04141KA34163
2001	SILVER	MITSUBISHI	MIRAGE	JA3AY26C91U025370
2002	BLUE	PONTIAC	GRAND PRIX	1G2WP12K32F140073
2002	GOLD	GMC	ENVOY	1GKDT13S022174769
2003	BLACK	OLDSMOBILE	ALERO	1G3NF12E13C255410
2003	BLACK	AUDI	A4	WAUJC68E23A139816
2003	WHITE	CHEVROLET	BLAZER	1GNCS13X03K171708
2004	BLUE	NISSAN	XTERRA	5N1ED28Y94C683624
2004	GREY	HONDA	CIVIC	1HGEM21964L016728
2005	WHITE	INFINITI	G35	JNKCV54E35M405480
2005	BLACK	VOLKSWAGEN	GTI	9BWDE61J554029514
2006	GREY	CHEVROLET	MALIBU	1G1ZT63816F190733
2006	BLACK	SATURN	VUE	5GZCZ33D36S888306
2007	GREY	NISSAN	ALTIMA	1N4AL21E97N447527
2008	RED	CHEVROLET	IMPALA	2G1WB58N789286117
2010	SILVER	HONDA	LX	2HGF1B6XAH510528
2012	RED	MITSUBISHI	GALANT	4A32B3FF7CE013493
2012	BLUE	SUBARU	IMPREZA	JF1GJAH65CH011436
2012	BLACK	CARRY ON	MC TRAILER	4YMUL0612CM022689
2013	BLACK	NISSAN	ALTIMA	1N4AL3AP6DC105743

that the Certificate to Obtain Title be prepared in someone else’s name.

BIDDING ON VEHICLES:

The auction will normally start at noon on Wednesday at the direction of the auctioneer. The auctioneer will proceed down the row of vehicles taking verbal bids on each vehicle in turn. Bidders who are interested in a particular vehicle should stand near the vehicle so that the auctioneer will hear their bid. All sales are final. Please be sure of the vehicle

you are bidding on. Bidders may not participate in the auction while on their phones or electronic devices. The MWR Department reserves the right to refuse any and all bids and to settle any and all disputes involving bids. This is an absolute auction. There are no extra fees or charges that must be paid. The bid price is the sale price. Once the auctioneer declares a vehicle “sold”, the high bidder must sign a Form 1348-I (transfer of government property) acknowledging the bid price.

PAYMENT FOR VEHICLES:

IF PAYMENT IS MADE IN FULL ON THE DAY OF THE AUCTION: The highest bidder on each vehicle may pay in full on the day of the auction at SP-314. Such payment must be made in the form of cash or credit card (no checks). If payment is made in full on the day of the auction, the Certificate to Obtain Title (Form 97) will be prepared immediately and presented to the buyer. Payments are taken until 1530 auction day.

IF PAYMENT IS NOT MADE IN FULL ON THE DAY OF THE AUCTION: The highest bidder must pay a minimum of \$20 or 10% deposit, whichever is greater, on the day of the auction. This non-refundable payment may be made by cash or credit card. The remaining balance must be paid with cash or credit card (no checks) within five working days. Payment must be made at the Naval Station Impound Lot office, Bldg SP-314 located at the end of 10th Ave., between the hours of 0900 and 1630. When the complete payment is made within five working days of the auction, the Certificate to Obtain Title will be issued to the buyer. The signed Form 1348-I will act as a bill of sale for removal of the vehicle from the auction site.

FAILURE TO MAKE FULL PAYMENT WITHIN FIVE WORKING DAYS: The failure on the part of the bidder to make full payment within five working days of the auction will make the sale null and void, and result in the forfeiture of any deposits. The vehicle will then be re-offered for public sale at the next abandoned vehicle auction.

REMOVAL OF VEHICLES:

Vehicles must be paid for in full before they are removed from the auction site. All vehicles must be towed off of the lot. Buyers have five working days from the day of the auction to remove their vehicle and may do so from 0900-1600 Monday-Friday. Vehicles may not be worked on in the lot of the new location. You must show a signed Form 1348-I, Form 97, or registration for the vehicle to be released. Buyers who have paid in full for their vehicle and have not removed it within five working days will be assessed a \$15 per day/vehicle storage charge. Vehicles left for two weeks from the auction date will be declared abandoned and will be towed. Buyers will then be assessed a towing charge in addition to the \$15 per day storage charge.

FURTHER INFORMATION:

Call the Impound Lot office at 444-2631, Monday –Friday, 0900-1700. www.genedanielsauctions.com

5 FANTASTIC ENERGY-BOOSTING SNACKS FOR FITNESS SUCCESS



From Brandpoint

As marathon season approaches, many people are focused on training. Building up endurance is key, but you can’t do that without the fuel your body needs. Wholesome energy-boosting snacks are essential for keeping up the pace, whether you’re focused on a 5K or full marathon.

There are a variety of runs across the country to suit every type of runner. Fun runs vary in size and can be found in communities from coast to coast. Themed runs are also plentiful. For example, people across the country signed up for the Disney Wine & Dine Half Marathon Weekend this November (Nov. 1 to 4) and it is supported by some great sponsors, including Chiquita.

Whether you’re a new or experienced runner, completing your goal will make you feel accomplished. To help your body feel and perform at its best, you need to give it the right foods. These smart, tasty snacks will help give you sustained energy with loads of nutrients important to any fitness practice.

- 1. Bananas:** The cheerful color and built-in packaging are just the start. Bananas are a good source of potassium, which helps prevent cramping. Plus, they are a wonderful source of natural sugars (the good kind) and carbohydrates, which help provide sustained energy. It’s a common misconception that bananas aren’t as healthy due to the higher sugar content; however, the natural sugars in bananas come with fiber, which slows digestion and gives the body time to use it as fuel instead of storing it as fat. Grab a bunch of Chiquita bananas at the store and you have a convenient pre-workout snack or perfect addition to your recovery shake.
- 2. Cottage cheese:** Scoop up some of this white wonder and enjoy with your favorite fruit or a sprinkle of your preferred herbs. You can also add a satisfying crunch by sprinkling in omega-rich cashews or almonds. Cottage cheese is packed with protein, so it helps you feel full longer, essential for long runs (or simply long days full of to-dos). For fitness folks, this protein helps assist in rebuilding

and repair of muscles during training periods.

- 3. Smoothies:** Refreshing, energizing and perfectly customizable, smoothies feel more like a treat than a healthy snack. Yet these cold concoctions are perfect as pre- or post-workout foods or even as a meal replacement when on the go. You can use milk or juice as a liquid base and then add in fresh or frozen fruits and vegetables as desired. For a lip-smacking smoothie with just four ingredients, follow this recipe:

Quick Protein Power Chiquita Banana Smoothie

Ingredients:
1 whole Chiquita Banana, sliced
1.5 ounces low-fat Greek yogurt
1/8 cup fresh pineapple juice
1/4 cup orange juice

Directions: Place all ingredients in a blender and puree until smooth. Makes one serving.

- 4. Edamame:** More than just a delicious appetizer at your favorite sushi joint, edamame is an ideal workout snack. The tasty green soybeans you pluck from the pod are a good source of protein, iron and B vitamins. What’s more, the heart-healthy isoflavones support bone health. So dig in and enjoy with a dash of sea salt and a big glass of water. It’s perfect when you’re craving a salty snack so you can avoid the junk.
 - 5. Chocolate milk:** If you don’t run, you probably think chocolate milk is just for kids. In reality, chocolate milk has almost a cult-like following in the endurance sports world. It’s rich in calcium to keep bones strong, particularly important for runners. Plus it has protein and carbohydrates to keep you fueled. Reward yourself with this sweet treat after a run and you’ll feel satisfied all around.
- With these snacking tips top of mind, you’ll be fueled and feeling your best to start aiming for your personal records!

GOT COMPANY?

5 quick and easy refreshments for summer guests

From Brandpoint

Summer is a great time to create memories with friends and family, and some of the best times happen when you gather your favorite people together on your deck, balcony, poolside or screen porch. As singer John Mayer puts it, “A little bit of summer’s what the whole year’s all about.”

As you prepare to entertain during these long, lazy days of summer, it’s convenient to keep on hand easy-to-prepare refreshments your guests can snack on as they enjoy the balmy breezes. Consider the following suggestions for lightning-fast, ultra-easy, fresh-tasting treats that can help you welcome visitors at a moment’s notice.

1. Refreshing blender drinks: Stockpile a selection of frozen juices and fruits so you can blend up icy-cold cocktails — either the adult or kiddie versions — on demand. Because so many tasty drinks start with simple syrup or sour mix, you may want to mix up your own and store those concoctions in your fridge for impromptu events. When serving, don’t forget the fruit garnishes and little umbrellas.

2. Fresh guacamole and chips: Whipping up everyone’s favorite avocado dip is nearly effortless when you keep on hand Simply Organic’s Guacamole Mixes. The flavorful, liquid-based mixes, available in spicy or regular varieties, come in handy packets so you need only add two ripe, peeled, pitted avocados (organic is best) and break open a bag of tortilla chips to create a fresh, fun and wholesome snack. You get all



Brandpoint image

the flavor, texture and tang without taking on all the work.

3. Mediterranean pita dip: Stock your vegetable drawer and spice cabinet with organic ingredients for this hearty, cool and flavorful dip: hummus, red bell pepper, cucumber, cherry tomatoes, black olives, artichokes, feta cheese, oregano, onion powder and garlic powder. When guests arrive, spread the hummus in a casserole dish, sprinkle on the seasonings, layer the vegetables, then top your colorful creation with the cheese. Enjoy with pita chips or crudités.

4. Divine deviled eggs: When you keep hard-boiled eggs on hand, whipping up these classic favorites only takes a few minutes. Remove the shells, halve the eggs and mash up the yolks with mayonnaise, mustard, vinegar, pickle relish, salt and/or pepper to taste. If desired, you can add even more fla-

vor by stirring in hot sauce, bacon bits, blue cheese, chives, pickles, mango chutney, pesto, pickled okra or crumbled potato chips. Spoon or swirl the yolk mixture back into the half-eggs and serve.

5. Bountiful bruschetta: Slice a crusty baguette, brush it with olive oil and toast the slices under your broiler (one to two minutes for each side). Top the slices with a mixture of chopped tomatoes, basil leaves, onion and garlic, mixing in olive oil, salt and pepper and grated Parmesan cheese to taste. Sprinkle with balsamic reduction and serve.

Check out SimplyOrganic.com for more delicious recipes to enhance your summer entertaining.

new in theaters

SKYSCRAPER (PG-13)

Will Sawyer (Dwayne Johnson) is a former FBI agent and U.S. war veteran who now assesses security for skyscrapers. While he’s on assignment in China, the world’s tallest and safest building catches on fire -- and he gets framed for it. Now a wanted man and on the run, he must find those responsible, clear his name and somehow rescue his family members when they become trapped inside the inferno.

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.



Courtesy Legendary Entertainment

Duane “The Rock” Johnson stars in the action thriller, “Skyscraper,” in theaters now.

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.

HOTEL TRANSYLVANIA 3: SUMMER VACATION (PG)

Mavis surprises Dracula with plans for a fun-filled summer voyage on a monster cruise. As the pack starts enjoying colossal buffets and exotic excursions, Drac finds himself falling for the ship’s intriguing but dangerous captain. He soon learns that trying to balance family, friends and romance might just be too much to handle -- even for the world’s most powerful vampire.

MAMA MIA! HERE WE GO AGAIN (PG-13)

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter’s wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother’s past in hope of meeting her real father and having him escort her down the aisle on her big day.

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 EQUALIZER 2 (R)

Denzel Washington returns to one of his signature roles in the first sequel of his career. Robert McCall serves an unflinching justice for the exploited and oppressed - but how far will he go when that is someone he loves?

SORRY TO BOTHER YOU (R)

In an alternate present-day version of Oakland, telemarketer Cassius Green discovers a magical key to professional success, propelling him into a macabre universe.

basetheaters \$3 Movies

Three 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.



Courtesy Universal Pictures/Amblin Entertainment

**JEB Little Creek,
Gator Theater – 462-7534**

Friday, July 20

6 p.m. JurassicWorld: Fallen Kingdom (PG-13)
9 p.m. Superfly (R)

Saturday, July 21

1 p.m. Incredibles 2 (PG)
4 p.m. Ocean’s 8 (PG-13)
7 p.m. JurassicWorld: Fallen Kingdom (PG-13)

Sunday, July 22

1 p.m. Ocean’s 8 (PG-13)
4 p.m. JurassicWorld: Fallen Kingdom (PG-13)
7 p.m. Tag (R)

**NAS Oceana,
Aero Theater – 433-2495**

Friday, July 20

6 p.m. JurassicWorld: Fallen Kingdom (PG-13)
9 p.m. Superfly (R)

Saturday, July 21

12 p.m. JurassicWorld: Fallen Kingdom (PG-13)
5 p.m. ADVANCED SCREENING
TeenTitans Go: ToThe Movies (PG)

Sunday, July 22

12 p.m. Incredibles 2 (3-D) (PG)
3 p.m. JurassicWorld: Fallen Kingdom (PG-13)
6 p.m. Ocean’s 8 (PG-13)

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Estate Sale

641 Piney Point Rd., July 20, 1pm-5pm & 21/22, 10am-4pm Exquisite home w/Beautiful decor and furniture. Collectors dream! Orig. metal sculptures, orig. Herb Jones, partners desk, Governor's mansion secretary (Wmberg), wicker patio furn., Roseville & Hull, Vit. glass eggs, Staffordshire, Asian furn. & decor, China, art, rugs & runners, incredible garden art, lamps, toys, figurines, primitives, Christmas, art glass, kit, clothes, (gri) 54c jewelry, sterling & costume. Pics at Facebook Boulevard Treasures.

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The Commons 1612 Cooling Spring Way
VA Beach 23464 FRI, 7/20 8AM-2PM, SAT, 7/21 8AM-2PM, SUN, 7/22 10AM-3PM SASHA BRASOFF COLL. JEWELRY, STERLING, CLOSONINE, CURIO CABS, VINTAGE & CONTEMPERARY FURNITURE, GLASSWARE, PORCELAIN, LENOX, 4 CLOSETS OF CLOTHING, PRECIOUS MOMENTS, BEANIE BABIES, FRAMED ART, BOOKS, KNITTING, HOLIDAY, HOUSE FILL AND SO MUCH MORE... YOU WON'T WANT TO MISS THIS DYNAMITE SALE!
PREVIEW AT: WWW.TINT-TREASURES.COM

Flea Markets/Bazaars

St. Paul's UMC, 437 Providence Rd., Chesapeake, July 21, 8-4 PM. Spaces \$10, Tables \$5. Rain date July 28. 420-6276.

Garage Sale - Chesapeake

Great Bridge Huge yard sale including many collectible items. Saturday July 14 and Sunday July 15 from 9 to 4. 204 Melonie Drive.

MOVING SALE - 2806 Mark St. 7/14 8am-2pm Furniture, clothes, kitchen items, electronics, RV!!!

Garage Sale - Norfolk

HUGE SALE: 8513 HALPRIN DR NORFOLK FH 7/13 12-6, Sat 8-6 & Sun 12-6 Antiques, Camping, Decoys, Dishes, Furniture, Kids, Sewing, Sports, Tools!

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Vice Presi1576.50dent for Entrepreneur-
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school-wide positive behavioral interven-
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"Special Education. Five years' ex-
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for students with emotional disabil-
ities or autism. Virginia Special Educa-
tion licensure with ED, MR, SPH, or
General or Modified Curriculum endor-
sements. BCBA or the successful candi-
date must agree to obtain certification.

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IUDs. BSN, with certification as a
Nurse Practitioner and graduation from
an accredited Nurse Practitioner pro-
gram. Licensure as Registered Nurse
and Licensed Nurse Practitioner eligible
to work in Virginia with Authorization to
Prescribe and registration from the U.S.
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A pre-employment criminal record check
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required. Must have prior experience as
a nurse practitioner with patients in an
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employment. This is a temporary posi-
tion and will last approximately 12
weeks. Need to fill as soon as possi-
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ACROSS

- 1 Greek letters after rhos
7 French country house
14 Classic game consoles
20 Vain type
21 Loud warning gizmo
22 With 71-Across, pre-talkies time
23 Valuable desert plants?
25 Graf of tennis
26 "Leave it in"
27 PC-to-PC hookup
28 Shuttle org.
30 Chalk out
31 Pine cousin
32 Test of one's holiness?
37 Most gross
41 Twistable cookie
42 Legal title
43 Dollar or euro divs.
44 Really bad-mouth a physician?

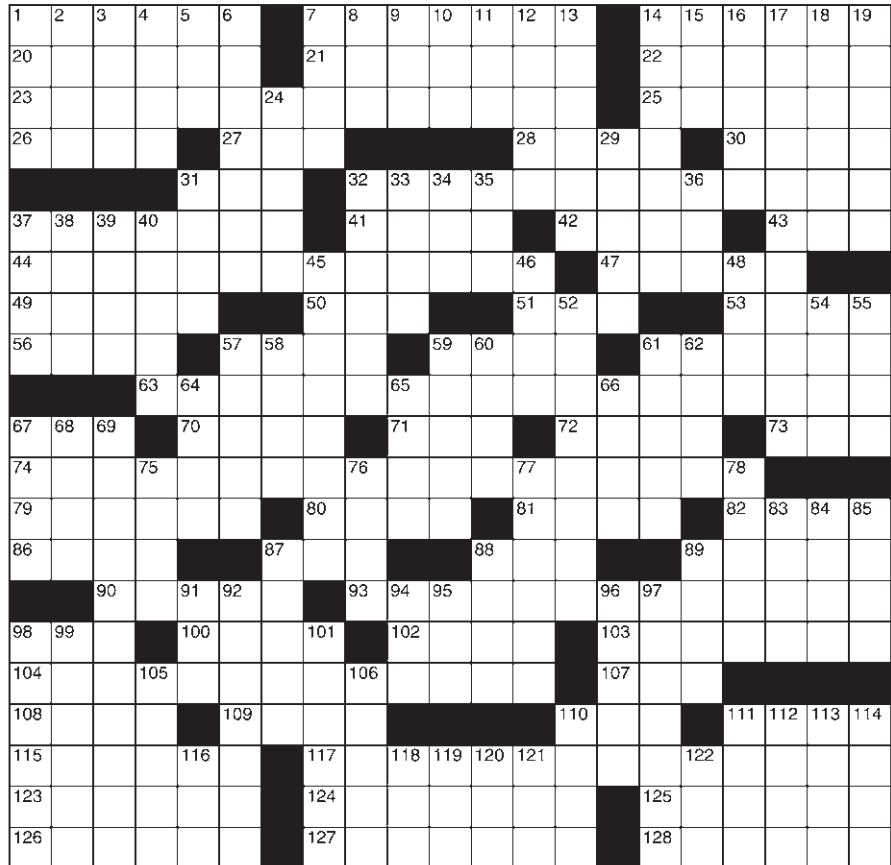
- 47 Good (at)
49 Tool in a wood shop
50 Walk- (tiny parts)
51 Iowa's tree
53 Slim, slithery fishes
56 Voting "no"
57 Really small
59 Tennis' Korda
61 Jet boat
63 Rehearse with great enthusiasm in Britain?
67 Poker prize
70 401(k)
71 See
72 22-Across
72 Itsy-bitsy bit
73 Suns' org.
74 Scandal over legal agreements in Tehran?
79 Tea varieties
80 Trial pledge
81 Huck's craft
82 Acclaim
85 Give out
87 James Bond, e.g.
88 Mom's skill, for short
89 Suit material

- 90 Far Eastern mercenary
93 Oil-anointing rite in old Russia?
98 Chillax
100 Without, in Paris
102 Bank holding
103 Ballet garb
104 Draw out
107 "Uh-uh," rural-style
108 Elisabeth of "Molly"
109 Boxing wallop
110 Kit — bar
111 Re
115 Ones giving
117 "That bee just ingested
123 Warming current
124 Hastened
125 Cornell's city
126 Abate
127 May's gem
128 Enthusiastic about

- 3 Ex-veep Al
4 Pol Romney
5 Bat wood
6 Fashionable
7 "Elf" actor
8 Big name in fruit drinks
9 Actor Carney
10 Fri. preceder
11 Goddess of the dawn
12 Lack life
13 Not voiced
14 Evaluated
15 Little bird
16 First Hebrew letter
17 Outwardly shown by
18 Actually
19 Is lousy
24 — blanché
29 Surf and turf's "turf"
31 Big bash
32 Woody Allen's wife
33 Curved lines
34 Post-taxes
35 Talk lovingly
36 F preceders
37 Mallorca, por ejemplo
38 Tribal bunch
39 Actor William or Nicky

- 40 "Gotcha," to a jazz cat
45 "Keep it up"
46 Pictorial paper part
48 Highest point
52 Excavation discovery
54 Lisa of pop music
55 Sammy of the diamond
57 Poi plants
58 Confident cry
59 Roost
60 Floride, par exemple
61 Tuned to, as a dial
62 Hollywood's Morales
64 Basmati, e.g.
65 Usher in
66 "The Tao of Pooh" author
Benjamin
67 Organ part
68 Provo's neighbor
69 Alternating
75 Curt denial
76 Light shafts
77 Dahl of film
78 Butler played by Gable
83 "Eri tu," e.g.

- 84 Monster-film lab assistant
85 — -lease
87 Christmas Eve visitor
88 Bonds
89 Garbage-hauling boat
91 Covert org.
92 "Bad" singer Michael
94 Bulling call
95 Contend
96 Lower arm bones
97 Clean freak
98 Artery, e.g.
99 Breathe out
101 Reaper's tool
105 Former TV host Philbin
106 Boring
110 NBA's Jason
111 Dull pain
112 Getz of jazz
113 Fiesta snack
114 Algerian city
116 Compass dir.
118 Before
119 Fumble
120 Vardalos of the screen
121 Playa — Rey
122 Summer, to Yves



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Sudoku

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

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: O equals T

EU JI EIDFSO VJT J KXCFYURH

EBKRHDF OX YXJB JWXRO

SHXDEIP OVEIPD, CXRHT EO WF

J DVROOFY WRP?

Last week's CryptoQuip answer

Upon buying some yummy cakes and cookies, my daughter proceeded to bring home the bakin'.

last week's answers

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

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

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