

## Navy's first female admiral, Alene Duerk, passes away

From Naval History and Heritage Command, Communication and Outreach Division

### WASHINGTON

Retired Rear Adm. Alene B. Duerk, the Navy's first female admiral, passed away July 21, 2018. She was 98 years old.

"It took 197 years and a forward-looking Chief of Naval Operations, Elmo Zumwalt, to break with tradition before Alene Duerk became the first woman admiral in the U.S. Navy," said Naval History and Heritage Command director Sam Cox. "But the credit goes to Duerk. From the crucible of caring for wounded Sailors, Marines and prisoners of war during World War II in the Pacific, she blazed a trail of stellar performance in tough jobs, serving as an inspiration for an ever increasing number of women officers who have followed her path."

Born in Defiance, Ohio, on March 29, 1920, she received nursing training at the Toledo [Ohio] Hospital School of Nursing, from which she earned her diploma in 1941. From there, Duerk entered the U.S. Naval Reserve and was appointed an ensign in the Nurse Corps.

"Alene Duerk was a strong and dedicated trail blazer who embodied the very principles that continue to guide Navy Medicine today," commented Vice Adm. Forrest Faison, Navy surgeon general, upon learning of her passing. "She will forever be remembered as a servant

leader who provided the best care to those who defended our nation, honoring the uniform we wear and the privilege of leadership."

Her first tours of duty included ward nurse at Naval Hospital Portsmouth in Virginia, Naval Hospital Bethesda in Maryland, and sea service aboard the Navy hospital ship, USS Benevolence (AH 13), in 1945. While anchored off the coast of Eniwetok, Duerk and the crew of the Benevolence would attend to the sick and wounded being brought back from the Third Fleet's operations against Japan.

Upon cessation of hostilities on Sept. 2, 1945, Duerk and the Benevolence crew took on the task of repatriating liberated Allied prisoners of war, an endeavor that solidified her commitment to nursing and patient care.

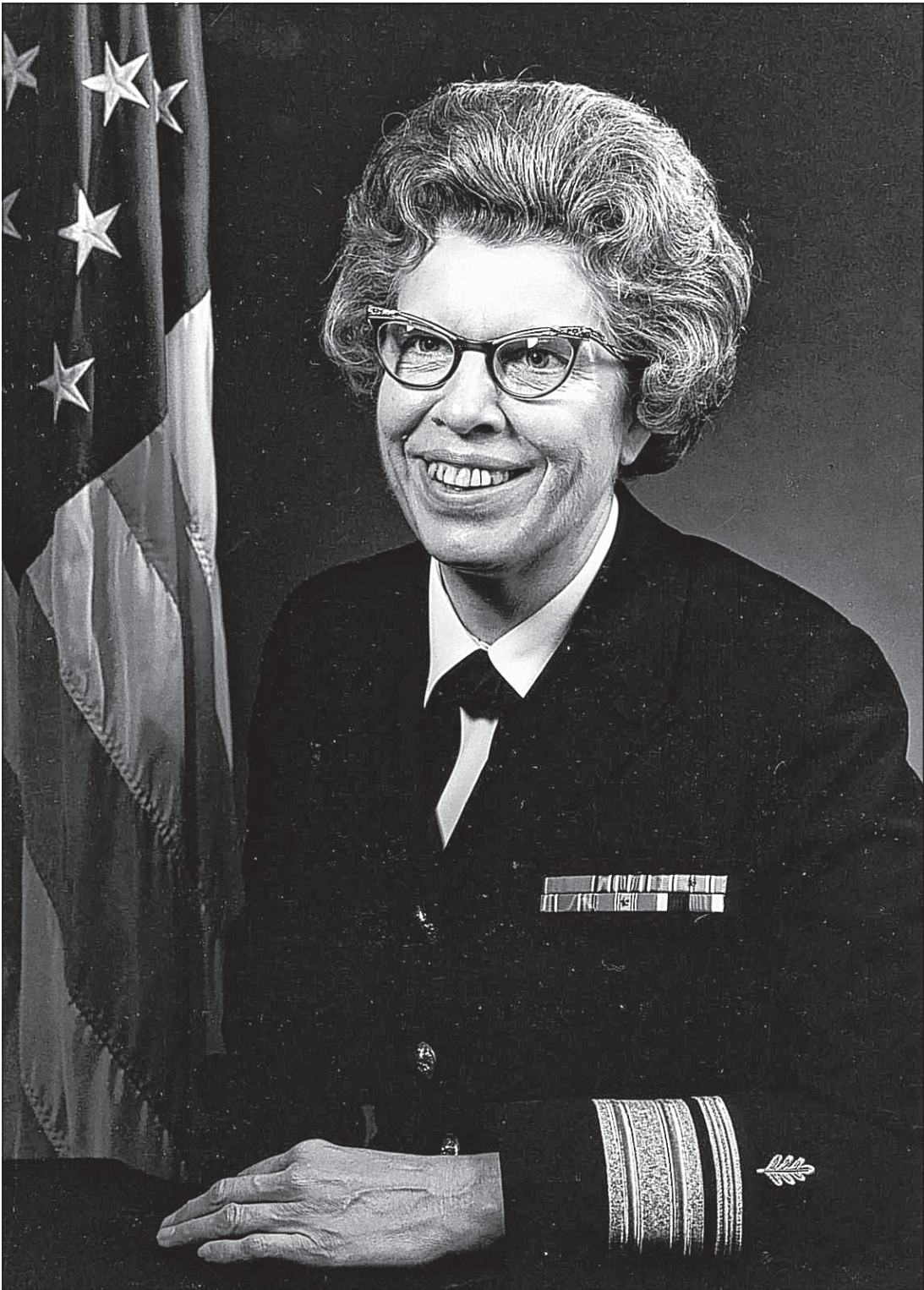
Years later, when asked about her service for the Library of Congress' Veteran's History Project, Duerk said, "The time I was aboard the hospital ship and we took the prisoners of war, that was something I will never forget . . . that was the most exciting experience of my whole career."

Thereafter, Duerk was assigned to Naval Hospital Great Lakes until being released from active service in 1946.

In 1951, Duerk returned to active duty serving as a nursing instructor at the Naval Hospital Corps School in Portsmouth, Va. and later as inter-service education coordinator at the Naval Hospital

**“Alene Duerk was a strong and dedicated trail blazer who embodied the very principles that continue to guide Navy Medicine today.”**

Vice Adm. Forrest Faison,  
Navy surgeon general



U.S. Navy photo

An undated official portrait of Rear Adm. Alene B. Duerk. Duerk entered the Navy in January 1943 and initially served as a ward nurse at the Portsmouth and Bethesda naval hospitals. She was later assigned to the hospital ship USS Benevolence and deployed to the Pacific Theater during World War II in support of Adm. William Halsey's Third Fleet. In May 1970, Duerk was appointed director of the Navy Nurse Corps. She became the first woman to attain flag rank in the U.S. Navy on June 1, 1972. Duerk was born in Defiance, Ohio and retired from the Navy in 1975.

» See **TRAILBLAZER** | A7

## UPDATE ANNOUNCED FOR NAVY UNIFORM MOBILE APP

From Chief of Naval Personnel Public Affairs

### WASHINGTON

Navy announced an update to the "OPNAV Uniform Regulations" app for iOS and Android mobile devices, July 25.

Sailors will have access to useful information and references in the updated Navy uniform mobile app. The expanded app has a new look and feel, and now includes information on all current Navy uniforms.

Sailors can find answers to frequently asked questions, uniform policy NAVADMINs and photos of proper uniform wear. Additionally, the app includes the U.S. Navy Uniform Regulations (NAVPERS 15665I) as a searchable document.

The app also has links to the Navy Uniform Matters Office (Uniform Matters) web page and Navy Exchange online uniform sales website.

The Navy's Sea Warrior Mobility Program (PMW 240) originally developed and continues to update the app, along with Tracen Technologies, Inc.

Sailors can provide their inputs for improve-



Garrett Zoppi

A Sailor inspects Type III working uniforms at the Navy Exchange uniform shop.

ments through the feedback section of the app. Uniform Matters and PMW 240 will continue to work on improving the app to address more uniform components in future updates.

The app is available for download through the Navy App Locker at <https://www.applocker.navy.mil/#/!apps>, and the iTunes and Google Play online stores.

To find the free app, search "OPNAV Uniform" in the app stores or in your web browser.

For more news from Chief of Naval Personnel, visit [www.navy.mil/local/cnp/](http://www.navy.mil/local/cnp/).

## Navy releases 2018 Personal and Professional Choices Survey results

From Chief of Naval Personnel Public Affairs

### WASHINGTON

The 2018 Personal and Professional Choices Survey results were released by the Chief of Naval Personnel's office of inclusion and diversity, July 25.

The biennial Personal and Professional Choices Survey, formerly named the Pregnancy and Parenthood Survey, provides leadership with information from Sailors on retention, work/life balance, family planning, childcare, pregnancy and other related issues.

The data gathered from the survey helps Navy track the trends and impact of personnel policies, not only on individual Sailors and their families, but also on Navy readiness.

» See **SURVEY** | A7



MC3 Ryre Arciaga

Aviation Ordnanceman Brandon Garrison kisses his daughter during a steel beach picnic on the flight deck of the Wasp-Class amphibious assault ship USS Kearsarge (LHD 3). The officers and crew of Kearsarge hosted a Friends and Family Day event to display their operational capabilities to their loved ones.



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### CNSF ANNOUNCES CHANGES TO SURFACE WARFARE OFFICER QUALIFICATION INSTRUCTION

The change aligns with new career path revisions.

» See **A2**



### CAMP LEMONNIER EMBRACES SAILOR 360 PROGRAM

The program is scheduled to be rolled out Navywide in October, and the initiative marks the first significant change since 2011 on how the service trains its enlisted leaders.

» See **B1**

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# CNSF ANNOUNCES CHANGES TO SURFACE WARFARE OFFICER SWO QUALIFICATION INSTRUCTION

From Commander, Naval Surface Force, U.S. Pacific Fleet Public Affairs

SAN DIEGO

Commander, Naval Surface Forces/Commander of Naval Surface Force, U.S. Pacific Fleet announced a revision to the requirements for qualification and designation as a surface warfare officer (SWO), July 23.

Effective immediately, designators 116X and lateral transfers into the SWO community are the only designators eligible to pursue SWO qualification. This change aligns with new career path revisions, which focuses on increased experience on ships, including increased bridge watchstanding opportunities for SWOs.

“The surface warfare officer qualification is the path to 1110 and is the crucible of a junior professional surface warfare officer to develop and master the core competencies necessary to excel as a future commanding officer of a warship,” said Vice Adm. Richard Brown, commander, Naval Surface Forces/commander of Naval Surface Force U.S. Pacific Fleet. “My team and I remain committed to ensuring the future leaders of our community are properly trained and qualified.”

Officers pursuing SWO qualification must be a commissioned officer permanently assigned to either a commissioned or pre-commissioning U.S. Navy surface ship.

Non-116X officers, who are currently pursuing a SWO qualification, are authorized to continue until Oct. 1, 2018.

Additionally, only commanding officers of commissioned surface ships may qualify officers who are permanently assigned to their ship



MC2 Devin M. Langer

Ensign Amanda Skinner, from Norfolk, listens for repeat-backs from the bridge as the guided-missile destroyer USS Dewey (DDG 105) conducts a replenishment-at-sea with the fleet replenishment oiler USNS Henry J. Kaiser (T-AO 187), July 16. Dewey is underway in the U.S. 3rd Fleet area of operations.

■ Designators 116X and lateral transfers into the SWO community are the only designators eligible to pursue SWO qualification.

as SWOs. Once SWO qualification is achieved, transfer from one ship to another will not require requalification as a SWO or revalidation of the entire SWO PQS package.

However, requalification in all applicable watchstations is required.

Further changes to the instruction include removing the time requirement for attaining SWO qualification and now documenting it in the instruction.

The minimum time requirement for SWOs to attain their qualification is not specified in the instruction. However, open communication with NPC is required if a qualification is expected to take longer than

the first division officer tour. Ships must actively manage and maintain Personnel Qualification Standards Plan of Action and Milestones (PQS POAMs) for each officer to ensure the officer is on track for SWO qualification. In addition to the PQS POAM, SWOs must keep a log book of the amount of hours spent on the bridge. This information will be used when detailing junior officers to their second division officer and shore tours.

The update to the SWO qualification instruction follows a revision to the SWO Career Path and Training Continuum. The intent of the revised career path is to develop the most experienced and capable commanding officers who are specialists in five areas: seamanship, navigation, and shiphandling; combat systems; engineering; command and program management and administration; and leadership.

## CNP launches new MPT&E transformation future state video: The future of Navy personnel management

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Chief of Naval Personnel released a video that shows Sailors and their families the future of Navy administrative services, July 26.

The “Manpower, Personnel, Training and Education (MPT&E) Transformation Future State” video looks ahead a few years to depict Sailor-focused pay, personnel management and training systems Sailors can expect, once the Transformation is complete.

The short video follows Sailors throughout their Navy career, from their recruitment into the Navy, as they train at boot camp, negotiate orders online, access the personnel and pay system, upload personal documents for a significant life event (marriage), and retire or separate using MyNavy Portal (MNP) and MyNavy Career Center (MNCC).

“We are very excited to share this video and the larger Transformation efforts that have been taking place across the MPT&E enterprise,” said Vice Adm. Robert Burke, Chief of Naval Personnel. “We are working hard to provide an improved customer experience to Sailors and their families and this video illus-



U.S. Navy graphic

trates the changes that are coming as we approach 2025.”

The video also gives Sailors a preview of MNCC capabilities that will come later this year. The launch of MNCC, known as MNCC Beta, will provide initial online self-service to Sailors via MNP, a 24/7 contact center, and initial standardization of back-end processes to provide Sailors with improved Human Resources (HR) support.

Sailors are encouraged to share the video with others within their command and family members.

The MPT&E Transformation is a modernization effort that will overhaul the way HR services are provided to all Sailors, their families, and future recruits. Over the next several years, the

■ The video can be found here: <https://www.youtube.com/watch?v=G2E0LOM7Z5Y>.

Transformation will change how services are offered throughout a Sailor’s entire “Hire-to-Retire” life cycle, by streamlining processes and systems to improve the speed, accuracy, and quality of HR services.

For more information about the MPT&E Transformation, visit <http://www.navy.mil/local/cnp/mptestratdesign.asp>.

For more news from Chief of Naval Personnel, visit [www.navy.mil/local/cnp/](http://www.navy.mil/local/cnp/).

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# NEWS FROM NAS OCEANA

## VFA-37 holds Last Flight Ceremony

By MCSN Mark Thomas Mahmod  
Naval Air Station Oceana Public Affairs

### VIRGINIA BEACH, VA.

The “Ragin’ Bulls” of Strike Fighter Squadron (VFA) 37 conducted the last flight of their final two F/A-18C Hornets July 26 on the Naval Air Station Oceana flight line.

The last flight ceremony was held in conjunction with the reenlistment of five Sailors assigned to VFA-37, an award ceremony and a celebratory barbecue.

“It’s great that we can combine the reenlistment into the final flights with the F/A-18 as we retire the legacy airplane from the U.S. Navy,” said Rear Adm. Roy J. Kelley, Commander, Naval Air Force Atlantic. “It’s a sad day to see that airplane go. At the same time, we’re excited about our new opportunities with the Super Hornet.”

The ceremony started with the reenlistment of five Sailors assigned to VFA-37. As Kelley was conducting the reenlistment, the squadron’s two Hornets piloted by the commanding officer and executive officer flew overhead.

“It’s bittersweet for me because I’ve flown these aircraft exclusively for my whole career,” said Cmdr. Robert Perez, commanding officer, referring to the legacy Hornets.



MCSN Mark Thomas Mahmod

Rear Adm. Roy J. Kelley, Commander, Naval Air Force Atlantic, conducts a reenlistment for five Sailors assigned to the “Ragin’ Bulls” of Strike Fighter Squadron (VFA) 37. The reenlistment ceremony was held in conjunction with VFA-37’s last F/A-18 Hornet flight.

“I’m excited and ready for the Super Hornets.”

Aviation Structural Mechanic 3rd Class Christopher Anthony Grepo, one of the five Sailors reenlisted during the ceremony, said it was one of his most memorable experiences in the Navy.

“Stuff like this doesn’t usually happen,” said Grepo. “Being a maintainer, everything’s the same day by day, but when you have events like these, it’s really a cool experience.”

During the ceremony, VFA-37 was presented with the Battle Effectiveness, or Battle ‘E’, Award, and the Chief of Naval Operations Avia-

tion Safety, or Safety ‘S’, Award.

The Battle Effectiveness Award recognizes sustained superior performance in an operational environment, and sustained continuous readiness throughout the Fleet Response Training Plan. Eligibility for this award demands day-to-day demonstrated excellence in addition to superior achievement during certifications and qualifications conducted throughout the competitive period.

Selection for the CNO Aviation Safety Award is based on criteria such as aircraft flight mishap rates, ground mishaps, currency of safety programs, flight exposure and con-

tributions to the Naval Aviation Safety Program.

“It is truly a badge of honor to get a chance to put the Battle ‘E’ not only on your aircraft, but also at the front gate,” said Kelley. “Each time you come through that gate, you get to look up and remind yourself that you, as a team, accomplished something significant.”

Perez said the Sailors of VFA-37 are excited to finally get the F/A-18 Super Hornets.

“Our maintainers are really happy about the transition because of the level of effort it takes to maintain the legacy Hornets,” said Perez.

Grepo said the new aircraft are

going to make his job a lot less difficult than it was with the Hornets.

“They’re a little bit newer and not as complicated,” said Grepo. “It might be a little more convenient when it comes to maintenance, so I’m looking forward to things being simpler.”

Going into the future, Perez said he expects VFA-37 to have an increased level of lethality with the new aircraft.

“The Ragin’ Bulls will keep doing what we do,” said Perez. “I fully expect that once our pilots get settled in, we’ll be ready to go for our next conflict.”

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# Navy Environmental and Preventive Medicine Unit Two’s lactation room — A place for breast pumping in combat boots at Naval Station Norfolk

By Lt. Cmdr. Sarah Godwin  
Navy Environmental and Preventive Medicine Unit Two Public Affairs

NORFOLK

Pumping breastmilk in a bathroom stall is a reality for many women who choose to continue to provide this food for their babies after they return to work. Fortunately for the staff and students at the Navy Environmental and Preventative Medicine Unit Two, as well as neighboring commands, there is a bright, clean, and comfortable alternative in the “Mother’s Room.”

“NEPMU2’s Mother’s Room is wonderful, and I’m so happy I found out about it,” said Logistics Specialist 2nd Class Andrea Stoppel. “I worked at the mail center nearby, so I used to stop in to use the room on my mail runs. The presence or absence of this type of accommodation can have a big impact on milk supply and your ability to continue breastfeeding after returning to work.”

NEPMU2, whose mission includes health promotion and wellness, felt a special obligation to create a breastfeeding space. Established in 2014 by Capt. Jennifer Espiritu during her tenure as

“The presence or absence of this type of accommodation can have a big impact on milk supply and your ability to continue breastfeeding after returning to work.”

Logistics Specialist 2nd Class Andrea Stoppel

NEPMU2 officer in charge (OIC), the “Mother’s Room” is a private office with locking door, an electrical outlet, comfortable chair, table, couch, and fridge for milk storage, as well as educational materials for breastfeeding and donated pumping and nursing supplies.

In March 2018 the Navy released OPNAV Instruction 6000.1D, “Navy Guidelines Concerning Pregnancy and Parenthood,” an update to the 2007 policy that reaffirms its commitment to enable breastfeeding mothers in uniform to provide milk for their babies. Furthermore, it now mandates that commanding officers provide a “private clean room for expressing breastmilk,” with access to running water for hand-washing and pump cleaning within the room.

This Navy policy aligns with guidance from the American Academy of Pediatrics and the World Health Organization, which recommend exclusive breastfeeding of infants for six months, followed by continued breastfeeding as complementary foods are introduced until the child reaches at least 1 year of age.

In 2016, maternity leave across the military was increased from six weeks to 12 weeks. This has resulted in a significant increase in breastfeeding duration and exclusivity through nine months for active duty mothers, as evidenced by a recent study presented at the Pediatric Academic Societies 2018 meeting. “Impact of Extended Maternity Leave on Breastfeeding in Active Duty Mothers,” pro-



U.S. Navy photo

vides justification in support of the policy of increased maternity leave.

The benefits of breastfeeding for both mother and baby (and the military) are numerous. For example, breastmilk enzymes, immunoglobulins and white blood cells boost baby’s immune system, which means fewer sick days for baby and fewer missed workdays for mom. And because a breastfeeding mother’s body burns approximately 500-1000 calories per day to make milk, her increased metabolism can help facilitate postpartum weight loss in preparation for her next physical fitness assessment.

“We have a duty, as part of our public health mission at NEPMU2, to adhere not only to the OPNAV instruction, but to support breastfeeding mothers from the standpoint of evidence-based best practice,” said Cmdr. Marion Gregg, OIC of NEPMU2. “We invite



U.S. Navy photo

servicewomen at neighboring commands, as well as those visiting on orders to Naval Station Norfolk, to use our Mother’s Room, and to consider creating a similar space at their own command.”

With increased awareness, and a bit of ingenuity and resourcefulness, the

number of lactation suites on installations can grow, providing solutions for nursing military moms on the go, and making Naval Station Norfolk and other military facilities a friendlier place for mothers.

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Seaman Mireya Sawyer communicates from the bridge of the Arleigh Burke-class guided-missile destroyer USS Winston S. Churchill (DDG 81).



Culinary Specialist 2nd Class Daniel Brackett frosts a cake in the bakery aboard the Wasp-class amphibious assault ship USS Two Jima (LHD 7).



Sailors attached to the Whidbey Island-Class Dock Landing Ship USS Gunston Hall (LSD 44) make wire frames for a housing construction project as part of a community relations event.

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MC1 Laura A. Myers

Capt. Christopher Culp, Naval Medical Center Portsmouth's (NMCP) commanding officer, presents the Chest Pain Center re-accreditation certificate to Cmdr. Nelle Linz, an interventional cardiologist and director of NMCP's Chest Pain Center. The accreditation is given by the American College of Cardiology Accreditation Services and designates NMCP as a Chest Pain Center with Primary PCI Accreditation.

# NMCP's Chest Pain Center earns re-accreditation, adds Primary PCI Accreditation

By Rebecca Perron, NMCP Public Affairs

## PORTSMOUTH, VA.

Naval Medical Center Portsmouth (NMCP) announced July 26 that the medical center was re-accredited by the American College of Cardiology (ACC) Accreditation Services as a Chest Pain Center with Primary PCI Accreditation.

The accreditation shows NMCP is capable of providing the highest quality of care for heart attack patients and that heart attack patients receive treatment within a critical time period. Receiving treatment during this critical period can lessen damage to the heart.

"This accreditation was a result of a long period of work done by many people and spearheaded by our CPC director, Cmdr. Nelle Linz," said Capt. Christopher Culp, NMCP's commanding officer. "The accreditation team was beyond enthused with our program. The requirements were not only noted to be met, but they were very well met."

During the accreditation site visit, a member of the accreditation team noted that "your door-to-PCI (stent placement) was in 90 minutes and you're 100 percent compliant with that, which is outstanding. I can stay that I've not been to another facility that is 100 percent compliant for door-to-PCI. Your length of stay for observation is 4.63 hours with the use of Coronary Computed Tomography Angiography (CT scanning) for your lower-risk population patient groups, which is by far the best observation length of stay that I've seen nationwide. (And your) chest pain medical director is absolutely remarkable (in the work she has done)."

NMCP had originally been accredited as a CPC in 2013 as the first and the only military treatment facility to receive the accreditation. A requirement of the accreditation is that facilities must have a robust and detailed transfer protocol in place so that the time from first medical contact by emergency medical services (EMS) to intervention in the Cardiac Catheterization Lab is less than 120 minutes.

The accreditation means that, in addition to TRICARE beneficiaries, anyone who is experiencing symptoms of a heart attack can be brought to the medical center by EMS if NMCP is the closest CPC-accredited medical facility. With the re-accreditation, local residents can continue to receive the best emergency cardiac care at NMCP.

"We first achieved accreditation back in 2013," said Linz, who is an interventional cardiologist. "(With the PCI designation), we've upgraded our accreditation now to have more detail about our capabilities with Cardiac Catheterization Lab services for heart attack care, so it's a much more comprehensive accreditation. This accreditation really gives us a great



Rebecca A. Perron

From the Cardiac Catheterization Laboratory control room at Naval Medical Center Portsmouth (NMCP), cardiovascular technician Hospitalman Jesse Wayer monitors the patient's vital signs and documents each step in the angioplasty procedure.



Rebecca A. Perron

Lt. Cmdr. GusTheodos, interventional cardiologist at Naval Medical Center Portsmouth (NMCP), center, reaches for an instrument from cardiovascular technician Hospital Corpsman 2nd Class Ryan Folkers while Cmdr. Nelle Linz, an interventional cardiologist and Chest Pain Center director, center, uses the live X-ray picture on a monitor to guide the catheter through the patient's heart and arteries. The Cardiac Catheterization Lab staff cares for patients during planned procedures, but also provides care for heart attack patient who present to NMCP's emergency room around the clock and are required to be at the facility within 30 minutes of activation of heart attack protocols.

reputation within the community as to what we can provide in terms of services."

The upgraded accreditation adds Primary PCI, which stands for percutaneous coronary intervention and was formerly known as angioplasty with stent. The non-surgical procedure uses a catheter to place a small structure called a stent to open up blood vessels in the heart that have been narrowed by plaque buildup.

The PCI designation requires that a call team made up of the Cardiac Catheterization Lab staff and an interventional cardiologist must arrive at the facility within 30 minutes of activation of heart attack protocols.

In order to add the designation, Linz said there were national benchmarks that NMCP was required to meet.

"There were 262 different metrics and requirements that we had to meet to achieve this accreditation," Linz said. "We were evaluated over a three-year time period, and the accreditation will last for three years. It's an absolute honor to be the director of the Chest Pain Center at NMCP. I have a dedicated team. Without having that dedication, we would never get to where we needed to be, to bridge communication between quality and safety all the way up through cardiology. So we are very excited about it."

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/](http://www.navy.mil/local/NMCP/).

# NRMA Firefighter-EMT wins ZOLL 2018 EMT scholarship

## From ZOLL Medical Corporation

### NORFOLK

Jeremy McElroy of Chesapeake, Va., a Firefighter-EMT with Navy Region Mid-Atlantic Fire and Emergency Services, has been awarded a ZOLL 2018 EMT Scholarship. The intent of the scholarship is to support the education of EMTs (Basic and Advanced EMT's) who are working toward their paramedic certification (EMT-P).

One of 12 recipients selected nationwide, McElroy demonstrated a career commitment to the profession of emergency medicine, and hopes to help develop and build the EMS system in his area as well as build stronger EMS education in his state. McElroy is currently enrolled in the Paramedic Program at Tidewater Community College.

"Mr. McElroy has demonstrated his devotion and enthusiasm for the field of emergency medicine. This scholarship will support him as he advances his lifesaving skills and becomes a certified paramedic," said Elijah A. White, Vice President of Marketing, ZOLL Resuscitation. During his three years of service



U.S. Navy photo

with the Navy Region Mid-Atlantic Fire and Emergency Services, McElroy received a lifesaving award for his role in resuscitating a 15-year-old drowning victim, as well as a performance commendation for his day-to-day responsibilities and his

service as the Virginia education coordinator for his EMS squad. He serves the Smithfield Volunteer Fire Department as a Live Fire Search Instructor and volunteers with the Muscular Dystrophy Association as a fitness and nutrition coach for

youth afflicted with MD.

Interim fire chief Kevin Janney said, "We are incredibly proud of Jeremy. Pursuing this training on his own demonstrates great enthusiasm, and commitment to the department and his career."

Prior to becoming a Firefighter-EMT, McElroy served four years with the U.S. Marine Corps as an infantryman. He served two tours of duty in Afghanistan and one in Libya. He is the recipient of a Purple Heart and a Combat Action Ribbon.

Jeremy is assigned to Navy Region Mid-Atlantic fire station 5 at Joint Expeditionary Base Little Creek Fort-Story.

## About ZOLL Medical Corporation

ZOLL Medical Corporation, an Asahi Kasei Group Company, develops and markets medical devices and software solutions that help advance emergency care and save lives, while increasing clinical and operational efficiencies. With products for defibrillation and monitoring, circulation and CPR feedback, data management, therapeutic temperature management, and ventilation, ZOLL provides a comprehensive set of technologies that help clinicians, EMS and fire professionals, and lay rescuers treat victims needing resuscitation and acute critical care.

For more information, visit [www.zoll.com](http://www.zoll.com).



TRAILBLAZER | *The Navy’s first female admiral passes away at 98 years old.*

Continued from A1

Philadelphia, Penn.

Her skills in ward management, surgical nursing and mentoring would be put to use over the next two decades while serving at hospitals in San Diego; and Yokosuka, Japan; at the Recruiting Station in Chicago; and in Wash., D.C.

In May 1970, following assignments as assistant for Nurse Recruitment in the Office of the Deputy Assistant Secretary of Defense (Health Affairs) and assistant head of Medical Placement Liaison (Nurse Corps) at the Bureau of Naval Personnel, Duerk was appointed director of the Navy Nurse Corps.

Over the next five years, Duerk provided direction for the Nurse Corps, updating policies affecting Navy Medicine and expanding the sphere of nursing into ambulatory care, anesthesia, pediatrics, obstetrics and gynecology.

Her selection to the rank of rear admiral was approved by President Richard Nixon on April 26, 1972. The first woman to be selected for flag rank, she was advanced on June 1, 1972.

Rear Adm. Duerk retired in 1975, but remained a strong advocate for Navy nursing through the remainder of her life.

Duerk was awarded the Naval Reserve Medal, American Campaign



An undated file photo of Rear Adm. Alene Duerk during a promotion ceremony with Chief of Naval Operations Adm. Elmo “Bud” Zumwalt, left, and Secretary of the Navy John Warner. Duerk entered the Navy in January 1943 and initially served as a ward nurse at the Portsmouth and Bethesda naval hospitals. She was later assigned to the hospital ship USS Benevolence and deployed to the Pacific Theater during World War II in support of Adm. William Halsey’s Third Fleet. In May 1970, Duerk was appointed director of the Navy Nurse Corps. She became the first woman to attain flag rank in the U.S. Navy on June 1, 1972. Duerk was born in Defiance, Ohio and retired from the Navy in 1975.

U.S. Navy photo

Medal; Asiatic-Pacific Campaign Medal with bronze star; World War II Victory Medal; Navy Occupation Service Medal, Asia Clasp; and the National Defense Service Medal with bronze star.

Duerk’s biography offers greater insight into her service, it can be found online at the website of the Naval History and Heritage Command here: <http://www.history.navy.mil/browse-by-topic/diversity/women-in-the-navy/first-female-flag-officer.html>

See the entry on Duerk at the Library of Congress Veteran’s History Project online here: <http://memory.loc.gov/diglib/vhp/bib/loc.natlib.afc2001001.28852>

The Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for

the preservation, analysis, and dissemination of U.S. naval history and heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy’s unique and enduring contributions through our nation’s history, and supports the fleet by assisting with and delivering professional research, analysis, and interpretive

services. NHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, nine museums, USS Constitution repair facility and the historic ship Nautilus.

For more news from Naval History and Heritage Command, visit [www.history.navy.mil](http://www.history.navy.mil).

# IWTC VIRGINIA BEACH OFFERS, COMPLETES NEW PILOT COURSE FOR CTRS

By Lt. Tiya Deghetto  
Information Warfare Training Command Virginia Beach

**VIRGINIA BEACH, VA.**

Information Warfare Training Command (IWTC) Virginia Beach offered and completed its Advance Signals Analysis Training (ASAT) pilot course July 27.

The new ASAT curriculum was introduced to the first group of fleet students July 16-27. The new curriculum incorporates the most up to date Ship’s Systems Exploitation Equipment (SSEE) tools to mimic the real world environment. Students practice on relevant targets seen in operations worldwide and perfected their skills in a real-world environment.

Due to the constant change of fleet operations and geopolitical climate, the fleet demanded modernization of the courses taught to cryptologic technician (collection) operators to fill a gap in skill sets when it came to operations afloat. The fleet identified a gap in the knowledge base in which operators could build their skills in target development and analysis.

“The success of this ASAT pilot was the result of a lot of hard work and teamwork across the information warfare training enterprise,” said Cmdr. Andrew Boyden, IWTC Virginia Beach’s commanding officer. “Future fleet feedback will be imperative to continuing to improve this course going forward.”

The well-rounded pilot focus group ranged from new accessions to seasoned chief petty officers and a commissioned officer who want to better understand expectations of Sailors. The common feedback from the all was that they enjoyed the flow of the course much more than the previous courseware.

“The new course is great, the students were receptive to the changes, and we anticipate great feedback from the fleet,” said Cryptologic Technician (Collection) Samuel Caviness, an ASAT pilot course instructor.



U.S. Navy graphic

“The success of this ASAT pilot was the result of a lot of hard work and teamwork across the information warfare training enterprise.”

Cmdr. Andrew Boyden, IWTC Virginia Beach’s commanding officer

Most students considered the pilot a major success, and felt the new curriculum provided a better foundation of the building blocks needed to develop and refresh the analytical capabilities of the operators overall. All future convening dates will occur as requested in order to support shipboard and operational requirements.

IWTC Virginia Beach currently offers 65 courses of instruction in information technology, cryptology, and intelligence with an instructor and support staff of 280 military, civilian, and contract members who train over 6,400 students every year at five training sites in the Hampton Roads area. It is one of four school houses for Center for Information Warfare Training and also oversees learning sites at Jacksonville and Mayport, Florida; Kings Bay, Georgia; and Groton, Connecticut to continue aligning IW community training.

For more news from Center for Information Warfare Training enterprise, visit <http://www.navy.mil/local/cid/>, <http://www.netc.navy.mil/centers/ciwt/>, <http://www.facebook.com/NavyCIWT>, or <http://www.twitter.com/NavyCIWT>.

SURVEY | *Men and women surveyed to gather opinions and concerns on Navy life and family issues*

Continued from A7

Both men and women were surveyed to gather their opinions and concerns on Navy life and family issues. Survey results show reasons for staying or leaving the Navy were similar for both women and men.

The 2018 survey was sent to a randomly selected group of 29,103 women and 49,800 men on active duty, representing 48 percent and 19 percent of the active duty force, respectively. The survey produced 12,682 useable responses, with a 16 percent response rate and a margin of error of plus or minus 1 percentage point.

Some of the key takeaways from participants of the 2018 survey include:

## 2018 Survey Takeaways:

- Men and women have similar influencers to stay Navy, including job security/stability, pay/benefits, retirement and service to nation. Men and women have similar influencers to leave the service as well, including family impact, work/life balance and schedule predictability.
- Men and women find it difficult to balance a Navy career with a personal life, and policies intended to improve life/work balance need to be directed to all Sailors. Forty-five percent of unmarried men and 52 percent of unmarried women report being in the Navy has reduced the likelihood that they will get married, while 41 percent of men without children and 49 percent of women without children report that being in the Navy has reduced the likelihood that they will have or adopt children.
- Experiences and perceptions vary widely between men and women, and parents and non-parents. 55 percent of women think having children negatively impacts the careers of women, compared to only 26 percent of men.
- Women in the Navy are less likely than men to be married or have children. Of Sailors who are married, women are more likely to be in a dual-military relationship.
- Approximately 9 percent of women in the Navy are pregnant at any point in time, and 17 percent of women had a pregnancy in the past year. Approximately 76 percent of female officer and 47 percent of female enlisted pregnancies are planned.
- Although 25 percent of women were attached to a deployable unit when they found out they were pregnant, only 15 percent of these women were actually deployed at the time.
- Fifty-one percent of women who were transferred to a new command due to pregnancy felt valued by their new command, but only 34 percent were transferred to a career-enhancing position.
- The percentage of single parents in the Navy is increasing (10 percent of women and 1 percent of men), indicating that the Navy is becoming more single-parent friendly.
- Women are more likely than men to embark on the adoption process without a partner and more likely to not complete the process due to work-related factors.
- Women are significantly less likely than their male peers to have children. The percentage of men and women in the Navy who are parents is relatively similar through age 28 (32 percent), at which time the percentage of female parents begins to significantly lag behind the percentage of male parents. Women’s parenthood rates later increase between the ages of 33 to 35 to 68 percent, compared to 75 percent for men of the same age.
- While most Sailors think Navy provides adequate information on how to access birth control, only 44 percent think there is enough information on birth control side effects and 36 percent think there is enough information on how to access emergency contraception.
- Of women who use birth control, 89 percent received enough to last the entire length of their most recent deployment, a slight increase from the 2016 survey.
- Although most women (54 percent) are satisfied with the quality of military OB/GYN care, only 48 percent report having easy access to OB/GYN care regardless of duty station, and only 22 percent have easy access while on shore duty.
- While 61 percent of Sailors report hearing their command’s leaders talk about work/life balance, only 47 percent see their command’s leaders demonstrate work/life balance.

A summary of the survey can be found at <http://www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx>.

For more news from Chief of Naval Personnel, visit [www.navy.mil/local/cnp](http://www.navy.mil/local/cnp).



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Mattis: U.S. Troop remains repatriation ‘sets a positive environment’

North Korea turns over 55 cases of remains of fallen U.S. service members from the Korean War.

» See B6



Lt.j.g. Chloe Morgan

Sailors deployed to U.S. 5th Fleet’s Task Group 52.3 prepare to depart a boat during a familiarization dive with the Egyptian Naval Force (ENF) during Eagle Response 18. Eagle Response 18 is an explosive ordnance disposal and diving exercise with the ENF conducted to enhance interoperability and war-fighting readiness, fortify military-to-military relationships and advance operational capabilities of all participating units.

“Diving is one of the most hazardous evolutions a human can do, and it’s important we share our experiences and learn from each other to improve safety across the board.”

Chief Hospital Corpsman  
Eli Hernandez

From Cmdr. NAVCENT Public Affairs  
U.S. Naval Forces Central Command / U.S. 5th Fleet

EGYPT

The U.S. Navy with Egyptian Naval Forces commenced exercise Eagle Response 18 at the Red Sea Naval Base, Egypt, July 24.

Eagle Response 18 is an explosive ordnance disposal and diving exercise conducted with the Egyptian Naval Force and other participating nations to enhance interoperability and war-fighting readiness, fortify military-to-military relationships and advance operational capabilities of all participating units.

“We are fortunate to have this opportunity to build strong relationships to strengthen our maritime security capabilities,” said Lt. John James, the U.S. Navy on-scene commander for the exercise. “Training opportunities like these give our Sailors the unique chance to learn from different nations and show them what we can do.”

The U.S. Sailors represent Task Force 52, U.S. 5th Fleet’s mine warfare task force. The U.S. delegation is part of Task Group 52.3, and includes deployed Sailors from Explosive Ordnance Disposal Mobile Unit 6; Mobile Diving and Salvage Unit 2, Company 25; and the Naval Oceanography Mine Warfare Center.

The exercise began with a welcoming brief, classroom trainings and decompression chamber familiarization.

“It was great seeing a variety of nations compare



A sailor deployed to U.S. 5th Fleet’s Task Group 52.3, left, and Egyptian Naval Force (ENF) Sailors conduct a familiarization dive during Eagle Response 18. Eagle Response 18 is an explosive ordnance disposal and diving exercise with the ENF conducted to enhance interoperability and war-fighting readiness, fortify military-to-military relationships and advance operational capabilities of all participating units.

U.S. Navy photo

their personal experiences with decompression training from a medical perspective,” said Chief Hospital Corpsman Eli Hernandez, who lead the hands-on decompression training. “Diving is one of the most hazardous evolutions a human can do, and it’s important we share our experiences and learn from each other to improve safety across the board.”

Scheduled events include underwater detonation drills, unmanned underwater vehicle operations and antiterrorism/force protection dives.

The exercise is part of Eagle Salute 18, a surface exercise, to provide opportunities for participating

nations to collaborate on an even wider range of maritime security operations.

U.S. Naval Forces Central Command conducts more than 20 bilateral and multilateral exercises with partner nations throughout the region each year. Exercise Eagle Response is one of numerous exercises vital to the U.S. Navy’s theater security cooperation efforts in building and enhancing solid regional and international relationships.

For more information on U.S. Naval Forces Central Command news, visit [www.cusnc.navy.mil](http://www.cusnc.navy.mil).

Camp Lemonnier embraces Sailor 360 Program

By PO1 Joseph Rullo  
Camp Lemonnier

CAMP LEMONNIER, DJIBOUTI

The Sailor 360 program is scheduled to be rolled out Navywide in October, and the initiative marks the first significant change since 2011 on how the service trains its enlisted leaders.

Navy Chief Petty Officer Irene Aguilar, the leading chief petty officer for the CPO 365 program here, said there are unique challenges, including scheduling, to incorporating the new training into deployments. Because of the high tempo of the operational mission and



PO1 Joseph Rullo

Sailors forward deployed to Camp Lemonnier participate in an early-morning group run as part of Chief Petty Officer 365 (CPO 365) training, July 10, 2018. The organization invited junior Sailors and other service members assigned to Camp Lemonnier and Combined Joint Task Force-Horn of Africa, to participate in the run, introducing them to the Navy’s new leadership training program, Sailor 360.

frequent personnel turnover, it could take longer here than elsewhere to fully implement the program.

“We are in a forward-deployed environment, so it’s not like we’re back home and can plan to have training on a set day,” Aguilar said. “We are here

to complete a mission; everyone is very busy.”

Seven Elements

Sailor 360 applies seven leadership

NAS SIGONELLA FIREFIGHTERS ASSIST LOCAL TOWN

From NAS Sigonella Public Affairs  
SIGONELLA, Sicily

The Navy crew, along with crews from the Province of Catania, and Italian Civil Protection personnel from the City of Motta responded to the fire near the north side of the town.

On Sunday evening, the base received a call from the Mayor of Motta asking for assistance in fighting fires near the town. Sigonella FES made the call that they would be able to send one truck and one command vehicle to assist while still being able to respond to any fires or emergencies that might come up on base.

The Commanding Officer of NAS Sigonella, Capt. Brent Trickel, approved the request for assistance and Engine 11 got on their way. “We are committed to providing support to our local communities,” said Trickel of the FES efforts to support the town.

NAS Sigonella sent four personnel on Engine 11 and one



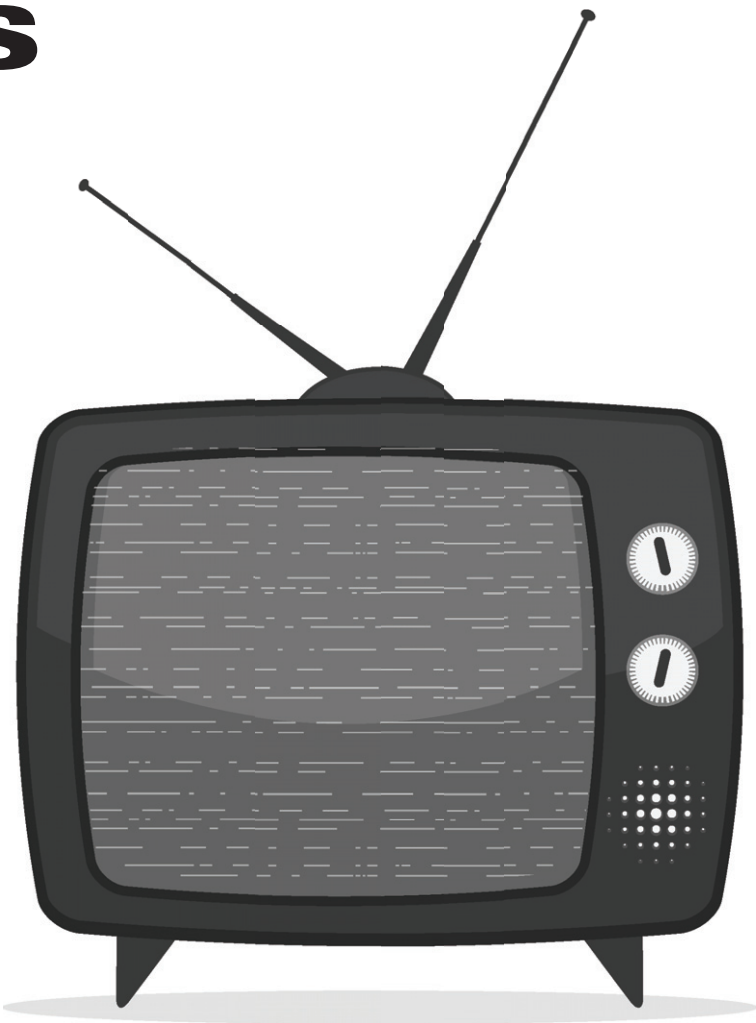
WHAT I LEARNED ABOUT MILITARY LIFE FROM WATCHING THE SOAPS

By Lisa Smith Molinari  
[Cue organ music.]  
[Distinguished male voice over:]

“In our last episode, publishing mogul Preston Thornton III was still in a coma as a result of the mysterious chandelier accident at his Bay City Mansion. His evil twin sister Iris hatched a deal with Metropolitan Hospital’s Dr. Lucas Moore to keep Preston unconscious until they had time to fraudulently embezzle his fortune. Meanwhile, Preston’s wife, Felicity, the genuine heir, fell in love with Dr. Moore while spending long hours in the hospital at her husband’s bedside. In a dramatic cliffhanger, Dr. Moore, Iris and Felicity found themselves in Preston’s hospital room, just as he opened his eyes and said to Felicity, ‘Who are you?’ Does Preston have amnesia? Will Dr. Moore continue to plot with Iris, or will he follow his heart and pursue Felicity? Will Preston cut his cheating wife out of his will? Who will get the riches? And who will find love? And now, another episode of . . .”

Yep, I’ll admit it. There was a period in my life when I watched the soaps. Off and on between 1995 and 2000, I spent a lot of time sitting on the couch watching TV in the middle of the day. No, I wasn’t eating bonbons. I was a young Navy wife at home nursing our babies, and what could be a more fitting way to pass the time than watching a bit of “boob tube?”

I found the soaps to be totally ludicrous, but surprisingly entertaining. Every soap opera char-



acter had been in a coma, was kidnapped, had amnesia, was switched with another baby at birth, came back from the dead, time traveled, and was cloned. I never took any of it seriously, although I am embarrassed to admit that I might have shed a tear or two when Bo married Fancy Face back in 1996.

I tried watching talk shows while nursing for a while, but Sallie Jesse Raphael, Maury Povich and Jenny Jones just didn’t provide the escapism I was seeking during my homebound years as a young Navy mom. Except for that

riveting episode when Maury interviewed people who claimed to have been abducted by aliens.

Now that my kids have all graduated from high school, I don’t have an excuse to sit on the couch in the middle of the day and watch soaps anymore. But as I enter a new empty nest phase of my life, I realize that those soap operas actually taught me an important life lesson.

No, not to hatch a plot to steal the Quartermaine family fortune, or to create an evil clone of Reva Lewis, or to confront devil-possessed Dr. Marlena Evans-Black

“Forget your reality for a moment and realize that you can do whatever you set your mind to.”

at Brady’s Pub, or to fake my death while in a voodoo trance.

Sure, the dramatic twists and turns can be hokey and unrealistic in the context of “General Hospital,” but the concept that “just about anything is possible” can be motivating to a young military spouse facing the tedious challenges of running a household alone. In a roundabout way, soap operas send the message, “Forget your reality for a moment and realize that you can do whatever you set your mind to”.

It IS possible for me to shower in the morning. It IS possible for me to exercise three days a week. It IS possible for me to save more money. It IS possible for me to cook something other than chicken nuggets for dinner. It IS possible to send my spouse a care package once a month during deployments. It IS possible for me to reach out to the new military spouse next door. It IS possible for our family to go to church on Sunday.

That’s not fantasy. That’s reality. Let’s face it, we only have “One Life to Live.” As for me, I will be a “Guiding Light” for “All My Children,” and teach them that, although they may feel “Young and Restless,” they should look for “The Bold and the Beautiful” things in life as they “Search for Tomorrow.” And “As the World Turns,” we should all spend “The Days of Our Lives” striving to be a little better each year.

It is possible, because just about anything is possible.

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Has it happened yet?

By Amanda-Lee Pitzer

Everyone thinks getting your sailor back after months at sea is all sunshine and rainbows. To a certain extent, it certainly is. I still get butterflies waiting for him to walk off the ship and into my arms. I can’t wait to fall asleep hearing him beside me. (Yeah, even that snoring.) But then...it happens. Sometimes it happens hours after his arrival, sometimes it waits for days. I’m talking about reintegration. It’s like a curse word in my mouth. I still can’t decide which is worse, reintegration or pre-deployment.

When you’ve been doing this as long as I have, you at least know what to expect. The first time you go through it you’re absolutely befuddled that you are fighting over something so small already. Did you change that much? Did he? The fact of the matter is, when you’ve been going it alone and that routine gets disrupted, you almost don’t know how to handle it. That routine is what kept you going while he was away. It was the only thing you could control. So now here you are, looking at clothes on the floor. Doesn’t he know that clothes go in the hamper and not on the floor? Doesn’t he remember where the dishes go? And oh. my. goodness. The kids MUST be in bed at 8 sharp or there will be hell to pay tomorrow – and he just now decides we should go out for ice cream?

Take a breath. Again. Okay, is it that important? I’m not saying it isn’t, but is every single one of those things he’s doing worth the fight? I mean, yes, at some point clothes in the hamper would be nice. And sooner rather than later. But if you spent a whole day going at him for every mis-step, it’s going to spell disaster. And the same goes for him, you don’t want him walking around pointing out



Amanda-Lee Pitzer



■ Re•in•te•gra•tion:  
Restoration to a unified state.

Remember to communicate—in a way that isn’t nagging.

everything you’ve done wrong. So yes, take a breath. Those clothes on the floor? They show that he’s comfortable being home. The dishes that are on the counter instead of put away? They’re there because a kid that missed him like crazy is begging him to play a video game. That late-night ice cream run? He’s trying to make a memory to make up for his absence.

It took us years to learn the art of reintegra-

tion. Our last reintegration took months. Well, we don’t have months to reintegrate this time around so I refuse to let us do that again. Don’t forget to communicate—in a way that isn’t nagging. Pick up the clothes and when you’re cuddled up together, mention that you need his help keeping the house up, or the routine in tact, or whatever it is. He probably doesn’t even realize he’s doing it. Unless you’re my husband anyway. Those clothes on the floor are totally on purpose and have become somewhat of a joke and it doesn’t bother me anymore. Most days anyway.

NavyLife101



**Q. I just moved into my apartment, and certain things are not working...what can I do to get them fixed?**

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Chief of Naval Operations (CNO) Adm. John Richardson engages with Chilean navy leadership aboard the Chilean navy flag ship CNS Williams (FF 19) to strengthen the US-Chile naval partnership and recognize their contributions as a leader in Pacific maritime security. During the visit, Richardson toured Chilean navy facilities, presented awards to Chilean naval officers, and met with his Chilean counterpart, Adm. Julio Leiva Molina. CNO is on a multi-day trip to South America to strengthen partnerships and seek more opportunities for combined operations.

U.S. Navy photos

# CNO strengthens naval partnerships in Chile

From Chief of Naval Operations Public Affairs Communications

VALPARAISO, CHILE

Chief of Naval Operations (CNO) Adm. John Richardson visited Chile, July 28, to meet with Chilean navy leadership, recognize the country’s contribution to Pacific maritime security and discuss ways in which the U.S. and Chilean navies can continue to grow their partnership.

During the visit, Richardson toured Chile’s National Tsunami Early Warning Center, presented awards to Chilean naval officers and met with his Chilean counterpart, Adm. Julio Leiva Molina.

The visit is part of a series of engagements in South America, beginning with the Inter-American Naval Conference (IANC) in Colombia, where 18 heads of navies met to discuss strengthening partnerships and increasing maritime cooperation.

At IANC, Richardson praised Chile’s leadership in the multinational Rim of the Pacific (RIMPAC) exercise.

“Chile is participating for the 12th time, but in a historic first, the Chilean Commodore Pablo Niemann serves as the combined forces maritime component commander, in effect, commanding all maneuvering afloat forces in a series of high-end warfare missions,” said Richardson. “This role is a worthy opportunity to showcase the Armada de Chile’s first-class capabilities.”

During his visit, CNO presented the legion of merit to two Chilean naval attaché officers aboard the Chilean navy flag ship CNS Williams (FF 19) in recognition of their work to expand the partnership between the U.S. and Chile.

“These types of relationships are very important and allow us to combine our forces, not only to maximize our naval power, but also to bring our countries closer together,” said Richardson. “The work of our two awardees is a fantastic example of the power of diplomacy to enhance naval and national relationships.”

CNO’s visit coincided with the 200-year anniversary of the Chilean navy, and Rich-



Chief of Naval Operations (CNO) Adm. John Richardson engages with Chilean navy leadership aboard the Chilean navy flag ship CNS Williams (FF 19) to strengthen the US-Chile naval partnership and recognize their contributions as a leader in Pacific maritime security. During the visit, Richardson toured Chilean navy facilities, presented awards to Chilean naval officers, and met with his Chilean counterpart, Adm. Julio Leiva Molina. CNO is on a multi-day trip to South America to strengthen partnerships and seek more opportunities for combined operations.

ardson congratulated Armada de Chile on their historic milestone.

“Two hundred years is a remarkable anniversary,” said Richardson. “There’s not many navies in the world that can mark 200 years of service to their country. To all of the sail-

ors in the Chilean navy, my very best wishes—I hope you are very proud of what you do to secure the freedom of seas that is the engine which fuels the Chilean economy and secures Chile from attack from anybody who dare to take her on,” Richardson added.

4

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U.S. Navy photo  
Naval Oceanographic Office personnel prepare to launch 10 littoral battlespace sensing gliders from USNS Maury in the Eastern Atlantic Ocean in support of NAVOCEANO's goal to deploy more than 50 gliders globally. These gliders are unmanned underwater vehicles used to collect data that is incorporated into ocean models, ultimately providing underwater forecasts for U.S. Navy operations.

# NAVOCEANO forges ahead, surpassing unmanned systems milestone

By Rebecca Burke Eckhoff  
Naval Oceanographic Office Public Affairs

## STENNIS SPACE CENTER, MISS.

The Naval Oceanographic Office (NAVOCEANO) made history earlier this year, simultaneously commanding and controlling 50 ocean gliders, more than any other governmental or academic entity, and continues to raise the bar this summer.

The U.S. Navy's leader in the operation of unmanned underwater vehicles (UUVs), NAVOCEANO's oceanographic and engineering departments are on track to exceed their own milestone, achieved in April 2018. Dozens of additional gliders have been launched from a range of platforms, including the T-AGS class ships under the command's technical control, in the last few months.

"We are well on our way to having 100 si-

multaneously deployed gliders. It has taken hard work and dedication from all involved as we find new ways to implement automation and gain efficiency," says Bryan Mensi, NAVOCEANO glider operations branch head.

The Littoral Battlespace Sensing (LBS) gliders employed by NAVOCEANO are UUVs used to collect environmental data such as temperature, salinity (salt content), water clarity and depth. Once launched from a T-AGS ship or vessel of opportunity, the UUVs are directed to predetermined locations by NAVOCEANO glider pilots based at Stennis Space Center in southern Mississippi. The military and civilian pilots manning the command's Glider Operations Center use satellite communications to direct the vehicles while monitoring data collection and glider performance 24 hours a day, seven days a week.

The temperature and salinity profiles the gliders collect within the water column are assimilated into ocean models that provide underwater forecasts, similar to the way atmospheric models are used to provide weather forecasts. These forecasts are imperative to a wide range of naval operations and have numerous applications, from diver safety to detection of submarines to hurricane prediction.

NAVOCEANO has been operating gliders for decades, and is now home of the world's largest fleet of these vehicles, which have been launched from an array of vessels operated by the U.S. Navy, U.S. Coast Guard, and the National Oceanic and Atmospheric Administration, as well as universities. With average missions spanning several months, LBS gliders collect thousands of environmental data profiles across the globe each year at a fraction of the cost of ship-collected data.

NAVOCEANO, comprised of approximately 700 military, civilian, and contractor personnel, uses a variety of platforms including ships, aircraft, satellite sensors, buoys, and unmanned underwater vehicles to collect oceanographic and hydrographic data from the world's oceans.

For more news from Naval Oceanographic Office, visit [www.navy.mil/local/navo/](http://www.navy.mil/local/navo/).



U.S. Navy photo  
USNS Bowditch crew members and Naval Oceanographic Office surveyors conduct routine night operations recovering a littoral battlespace sensing glider in the Philippine Sea. These gliders can collect environmental data, such as water temperature and salinity, for months at a time without the need for active propulsion.



Force Master Chief James Osborne, Naval Surface Force, U.S. Pacific Fleet, is gifted a star quilt from members of the Fargo Native American Commission during Fargo-Moorhead Metro Navy Week. The Navy Office of Community Outreach uses the Navy Week program to bring Navy Sailors, equipment and displays to approximately 14 American cities each year for a week-long schedule of outreach engagements designed for Americans to experience first hand how the U.S. Navy is the Navy the nation needs.

MC2 Wyatt Anthony

# Force Master Chief, U.S. Pacific Fleet, meets with Fargo Native American Commission

By MC2 Wyatt L. Anthony  
FARGO, N.D.

Force Master Chief James Osborne, force master chief, U.S. Pacific Fleet, visited with the Fargo Native American Commission (NAC) while visiting Fargo, N.D., during Fargo-Moorhead Metro Navy Week.

Osborne met with the NAC, which is the first of its kind in the United States, to gain a better understanding of their history in the area, their history of service in the Armed Forces, the challenges they are facing today and the work that some of their members do within the Department of Veterans Affairs.

"Our goal for the meeting today was to let the master chief know about the concerns and challenges faced by Native American people today in urban environments, such as Fargo," said Sharon White Bear, a member of the Arikara tribe and the NAC chairperson.

The meeting included welcome songs performed by a local group of Native American tribal musicians, presentations from several different members of the NAC and traditional Native American cuisine from the North Dakota area.

"Today I was here to honor the (NAC), hear their story, (to learn about) their history and dedication of Native Americans to our

nation and serving the country, specifically the Navy," said Osborne.

Osborne, who is visiting Fargo for the Fargo-Moorhead Metro Navy Week, went on to say, "Navy week itself is a way to educate the community, but also a way to educate us as well on what is happening. That is what took place this morning, and it was all very rewarding to hear about their dedication to serving the community and veterans."

The meeting between Osborne and the NAC concluded with the NAC gifting Osborne with a traditional Native American star quilt, which was draped around Osborne's shoulders as a symbolic way to honor and

protect him on his journey through life.

"We give the (star quilts) to people that we are honoring," said White Bear. "He came to visit us, at his request he came and asked to see the native people for Navy Week, and we were very happy to see that he was interested in us, and wanted to see what, and how, we were doing. It was a real honor to have him come hear and see what we are doing"

"(When receiving the quilt I) was almost in tears. It was very humbling, (I felt) very privileged, and did not expect that," said Osborne. "I was very moved, humbled and honored to have received (the star quilt)."

The Navy Office of Community Outreach uses the Navy Week program to bring Navy Sailors, equipment and displays to approximately 14 American cities each year for a week-long schedule of outreach engagements designed for Americans to experience first-hand how the U.S. Navy is the Navy the nation needs.

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).



# USS CARL VINSON RESCUES MARINERS OFF HAWAIIAN COAST



P02 Sebastian Mendieta

Naval Aircrewman (Helicopter) 1st Class Justin Greene, a search and rescue swimmer from the “Black Knights” of Helicopter Sea Combat Squadron (HSC) 4, responds to a distress call on the island of Niihau. Mariners issued a distress call after their 36-foot vessel ran aground in shallow water. HSC 4 is embarked on board the aircraft carrier USS Carl Vinson (CVN 70).

## From USS Carl Vinson Public Affairs

### PACIFIC OCEAN

Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) rescued five mariners in distress July 27 near Hawaii’s westernmost inhabited island.

The mariners issued a distress call after their 36-foot vessel ran aground in shallow water near the island of Niihau.

Two MH-60S Sea Hawk helicopters assigned to the “Black Knights” of Helicopter Sea Combat Squadron (HSC) 4 airlifted the mariners from their vessel to shore at approximately 8:30 a.m. local time.

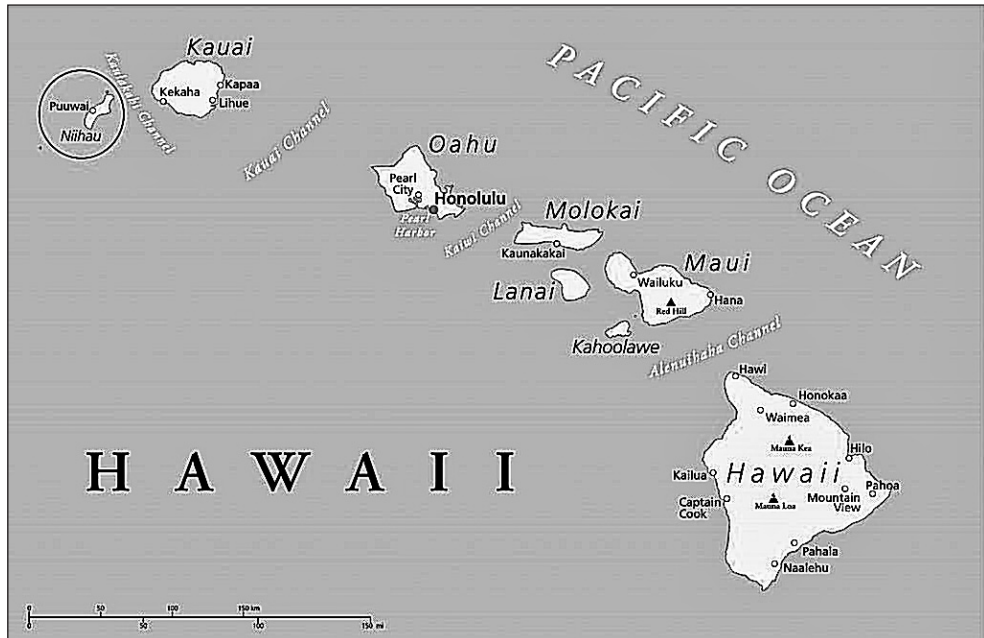
Carl Vinson was operating seven miles from the vessel when bridge watchstanders heard the distress call and offered assistance. HSC-4 transported four of the mariners to

a U.S. Coast Guard facility on the island of Kauai. The fifth mariner was flown to a local medical facility for evaluation.

“We were ready,” said Capt. Matt Paradise, Carl Vinson’s commanding officer. “When nearby mariners needed assistance, we stepped up immediately and helped. That is what we are trained to do, and I’m proud of our team.”

A Coast Guard MH-65 Dolphin helicopter crew from Coast Guard Air Station Barbers Point and a 45-foot Response Boat-Medium crew from Coast Guard Station Kauai deployed to assess the scene. The Coast Guard is working to determine the best way to re-float the vessel.

“This case illustrates the partnerships we enjoy in Hawaii as the Navy was quick to respond and get this mariner to a higher lev-



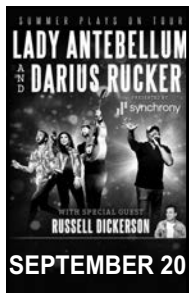
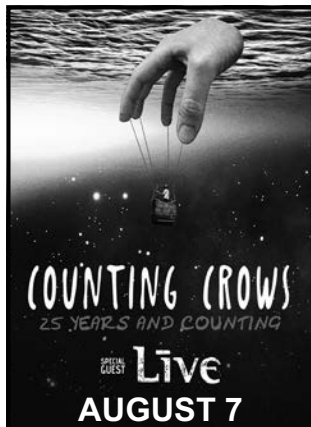
el of medical care,” said Ensign Seth Gross, command duty officer with Coast Guard Sector Honolulu. “The Coast Guard’s role now is to assess the vessel and work with the owner as available to mitigate any impact to the environment from the fuel and batteries aboard.”

Carl Vinson is conducting training missions in the Pacific Ocean as part of the Rim of the Pacific (RIMPAC) exercise. The carrier supports more than 5,000 Sailors and 70 aircraft from Carrier Air Wing 2. Carl

Vinson also serves as the flagship for Commander, Carrier Strike Group 1.

RIMPAC is the world’s largest international maritime exercise and offers a uniquely complex and challenging multinational environment for forces to hone their skills. Participants this year include more than 25,000 personnel from 25 nations.

For more news from USS Carl Vinson CVN 70, visit [www.navy.mil/local/CVN70/](http://www.navy.mil/local/CVN70/).



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Courtesy of the Navy Museum  
A newspaper headline announcing the Korean War's end.

# THE KOREAN WAR ARMISTICE EXPLAINED

By Katie Lange

Sixty-five years ago, on July 27, 1953, North and South Korea signed an armistice – a formal agreement made by opposing sides in a war – which ended the Korean War.

Negotiations for the armistice spanned over two years, the longest negotiated armistice in his-

tory.

Over those two years, the U.S., North and South Korea met in Panmunjom on the border between the two countries. There were 158 meetings before any of the parties agreed to sign the document. During the meetings, all parties sought to make an agreement that would suspend open hostilities, arrange

the release and repatriation of prisoners of war and prevent all sides from entering areas under control of the other.

In the final meeting, the Korean armistice accomplished those goals and established the Military Armistice Commission, as well as other agencies to discuss any violations and ensure adherence to the truce terms. Additionally, the armistice made a 4,000-meter-wide zone where all military forces and equipment would not be allowed as part of the agreement to suspend hostilities.

The Korean armistice was signed by U.S. Army Lt. Gen. William K. Harrison Jr. of the United Nations Command Delegation and North Korean Gen. Nam Il, who also represented China, putting an end to the roughly three years of fighting of the 1950-1953 Korean War.

The Korean armistice is unique because it is purely a military document. No nation signed the agreement.



United Nations Honor Guard member carries remains during a dignified return ceremony at Osan Air Base, Republic of Korea, Friday. Members of the command and the Osan community were on hand at the arrival ceremony.  
U.S. Air Force photo

## U.S. receives fallen service members' remains from North Korea

From DoD News  
Defense Media Activity

### WASHINGTON

The United Nations Command with support from U.S. Forces Korea today repatriated 55 cases of remains of fallen U.S. service members returned by the Democratic People's Republic of Korea, also known as North Korea, according to a news release.

A U.S. cargo aircraft flew to Wonsan, North Korea, to receive the remains and returned promptly to Osan Air Base, South Korea, the release said.

"It was a successful mission following extensive coordination," United Nations Command, Combined Forces Command and U.S. Forces Korea commander Army Gen. Vincent K. Brooks said in the release.

"Now, we will prepare to honor our fallen before they continue on their journey home," Brooks added.

Brooks will host a full honors ceremony for the fallen service members August 1. Immediately following that ceremony, the remains will be flown to Hawaii for further processing under the Defense POW/MIA Accounting Agency.

The UNC in Korea remains committed to enforcing the 1953 U.N. Armistice Agreement to return fallen service members, the release said.

"The United States owes a profound debt of gratitude to those American service members who gave their lives in service to their country and we are working diligently to bring them home," according to a statement released by the White House. "It is a solemn obligation of the United States government to ensure that the remains are handled with dignity and properly accounted for so their families receive them in an honorable manner."

"Today's actions represent a significant first step to recommence the repatriation of remains from North Korea and to resume field operations in North Korea to search for the estimated 5,300 Americans who have not yet returned home," the statement added.

After the armistice was signed, a new border between North and South Korea was drawn, giving South Korea additional territory and establishing the Demilitarized

Zone between the two nations. The armistice ceased a war that costed the lives of millions of Koreans, Chinese and Americans.



Navy Museum photo  
Army Gen. Mark W. Clark signs the Korean War Armistice agreement on July 27, 1953, after two years of negotiations.

## Mattis: U.S. Troop remains repatriation 'sets a positive environment'

By Jim Garamone  
DoD News, Defense Media Activity

### WASHINGTON

Defense Secretary James N. Mattis said he's pleased North Korea has turned over 55 cases of remains of fallen U.S. service members from the Korean War, and looks forward to further negotiations to repatriate the remains of more fallen service members.

Defense Secretary James N. Mattis welcomes Yusuf bin Alawi, Oman's minister responsible for foreign affairs, to the Pentagon for consultations.

The secretary spoke to reporters this morning at the Pentagon before he welcomed Yusuf bin Alawi, Oman's minister responsible for foreign affairs, to the Pentagon.

Mattis said the North Korean gesture indicates the relationship between North Korea and the United States is thawing.

"The remains were turned over ... as initiated during the summit that President [Donald J.] Trump had with Chairman Kim [Jong Un]," Mattis said. "It was a coordination effort over the past month to determine where they would deliver the remains to, and where our plane would fly in, where we would take them to for the initial review."



Photo by Jim Garamone  
Defense Secretary James N. Mattis welcomes Yusuf bin Alawi, Oman's minister responsible for foreign affairs, to the Pentagon for consultations, July 27.

'A Step in the Right Direction'

The secretary added, "All of that went well. I think when you have that sort of communication going on it sets a positive environment and tone for other things in terms of international diplomacy. This humanitarian act is a step in the right direction."

The secretary said negotiations are underway to have U.S. teams come to North Korea to search for more fallen U.S. service members' remains.

Mattis said he is in constant contact with Secretary of State Mike Pompeo on this matter and more. DoD is in a support role to the State Department in negotiations with North Korea, but all levels are informed and DoD personnel are integral to the team, he said.

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Lucas Lechtenberg

Aviation Boatswain’s Mate (Handling) 2nd Class Daniel Heard and Aviation Boatswain’s Mate (Handling) 1st Class Kira Edgehill, assigned to the Naval Air Station (NAS) Sigonella Fire and Emergency Services Department, assist the Province of Catania fire department in fighting a fire near the town of Motta Sant’Anastasia. NAS Sigonella is an operational ashore base that enables U.S., allied, and partner nation forces to be where they are needed and when they are needed to ensure security and stability in Europe, Africa, and Southwest Asia.

## SAILOR 360 | service will see a significant change enlisted leader training

Continued from B1

elements: alignment, habits, training, education, opportunity, feedback and self-awareness.

Aguilar said the aim of Sailor 360 is to introduce these leadership elements to sailors below the rank of petty officer first class — something that was not part of the previous leadership model.

“We tend to focus leadership at a senior level,” she said. “The junior enlisted people are the foundation of the Navy and our future chiefs.”

Navy Secretary Richard V. Spencer addressed the Sailor 360 program’s integrated leadership style in “Laying the Keel — Developing the Backbone of Our Navy.”

“A professional, formal leadership development curriculum reinforced by innovative, meaningful command-developed training such as Sailor 360 [is] how command leaders will grow competence and improve character while instilling integrity, accountability, initiative and toughness in every sailor,” he wrote.

Because Sailor 360 is command developed, leaders have the flexibility to tailor existing source material to best

fit their observed needs.

A majority of sailors deployed to Camp Lemonnier are members of the Navy Reserve. Before deploying, many reserve sailors are introduced to leadership training through CPO 365 at their Navy operational support centers.

Aguilar said if reserve centers emphasize the importance of this training, it will help lay the foundation for the continuation of training for those stationed here.

### Comprehensive Training Approach

Camp Lemonnier’s Command Master Chief, Jon H. Morton, said that with the rollout of Sailor 360, he anticipates a more comprehensive approach to leadership training at the lower enlisted levels. The type of training Sailor 360 offers is the most effective way to develop long-lasting leadership skills, he added.

“Sailor 360’s experiential learning curriculum will be better for junior sailors,” Morton said. “The top-down approach of a lecture-based training just doesn’t have the same impact. I’m looking forward to this change.”

Camp Lemonnier’s mission in-

“A professional, formal leadership development curriculum reinforced by innovative, meaningful command-developed training such as Sailor 360 [is] how command leaders will grow competence and improve character while instilling integrity, accountability, initiative and toughness in every sailor.”

Navy Secretary  
Richard V. Spencer

cludes enabling joint warfighters operating forward and reinforcing the U.S.-Djibouti relationship by providing exceptional services and facilities for tenant commands, transient U.S. assets and service members.

# ANCCR Program achieves utility commodity cost savings for DON

From Naval Facilities Engineering Command, Resilient Energy Program Office

## WASHINGTON

The Advancing Navy Commodities Cost Reduction (ANCCR) Program realized its first cost savings at Naval Station Rota by using market projections and forward contract prices to recommend a new competitive electricity procurement strategy.

The ANCCR team also developed an Internal Government Estimate (IGE) that was within 1 percent of the awarded contractor’s bid price, highlighting the accuracy and sophistication of ANCCR’s analytical capability and validating the procurement strategy.

Within Naval Facilities Engineering Command (NAVFAC) Europe Africa Southwest Asia (EURAFSWA), the ANCCR program has been lauded as setting a new standard in contracting.

“Thanks to the ANCCR teamwork, we can speak of a successful strategy and effort. In addition to the tangible savings, we’ve also improved the contract language and the overall solicitation process,” said Maurizio Caschera, FEC EURAFSWA Public Works Utilities Manager. “Our Acquisition support line was very impressed by the team’s market analysis and the IGE.”

The ANCCR program serves as a community of expertise for Department of the Navy (DON) utilities procurement that drives cost reduction and process improvement. The goal of the Program is to identify 5 percent savings opportunities on purchased utility commodity costs by December 2019, which establishes a one-

time target of \$40 million.

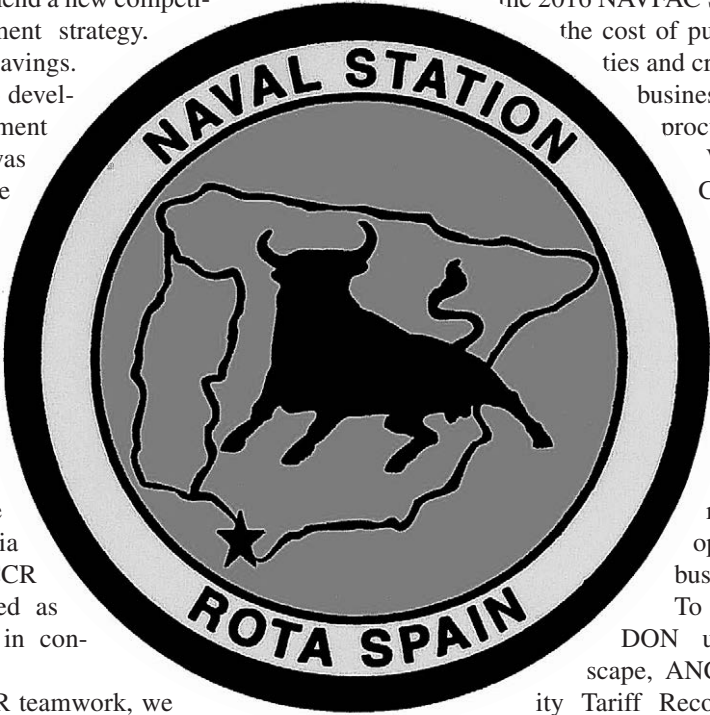
“The DON has a big utility bill. If we improve how we purchase utilities, even saving a small percentage results in serious savings,” said Rear Adm. Bret J. Muilenburg, commander, NAVFAC. “Those savings enable resource flexibility in support of the DON mission.”

NAVFAC established the ANCCR Program as part of the 2016 NAVFAC Strategic Design to reduce the cost of purchased utility commodities and create a hub of expertise for business case analysis and utility procurements.

Within its first year, ANCCR analyzed 17 separate opportunities to reduce costs at NAVFAC regions throughout the world, utilizing three strategies developed to meet the \$40 million target: reducing projected utility commodity costs, identifying market and utility revenue opportunities, and optimizing enterprise-wide business processes.

To simplify the complex DON utility commodity landscape, ANCCR developed the Utility Tariff Record Management System (UTRMS), a business intelligence tool designed to analyze and visualize DON utility data, enabling cost-effective purchasing decisions.

ANCCR continues to pursue DON utility commodity cost-saving and revenue-generation opportunities from its pipeline of pilot projects. The Program is positioned to meet the \$40 million target by December 2019 following strategies outlined in a comprehensive Execution Roadmap developed by the program in coordination with NAVFACs Atlantic, Pacific, and their respective echelon IV FECs.



## FIGHTING FIRES | NAS Sigonella and Italian fire crews work together

Continued from B1

Senior Fire Officer in a command vehicle to the scene to see where they could be useful. The on-scene commander, one of the fire officers from Catania, assigned the Navy crew to the northern end of the fire line. After extinguishing the fire in that area, they were reassigned to fight the fire at a construction material storage warehouse belonging to the company Edil Motta.

This is the first time in over six years that the base has been called to fight a fire off of the installation. The NAS Sigonella personnel who responded to the fire were a mixed crew composed of two local national firefighters, two Sailors, and Assistant Fire Chief Lucas Lechtenberg, the Senior Fire Officer in charge of the group.

“This is the first time that our crews and the Italian crews have worked together on a joint scene,” said Lechtenberg. “When we got there everyone knew what to do and got right to work. Firefighting is the same here in Italy as it is in the United States.”

After about two hours on the scene, thanks to all of the crews working together, the fire had been extinguished and Engine 11 was able to pack up and head back to the base.

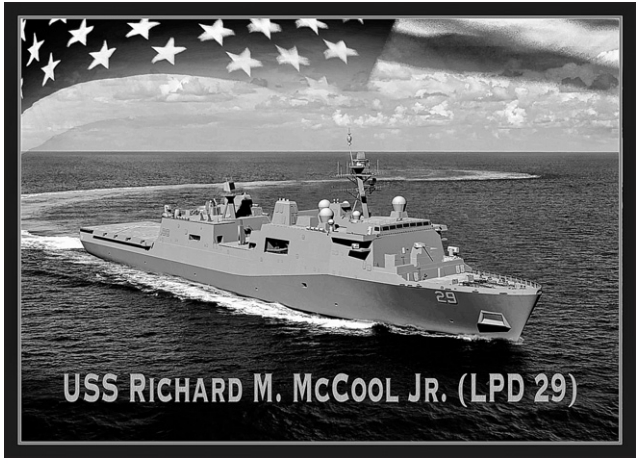
On Monday 23 July, FES once again was asked to help fight another fire in Motta. This time the fire, although smaller, was much closer to the inhabited areas of the town. With Trickel’s approval, three vehicles were sent and six more firefighters from Sigonella got the opportunity to work with their local counterparts.

“Though we won’t always be able to respond, we are very happy to assist when we can,” said John Ogletree, NAS Sigonella Acting Fire Chief. “Of course the safety of the base and the success of NAS Sigonella’s mission comes first, but part of that is ensuring the surrounding areas also stay safe.”

Due to its proximity to NAS Sigonella, Motta is a popular place for American personnel to live, and to frequent for shopping and dining.

NAS Sigonella, “The Hub of the Med”, is a U.S. Navy installation and an Italian Air Force base in Sicily, Italy. NAS Sigonella is the Navy’s second largest security command, second only to that located at Naval Support Activity Bahrain. Because of its location near the center of the Mediterranean Sea, NASSIG is well placed to support operations by the U.S. 6th Fleet, other U.S. military units, and U.S. allies and coalition partners.

For more news from Naval Air Station Sigonella, visit [www.navy.mil/local/hassig](http://www.navy.mil/local/hassig)



MC1 Raymond D. Diaz III

A graphic illustration of the future San Antonio-class amphibious transport dock ship USS Richard M. McCool Jr. (LPD 29).

## Fabrication begins on Amphibious Assault Ship Richard M. McCool, Jr.

From Team Ships Public Affairs

### PASCAGOULA, MISS.

Huntington Ingalls Industries (HII) started fabrication of the 13th LPD-17 San Antonio class ship, LPD-29, July 30, at its shipyard in Pascagoula, Mississippi. The start of fabrication signifies that the first 100 tons of steel have been cut.

“We are excited to commence fabrication on the 13th and final ship of the LPD-17 Flight I class,” said Capt. Brian Metcalf, LPD 17 class program manager for Program Executive Office Ships. “We continue to benefit from the maturity of this program, and look forward to achieving future production milestones as we work to deliver this versatile and capable warship to the fleet.”

LPD-29 is named in honor of Navy veteran and Medal of Honor recipient, Capt. Richard M. McCool, Jr., and will be the first vessel to bear the name. McCool served in defense of the nation for 30 years, spanning three wars. He was awarded the Medal of Honor in 1945 for heroism, after his ship was attacked by kamikaze aircraft and he led efforts to save the ship and rescue injured Sailors.

The principal mission of LPD-17 San Antonio class amphibious transport dock ships is to transport and deploy the necessary combat and support elements of Marine expeditionary units and brigades. The ship will carry approximately 720 troops, have the capability of transporting and debarking air cushion or amphibious assault vehicles, and accommodate virtually every size of Marine Corps helicopter and its tilt-rotor MV-22 Ospreys. These ships will support amphibious assault, special operations and expeditionary warfare missions through the first half of the 21st century.

The Navy awarded the detail design and construction contract for LPD-29 to HII on Feb. 16, 2018. Eleven San Antonio class ships have been delivered, the most recent being USS Portland (LPD 27), which was commissioned April 21, 2018. LPD-28 and 29 will serve as transition ships to LPD-30, the first ship of the LPD 17 Flight II class. LPD Flight II class ships will be the replacement for the Navy’s aging LSD 41/49 class ships.

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. Currently, the majority of shipbuilding programs managed by PEO Ships are benefiting from serial production efficiencies, which are critical to delivering ships on cost and schedule.

For more news from Naval Sea Systems Command, visit [www.navy.mil/local/navseal](http://www.navy.mil/local/navseal).



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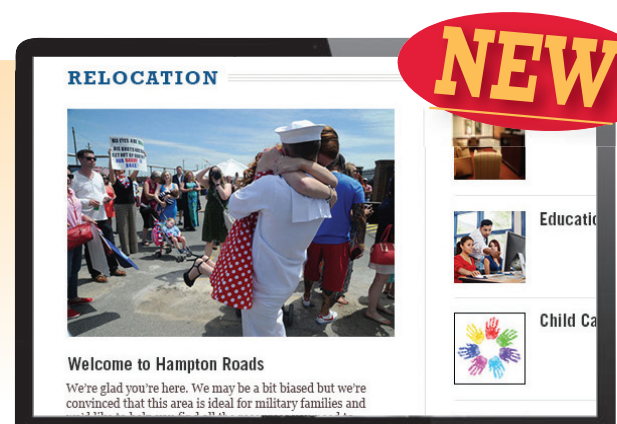


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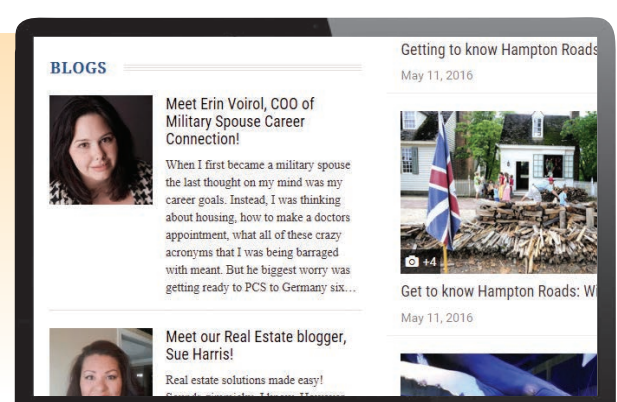
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Virginia Zoo’s annual Breakfast with the Animals returns August 11

Spend your most important meal of the day among the wildest of friends. The Virginia Zoo’s annual Breakfast runs from 8 am to 10 am. » See C2



GET OUT OF THE HEAT AND ENJOY SOME COOL ACTIVITIES AT MILITARY FUN DAY

Virginia Beach Field House hosts Military Fun Day, August 4

**By Amie Holman**  
Are you looking for a great way to wrap up your summer? Are the kids ready to burn off that last bit of energy before school starts? Get ready for an afternoon of free family FUN! The Flagship and Military Newspapers of Virginia and our presenting sponsor, USAA, are proud to host Military Fun Day, Saturday, August 4 from 1 p.m. to 4 p.m. at the Virginia Beach Field House! Get out of the heat and celebrate the last days of summer! Kids can participate in a variety of sports all under one roof. You can test your climbing skills on our rock wall, or jump to your heart’s content inside the bounce house. There will also be many other fun activities for the kids, as well as great giveaways provided by our sponsors. Thank you to our generous sponsors for making this event possible. A special thanks to our presenting sponsor USAA and the following Bronze Sponsors — Dave & Busters, Kings Dominion, Lincoln Military Housing, Sprint, Geico, Navy Federal, Dominion Energy, First Command, AAFMAA and Omni Financial.



Photos by Harry Gerwin

Non-gamers: What you need to know about the biggest trend sweeping households

**From Brandpoint**  
Today’s gamer is no longer the stereotypical teen loner playing in his parents’ basement. In fact, today’s gamer is probably more like you than you think. She’s a co-worker with two kids, the guy next to you at the gym, a fellow volunteer — and most commonly, a spouse, sibling or friend. Gaming has changed a lot over the years and so have the players who play them. Gaming isn’t kids play; today, gaming is a hobby that is being enjoyed by more than 2.6 billion fans — yes, that’s billion with a “B.” According to the recent State of Gaming Report, the average gamer age in the U.S. is 35 and 31 percent are women. Gaming is gaining such mainstream popularity that even if it hasn’t hit your world yet, it likely will before you know it, so here is your Gaming 101 to get you in the know. The growing buzz around gaming With more fans than traditional sports like basketball, baseball and even football, Esports is the professional sport of video gaming, played by teams for spectators. Professional gamers can net serious bank, to the tune of \$20 million prize pools or more. Even celebrities are getting into the mix. Mark Cuban and Ashton Kutcher have invested in esports betting technology; Superstars Shaquille O’Neal, Magic Johnson and DJ Steve Aoki all own pro gaming teams; Mila Kunis, Megan Fox and Drake all game themselves; and Steven Spielberg just released “Ready Player One,” a blockbust-



Thinkstock image

er movie about gaming. **Talk the talk** Social interaction is an integral aspect of gaming, and playing online with fellow gamers around the world will probably result in new terminology. Beginner slang includes: ■ n00b: Short for a newbie, or new player. ■ Pwn: Dominating the competition. ■ Twitch: YouTube alternative and a great resource for watching live gaming. ■ Lag: Slow or stuttering gameplay due to a poor internet connection. ■ FTW: For the win. **Tips for gearing up** One term not discussed above that you’ll frequently hear in gaming sessions is “rig.” This is slang for the computer you use to play your games. Gaming PCs are built to be far more powerful than your average computer because today’s games require massive power to play. To really get the most out of today’s PC games you need a computer built with lots of CPU power and a quality graphic card, which helps the game perform faster and in more detail, creating an immer-

sive play experience. Today there are a range of options to get in the game, from Dell’s G-Series lineup, which is a great entry-price option, to Alienware laptops or desktops, which are considered the Ferrari of gaming. **Getting your game on** All right, you’ve learned the important terminology and you’ve got the rig you need to enjoy the world of gaming. Now it’s time to pick a game by reading game reviews, viewing trailers or asking friends what they enjoy playing. Pick a game with a theme that interests you and be mindful of the game’s Entertainment Software Rating Board (ESRB) rating if younger players will play it or be in the room while it’s played. Once you choose the right game for you, set the game to an easy difficulty setting so you can nail the fundamentals and work your way up. Don’t worry, no one will judge you! After that, all you need is practice. Great gamers aren’t born overnight, but the path to gamer status is an exciting and incredibly enjoyable ride.



# Community

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

The Flagship welcomes submissions from our readers online.

Please submit **events** here: [www.militarynews.com/users/admin/calendar/event/](http://www.militarynews.com/users/admin/calendar/event/)

Please submit **news** and **photos** here: [www.militarynews.com/norfolk-navy-flagship/submit\\_news/](http://www.militarynews.com/norfolk-navy-flagship/submit_news/).

## Calendar

For a complete list of events in Hampton Roads or to submit your own, visit [www.flagshipnews.com/calendar](http://www.flagshipnews.com/calendar)

### Military Fun Day

- August 4, 1 p.m.–4 p.m. Free.
- Virginia Beach Field House, 2020 Landstown Centre Way, Virginia Beach
- [www.flagshipnews.com](http://www.flagshipnews.com)
- [www.militarynews.com](http://www.militarynews.com)

The Flagship and Military Newspapers of VA and our presenting sponsor, USAA, are very please to host Military Fun Day. We are returning to the Virginia Beach Field House for an afternoon of free family fun. Get out of the heat and celebrate the last days of summer! Kids can participate in a variety of sports all under one roof. This event will also feature a rock wall, bounce house and other activities for all ages. Be sure to stop by Military Fun Day on Saturday, August 4th from 1:00 pm – 4:00 pm at the Virginia Beach Field House for all of these fun activities and great giveaways!

This event is FREE to all service members and their families. A military ID is required.



Courtesy Sandler Center

### Kenny Wayne Shepard & Beth Hart

- August 4, 8 p.m. \$75, \$59.50, \$49.50
- Sandler Center for the Performing Arts
- [www.sandlercenter.org](http://www.sandlercenter.org)

Utter the phrase “young blues rock guitarist” within earshot of anyone with even a cursory knowledge of the modern musical vanguard and the first name they are most likely to respond with will be Kenny Wayne Shepherd. The Louisiana born axe man and songsmith has sold millions of albums while throwing singles into the Top 10, shining a light on the rich blues of the past and forging ahead with his own modern twist on a classic sound he has embodied since his teens.



Courtesy Norva

### Black Label Society with Corrosion Of Conformity and Eye Hate God

- August 5, 7:30 p.m. \$30.50, \$33 day of show
- The Norva, 317 Monticello Ave, Norfolk
- [www.thenorva.com](http://www.thenorva.com)

Black Label Society bandleader Zakk Wylde wields his guitar like a Viking weapon, bashing out thick riffage and squeezing out expressive squeals as if the glory of his Berserker brotherhood depends upon every single note, which of course, it does. Charismatic beast and consummate showman, Wylde puts his massive heart and earnest soul on display with unbridled, unchained, animalistic passion in Black Label Society, whether it's a crushingly heavy blues-rock barnstormer or a piano-driven ode to a fallen brother.

### USO Extortion 17 Honor Ride

- August 6, 5 a.m.
- OAT Clubhouse, 3136 11th Street, Little Creek, VA 23460
- RSVP or more info, email [johnny@usohrcv.org](mailto:johnny@usohrcv.org)

The USO of Hampton Roads and Central Virginia’s Outdoor Adventure Team is hosting an Extortion 17 Honor Ride (Cycling) throughout Virginia Beach. This is a very humbling ride to honor the Amazing Warriors from the Extortion 17 Mission. We will have two groups/distances. The two groups will ride the first 13 Miles together to the Seal Monument at the Ocean Front. At the monument there will be a discussion, lantern lighting ceremony in their honor followed by a moment of silence, refuel and a prayer led by Pastor Clayton Ritter. From there, we will split off into our groups and ride for them! **LIGHTS ON YOUR BIKE IS MANDATORY FOR THE FIRST LEG!**

Courtesy Virginia Zoo



## HERE IT’S OKAY TO PLAY WITH YOUR FOOD

*Virginia Zoo’s annual Breakfast with the Animals returns August 11*

By Ashley Grove Mars

### NORFOLK

Spend your most important meal of the day among the wildest of friends. The Virginia Zoo’s annual Breakfast with the Animals event returns on Saturday, August 11, 2018, from 8 to 10 am. This once, members-only event, is now open to the public and everyone is invited for this rare opportunity to visit the Zoo before it opens and learn more about their favorite animals.

After a breakfast buffet, visitors can explore the zoo and watch more than 20 animals enjoy their breakfast — a variety of fruits and vegetables. Zoo volunteers will trail host at exhibits to dish out interesting facts about various animals’ diets, behavior and personalities.

Visitors can also meet interesting animal ambassadors, take a ride on the Zoo Train and enjoy the bounce houses and a meet-and-greet from Tango the Tiger.

Tickets for Members are \$15 for adults (12+) and \$10 for



Courtesy Virginia Zoo

children (5-11). Tickets for non-members are \$25 for adults (12+) and \$15 for children (5-11). All children under 5 are \$5. The cost includes all-day admission to the Zoo. For the breakfast menu, more information and to purchase tickets, visit [virginiazoo.org/events](http://virginiazoo.org/events).

## NEX offers ‘no interest’ deal for back-to-school shopping

### From Navy Exchange Service Command

NEX customers shopping for back-to-school items, including apparel, shoes, backpacks, school supplies, home products, handbags and more, can take advantage of a MILITARY STAR ® Card offer. From August 16 — 29, customers purchasing back-to-school merchandise totaling \$299 or more will receive no interest , no down payment and no payments for six months paying with a MILITARY STAR ® Card.

The MILITARY STAR ® Card offers many benefits including 10 percent off first day purchases, no annual, late or over the limit fees, competitive low interest rate, over 40 special promotions and discounts yearly, as well as 24-hour customer service including online access.

MILITARY STAR ® Card applications are available at any NEX Customer Service Desk and can be processed quickly.

## BARK IN THE PARK WITH THE NORFOLK TIDES

### By Norfolk Tides

The Norfolk Tides are excited to host the second Bark in the Park event of the 2018 season. Fans will have the opportunity to enjoy a game with their four-legged friends at beautiful Harbor Park on August 12. All proceeds from the dog tickets will be donated to a local dog charity.

### AUGUST 12

**COST** | \$12 (advanced) or \$14 (day of game), \$5 dogs

■ Tickets for humans are \$12 if purchased in advanced and \$14 if purchased the day of the game. Our dog friendly sections are 215-223 (3rd base side next to the Picnic/3B entrance). PLEASE NOTE All tickets in our dog friendly sections are considered general admission, meaning your ticket may have a specific row and seat number however if located in sections 215, 217, 219, 221 or 223 you may sit wherever you see fit (excluding handicap seating).

Human and dog tickets can be purchased online using the link <https://oss.ticketmaster.com/aps/tides/EN/promotion/home> or at the Harbor Park Box Office.

■ All dogs must enter the ballpark through the 3rd base entrance and remain on a leash while at Harbor Park. Owners are required to fill out a release form in order to enter the stadium.

■ Any fan that needs to get up, move around and let their dog take care of business, can use either the third base ramp or the picnic entrance to exit the park. Simply let the gate captain know you’re going for a walk and coming back.

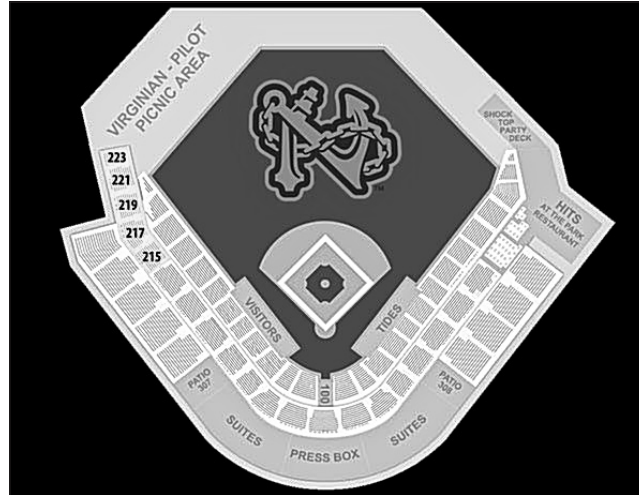


Courtesy of The Norfolk Tides

There is a grassy area behind the scoreboard suitable for dogs.

■ If weather permits, fans will have the opportunity to run the bases with their dog(s) immediately following the game!

■ **There is no weight/size/breed restriction for dogs at this event, however the Tides reserve the right to ask anyone in attendance to remove their dog from the ballpark if he or she displays especially aggressive behavior.**



Courtesy of The Norfolk Tides

Dog friendly sections during Bark in the Park.



# YOUTUBE STARS COLLEEN BALLINGER AND MIRANDA SINGS ENTERTAIN THE NORFOLK CROWD

By Jonathan McLarty

On a rainy Sunday evening, fans of all ages filed in to the Harrison Opera House in Norfolk to enjoy a night of comedy and song with Colleen Ballinger for the Miranda Sings No Offense Tour on July 22. Ballinger, who has a presence on YouTube as herself and the alter ego Miranda Sings, performed for the audience as both personas. Ballinger majored in Vocal Performance at Azusa Pacific University and has made use of her vocal talents across the United States. Presenting her gifts in comedic fashion, Miranda's performances are classically bad. Miranda's performances serve as a parody of those trained performers that take themselves too seriously while failing to realize that they're just not good singers. Beyond the world of YouTube, Miranda also starred in two seasons of the comedic Netflix series "Haters Back Off."

Ballinger recently announced her pregnancy and engagement to actor Erik Stocklin and has woven her personal life developments into the Miranda Sings tour performances. Miranda hilariously balks at the indecent music of modern times, as well as hateful YouTube comments she receives about her pregnancy and lifestyle. Miranda now claims her pregnancy is a result of Immaculate Conception, assuming the nickname of The Virgin Miranda.

As Colleen, Ballinger started the event discussing the recent developments in her life and revealed humorous anecdotes related to her past diary entries. Images of her real diaries were projected on screen and read for the audience, displaying that this performer has been involved in comedic scenarios from an early age. As the audience was a mix of adolescents and their parents, Ballinger acknowledged that her shows are designed to appeal to all ages, explaining that the jokes that go over the younger attendee's heads will get chuckles from the adults. While performing "Defying Gravity" from the musical Wicked, Ballinger periodically stepped behind curtains and transformed herself into

Miranda. This outfit consists of red sweatpants, a tacky cat sweater, and her trademark overdrawn red lipstick. The squeals of excitement from the mostly pre-teen female audience was deafening.

As The Virgin Miranda, in her full character's glory, Miranda continued to focus on the haters she has encountered within the comments on her YouTube videos. Additionally, Miranda took a selfie video with the audience in the background, offering those in attendance instant fame. Miranda offered tips to the now-famous audience members on handling the pressures that come with the territory.

Guests on her tour, including YouTube star Kory Desoto, occasionally accompanied Miranda on stage for musical dance numbers. Miranda performed many of her popular dances and songs that you can find in her videos, including "Where My Baes At?" Audience participation on-stage was a big portion of the event, leading to some members of the audience mimicking yoga moves while others got drenched with water from Miranda's spit-takes.

As a fan of Miranda Sings' videos over the years, it was refreshing to see how her act seamlessly translated into a highly entertaining live performance. Based on the smiles throughout the audience, attendees left the event fully satisfied. You can watch Colleen Ballinger's full library of videos at YouTube.com/PsychoSoprano, as well as Miranda Sings' videos at YouTube.com/MirandaSings08. The Miranda Sings No Offense tour wraps up on September 22 with a stop in Los Angeles. Following this tour, Miranda will be taking an indefinite hiatus from touring to focus on other projects. Her latest book release entitled "My Diarrhe" is available in book stores now.

*Jonathan McLarty is a contributing writer for The Flagship, as well as a local sports and event photographer. Connect with him on Twitter (@JonathanMcLarty) and view his photography at McLartyPhoto.Zenfolio.com*

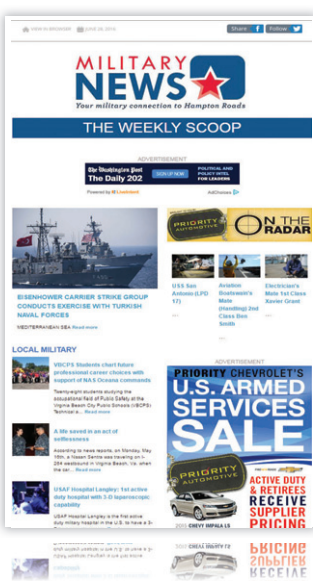


Photos by Jonathan McLarty  
Colleen Ballinger at the Miranda Sings No Offense Tour stop in Norfolk, Virginia.



Miranda, seen here performing during the Miranda Sings No Offense Tour stop in Norfolk, Virginia.

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# GRILLING MAKES SUMMER MEALS A SNAP

### From Brandpoint

It’s summertime, and temperatures are on the rise. Whether relaxing at the pool, cheering for a favorite team or just hanging out with family and friends, keeping cool is at the top of the list. Nothing fancy needed — with a hat or cap to keep the sun away from the eyes, an umbrella for a bit of shade and a cold bunch of California grapes straight from the fridge or cooler, it is easy to take the sizzle out of hot summer days.

When it’s time to entertain, the grill can be a host’s best friend by making it a breeze to cook and relax outside at the same time. Grilled Flank Steak with Southwest Corn and Grape Salad is guaranteed to please the senses with its tasty flavors; beautiful color medley from red and green grapes, avocado and corn; and variety of pleasing textures.

Why serve ordinary side salads when extraordinary dishes like an Italian-inspired grilled bread salad offer a fresh twist? Panzanella Salad with Grapes and Radicchio pairs grilled Italian bread and onions with a refreshing combination of radicchio, cucumber and grapes. Tossed in a zesty dressing and garnished with crumbled goat cheese, this salad adds a touch of wow to any summertime menu.

Speaking of dressing up, remember that any color of grapes from California — red, green or black — make the perfect edible centerpiece. For a cool dessert, try freezing grapes for the perfect way to end a hot summer day.

For more recipes visit [GrapesfromCalifornia.com](http://GrapesfromCalifornia.com).

**Grilled Flank Steak with Southwest Corn and Grape Salad**  
Prep/marinade time: 25 minutes. Cook time: 15 minutes  
Yield: Serves 4

**Ingredients**  
1 1/4 pounds trimmed flank steak  
1/2 teaspoon kosher salt (divided)  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
Freshly ground pepper to taste  
3/4 cup corn kernels, either freshly cut off the cob or thawed, frozen corn kernels  
1/2 avocado, diced  
3/4 cup red California grapes, halved  
1/2 cup green California grapes, halved  
1 tablespoon chopped shallot  
2 teaspoons extra-virgin olive oil  
2 tablespoons lime juice  
1/2 teaspoon lime zest  
2 tablespoons chopped cilantro (optional)

**Directions**  
Pat the steak dry. In a small bowl, combine 1/4 teaspoon salt, the cumin, coriander and freshly ground pepper. Rub the mixture onto both sides of the steak; let stand for 15 minutes. Place the steak on a medium-high grill and cook it for 5 minutes on one side without moving it. Flip the steak and cook for another 4-5 minutes for medium-rare, or until desired doneness is achieved. Transfer the steak to a cutting board, cover loosely with aluminum foil and let rest for 5 minutes before slicing.



Brandpoint image

While the steak is resting, combine the corn, avocado, grapes, shallot, olive oil, lime juice, lime zest, the remaining 1/4 teaspoon salt, and pepper to taste; mix gently. Cut the steak diagonally across the grain into 1/4-inch thick slices. Arrange the steak slices on a serving platter or among four plates and top with corn and grape salad. Garnish with cilantro.

Nutritional analysis per serving: Calories 390; Protein 41 g; Carbohydrate 17 g; Fat 18 g (42% Calories from Fat); Saturated Fat 6 g (13% Calories from Saturated Fat); Cholesterol 110 mg; Sodium 160 mg; Fiber 3 g.

**Panzanella Salad with Grapes and Radicchio**  
Prep time: 10 minutes. Cook time: 10 minutes  
Yield: Makes 6 servings

**Ingredients**  
Dressing  
2 tablespoons olive oil  
2 tablespoons white balsamic vinegar  
1 tablespoon orange juice  
1 teaspoon orange zest  
1 teaspoon honey  
1/2 teaspoon Dijon-style mustard  
2 teaspoons chopped fresh tarragon  
2 tablespoons chopped fresh parsley  
1/4 teaspoon kosher salt  
1/4 teaspoon pepper  
3 (1-inch thick) slices whole grain rustic bread  
3 (1-inch thick) slices of red onion  
2 tablespoons extra-virgin olive oil  
1/4 teaspoon kosher salt  
1/4 teaspoon freshly ground pepper

3/4 cup red California grapes  
3/4 cup green California grapes  
1 cup roughly chopped radicchio  
1 cup large-dice English cucumber  
1/4 cup chopped pistachios  
2 ounces goat cheese, crumbled

**Directions**  
In a small bowl, combine the olive oil, vinegar, juice, zest, honey, mustard, tarragon, parsley, salt and pepper. Set aside. Heat grill or grill pan to medium high. Using a brush, lightly coat the bread and onion slices with olive oil. Season with salt and pepper. Place the onion slices on the grill. Cover and cook until charred, about 4 minutes, then flip and cook, covered, for another 2-3 minutes. Set aside. Grill the bread for 3 minutes or until toasted. Flip and grill another minute. Set aside. Roughly chop the grilled onions and the bread into 1” square pieces.

In a large bowl, combine the onions, bread, grapes, radicchio, cucumber and pistachios. Add the salad dressing and gently toss to combine. Divide the salad into 6 equal servings and top each with goat cheese.

Nutrition information per serving: Calories 283; Protein 7g; Carbohydrate 33g; Fat 15g (48% Calories from Fat); Saturated Fat 3.5 g (11% Calories from Saturated Fat); Cholesterol 8 mg; Sodium 387 mg; Fiber 3 g.



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Fri.-Thurs.: 10:10, 11:45, 12:40, 2:15,  
3:10, 6:30, 9:20  
THE SPY WHO DUMPED ME (R)  
Thurs.: 7:00, 9:45  
Fri.-Mon.: 11:50, 2:30, 5:10, 7:50, 10:30  
Tues.-Thurs.: 11:50, 2:35, 5:10, 7:50, 10:30  
MISSION IMPOSSIBLE: FALLOUT  
(PG-13)  
Thurs.: 11:30, 12:30, 2:45, 6:00, 7:10, 9:15, 10:20  
3D: 3:45  
Fri.-Thurs.: 11:30, 12:30, 2:45, 6:00, 7:00, 9:15,  
10:15 3D: 3:45  
THE EQUULAIZER 2 (R)  
Thurs.: 10:15, 1:15, 4:15, 7:15, 10:10  
Fri.-Thurs.: 10:20, 1:15, 4:15, 7:15, 10:10  
HOTEL TRANSYLVANIA 3 (PG)  
Thurs.: 10:25, 12:40, 2:55, 5:10, 7:35, 9:50  
Fri.-Mon.: 10:00, 12:15, 2:25, 4:35, 6:50, 9:00  
Tues.-Thurs.: 12:15, 2:25, 4:35, 6:50, 9:00  
MAMA MIA! HERE WE GO AGAIN (R)  
Thurs.: 10:45, 1:30, 4:10, 6:45, 9:40  
For Show Times and Purchasing Tickets, visit [PhoenixTheatres.com](http://PhoenixTheatres.com)

THE DARKEST MINDS (PG-13)  
Thurs.: 7:20, 10:00  
Fri.-Thurs.: 11:15, 1:45, 4:10, 7:10,  
9:35  
TEEN TITANS GO! TO THE  
MOVIES (PG)  
Thurs.: 10:30, 12:45, 3:00, 5:15,  
7:40, 10:25  
Fri.-Thurs.: 10:30, 12:45, 3:00,  
5:15, 7:30, 9:45  
THE FIRST PURGE (R)  
Thurs.: 12:15, 2:50  
Fri.-Thurs.: 4:45, 7:20, 9:50  
INCREDIBLES 2 (PG)  
Thurs.: 10:50, 1:40  
ANT-MAN AND THE WASP  
(PG-13)  
Thurs.: 11:00, 1:50, 4:35, 7:25, 10:30  
Fri.-Thurs.: 10:40, 1:20, 4:00, 7:25,  
10:20  
JURASSIC WORLD: FALLEN  
KINGDOM (PG-13)  
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# Kids and screens: Not all screen time is created equal

From Brandpoint

Screen time. You’ve heard the phrase before, and if you’re a parent, you’ve probably agonized over creating a screen time policy for your family. You understandably want a policy that reflects your family values, and you also want to consider your child’s wants, needs and expectations.

The American Academy of Pediatrics (AAP), a go-to resource for parents on screen time guidelines, has determined that not all screen time is created equal. New research is changing the way parents look at screen time, and challenging parents to examine the quality of the time spent in front of devices. Quality is especially important when your children are seeking screen-based entertainment — games, shows, social media — and this is where family policies get tricky.

How much online entertainment is too much? Can there be too little? Officials recommend parents get involved with their children’s online activity, monitor their online behavior, explore their favorite games, shows and activities, and create a family screen policy that is more than just “hours or minutes.”

The conversation around screen time is less about time and more about active digital engagement. If you do not recognize all the activities they’re enjoying online, this is a great opportunity to ask questions and create a dialogue about their digital habits. Here are some questions to get the conversation started:

■ **Do you interact with other kids online?** This question helps you determine if the child is building social skills in a safe, online environment. Parents must determine if the game or online activity promotes positive social and collaborative play. Star Stable believes collaborative play, along with a safe environment, is more beneficial and inspires kids to become content creators, not just passive media consumers.

■ **Do you solve problems in the game?** This question helps you determine how the child interacts with the game



Brandpoint image

and what he/she learns from playing. Determine if your child faces challenges in an environment that is constantly changing and expanding, forcing them to adapt. Find out if they need to use their best reasoning skills to complete challenges independently or as a team. Star Stable believes that unique challenges that force kids to think outside the box are preferable to games that serve up constant repetition.

■ **What does success look like and how do you feel when you succeed?** This line of questioning helps you determine if the game is building your child’s personal character. Does the game include storylines and activities that promote responsibility and respect for others? If your child interacts with other players, ask how that makes him/her feel (happy, motivated, helpful or strong).

■ **Have you learned new vocabulary while playing the game?** This question helps you determine if reading is a big part of the game or if it’s all visuals. Reading is a fundamental life skill and any screen time your child is involved in should provide an element of age-appropriate reading. This will push

your child to expand their vocabulary and even help to grow a lifelong love of reading.

■ **Have you learned anything about money management?** While this seems like an odd question, screen time solutions should do more than simply provide children a way to spend money, they should teach kids how to manage money or currency. It’s not a “must” for all screen time choices, but games or activities that provide a weekly allowance certainly help reinforce money management skills (spend, save and budget).

## Finding the right screen time solution for your child

The screen time debate is no longer a matter of hours or minutes, but how your kids are investing time interacting with a screen. Ultimately, it’s a balancing act of time and quality that will help your child build a positive digital footprint and smart screen time habits that can serve them their entire life.

## new in theaters

### UNFRIEND: THE DARK WEB (R)

When a 20-something finds a cache of hidden files on his new laptop, he and his friends are unwittingly thrust into the depths of the dark web. They soon discover someone has been watching their every move and will go to unimaginable lengths to protect the dark web.

### 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.

### MISSION IMPOSSIBLE - FALLOUT (PG-13)

The best intentions often come back to haunt you. MISSION: IMPOSSIBLE - FALLOUT finds Ethan Hunt (Tom Cruise) and his IMF team (Alec Baldwin, Simon Pegg, Ving Rhames) along with some familiar allies (Rebecca Ferguson, Michelle Monaghan) in a race against time after a mission gone wrong. Henry Cavill, Angela Bassett, and Vanessa Kirby also join the dynamic cast with filmmaker Christopher McQuarrie returning to the helm.

### 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.

### TEEN TITANS GO! (PG)

It seems to the Teens that all the major superheroes out there are starring in their own movies-everyone but the Teen Titans, that is. But de facto leader Robin is determined to remedy the situation, and be seen as a star instead of a sidekick. If only they could get the hottest Hollywood film director to notice them. With a few madcap ideas and a song in their heart, the Teen Titans head to Tinseltown, certain to pull off their dream. But when the group is radically misdirected by a seriously super villain and his maniacal plan to take over the Earth, things really go awry. The team finds their friendship



Courtesy of Disney

Ewan McGregor stars as a grown Christopher Robin, in Disney’s “Christopher Robin.”

and their fighting spirit failing, putting the very fate of the Teen Titans themselves on the line.

### CHRISTOPHER ROBIN (PG)

An adult Christopher Robin, who is now focused on his new life, work, and family, suddenly meets his old friend Winnie the Pooh, who returns to his forgotten childhood past to help him return to the Hundred Acre Wood and help find Pooh’s lost friends.

### 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

*In the aftermath of ‘Captain America: Civil War,’ Scott Lang grapples with the consequences of his choices as both a Super Hero and a father. As he struggles to re-balance his home life with his responsibilities as Ant-Man, he’s confronted by Hope van Dyne and Dr. Hank Pym with an urgent new mission. Scott must once again put on the suit and learn to fight alongside The Wasp as the team works together to uncover secrets from their past.*



Courtesy Marvel

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

#### Friday, August 3

6 p.m. Ant-Man and the Wasp (PG-13)  
9 p.m. Jurassic World: Fallen Kingdom (PG-13)

#### Saturday, August 4

1 p.m. Incredibles 2 (PG)  
4 p.m. Ant-Man and the Wasp (3-D) (PG-13)  
7 p.m. The First Purge (R)

#### Sunday, August 5

1 p.m. Uncle Drew (PG-13)  
4 p.m. Superfly (R)  
7 p.m. Ant-Man and the Wasp (PG-13)

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

#### Friday, August 3

6 p.m. Ant-Man and the Wasp (PG-13)  
9 p.m. The First Purge (R)

#### Saturday, August 4

12 p.m. Uncle Drew (PG-13)  
5 p.m. ADVANCED SCREENING  
The Meg (PG-13)

#### Sunday, August 5

12 p.m. Uncle Drew (PG-13)  
3 p.m. Jurassic World: Fallen Kingdom (3-D) (PG-13)  
6 p.m. Ant-Man and the Wasp (3-D) (PG-13)



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Visit [flagshipnews.com](http://flagshipnews.com)

# Flagship Values

Hampton Roads Military Classified Marketplace

## ■ advertise your business

The Flagship is a weekly publication aimed at military service members, family, and retirees.

### Estate Sale

**CROATAN - 521 Coastal Drive Virginia Beach**  
Furniture - indoor & outdoor, decorative accessories, original art, clothing, jewelry, holiday, full kitchen and garage. Sat-Sun, Jul 28-29, 10 am to 3 pm. Preview [www.estatesales.com](http://www.estatesales.com)

**DEALER SPACES AVAILABLE**  
Now is your chance to join the amazing dealers at the AREA'S LARGEST ANTIQUE MALL. Dealers spaces will be coming available soon. Contact Rick at Virginia Beach Antique Mall for details at 757-390-3244

**ESTATE SALES MOVING SALES**  
We Offer On-Site Tag Sales With A Knowledgeable & Courteous Sales Team. Over 45 Yrs. Exp. In Handling Antiques, Estates & Moving Sales. References Available. We Do It All For You! Call Larry Zedd 422-4477.

### Flea Markets/Bazaars

**Annual Basket Party-Aug. 4, 10 AM.**  
Lighthouse Community Church, 9609 9th Bay St., Norfolk 23518. Ticket sales start at \$10, drawing starts at 1 PM, food will be for sale.

**Old Towne Antiques/Flea Mkt:** Aug. 4, 10-2. Fantastic Finds. New location-200 County St. [oldtowneparksmouth.com](http://oldtowneparksmouth.com) 405-9500.

### Garage Sale - Chesapeake

**GREAT BRIDGE - 200 block of Melonie Dr, Sat 7-12.**  
HUGE - decor, jewelry, fishing gear, craft supplies

### Garage Sale - Norfolk

**Christ Lutheran Church Tag-Sale-On front lawn.**  
Sat. 8/4, 8-1, with spaces to sell \$10. CLC 6510 N Military Hwy, Norfolk, 23518. Call 757-575-3637, Iv message.

### Garage Sale - Virginia Beach



**Highgate Crossing Furniture, quilting supplies, fabric, books, crafts, collectibles, housework items, artwork, tools, holiday decorations, and more.**  
2209 Cully Farm Road, VB 23456. Sat 9-5, Sun 10-2.

**Lynnhaven Mall area, 3044 Pewter Rd. Thurs-Sat 8/24 9-5**  
WHOLE house Furn, decor, TOOLS, JAPAN-NESE FB:bettherhomesandbargainsstatesales1

### Antiques & Collectibles

**A Basic American Antique Buyer RAY HIGGINS**  
**Buying All Antiques & ESTATES. FURNITURE, ART GLASSWARE, ANTIQUE GUNS**  
**ALL COINS**  
**Sterling Flatware**  
**Older Men's/Women's Wrist Watches**  
**Pocket Watches**  
**Working or Broken**  
**25 Yrs. Exp. Licensed**  
**Will Come to You for Antiques 24/7. Free Estimates.**  
**757-617-4043**

**I BUY COINS**  
**Coin Collections**  
**STAMP COLLECTIONS**  
**757-474-1303**

## WANTED

**ANTIQUES & ESTATES**  
**18th, 19th & 20th Century, Furniture, Artwork, China, Crystal & Collectibles.**  
**1 Piece Or Entire Contents.**  
**We Come To You With & Courteous & Professional Service. No Obligation Offers. Please Get My Offer Before You Sell!**  
**Tag Sales & Estates Settled.**  
**LARRY ZEDD**  
**422-4477**  
**Virginia Beach Antique Co.**  
**Appraisal Service With 40 Years Experience.**

### Appliances

**APPLIANCES - Refrigerator \$195;**  
A/C \$99; Stove \$125; Freezer \$150; Washer \$150; Dryer \$125; Dishwasher \$100. All Items Like New. DELIVERY AVAIL 757-447-7347

**LG Stainless Stl Bottom Freezer Refrigerator**  
24 cu.ft. (32 3/4" W x 34 7/8" D x 69 7/8" H). Purchased new 11/27/2017 for \$1150.00. Must sell (moving). Will take \$600.00 (OBO by 5/6/2018). Call (707) 880-5179. Located in Midtown Apts Virginia Beach. 3yr warranty.

### Articles For Sale

**Battery Outlet, Inc. CAR BATTERY SPECIAL!**  
Factory Seconds \$49.95 With Exchange (for most U.S. & Foreign Cars). 1608 Campostella Rd., Chesapeake (757) 545-4442 2815 Geo. Washington Hwy., Yorktown 757-867-8280. [www.batteryoutlet.com](http://www.batteryoutlet.com)

**Brooks Stair Lift**  
Straight 14 stair 120vac new batteries installed working well, you remove. \$900 OBO VB 757 498 1790

**Garden Tools**, workbench w/light, washer/dryer, mountain bike w/air pump, bike rack, 5 heavy-duty plastic shelves, diver's duffel bag/aqua lung, Kobalt tool bag w/tools, 757-226-0919.

**Hard top**  
Hard top for Jeep Wrangler Sahara, was on 2010 Wrangler. \$400.00 OBO. Great condition. 757 418-1606 5 to 8 pm.

**John Deere Sale LT23**  
Like new for \$700. Kitty Hawk, NC. 252-207-4897.

**Self Propelled Lawnmower \$175;**  
55" floor model TV, good cond. 757-424-0919.

**SHEDS & DOG HOUSES FOR SALE -**  
8' x 12', 10' x 12', 10' x 12', 10' x 20', 12' x 20' Well Built & Reasonable. MUST SEE I call (757) 589-5359 or visit [www.shedguy757.com](http://www.shedguy757.com)

### Boat Trailers

**USED TRAILER SALE !!!**  
OVER 100 Avail. For Boats 12'-38' BUDGET BOATS: (757) 543-7595

### Boats/Rigs



**Boston Whaler 2007 21' Outrage with**  
Merc 175 Verado, T-Top, good condition, only 128 hours, \$33,000. 757-777-8835

**Highfield 2016 10'6" Hypalon RIB alu-**  
minum bottom 15HP Tohatsu. <1full tank of usage. Was tender to larger boat. Full cover a trailer. \$4900 call John 544-8904 in Norfolk

### Cameras-Photography

**WANTED: High-End Film**  
Cameras. 757-481-5375.

### Furniture-Household

**18th Century Cherry Chippendale**  
Bernhardt Dining table, 6 side, 2 arm chairs and server. Custom table pads and glass top for server. Beautiful! New: \$10,000. Sacrifice for \$1500-downsizing. Norfolk. Call David 335-8010.

**3 Piece Leather Set**, chair, loveseat, sofa, brown, good cond, \$350. 757-523-8926.

### Good Things To Eat

**AT HENLEY FARM**  
TOMATOES, SWEET CORN, ETC. 3484 Charity Neck Rd., 426-7501 or 426-6869.

**CHEAP CRABS**-#1 Male Crabs \$90 Bushel. #2 Males \$50 Bushel. 30 minutes from Great Bridge or Pungo, 252-455-5279.

**Cindy's Produce**-Hill runners, butterbeans, white corn, sugar babies, much more. 2385 Harpers Rd, Va Bch. 10-6. 422-2346. MC/Visa

### Handicapped Supplies

**Large Twin Hospital Bed**, like new cond, barely used, \$500. 912-246-0112, Va. Beach.

### Hunting Equipment

**HUNT CLUB**-Well-established. 7000 acres in Sussex/Dinwiddie. Looking for members. \$600. 757-585-9836.

### Lawn & Garden

**Riding Mowers**-broken or unwanted. Free Pickup. Call Jerry 757-439-0649.

### Pets-Dogs,Cats,Other

**Belgian Malinois & German Shepherd**  
Dogs, wormed, 8 wks. old on 7/21, \$1100 each. Call 610-914-4996.

**Border Collie Pups**-Classic black w/white, purebred, reg ABCA, parents on farmstead, very smart, wormed/1st shots. \$685. 757-506-4125.

**Cane Corso pups - 7 wks \$800, ICCF reg, shots,**  
dewormed, tails docked, 757-305-4717

**English Bulldog Pups**-Reg, 1st shots, dewormed, fam. raised, \$1350. 757-408-2179.

**FDSB Registered German Wirehaired Pointer pups.**  
6 remaining (5f,1M). 8wks old ready to go, 1st shots, de wormed. \$800 Chesapeake, 704-798-5062.

**German Shepherd Pups**-Beautiful black & reds from top European imported parents. Vet checked, AKC, healthy pups guar. 804-895-3388. [www.vombrandenhaus.com](http://www.vombrandenhaus.com)

**Golden Doodle Puppies**-F1B, 1st shots & wormed, have parents, \$650. 757-421-7708.

**Golden Lab Mix Pups**-Ready 9/9. Accepting dep. \$100, \$350, 252-557-4829, 252-548-8327

**Golden Retriever Pups**-AKC, vet checked, 8 wks., 1st shots/wormed, \$800. 757-421-7708.

**Golden Retrievers**-AKC, 1st shots, de-wormed. \$875. 252-557-4829, 252-548-8327

**Great Dane Pups**-AKC, Harlequin, shots/wormed, ready Oct 20, \$1200-\$1500. 635-3964

**Great Pyrenees**-2 females, 11 wks, beautiful, 1st shots, great w/farm animals \$350. 421-7708

**Lab pups, AKC, 3 F yellow, 3 M black, 1st shots/**  
worming, health guarantee, excellent pedigree, \$600, 252-883-6148

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

**Maltipoos & Shi Poo's, M & F**  
252-207-9353 [malesticmaltese.com](mailto:malesticmaltese.com)



**Med F1b Goldenoodle pups \$1200**  
[Seasidepups.com](http://Seasidepups.com) call/text 907-738-6015

**Mini. Schnauzers**-All Colors. Super Coats. Year Health Guarantee. [www.smithschnauzers.com](http://www.smithschnauzers.com) For More Info 434-349-3854 or 434-770-1464

**Mini Goldenoodle Puppies - Handsome, Playful,**  
Friendly 717-354-4621 [www.LancasterPuppies.com](http://www.LancasterPuppies.com)

**Pekingese Mix**-1st shots, wormed, 1 male, 1 female, have mother, \$300. 757-421-7708.

**Rat Terrier Pups**-7 wks., 1st shots, de-wormed, \$350. Call or text for pics, 252-333-7554.

**SHIH TZU PUPS**-AKC, gold & white, 2 females, \$850. Email for more info: [lesliebarker059@gmail.com](mailto:lesliebarker059@gmail.com)

**Shih Tzu Pups**-Shots, dewormed, 10 weeks old, 1 male, \$600. 757-623-2022.

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

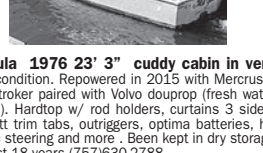
**Siberian Husky Pups**-CKC reg, 1st shots, kennel trained, born 6/16, available to take home mid Aug. \$200 dep. Asking \$800. 302-542-5281.

**STANDARD POODLE PUPS**-AKC, health guarantee, cream partis, black & black & white, \$1200. Call 434-349-3854 or 434-770-1464. [www.smithstreddybeardoodles.com](http://www.smithstreddybeardoodles.com)

**YORKIES - Shihtzu - Yorkiepoos ! REPUTABLE !**  
757-635-5222 VB 550.+

**Yorkies**-AKC, 1st shots, dewormed, mini chipped w/ACK reunite, perfect fam. pets, health guarantee, baby faces, males \$1100; females \$1200. Taking dep. now. 757-343-6417, Ashbrook Yorkies.

### Power Boats/Cruisers



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



**Maxum 2300 SCR 1993 23 head, galley,**  
sleeps four, GPS, auto helm, extras. kept in dry storage, needs family TLC. as is \$5,000 757 427-8867

**TRACKER PRO GUIDE V 175 2015 17'8" 41**  
HR ON MOTOR, BOAT & TRAILER GARAGE KEPT 116,500 Call 757-617-5038

### Topsoil-Mulch

**#01A Black Sifted TOPSOIL**  
6 yds \$205, Mulch \$25/yd; Compost \$30/yd. Rock, Sand & Firewood. D. Miller's, 482-5063

### Wanted To Buy

**Freon R12 WANTED: Certified professional will**  
pay CASH for R12 cylinders + cans. 312-291-9169 RefrigerantFinders.com

### Watersports/Jet Skis

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

### Auctions

**Barrett Street Auction**, next Auction August 25th. Now Accepting Consignments. 463-1911

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

**Phoebus Auction Gallery**, Next Auction August 12th. VAAR #1597. 722-9210

### Accounting/Finance

**Data Control Fiscal Technician (#00749)**  
The Office of Finance at Old Dominion University is seeking candidates for an Administrative & Office Specialist III to prepare financial information for input into the University and State accounting systems according to generally accepted accounting principles. **This position opens July 30, 2018.** To apply, visit <http://jobs.odu.edu/postings/8389> and follow the online instructions. AA/EOE

### Building & Construction/Skilled Trades

**AC Drywall - Full Time**  
Drivers, Plasters, Laborers & Painters. Call AC (757) 719-8472

### Computers/IT/Technology

**Developer Senior** sought by Anthem, Inc. in Norfolk, VA to design software solutions for Anthem's Government Business Division's claims processing applications. Apply at [www.jobpostingtoday.com](http://www.jobpostingtoday.com) ref # 79471.

### Healthcare/Medical

Lake Taylor Hospital is hiring for all Healthcare Related Positions. Visit our website at [www.laketaylor.org](http://www.laketaylor.org) for more information.

Virginia Beach Psychiatric Center [www.vbpcweb.com](http://www.vbpcweb.com)

### Skilled Trades (Manufacturing)

Manufacturing



American GFM Corporation, an industrial machine tool builder, is seeking self-motivated candidates for the following entry-level position:

**Machinist Trainee**  
Training and skills to be acquired include reading, understanding and applying blueprint and other manufacturing specifications and the operation of production equipment.

**Position requirements:** High School diploma or equivalent and basic mechanical skills. Candidates must pass a pre-employment knowledge-based examination and drug screening. American GFM offers an attractive wage and benefits package

For consideration, E-mail, mail or fax your resume to:

American GFM Corporation  
Attn: Works Management  
1200 Cavalier Blvd.  
Chesapeake, VA 23320  
Tel: (757) 487-2442  
(fax: (757) 487-5274  
E-mail: [jobs@agfm.com](mailto:jobs@agfm.com)  
For more informatio visit us at: [www.agfm.com](http://www.agfm.com)

**Sheet Metal Mechanics & Helpers**  
Must have exp installing commercial duct work, must have own tools & transportation. Good benefits. **Southern Sheet Metal 757-934-2709**

### Burial/Cemetery Plot

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

**2 Cemetery Plots Woodlawn Memorial Gardens in**  
Norfolk \$3,500 757-636-9641

**Meadowbrook Mem.-Suffolk**, 3 plots valued at \$4995 each, asking \$2000 each. 757-439-1167.

**Meadowbrook Memorial Gardens** Suffolk on Shoulders Hill Rd., 1 plot, Cross B, Lot #60, \$3900. 757-477-6083.

**Rosewood Memorial Park** 2 plots, Sermon on The Mount. B Lot, Lots 229, Site 2 & 2, 2 vaults incl. \$5000 each or both \$8000. 757-585-9560.

### For Lease-Commercial

**Va. Beach Blvd. at Newtown Rd.**-Large lot, offices & 12 bay service. Call 647-3954.

### For Rent-Chesapeake House

**Western Branch 3 BR 1.5 BA Brick Ranch** w/ fireplace, yard, shed \$1150 mo 757 745-7640

### For Rent-Furnished Apts

**Relax Inn** by Naval Shipyard, low wkly rates \$249 & daily rates avail. Renovated. 757-399-4414

### For Rent-Norfolk Apts

**Clean 1 BR Apt**-East Ocean View, 7th Bay, \$650 mo. includes water/sewer. 646-2398.

**GHENT-8 Great Locations**  
1 & 2 BR, free heat & hot H2O, \$650-\$995. Meredith Mgmt. 622-6235 [www.meredithmgmt.com](http://www.meredithmgmt.com)

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

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

### For Rent-Portsmouth Apts

**CALL ABOUT FREE HALF MO. RENT SPECIAL!!**  
\$250 Sec Deposit. Starting at \$675. 393-2111

### For Rent-Portsmouth House

**Churchland, W. Branch, Suffolk Homes, apts,**  
townhms. \$725-\$1800. Kline Realty 484-0123

### For Rent-Rooms

**Kempsville \$300 in exchange for house duties,**  
non-smoker/drinker. References. 757-227-8046.

**Kempsville Furn. BR. Nice NBHD, FIOS**  
TV/internet, all utli. incl., near shopping, I64, Regent U. NO smoking in house. \$125/wk. Call 757-774-1424 after 5:30, or leave msg.

**Norfolk-Furn'd Rm. Clean, Quiet, Cable, A/C.**  
\$140/wk + Deposit. 757-718-0698.

**Norview**-\$140 wk.+ dep. Near busline, no smoking/pets. Furnished. Kit. priv's. 757-718-2317.

**Va Bch**-No pets, no smoking, must have transpotation, \$150/wk., 2 wk. security. 757-401-2546.

**Virginia Beach Lynnhaven Mall Area Room**  
for rent 350/mo + utilities. Call 757-463-8741.

**Walk to Ghent**-Beautiful home to share, 2 rms., private balcony, shared bath, all utlis. paid. \$625. Call Charles 757-810-7452.

### For Rent-Va. Beach Apts

**OCEANA/HILLTOP AREA** Newly renovated throughout, Spacious 2 BR, 1 BA. \$795/mo. 631-1306.

### For Rent-Va.Beach House



**VACATION ALL WINTER LIVE IN SANDBRIDGE**  
Fully furnished beach homes and condos. Avail Sept-April \$1150-3600 includes phone, cable TV & high speed internet 6 month min. lease. Online application/photos at [siebert-realty.com](http://siebert-realty.com) or call 426-6200 Ext. 701.

### Wanted To Rent



# Fun and Games

## Super Crossword

### SUPERMARKET OPENINGS

- ACROSS**  
1 Really hurt  
5 Sauce brand  
9 A Nixon daughter  
15 Hacking it  
19 Alan of film  
20 "... hear — drop"  
21 Showing on television  
22 Move heavily  
23 Krispy Kreme treats  
25 Campbell's product  
27 "... vincit amor!"  
28 Left dreamland  
30 Ireland's —  
31 China's Mao —  
32 Aficionado  
33 Sorrow  
36 Longtime "Family Circus" cartoonist  
38 Entertainer Merman  
40 Kellogg's cereal  
42 "Pep O Mint" brand  
44 Whoop  
45 Tall buildings  
47 Bowl stats
- 48 Times to remember  
51 HP or Acer products  
53 With 72-Down, purring pet that doesn't go outside  
55 River of Aragon  
59 Stadium snacks  
63 Attach, as a sequin  
65 Bull battler  
66 Objectivist  
Ayn  
67 Back of a 45  
69 Course: Abbr.  
70 "Ran" director  
Kurosawa  
71 It's baked in a tube pan  
73 Marine milieu  
75 Advent mo.  
76 Hoity- —  
78 Mata — (Garbo role)  
79 Run, as an art exhibit  
80 New Jersey borough east of Paramus  
82 They're often pimiento-stuffed  
84 End of a 1/1 song
- 85 Strip, in a way, as shrimp  
88 Some drops on crops  
89 Untidy state  
90 Extra charge  
92 Generational disparity  
95 Church part  
97 Deep-fried side  
101 Trattoria entree  
106 "You got it!"  
107 Orthodox beginning?  
108 19-season of jeans  
Yankee  
Rivera  
109 Succor  
110 TGIF's "I"  
111 Fond du —, Wisconsin  
113 Big name in drug indexes  
114 Chose (to)  
116 Ingredient in a Cuban sandwich  
120 Supermarket chain only selling items like the 10 featured in this puzzle?  
123 Leaning Tower locale  
124 Banish  
125 Liveliness  
126 Ballet wear
- 127 Director Premierer  
128 Potato chips, in London  
129 Cuts, as logs  
130 "Hold it!"  
**DOWN**  
1 Fraud figure  
Bernard  
2 Slugger  
Roberto  
3 "Search me"  
4 Wise trio  
5 Oversaw  
6 Kwik-E-Mart operator  
7 1980s brand of jeans  
8 Like dirty floors  
9 To-do list  
10 Fully mature  
11 Writer Levin  
12 Camel, e.g., for short  
13 Gulp down quickly  
14 "Permit Me Voyage" author  
15 Relevant  
16 Joyous  
17 Less binding  
18 Ford flops  
24 Hurry  
26 Walk along  
29 — buco (Italian dish)  
34 NFL luminary  
35 "La — Vita"
- 36 Emu or owl  
37 In the event that it's true  
39 RCA product  
41 Pearl producer  
42 SLR's "L"  
43 Treasured violin, in brief  
46 #1 hit for the Troggs  
48 Spanish political units  
49 Breeding colony of penguins  
50 Eitfreen, e.g.  
52 Proud walk  
54 Sheriff Taylor's son  
56 Rob (of)  
57 Spins  
58 Fusing result  
60 Ramble on  
61 Madcap  
62 Get finished  
64 Capital of South Korea  
67 NFL's Starr  
68 Did slaloms, say  
71 Digestion aid  
72 See 53-Across  
74 Yalta's peninsula  
77 Less young  
79 It may hold Holsteins  
81 Clear up, as a mirror  
82 Slapstick fight missiles  
83 "Strawberry Wine" singer Carter  
86 Windmill part  
87 Kellogg's cereal  
91 Hydroxyl compounds  
93 On — with  
94 Settles (on)  
96 Parody  
97 San Luis —  
98 Dodo  
99 Demand  
100 Six- — (sub shop sandwich)  
102 Inventor Tesla  
103 Didn't play in the game  
104 Linked with  
105 Tallies  
108 Bumps into  
112 "T.N.T." rock band  
113 No. on a new car's sticker  
115 Paunches  
117 — Tomé and Principe  
118 Commercial start for Pen  
119 Series of Canon cameras  
121 Trial concern  
122 Jr. officer

|     |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |    |     |     |     |     |
|-----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|-----|-----|
| 1   | 2  | 3  | 4  |     | 5   | 6   | 7   | 8   |     | 9   | 10  | 11  | 12  | 13  | 14  |    | 15  | 16  | 17  | 18  |
| 19  |    |    |    |     | 20  |     |     |     |     | 21  |     |     |     |     |     |    | 22  |     |     |     |
| 23  |    |    |    | 24  |     |     |     |     |     | 25  |     |     |     |     |     | 26 |     |     |     |     |
| 27  |    |    |    |     |     |     | 28  |     | 29  |     |     |     |     | 30  |     |    |     |     | 31  |     |
| 32  |    |    |    | 33  | 34  | 35  |     |     |     |     | 36  | 37  |     |     |     | 38 | 39  |     |     |     |
| 40  |    |    | 41 |     |     |     |     |     |     | 42  |     |     |     |     | 43  |    |     |     |     |     |
|     |    |    | 44 |     |     |     |     |     | 45  |     | 46  |     |     |     | 47  |    |     |     |     |     |
| 48  | 49 | 50 |    |     | 51  |     |     | 52  |     | 53  |     |     |     | 54  |     |    | 55  | 56  | 57  | 58  |
| 59  |    |    |    | 60  |     |     |     | 61  | 62  |     |     |     |     | 63  |     | 64 |     |     |     |     |
| 65  |    |    |    |     |     |     | 66  |     |     |     |     | 67  | 68  |     |     |    |     | 69  |     |     |
| 70  |    |    |    |     |     |     | 71  |     |     |     |     |     |     |     |     | 73 | 74  |     |     |     |
| 75  |    |    |    |     | 76  | 77  |     |     |     |     | 78  |     |     |     |     | 79 |     |     |     |     |
| 80  |    |    | 81 |     |     |     |     |     | 82  |     |     |     |     | 83  |     |    |     |     |     |     |
| 84  |    |    |    |     | 85  |     |     | 86  | 87  |     |     |     |     | 88  |     |    |     | 89  |     |     |
|     |    |    |    | 90  | 91  |     |     | 92  |     |     |     | 93  | 94  |     | 95  |    | 96  |     |     |     |
| 97  | 98 | 99 |    |     |     |     |     | 100 |     |     |     | 101 | 102 |     |     |    |     | 103 | 104 | 105 |
| 106 |    |    |    |     |     |     | 107 |     |     |     | 108 |     |     |     |     |    |     | 109 |     |     |
| 110 |    |    |    |     | 111 | 112 |     |     |     | 113 |     |     |     |     |     |    | 114 | 115 |     |     |
| 116 |    |    |    | 117 |     |     |     |     | 118 | 119 |     |     | 120 | 121 | 122 |    |     |     |     |     |
| 123 |    |    |    |     |     |     |     |     |     |     |     |     | 125 |     |     |    |     | 126 |     |     |
| 127 |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |    |     |     |     |     |

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# Sudoku

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

# 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: **Q** equals **F**

CWLNR W PBG UPR QIZ KPWIR W

KBC EL JA IBCU QIWYPU, AEZ

JWYPU CBA UPBU W EQURL

NEZYPRG BIEQU.

## Last week's CryptoQuip answer

When a boxing coach begins and ends his workday, I expect he really like to punch in and out.

## last week's answers

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

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

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