



THREE AIRCRAFT CARRIERS TO CHANGE HOMEPORTS



From Commander, Naval Air Forces Public Affairs

SAN DIEGO

The U.S. Navy announced Aug. 2 that three Nimitz-class aircraft carriers — USS Carl Vinson (CVN 70), USS Abraham Lincoln (CVN 72) and USS John C. Stennis (CVN 74) — will conduct homeport shifts.

USS Abraham Lincoln, currently located in Norfolk, Virginia, will rejoin the Pacific Fleet, making San Diego its homeport. Abraham Lincoln, commissioned in 1989, previously served in the Pacific Fleet from 1990-2011 before moving to Norfolk for midlife

refueling.

The other two carrier homeport shifts are tied to carrier maintenance. **John C. Stennis**, currently homeported in Bremerton, Washington, will change homeports to Norfolk in advance of its midlife refueling, or reactor complex overhaul (RCOH) at Newport News Shipbuilding. John C. Stennis was commissioned in 1995; Nimitz-class carriers are built to last 50 years.

USS Carl Vinson (CVN 70) will conduct a homeport change to Bremerton in advance of its docking-planned incremental availability (DPIA) at Puget Sound Naval Shipyard.



ABOVE: The aircraft carrier USS Carl Vinson (CVN 70) participates in a group sail during the Rim of the Pacific (RIMPAC) exercise off the coast of Hawaii, July 26, 2018.

MC1 Arthurgwain Marquez

MC3 Clint Davis
The aircraft carrier USS Abraham Lincoln (CVN 72) launches a RIM-116 test rolling airframe missile during Combat Systems Ship Qualification Trials (CSSQT).



New policy prohibits GPS tracking in deployed settings

By Jim Garamone
DoD News, Defense Media Activity

WASHINGTON

Deployed service members may have to ditch their fitness trackers in response to a new memo from Deputy Defense Secretary Patrick M. Shanahan prohibiting the use of GPS functions in deployed locations.

An Army colonel announces a policy change to civilian press.

This includes physical fitness aids, applications in phones that track locations, and other devices and apps that pinpoint and track the location of individuals. “Effective immediately, Defense Department personnel are prohibited from

Pentagon spokesman Army Col. Robert Manning III announces the policy on geolocation devices at the Pentagon, Aug. 6, 2018.

Jim Garamone

using geolocation features and functionality on government and nongovernment-issued devices, applications and services while in locations designated as operational areas,” Pentagon spokesman Army Col. Robert Manning III told Pentagon reporters today.

Deployed personnel are in “operational areas,” and commanders will make a determination on other areas where this policy may apply.

The market for these devices has exploded over the past few years, with many service members incorporating them into their workout routines. They use the

» See **GPS** | A7



Sailors participate in the Navywide E-4 advancement exam on the mess decks of the amphibious assault ship USS Bonhomme Richard (LHD 6).

MC3 Jesse Marquez Magallanes

Update to reservist advancement exam affects machinist ratings

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

Some machinist’s mates (MM) in select specialties will no longer be required to convert to the source rating the Navy announced in NAVADMIN 189/18 released

Aug. 3.

This new message serves as an update to NAVADMIN 120/18, the August 2018 Cycle 103 Navy-Wide Examinations for Advancement of Selected Reserve (SELRES) Personnel to E-4 Through E-6. The update reflects changes that apply to MMs in the MMA (auxiliary) and MMW (submarine weapons) ratings accessed into the Navy Reserve. To support talent retention initiatives and increase transferability from the Reserve component (RC) to the

» See **EXAM** | A7

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HI-TECH BODY MONITOR
The sensor-laden Wireless Vital Signs Monitor (WVSM) tracks critical health information like heart rate, pulse and blood pressure. Sponsored by the Office of Naval Research (ONR), it weighs less than a pound and can be carried easily into combat zones or mass-casualty emergency situations.

» See **A6**



VCNO VISITS CHICAGO

The second highest-ranking U.S. Navy officer visited Chicago to engage with local residents, contribute his military story for historical preservation and connect with civic, government, and business leaders, Aug. 2.

» See **B4**

CALLING ALL SHUTTERBUGS

The Virginia Zoo is asking Hampton Roads photographers — professional and amateur — to enter its 2019 Calendar Photo Contest.

» See **C1**

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From Tricare

You may know that mosquitoes carry disease. But did you know that disease epidemics from mosquito-borne viruses are on the rise? Protect yourself against mosquitoes, and know how TRICARE covers you if you suffer more than the usual itchy bite this summer.

Mosquitoes are flying insects known for their irritating bites. While most mosquitoes simply cause itchy bites, if infected, they can spread disease. Some common ones include:

Malaria. If traveling to Central America, South America, East or West Africa, or South Asia, talk to your doctor about medications to prevent malaria and understand your options. If symptoms arise, a doctor can diagnose malaria with a blood test.

Yellow fever. There is currently a yellow fever outbreak in Brazil. The Centers for Disease Control and Prevention

(CDC) recommends that if you haven’t received the yellow fever vaccine, postpone travel to Brazil. If you must travel to South America or Africa, where yellow fever is most common, consider getting vaccinated. TRICARE covers yellow fever vaccine or other vaccines required for overseas travel for active duty family members traveling with their sponsor on official travel or permanent change of station orders.

Zika. While it doesn’t usually require hospitalization, the CDC warns that the Zika virus presents additional risk for pregnant women. If you’re pregnant, consider postponing travel to areas where the virus is active, like parts of South America, Central America, and the Caribbean. Check the world map of areas with risk of Zika for the latest information.

West Nile virus. Last year, the West Nile virus affected more than 2,000 Americans and caused over 120 deaths. But

not all cases are severe. Within the U.S., West Nile is most common in Arizona, Utah, New Mexico, Mississippi, Nebraska, and North and South Dakota.

Mosquitoes can spread dangerous diseases no matter where you are. Here are some ways that you can prevent mosquito bites and reduce your chances of getting sick:

- Wear long sleeves and pants when exploring outdoors, especially at night.
- Use an insect repellent registered with the Environmental Protection Agency and reapply frequently when outdoors.
- Sleep in an air-conditioned or well-screened room.
- Take command of your health this summer and stay alert in the fight against mosquito-borne disease. For more on bugs, check out Bug Week at the Military Health System. For more on your benefits and what TRICARE covers, check out the TRICARE website.

MWR’s Star Service Program celebrates 20 years of service

By MC3 Emily S. Casavant
Naval Station Norfolk Public Affairs Office

NORFOLK

The Navy’s Morale, Welfare and Recreation program is known for their smiling faces and helpful programs. Something people may not think of is who helped them become the customer service professionals that they are. The answer to that can be found in the Star Service: Creating Stellar Customer Relations program.

The year 2018 marks the 20th anniversary of one of the lesser known, yet hardworking and dedicated groups, known as the Star Service program. The program is a non-profit branch of MWR, Fleet and Family, food services and other military based programs that work face to face with members and their families.

“It’s a lot of work. There’s a lot of time out of their regular duties. There’s not a whole lot of recognition that happens so we really want to give them

a shout out that says that we know they’re making a difference,” said Lois Herman, the Mid-Atlantic Training Performance Improvement Specialist, about the programs’ volunteers. Herman has also been a facilitator for four years, along with overseeing the facilitators for the past year.

The stellar customer service goals are accomplished by holding employee trainings that focus on subjects such as the impression they make on a customer, how to correctly respond to questions, and how to de-escalate situations. One helpful tool used by the facilitators is the four qualities of STAR services; those being: Seamless, Trustworthy, Attentive and Resourceful. The Star Service facilitators spend two days conducting the trainings and 98 percent of the people they have trained this fiscal year have reported that they are grateful for the program and felt that it was a great help to their future professionalism.

“There’s a lot of things that people take from it but I think the most beneficial is knowing that their actions and their word choice have the



Stock Photo

ability to either escalate or de-escalate a customer,” stated Lois.

Most employees working in customer service with military members and families are required to do this training within 90 days of their employment. There have been 35 learning events held in the Hampton Roads area this fiscal year with a total of 384 learners. All of these have been conducted by the 27 regional facilitators and the Star Service program, along with the many trainees, thanks them for all of their hard work and dedication.

“The best part about working with the program is the opportunity to promote change, to challenge thinking and to motivate people out in the field,” said Lois, in a closing statement about her time spent in the program.

For more information on Star Service: Creating Stellar Customer Relations, contact Lois Herman at 757-444-7745, lois.herman@navy.mil or contact your regional MWR Training & Performance Improvement Specialist.

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Navy Region Mid-Atlantic Fire and Emergency Services personnel awarded for life-saving actions

By MCSN Mark Thomas Mahmood
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Personnel from Navy Region Mid-Atlantic Fire and Emergency Services received Certificates of Significant Achievement July 31 at a ceremony at the Fire and Emergency Services building on Naval Air Station Oceana Dam Neck Annex.

Eight emergency responders received the awards for saving the life of Chief Sonar Technician (Submarine) Kevin C. Pope, leading chief petty officer at Commander, Undersea Surveillance on February 7 when he suffered from a heart attack during a workout.

Lester Schneider, firefighter/paramedic at NRMAFES, said he was the one who received the emergency call when Pope was experiencing chest pain and responded from Naval Air Station Oceana because the ambulance at Dam Neck Annex did not have a paramedic.

“Once I arrived on scene, we started the advanced life support procedures that we do,” said Schneider. “That’s how we noticed that he was having a heart attack.”



U.S. Navy photo

Schneider said they took Pope to Sentara Virginia Beach General Hospital’s cardiac catheterization lab where they were able to locate the blockage in his heart.

Pope said he doesn’t remember much from the time he arrived at the hospital, but said the emergency responders were working the whole time to keep him awake.

“The surgery was a success,” said Pope. “I’m recovered now, and it’s all because of the work these guys did in that very finite amount of time. These guys saved my life.”

Schneider also said any paramedic won’t be a good paramedic unless he has good EMTs.

“The team of guys that I work with every day, we train, we have classes, we have recurring certification training,” said Schneider. “The biggest piece of

advice I give my team is, ‘it’s not our emergency; it’s his emergency’ and the cooler and calmer we are, the better we are at treating the patient.”

The eight NRMAFES emergency responders who received the awards are Captain John Maskelony, Lester Schneider, Matthew Fertig, Matthew Barcus, Robert Rose, Michael Saunders, Charles Haywood and Jason Bordner.

Schneider said being recognized for saving Pope’s life was a little awkward because he doesn’t do his job for the recognition.

“The only recognition I require from any of this is seeing him able to hold his wife and kids,” said Schneider, who is also a father. “A piece of paper will never come close to that.”

NAS Oceana meritoriously advances Sailors

By MCSN Mark Thomas Mahmood
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Naval Air Station Oceana Commanding Officer Capt. Chad P. Vincelette advanced 11 Sailors to the next pay grade via the Meritorious Advancement Program (MAP) during ceremonies held on July 25 and July 30.

MAP allows commanding officers to advance Sailors in pay grades E-5 and below to the next higher pay-grade and is intended to give commanding officers the opportunity to recognize outstanding Sailors by advancing them when they are ready for the next level of responsibility.

Naval Air Station Oceana Command Master Chief Lee Salas said the Sailors who were selected for meritorious advancement were those who deserved to have their accomplishments recognized and highlighted.

“The Sailors we selected were those that were going beyond the norm,” said Salas. “The Sailors we chose prove the way we evaluate performance at Oceana is not flawed. We chose the best of the best.”

Master-at-Arms 1st Class David A. Fuller, who was among the group of advanced Sailors said it feels amazing to be recognized for his hard work.

“I work hard every day and try my best to help out the younger Sailors,” said Fuller. “Getting advanced makes me feel like I’m accomplishing what I set out to do.”

Cmdr. Darby D. Harville, security officer, said it’s nice to be able to pick out Sailors that go above and beyond and take pride in what they do.

Harville said MAP gives leadership a chance to advance Sailors who are truly deserving of recognition.

“Being able to advance Sailors who put in the hard work is really rewarding for myself because I’m able to see that smile on their face,” said Harville. “It feels good to know that I had a positive impact on their career and personal life.”



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NWS Yorktown Centennial Day celebration

From Naval Weapons Station Yorktown Public Affairs

YORKTOWN, VA.

Naval Weapons Station Yorktown will be celebrating its centennial on August 10, 2018, by opening a portion of the base from Gate 1 (the “Lackey Gate”) to Kirkpatrick Field to the general public for an open house and concert.

At 3:00 p.m., guests will be able to enter the base through Gate 1. Open house events will include displays hosted by NWS Yorktown tenant commands, a time capsule opening and cake cutting.

York County will present a proclamation honoring the century old installation from the Honorable Sheila Noll, Chairman of the York County Board of Supervisors, to Captain Matthew Kosnar, NWS Yorktown Commanding Officer. Opening remarks by Kosnar will begin at 6:00 p.m.

The U.S. Navy Fleet Forces Four Star Edition rock band will open for the concert. Following Four Star Edition will be Parmalee, a country music band consisting of brothers Matt and Scott Thomas, along with their cousin Barry Knox and Josh McSwain. Parmalee will perform starting at 7:30 p.m.

The base will close to the general public at 9:30 p.m.

Naval Weapons Station Yorktown Historical Factsheet

On Aug. 7, 1918, President Woodrow Wilson ordered the Secretary of the Navy to take possession of a tract of land, “being part in the County of Warwick and part in the County of York, both in the state of Virginia.”

This was the beginning of Navy Mine Depot Yorktown.

Initial construction of the depot included a mine loading plant, magazines for storage, a power plant, machine shop, a railroad to connect with local rail lines, a pier, and various barracks, administration offices and a galley. Total cost for the initial construction was \$3 million, equaling over \$37 million today.

The main workhorse of the installation is the ordnance pier. The original pier was constructed in 1920. It was a wooden pier with inlaid rail road tracks to facilitate the loading/unloading of mines and other ordnance. In the beginning, barges were loaded with ordnance and towed out to ships anchored in the river or down to ships at Naval Station Norfolk. The pier suffered major damage during a hurricane

Naval Weapons Station Yorktown

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in 1933 and a fire in 1954. In 1962, construction began on a new U-shaped pier that is still in service today.

Over its long history, NWS Yorktown has employed a variety of military and civilian personnel to carry out its mission. By October 1943, there were 94 officers, 890 enlisted, in addition to 250 Marines permanently stationed at the installation. The civilian work force totaled more than 2,300, including 545 women. Today, the installation is home to 5,096 military, civilians and family members.

NWS Yorktown hosts 35 tenant commands including Navy Munitions Command, Navy Submarine Torpedo Facility, the

Naval Ophthalmic Support and Training Activity, Navy Expeditionary Logistics Support Group, Navy Cargo Handling Battalion, the Marine Corps Security Force Regiment, Fleet industrial Supply Center Detachment, Navy Expeditionary Medical Support Command and many more.

The base and its tenant commands work together to provide handling, maintenance, storage, research and development for explosive ordnance. It is the site of expeditionary logistics training and operations, warfare training for sailors, Marines and other services and serves as a premier recreational destination for service members and their families.

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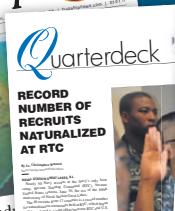
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A01 Robert Martin

Petty Officer 2nd Class Trevon Randall, a Sailor assigned to Naval Station Norfolk Ships Cabin Galley, carves turkey during the Thansgiving celebration in the Ships Cabin Galley.

Naval Station Norfolk’s Galley receives 7th 5-Star accreditation award in eight years

By IC2 Shea Ray
Naval Station Norfolk Public Affairs

NORFOLK
Naval Station (NAVSTA) Naval Station Norfolk’s Galley received its 7th 5-Star accreditation award in eight years.
The 5-Star accreditation is the highest level in Navy food service evaluation.
The 5-Star accreditation for food service excellence is centered on the review and evaluation of the strict standards set in place regarding the overall quality of food service including records, inventory, training, sanitation and food preparation. To be awarded the 5-Star accreditation a facility needs to receive at least 790 points out of a possible 820. Once a 5-Star accreditation is awarded, the facility will keep this rating for one year.

“Being here for going on ten years’ now, your staff will go through periods of highs and lows, and I will say that this is the best crew I have ever had and that goes from Master Chief Robert Kroeger on down,” said David Luca, Naval Station Norfolk’s Food Service Officer. “These sailors are so talented and competitive. They do not like to lose and that competitive drive along with the support of the chain of command has allowed us to have great success.”
Navy galleys provide crucial food services to all uniformed military personnel at Navy installations worldwide.
“If you stay ready, you do not have to get ready,” said Culinary Specialist Chief Petty Officer Kimplachat McDuffie.
“Our sailors work a lot of hours and we were able to create a schedule that works better for our sailors, and allows them to put their best foot forward,” said Culinary Specialist Petty Officer First Class Anthony Scott. “For them to receive the

5-Star accreditation solidifies everything that they do day in and day out. For them to be able to see the fruits of their labor, that’s rewarding.”
Reaching a 5-Star accreditation is a requirement to being a candidate for the Captain Edward F. Ney award. The Captain Edward F. Ney Memorial Award Program was established in 1958 by the Secretary of the Navy to recognize afloat and ashore general messes that demonstrate excellence in food service. Named in honor of the late Capt. Edward Francis Ney, Supply Corps, United States Navy, the Ney Memorial Awards Program represents the pinnacle of Navy food service success. It promotes friendly competition among units, instills pride in accomplishment, and spreads esprit de corps throughout the Navy.

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Seaman Brinio Urena heaves line aboard the Arleigh Burke-class guided-missile destroyer USS Carney

Midshipman 3rd Class Cole Dittmore plates cherry pie for supper aboard guided-missile destroyer USS Preble.

Sailors take photos of flight operations from culture's row aboard the aircraft carrier USS George H.W. Bush.

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1970’S NAVY CAMPUS PLANKOWNER VISITS NAVY COLLEGE VIRTUAL EDUCATION CENTER

By Ed Barker

Naval Education and Training Professional Development Center (NETPDC) Public Affairs

VIRGINIA BEACH, VA.

One of the pioneers of Navy Voluntary Education recently visited the Navy College Virtual Education Center (NCVEC) onboard Naval Air Station Oceana’s Dam Neck Annex.

Sandra Barnes, one of the original staff members for the standup of the Navy Campus for Achievement, the Navy’s new Voluntary Education (VOLED) program in 1973, visited the NCVEC to share some vintage sea stories and see how the current program has leveraged virtual services.

“When Adm. Elmo Zumwalt created the Navy Campus program, I was approached

and agreed to be the representative for the Norfolk area,” said Barnes. “Twenty-five years later, I retired as the Navy Campus Central Eastern Area Coordinator, and can proudly say my staff and I helped thousands of Sailors with their educational goals. The program has grown considerably, and after my NCVEC tour I can say I am very impressed.”

Sharen Richardson, current Director of Education Programs for Navy VOLED, was hired by Barnes during the Navy Campus days and says that one thing that hasn’t changed over the years is their staff’s dedication to giving the best service possible.

“Sailors’ core needs haven’t changed from the beginning; they still need counseling, direction, and funding to pursue their education,” said Richardson. “What has changed



Ethel Hill
Sandra Barnes and Ernest D'Antonio, Navy VOLED Director, during her tour of the Virtual Education Center.

is the technology that supports our delivery – we’ve changed from primarily face-to-face and switched to multiple options including virtual service — we’re in a position to reach more Sailors around the world and help them reach their goals.”

Barnes added that although not available during her tenure, the leveraging of technology is perfectly adapted to today’s service member.

“Today’s Sailors are technology-oriented and can take advantage of the virtual services of the NCVEC,” said Barnes. “The current Navy approach to VOLED is well-suited to the needs of our Sailors now and in the future.”

The Director of Navy VOLED, Ernest D’Antonio, said that the Navy Campus pioneers have been crucial to the success of the current Navy College Program.

“The initial days of Navy Campus were a bit like the Wild West; the initial cadre had to define the role for VOLED as they became an integral part of Sailors reaching their educational goals,” said D’Antonio. “Sandra has been an outstanding mentor and example for many of the staff members that are still with us today, and we’ve built on her success to meet the needs of today and the future.”

More information on VOLED can be found by visiting the Navy College Program website: <https://www.navycollege.navy.mil/index.htm> including how to start the education process, complete required training, submit a Help Request through

the Navy College Virtual Education Center (NCVEC), initiate a Live Chat session, or review knowledge management articles. The NCVEC can be reached toll free by calling 877-838-1659; DSN 492-4684, Monday-Friday 7 a.m. — 7 p.m. EST.

Get the latest information by following Navy Voluntary Education on Facebook: <https://www.facebook.com/NavyVoluntaryEducation/>.

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

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

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



Michael Jones
Sandra Barnes and Air Traffic Controller 2nd Class Douglas Abbey discuss Abbey’s educational goals in the Navy Campus for Achievement office in the early 1980s.

VITAL SIGNS: HIGH-TECH, PORTABLE HEALTH MONITOR TREATS WARFIGHTERS AND CIVILIANS

By Warren Duffie Jr.

Office of Naval Research Public Affairs

ARLINGTON, VA.

A technology designed to treat injured warfighters on the battlefield is proving its worth to civilian emergency-response teams.

The sensor-laden Wireless Vital Signs Monitor (WVSM) tracks critical health information like heart rate, pulse and blood pressure. Sponsored by the Office of Naval Research (ONR), it weighs less than a pound and can be carried easily into combat zones or mass-casualty emergency situations.

The device is strapped to a patient’s arm and transmits data wirelessly via a specialized software app to a tablet or smart phone, which is handled by attending medical personnel such as Navy corpsmen. This enables the medics to monitor the vital signs of more than 15 patients at once.

“Since this technology can monitor multiple patients simultaneously, corpsmen can attend to someone, move to the next patient or even step away to get supplies—while still keeping an eye on everyone in their care,” said Dr. Timothy Bentley, a program manager in ONR’s Warfighter Performance Department, which has sponsored the WVSM’s development.

A collaboration between ONR, the U.S.

Army Institute of Surgical Research and industry partner Athena GTX, the WVSM recently was approved by the U.S. Food and Drug Administration. More than 200 of the monitors so far have been sold to emergency-response units in Iowa, Texas, North Carolina, Maryland, Missouri and Pennsylvania.

The WVSM also is used currently by the U.S. Special Operations Command and the Air Force.

Through complex software algorithms, the WVSM analyzes patient data; determines if someone is in stable or worsening condition; and calculates the need for life-saving interventions such as surgery or blood transfusions. This differs from traditional vital signs monitors, which provide basic health information but can’t predict if someone’s medical condition is about to deteriorate.

First responders already have used the WVSM successfully in training exercises and emergencies such as fires, tornados, hurricanes and large public events where groups of people required medical attention. In June, Texas emergency crews treated people injured during a hospital explosion.

“The feedback from customers has been very positive,” said Dr. Mark Darrah, president and chief executive officer of Athena GTX. “They like that the WVSM is lightweight, portable and can provide crucial



Courtesy Athena GTX
The Wireless Vital Signs Monitor (WVSM). Sponsored by the Office of Naval Research, the WVSM tracks critical health information like heart rate, pulse and blood pressure. It weighs less than a pound and can be carried easily into combat zones or mass-casualty emergency situations.

vital sign data quickly. The sooner you can receive such data, the better the outcome in an emergency.”

The WVSM is designed as part of the ONR-sponsored Automated Critical Care System (ACCS)—a patient-care system that can be described as an intensive care unit in a suitcase. Weighing under 25 pounds, with an accompanying stretcher, ACCS is ideal for diverse missions.

“Expeditionary forces penetrate deep into remote areas where casualties can take hours or days to evacuate,” said Bentley. “The capabilities needed for patient care must be compact, lightweight and scalable to mission requirements. ACCS makes the clinical expertise and capabilities of a critical-care

center available to warfighters in the most severe conditions.”

ACCS can provide care such as vital signs monitoring; resuscitation and breathing assistance; supplemental oxygen; fluid and drug therapy; and patient data gathering, storage and transmission. The system can monitor and treat patients under the control of a medic—or autonomously within pre-determined parameters.

Warren Duffie Jr. is a contractor for ONR Corporate Strategic Communications.

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

COMMANDER, SUBMARINE FORCES HOLDS CHANGE OF COMMAND

From Commander, Submarine Forces Public Affairs

NORFOLK

Vice Adm. Charles A. Richard relieved Vice Adm. Joseph E. Tofalo as Commander, Submarine Forces/Submarine Force Atlantic/Allied Submarine Command during a change of command ceremony onboard the Virginia-class fast-attack submarine USS Washington (SSN 787) August 3 at Naval Station Norfolk.

Since taking command of the Submarine Force in September 2015, Tofalo played a pivotal role in the future of the force. As Commander, Submarine Forces, he focused his efforts on ensuring the U.S. Navy maintains undersea superiority today and into the future. As Commander, Submarine Force Atlantic, he had operational command of all U.S. submarines home ported on the Atlantic coast, as well as supporting shore activities. As Commander, Allied Submarine Command, he acted as the principal advisor to the North Atlantic Treaty Organization on submarine plans, operations, and doctrine.

Tofalo kicked off remarks by reminding guests that sixty years ago today, 3 August 1958, USS Nautilus (SSN 571) reached the North Pole, and became the first submarine in history to do so.

“This “top of the world” historical reference is certainly fitting,” said Tofalo. “Because I’m “on top of the world” today, as it has been the honor of my lifetime to command the greatest submarine force the world has ever known. A force made up of 24,000 outstanding active duty, government civilians and reservists, and their families, who combined are only 4% of the greater navy, yet operate 25% of the Navy’s warships including 70% of Nation’s accountable nuclear weapons.”

Admiral John Richardson, Chief of Naval Operations, and Admiral Christopher Grady, Commander, U.S. Fleet Forces Command were guest speakers during the ceremony.

Richardson, a former Commander, Submarine Forces himself, recognized the history of the submarine community and described a culture inspired by four generations—the pioneers, the warfighters, the cold warriors, and the innovators.

“Joe has led his team to strengthen the readiness of the fleet, strengthen the bonds of trust and confidence,” said Richardson. “He has spent every waking moment thinking about how to make our force stronger, ready to sail under the seas and over the horizon, to face any challenge, and to return stronger than when we left.”

In welcoming and recognizing the many distinguished guests at today’s ceremony, Grady also lauded Tofalo’s leadership, his continued support of excellence, and the elite culture that he established within the submarine community.

A native of upstate New York, Tofalo graduated with distinction from the U.S. Naval Academy in 1983 with a Bachelor of Science in Computer Science. He also holds a Master of Science in Engineering Management from Catholic University of America. His father was a 35-year career naval officer, and his mother was a Navy WAVE, one of the first enlisted women in the Navy.

Tofalo was commanding officer of the Ohio-class ballistic-missile submarine USS Maine (SSBN 741), and was Commander, Submarine Squadron 3, Pearl Harbor, Hawaii. Prior sea assignments include the Permit-class attack submarine USS Flasher (SSN 613), the Ohio-class guided-missile submarine USS Michigan (SSGN 727), and the Los Angeles-class attack submarine USS Montpelier (SSN 765).

His shore assignments include three assignments on Commander, Submarine Forces staff; two assignments on Commander, U.S. Fleet Forces staff; four assignments on the Chief of Naval Operations staff; U.S. Joint Forces Command; and the Joint Staff.

Selected for Rear Admiral in December 2009, his first flag assignment was as Assistant Deputy Chief of Staff for Global Force Management and Joint Operations (N3B), U.S. Fleet Forces Command. In August 2011, he relieved as Commander, Submarine Group 10, and in December 2013 as Director, Undersea Warfare on the Chief of Naval Operations staff in the Pentagon.

Tofalo retired from active duty as part of the ceremony after more than 35 years of service in the U.S. Navy, and left the Force with one last challenge.

“To the Sailors and the Force, I challenge you to continue our emphasis on competence and character, relentlessly pursuing your theoretical maximum performance as both individuals and teams,” he said. “I also challenge you to continue to do everything with honesty and integrity. Revel in hard facts and the certitude of being a standards-based organization.”

Upon assuming command, Richard thanked Tofalo for passing on a Force that is “ready to deliver” and reassured Richardson, Grady and Hyten that he understands their strategic guidance and the important role submarines play in the nation’s defense.

“The mission of our Submarine Force today is clear, said Richard. “We are back in a world in the midst of major power competition. In that competition our strength undersea is a key advantage that we have,” said Richard. “That will not change on my watch. With so much at stake, we cannot let up and must execute our mission with a continued sense of urgency.”

To the men and women of the Submarine Force, Richard delivered just one thought, “Prepare for battle! This was Admiral Tofalo’s direction, and it is mine as well,” said Richard. “It is only by being prepared for battle that we can hope to avoid it. If we cannot, our nation expects and demands victory. We shall not fail!”

A native of Decatur, Alabama, and a graduate of the University of Alabama, Richard has also earned master’s degrees with honors from the Catholic University of America and the Naval War College. His flag assignments include command of Submarine Group 10 in Kings Bay, Georgia, and the deputy commander of Joint Functional Component Command for Global Strike at U.S. Strategic Command (USSTRATCOM).

His operational assignments include command of USS Parche (SSN 683) as well as Submarine NR-1, then the U.S. Navy’s only nuclear-powered, deep-submergence submarine. He also served aboard USS Portsmouth (SSN 707), USS Asheville (SSN 758) and USS Scranton (SSN 756).

Richard’s recent staff assignments include service as the executive assistant and naval aide to the Under Secretary of the Navy; chief of staff, Submarine Force Atlantic; and command of Submarine Squadron (SUBRON) 17 in Bangor, Washington. Other staff assignments include director of resources on the staff of the Under Secretary of Defense (policy); squadron engineer on the staff of SUBRON-8 and duty on the Deputy Chief of Naval Operations (Submarine Warfare) staff. He has also served as a member of Chief of Naval Operations’ Strategic Studies Group XXVIII, studying the integration of unmanned systems into naval force structure.

Richard previously served as the director, Undersea Warfare Division (N97) in Washington, D.C., and was responsible for the



MCC Darryl Wood

Vice Adm. Joseph E. Tofalo, the outgoing commander of Submarine Forces, walks through the side boys during the Submarine Forces change of command ceremony aboard the Virginia-class fast-attack submarine USS Washington (SSN 787) in Norfolk, Va. Vice Adm. Charles A. Richard relieved Vice Adm. Tofalo as commander of Submarine Forces.

planning, programming and budgeting for acquisition, operational readiness and modernization of the submarine force and its support. He most recently served as deputy commander of United States Strategic Command.

For more on the U.S. Navy, visit <http://www.navy.mil>, <http://www.facebook.com/>

[usnavy](http://www.twitter.com/usnavy), <http://www.twitter.com/usnavy>, or @USNavy on Instagram. For more news from Commander, Submarine Forces, visit <http://www.navy.mil/local/sublant/>, <http://www.facebook.com/sublant/>

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“To the Sailors and the Force, I challenge you to continue our emphasis on competence and character, relentlessly pursuing your theoretical maximum performance as both individuals and teams, I also challenge you to continue to do everything with honesty and integrity. Revel in hard facts and the certitude of being a standards-based organization.”

Vice Adm. Joseph E. Tofalo



MC1 Jeffrey M. Richardson

Adm. John M. Richardson, Chief of Naval Operations, awards Vice Adm. Joseph Tofalo, the outgoing commander of Submarine Forces, with the Distinguished Service Medal during a change of command ceremony aboard the Virginia-class attack submarine USS Washington (SSN 787) in Norfolk. Vice Adm. Charles A. Richard relieved Tofalo as commander of Submarine Forces.

GPS | Tracking prohibited in deployed settings

Continued from A1

devices and applications to track their pace, running routes, calories burned and more. These devices then store the information and upload it to central servers where it can be shared with third parties. That information can present enemies with information on military operations.

Using GPS Devices Pose Risk

“The rapidly evolving market of devices, applications and services with geolocation capabilities presents a significant risk to the Depart-

ment of Defense personnel on and off duty, and to our military operations globally,” Manning said.

These Global Positioning System capabilities can expose personal information, locations, routines and numbers of DoD personnel. Their use in overseas locations “potentially create unintended security consequences and increased risk to the joint force and mission,” Manning said.

Personal phones and other portable devices also contain apps

that rely on GPS technology, and they will be affected. Commanders will be responsible for implementing the policy, and they will be allowed to make exceptions only after conducting a thorough risk assessment.

Security is at the heart of this guidance. DoD seeking a balanced way that allows for legitimate official and personal uses of geolocation technology that does not impact security.

Manning said the department will continue to study the risk associated with these devices and change the policy as needed.

EXAM | Updates affect machinists

Continued from A1

active component (AC), MMA and MMW rated Sailors are no longer required to convert to the MM rating when transferring to the RC.

This change allows these Sailors to maintain critical skillsets and remain better aligned with the career paths of their AC counterparts, enhancing their ability to move between active and Reserve components. MMA and MMW Sailors must take the appropriate advancement exam that matches their specific rate. Educational services officers

(ESO) should ensure that MMA exams are ordered for MMA candidates and MMW exams are ordered for MMW candidates. ESOs should contact Navy Education and Training Professional Development Center (NETPDC) to order exams for those Sailors whose initial exams were not ordered in the correct rate.

The deadline to order additional SELRES exams is Sept. 4. For more information, consult the Navy Enlisted Advancement System Web at <https://prod.neas.netc.navy.mil>.



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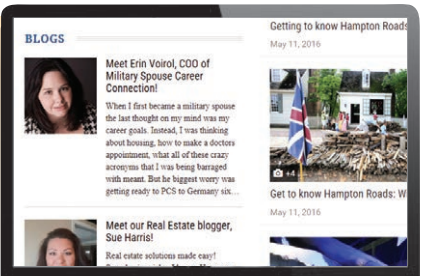
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Military working dog to receive cancer treatment
Military Working Dog T-401, Rex, is scheduled to redeploy in early August 2018 due to being diagnosed with skin cancer. Fuentes will redeploy with Rex. » See **B6**

EXERCISE RIM OF THE PACIFIC 2018 CONCLUDES



MC2 Devin Langer

Ships from various nations prepare to conduct a replenishment-at-sea with the Royal Canadian Navy supply ship MV Asterix while underway participating in the Rim of the Pacific (RIMPAC) exercise. Twenty-five nations, 46 ships, five submarines, about 200 aircraft and 25,000 personnel are participating in RIMPAC from June 27 to Aug. 2 in and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity while fostering and sustaining cooperative relationships among participants critical to ensuring the safety of sea lanes and security of the world's oceans. RIMPAC 2018 is the 26th exercise in the series that began in 1971.

From Rim of the Pacific Exercise Public Affairs

JOINT BASE PEARL HARBOR-HICKAM, HAWAII

The world's largest international maritime exercise concluded Aug. 2 following more than a month of training events conducted in and around the Hawaiian Islands and Southern California.

Twenty-five nations, 46 surface ships, five submarines, 17 land forces, and more than 200 aircraft and 25,000 personnel participated in Rim of the Pacific exercise 2018. This year's RIMPAC iteration marked the 26th in the series that began in 1971 and is now held every two years.

Hosted by U.S. Pacific Fleet, RIMPAC 2018 was led by U.S. Vice Adm. John D. Alexander, commander of the U.S. 3rd Fleet, who served as the combined task force

(CTF) commander. Royal Canadian Navy Rear Adm. Bob Auchterlonie served as deputy commander of the CTF, and Japan Maritime Self-Defense Force Rear Adm. Hideyuki Oban was the vice commander. Fleet Marine Force was led by U.S. Marine Corps Brig. Gen. Mark Hashimoto. Other key leaders of the multinational force included Commodore Pablo Niemann of Armada de Chile, who commanded the maritime component, and Air Commodore Craig Heap of the Royal Australian Air Force, who commanded the air component.

"I couldn't be more proud of our international team's ability to successfully complete an exercise of this nature," said Alexander. "Most importantly, we completed the exercise safely while still achieving national training objectives. This is a true testament to the talent and lasting partnerships we built

through RIMPACs past and present, and will continue to build for the foreseeable future."

Alexander said the involvement of so many different countries working together to successfully accomplish RIMPAC was a strong reminder of the unity coalition forces can exhibit in a real-world situation.

"Multinational operations are complicated," he said. "It takes skill to assemble an international team and have it be successful. Throughout the duration of the exercise, from the planning conferences to the ships returning to port, this team proved they work great together and can adapt quickly to a dynamic environment."

This year's exercise included forces from Australia, Brunei, Canada, Chile, Colombia, France, Germany, India, Indonesia, Israel, Japan, Malaysia, Mexico, Netherlands, New Zealand, Peru, Republic of Korea, Republic

of the Philippines, Singapore, Sri Lanka, Thailand, Tonga, United Kingdom, United States and Vietnam.

Additionally, for the first time since RIMPAC 2002, U.S. 3rd Fleet's Command Center relocated from San Diego to Pearl Harbor to support command and control of all 3rd Fleet forces in 3rd Fleet's area of responsibility, to include forces operating forward in the Western Pacific. The Fleet Command Center established at a deployable joint command and control on Hospital Point, Pearl Harbor, for the first part of the exercise and then transitioned to amphibious transport dock ship USS Portland (LPD 27) for the remainder of the exercise.

Auchterlonie said all participating nations worked together incredibly well to overcome

» See **RIMPAC** | **B7**



Austal USA

Burlington (EPF 10) successfully completes acceptance trials

From Team Ships Public Affairs

MOBILE, ALA.

The Navy's 10th Expeditionary Fast Transport ship, Burlington, successfully completed Acceptance Trials, Aug. 3 after two days of underway evaluation in the Gulf of Mexico.

The ship successfully demonstrated the readiness of its equipment and systems for

operations, both dockside and underway, for the Navy's Board of Inspection and Survey. The ship returned to the Austal USA shipyard and will now begin preparations for delivery to the Navy later this year.

"Acceptance trials are a major step towards delivering Burlington to the Navy," said Capt. Scot Searles, Strategic and Theater Sealift program manager, Program Executive Office (PEO) Ships. "The ship performed very well this week, which is a great reflection of the commitment of our industry and government team to delivering quality ships."

EPFs are versatile, non-combatant vessels designed to operate in shallow-draft ports and waterways, increasing operational flexibility for a wide range of activities

» See **BURLINGTON** | **B7**

CNO visits naval partners in Brazil, deepens strategic relationship

From Chief of Naval Operations Public Affairs Communications

RIO DE JANEIRO, BRAZIL

Chief of Naval Operations (CNO) Adm. John Richardson visited Brazil, July 31 — Aug. 1, where he met with Brazilian navy leadership, discussed deepening the US-Brazil naval partnership and gave remarks at the Brazilian Naval War College.

During the visit, CNO also met with his Brazilian counterpart, Adm. Eduardo Baccelar Leal Ferreira, commander of the Brazilian navy, to seek opportunities to expand their naval partnership and increase interoperability through officer exchange programs and combined operations.

"The end result of these naval exchanges and exercises is the establishment of collaboration between our inter-American institutions and a posture that helps us confront shared security challenges and keep this hemisphere prosperous orderly and secure," said Richardson.

Richardson highlighted the fact that Leal Ferreira served as instructor in the U.S. Naval Academy's department of seamanship and navigation and that Brazilian naval officers regularly study operations and strategy at the U.S. Naval War College and Naval



MCC Elliott Fabrizio

Chief of Naval Operations (CNO) Adm. John Richardson visits with leadership in the Brazilian navy while on a trip to deepen the US-Brazil naval relationship.

Postgraduate School.

"These are strategic friendship that are formed by virtue of these exchanges," said Richardson. "This makes fast, agile and responsive combined operations so much easier, because you can pick up the phone and call your friend. There's a bond of trust and confidence that has existed for decades."

Following Richardson's remarks, he was joined onstage by Leal Ferreira, and the two heads of navy conducted a question-and-answer session with Brazilian navy officers on global security, strategy and current issues.

"This is one of the things that binds us together—we are both global nations, and we both have navies that have to protect those global interests," said Richardson.

CNO also spent time with leadership in

» See **VISIT** | **B7**



From NavyLife101

PARENTS, PLEASE.

By Amanda-Lee Pitzer

I can't tell you how many times I've logged into one of my mil-spouse groups and I see a spouse complaining about the parents. And no, not just the in-laws. Both sets of parents. It seems that every time he comes home from deployment everyone that shares one shred of the same DNA wants to be pier side. Or worse, they want to come for an extended stay-at your house. You try to be as nice as possible. You get it, everyone missed him. But you are his WIFE and these are his BABIES. You just wish they would get that! Mom and Dad – your son loves you, but we need you to back off. (holy crap did she just say that?!) If you're a part of Truman

group, you get me more than most right now. As we continue in a ready-to-deploy status, our time is short. There are only a number of days available and we're just simply not prepared to share any this go-round. There wasn't a POM period and they're working a ton in order to keep ready. However, the likelihood that we're allowed to keep him all to ourselves is slim to none. As much as we want to say no and turn the phone off, we know that we can't. So we offer up the smallest amount of time possible and everyone seems happy. Until they're not. The fact is, parents that have not served in the military can't understand. They claim that they do because they're the parents...but

they have no idea the life that we live. They don't know what it is like to be without their better half for months or even years and live by sporadic written communication. They don't know what it's like to mark off a countdown that seems to go slower every day. Life at home is not easy. It's the slowest life you can live. Your heart races at every noise your phone makes. You wake up at 2am and calculate his time zone and wonder what he's doing. You ignore people at dinner because he emailed and you're trying to email back quickly before he signs back off. You make endless plans for when he gets back. You're conflicted about what to share in emails. Do you share what he misses so he feels in

the loop or do you leave it out so he doesn't feel disconnected? Every single day is an up and down roller coaster of emotions. They'll never understand that. They go about their life like they did before. He hasn't lived under their roof in years-so they have a new empty nest way of life that doesn't include thinking of him every 5 minutes. So parents, please. Try to give us what we really want. Privacy. We'll let you know when and in what way we are ready for you.

Can't we all just get along?

By Lisa Smith Molinari

Last year, after my husband, Francis, transitioned out of the military and we moved off base, I had to find new friends. Again. This isn't easy at age 52, when most of my peers have well-established social circles with little room for newbies. But luckily, we moved to a small community where neighborhood "porch parties" are customary. These informal outdoor affairs have simple rules — the host supplies the meat and some drinks, and everyone brings a dish and bottle to share. After years of attending military pot lucks, we were relieved to be on familiar ground and waited patiently for an invitation. A month ago, Francis and I were invited to a porch party on Green Lane, which intersects Friendship Street. The Green Lane couples had been having porch parties for more than 20 years, and had raised children, suffered illnesses, welcomed grandchildren, and experienced life's ups and downs together. We were curious about our new neighbors' lives, and asked lots of naïve questions. Little did we know, our innocent chit-chat would dredge up old animosities that had banished some neighbors from the porch party scene. "Aren't the people who live at number 32 nice?" I asked in blissful ignorance, pointing to the big house two doors down. "Well," the hostess frowned after a pregnant pause, "they're a bit stuffy." The other women in the Green Lane gaggle gave each other knowing glances. "Oh, well what about Fin next



Stock Photo

“At every duty station, the military communities were relatively open and inclusive. We made friends fast because we didn't have much time together.”

door? He's a real character, isn't he? Is he coming tonight?" I inquired, pointing to the house on the other side of the porch. "Uh," another neighbor put a cupped hand to her mouth and whispered, "definitely not. He tends to pop off." As we ate barbecued chicken and sipped cold beer, I learned about one neighbor's drinking problem, another neighbor's PTSD-induced hostilities, and the rivalry between laid-back Green Lane and snooty Friendship Street. Walking home that night, I was thankful that frequent military moves had spared us the burden of knowing neighbors long enough to find something to hate about them. At every duty station, the military communities were relatively open and inclusive. We made friends fast because we didn't have much time together. Everyone was invited to

gatherings. Be it beers in our driveway, a cookout on our stairwell patio, a fire pit in our back yard, or happy hour at the base dog park — everyone came with a dish or bottle to share. A couple of weeks after the Green Lane party, the neighbor at the end of Friendship Street invited us to another porch party. Friendship Street ends at the waterfront where the houses and people are undoubtedly fancier. Yet the informal party rules and social dynamics are essentially the same. Just like the Green Lane party, Francis and I asked innocent questions that inadvertently exposed bitter feuds and acrimonious conflicts between neighbors. Over burgers and wine, we were told about the noise complaints filed over an automatic generator and the grievance reported about the height of new construction.

We wanted to stick our fingers in our ears and yell, "LALALALALA I can't hear you!" Instead, we listened patiently to our neighbors' resentments and tried to change the subject. Last week, Francis and I decided that it was our turn to throw a porch party. We picked August 18, Francis' birthday, and printed out invitations. Instead of recognizing the old grudges between our neighbors, we would do what we did for 23 years in the military: We invited everyone. The Green Lane folks, the Friendship Street neighbors, the stuffy family, Fin, the fancy people in the big houses, the problem drinker, the angry veteran, the litigious ones who filed complaints and grievances, and even the guy who complained last month that our cars were taking up too much room in the street. I'll make my Kahlua-pulled pork, Francis will ice down drinks, we'll put our corn hole boards in the yard, I'll bake a huge birthday cake. And if our neighbors get hostile with each other, we might even have fireworks.

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DNA testing to begin immediately on remains from North Korea, officials say

By Terri Moon Cronk
DoD News, Defense Media Activity

WASHINGTON

DNA testing will begin immediately on the 55 boxes of service members’ remains returned to the United States this week from North Korea, where they were contained since the fall of 1950, Defense POW/MIA Accounting Agency officials told reporters at the Pentagon today.

The United Nations Command recently repatriated 55 transfer cases from North Korea that contain what are believed to be the remains of American service members lost in the Korean War.

Speaking by phone from the agency’s headquarters in Hawaii, DPAA Director Kelly K. McKeague and chief scientist Dr. John E. Byrd discussed the process for identifying the remains.

McKeague said DNA samples exist for 92 percent of U.S. Korean War service members, and in some cases, dental records also are available and will be used to analyze the remains. Additionally, chest radiographs are available for 75 percent of the Korean War missing in action, which will help when finding chest bones among the remains, Byrd said.

Byrd said the system for processing the remains is “very sophisticated,” and following DNA identities, that information will go into a “mass comparison” for matches. McKeague noted that tests can prove the type of environment in which the service members grew up and the type of water consumed throughout life, which could narrow down what nation the service members are originally from.

“It could be months or years to identify remains without compelling matches to narrow down identities,” Byrd said, adding that he could not predict when identifications will be completed.

“We feel pretty good about identifying those remains over time,” he said. He emphasized that most U.S. troops served in the Army during the Korean War. Additionally, he told reporters, far more Americans than service members from allied nations served in the Korean War.

Remains Consistent With Americans

“My impression is that as a group, [the remains] are consistent with the remains we know to be American,” Byrd said



The Defense POW/MIA Accounting Agency (DPAA) and U.S. Indo-Pacific Command conduct an honorable carry ceremony at Joint Base Pearl Harbor-Hickam (JBPH-H), Hawaii, Aug. 1, 2018. Carry teams will move fifty-five transfer cases, containing what are believed to be the remains of American service members lost in the Korean War, to the DPAA facility at JBPH-H for identification. North Korea recently turned over the remains to the U.S. and is the first mass turnover of remains since the early '90s.

of comparisons with Korean War remains that have been analyzed.

The doctor also said several boxes of material evidence exist among the 55 boxes, containing such items as boots, buttons, canteens and uniform items. Only one ID was among those items, and the family has been notified.

“It’s multiple lines of evidence that lead to identification.” McKeague said. He noted that a nine-person scientific team will identify the remains.

Village Locations Critical to IDs

Byrd said the location of villages where remains were found is critical to identification, based on known battles and POW camps in certain villages, such as Sinhung-ri, in North Korea.

The North Koreans carefully packaged the remains to a very high standard, Byrd said. “That kind of care surprised me,” he added, noting that he has worked extensively with U.S. service member remains out of Korea.

Byrd said it’s too early to tell how many sets of remains lie

in the 55 boxes returned from North Korea.

“The fact that the United States of America pursued this mission ... [is] a sacred obligation and a moral imperative to get the remains,” McKeague said. “Those sent in harm’s way will not be forgotten.”

“My impression is that as a group, [the remains] are consistent with the remains we know to be American.”

Dr. John E. Byrd.
DPAA Chief Scientist

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VCNO ENGAGES, CONNECTS WITH CHICAGO LEADERS

By **Ens. Jacob Dirr**
Navy Reserve Public Affairs Support Element, Midwest

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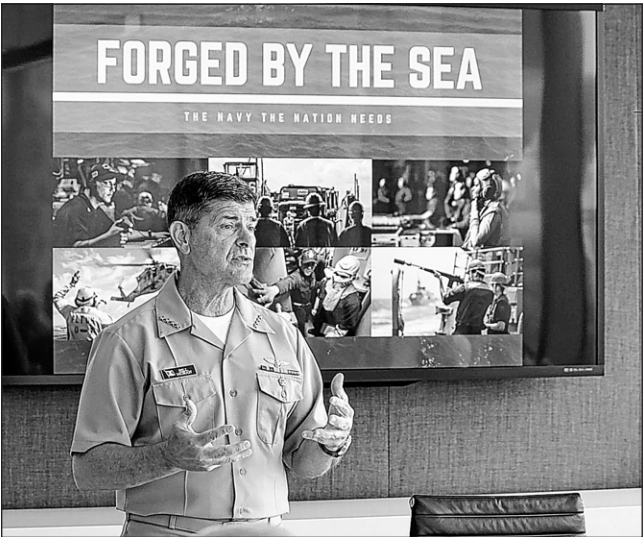
The second highest-ranking U.S. Navy officer visited Chicago to engage with local residents, contribute his military story for historical preservation and connect with civic, government, and business leaders, Aug. 2.

Vice Chief of Naval Operations Adm. Bill Moran, accompanied by Fleet Master Chief Russell Smith, stopped in Chicago on his way to Naval Station Great Lakes, and ultimately out to West Coast naval installations as part of a fleet tour to discuss and receive feedback on aviation, surface forces readiness and new deployment rotations.

“It is important for Navy leaders to engage and connect with community members, outside the fleet concentration areas, in part, to inspire more Americans to participate in serving this country in the Navy and to communicate the Navy’s important national security role in a busy global environment that is busier than it has ever been,” Moran said.

Contributing to military history

Moran first visited the Pritzker Military Museum and Library, in the heart of Chicago on Michigan Avenue, at the library’s request, to contribute his military story and perspective as a senior leader to the library’s oral history collection.



Lt. Cmdr. Jeffrey S. Gray
Adm. Bill Moran, Vice Chief of Naval Operations, provides status of the Navy update to a group of Chicago civic, government, and business leaders.

In addition to being saved in archives, the interview will be broadcast on Pritzker Military Presents, an original program series that airs each week on Chicago Public Television, WTTW Prime, and is also available via streaming video online.

Retired Illinois Army National Guard Col. Jennifer N. Pritzker founded the Pritzker Military Museum and Library to display her collection of books and related materials on military history. To date, the library has collected about 200 oral histories from service members spanning from World War I to present day.

Pritzker said contributions like Moran’s are invaluable to create a primary source of material for future historians, as well as creating an asset that connects our military with the community.

During the taping, Moran discussed his entry into the Navy through college athletics, and described how his parents – who were both teachers – instilled a sense of service that “gets in your blood.”

Moran, a Navy aviator who flew the P-3 Orion on subma-



Lt. Cmdr. Jeffrey S. Gray
Adm. Bill Moran, Vice Chief of Naval Operations, and John Schwan, interim President and Chief Executive Officer for Pritzker Military Museum and Library, take questions from audience during interview session.

rine hunting missions, shared that an important point in his career was the opportunity to instruct young pilots, because it was inspiring to work with young people and watch them gain confidence and ability.

Community engagement

Moran later spoke with leaders from the five regional Navy League of the United States chapters, along with local civic, government and business leaders on the status of the Navy.

During his presentation, Moran discussed what the Navy has done over the past year to address issues with surface fleet readiness and talked about changes in national defense strategy that are altering how the Navy executes irregular deployments.

Moran said it is important to communicate to our citizens the role the Navy plays in maintaining global access to food, energy, information and trade that transit across the open ocean.

Not accounting for traditional national security threats, almost 90 percent of the global trade occurs at sea, and almost 99 percent of data transfer occurs through undersea cables.

It is the U.S. Navy that protects shipping lanes and con-

duits of undersea cables that augment the U.S. economy, and in turn enhance the global commerce, Moran said.

Toby Mack, co-chair of the Chicago Navy Memorial Foundation, introduced Moran at the meeting and said afterward he was grateful for his visit.

“It is critically important for business and civic leaders to have high-level connections to the Navy,” Mack said. “Chicago is a Navy town with deep roots and ties to the history and heritage of the naval services. The Chicagoland area has, and continues to make, significant contributions to the naval services and the nation’s national security.”

Great Lakes visit

Moran concluded his visit in the area with a stop at Naval Station Great Lakes, where he met with boot camp instructors and senior leaders on the base. The naval station is home of the Navy’s only boot camp, located in North Chicago.

Commands aboard the naval station include Recruit Training Command, Training Support Center and Navy Recruiting District, Chicago. Great Lakes is the largest military installation in Illinois and the largest Navy-operated training installation.



Lt. Cmdr. Jeffrey S. Gray
Adm. Bill Moran, Vice Chief of Naval Operations, speaks with Korean War and Air Force veteran Andre King and World War II and Navy veteran Dr. Herb Sohn.

Annual Navy military equal opportunity training summit held

From **Chief of Naval Personnel Public Affairs**
PATRICK AFB, FLA.

The Director of the Navy’s 21st Century Sailor Office, Rear Adm. Philip Sobeck, addressed more than 150 command climate specialists (CCS) and command managed equal opportunity (CMEO) officers at this year’s Navy Military Equal Opportunity Professional Development Training Summit that was held at the Defense Equal Opportunity Management Institute (DEOMI), July 31-Aug. 2.

During his remarks Wednesday, Sobeck reminded the CCS and CMEO attendees of the significance of their mission to promote a healthy command climate.

“Take this role seriously, said Sobeck. “The command climate or culture of the command is an important part of our overall strategy to reduce destructive behaviors, understand what risks exist, and to build protective factors to help our Sailors and their families thrive in the Navy’s unique and challenging operating environment.”

The theme of this year’s summit is, “As-

sess...Plan...Execute,” and provided guidance on policy requirement changes and best practices for assessing a command’s climate.

“Every command has a responsibility to reduce unplanned losses as a result of destructive behaviors through primary prevention,” said Mr. George Bradshaw, Director,

Navy Sexual Harassment Prevention and Equal Opportunity. “A primary prevention tool is the command climate assessment... We are focusing to train and equip CCSs on providing oversight and guidance to Command Resilience Teams (CRTs) throughout their climate assessment process.”

This three-day training fulfills the requirement for CCSs to receive annual follow-on training. The Summit is designed to provide CCSs and CMEO instructors with the tools necessary to certify, train and equip CMEO program managers. Additionally, the summit offers an opportunity to network, share best practices, and receive updates on policy requirements.

A major topic for this year’s summit is the new Command Resilience Team (CRT)

Guide. The CRT Guide replaced the Command Assessment Team Guide (NAVED-TRA 7542). It was developed to guide commands through the completion of the Command Climate Assessment process. The guide outlines the roles and responsibilities of the required members of the CRT and stresses the importance of engaged deckplate leadership in creating a culture of excellence.

“Command Resilience Teams (CRT) are designed to provide the commander with information and insight into concerns of command personnel in order to implement positive measures to promote well-being and resilience,” said Bradshaw. “CRTs will allow leaders to connect the dots on personnel wellness and they provide commanders with visibility of resilience trends across the command and a means to improve support programs and enhance overall command readiness.”

The Navy’s 21St Century Sailor office integrates the Navy’s objectives for equal opportunity, Sailor personal and family readiness, physical readiness, alcohol and substance abuse prevention, suicide prevention, sexual harassment prevention, sexual assault prevention and response (SAPR), hazing prevention and transition assistance.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/, www.facebook.com/usnpeople, or www.twitter.com/usnpeople.

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

“The command climate or culture of the command is an important part of our overall strategy to reduce destructive behaviors, understand what risks exist, and to build protective factors to help our Sailors and their families thrive in the Navy’s unique and challenging operating environment.”

Rear Adm. Philip Sobeck



Rear Adm. Dave Welch, commander, Naval Surface and Mine Warfighting Development Center (SMWDC) leads a discussion with Warfare Tactics Instructor (WTI) candidates on the first day of SMWDC's Instructor and Tactics Course (ITC). After completing the Instructor and Tactics Course, candidates head to their respective divisions to achieve full WTI qualification. WTIs are trained as Anti-Submarine Warfare/Surface Warfare (ASW/SUW), Amphibious Warfare (AMW), and Integrated Air and Missile Defense (IAMD) tactical experts. Beginning in fiscal year 2019, SMWDC will also train WTI candidates to become Mine Warfare (MIW) WTIs, expanding the depth and breadth of the surface WTI cadre and network. SMWDC is one of the Navy's five Warfighting Development Centers and its mission is to increase the lethality and tactical proficiency of the Surface Force across all domains.

Clint Beaird

TOP SWOS BEGIN SURFACE WARFARE TACTICS AND INSTRUCTOR TRAINING

From Naval Surface and Mine Warfighting Development Center (SMWDC)

SAN DIEGO

Twenty Warfare Tactics Instructor (WTI) candidates completed the first stage of the WTI qualification — the Instructor and Tactics Course — August 3 at Naval Surface and Mine Warfighting Development Center (SMWDC).

“It’s great to see all the different types of WTI candidates under one roof. It’s our intent that these first weeks of training establish a network of tacticians to solve the Navy’s most complex problems,” said SMWDC Academics Manager, Lt. Cmdr. Chris Polnaszek.

The instructor and tactics course provides the basic framework all WTIs will need to

complete the qualification and return to the Fleet as Warriors, Thinkers, and Teachers. The aim is to make the entire cadre a single group of networked professionals that can leverage each other’s strengths and emphasis areas. This deep integration early in their training is essential, as the maritime domain becomes more complex and integrated with overlapping mission sets.

After completing the Instructor and Tactics Course, candidates head to their respective divisions to achieve full WTI qualification. WTIs are trained as Anti-Submarine Warfare/Surface Warfare (ASW/SUW), Amphibious Warfare (AMW), and Integrated Air and Missile Defense (IAMD) tactical experts. This most recent class of WTI candidates included four AMW, seven ASW/SUW, and nine IAMD candidates.

Beginning in fiscal year 2019, SMWDC will also train WTI candidates to become Mine Warfare (MIW) WTIs, expanding the depth and breadth of the surface WTI cadre and network.

After earning their patches, WTIs are assigned to a variety of readiness production tours where they are challenged to bring their expertise to bear by training the fleet, developing tactics and doctrine, and providing operational support to the fleet.

“WTI candidates learn and refine their instructional techniques in this foundational course, before continuing to the surface warfare specialty training that they were selected for,” said Rear Adm. David Welch, SMWDC Commander. “After they are qualified as WTIs, they will work alongside SMWDC mentors to plan and conduct Surface War-

fare Advanced Tactical Training exercises with the Fleet to increase the lethality, capability and readiness of the Surface Force.”

SMWDC headquarters is located at Naval Base San Diego with four divisions in Virginia and California focused on AMW, IAMD, ASW/SUW and MIW. The command’s mission is to increase the lethality and tactical proficiency of the Surface Force across all domains. Its four lines of operation are advanced tactical training, doctrine and tactical guidance development, operational support to combatant commanders, numbered fleet commanders, and task force commanders, and capabilities assessments, experimentation and future requirements.

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Rex goes home: military working dog to receive cancer treatment

By PO1 Joseph Rullo
Camp Lemonnier, Djibouti

CAMP LEMONNIER, DJIBOUTI

In the sun-blasted, 100-degree heat here, a military working dog is being held on a short leash. Rex, a German shepherd, is a muscular 85 pounds and covered in thick, brown fur.

His partner and handler, Navy Petty Officer 3rd Class Jordan Fuentes, a master-at-arms, barks out commands, but Rex’s wagging tail signals that his mind is elsewhere.

An observer suggests that the humans take off their hats for comfort.

“I wouldn’t do that,” Fuentes said. Why? Does Rex become aggressive with the removal of hats? Is it a signal to attack?

No. Rex loves to steal hats to play with, Fuentes said. Rex likes to play with a lot of things. He looks for fun wherever he is — and of course does not know he has been diagnosed with cancer.

Rex, officially known as military working dog T-401, was diagnosed while being treated for an ear infection.

“I noticed dry spots on his ears,” Fuentes said. “I waited a little bit to mention it to the vet since I thought it was a reaction to the medicine.”

Fuentes said that ear infections are common in military working dogs that are deployed to desert areas because of the large amount of sand that gets into their ears, which, in Rex’s case, are prominent.

Testing, Diagnosis

Rex was first examined in March by the Camp Lemonnier veterinarian, Army Capt. Richard Blair. During a follow-up examination, Blair noticed other skin lesions that raised additional concerns.

“We had to dig deeper to determine what was really going on,” Blair said. Possible reason for the lesions included a reaction to the medication, a skin infection, or even allergies.

While the facilities at Camp Lemonnier are appropriate for the everyday care of working dogs, the base does have some limitations due to its remote location, Blair said. So, he worked with other vets in the area of operation to determine what caused the lesions.

“After some logistics challenges, we were able to get our samples submitted to a pathology lab in Germany,” Blair said. “After a few weeks, we got the results back.”

Fuentes said that he was working with Rex at the dog kennel on base when his kennel master got the call from Blair.

“Cancer was the last thing I would have thought of,” Fuentes said. “My heart sank when I heard the news.”

Getting Care, Beach Time

Rex has been a military working dog his entire life. He’s been deployed several times, including two tours in Djibouti.

His behavior has not changed since the diagnosis, Fuentes said. He’s still a sweet dog who just wants to play tug of war.

Fuentes reached down and scratched Rex between his ears.

The bonds between service members can be strong. Serving in a combat zone, working long hours, getting through stressful situations and living together in small spaces has a way of making the bonds stronger.

Rex and Fuentes live together in a 7-by-20 container. Fuentes joked that Rex likes to take up all of it.

“He’s obnoxious,” Fuentes said.



PO1 Joseph Rullo
Military Working Dog T-401, also known as Rex, poses with his handler Master-at-Arms 3rd Class Jordon Fuentes, on base, July 24, 2018. Rex is scheduled to redeploy in early August 2018 due to being diagnosed with skin cancer. Fuentes will redeploy with Rex.



P02 Jared Walker
Military Working Dog Rex is put through his paces by his handler Master-at-Arms 3rd Class Jordan A. Fuentes at the Camp Lemonnier dog kennel, June 21, 2018.

“He’s all up in your business, taking all of your space.”

The data on dogs with cancer is not as complete as it is on humans with cancer, Blair said. As a result, Rex’s prognosis isn’t certain, but

getting him sent back to the U.S. is vital to his treatment.

At home, “he can get to more definitive care,” Blair said.

Rex will be redeployed in early August. His retirement paperwork

has also been started.

After retirement, Rex “won’t have to work and can enjoy the rest of his life — just chilling,” Fuentes said.

Fuentes is scheduled to redeploy with Rex and said he hopes to adopt him — but he isn’t the only person trying. A former handler is also interested.

“It’s a race to the end to see who gets him,” Fuentes said.

Fuentes will be returning to Naval Air Station Lemoore, California. Rex has never been to the beach, he said, and he’d like to take him there.

Honorable Service

Navy Capt. Charles J. DeGilio, Camp Lemonnier’s commander, presented Rex with a Navy and Marine Corps Commendation Medal at a ceremony on July 27.

DeGilio said that military working dogs, including Rex, fill an important role.

“Rex has served honorably to help keep the men and women of Camp Lemonnier safe,” DeGilio said. “I want to personally thank him for his service and wish him fair winds and following seas.”



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RIMPAC | Exercise concludes

Continued from B1

various challenges and meet mission objectives.

“We had some weather systems and other realities, such as the second SINKEX target ship being sunk earlier than expected, that impacted our ability to complete all our training according to the plan, but that is also the great part about RIMPAC,” Auchterlonie said. “Our motto is ‘Capable, Adaptive, Partners’ and all the participating nations demonstrated this. We adjusted plans and drafted new ones in order to ensure each nation got the training value they expected from RIMPAC 2018.”

Participating nations and forces exercised a wide range of capabilities and demonstrated the inherent flexibility of maritime forces. These capabilities ranged from disaster relief and maritime security operations to sea control and complex warfighting. The relevant, realistic training program included amphibious operations, gunnery, missile, anti-submarine and air defense exercises, as well as counter-piracy operations, mine clearance operations, explosive ordnance disposal, and diving and salvage operations.

This robust constellation of allies and partners support sustained and favorable regional balances of power that safeguard security, prosperity, and the free and open international order. RIMPAC 2018 contributes to the increased lethality, resiliency and agility needed by the joint and combined force to deter and defeat aggression by major powers across all domains and levels of conflict.

For more information about RIMPAC 2018, visit: <http://www.cpf.navy.mil/rimpac/>

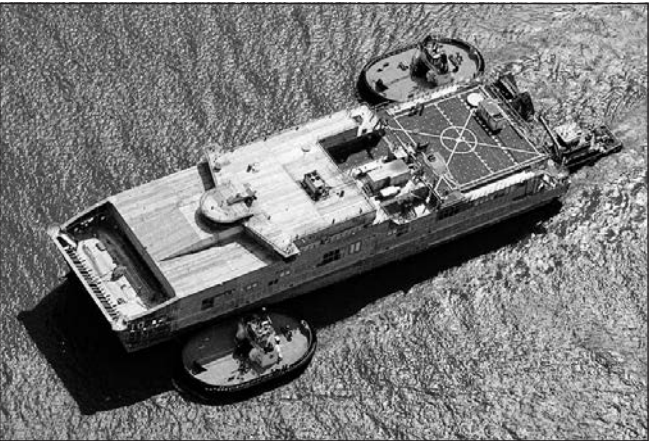
For more news from Rim of the Pacific, visit www.navy.mil/local/rimpac/.



Sgt. Zachary Orr Lance Cpl. Alex Rojo, a crew chief with Combat Assault Company, 3rd Marine Regiment, prepares to embark aboard the Philippine navy landing platform dock BRP Davao Del Sur (LD 602) during Rim of the Pacific (RIMPAC) exercise off the coast of Hawaii July 23, 2018. RIMPAC provides high-value training for task-organized, highly capable Marine Air-Ground Task Force and enhances the critical crisis response capability of U.S. Marines in the Pacific. Twenty-five nations, 46 ships, five submarines, about 200 aircraft and 25,000 personnel are participating in RIMPAC from June 27 to Aug. 2 in and around the Hawaiian Islands and Southern California.

BURLINGTON | Completes acceptance trials

Continued from B1



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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, sealift ships, support ships, boats, and craft.

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



MCC Elliott Fabrizio

VISIT | CNO visits Brazil

Continued from B1

Brazil’s First Naval District Command and aboard the multipurpose amphibious ship NDM Bahia (G40).

“The United States and Brazil have worked and sailed together to defend their maritime security for hundreds of years,” said Richardson. “We celebrate the long-standing partnership between Brazil and the United States as we stand shoulder-to-shoulder to defend global maritime security. We celebrate inter-American values, and our shared

Chief of Naval Operations (CNO) Adm. John Richardson visits with leadership in the Brazilian navy while on a trip to deepen the US-Brazil naval relationship. The engagement is part of a multi-day trip to South America to strengthen partnerships and increase maritime cooperation.

interest in a prosperous, orderly, and secure hemisphere.”

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 navy met to discuss strengthening partnerships and increasing maritime cooperation.

More than 38,000 guests visit Fleet Activities Yokosuka for Friendship Day

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

YOKOSUKA, JAPAN

More than 38,000 people braved Japan’s summer heat to visit U.S. Fleet Activities (FLEACT) Yokosuka for the installation’s annual Friendship Day festival, Aug. 4.

This year marked the 42nd time this base, just 36 miles south of Tokyo, opened its gates for the summer event.

Visitors enjoyed sampling American food and watching a variety of entertainment at Yokosuka venues, but this year’s big draws rested at FLEACT Yokosuka’s waterfront where visitors got a chance to tour ships of both the 7th Fleet’s Forward Deployed Naval Forces and a ship from Japan’s Maritime Self-Defense Force (JMSDF).

“Fleet Activities Yokosuka welcomes the opportunity each summer to open our installation to tens of thousands of host-nation guests at Friendship Day,” said Captain Jeffrey Kim, commanding officer of the largest U.S. Navy installation overseas. “This event showcases the strength of our two countries’ friendship and the mutual commitment to our alliance.”

Yokosuka’s Friendship Day began in 1976 as a way to promote a positive relationship with the City of Yokosuka and the people of Japan. On average, the event draws more than

35,000 visitors each year looking to experience a piece of American culture.

This year’s event kicked off in the morning with Kim and Katsuaki Kamiji, the mayor of Yokosuka City, delivering welcoming remarks to visitors, many who have waited hours in line in anticipation of the event opening.

As thousands of visitors strolled through the installation’s gates, it was clear that one of the biggest draws for this year’s events was a taste of American culture. In fact, guests feasted on more than 2,800 Yokosuka Navy Burgers, 2,700 pizzas, and 2,500 turkey legs, according to Morale, Welfare and Recreation Yokosuka.

“Three years ago, I ate pizza and it was delicious so I wanted to (attend Friendship Day) to eat it again,” said Syuuki Inoue, who is visiting from Yokohama.

Another highlight for this year’s event was the ships available for touring at Yokosuka’s piers.

“Today we were very pleased to have USS Ronald Reagan (CVN 76), USS Blue Ridge (LCC 19), and the JMSDF JS Asuka (ASE 6102) available for tours,” said Kim.

The lines leading to these ships reached from the waterfront more than a kilometer toward the main Friendship Day area along Yokosuka’s Nimitz Blvd., reflecting the host nation guest’s great interest and curiosity about the U.S. Navy and JMSDF.

“I had a plan to visit the base, but (when) I saw the installation’s Japanese Twitter post (@FLEACT_Yokosuka) in the morning I got more excited to learn that I can get aboard and see inside the ship,” said Reiko Nishikawa from Tokyo. “I have seen Ronald Reagan from the outside on a cruise ship before, but this is a completely different experience. It was huge!”

Nishikawa noted the informational placards explaining different parts or areas of such a large aircraft carrier in Japanese proved helpful. “The description on the guide plates were



MC2 Tyler R. Fraser

Members of the U.S. Navy 7th Fleet Band perform during the 42nd annual Yokosuka Friendship Day celebration on board Commander, Fleet Activities (FLEACT) Yokosuka.

very detailed, but simply put together,” he said. “They deepened my knowledge of the ship.”

While Ronald Reagan left an impression with its immense size, Fujiwara Ai of Kawasaki found it impressive to learn about what it was like to work and live in tighter quarters of a ship. “I was surprised at how narrow the rooms are,” Ai said, who toured the Blue Ridge. “We saw the ship’s captain’s room where he can eat his meals and it was amazing.”

The close partnership between the two countries was on display throughout the day, at both at the U.S. base, as well as across Yokosuka Harbor at the JMSDF Yokosuka District piers, where USS Benfold (DDG 65) was open for public tours as well.

“We are very proud of our close partnership with the JMSDF,” said Kim. “Nowhere else in the world are two allied naval forces so closely situated than here in Yokosuka.”

In addition to the food and ships tours, a number of cultural exchanges was also on

display as well. One of the Friendship Day performers was renowned Japanese pianist and Yokosuka-native Keito Saito, who plays boogie-woogie music, a uniquely American export. Aimi Mukohara, a popular Japanese recording artist, also took the stage.

Ultimately, the pinnacle of Friendship Day is the interaction between U.S. Navy Sailors, civilians and their families with local citizens. Sailors and their families cheered alongside their Japanese guests at a number of activities such as softball games and dance performances.

“Seeing our Japanese neighbors and our Fleet Activities community sharing good times side by side is the best part of our open-base events,” Kim said.

Jim O’Donnell and Ryo Isobe of FLEACT Yokosuka Public Affairs Office contributed to this story.

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

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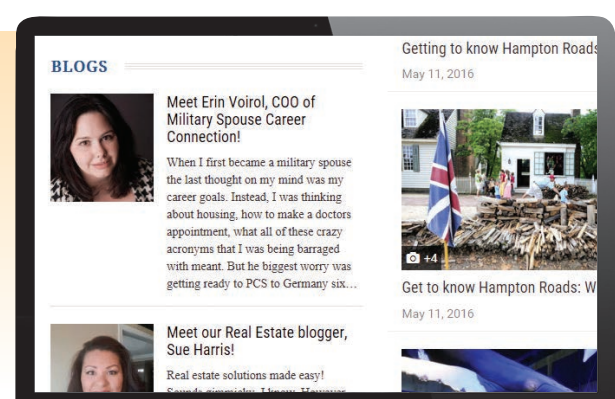
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Norfolk Native Defends America Serving as Information Warrior

Petty Officer 1st Class David Dixon, a 2004 Maury High School graduate and Norfolk, Virginia, native is stationed with a command responsible for teaching future information warriors the skills required to defend America around the world.

» See C3



An image from Samuel Guthrie, the winner of last year’s contest, graces the cover of the Zoo’s annual calendar.

“The photo contest is a great way to challenge yourself, your kids or your friends to visit the Zoo and see what extraordinary happenings you can find.”

Greg Bockheim, Executive Director of the Virginia Zoo

By Ashley Grove Mars
Virginia Zoo in Norfolk

Calling all shutterbugs! The Virginia Zoo is asking Hampton Roads photographers – professional and amateur – to enter its 2019 Calendar Photo Contest.

The grand prize-winning picture will be used as the cover of the Virginia Zoo’s 2019 calendar. The winner will also get a behind-the-scenes tour of the Zoo’s newest exhibit, the World of Reptiles and Friends. Eleven other photos will be selected to use throughout the publication.

“The photo contest is a great way to

challenge yourself, your kids or your friends to visit the Zoo and see what extraordinary happenings you can find,” said Greg Bockheim, Executive Director of the Virginia Zoo. The contest, just in its third year, brought in more than 800 images last year that were then narrowed down to 50 and voted on by Zoo staff members. Photographs are selected based on creativity, photographic quality and originality of the content.

Photographs must include Virginia Zoo animals or gardens, and only photos taken on or after August 1, 2017 will be accepted. Any images used

will be credited to the photographer. Applicants can submit one entry of four photos per person. Entries must be in high-resolution digital format, and submitted electronically through the Zoo’s website. Only photos in landscape, or horizontal, format will be accepted.

The photo contest begins at 10 am on August 1, 2018, and ends August 31, 2018, at 5 pm. Winners will be notified via email in September. To submit your photos, visit virginiazoo.org/photo-contest.

CONTEST RULES:

- Photographs must include Virginia Zoo animals or gardens.
- Only photos taken on or after August 1, 2017 will be accepted.
- Applicants can submit one entry of four photos per person.
- Entries must be in high-resolution digital format, and submitted electronically through the Zoo’s website.
- Only photos in landscape, or horizontal, format will be accepted.

FROM GHANA TO VIRGINIA, NAMING TRADITION TRAVELS WITH FAMILY

By Michael Paul Williams

Richmond Times-Dispatch (TNS)

NORFOLK

A life preserver with the message “Welcome Aboard” decorates the front door, a greeting befitting a Navy family. Inside, above the entrance, a framed sign reads: “Home is where your story begins.”

Bernard Akoli and his wife, Adwoa Essel-Akoli, had welcomed their newborn son six weeks earlier. On this rainy Saturday, they have invited guests into their home to watch their infant’s story begin in earnest, with a naming ceremony in the tradition of their native Ghana.

Akoli and his wife are Akan, a major ethnic group in Ghana. Traditionally, in Akan societies, a child is named on the eighth day after birth to ensure that he or she has “come to stay on earth,” according to Kwasi Konadu, a history professor at City University of New York, who adds that the name of a person or entity “reflects its purpose in life.”

Akoli, who goes by the nickname Ben, is a hospital corpsman 2nd class aboard the USS Gerald R. Ford aircraft carrier. He immigrated to America eight years ago through the Diversity Immigrant Visa Program, a lottery which makes 50,000 visas available annually to individuals selected randomly from countries with low rates of immigration to the United States. Ben and Adwoa are U.S. citizens now.

He joined the Navy five years ago in Ohio and asked to be stationed in Virginia to be near family members in Richmond, a city he was told was beautiful and accommodating to immigrants. The couple also have a 3-year-old daughter, Ayla Angennte Akoli.

Following the birth of his son, Ben Akoli reached out to the Richmond Times-Dispatch about attending his son’s adinto, or naming ceremony, which he said would “highlight the cultural diversity of Richmond and Virginia,” and, “make people understand, appreciate and tolerate people with different cultures and values.”

On this Saturday, the gathering of about 60 people includes Akoli’s commanding officer Capt. Robert C. McCormack, an assortment of naval officers and his son’s godparents, Gabriel Anteh and Beverly Lambert-Amponin.



Hospital Corpsman 2nd Class Bernard Akoli, from Ghana, assigned to USS Gerald R. Ford’s (CVN 78) medical department, administers a medical brief prior to a 5k run on the flight deck in honor of Sexual Assault Awareness and Prevention Month (SAAPM).

U.S. Navy | Photo by Mass Communication Specialist 3rd Class Ryan Carter

Chairs in the room are arranged in a square, with McCormack sitting to the right of elder Albert Wright, a retired vice chancellor and professor of civil engineering at Kwame Nkrumah University of Science and Technology, named after the first president and prime minister of Ghana, which gained its independence from Britain in 1957.

Off to the side, Ben and Adwoa sit in upholstered chairs in front of a curtain of white and gold crepe paper flowers, with five letters spelling out the baby’s first name. A white blanket swaddles the newborn cradled in his mother’s arms, his gray bow tie and white dinosaur-dotted shirt peeking from beneath.

During the ceremony, Wright speaks the Fante dialect of the Akan people. As an elder, he does not speak directly to the assembled and often speaks in proverbs. His words are interpreted and refined by linguist Josiah Bediako, Adwoa’s uncle, who jokingly describes himself as the emcee of the ceremony.

What ensues is a blend of Ghanaian, naval and Christian culture and traditions, interspersed with prayers and hymns and the dispensing of gifts and advice.

The gathered are told that naming a child comes with responsibility and must be done with caution. Children tend to follow the characteristics of those for whom they have been named.

Two clear liquids are placed on a table in front of the room. One is water; the other is not. The liquids will both be spoon fed to the infant as a sort of truth serum, to teach him that “in this world, things are not always what they seem.”

At the moment of truth, Ben stands and speaks.

“Though I have the authority to name my baby, I have to consult with my wife,” he said, bringing chuckles from the audience. “So what we have decided ... his first name is going

to be Aviad — A-V-I-A-D — as you can see from here. His middle name is going to be Johan.”

Aviad is a name the prophet Isaiah gave to Jesus. Johan is a Hebrew name for “gift from God.”

For the continuity of the Akoli family, the baby would have his last name, Ben said.

“So the name I’ve chosen for this baby, friends, is Aviad Johan Akoli.”

But there is more.

This is Aviad’s official name, the title that will go on his birth certificate, but the naming is far from done. Aviad will now receive his “soul name,” one of which will be based on the day he was born. Since Aviad was born on a Monday, Ben’s family — who is from the Ashanti tribe — will call him Kwadwo; Adwoa’s family, from the Fante tribe, will call him Joojo.

Aviad will have a second soul name: Awudor, the last name of his grandfather and Ben’s father.

John Awudor did not bestow his last name on any of his three sons, being a man who scoffed at self-gratification, Ben explains later. He preferred to honor others who had positively affected his life.

Ben noted that his father was born in 1941, when Ghana was still a British colony. After its independence, the Nkrumah government established close ties to Russia and planned to send his father to study engineering there. But Nkrumah was overthrown.

“All his dreams, ambitions and everything were shattered,” Akoli said. But his father found purpose in his three sons, declining to take on other wives and children as was common in Ghana at the time.

» See TRADITION | C3

Calendar

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

Free Parmalee Concert & Open House

- August 10, 7:30 p.m. Free.
- Gates open at 5 p.m.
- Naval Weapons Station Yorktown, Kirkpatrick Field, Main Rd., Yorktown, VA
- 757-887-7767

Naval Weapons Station Yorktown is proud to continue its Centennial Celebration with a free concert featuring platinum recording artist, Parmalee. Join us on Friday, August 10 at Kirkpatrick field for an evening of country music’s finest plus a special Yorktown Open House.

Naval Weapons Station Yorktown Open House Event

Open for public visitation as part of the base’s centennial celebration. There will be static displays, base history displays, tours of missile park (with replicas), and a 25 year old time capsule reveal.



Courtesy Sandler Center

Kansas in concert

- August 10, 8 p.m. \$95, \$75, \$55, \$40
- Sandler Center for the Performing Arts
- www.sandlercenter.org

With an impressive career spanning more than four decades, KANSAS has firmly established itself as one of America’s iconic classic rock bands. This “garage band” from Topeka released their debut album in 1974 after being discovered by Wally Gold, who worked for Don Kirshner and have gone on to sell more than 30 million albums worldwide. Composing a catalog that includes fifteen studio albums and five live albums, KANSAS has produced eight gold albums, three sextuple-Platinum albums, one platinum live album, and two one million-selling gold singles, ‘Carry On Wayward Son’ and ‘Dust in the Wind.’

The band, which is currently comprised of original drummer Phil Ehart, bassist/vocalist Billy Greer, keyboardist David Manion, vocalist/keyboardist Ronnie Platt, violinist/guitarist David Ragsdale, guitarist Zak Rizvi, and original guitarist Richard Williams.

Fans will hear songs they have heard on the radio, Don Kirshner’s Rock Concert, and Classic MTV since 1974. With more Top 100 hits in the set than ever before, KANSAS Fans will also hear some classic B-Sides, fan favorites, and material off the band’s latest studio album, The Prelude Implicit.



Courtesy Veterans Home Loan Amphitheater

Wiz Khalifa & Rae Sremmurd

- August 11, 7 p.m. \$10, \$13 day of show
- Veterans United Home Loans Amphitheater
- 3550 Cellar Door Way, Virginia Beach
- 757-368-3000
- www.virginiabeachamphitheater.com

Don’t miss your chance to see Wiz Khalifa & Rae Sremmurd at Veterans United Home Loans Amphitheater on Saturday 11th August 2018! Tipped to be the hottest show of the year, Wiz Khalifa & Rae Sremmurd is quality entertainment at its best! There are still tickets left, but don’t delay – as previous shows have shown – they WILL sell out!

Summer Rock Fest Elements & Artifacts, Wildcliffe, Magg Dylan, Just Standing, Gravitation

- August 11, 7:30 p.m. \$10, \$13 day of show
- The Norva, 317 Monticello Ave, Norfolk
- www.thenorva.com

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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

DMV’s Expanded Mobile Services Coming to Locations Near You

Schedule for August 2018 Visits in Hampton Roads

By Brandy Brubaker

Press Release

RICHMOND

The Virginia Department of Motor Vehicles’ mobile operations is expanding to serve even more customers in Hampton Roads. DMV’s newest service outlet—DMV Connect — is a portable outreach program that brings services to busy Virginians. Everything DMV Connect needs to operate packs up into a portable suitcase and can be set up anywhere. DMV Connect provides common DMV transactions including driver’s licenses; ID cards for children and adults; vehicle titles and registrations; compliance summaries; disable parking placards and E-ZPass transponders.

During August, DMV Connect will be open inside the following locations in Hampton Roads:

DATE	LOCATION	ADDRESS	HOURS
08/02	Windsor Meade Retirement Community	3900 Windsor Hall Drive Williamsburg, 23188	1 - 5 PM
08/08	Beacon Shores Nursing and Rehabilitation Center	340 Lynn Shores Drive Virginia Beach, 23452	10 a.m. - 2 p.m.
08/09-8/10	NATO Allied Command Transformation	7857 Blandy Road Norfolk, 23551	10 a.m. - 3 p.m.
08/13-08/14	Poquoson DMV Select	500 City Hall Avenue Poquoson, 23662	10 a.m. - 3:30 p.m.
08/15	Geico <i>DMV Connect will be on the second floor.</i>	1345 Perimeter Parkway Virginia Beach, 23454	10 a.m. - 2 p.m.
08/16	GW Carver Intermediate School	2601 Broad St Chesapeake, 23324	12 p.m. - 4 p.m.
08/18	Community Impact Days	2971 Kimball Loope Norfolk, 23504	10 a.m. - 2 p.m.
08/20	Mathews County DMV Select	10644 Buckley Hall Road Mathews, 23109	9 a.m. - 3:30 p.m.
08/21	Joint Base Langley-Eustis	650 Monroe Ave Ft Eustis, 23604	9 a.m. - 4 p.m.
08/22	York County Library	8500 George Washington Mem. Hwy, Yorktown, 23692	9 a.m. - 1 p.m.
08/23	Portsmouth Department of Social Services	1701 High Street Portsmouth, 23704	9 a.m. to 1 p.m.
08/27	Hope Foundation	310 E. Virginia Beach Boulevard, Norfolk , 23510	10 a.m. - 2 p.m.
08/29	Parksley DMV Select	18444 Dunne Avenue Parksley, 23421	11 a.m. - 4 p.m.
08/30	Cheriton DMV Select	21334 South Bayside Road Cheriton, 23316	9 a.m. - 4 p.m.

This visit occurs within a secure facility that is not controlled by DMV. DMV cannot guarantee public access to this service location. For more details, scheduling information, and most current calendar of upcoming locations visit www.dmvNOW.com/DMV2Go. To connect with DMV 2 Go on Twitter, use @VirginiaDMV or #DMV2Go.

Virginia Beach Native Defends America Serving as Information Warrior

By M. Dawn Scott

Navy Office of Community Outreach

PENSACOLA, FLA.

A 2015 Princess Ann High School graduate and Virginia Beach, Virginia, native is stationed with a command responsible for teaching future information warriors the skills required to defend America around the world

Seaman Jae-Lhin Naughton works as an information systems technician and operates out of the Information Warfare Training Command (IWTC) Corry Station.

An information systems technician performs core and specialty functions of communications operations, message processing, and network administration and security.

Naughton credits success in the Navy with lessons learned growing up in Virginia Beach.

“A huge lesson for me is that time waits for no one and not to wait for anyone’s approval,” said Naughton.

IWTC Corry Station is just one component that makes up the Center for Information Warfare Training (CIWT) domain, headquartered at Naval Air Station Pensacola Corry Station, Florida.

Charged with developing the future technical cadre of the information warfare community, the CIWT domain leads, manages, and delivers Navy and joint force training to 22,000 students annually. With 1,200 military, civilian and contracted staff members, CIWT oversees about 200 courses at four information warfare training commands, two detachments, and additional learning sites located throughout the United States and Japan.

CIWT is responsible for training enlisted cryptologic technicians, information systems technicians, intelligence specialists, and electronics technicians. CIWT also provides training to cryptologic warfare, information professional, intelligence, and foreign area officers that prepares them to be prepared to wage battle, and assure the nation’s success in this burgeoning warfare arena.

“Our sailors and staff are intentional about building trust, demonstrating teamwork, pursuing growth, and instilling grit which make our command thrive in training information warfare professionals for the Navy the nation needs,”



MC1 Jerry Jimenez

Seaman Jae-Lhin Naughton works as an information systems technician and operates out of the Information Warfare Training Command (IWTC) Corry Station.

said Cmdr. Chad Smith, commanding officer of IWTC Corry Station. “Each and every day, I’m extremely proud of how our sailors and staff readily adapt to achieve and maintain the highest of standards. They truly represent the spirit and character of America, and they are why we are the strongest military force in the world.”

Naughton has military ties with family members who have previously served, and is honored to carry on the family tradition.

“My mother is prior service and my stepdad is retired military,” said Naughton. “They wanted me to get my own experience. My job is highly regarded so I am taking every advantage the Navy offers.”

As a member of one of the U.S. Navy’s most relied-upon assets, Naughton

and other sailors and staff know they are part of a legacy that will last beyond their lifetimes, serving as a key part of the information warfare community in its mission to gain a deep understanding of the inner workings of adversaries and developing unmatched knowledge of the battlespace during wartime.

These sailors and staff have a tremendous responsibility in creating war-fighting options for fleet commanders and advising decision-makers at all levels as they serve worldwide aboard ships, submarines and aircraft and from the National Security Agency to the Pentagon.

“Serving in the Navy means I can speak for those that cannot speak for themselves,” added Naughton. “Some people do not get a chance to be a part of something greater.”

TRADITION | *Naming tradition highlights the cultural diversity of Richmond and Virginia*

Continued from C1

“If we, his children, feel like he led a good life and he deserved to be honored, then we shall honor him. So today, I thank God that I have the opportunity to honor him by giving my son his name.”

After Akoli has named his son, Wright, the elder, receives Aviad into his lap.

In the olden days, he says of the infant, he would have placed a machete on the infant, “So you know that when you grow up, you have to go into the farm,” Wright says, according to Bediako’s translation.

“But in this generation, what is important is you learn hard, become a scholar,” Wright says. He says he would place a book on the infant, “but today as well, everything is on a computer. So I’m going to put a computer on him.” He places an iPad on the baby, then lays a Bible on him.

And then, he spoons the clear liquids into the infant’s mouth — one spoonful of water, the other, a soft drink.

“You have to be truthful,” he says.

Lt. Cmdr. David Kim, a Navy chaplain, is asked to bless Aviad.

“We thank you for the beauty that we see just in the mix of faces and the mix of cultures,” said Kim, the son of Korean immigrants, “and the way that you have brought these cultures and these families together. ... We thank you for the love that is clearly in this room.”

Eventually, Ben Akoli is called upon to give a special blessing to his son.

“I want to say today will go down in the history of my family as the best time ever in our lives,” he says. “I believe God has a purpose in bringing us here.”

He recalls his 3,000-mile journey from his small town in Ghana to the United States, how he left his family behind and how he joined the Navy, still unsure of himself, just to pursue something different. But his first duty station in Quantico took him in, “even as an immigrant,” he says.

“To me, the Navy is not only a place to work. We fight for freedom and justice for the whole world, for the country we live in. But above that, I see the Navy as my family.”

Akoli blesses his newborn son and gives him words to live by as Aviad, somnolent up to this point, begins to stir in his father’s arms.

Be honorable, Akoli tells him. When you see a truth, say it’s the truth, even if it’s uncomfortable or unpopular.

Your father did not have a car seat, Akoli tells him. He did not sleep in a crib. You, he tells his son, were born in a land of freedom



MCSN Gitte Schirmacher

Hospital Corpsman 2nd Class Bernard Akoli, assigned to Pre-Commissioning Unit Gerald R. Ford (CVN 78), stands by as a medical observer during manning the rails as the ship pulls in to Norfolk, Virginia, after conducting builder’s sea trials. The first-of-class ship — the first new U.S. aircraft carrier design in 40 years — has spent several days conducting builder’s sea trials, a comprehensive test of many of the ship’s key systems and technologies.

“Aviad Johan Akoli, you will never forget your people. You will never forget where you come from. You will never forget your roots. You will always come home. You will always come home. You will always come home.”

Hospital Corpsman 2nd Class Bernard Akoli

and opportunity where you can practice the religion of your choice. You can be a captain, a doctor, an engineer or a pastor.

The father of the child of America and Africa tells his son that he can be anything, but he must never forget who he is as his story unfolds.

“Aviad Johan Akoli, you will never forget your people. You will never forget where you come from. You will never forget your roots. You will always come home. You will always come home. You will always come home.”

Norfolk Native Defends America
Serving as Information Warrior

By M. Dawn Scott Navy Office of Community Outreach

PENSACOLA, FLA.

A 2004 Maury High School graduate and Norfolk, Virginia, native is stationed with a command responsible for teaching future information warriors the skills required to defend America around the world.

Petty Officer 1st Class David Dixon works as a Navy information systems technician and operates out of the Information Warfare Training Command (IWTC) Corry Station.

Information system technicians perform core and specialty functions of communications operations, message processing, and network administration and security.

Dixon credits success in the Navy with lessons learned growing up in Norfolk.

“I was taught perseverance and to not to give up your dream,” said Dixon. “Never stop forward thinking with your eye on the goal.”

IWTC Corry Station is just one component that makes up the Center for Information Warfare Training (CIWT) domain, headquartered at Naval Air Station Pensacola Corry Station, Florida.

Charged with developing the future technical cadre of the information warfare community, the CIWT domain leads, manages, and delivers Navy and joint force training to 22,000 students annually. With 1,200 military, civilian and contracted staff members, CIWT oversees about 200 courses at four information warfare training commands, two detachments, and additional learning sites located throughout the United States and Japan.

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“Our sailors and staff are intentional about building trust, demonstrating teamwork, pursuing growth, and instilling grit which make our command thrive in training information warfare professionals for the Navy the nation needs,” said Cmdr. Chad Smith, commanding officer of IWTC Corry Station. “Each and every day, I’m extremely proud of how our sailors and staff readily



MC1 Amanda Moreno

adapt to achieve and maintain the highest of standards. They truly represent the spirit and character of America, and they are why we are the strongest military force in the world.”

Dixon has military ties with family members who have previously served, and is honored to carry on the family tradition.

“My two uncles are retired military and joined from the Philippines so I carry on the family tradition,” said Dixon.

As a member of one of the U.S. Navy’s most relied-upon assets, Dixon and other sailors and staff know they are part of a legacy that will last beyond their lifetimes, serving as a key part of the information warfare community in its mission to gain a deep understanding of the inner workings of adversaries and developing unmatched knowledge of the battlespace during wartime.

“I am most proud of my Humanitarian Award I earned for service during Operation Tomodachi to support Japan in disaster relief following the 2011 Tohoku earthquake and tsunami,” said Dixon.

These sailors and staff have a tremendous responsibility in creating war-fighting options for fleet commanders and advising decision-makers at all levels as they serve worldwide aboard ships, submarines and aircraft and from the National Security Agency to the Pentagon.

“Serving in the Navy allows me to obtain two trades with information technology and gaining tremendous benefits and opening my eyes to other cultures and becoming a well rounded individual,” said Dixon.

2018 Hampton Roads



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PER GRAFT

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new
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Courtesy Sony Animation/Columbia Pictures

Count Dracula and company participate in a cruise for sea-loving monsters, unaware that their boat is being commandeered by the monster-hating Van Helsing family. Starring Steve Buscemi, Adam Sandler, David Spade, Kevin James, Genndy Tartakovsky, Keegan-Michael Key, Selena Gomez, and Andy Samberg.

base
theaters
\$3 Movies

JEB Little Creek,
Gator Theater – 462-7534

Friday, August 10
6 p.m. HotelTransylvania 3: Summer Vaction (PG)
9 p.m. Skyscraper (PG-13)

Saturday, August 11
1 p.m. HotelTransylvania 3: Summer Vaction (3-D) (PG)
5 p.m. ADVANCE SCREENING Mile 22

Sunday, August 12
1 p.m. Jurassic World: Fallen Kingdom (PG-13)
4 p.m. Skyscraper (3-D) (PG-13)
7 p.m. Sicario: Day of the Soldado (R)

NAS Oceana,
Aero Theater – 433-2495

Friday, August 10
6 p.m. HotelTransylvania 3: SummerVacation (PG-13)
9 p.m. Skyscraper (PG-13)

Saturday, August 11
12 p.m. Jurassic World: Fallen Kingdom (PG-13)
3 p.m. The First Purge (R)
6 p.m. HotelTransylvania 3: SummerVacation (PG)
9 p.m. Skyscraper (3-D) (PG-13)

Sunday, August 12
12 p.m. HotelTransylvania 3: SummerVacation (PG)
3 p.m. Ant-Man and the Wasp (PG-13)
6 p.m. The First Purge (R)

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

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THEATRES

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August 10-16

SLENDER MAN (R)
Thurs.: 7:35, 10:00
Fri.-Thurs: 10:30, 12:45, 3:00, 5:15, 7:45, 10:00
CHRISTOPHER ROBIN (PG)
Thurs.: 10:10, 11:45, 12:40, 2:15, 3:10, 6:30, 9:20
Fri.-Thurs: 10:10, 12:40, 3:10, 6:30, 9:20
THE SPY WHO DUMPED ME (R)
Thurs.: 11:50, 2:35, 5:10, 7:50, 10:30
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, 7:00, 10:15
3D: 3:45
Fri.-Mon: 11:30, 12:30, 2:45, 6:00, 7:00, 9:15
Tues.-Thurs: 11:30, 2:45, 6:00, 9:15
THE EQUALIZER 2 (R)
Thurs.: 10:20, 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.: 12:15, 2:25, 4:50, 6:55, 9:05
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

THE MEG (PG-13)
Thurs.: 7:20, 10:05
Fri.-Mon: 11:00, 1:40, 4:20, 7:00, 9:45
Tues.-Thurs: 12:00, 2:40, 5:20, 8:00, 10:40
THE DARKEST MINDS (PG-13)
Thurs.: 10:15, 1:45, 4:10, 7:10, 10:15
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, 7:30, 9:45
Fri.-Thurs: 11:45, 2:15, 4:45
THE FIRST PURGE (R)
Thurs.: 4:45
Fri.-Thurs: 7:20, 9:50
ANT-MAN AND THE WASP (PG-13)
Thurs.: 10:40, 1:20, 4:00, 7:25, 10:20
Fri.-Thurs: 10:35, 1:20, 4:05, 7:25, 10:20

For Show Times and Purchasing Tickets, visit PhoenixTheatres.com
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(Additional \$1.50 for 3-D Movies / Movies & Times
Subject to change) www.PhoenixTheatres.com



Courtesy Brandpoint

Using a portable evaporative cooler, like Portacool, can reduce temperatures in your outdoor and garage spaces to make it more comfortably cool on the hottest days.

Smart steps to beat the heat
in favorite outdoor spaces

From Brandpoint
Are summer’s sizzling temperatures causing you to retreat from your favorite outdoor spaces? Garages, patios, sheds, gardens and other outdoor areas should be enjoyed throughout the year. Unfortunately, heat and humidity can quickly make being outside intolerable during the dog days of summer.
The good news is keeping outdoor spaces comfortable doesn’t have to be a challenge. With the right tools and some thoughtful planning, you can stay cool and continue your favorite hobbies, no matter how high the temperatures rise. Whether it’s wrenching on a car, in the garage tackling a DIY project, tending to your patio container garden or simply kicking back on the deck, the following steps can help you stay cool and safe.

Step 1: Shade
Direct sun on decks and patios can make it nearly impossible to enjoy hot days. Strategically install shade features like umbrellas and awnings to add in-

stant protection and ambiance. An alternative is vine-covered trellises that block sunlight and align well with the natural elements outdoors. For covered areas like garages and sheds, direct sunlight isn’t a concern, but those rays can raise the temperatures in those spaces fast. That’s why it’s important to take additional steps to cool the air within.
Step 2: Portable cooling
Fans alone simply circulate stagnant, hot air throughout outdoor living spaces. Instead consider an evaporative cooler. Available in a variety of sizes, Portacool portable evaporative coolers drop temperatures through the naturally occurring process of evaporation using water and the surrounding air, without creating mist. Open backyard spaces, patios and garages can be more comfortably cool on the hottest days by rolling this cooler wherever it’s needed.

Step 3: Insulation
For covered spaces like garages and

sheds, adding insulation can help regulate temperatures. Batt insulation is inexpensive and an easy weekend DIY project to install if drywall isn’t present. Add to walls and ceiling spaces where applicable and then cover with drywall. If you already have drywall, you can look into blown-in insulation options. By insulating these spaces, you’ll help keep sweltering heat out and cool air in for more enjoyable summer days.

Step 4: Color
Keep color in mind when evaluating outdoor spaces. Light colors reflect the sun and dark colors absorb it, causing temperatures to rise. For decks and patios, opt for rugs and furniture in light colors to stay cool and comfortable. For garages and sheds, consider the color of the exterior. If you find the afternoon sun beats mercilessly down upon it, consider painting the exterior a lighter shade of paint, and when it’s time to replace the roof, choose a new color in a lighter hue.
Summer heat doesn’t have to force you indoors. Enjoy favorite outdoor spaces with these simple steps to stay cool and comfortable.

5 simple tips
for a low-
maintenance
lawn

From Brandpoint
Whether it’s regular outdoor entertaining, kids playing soccer or dogs chasing tennis balls, fun on the lawn — combined with hot, dry conditions — can mean your grass gets a major workout during the summer and early fall. But that doesn’t mean you have to.
To keep your lawn looking sharp without breaking your back, follow these five simple tips.
1. Mow high. Crew cuts are out. Don’t fall for the myth that the shorter you cut your grass, the less often you’ll have to mow. Leaving the grass blades a bit longer allows them to shade the roots and provides more leaf surface for making food, so you can water, feed and mow less often. The type of grass in your lawn will determine the height you should set your mower, but most turfgrasses can be allowed to grow 3 inches tall in the summer before the top one-third of the blades is removed by mowing.
2. Find the most efficient mowing pattern. Most people mow their lawns in rows, and that’s usually the fastest way to do it. If you have a more-or-less rectangular lawn, mowing in length-wise rows (along the longest side of the lawn) will reduce the number of turns you need to make and thus speed up the job. Another option is to work in concentric circles — this can be more efficient because the turns are all in the same direction and, except at the very center, they’re not as sharp, so you can maneuver the mower better. Whatever pattern you choose, be sure to overlap the rows a bit so you don’t have to go back later and clean up areas you missed.
3. Leave the clippings. If you aren’t cutting off more than one-third of the height of the grass blades (which you



Courtesy of Brandpoint

shouldn’t be anyway, as this stresses the plants), you don’t need to bag the clippings. Just leave them on the lawn and they’ll break down easily, providing the soil with nitrogen, phosphorus and potassium — the same nutrients found in commercial fertilizer. Clippings don’t cause thatch, and leaving them on the grass is a zero-cost, zero-effort way to feed your lawn. If you have a mulching mower, you can also mulch in fallen leaves in the fall to add extra nutrients and save time raking.
4. Water thoroughly but less frequently. Many homeowners think they need to water their lawns daily, but turfgrass actually prefers a thorough watering once or twice a week rather than a light misting every day. Allowing the soil to dry between waterings encourages the grass to grow deeper roots and can improve the lawn’s drought tolerance. So take watering off your daily to-do list and irrigate only when needed. A quick way to determine whether your lawn needs to be watered is to push a screwdriver into the soil. If it goes in without difficulty, the grass has enough water already. If the ground is so hard that the screwdriver doesn’t penetrate easily, it’s time to start up the sprinklers.
5. Overseed now to save time later. Overseeding in the fall, before cold tem-

peratures hit, can save you significant time next spring and summer. Fall overseeding with a cool-season seed blend can help your lawn emerge from the winter thicker and healthier, improving the grass’s ability to fight insects, diseases and weeds in the spring — meaning less weed pulling, spot seeding and early-season lawn revitalization. Cool-season grasses should usually be planted by mid-September, and warm-season grasses by mid-October. You’ll want to avoid drastic temperature changes and water regularly yet moderately so the seed has time to absorb moisture and build strong roots. A bit of extra effort now will pay off in the spring with a lush, low-maintenance lawn.
“A lawn is a great asset that provides the perfect environment for a wide variety of outdoor activities,” said Bryan Ostlund, executive director of Grass Seed USA, a coalition of American grass seed farmers and turf specialists. “If you’re lucky enough to have space for grass, don’t let the maintenance become a burden. Simplifying your lawn care practices and working more efficiently can help you enjoy a healthy lawn all season long without hours and hours of labor.”

WWE to present SummerSlam Heatwave Tour in Norfolk this weekend



Jonathan McLarty

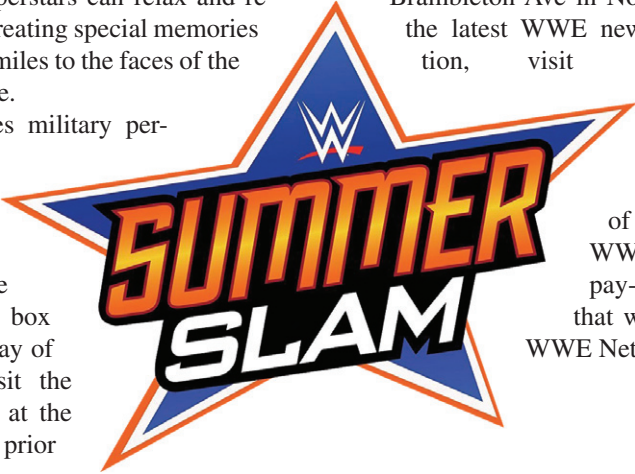
WWE Superstar Bobby Lashley, pictured here, will compete at the WWE SummerSlam HeatwaveTour stop in Norfolk on August 11.

By Jonathan McLarty
Contributing Writer

NORFOLK, VA.

World Wrestling Entertainment (WWE) will be bringing the Superstars of Monday Night Raw to Norfolk Scope on August 11 for the WWE SummerSlam Heatwave Tour. This non-televised live event will feature such stars as Roman Reigns, “Mr. Monster in the Bank” Braun Strowman, Alexa Bliss, Sasha Banks, and many more. Advertised to headline the event is current WWE Intercontinental Champion Dolph Ziggler defending his title against Roman Reigns. The event will also feature a match between Braun Strowman and Kevin Owens ahead of their upcoming pay-per-view encounter. Live events such as this one are a treat to experience as attendees often get to see first

time matches and the Superstars can interact more with the fans in attendance. The fast-paced nature of a live television broadcast often gets the fans to a fever pitch and then they are left wanting more. At these events, the Superstars can relax and really focus on creating special memories and bringing smiles to the faces of the WWE Universe. United States military personnel can attend the event free of charge by visiting the Norfolk Scope box office on the day of the event. Visit the ticket window at the arena one hour prior



to the 7:30 PM bell time and present their valid military ID. To purchase tickets, visit the Norfolk Scope box office, Ticketmaster.com, and all other Ticketmaster outlets. Norfolk Scope arena is located at 201 E Brambleton Ave in Norfolk. For all of the latest WWE news and information, visit WWE.com. Stay tuned next week for an in-depth preview of the August 19 WWE SummerSlam pay-per-view event that will broadcast on WWE Network.

- United States military personnel can attend the event free of charge by visiting the Norfolk Scope box office on the day of the event.
- Visit the ticket window at the arena one hour prior to the 7:30 PM bell time and present their valid military ID.

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

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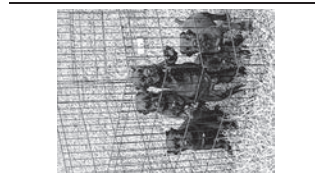
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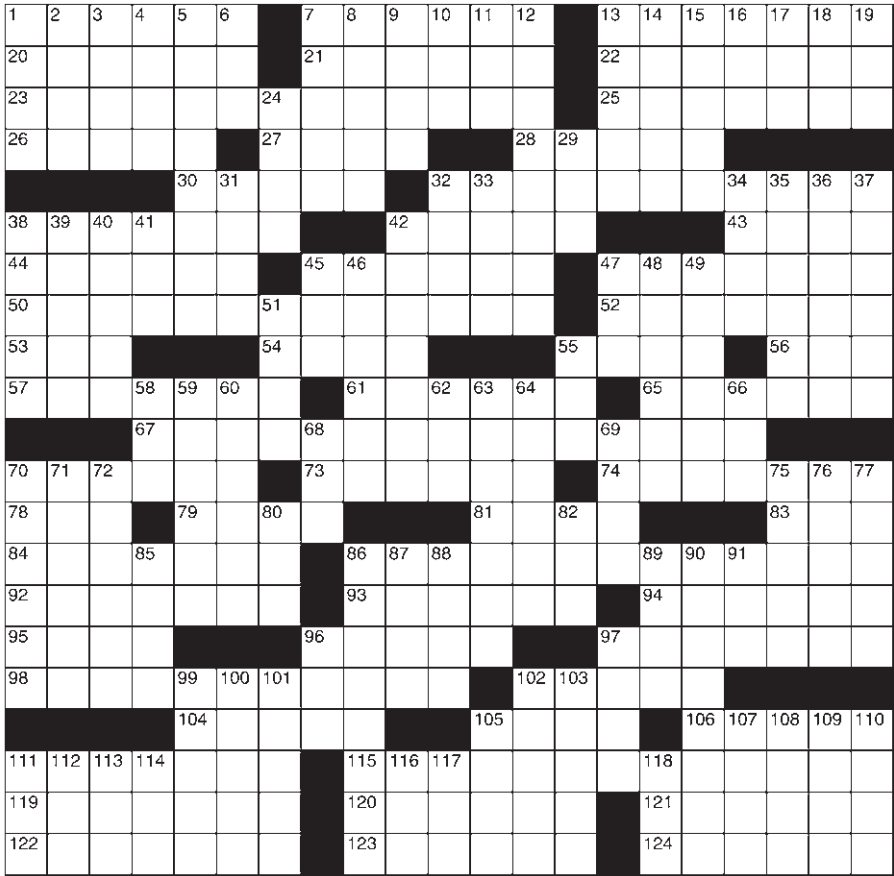
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102 Shovel
104 "Cheerio!"
105 High wind
106 Private stash
111 Provides
115 Punny statement about six key words in this puzzle
119 Soon-to-be bride
120 Salary maker
121 Artemis' twin
122 Stretching muscles
123 With 32-Down, author Leon event with a funnel cake stand, often
124 Unit of force

- DOWN
1 Sea menace
2 Big crucifix
3 Take care of
4 Sword sort
5 1936-52 British king
6 "Woof!" kin
7 Mace, e.g.
8 Recital sites
9 Locale
10 Finish at #1
11 Body of eau
12 Kind of pony or sheepdog
13 Keyboard instrument
14 Being pulled
15 Bird's sound
16 Actor Wahl
17 Unit of work
18 "Shop — you drop"
19 — Jeanne d'Arc: Abbr.
24 RAV4s, e.g.
29 Golf's Ernie
31 Persia, now
32 See 123-Across
33 As a result
34 "Mila 18" author Leon
35 USPS part
36 Unbroken
37 Damsels
38 — pall over

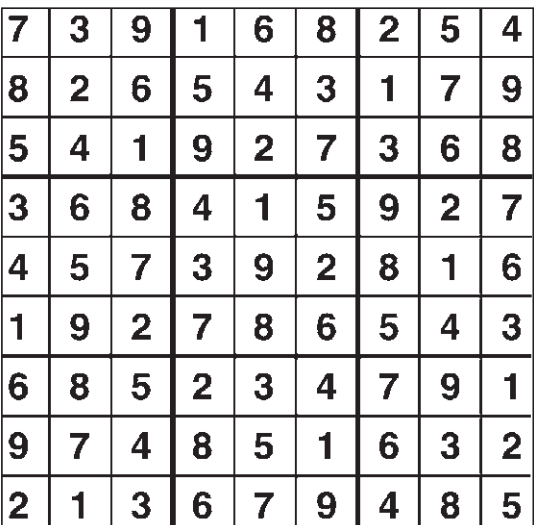
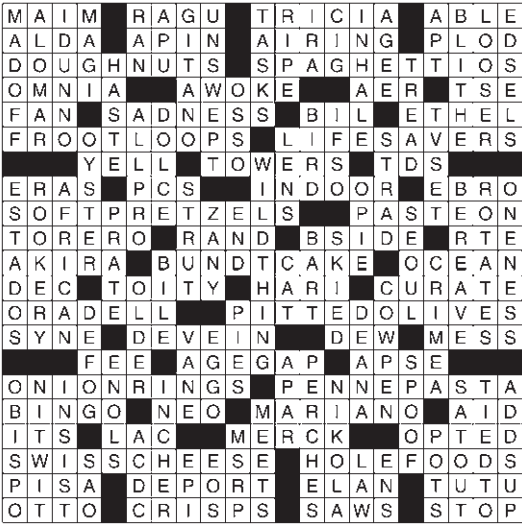
- 39 Elevated
40 Sports data
41 Knightly title
42 Mao of China
45 Had food
46 One forming something
47 Cleo's cobra
48 Kitchen tools
49 Car types
51 Indian butter
55 Liable
58 Indy area
59 Licoricelike flavorers
60 Music box?
62 Agcy. OK'ing medicines
63 "Dudley Do-Right" damsel Nell
64 Not mailed, say
66 Exercise
68 D.C. figure
69 Alan of film
70 African hunt
71 More sinful
72 Some Italian sandwiches
75 Kindled again
76 Vocation
77 Singer Leo
80 Sub inits.
82 — Cruces

- 85 Its capital is Vientiane
86 Puts on a new course
87 Actor Close
88 Cal —
89 Big star, say
90 Picture of an ocean view
91 Mac rivals
96 String after B
97 Track beams
99 — Polo
100 Cow's milk source
101 Gets higher
102 Wage recipient
103 At the ready
105 Unit of heredity
107 State boldly
108 Old Briton
109 Hawaii
County seat
110 Rival school of Harrow
111 Not fore
112 "Bah!"
113 Groupie, e.g.
114 Come- (shills)
116 Sombrero, for example
117 Be wrong
118 Sci-fi's Solo



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last week's answers



Sudoku

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

CryptoQuip

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

Clue: F equals A

NK AQNMUKAMZ LUSTUFV SQ
ZGAXG NGM TPMDND NUFPVFNAOM
FQW XSQISPQW LMSLHM:
"IFOM NGM QFNASQ."

Last week's CryptoQuip answer

Since I had the flu while I was on my last flight, you might say that I often coughed aloft.

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