

Congratulations to all fiscal year 2019 Chief Petty Officer Selectees

OAK HILL RETURNS FROM SIX MONTH

Cdr. Phillip Knight, commanding officer of the Harpers Ferry-class dock landing ship USS Oak Hill (LSD 51), embraces his son after returning from deployment. Oak Hill returned to its homeport, Joint Expeditionary Base Little Creek-Fort Story, following a regularly-scheduled deployment to the U.S. 5th and U.S. 6th Fleet areas of operation.

MC3 Patrick T. Bauer

By Lt. j.g. Nichella Nal
USS Oak Hill (LSD 51) Public Affairs

VIRGINIA BEACH, VA.

The Harpers Ferry-class dock landing ship USS Oak Hill (LSD 51) returned to Joint Expeditionary Base Little Creek-Fort Story, Aug. 7, following a six-month deployment to the U.S. 5th and U.S. 6th Fleet areas of operation.

Oak Hill departed their homeport Feb. 9 as a part of the Iwo Jima Amphibious Ready Group (ARG) and supported operations in U.S. 5th and U.S. 6th Fleets as well as participated in military exercises in the northern Atlantic Ocean, Mediterranean Sea, Black Sea, Gulf of Aden, Red Sea and the Baltic Sea.

“Our journey began back in August 2016 when we entered the shipyard followed by completing basic and integrated training phases to deploy 18 months ahead of schedule,” said Cmdr. Philip Knight, Oak

Hill’s commanding officer. “The Sailors and Marines of Oak Hill are excited to finally be home. We made the most of every opportunity to operate throughout 5th and 6th Fleets, working alongside multiple allies across many operating areas to collectively increase our amphibious combat capability over the last six months.”

During Oak Hill’s six-month deployment, the ship traveled 54,199 nautical miles through four oceans, navigated six straits and chokepoints, and conducted 14,313 hours of amphibious operations.

The ship also visited seven ports where its 800 Sailors and embarked Marines strengthened relationships with countries in Europe and the Middle East. Efforts included holding a reception in Batumi, Georgia, giving public tours as part of Kiel Week in Germany and giving back to the host countries through a variety of community relations projects.

At sea, Oak Hill conducted joint opera-



MC3 Caledon Rabbipal

Logistics Specialist 1st Class Ralph Palmer, assigned to the Harpers Ferry-class dock landing ship USS Oak Hill (LSD 51), holds his daughter during an interview after returning from deployment. Oak Hill returned to its homeport, Joint Expeditionary Base Little Creek-Fort Story, following a regularly-scheduled deployment in the U.S. 5th and U.S. 6th Fleet areas of operation.

tions with more than 30 nations, participated in multiple ship-to-shore operations, executed 108 aircraft launches and recoveries, and took part in five military exercises.

During exercise Baltic Operations 2018, NATO’s premier, maritime-focused exercise in the Baltic region, Oak Hill hosted Lithuanian President Dalia Grybauskaitė and Vice Adm. Lisa Franchetti, commander, U.S. 6th

Fleet, and commander, Naval Striking and Support Forces NATO.

“Every time I look back and reflect on everything this ship and its Sailors have been able to accomplish, I am proud to have been a part of this crew,” said Senior Chief Information System Technician Tony Ronsonet.

» See **HOMEcoming** | A7

NAVY INCREASES HIGH YEAR TENURE WAIVERS FOR SENIOR ENLISTED SEA DUTY SAILORS

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy announced increased High Year Tenure (HYT) waiver authority for Active Component Sailors E7-E9 desiring to continue sea duty in NAVADMIN 192/18, released Aug. 8.

Chief, senior chief, and master chief petty officers willing to continue serving as deckplate leaders at sea are a key element in meeting the Navy’s aggressive force-growth trajectory.

Community managers routinely grant HYT waivers to minimize gaps in deployable sea duty billets. Navy leadership encourages HYT waiver requests from senior

enlisted leaders willing to fill sea duty deployable and equivalent (Type 2-4) billets that would otherwise be gapped. Implementing this initiative will help maintain the vital leadership and technical experience necessary in manning the Navy the Nation Needs.

Sailors can expect improved retention incentives and leadership opportunities as the Navy continues to grow.

For more information read NAVADMIN 192/18 at: <https://www.public.navy.mil/bupers-npc/reference/messages/NAVADMIN/Pages/NAVADMIN2018.aspx>

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

Sailors’ opinions will directly shape Navy Alcohol, Drug Campaigns

From 21st Century Sailor Office Public Affairs

MILLINGTON, TENN.

The Navy’s Keep What You’ve Earned and Prescription for Discharge campaigns aim to help Sailors make responsible decisions when it comes to alcohol and prescription drug use, preserving their health and careers.

During the final days of this year’s 101 Days of Summer, Sailors will have the opportunity to anonymously share their opinions on how these campaigns can be improved, how they have made a difference and areas of opportunity for future efforts.

“No one understands the challenges that Sailors face better than Sailors themselves, and that’s why we’ve created an anonymous



MC3 Justin W. Galvin

Aviation Boatswain’s Mate (Handling) 2nd Class Samuel Pappaterra, walks Aviation Support Equipment Technician 1st Class Israel Graham, through a simulated field sobriety test while wearing ‘beer goggles’ as part of a ‘Keep What You’ve Earned Campaign’ education booth.

survey to get the unvarnished opinions of the people we serve,” said Dorice Favorite, Director of Navy Alcohol Abuse Prevention

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SPACE FORCE

The proposal to form the U.S. Space Force is rooted in protecting America’s space advantages and in ensuring such advantages continue, Deputy Defense Secretary Patrick M. Shanahan said during a roundtable discussion with Pentagon reporters, Aug. 9, 2018.

» See **A6**



SOUTHEAST LEADS IN ENERGY CONSERVATION

The Secretary of the Navy released the recipients of the annual Energy Excellence Awards Aug. 3 and installations from Navy Region Southeast were prominent in the final lists.

» See **B1**

NORFOLK ART ORGANIZATIONS RECEIVE GRANT FUNDING

Norfolk Commission on the Arts and Humanities awarded \$248,325 in grant funding to 29 non-profit organizations for fiscal year 2019.

» See **C1**

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Virginia Senate Bill 775 assists transitioning military families with K-12 education

By MC2 Joshua M. Tolbert
Naval Support Activity Hampton Roads Public Affairs

NORFOLK

A big change took effect on July 1, which will impact military families and the unique K-12 education challenges they face when moving into and out of Virginia. Senate Bill 775 will help to mitigate additional stress that is associated with the school enrollment process, in order to help school-aged children have a more seamless transition.

“Virginia’s previous K-12 education enrollment policies regarding permanent residence lacked flexibility for transitioning military families creating additional stress,” said Debbie Patch, Commander, Navy Region Mid-Atlantic School Liaison Officer (SLO). “When families went to enroll their children in the school of their intended permanent residence, they would find that school board policies directed them back to the school or school division of their temporary residence. Then, once the family secured their permanent residence, an additional school transition was required. This often resulted in children attending three schools because of a Permanent Change of station (PCS) to Virginia.”

Multiple SLOs from around the Hampton Roads area attended the signing of Senate

Bill 775 in April. The bill, signed by Virginia Governor Ralph Northam, allows service members’ children to be enrolled into the school division of their intended permanent residence while transitioning to a new duty station.

“There is no question that the children of active duty military men and women have challenges that, perhaps, other children don’t,” said Northam. “Our piece of legislation means that the children of service members will be able to attend the school that is located where their permanent residence will be, and not have to move around more than necessary.”

Governor Northam spoke to SLOs from military installations across the Commonwealth, as well as city and state leaders, students, and faculty at Kecoughtan High School in Hampton, Virginia, before signing the bill.

“As you know, we have the world’s largest naval base very close to here in Norfolk, Oceana Naval Air Station, and Langley Air Force Base. We have a large military presence here in Hampton Roads and in Virginia,” said Northam. “We wanted to make sure that all of the children of active duty military members were taken care of, so last year we introduced legislation to make sure that we identified all dependents of active duty and

“Our piece of legislation means that the children of service members will be able to attend the school that is located where their permanent residence will be, and not have to move around more than necessary.”

Virginia Governor Ralph Northam



photo courtesy of NSASP School Liaison Office
Lt. Col. Lolita Gunter, the Naval Support Activity South Potomac school liaison officer, joined the Mid-Atlantic School Liaison Officers to witness the signing of Virginia House Bill 1085 and Senate Bill 775 that will help transitioning military families with school-aged children.

to make sure that their needs were met.” Navy installation SLOs worked to help with that transition. There are 18 military SLOs located at military installations across the Commonwealth. SLOs support military families with information and resources regarding local K-12 education, while also supporting local educators with information on military culture and lifestyle. The Virginia General Assembly enacted into law the Virginia Interstate Compact on the Educational Opportunity for Military Children Council in 2009. The Council’s charge is to assist in easing the transition of the children of military families into school as a result of frequent moves and deployment of their parents. “While helping these transitioning military families during their PCS, SLOs began to notice challenges associated with temporary housing and school enrollment,” said Patch. “Many of these temporary housing challenges were brought before the Council, and it was requested that a working group be convened to explore the situation and pro-

vide information back to the Council.” Senate Bill 775 was legislation introduced by Senator Mamie Locke and signed by Governor Northam as a direct result of the Council’s request to garner more information on this issue. “As a Navy School Liaison Officer, it gives me a great sense of pride that Virginia recognized a need for change and then took action to help military families in transition” said Tiffany Johnson, Naval Support Activity Hampton Roads’ SLO. “For families utilizing temporary housing prior to securing their permanent residence, this legislation will significantly ease the school enrollment process and provide military-connected students the ability to start school in their intended city of residence from day one.” For additional information on Senate Bill 775, visit <https://lis.virginia.gov/cgi-bin/legp604.exe?181+sum+SB775>. For additional information on Navy SLOs and the support they provide, visit www.navymwr-hamptonroads.com/child-youth/school-liaison-officer.

NMCP’s TPC Chesapeake new location ribbon cutting

By Christina Johnson
NMCP Public Affairs Office

CHESAPEAKE, VA.

A ribbon-cutting ceremony was held to mark the new location of Naval Medical Center Portsmouth’s TRICARE Prime Clinic (TPC) Chesapeake at 1400 Crossways Boulevard, Aug. 10.

The new building is only about a mile and a half of the previous location, and will open for patient care Aug. 13. “Our current clinic began as a NavCare clinic more than 25 years ago, transitioned into a research-sharing clinic with Humana, and then became one of Naval Medical Center Portsmouth’s nine branch health clinics,” said Capt. Christopher Culp, NMCP’s commanding officer. “If you liked the old clinic, this one will ‘wow’ you. Today, we get out of the 1990s and into the 2020s.”

Shauna Hicks-Mumford, one of the project’s primary coordinators, said this was the first major move for a TRICARE clinic since the ‘90s. “The clinic was moved in an effort to right size the building for staffing and for the needs of our patients,” said Hicks-Mumford. “The new location is quiet, it’s off to the side, and we have enough space here so providers have enough exam rooms,” she said. “We also have the ability to do mammo (mammography) with an up-to-date 3D machine, a brand new x-ray machine that shoots better pictures — all top of the line equipment which increases the capabilities over what we had at the other location, and more parking.”

Prior to cutting the ribbon, Culp mentioned the new Suffolk-based TRICARE Prime Clinic will be unveiled soon and be open for patient care by the end of the month. This is in addition to scheduled upgrades that have happened, or are in



MC2 Kris R. Lindstrom

Capt. Christopher Culp, commanding officer of Naval Medical Center Portsmouth (NMCP); Cmdr. Jessica Bain, director of Primary Care and the Branch Health Clinics at NMCP; and Cmdr. Kathleen Cooperman, deputy chief of staff of Navy Medicine East (NME); cut the ribbon to celebrate the opening of the new location of TRICARE Prime Clinic (TPC) Chesapeake. TPC Chesapeake will be open for patient care on Aug. 13.

the planning stages, for the various clinics located throughout the Hampton Roads area. “These clinics are the front door to the medical center. They exist for the men and women who wear, or have worn, the cloth of our country and their families, past and present,” said Culp. “The new clinics move us forward in the provision of the great care that we are known for to our beneficiaries.” As the U. S. Navy’s oldest, continuously-operating hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members and their families. The nationally acclaimed, state-of-the-art medical center, including its nine branch clinics located throughout the Hampton Roads area, additionally offers premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsmen for future roles in healing and wellness.

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NEWS FROM NAS OCEANA

NAS OCEANA HOLDS PRE-AIR SHOW EXERCISE

By MCSN Mark Thomas Mahmod
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Naval Air Station Oceana held its annual Pre-Air Show Exercise Aug. 10 on the flight line to demonstrate the ability of NAS Oceana and the City of Virginia Beach to respond and recover from a mass casualty incident.

Personnel from NAS Oceana and local first responders simulated an aircraft mishap to prepare emergency personnel for any situations that can potentially occur during an airshow.

A propane-powered aircraft wreckage simulator was used to provide firefighting practice for an aircraft mishap.

Sailors and civilians role-played as injured bystanders, each holding a patient card with details of their fictitious condition and injuries. Emergency medical personnel practiced treating and transporting these “patients” to medical facilities.

Local agencies such as the Virginia Beach Fire Department, Virginia Beach EMS, Virginia Beach Police Department, Sentara Virginia Beach General Hospital and Virginia Port Authority partner with NAS Oceana for the annual airshow and were present at the exercise to practice for an incident.

“This is an annual drill,” said Capt. Chad P. Vincelette, commanding officer. “We’ve always had a very good relationship with Virginia Beach, and we change the scenario every year to keep it fresh.”

Vincelette said practicing for incidents allows Sailors and emergency responders to be ready in the event of a real-world scenario.

“The airshow is a very safe event,” said Vincelette. “We practice just in case an incident occurs, such as an aircraft mishap or other accident where a crowd would be involved,” said Vincelette.

Vincelette also said it’s fascinating to see how strong NAS Oceana’s partnership is with Virginia Beach while conducting this annual exercise.

“Seeing all of the experts from the Navy, the city and all of our partners working together shows me how strong our partnership is and how much it grows every year,” said Vincelette.

Kenneth Snyder, district fire chief, said it’s important for all the emergency responders to work together on perfecting their skills.

“We get together several times a year and integrate,” said Snyder. “We work on our communication, we work on our team skills. We cannot underestimate how important it is for us to work together.”

Approximately 250 thousand guests attend the Naval Air Station Oceana Air Show annually.

This year’s airshow will be held Sept. 22 and 23 on NAS Oceana. Gates will open at 8 a.m. and the show is scheduled to begin at 10 a.m. This year, NAS Oceana is celebrating its 75th anniversary.

Featured performances will be held by U.S. Navy Flight Demonstration Squadron, the Blue Angels, and Canadian Forces 431 Air Demonstration Squadron, the Snowbirds.



MCSN Mark Thomas Mahmod

Personnel assigned to Navy Region Mid-Atlantic Fire and Emergency Services transport a role-player during the annual Naval Air Station Oceana Pre-Air Show Exercise. Sailors and civilians role-played as injured bystanders, each holding a patient card with details of their fictitious injuries.



MCSN Mark Thomas Mahmod

Firefighters assigned to Navy Region Mid-Atlantic Fire and Emergency Services combat a controlled fire during the annual Naval Air Station Oceana Pre-Air Show Exercise. A propane-powered aircraft wreckage simulator was used to provide firefighting practice for an aircraft mishap.

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Commander, Submarine Forces earns Meritorious Unit Commendation

By MC1 Jeffrey Richardson

Commander, Submarine Force Atlantic

NORFOLK

Chief of Naval Operations (CNO) awarded the Meritorious Unit Commendation (MUC) to Commander, Submarine Forces Aug. 3, during the change of command ceremony held at Naval Station Norfolk.

The command was presented the MUC for its efforts to deliver combat-ready forces, leadership of the Diesel-Electric Submarine Initiative program, its innovation in providing rapid-capability initiatives, and commitment to personnel improvement programs.

In his remarks at the ceremony, CNO highlighted the command's many accomplishments and dedication to service exhibited by the entire Submarine Force team of Sailors and civilians. He also lauded the leadership of Vice Adm. Joseph Tofalo prior to presenting the award to Tofalo, Capt. Rob Gaucher, chief of staff, and Force Master Chief John Perryman.

"The Submarine Force headquarters staff is, in my opinion, the best TYCOM staff in the entire Navy," said Tofalo. "CNO, thank you for honoring this staff's incredible performance with the presentation of the Meritorious Unit

Commendation today."

In the citation, signed by CNO, the command was recognized for employing 14 ballistic missile nuclear submarines, which carry 70 percent of the nation's accountable nuclear warheads, and directing the "flawless execution of 101 strategic deterrence patrols and 14 successful ballistic missile test firings." In addition, COMSUBFOR planned and integrated submarines, maritime reconnaissance patrol aircraft, integrated undersea surveillance systems, and surface theater assets, and the first expeditionary, distributed and netted undersea sensor system.

"This award highlights the tremendous effort made every single day by our staff to deliver a battle-ready force," said Master Chief John Perryman, the Submarine Force Master Chief. "Our Submarine Force, from our personnel on staff to those standing watch at sea, have tirelessly worked to ensure we maintain our undersea advantage. This simply does not happen without every member of our team consistently putting forth an amazing amount of effort. I'm truly proud of them all."

The command was also recognized for their "consistent commitment to people-centeredness," for efforts to improve and formalize



MC1 Jeffrey M. Richardson

Adm. John Richardson, Chief of Naval Operations, Vice Adm. Joseph E. Tofalo, commander of Submarine Forces, Capt. Robert M. Gaucher, chief of staff of Submarine Forces, and Force Master Chief John J. Perryman present Submarine Forces staff with the Meritorious Unit Commendation award during the change of command ceremony aboard the Virginia-class attack submarine USS Washington (SSN 787) in Norfolk, Va. Vice Adm. Charles A. Richard relieved Tofalo as commander of Submarine Forces.

“This award highlights the tremendous effort made every single day by our staff to deliver a battle-ready force,”

Master Chief John Perryman,
Submarine Force Master Chief

Sailor resiliency programs and personnel readiness. COMSUBFOR dismantled long-standing cultural norms, which drove reductions in across the board unplanned losses of up to 20 percent, and improvements in actual personnel readiness by more than seven percent

per unit resulting in the best waterfront submarine personnel readiness in corporate memory.

"This award is a credit to the hard work of the Sailors and Navy civilians on our staff who tenaciously executed the CNO and fleet designs," said Gaucher. "Most

importantly, this award also recognizes the value our Navy and our nation place on undersea superiority. We are thankful for the superb work of every submariner that enabled the staff to earn this award."

COMSUBFOR service members are authorized to wear the ribbon for service from September 11, 2015 to August 3, 2018.

The MUC is given for valorous or meritorious achievement by a unit. Former Secretary of the Navy John T. McNaughton established the award in 1967.

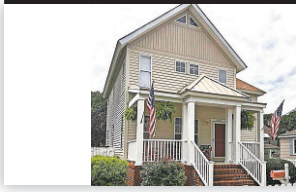
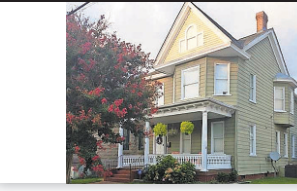
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Meticulously Maintained  Middlesex Relaxing front porch, beautiful flooring throughout. Bright interior. Open LR, dining area & kitchen concept. 3 BR down & one up. Large screened porch & covered patio. Community pool, boat ramp & tennis courts. Ron Niles 256-5290	See This One First!  Chesapeake 3 BR/ 2 BA, brick ranch 2,000 sq ft. New master suite w/ 2 walk-in closets, Eat-in Kit, Formal DR, LR, fam rm w/ FP, 2-c att garage, 2 decks, screened porch w/ hot tub. Private Beautifully landscaped yard Move-in ready! Debbie Harbour 536-4844	Beautifully Updated  Portsmouth 2,765 sqft Victorian near Naval Hospital. 1st & 2nd flr master suites. Huge Eat-in kitchen w/ granite, custom cabinets & SS Appl. LR, DR, office utility rm, 4 BR, 3.5 BA. Double det garage. Hardwood flrs, & new roof. Debbie Harbour 536-4844	Etheridge Woods Contemporary  Chesapeake Open floor plan, 3 BR/2.5 BA ranch, sunken family rm kit w/ island, wine cooler breakfast area/DR & tile floor. 2 sided FP. Screened multi-tiered deck, Hot tub,shed w/ electricity & greenhouse. Sandy Stokes 560-2555	Convenient Location  Chesapeake Lovely 3 BR/ 2 BA ranch on a spacious cul-de-sac lot offers an open floor plan w/foyer, neutral decor, formal LR & DR, large eat-in kitchen w/ breakfast bar open to the family rm w/ gas FP. Privacy fenced yard. Call to view. Lorrie Powell-Golbert 285-2192
Great Open Floor Plan  Suffolk Gorgeous 4 BR. 2.5 BA home. Kitchen w/ island, pantry, breakfast area & all appli opens to large family rm. First flr master suite w/ walk-in closet. Completely fenced rear yard & a large 2 car detached garage. Jill Blank 573-6265	Just Listed  Toano 4-bedroom/2.5-bath on cul-de-sac, dining/office, family rm, great rm, spacious kitchen, master suite w/ sitting area and finished basement. Dr. Mary Kraft 719-5768	Compare to New Construction  Virginia Beach Freshly painted & sparkling clean, built in 2012 with high ceilings, lots of natural light and an open floor plan. Charming gated community near Town Center. Jean Kucy 613-4614	Live the Beach Life  Virginia Beach Plenty of time left to enjoy the sand & sun. Wonderful location near beach access. Vaulted ceilings, sky lights make it bright & open. Two level deck, private drive & back yard. Jean Kucy 613-4614	Spacious End Unit  Virginia Beach Handsome Condo w/ amenities galore. 1st floor MBR, all appls, Upstrs, 2nd BR + Lg Loft, Garage. Clubhouse w/Exercise Rm, Pool, Easy Living! Elaine Griffin 408-3427
Country Living at its Best  Ivor Move-in ready! 3 Bdrm, 2 Ba, 1,288 sf, on just under 1 AC. Country Living with all of the amenities of the city nearby. Margaret Etheridge 679-5942	New Listing  Chesapeake Spacious 4 Bdrm 2 1/2 bath w/ 2 car attached garage. Situated on cul-de-sac lot. Large master w/ large closets and master bath w/ garden tub. Storage shed on cement slab. Peggy Pannenbacker 439-1429	Welcome Home  Portsmouth 2 bath colonial home on a corner lot nestled in Waterview. All three bedrooms are equipped to be a master, it's up to you to pick which one. Unwind after a long day in your outdoor entertainment oasis. Jessica Ciganovich 761-7745	388 Boush Corner Unit Condo  Norfolk Stunning corner unit condo in Downtown Norfolk's The District at Waterside. Panoramic views of the city, close to restaurants, shopping, nightlife, sports and the arts. 2BD/2BA condo, gorgeous hardwood flrs. 6 seat granite breakfast bar perfect for entertaining. Reserved garage prkg. Sherri Paris 371-3627	Bicks from Ches Bch  Norfolk Chefs kitchen to include custom all wood cabinets w/soft close doors & drawers, granite counters s/s appliances (including gas cooking). Wendy Plemmons 675-6728
3 Blocks to Beach  Virginia Beach Single family beach home lot backs to protected wetlands 1car garage driveway spaces close to beach;restaurants; shopping a must see home! Robert Ramey 235-1818	Great Neck  Virginia Beach Beautiful completely updated throughout 4 large bedrooms 1st floor master great neck schools Robert Ramey 235-1818	Move-in Ready!  Virginia Beach Adorable 3 BD/2 BA home with an open kitchen, eat-in, sitting area overlooking a nice back yard & deck. Located near bases plus amenities! Sherry Snyder 831-5500	4 Bedroom Beauty!  Virginia Beach Amazing value for this 4 BR home! Updated kitchen w/ new paint & backsplash, 2.5 baths, 2528 SF, huge yard, cul-de-sac Kathryn Sharpe 692-1964	

NRL’s Sun Imaging Telescopes fly on NASA Parker Solar Probe

From US Naval Research Laboratory Public Affairs

WASHINGTON

The U.S. Naval Research Laboratory’s unique expertise in sun-viewing telescopes will be an integral part of the historic NASA Parker Solar Probe mission scheduled to launch Aug. 11 to better understand how the Sun affects our solar system. The mission to “touch the Sun” is 60 years in the making and will bring a spacecraft carrying a suite of instruments the closest ever before to the Sun with NRL’s Space Science Division’s coronagraph telescopes called the Wide-Field Imager for Solar Probe, or WISPR, being the only imager. WISPR is built with telescopes that create a solar eclipse type image by blocking the actual sun so its atmosphere, or corona, can be captured. These images show the Sun’s emissions, including streamers, plumes and the energetic coronal mass ejections that burst from the star.

According to Dr. Russell Howard, the NRL WISPR principal investigator, and a leading world authority on coronagraph telescopes, it’s not just the pictures that are important – it’s where that energy goes.

Understanding how the Sun’s atmosphere then flows through the solar system, called space weather, is extremely important because it can have dramatic effects on communications, power and other essential technologies that the U.S. Navy fleet relies on, said Howard.

“What this mission is going to be able do is pin down exactly what the structure close to the sun is – the overall structure. We’ll be able to image that,” said Howard. “But also, there’s an experiment that will measure the strength of the magnetic fields, the electric fields – the structure of the plasma we’re running through.”

This imaging capability is building on 40 years of NASA mission success with NRL’s coronagraph telescopes, starting with the seventh of NASA’s Orbiting Solar Observatories



Ed Whitman

The National Aeronautics and Space Administration’s (NASA) Parker Solar Probe, which contains the U.S. Naval Research Laboratory’s Wide-Field Imager for Solar Probe (WISPR), is mounted atop its third stage rocket motor at Astrotech Space Operations ahead of the probe’s scheduled launch on Aug. 11, 2018, from Cape Canaveral Air Force Station in Florida. WISPR is the only instrument that will capture images of the Sun’s atmosphere on a NASA mission to “touch the Sun” and study the Sun’s effects on many of the technologies that the U.S. Navy relies on to conduct missions around the world.

launched in September 1971.

Since then, NRL telescopes have captured extraordinary images of the Sun’s atmosphere, including two of the most recent missions: The European Space Agency/NASA Solar and Heliospheric Observatory (SOHO) mission in 1995 and the NASA STEREO mission launched in 2006.

For Howard, who has personally worked on nearly all NRL coronagraph telescope launches, the Parker Solar Probe will be a culmination of decades of work. While the previous NRL telescopes are on spacecraft either on lower Earth orbit or just outside of Earth’s orbit, they are still getting fuzzy views of the Sun.

With the closeness of the Parker Solar Probe to the Sun, WISPR will be capturing images with clarity like never before, he said, because those images actually pick up nearly at

the same point where the other telescopes loose resolution.

“What we’re going to achieve is just absolutely amazing. Stay tuned – we’re going to see stuff that we just never would have imagined, I’m sure,” said Howard.

The U.S. Naval Research Laboratory provides the advanced scientific capabilities required to bolster our country’s position of global naval leadership. With more than 2,500 personnel scientists, engineers and support staff, it has served the U.S. Navy and the nation for nearly 100 years, advancing research further than you can imagine. For more information, visit the NRL website or join the conversation on Twitter, Facebook and YouTube.

For more news from U.S. Naval Research Laboratory, visit www.navy.mil/local/nrl/.



DoD image

PROPOSED SPACE FORCE TO PROTECT, EXPAND U.S. COSMIC CAPABILITIES

By Jim Garamone
DoD News, Defense Media Activity

WASHINGTON

The proposal to form the U.S. Space Force is rooted in protecting America’s advantages in space and in ensuring such advantages continue, Deputy Defense Secretary Patrick M. Shanahan said during a roundtable discussion with Pentagon reporters yesterday. Shanahan and Air Force Gen. Paul J. Selva, the vice chairman of the Joint Chiefs of Staff, spoke following Vice President Mike Pence’s announcement of the proposal to establish the U.S. Space Force, which would be America’s sixth armed service.

Space is now a combat domain, the leaders said. Russia and China have demonstrated capabilities to destroy, hack or jam

satellites. The U.S. Space Force would concentrate expertise to protect those assets.

Importance of U.S. Space Operations

Shanahan and Selva emphasized that military operations worldwide depend on space. Squad operations in Afghanistan all the way through command and control of America’s nuclear deterrent depend on assets in space.

Space is an integral part of the National Defense Strategy and the DoD proposal for the way forward keeps that firmly in mind, the deputy secretary said.

“You know the first principle of change management is do no harm,” Shanahan said.

The plan calls for DoD to stand up a unified combatant U.S. Space Command under the direction of a four-star officer. Initially, that command would be patterned on U.S. Special Operations Command — where all

the services contribute people and resources to accomplish the worldwide mission. And like Socom, the new Space Command would set the parameters for training and employment of the service assets.

Officials said that about 80 percent of space qualified personnel reside in the Air Force, but all services have personnel with space expertise. Selva said there are roughly 18,000 people in the services with a space qualifier badge. There are also a number of civilian personnel in the department with this expertise and thousands of contractors who could be drawn into the new command.

Another important aspect of the proposal should help speed development and acquisition of space assets. There are currently around 140 military satellites. What assets replace those satellites? Who maneuvers

those satellites in time of tension? How does the department build in defenses or harden its space assets to prevent tampering or jamming? These are all questions that would be on the command’s plate.

Establishing the U.S. Space Force will require congressional action, and Shanahan and Selva said that even as the U.S. Space Command is standing up, another group of Pentagon officials will be drawing up proposed legislation to establish the sixth armed service.

A separate service will require a separate department under DoD like the Department of the Air Force. It will require a secretary, personnel systems, a promotion system, legal help, recruiting and more.

NSA HAMPTON ROADS-NORTHWEST ANNEX OIC EDUCATES SAILORS ON COMMISSIONING PROGRAMS

By MC2 Joshua Tolbert
Naval Support Activity Hampton Roads Public Affairs Office

CHESAPEAKE, VA.

Lt. Cmdr. Frank Gates, Officer-in-Charge (OIC) of Naval Support Activity (NSA) Hampton Roads-Northwest Annex (NWA), held a Commissioning Programs Brief on Aug. 2 for more than 70 Sailors from commands around Navy Region Mid-Atlantic.

During the brief, Gates highlighted the different commissioning programs available to Sailors, fielded questions about navigating the application process, and provided insight and encouragement to Sailors looking to apply.

Gates has been the OIC of NSA Hampton Roads-NWA for 15 months, and a Commissioned Officer for 11 years.

“Becoming a commissioned officer means that I have the opportunity to make a tremendous difference in the lives of my family members, as well as my Sailors,” said Gates. “Being an officer in the U.S. Navy is an honor and privilege, and I do not take any day for granted.”

Gates, formerly a Chief Yeoman, received his commission through the Limited Duty Officer (LDO) Program in April 2007.

“I was not selected for LDO on my first

opportunity, so I had to go back and improve my record,” said Gates. “Going back to sea was the best decision I made, it opened doors and allowed me to truly appreciate the Navy.”

In today’s Navy, there are many programs available to Sailors who strive to become commissioned officers. Among those programs are the U.S. Naval Academy and Naval Academy Preparatory School, Officer Candidate School, Medical Enlisted Commissioning Program, Medical Service Corps In-Service Procurement Program, Seaman to Admiral-21, Chief Warrant Officer Program, and LDO Program.

“Sailors should always strive to be the best in whatever they do, whether that is at sea, at home with family, or in school,” said Gates. “The selection boards are looking for the best qualified Sailors.”

The requirements for each program vary, however most require a recommendation from the Sailor’s Commanding Officer, United States citizenship, no record of disciplinary action in the past three years, and good physical fitness and performance evaluation scores.

“The commissioning programs brief provided inspiration and motivation,” said Navy Counselor 1st Class Elizabeth Scotto. “It



Photos by MC2 Joshua Tolbert

Lt. Cmdr. Frank Gates, Officer-in-Charge of Naval Support Activity Hampton Roads-Northwest Annex, briefs more than 70 Sailors from commands around Navy Region Mid-Atlantic on commissioning programs offered by the Navy.

was the perfect opportunity to learn about the different ways to become a commissioned officer.”

Gates also conducted one-on-one mentoring sessions with Sailors to answer any questions not addressed during the briefs.

“During the commissioning process, the LDO officers guided and directed me,” said Gates. “I try to ensure that I’m doing the same thing for the Sailors I lead and interact

with each day.”

In addition to Chief of Naval Operations Instruction (OPNAVINST) 1420.1B (Enlisted to Officer Commissioning Programs), Sailors can find more information at: <https://www.public.navy.mil/bupersnpc/career/careercounseling/Pages/CommissioningPrograms.aspx> and <https://www.usna.edu/Admissions/Apply/Active-Duty-Service-Applicants.php>.

5th Coast Guard District welcomes new commander

From U.S. Coast Guard 5th District Mid-Atlantic Public Affairs

NORFOLK

Coast Guard Rear Adm. Keith Smith assumed command of the 5th Coast Guard District from Rear Adm. Meredith Austin during a change of command ceremony Friday.

Smith most recently served as the Commander of Force Readiness Command. He was responsible for supporting operational readiness for operational commanders through training, leadership development, readiness assessments, exercise support and tactics, and techniques and procedures.

He is a graduate of California State University, Long Beach, and he holds a bachelor’s degree in Criminal Justice and a master’s degree in Homeland Security.

Austin, who served as the 5th District commander since April 2016, will report to Coast Guard Headquarters and assume the responsibilities of the Deputy for Operations Policy and Capabilities.

The change of command ceremony is a time-honored tradition and formal ritual that marks the transfer of total responsibility, authority and accountability from one individual to another.

Vice Adm. Scott Buschman, Commander of the Coast Guard Atlantic Area, presided over the ceremony.



Coast Guard Rear Adm. Meredith Austin shakes hands with Rear Adm. Keith Smith during the 5th District change of command ceremony Aug. 10, 2018, in Norfolk, Virginia.

Auxiliarist Andrew Winz

CAMPAIGNS | Sailors impact drug and alcohol

Continued from A1

(OPNAV N170A). “Our campaigns aren’t just created for Sailors, they’re created with them. Asking for feedback through surveys and focus groups helps to ensure that these campaigns are resonating with today’s Sailors and engaging them with the products and tools they need,” said Favorite.

The Keep What You’ve Earned and Prescription for Discharge Combined Campaign Survey launched Aug. 8 and will continue through Sept. 7, and is sponsored by Navy’s Alcohol Abuse Prevention and Drug Detection and Deterrence offices. The survey is short – it takes less than 10 minutes to complete – and completely anonymous. Although the primary audience for the survey is enlisted Sailors under the age of 25, all members of the Navy team are encouraged to participate, including deck plate and senior leaders, drug and alcohol abuse prevention personnel, Navy civilians and Navy family members.

“When this survey was last administered in 2016, nearly 40% of respondents observed that safe and proper use of prescription medication had been discussed more often

over the past year,” said Lanorfeia Parker, Director of Navy Drug Detection and Deterrence (OPNAV N170D). This insight led OPNAV N170D to fine-tune Prescription for Discharge messaging among different audience segments to shape these discussions at all levels—between peers, leaders and their Sailors, as well as providers and their patients.

Additionally, the last survey indicated that “Safe Ride” programs were the Keep What You’ve Earned campaign’s most effective tactic. These findings, coupled with focus group feedback from Sailors in the fleet, were used to integrate Lyft and Uber access into the campaign’s mobile application, Pier Pressure.

This year’s Keep What You’ve Earned and Prescription for Discharge Combined Campaign Survey is available at <https://survey.max.gov/167456>.

For more information about how to encourage responsible drinking among Sailors, visit Navy Alcohol Abuse Prevention at http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/NAAP/Pages/default.aspx.

For more information on Navy Drug Detection and Deterrence, visit http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/DDD/Pages/default.aspx.

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



MC2 Johans Chavarro

A Sailor holds up keychains from the “THAT GUY” responsible drinking campaign during a Coalition of Sailors Against Destructive Decisions awareness event. CSADD’s mission is to encourage positive social interaction, development of leadership and decision-making skills among junior Sailors.

HOMECOMING | Oak Hill returns

Continued from A1

The deployment also allowed the crew to focus on professional development: 38 Sailors promoted to the next higher paygrade and 110 qualified as enlisted surface warfare specialists.

“I am humbled by the level of dedication that our Sailors and Marines have exhibited during our 5th and 6th Fleet deployment,” said Oak Hill’s Command Master Chief Paul Loomis, a sentiment echoed by the ship’s commanding officer.

“The Sailors and Marines of Oak Hill have repeatedly answered our nation’s call over the course of the last two years,” said Knight. “Today is a great day for the Sailors, Marines and families of Oak Hill.”

The Iwo Jima ARG embarks the 26th Marine Expeditionary Unit and includes the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), San Antonio-class amphibious transport dock ships USS New York (LPD 21) and Oak Hill, Fleet Surgical Teams 4 and 8, Helicopter Sea Combat Squadron (HSC) 28, Tactical Air Control Squadron (TACRON) 22, components of Naval Beach Group 2 and the embarked staff of Commander, Amphibious Squadron 4.

For more information, please visit www.oak-hill.navy.mil.

For more news from Navy Public Affairs Support Element, visit www.navy.mil/local/npaseqh/.



MC3 Patrick T. Bauer

The Harpers Ferry-class dock landing ship USS Oak Hill (LSD 51) returns to its homeport, Joint Expeditionary Base Little Creek-Fort Story, following a regularly-scheduled deployment.

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How Can AI Improve Humanitarian Assistance?

Leading minds from academia, industry and the federal government met to discuss how modern technology can help victims of disasters around the globe.

» See **B3**

SECTION B | FLAGSHIPNEWS.COM | 08.16.18



MC3 Christopher A. Veloicaza
Brig. Gen. William Jurney, Commanding General of 3rd Marine Infantry Division, and Maj. Gen. Dato Zulkapri bin Rahamat, General of Officer Commanding Task Force 450, render salutes during the opening ceremony of Cooperation Afloat Readiness and Training (CARAT) Malaysia on Kota Belud Marine Base.

US, MALAYSIA COMMENCE 24TH CARAT EXERCISE

By MC3 Christopher Veloicaza

Commander Task Force 73 Public Affairs

KOTA KINABALU, MALAYSIA

The U.S. and Royal Malaysian Navy commenced the 24th iteration of Cooperation Afloat Readiness and Training (CARAT) Malaysia in Kota Kinabalu, Malaysia, August 10.

The CARAT exercise focuses on the full spectrum of naval capabilities and is designed to strengthen the close partnership between both navies while cooperatively ensuring maritime security, stability and prosperity.

"In nearly a quarter of a century of CARAT exercises, we have continued to ensure forward presence, deterrence and sea control each time when U.S. and Royal Malaysian ships get underway together and conduct cooperative exercises," said Rear Adm. Joey Tynch, Commander Task Force 73.

Expeditionary fast transport ship USNS Millinocket (T-EPF 4) and a P-8A Poseidon maritime patrol aircraft will conduct nearly a dozen at-sea exercises with the Royal Malaysian Navy including a gunnery exercise (GUNNEX) to maintain Sailors' readiness with onboard weapon systems, visit, board,

search, and seizure (VBSS) exercise to increase and maintain proficiency in boarding vessels that may harbor illegal weapons and drugs, and division tactics (DIVTACS) to enhance cooperative fleet maneuvers.

"This is a great opportunity for all of us working side by side, to improve and enhance all of our operational capabilities," said Brig. Gen. William Jurney, Commanding General of 3rd Marine Infantry Division. "We look forward to continuing to advance all of our joint and integrated capabilities both here and in the future."

CARAT Malaysia builds upon other engagements with Malaysia including Pacific Partnership, the largest annual multilateral humanitarian assistance and disaster relief preparedness mission and Southeast Asia Cooperation and Training (SEACAT), which involves nearly a dozen partner nations. These engagements serve to enhance information sharing and coordination and support long-term regional cooperation.

"I have seen first-hand the professionalism of the Malaysian Armed Forces. Annually for the past 24 years our armed forces have engaged and exercised with each other in



MC3 Christopher A. Veloicaza
Brig. Gen. William Jurney, Commanding General of 3rd Marine Infantry Division, and Maj. Gen. Dato Zulkapri bin Rahamat, General of Officer Commanding Task Force 450, meet before the opening ceremony of Cooperation Afloat Readiness and Training (CARAT) Malaysia on Kota Belud Marine Base.

increasingly complex and sophisticated scenarios. Throughout this time we have learned much about each other — how we communicate and operate — and it is vital to effectively working together to ensure security, stability and prosperity in the region," said Capt. Lex Walker, commodore of Destroyer Squadron 7.

"The aim of this exercise is to enhance interoperability as well as individual capacity to conduct amphibious operations at a tactical level," said Maj. Gen. Dato Zulkapri bin Rahamat, General of Officer Commanding Task Force 450. "It is also to provide good opportunities for all of us to reshape ideas and experiences so that we can plan and conduct operations in the region whenever something arises. We are looking forward to an active

discussion and a productive outcome in the planning and conduct of amphibious assault and ship-to-ship training as well as other exposures through subject matter expert exchanges."

Malaysia has been part of the CARAT exercise series since it began in 1995. After more than two decades of annual training events between the armed forces, CARAT Malaysia remains a model for cooperation that has evolved in complexity and enables both navies to refine operations and tactics in response to traditional and non-traditional maritime security challenges.

For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.

Navy Region Southeast leads way in energy conservation

From Navy Region Southeast Public Affairs

JACKSONVILLE, FLA.

The Secretary of the Navy released the recipients of the annual Energy Excellence Awards Aug. 3 and installations from Navy Region Southeast were prominent in the final lists.

Naval Air Station Whiting Field will be authorized to fly the SECNAV Energy Conservation Award flag for the next year as the winner in the Small Shore Installation category. NAS Pensacola and Naval Construction Battalion Command Gulfport received Platinum level honors and were two of only three shore installations to achieve the highest designation.

The SECNAV Energy Excellence Awards



program promotes excellence in the areas of energy security, new technology, innovation, program management and efficiency across the Department of the Navy. Top winners in the eight command-type categories receive \$25,000 which they are encouraged to use on further energy improvements at their command.

"Congratulations to all of our award recipients. Improving the energy resiliency and security of our operating forces and our installations remains a top priority and I look forward to all your future accomplishments in support of this critical program. Bravo Zulu!" Secretary of the Navy Richard Spencer stated in his announcement message.

NAS Whiting Field's nomination

» See **ENERGY** | B7

US NAVY DIVE, MEDICAL TEAMS BEGIN SUBJECT MATTER EXCHANGES IN TRINIDAD AND TOBAGO

From Southern Partnership Station 2018 Public Affairs

PORT OF SPAIN, TRINIDAD

A team of U.S. Navy divers and medical professionals arrived in Port of Spain, Aug. 8 to begin subject matter expert exchanges (SMEE) and partner capacity building engagements with the Trinidad and Tobago military and security forces as part of Southern Partnership Station (SPS) 2018.

Held on an annual basis by U.S. Southern Command and executed by U.S. Naval Forces Southern Command/U.S. 4th Fleet, Southern Partnership Station is a U.S. Navy deployment focused on SMEEs with partner nation militaries and security forces in the Caribbean, Central and South America.

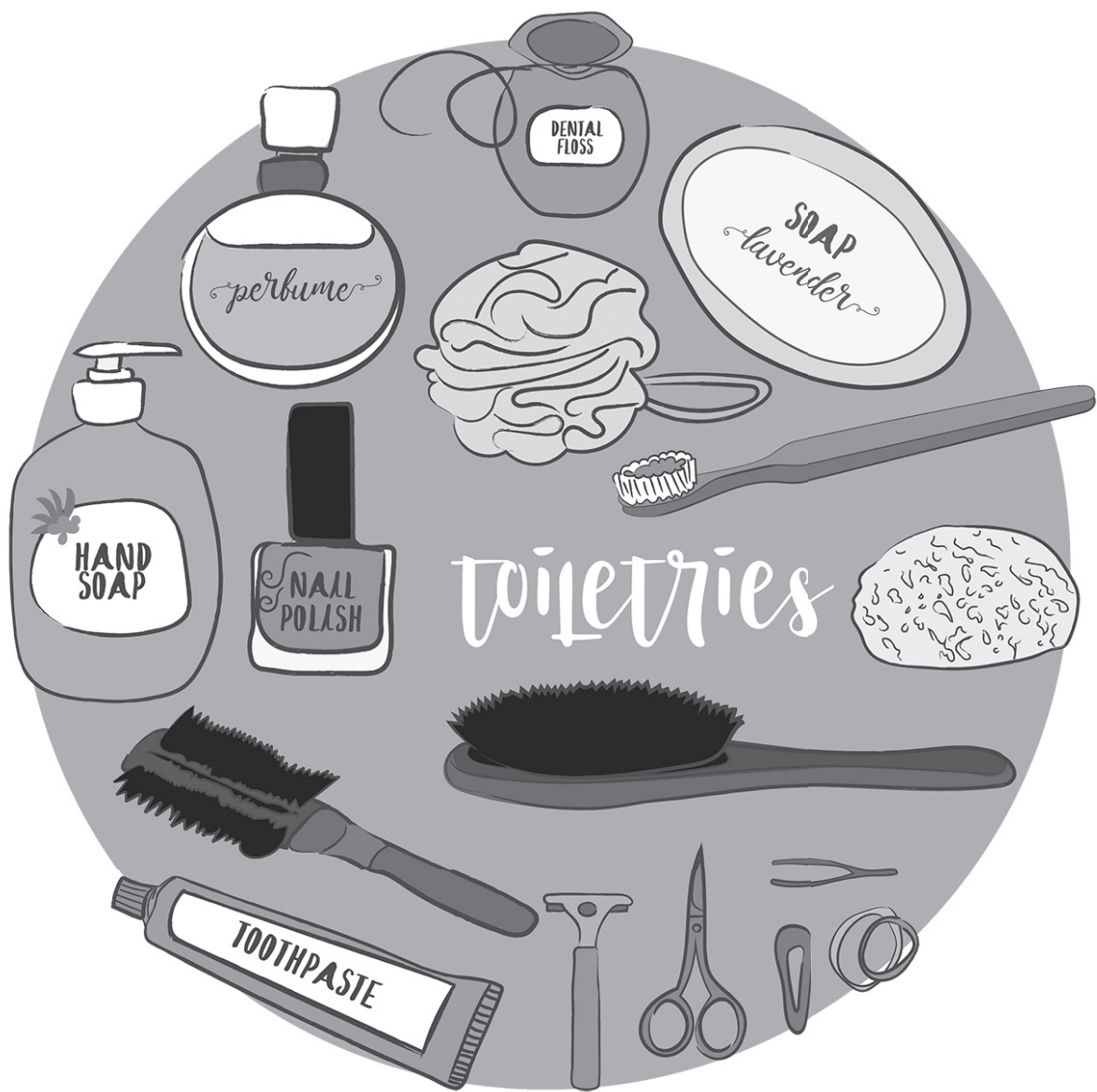
This year's deployment will visit Trinidad and Tobago, Colombia, Honduras, Panama and El Salvador to work alongside those na-

tions' military forces, security forces, civilian health professionals, and other governmental agencies.

The SPS mission is normally supported by the expeditionary fast transport ship USNS Spearhead (T-EPF 1), but this engagement will see teams arriving in Trinidad and Tobago aboard the Whidbey Island-class amphibious dock landing ship USS Gunston Hall (LSD 44).

At a press conference on arrival of Gunston Hall in Port of Spain, John McIntyre, U.S. Embassy Chargé d'Affaires said the U.S. Navy's partnership with the Trinidad and Tobago Defence Force, through exercises like Southern Partnership Station, continues to strengthen the safety and security of the citizens of both the U.S. and Trinidad and Tobago. The exchange was also ap-

» See **TRINIDAD** | B7



THE PRICE-LESS GIFTS BROUGHT HOME FROM DEPLOYMENTS

By Lisa Smith Molinari

I have a drawer at home filled with loving gifts from my husband, Francis. They are things he picked up while on military travel or deployments during his 28 years in the Navy. He would arrive home, and no matter how travel-weary he was, he'd gather up our family and give each of us a memento of his trip.

What were these precious items that Francis so thoughtfully picked out for us while he was away? Czechoslovakian crystal, you ask? No. Italian leather goods? Naw. Japanese pearls? Nope. Mexican silver? Huh uh. Chinese silk? Negative. African art? Well, yes, if you count those bongos we had to throw away because they smelled like rotten animal hide, and those clay masks that scared the bejesus out of the kids.

While I must admit that Francis did give me a lovely set of enameled jewelry from an airport in Kuwait, a suitcase full of Polish pottery after a trip to Warsaw, a bottle of pisco from Chile that could sprout hair on your chest, and Persian rugs that put us deeply in debt, the most common souvenir Francis brought home from his trips were more economical items.

And by economical, I mean free.

You see, that drawer of gifts from Francis is actually in our bathroom. It's filled with hotel soap, mini shampoos, tiny bottles of lotion, shower caps, sewing kits and shoe mits. He also brought us consumables like hotel teabags and airline snacks — mostly pretzels or cookies, because he couldn't resist the peanuts.

When the kids were little, Francis' thoughtfulness was charming. Sometimes he'd put the hotel and airline freebies in trinket boxes he'd buy cheap from street vendors. Other times, he'd just use the vomit bags from the airplane seat backs, which were the perfect size. When the kids would open their bags or boxes, they would squeal with delight. Lilly

would use the tiny bottles and soaps to play house with her American Girl doll. The sewing kits went to Anna, who was obsessed with fashion design from an early age. And Hayden got airline snacks, which he was only too happy to rip open and consume on the spot.

But as the kids grew older, the novelty wore off.

"Another trinket box?" Anna would complain.

"These cookies are stale," Hayden would comment.

"Here's more soap and shampoo, Mom," Lilly would say, handing it all over to me for the bathroom drawer.

Although I sometimes dreamed of Francis coming home with an Italian leather handbag or an exotic piece of Asian art, I couldn't deny that the free stuff came in quite handy. We never worried about running out of lotion or toothpaste. And when guests came to visit, I would make them a hospitality basket and place it beside their bed. Nothing says class like funky Korean teabags and a shoe horn from Holiday Inn Express!

In fact, I received so many hotel-sized toiletries from Francis over the years, I became quite the connoisseur, which is a fancy way of saying that I developed a strange case of OCD. I would sort the items in the drawer, putting only the best quality matched sets out for guests, and squirreling the rest away. I couldn't wait for someone to forget a toothbrush or ask for lotion so that I could open my drawer and solve their problem.

Finally, after my drawerful PCSed with us twice, I knew I needed to dial back my hotel-toiletry obsession. Our church was doing its annual drive for items for the homeless, so I donated the whole lot, cold turkey.

The drawer is full again, because even though Francis can afford to buy me nice souvenirs, giving hotel freebies has become our tradition. Ever since Francis transitioned from the military to the corporate world, he stays at better hotels with cooler stuff to swipe. When Francis went to Boston last month, I got mango ginger tea bags and a tiny loofa sponge. Not too shabby.

Francis' travel gifts may not have a price tag, but the way I see it, the luxury of having a shower cap when you need one is truly priceless.

www.themeatandpotatoesoflife.com

New survey shows...we're unhappy with Tricare?

By Amanda-Lee Pitzer

This one absolutely floors me. When this came up in the news this week I was really surprised. I get that Tricare Prime sucks, it's a big reason why I always promote the PPO version of Tricare — what is now Tricare Select. However, if you look at the cost of Prime, who are we to complain?

Prime is FREE. Of course there will be long waits. I had a friend in there recently who showed up for her scheduled appointment, but when she checked in she was told there would be a 3 hour wait. She had to get to work, she couldn't take a whole day off for a doctor appointment! I get that, I do! However, you have the option of using Select. If you choose to use the free version, understand that the system will be clogged at all times! Think about when companies have freebie days- it's a circus! When

Tropical Smoothie has flip-flop day, you can expect an insane line for that free smoothie! Personally, I skip the line. It's not worth my time! By the time I get my smoothie my boys have pinched and irritated each-other (and me) that I don't want the stupid smoothie! There is always a trade-off for things that are free.

We pay for Tricare Select and it's worth every penny. We don't pay a monthly premium, but are subject to a \$350 deductible and \$1,000 catastrophic cap. When I get a bill for \$150 at the beginning of the fiscal year I cringe, but I also know that once I hit \$350 I'm home free. And, God forbid, someone in my family gets sick, I know I'll never pay more than \$1000. That's incredible security. Compare that to most civilian insurance providers and you'll understand.

For example, where I work the monthly in-

surance premium for a family is anywhere from \$500-\$700 a month. Imagine what you could do with an \$500 a month! Then, the deductible is anywhere from \$4500-\$7500. This means insurance doesn't pick up a dime until you first shell-out thousands. My \$350 deductible? I'll take it. Happily. And don't get me started on prescription costs — yes, the amount we pay may have gone up, but you'll never have to worry about needing to pick up a prescription that you can't afford because it's over \$500.

Sometimes I think we don't realize what we have and I admit that I am guilty of that very way of thinking sometimes. So next time we complain about the wait times or the rising cost, remember that the rest of the country really struggles with the cost of healthcare. Tricare? It's a tremendous blessing and we're incredibly lucky to have it.

WHAT IS TRICARE ONLINE PATIENT PORTAL AND WHY SHOULD I ACCESS IT?

By Michael Kirschner
Tidewater Military Health System

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Rear Adm. David Hahn, chief of naval research, tours the National Robotics Engineering Center (NREC) during a visit to Carnegie Mellon University (CMU) in Pittsburgh, Pa. Hahn was at CMU to attend the Artificial Intelligence (AI) & Autonomy for Humanitarian Assistance and Disaster Relief (HADR) workshop, co-hosted by the Office of Naval Research and CMU. The workshop brings together a community of academia, industry, and government stakeholders with a diverse pool of first responders in order to accelerate the experimentation, fielding, and scaling of new AI and autonomous capabilities in support of the HADR mission.

John F. Williams

Disaster Relief: How Can AI Improve Humanitarian Assistance?

By David Smalley
Office of Naval Research Public Affairs

ARLINGTON, VA.

The unique topic of artificial intelligence (AI) for humanitarian assistance and disaster relief (HA/DR) was in the spotlight last week, as leading minds from academia, industry and the federal government met to discuss how modern technology can help victims of disasters around the globe.

The Artificial Intelligence and Autonomy for Humanitarian Assistance and Disaster Relief Workshop—co-hosted by the Office of Naval Research (ONR) and Carnegie Mellon University (CMU)—took place at the university’s Pittsburgh campus Aug. 2-3.

“The problem of catastrophes affecting humanity will unfortunately always be among us,” said Chief of Naval Research Rear Adm. David J. Hahn. “The great minds in this room are here to figure out how we

can best leverage artificial intelligence and autonomy to better deliver resources and people to those in urgent need.”

As Hahn addressed the group, pictures of naval relief efforts over many years scrolled behind him, including Sailors and Marines assisting victims in Haiti after an earthquake, Japan after an earthquake and tsunami, New Orleans and New York after hurricanes and more.

Hahn noted the Navy and Marine Corps are uniquely suited to support rescue and relief work done by different federal agencies, when called upon. Naval assets include ships, planes and helicopters; being positioned globally; and being highly mobile.

Dr. Andrew Moore, dean of CMU’s School of Computer Science, thanked Hahn for helping to inspire the meeting, which included renowned AI-focused academics; senior representatives from the Federal Emergency Management Agency (FEMA);

leaders from the new Joint AI Center; relief directors at the U.S. State Department; representatives from NASA, the U.S. Army and Air Force; and many more.

Some in attendance had been on the ground providing assistance on multiple occasions, from natural disasters to war zones.

“We’ve brought in some of the best roboticists and technologists in the world, with the single goal of keeping people safe during disasters” said Moore. “Technology to save lives is inspiring for everyone in the AI field.”

AI and autonomy are wide-ranging terms that include multiple fields of study and are increasingly relevant to disaster relief work. Some of those focus areas include machine learning, human-computer interaction, big data analytics, computational modeling and robotics.

Several speakers at the event discussed real-world examples of how AI could help

victims of disasters, including better using unmanned aerial vehicles to find survivors; using robots to communicate with trapped victims—for example, under the rubble of a building; generating the most accurate data on emerging damaged areas, using crowd-sourced social media reports; and computer models and simulations to predict the best ways and tools to help in different disaster situations.

Both Hahn and Moore encouraged workshop attendees to not let the meeting’s value fade. A series of working groups addressed multiple topics and were requested to come up with short-, mid- and long-term ideas on how to utilize AI in real-world HA/DR situations.

Follow-up meetings are currently being slated to track progress.

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

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U.S. Navy photo

Naval Facilities Engineering Command (NAVFAC) Engineering and Expeditionary Warfare Center (EXWC) Commander Vince Fonte (left), executive officer (acting), and Kail Macias (right), NAVFAC EXWC technical director, present award certificates to Naval Surface Warfare Center, Port Hueneme Division (NSWC PHD) Logistics interns James Byrne (second from left), Alessandro Guaresti (center), and Cole Morter (second from right), in recognition of their winning research and presentation at the Problem-based Initiatives for Powerful Engagement and Learning In Naval Engineering and Science (PIPELINES) final presentations and Design Challenge Awards held at the Seabee Museum at Naval Base Ventura County.

NAVY AND UCSB TEAM UP FOR ENGINEERING AND SCIENCE DESIGN CHALLENGE

By Becky Close
Engineering and Expeditionary Warfare Center Public Affairs

PORT HUENEME, CALIF. Naval Facilities Engineering Command (NAVFAC) Engineering and Expeditionary Warfare Center (EXWC), in collaboration with University of California, Santa Barbara (UCSB), and Naval Surface Warfare Center, Port Hueneme Division (NSWC PHD), hosted the Problem-based Initiatives for Powerful Engagement and Learning in Naval Engineering and Science (PIPELINES) final presentations and Design Challenge Awards at the Seabee Museum at Naval Base Ventura County, Aug. 3.

“This program allows us to link driven, dedicated individuals with professional engineers, show them the incredible reach of the Navy, and share what opportunities are out there for them,” said Maria Teresa Napoli, PIPELINES program director. “Every year, I have been thrilled and impressed by the group of students that participate. We

keep setting the bar higher and the students excel each time.”

NAVFAC EXWC Technical Director and event moderator, Kail Macias, spoke on the importance of supporting initiatives such as the PIPELINES program.

“As a leader of the Navy and the Department of Defense in science and technology, it’s important that we stay at the forefront and recruit the best and brightest in science, technology, engineering and mathematics careers,” said Macias. “Our recent designation as a Science and Technology Reinvention Laboratory gives us the authority to employ talented individuals while still in school and to potentially hire them full-time upon graduation.”

Six student intern teams spent eight weeks of the summer with NAVFAC EXWC, NSWC PHD, and UCSB mentors working on engineering design challenges. The teams of two to three students enrolled at state and local community colleges were assigned a themed project and given the freedom to

develop unique solutions for real-world situations.

The six PIPELINES Design Challenge projects included: Design of Testing Device and Procedures for Navy Bollards; Enlisting the Sun: Optimizing Portable Solar Energy; A New Maritime Buoy Pump System for Refueling Operations; Modernizing Navy Resource Allocation and Distribution Logistics; Miniaturizing a Subsea Fiber Optic Repeater for Naval Applications; and Increasing the Resiliency of Navy Fuel Pipelines.

Prior to judging, team mentors briefed each project by providing background information. The student intern teams then presented their design challenge solution by using PowerPoint presentations and poster boards to the judges and audience of more than 100 educators, engineers, and guests. The four judges representing Navy leadership, engineering expertise, and education scored each presentation on three aspects: technical level or challenge of the project, readiness level, and the clarity and persua-

siveness of the presentation.

The PIPELINES Design Challenge project winner was Modernizing Navy Resource Allocation and Distribution. NSWC PHD Logistics interns James Byrne, Alessandro Guaresti, and Cole Morter received recognition for their accomplishment from NAVFAC EXWC Commander Vince Fonte, executive officer (acting). An honorable mention was awarded to Miniaturizing a Subsea Fiber Optic Repeater for Naval Applications by NAVFAC EXWC interns Matthew Martinez, Natalie Holliday, and Andrew Serna.

The 2018 PIPELINES program was the final year funded by a 3-year Office of Naval Research grant, initiated in 2016, to develop real-world engineering and science solutions to ongoing Naval issues.

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

SEAL BEACH FIRE DEPARTMENT ROLLING OUT ANTI-CANCER PROGRAM

By MA2 Alexandria Rios
Naval Weapons Station Seal Beach Public Affairs

SEAL BEACH, CALIF. The Naval Weapons Station Seal Beach Federal Fire Department has been selected to be the Commander Navy Region Southwest (CNRSW) pilot department for the Cancer Awareness and Prevention Program.

The Cancer Awareness and Prevention Program (CAPP) was founded in 2016 with the purpose to reinforce practices of firefighters in the workplace that result in clean air, clean body and clean gear.

“Being in the fire service, personnel encounter dangerous atmospheres and have a greater chance of contracting cancer,” said station Fire Captain Chris Mookini. “Let’s all do our part in helping prevent another brother or sister from dealing with this threat.”

Firefighters are exposed to significant amounts of carcinogenic chemicals and vapors when responding to daily duties like hazardous materials, confined space rescues,

structural fires and building collapses.

These exposures can originate from inhalation or skin contact. Too much exposure to these chemicals could lead to illnesses including various types of cancer. CAPP is helping implement changes to Fire Department personnel’s daily routines to help keep them protected from this threat.

The program’s proposed changes include methods to reduce vehicle exhaust inside fire stations, and processes to avoid cross-contamination involving gear exposed to hazardous chemicals.

For example, fire stations use top-loading



washing machines to wash heavy duty contaminated personal protective equipment (PPE). However, this method does not always extract harmful chemicals, and many firefighters have expressed concerns regarding cross-contamination as a result of washing their uniforms and linens in the same washer as their PPE.

“CNRSW Fire and Emergency Services has already taken an active approach to cross contamination and cleaner gear,” said Region Fire Chief Christopher Connelly. “We are also in the process of procuring hoods that will protect our firefighters from toxins, pathogens and other hazardous substances

to a greater extent than our current hoods.”

“Seal Beach will be the first Navy fire station in the region to acquire two sets of PPE,” added Connelly. “These initial steps are only the beginning to what we envision as a long standing commitment to our personnel and their health and safety.”

Upon completion of the CAPP trial, findings will be reported and regional leaders will decide on which practices to be included in the policies for all the fire departments in the Southwest Region.

“The Seal Beach Federal Fire Department is honored to be the pilot program for this initiative,” said base Fire Chief Eric Johnson. “Many of us have personally been affected by cancer within our immediate families and also in our firefighter family. We hope to be the beginning of a Navy and ultimately DoD-wide firefighter cancer prevention effort.”

For more news from Naval Weapons Station Seal Beach, visit www.navy.mil/local/sealbeach/.

Hospital Corpsman helps battle mosquito-borne diseases

By Rod Hafemeister
Naval Health Clinic Corpus Christi

KINGSVILLE, TEXAS

It happens every year. South Texas is dry for weeks, then it rains.

And, then come the mosquitoes. “They can lay their eggs in even the smallest amount of water,” said Navy Petty Officer 2nd Class Jessica Wright, a hospital corpsman and preventive medicine technician at Naval Branch Health Clinic Kingsville. “If it dries out, the eggs wait until it’s wet again and then hatch.”

She added, “Mosquitoes live to feed, breed and lay eggs. And carry disease.”

According to Texas A&M AgriLife Extension Service, 85 species of mosquito have been identified in Texas. If there is a disease that can be transmitted by mosquito, there’s a species that can do it somewhere in Texas.

Disease Carriers
Texas mosquitoes have been found carrying West Nile, chikungunya, dengue, Zika and malaria. Corpus Christi finds mosquitoes carrying West Nile almost every year.

Wright, originally from Fayetteville, Arkansas, works to minimize the disease risk. She tracks mosquito populations at Naval Air Station Kingsville and recommends control measures, like fogging.

“So far, including records before I got here two years ago, we haven’t had any trapped mosquitoes test positive for disease,” Wright said. “We’re still tracking on Zika and West Nile — that’s a big one. Nothing yet, and I hope it stays that way.”

She added, “But we have a mobile population that goes all over the world. Or people can get bit on vacation, come back here, get bit and spread that disease.”

Wright has been in the Navy for seven years and a preventive medicine tech for two. The job includes inspections of food service, childcare and recreational facilities, water systems, bacteriological analysis, epidemiological investigations, mass immunization programs and field sanitation as well as disease vector control.

“It encompasses everything. And I get to go outside,” she said.



Rod Hafemeister

Hospital Corpsman 2nd Class Jessica Wright, a preventive medicine technician at Naval Branch Health Clinic Kingsville, Texas, checks the gas flow on a ‘mosquito magnet’ trap. The trap uses propane to create a carbon dioxide flow to attract mosquitoes into a mesh bag. The mosquitoes are then sent to a state laboratory to determine numbers by species and if any carry diseases like West Nile or Zika.

But she has a special passion about mosquitoes. “I hate them. I can’t think of any reason for them to exist except to spread disease,” she said.

‘Mosquito Magnet’
Wright’s primary tool for combating mosquitoes is a ‘mosquito magnet,’ a trap that uses propane to emit a carbon dioxide scent that attracts mosquitoes into a mesh bag.

“I set it up overnight and in the morning extract the mosquitoes, live and dead, package them and ship them overnight to the state lab in Austin,” she said.

The lab sends back results showing the numbers of mosquitoes by species and if any were carrying a disease.

So far this year, there have been few mosquitoes, even with the heavy rains.

Part of that has been due to the ongoing effort in recent years to reduce the number of places mosquitoes can lay eggs, such as ensuring there are no abandoned tires or other standing water traps.

Two intermittent ponds were filled in several years ago, also reducing places mosquitoes could breed.

“We go out and pump the water when it could attract mosquitoes,” said Arturo Alvidrez, a performance assessment representative with NASK Public Works.

“We also use insecticide and fogging. I think we have a very effective control program on the base,” Alvidrez added. And, recent frequent high winds scatter the insects.

“If the winds are high, say above 20 mph, you’re not going

to catch anything in the traps,” Wright said. But Wright’s policy is not to take chances. “My attitude is, let’s fog and kill them and not have this risk,” she said. “I’d rather make sure everyone is protected.”

“So far, including records before I got here two years ago, we haven’t had any trapped mosquitoes test positive for disease, We’re still tracking on Zika and West Nile — that’s a big one. Nothing yet, and I hope it stays that way.”

Navy Petty Officer 2nd Class Jessica Wright

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NAMRU-Dayton Environmental Physiology Team tackles Naval Aviation’s top priority: Physiological episodes

By Dr. Richard D. Arnold
Naval Aerospace Medical Research Laboratory, Naval Medical Research Unit-Dayton

DAYTON, OHIO

Protecting aircrew against a wide range of physiologic challenges posed by the tactical aviation environment is a primary driver of research priorities at Naval Medical Research Unit (NAMRU) – Dayton. With the growth of unexplained physiologic episodes (PE) being reported across U.S. Navy and U.S. Air Force aircraft platforms, NAMRU-Dayton is responding to the challenge. We are rapidly expanding our environmental physiology research capacity by adding experienced altitude effects researchers and developing new laboratory facilities.

The Naval Aerospace Medical Research Laboratory (NAMRL) at NAMRU-Dayton expanded its research portfolio of PE related studies from about five per year prior to fiscal year 2017 to 25 unique PE related research protocols in fiscal year 2018. Research topics include the effects of barometric pressure changes, the effects of variable breathing gas mixtures, and the effects of breathing resistance on aircrew physiology and performance. The lab is developing and testing a range of physiologic, gas and chemical sensors for use as in-flight PE detection and mitigation tools.

NAMRL is not alone in the fight to understand and mitigate PEs. The Environmental Health Effects Laboratory (EHEL) at NAMRU-Dayton is conducting research

to characterize the potential role of chemical contaminants in PEs. EHEL is collaborating with NAMRL to conduct more extreme environmental exposure protocols than NAMRL can accomplish through its human-use research program.

NAMRU-Dayton is strengthening collaborative relationships with Department of Defense laboratories including Naval Medical Research Center, Naval Health Research Center, Naval Submarine Medical Research Laboratory, NAMRU-San Antonio, Naval Air Warfare Center (Aircraft and Training Systems divisions), Navy Experimental Diving Unit, U.S. Air Force 711th Human Performance Wing and U.S. Army Aeromedical Laboratory. Additionally, NAMRU-Dayton is working with academia and industry partners including Case Western Reserve University, Florida Institute for Human and Machine Cognition, and KBRwyle to conduct research and development (R&D) in response to the rise of in-flight physiologic episodes.

The command continues to receive R&D support from long-term line stakeholders like NAVAIR. More recently, non-traditional sponsors of aeromedical research such as Defense Health Agency (DHA) and Bureau of Medicine and Surgery (BUMED) have enabled the lab to mount a substantial response to the threat of PEs to DOD aircrew.

In support of the lab’s planned research NAMRL is constructing a new respiratory physiology laboratory that will aid studies on the effects of four factors; variable



MC2 Michael Lieberknecht Lt. Clayton Shaw, an instructor pilot from Training Squadron Ten (VT-10) participates in a research project using new Electroencephalogram (EEG) technology. The goal of the project is to provide early warning signs to pilots before feeling symptoms of hypoxia.

breathing gas mixtures, in-line breathing resistance, breathing gas pressure and flow disruptions, and flight equipment fit on aircrew physiology and cognitive function. To support these initiatives NAMRL is building several aircraft-specific life support system (LSS) simulators to reproduce the breathing environments of the T-45 and F/A-18 aircraft, for example.

Due to this surge in PE-related research NAMRL has added a number of senior scientific staff with experience in respiratory physiology research. Most recently Drs. Dan Warkander and Barbara Shykoff joined the team, bringing collectively over 40 years of research experience in respiratory physiol-

ogy and life support system design through their previous work at University of Buffalo and Navy Experimental Diving Unit. Such additions to the staff bolster an already excellent cadre of altitude effects researchers.

Research experts at NAMRU-Dayton are equipped to lead the Navy’s research response to in-flight physiologic episodes our military is facing.

For more information visit us at www.med.navy.mil/sites/nmrc/Dayton and follow us on Facebook @NavalMedicalResearchUnitDayton and Twitter @NAMRU Dayton.

Air Force, Army, Navy Cyber Techs participate in Exercise Patriot Warrior

By Staff Sgt. Xavier Lockley
927th Air Refueling Wing

FORT MCCOY, WIS.

Exercise Patriot Warrior featured Airmen, Sailors and Soldiers practicing their cyber defense skills in highly challenging environments.

“We have to stay ready at all times to defend our networks at home and abroad,” said Air Force Senior Airmen Christopher Hillen, an exercise participant. “This exercise is so important, once we get deployed and experience different situations we’re going to lean on the training we received here and apply it to real world situations.”

One part of Patriot Warrior enabled Air Force and Army personnel to interact and train together in realistic scenarios providing both services with a unique perspective on the exercise and future missions.

Challenging Scenarios

“These scenarios provide our soldiers and also the airmen with a very realistic outlook on what both entities could expect in the real world,” said Army Maj. Robert Bell, 261st Theater Tactical Signal Brigade operations and plans officer.

“Everyone learns great lessons in trainings like this, it develops different skills that each other has learned and also builds confidence in our airmen and soldiers.

The exercise was comprised of joint forces from around the country to showcase deployment capabilities and was hosted here. The exercise hosted Army, Navy and Air Force personnel from 22 different bases.

“Working with other services is an invaluable experience for our Airmen and their development as cyber operators,” said Air Force Maj. Bennett Reid, director of operations.

Cyber Combat Support Training

“With this being the first time that we’ve integrated with the Army in a cyber combat support training exercise, it allowed us to see areas in which we aren’t as strong and fix the issue as team,” Reid said. “We got to work with a network we’d never seen before, and we had to learn how to get plugged into our weapon system which we had to learn but it helped us understand how to operate other networks outside of our comfort zone.”

Exercises like Patriot Warrior provide critical contingency oriented skills for all members who participate, but there is also a bigger picture in mind.



Staff Sgt. Xavier Lockley Airmen and Soldiers converged during Exercise Patriot Warrior on Aug. 8, 2018 at Fort McCoy, Wisc. Patriot Warrior is an exercise designed to test the capabilities of the Air Force Reserve and its joint partners.

“The way the fight is won nowadays is through cyberspace,” said Air Force Tech Sgt. Christian Coleman, a reservist from the 911th Communications Squadron cyberspace operations controller and member of the Cyber Mission Defense Team.

“All branches continue to evolve as the battlefield changes and now the World Wide Web is where we have to maintain dominance,” Coleman added.

TRINIDAD | Teams begin subject matter exchanges

Continued from B1

plauded by Commander Don Polo, Acting Commanding Officer of the Trinidad and Tobago Coast Guard.

Gunston Hall’s visit to Trinidad and Tobago is part of the Southern Seas mission that is operating simultaneously with Southern Partnership Station. Southern Seas is an annual collaborative deployment in the U.S. Southern Command area of responsibility where a task group deploys to conduct various exercises and multinational exchanges to enhance interoperability, increase regional stability, and build and maintain regional relationships. Both Southern Partnership Station and Southern Seas operate under the leadership of Capt. Brian J. Diebold, commodore of Destroyer Squadron (DESRON) 40.

Southern Partnership Station focuses on

enhancing cooperative partnerships with regional maritime services and improving operational readiness for all participants. Additionally, the mission will provide an opportunity for U.S. and partner nations to operate in a multinational environment, refine coordination, improve interoperability, and demonstrate flexibility.

“We are here to execute diving subject matter expert exchanges with Trinidad and Tobago’s diving and salvage forces,” said Lt. Larry Salazar, company commander of Company 21, Mobile Diving and Salvage Unit (MDSU) 2, the unit participating in Southern Partnership Station.

“Our exchange topics include scuba and surface supplied diving operations, dive casualty diagnosis and treatment, underwater search procedures, and area search proce-

dures with towed sonar,” said Salazar.

“My dive and salvage company is part of MDSU-2, and our command is a key participant in Southern Partnership Station’s mission,” said Salazar. “We exchange new diving techniques and procedures, and these engagements help strengthen U.S. and partner nation diving and salvage capabilities and interoperability.”

While the U.S. diving and salvage team engages with coast guard divers, an 11-person Fleet Health Engagement Team (FHET) will conduct SMEEs with the Trinidad and Tobago army and coast guard including exchanges with medical and non-medical personnel.

“The FHET will conduct subject matter expert exchanges with military and civilian organizations to effectively share U.S. Navy medicine’s best practices and lessons learned,” said Lt. David Cruz, FHET officer in charge. “The team will engage in humani-

tarian assistance and disaster relief, tactical combat casualty care, and public health exchanges to effectively develop strong partnerships across the U.S. Southern Command’s area of responsibility.”

SPS is a demonstration of the strong U.S. commitment to partners in the Caribbean, Central and South America, fostering goodwill and enhancing our collective ability to respond to natural disasters and humanitarian crises. SPS 18 will conclude in October 2018.

For more news about Southern Partnership Station 2018, visit <https://www.dvidshub.net/feature/SouthernPartnershipStation2018>, on Facebook at <https://www.facebook.com/SouthernPartnershipStation/>, on Twitter at <https://twitter.com/NavySPS/>, or on Instagram at <https://www.instagram.com/southernpartnershipstation/>.

For more news from Navy Public Affairs Support Element, visit www.navy.mil/local/

ENERGY | Southwest region leads in conservation

Continued from B1

package highlighted the command’s proactive partnership with Gulf Power on a \$9.8 million Utilities Energy Savings Contract (UESC) which was the largest in the utility provider’s history. The contract saved more than \$200,000 in energy costs in less than one year. Additionally, the command achieved a nearly a 20 percent decrease in energy consumption from fiscal year 2016 to 2017 putting it ahead of its 2020 reduction goals. NAS Whiting Field also promoted an awareness for energy conservation throughout the

year through ground breaking ceremonies on new equipment, news stories, energy saving tips, an energy expo and 5K run, Earth Day activities and more.

Nomination packages are graded on seven functional areas: awareness and compliance with energy management directives, command commitment to energy management, planning, maintenance of energy consuming systems, innovative improvements, personnel training, and results of energy programs.

Separate from the award winners, the pro-

gram also honors other superior programs with three tiers of recognition. Platinum level indicates an outstanding energy program and only 11 commands Navy-wide were selected as Platinum recipients. Gold level recognizes excellent energy programs and four more CNRSE commands achieved that level of recognition: NAS Corpus Christi, NAS Jacksonville, Naval Support Activity Mid-South and NAS Meridian. Six more commands reached Blue level honors, indicating well-rounded energy conservation programs.

Rear Adm. Bette Bolivar, Commander, Navy Region Southeast, congratulated

the installation commanding officers and praised the command teams for their significant achievements.

“What we do at the installations to conserve energy has a tremendous impact on energy security and readiness across the fleet,” she said. “Their hard work and dedication on environmental stewardship and conservation is truly appreciated. They do a fantastic job day-in and day-out, and I couldn’t be prouder of their accomplishments.”

For more news from Commander, Navy Region Southeast, visit www.navy.mil/local/nrse/.



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JACK SWAGGER AND DUTCH MANTELL

TO APPEAR FOR VANGUARD CHAMPIONSHIP WRESTLING THIS WEEKEND



Phil Brown, shown here savoring his victory for the VCU United States Liberty Championship in July, will defend his title against Irvin Legend this weekend in Suffolk.

Jonathan McLarty

By Jonathan McLarty

Former World Wrestling Entertainment (WWE) personalities Jack Swagger and Dutch Mantell (formerly known as Zeb Colter) will appear in Suffolk on August 11 for Vanguard Championship Wrestling (VCW). This event, titled Peanut City Showdown 3, will raise funds for the Salvation Army. In the show's main event, Jack Swagger, with Dutch Mantell at ringside, will take on "Mr. Excellence" Brandon Scott. Swagger and Mantell will take part in a pre-show meet and greet for fans beginning at 6 p.m..

At VCW's 2018 Liberty Lottery event in July, "The Latin Heartthrob" Gino and Brandon Scott entered the 20-person Liberty Lottery battle royal at positions one and

two, respectfully. It was this same pair that outlasted all other competitors and battled it out as the last two men in remaining in the match. Gino would walk away victorious and can contend for any title within VCW in the next 12 calendar months. Gino has hinted that he'll be seeking the VCW Heavyweight Championship currently held by Billy Gunn, but time will tell.

History was made during July's Liberty Lottery battle royal as Kacee Carlisle was a surprise participant. Carlisle's participation made her the first female competitor in the decade-plus history of the event. Carlisle immediately made her mark, targeting any and all competitors. Carlisle will compete at Peanut City Showdown 3 against a yet to be

named opponent in the Women's division. One individual who likely does not want to cross paths with Carlisle again is Irvin Legend who, after entering the Liberty Lottery and making cash rain around the ringside area, was immediately eliminated by Carlisle. Attempting to brush off his poor showing, Legend will contend for Phil Brown's VCW United States Liberty Championship in Suffolk. In a brutal "I Quit" match, Brown regained his title from JJ Blake.

Also on the card: VCW Commonwealth Heritage Champion Ken Dixon defends against "Diamond" Victor Griff, former short-lived Sanctuary tag-team members Timmy Danger and Colby Corino will face off, and a triple threat tag-team match be-

tween The Hell Cats, Noise Pollution, and Simply Safe-ish will take place to find out who will compete next for the Tag Team Titles currently held by Gangrel and Kevin Thorn. Bell time is 7:30 PM and the event will be held at the Salvation Army Community Center, located at 400 Bank Street in Suffolk. Advance tickets can be purchased at VCW-Wrestling.com for admission and the pre-show meet and greet.

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

29 ARTS ORGANIZATIONS RECEIVE NEARLY \$250,000 IN GRANT FUNDING

Non-profit organizations support art & culture in every Norfolk neighborhood

From NorfolkArts

From youth orchestras, art classes to dance and choirs, the Norfolk Commission on the Arts and Humanities awarded \$248,325 in grant funding to 29 non-profit organizations for fiscal year 2019. These organizations bring the arts and culture to citizens of all ages and to every corner of the city.

In FY 2017, the organizations pumped more than \$5 million into the economy with a combined audience attendance of 240,093. 409 full and part-time paying jobs were created and 2,506 volunteers gave 53,565 hours, a value of \$1.3 million.

The organizations receiving grants for FY 2019 are:

Academy of Music offers group and private lessons to children and adults, taught by some of the finest musicians in Hampton Roads. There is a drumming class at Grandy Village Learning Center. They offer scholar-

ships based on financial need.

Atumpan the Talking Drums is the group behind "Harambe for the Holidays," a musical presentation for Kwanzaa starring the dance and music students Atumpan works with all year. They tour libraries throughout the state, bringing stories and songs to children and adults. "Corey the talented blind guy" and his wife LaQuita also produce original, commissioned work for organizations such as Hurrah Players.

Bailes-do-Monde is a new organization whose mission is to bring dance from all over the world to Hampton Roads. Last year, the Cuban All-Stars had 200 people dancing in the Chrysler Museum. This year, a troupe of dancers from Puerto Rico is coming to Norfolk.

Bay Youth Orchestras is one of the largest youth orchestra programs in the country. Over 300 student musicians in grades 3 – 12



Photos courtesy HamptonArts

study and perform in 6 ensembles. The Bay Youth Symphony Orchestra musicians play a Side-by-Side program with members of the Virginia Symphony.

Boys Choir of Hampton Roads celebrated their 20th year this year. Young men ages 7 through high school graduation wow the audience with their performances of music from "Let There Be Peace on Earth" to "Man in the Mirror" by Michael Jackson.

d'ART Center is now located in the NEON arts district. Every first Thursday and second Saturday of the month they offer free arts events, including demonstrations, lectures, and make and takes. Their summer camps for children more traditional art such as painting and clay, but they make videos, too.

Feldman Chamber Music Society has brought some of the best chamber music to Southeastern Virginia for 72 years. Concerts in the intimate Kaufman Theatre in the Chrysler Museum of Art are preceded by an informative lecture by eminent musicologist Dwight Davis of WHRO – FM.

Generic Theater downunder is literally down under Chrysler Hall. Those who ven-

ture down to the bottom level of the Scope garage can find this little theater tucked into the back of the lot, and once inside will be treated to some of the most innovative and daring live theater in the area.

Hermitage Museum & Gardens is working with the Smithsonian's Freer Gallery of Art as they scan and the Hermitage 3-D prints priceless and fragile art objects which cannot actually leave the Gallery. The Slover Library Maker Studio will be offering demonstrations every Saturday at noon through December 16, 2018.

Hope House Foundation / Norfolk Artist Award is presented at the spring and fall Stockley Gardens Arts Festival to recognize an artist from Norfolk. This is one of the premier arts festivals on the East Coast.

The Hurrah Players is presenting its 35th season of high quality, family friendly entertainment. Known for their exuberant musicals and plays, Hurrah Players also offers classes for children (ages 5 and up) and adults. Financial assistance is available, too.

» See **ARTS** | C5



Calendar

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

Oceana “Back To School” Family Fest

- August 16, 3:30 p.m.–7 p.m.
- Oceana Main Gate Park
- (757) 578-2179

Bring the whole family and enjoy games, prizes, inflatables, DJ, magician, balloon artists, face painting, glitter tattoos, laser tag, characturist, rock climbing wall, hayrides, and pony rides! Concessions will be available at minimal cost.

Military Family Appreciation Day at Walmart

- August 18, 11 a.m.–3 p.m.
- Walmart Parking Lot, 7530 Tidewater Drive, Norfolk

Join USOHRCV and our partners Walmart and Coca Cola Consolidated for a day of honoring our service members and their families in our community. Join us for free food, drink, games and entertainment all to show our gratitude to you! Show your Military ID Card for a free Nathan’s Hot Dog and ice cold Coca-Cola beverage while you shop Walmart’s low prices and every day values.

8th Annual Virginia Honey Bee Festival

- August 18, 10 a.m. Included with Garden admission
- Norfolk Botanical Gardens, 6700 Azalea Garden Road, Norfolk
- www.norfolkbotanicalgarden.org

Join Norfolk Botanical Garden and the Beekeepers Guild of Southeast Virginia for the 8th Annual Virginia Honey Bee Festival. Learn about the critical role of bees and how you can protect them by not using harmful pesticides. Incorporate bee friendly plants into your landscape and use organic weed control versus products that have damaging chemicals. Garden guests will enjoy children’s activities, demonstrations, honey products and samples, pottery, jewelry, food trucks, and much more. Come see the inside of a real live bee hive and purchase your own bee-friendly plants. Children that dress as a bee will receive a free honey stick. The Honey Bee Festival is Free with Garden admission and will take place in the Baker Hall Visitor Center and terrace. To learn more about the Beekeepers Guild of Southeast Virginia, visit <http://beekeepersguild.org/>.



Courtesy Sandler Center

Rodney Carrington at Sandler Center

- August 19, 8 p.m. \$39.50, \$49.50 & \$79.50
- Sandler Center for the Performing Arts
- www.sandlercenter.org

Rodney Carrington is a multitalented comedian, actor, and writer who has recorded eight major record label comedy albums selling over 3 million copies. Rodney starred in his own TV sitcom Rodney, which ran for two seasons on ABC. He co-wrote and co-starred with Toby Keith in the feature film Beer for My Horses. According to Pollstar, Rodney has been one of the top ten highest grossing touring comedians for the last ten years and among the top 5 the last several years. Rodney is on track to be in the top 5 again this year. He regularly performs to sold out crowds across the US and Canada. His latest Netflix special ‘Here Comes The Truth’ is available now. His latest album “Here Comes the Truth” is available on iTunes & Google Play For Mature Audiences ONLY!



Attention Eagle Scouts! NESA Urban Campfire

- August 21, 7:30 p.m.
- Froggie’s, 3656 Shore Drive, Virginia Beach
- Eagle Scouts of Tidewater Council BSA (on Facebook)

Come meet fellow Eagle Scouts as Tidewater Council re-establishes our National Eagle Scout Association (NESA) and is making an effort to reconnect current and former Eagle Scouts living in our area. No matter where you earned your Eagle, you are welcome here.

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/.

An ocean away, Virginia Beach native serves in U.S. Navy, lives in Europe, supports NATO mission

By MC2 Brian T. Glunt,

Navy Office of Community Outreach

A 2014 Landstown Lakes graduate and Virginia Beach, Virginia, native is serving our country in the Navy, living on the coast of Spain, and participating in a critical NATO ballistic missile defense (BMD) mission while assigned to the guided-missile destroyer USS Carney.

Petty Officer 2nd Class Thomas Lindley is a gunner’s mate aboard one of the four advanced warships forward-deployed to Rota, Spain, a small village on the country’s southwest coast 65 miles south of the city of Seville.

A Navy gunner’s mate is responsible for maintaining the over the side torpedo tubes, 25mm, all small arms and crew serve weapons.

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

These four destroyers are forward-deployed in Rota to fulfill the United States’ phased commitment to NATO BMD while also carrying out a wide range of missions to support the security of Europe.

According to the NATO website, many countries have, or are trying to develop ballistic missiles. The ability to acquire these capabilities does not necessarily mean there is an immediate intent to attack NATO, but that the alliance has a responsibility to take any possible threat into account as part of its core task of collective defense.

U.S. Navy Aegis ballistic missile defense provides scalability, flexibility and mobility. These systems are equally beneficial to U.S. assets, allies and regional partners in all areas of the world. Positioning four ballistic missile defense ships in Spain provides an umbrella of protection to forward-deployed forces, friends and allies while contributing to a broader defense of the United States.

Guided-missile destroyers are 510 feet long warships that provide multi-mission offensive and defensive capabilities. The ships are armed with tomahawk cruise missiles, advanced gun systems, close-in gun systems and long-range missiles to counter the threat to friendly forces posed by manned aircraft, anti-ship, cruise and tactical ballistic missiles.

Destroyers are deployed globally and can operate independently or as part of carrier strike groups, surface action groups or amphibious readiness groups. Their presence helps the Navy control the sea. Sea control is the necessity for everything the Navy does. The Navy cannot project power, secure the commons, deter aggression, or assure allies without the ability to control the seas when and where desired.

The ship is named after Adm. Robert Bostwick Carney, who served as Chief of Naval Operations during the Eisenhower administration.



MC1 Amanda Rae Moreno

“We have an outstanding team here and I am honored to lead one of the finest, most capable crews in the U.S. Navy,” said Cmdr. Tyson Young, commanding officer of USS Carney. “Their continued efforts keep us as an integral part of U.S. 6th Fleet’s presence in the region.”

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

“My father served in the military,” said Lindley. “He influenced my choice in branch of the military.”

While serving in the Navy may present many challenges, Lindley has found many great rewards.

Lindley is proud of advancing to the rank of petty officer second class quickly.

Unique experiences build strong fellowship among the crew of more than 300 women and men aboard Carney. Their hard work and professionalism are a testament to the name-sake’s dedication and the ship’s motto, “Resolute, Committed, Successful.” The crew is motivated, and can quickly adapt to changing conditions, according to Navy officials. It is a busy life of specialized work, watches and drills. Serving aboard a guided-missile destroyer instills accountability and toughness and fosters initiative and integrity.

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

“Every day we learn to be better professionally,” said Lindley. “The culture in Spain is amazing. I joined because I was already working at Norfolk Naval Shipyard and I wanted to do more for my country.”

MacArthur Memorial announces 3rd Annual Military History Film Festival

From MacArthur Memorial

– The MacArthur Memorial is hosting its third annual Military History Film Festival August – October 2018. To commemorate the World War I Centennial, the 2018 films will focus on the courage and sacrifice of American troops in World War I.

The film festival will kick off on August 9, 2018. In partnership with the Military Aviation Museum of Virginia Beach, the MacArthur Memorial will screen The Millionaires’ Unit (2015) (120 mins). This documentary tells the dramatic story of a group of Yale college students who became the first to fly

for the United States in World War I. Narrated by Academy Award-nominated actor Bruce Dern (grandnephew of one of the aviators), and filmed in the U.S., England, France, Belgium and New Zealand, the film addresses patriotism, sacrifice, and the little-known story of the origins of American air power.

The festival will continue with screenings of The Fighting 69th (1940) on September 13, 2018 and Sergeant York (1941) on October 4, 2018.

All screenings will take place in the MacArthur Memorial Visitors Center Theatre at 7:00 PM. Admission is FREE but registration is requested. Visit www.macarthurmemorial.org for more information or to register.

About The MacArthur Memorial: The MacArthur Memorial was founded in 1964 as a museum and archive dedicated to the life and times of General of the Army Douglas MacArthur, who is buried in the Memorial’s rotunda with his wife Jean. The City of Norfolk operates the Memorial in close partnership with the nonprofit General Douglas MacArthur Foundation. It is open free of charge. For more information, please visit www.macarthurmemorial.org.

HOW TO HELP MILITARY, OVERSEAS CITIZENS VOTE IN MIDTERM ELECTION

From Statepoint

For Service members and their families stationed away and U.S. citizens living abroad, family and friends are vital connections to life back home. During the 2018 midterm elections, you can be an important source of voting information, especially for 18-24-year-olds voting absentee for the first time.

An easy way to help loved ones in the military or abroad to vote absentee is by referring them to the Federal Voting Assistance Program (FVAP), which provides tools and resources to ensure that American citizens who want to vote can do so from anywhere in the world.

Voters can visit FVAP.gov to find state-by-state official

registration and ballot request deadlines, as well as information on completing a Federal Post Card Application (FPCA), which is the registration and ballot request form, or the Federal Write-In Absentee Ballot (FWAB), the backup ballot. Both forms are available at FVAP.gov and can be filled out with the online assistant or by hand.

For additional information, visit FVAP.gov, email Vote@FVAP.gov or call 1-800-438-VOTE (8683).

The sooner voters register and request their ballots, the greater the likelihood they can successfully vote. That’s because ballots must be sent back before individual state deadlines, which vary by state.

Sports

BIGGEST WRESTLING SHOW OF THE SUMMER TO AIR THIS WEEKEND ON WWE NETWORK

By Jonathan McLarty

On Sunday, August 19, World Wrestling Entertainment (WWE) will present the 2018 edition of SummerSlam live on WWE Network and traditional pay-per-view providers. The summer spectacular will emanate from Brooklyn, New York and features some highly-anticipated contests. Set to headline the event is WWE Universal Champion Brock Lesnar defending his title against Roman Reigns. On a recent episode of Monday Night Raw, Lesnar surprisingly appeared to sever his ties with long-time advocate Paul Heyman. The disgruntled and often absent Lesnar has made a point to appear at WWE Live Events as little as possible, recently turning his sights to UFC Heavyweight Champion Daniel Cormier. Should Lesnar retain his Universal Championship this weekend, he will continue his quest to hold both WWE and UFC's top heavyweight titles at the same time.

A personal feud is brewing between WWE Champion AJ Styles and Samoa Joe on SmackDown Live. These two men have crossed paths many times over their long careers, but never inside a WWE ring. Joe attacked Styles from behind and made comments about Styles' family, leading to what should be an exciting contest at SummerSlam with the title on the line. Carmella, the current SmackDown Women's Champion, will defend her title against Charlotte and

Becky Lynch in a triple threat match. On Monday Night Raw, Alexa Bliss is at the top of their Women's division and will defend her title against "Rowdy" Ronda Rousey. It was at Money in the Bank in June that Bliss cashed in her contract for a title opportunity, interrupting the match between Nia Jax and Rousey and walking away with the Championship.

The action-packed SummerSlam card features additional contests, including: Cedric Alexander defending the Cruiserweight Championship against Drew Gulak, Daniel Bryan versus The Miz, Dolph Ziggler defending his Intercontinental Championship against Seth Rollins, The Bludgeon Brothers defending the SmackDown Tag Team Championships against The New Day, United States Champion Shinsuke Nakamura defending against Jeff Hardy, Finn Bálor versus Constable Baron Corbin, and Braun Strowman putting his Money in the Bank briefcase on the line against Kevin Owens. To enroll in the thirty-day free trial for WWE Network and read the latest happenings in the company, visit WWE.com.

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



Jonathan McLarty
Braun Strowman (L) and Kevin Owens (R), seen here at a recent WWE event in Norfolk, will face off this weekend at WWE SummerSlam.

5 TIPS TO AMP UP THE NATURAL BENEFITS OF YOUR YARD

From Brandpoint

It's easy to appreciate the sights and smells afforded by lawns and landscapes, but when it comes to your yard there is much more to consider besides pleasing aesthetics and aromas. Many would even be surprised to learn that the benefits of a lush lawn and stunning landscape design extend well beyond a yard's perimeter.

That's right, well-managed landscapes offer tremendous benefits for the community and environment. Here are just a few:

- Scrubs the air: Beautiful greenery, including grass, catch dust, smoke particles and other pollutants to make the air you breathe fresher and cleaner.

- Protects waterways: Well-maintained yards and lawns help prevent soil erosion and unwanted runoff into nearby lakes, streams and rivers.

- Adds oxygen: A 50-by-50-foot lawn produces enough oxygen to supply a family of four.

- Boosts home values: The yard is the first thing a potential buyer sees, and it sets the first impression. If you plan to sell your home in the next few years, investing in your landscaping now can pay dividends later. A recent study by the National Association of REALTORS and National Association of

Landscape Professionals found that investing in landscape maintenance recovers 100 percent of the cost at the time of sale!

- Makes you feel good: Having a nice yard with lush turf and well-tended landscapes delivers some mood-enhancing properties as well. Looking at plants and trees, even through a window, has been found to lower stress and blood pressure, while walking among plants and trees improves attention and memory.

Ideas to enhance your yard's natural benefits

Now that you know the benefits of your lawn and landscapes, you may be inspired to try some of these simple improvements to make it look and feel even better. Some of these can even save you time and effort, so you have more hours to spend outdoors.

- Mow properly: Raising the deck height of your lawn mower is one simple thing you can do right now to improve your green space. When mowing, the blade should remove no more than a 1/3 inch from the blade of grass.

- Mow at the right time: Professionals recommend to not mow right after it rains. Mowing wet grass will cause clumping and ruts. This also leaves the lawn more susceptible to certain diseases.



Courtesy LoveYourLandscape.org/Designs By Sundown
From improving the air you breathe to boosting your home's value, well-managed lawns and landscapes offer tremendous benefits for the community and environment.

- Let the clippings drop: "Grass cycling" your clippings allows nitrogen and other nutrients to return to the soil. Even better, it eliminates the step of hauling around heavy bags of yard waste.

- Invest in smarter watering tools: An irrigation system saves time on watering chores, but one that uses smart technology and weather-based data will apply water only when your lawn and garden need it.

- Consider natural landscaping: The next time you choose flowers, shrubs or trees, opt for species native to your region. These plants have adapted to the climate, so they're more resilient to your region's weather pat-

terns, and require less watering than exotic species.

With these tips, you have plenty to get started on creating a beautiful lawn and landscape that looks and feels even better. If you're seeking fresh ideas to amp up your landscaping or want to maximize its full environmental and enjoyment benefits, consider turning to the expertise of a lawn care or landscape professional. With help from a professional, you can have the outdoor oasis of your dreams. To find a professional in your area, visit LoveYourLandscape.org.

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Brandpoint image

Military move? 5 key tips that can smooth the way

From Brandpoint

Changing residences can be an emotional and logistical challenge for any family.

For military families, that challenge can be recreated many times over. Due to the nature of the work, the average U.S. military family relocates every two to three years — 10 times more than civilian families. That can mean a complete change of surroundings in addition to new schools, teachers, friends, neighborhoods, jobs, places of worship, schedules and activities.

When faced with those kinds of challenges, strong military families often become very good at planning, gathering together their support systems and fully optimizing their available resources.

If your military family is anticipating a relocation, the moving experts at Penske offer these tips for ensuring the process goes smoothly.

- Rely on key resources. Since you may not know when or where they'll be deployed, it's wise to keep a folder listing all

the resources you need to plan a move, including your go-to moving company. For example, Penske Truck Rental maintains a dedicated call center for U.S. military moves and offers a standard 10 percent discount on moving truck rentals.

- Check in with your relocation assistance office. Fully utilize the services offered through your assigned Military and Family Support Center. Once informed of the details of your move, personnel there can connect you with valuable resources, help you create a schedule and contact your new support center, which should then connect you with a local sponsor.
- Get to know your sponsor. The military does it best, assigning you a sponsor who's already working at your new location and with whom you have something in common. Optimize that contact to ask key questions, allay concerns and generally familiarize yourself with your new surroundings.
- Do the math on truck weights. When it comes to loading your moving vehicles, your goal should be to maximize your military travel allowance while avoiding any overweight charges you may have to pay out of pocket. That means getting

a close estimate of the weight of your belongings. In general, you can plan on about 1,000 pounds per room; don't count bathrooms, but do add in the estimated poundage of large appliances and of miscellaneous goods stored in your garage and storage areas. Military regulations require weight certification of moving vehicles both before and after loading; see Penske's Certified Public Scale locator to locate weigh stations.

- Inventory your belongings. When packing boxes, mark each one with the name of your family, your destination, a general description of contents and the room the box should go in. To prevent any discrepancies between what you packed and what actually arrives, you should also list everything as it's placed into the vehicles, taking photographs of high-value items.

While moving can be a fact of life for military families, good planning and solid support can smooth the way. Don't hesitate to optimize every resource at your disposal when making your next move.

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CRAZY RICH ASIANS (PG-13)
10:45, 1:30, 4:15, 7:10, 10:10

ALPHA (PG-13)
2:15, 4:45, 7:15
3D: 11:45, 9:45

THE SPY WHO DUMPED ME (R)
11:50, 2:30, 5:10, 7:50, 10:30

MISSION IMPOSSIBLE: FALLOUT (PG-13)
11:30, 2:45, 6:00, 9:15

HOTEL TRANSYLVANIA 3 (PG)
Fri.-Mon. 10:05, 12:15, 2:25, 4:35
Tues.-Thurs. 12:15, 2:25, 4:35

MILE 22 (R)
11:30, 2:00, 4:30, 7:00, 9:30

CHRISTOPHER ROBIN (PG)
Fri.-Mon.: 10:40, 1:20, 4:00, 6:30, 9:15
Tues.-Thurs.: 10:40, 1:20, 4:00, 6:30, 9:20

THE EQUALIZER 2 (R)
10:20, 1:15, 4:10, 7:05, 10:05

THE MEG (PG-13)
12:00, 2:40, 5:20, 8:00, 10:40

SLENDER MAN (R)
10:30, 12:45, 3:00, 5:25, 7:45, 10:00

ANT-MAN AND THE WASP (PG-13)
6:45, 9:40

For Show Times and Purchasing Tickets, visit PhoenixTheatres.com

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

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Arts & Entertainment

new in theaters

THE MEG (PG-13)

A deep-sea submersible—part of an international undersea observation program—has been attacked by a massive creature, previously thought to be extinct, and now lies disabled at the bottom of the deepest trench in the Pacific... with its crew trapped inside. With time running out, expert deep sea rescue diver Jonas Taylor (Jason Statham) is recruited by a visionary Chinese oceanographer (Winston Chao), against the wishes of his daughter Suyin (Li Bingbing), to save the crew—and the ocean itself—from this unstoppable threat: a pre-historic 75-foot-long shark known as the Megalodon. What no one could have imagined is that, years before, Taylor had encountered this same terrifying creature. Now, teamed with Suyin, he must confront his fears and risk his own life to save everyone trapped below

SKYSCRAPER (PG-13)

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

MISSION IMPOSSIBLE - FALLOUT (PG-13)

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

SLENDER MAN (PG-13)

In a small town in Massachusetts, a group of friends, fascinated by the internet lore of the Slender Man, attempt to prove that he doesn't actually exist... until one of them mysteriously goes missing.

TEEN TITANS GO! (PG)

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

CHRISTOPHER ROBIN (PG)

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

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

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

JURASSIC WORLD: FALLEN KINGDOM (PG-13)

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

THE EQUALIZER 2 (R)

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



ARTS | Local groups receive funding

Continued from C1

I. Sherman Greene Chorale is in its 48th season. It started with alumni of Booker T. Washington High School alumni, but has now expanded to include community singers as well as college students. Their stirring concerts of classical music, traditional spirituals, and new music by contemporary composers enlighten, energize, and inspire audiences in Norfolk and Virginia Beach.

Little Theatre of Norfolk is one of the oldest, if not the oldest, continuously operating little theatres in the country. Each season, they present four plays and a musical, all wonderfully produced, and all done by volunteers. Those in the know get tickets early – they often sell out.

Mosaic Steel Orchestra offers year-round classes for children and adults. They have special no-fee, after school classes for junior students as well. Steelpan is art form and students learn music, history, and performance skills. Their music rings out at Military Circle mall, Blessed Sacrament Church, and other venues throughout Hampton Roads.

Naro Expanded Video is a new grantee and a new non-profit. Now organized as a non-profit video archival library, Naro expanded video goes far beyond limited streaming services in their selection. This year they are taking the video to the neighborhoods, and will present a film series in the Lambert's Point recreation center, the NEON district.

Norfolk Chamber Consort presents the public performance of chamber music from the 17th to 21st centuries. Their concerts feature lesser known works and neglected masterpieces, as well as performers who work with unique instruments. This season is their 50th anniversary, and audiences will enjoy music by Mozart, Chopin, and P.D.Q. Bach – “the worst musician ever to have trod organ pedals,” according to his biography.

ODU, Literary Festival presents readings, lectures, and book signings around a timely theme every year. This year the theme is “Double Lives/Double Trouble,” featuring writers or poetry, fiction, and nonfiction who have found more than one way to sustain their creative lives. All events are free and open to the public.

Park Place Child Life Center Arts Classes are offered after school and on Saturdays. Since 2004, more than 600 children have enjoyed arts-based programming designed to advance literacy and encourage a lifetime love of learning. The programs are free for the children and they get homework help, go on exciting field trips, and do reading and math practice.

Salvation Army Hampton Roads Area Command presents the “HeartStrings” program at the Kroc Center. This partnership with the Virginia Symphony helps children in Title 1 schools in Norfolk in grades 1-5 learn an instrument, starting in 1st grade, where they build their own papier-mâché violins. In second grade they receive a donated violin to practice with at home. They have performed at Chrysler Hall in the dress circle lobby before a Symphony concert.

The **Teens with a Purpose** project for the coming year is the HEAR THIS Poetry Collective for Youth. In this powerful community and school-based arts and humanities program, young people use their lives as primary text and learn to tell their stories through performance poetry.

The Muse Writers Center is one of the top ten writer centers in the United States. They have classes in poetry, fiction, memoir, and more. You can learn how to write songs, how to craft a realistic courtroom scene, hone your craft in graphic novels. No one is turned away for financial reasons, there is help available.

Tidewater Arts Outreach carries the joys of music and visual arts to the elderly and their caregivers, homeless children and adults, veterans, and other people with special needs. Singing, dancing/movement, visual arts, drama, poetry, and music all have recognized health benefits, and Tidewater Arts Outreach advocates for the arts to foster a healthy climate for arts and healing.

Tidewater Classical Guitar Society brings world-renowned classical guitarists to Hampton Roads, including the Guitar Federation of America Winner. Their own Tidewater Guitar Orchestra tour around the state as part of the Virginia Commission for the Arts Performing Arts Tour Directory and has performed in Costa Rica twice.

Todd Rosenlieb Dance, the area's only professional dance company, has adaptive dance programs for children with Down syndrome and Autism spectrum disorders. It also has classes for children and adults, and its own professional ensemble produces classical and original modern choreography.

Virginia Children's Chorus has been teaching children to sing with joy since 1992. Singers are 6-18 years old. They take classes and perform in ensembles. They have sung with the Virginia Symphony, the I. Sherman Greene Chorale, and for the Virginia Arts Festival Tattoo.

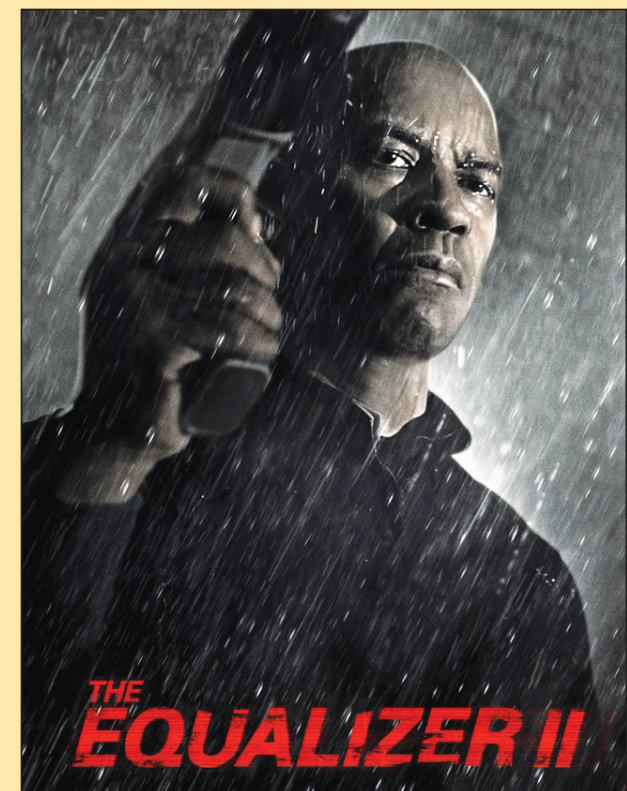
Virginia Chorale is the premier professional vocal ensemble in Virginia. Not content to only perform classic works, they partnered with the Virginia Arts Festival to perform in the world premiere production of Kristin Kuster's KEPT: a ghost story, and most recently performed the Chichester Psalms for Bernstein at 100.

WHRO produces “Curate,” with original segments featuring local artists. These locally produced segments are combined with other PBS stations' segments and are broadcast nationally. Each episode is arranged around a central theme and offers a compelling look at artists and their creations.

World Affairs Council of Greater Hampton Roads presents speakers and discussions in matters of international relations, foreign policy and diplomacy. In this uncertain world, their timely topics presented by speakers such as former Secretary of the Navy Dr. John F. Lehman, Ambassador Daniel Fried, and Dr. Trita Parsi, founder and current president of the National Iranian American Council, are more pertinent than ever.

Young Audiences Arts for Learning provides quality arts-in-education programming throughout Virginia. “Hip Hop Math, No Problem!” combines hip-hop dance and music with math sequences and patterns, like fractions. Puppets teach about everything from wetlands to dinosaurs. Storytellers use art to tell stories of kindness. Artists of the highest quality go into the classrooms, assemblies, libraries, and even the zoo to bring programs to the students.

Norfolk is the arts, culture and entertainment center of the Hampton Roads region. For more information about Norfolk Arts, visit <http://www.norfolkarts.net/>



Courtesy Columbia Pictures

If you have a problem and there is nowhere else to turn, the mysterious and elusive Robert McCall will deliver the vigilante justice you seek. This time, however, McCall's past cuts especially close to home when thugs kill Susan Plummer -- his best friend and former colleague. Now out for revenge, McCall must take on a crew of highly trained assassins who'll stop at nothing to destroy him.

base theaters \$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday, August 17

6 p.m. Mama Mia! Here We Go Again (PG-13)
9 p.m. The Equalizer 2 (R)

Saturday, August 18

1 p.m. HotelTransylvania 3: Summer Vacation (3-D) (PG)
4 p.m. Skyscraper (3-D) (PG-13)
7 p.m. Mama Mia! Here We Go Again (PG-13)

Sunday, August 19

1 p.m. Ant-Man and the Wasp (PG-13)
4 p.m. Mama Mia! Here We Go Again (PG-13)
7 p.m. The Equalizer 2 (R)

NAS Oceana, Aero Theater – 433-2495

Friday, August 17

6 p.m. The Equalizer 2 (R)
9 p.m. Skyscraper (PG-13)

Saturday, August 18

12 p.m. HotelTransylvania 3: Summer Vacation (PG)
3 p.m. Mama Mia! Here We Go Again (PG-13)
6 p.m. The Equalizer 2 (R)
9 p.m. The First Purge (R)

Sunday, August 19

12 p.m. Mama Mia! Here We Go Again (PG-13)
3 p.m. Ant-Man and the Wasp (PG-13)
6 p.m. Mama Mia! Here We Go Again (PG-13)

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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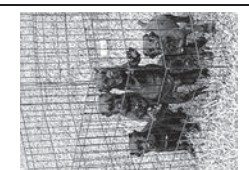
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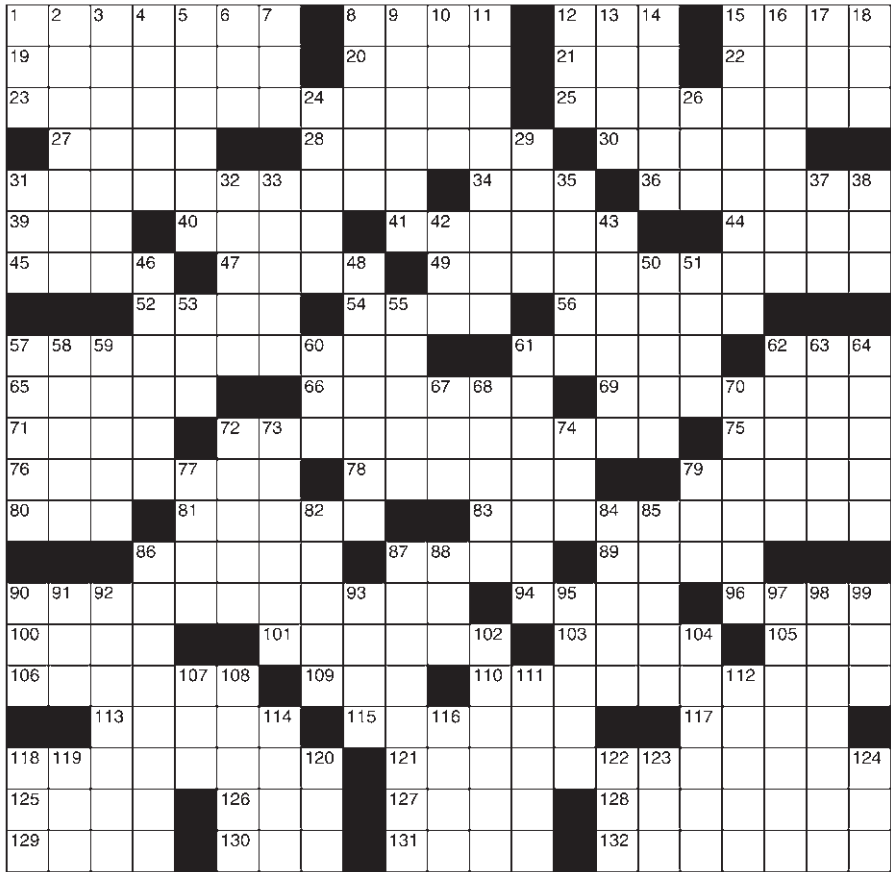


Fun and Games

Super Crossword

BIRD-LOVING CELEBRITIES

- ACROSS**
- 1 Small packages
 - 8 Barely gets, with "out"
 - 12 Lyric penner Gershwin
 - 15 Bamboozle
 - 19 Sea-related
 - 20 Bit of 19-Across flora
 - 21 Brew barrel
 - 22 Sampras of tennis
 - 23 Bird-loving "Hud" Oscar winner?
 - 25 Bird-loving former Argentine first lady?
 - 27 Hip-hop's Snoop —
 - 28 Speed skater Eric
 - 30 Saffron, e.g.
 - 31 Bird-loving "Show Boat" composer?
 - 34 With 111-Down, put in reserve
 - 36 Fit to be ingested
 - 39 Invoice fig.
 - 40 Ending for Saturn
 - 41 More ghostly
 - 44 Hersher of the mound
 - 45 Butte relative
 - 47 Circle's lack
 - 49 Bird-loving co-star of "The Parent Trap"?
 - 52 Seize with a certain tool
 - 54 URL-starting letters
 - 56 Old Russian despots
 - 57 Bird-loving Rolling Stones frontman?
 - 61 Hones
 - 62 Certain PC readout
 - 65 Diarist Nin
 - 66 Iris feature
 - 69 In name only
 - 71 Twirled
 - 72 Bird-loving host of "The Tonight Show"?
 - 75 O'Hara plantation
 - 76 "Madame" of wax
 - 78 Insightful
 - 79 Popular dorm dish
 - 80 Beatified Mlle.
 - 81 Free of dirt
 - 83 Bird-loving "Private Benjamin" star?
 - 86 Fleece
 - 87 Violinist Hilary
 - 89 Humorist Bombeck
 - 90 Bird-loving "Lethal Weapon" co-star?
 - 94 Truck type
 - 96 Final Four gp.
 - 100 Basso's solo, say
 - 101 Is grinning
 - 103 State treasury
 - 105 Even a bit of
 - 106 Cinnamon gum brand
 - 109 Snow-capped peak with Mamie
 - 110 Bird-loving "Santa Baby" singer?
 - 113 Like pixies
 - 115 City on the Rio Grande
 - 117 "That's not for — say"
 - 118 Bird-loving "Que Sera, Sera" singer?
 - 121 Bird-loving "White Christmas" songwriter?
 - 125 Boastful
 - 126 Lyrical poem
 - 127 Call for
 - 128 Ceramic casserole dish
 - 129 Pull along
 - 130 Lie-down
 - 131 "Jane —"
 - 132 Tainted
 - DOWN**
 - 1 Soda
 - 2 Campus life
 - 3 Witty replies
 - 4 Payload
 - 5 Mind-boggler
 - 6 Required driving doc.
 - 7 Philos., e.g.
 - 8 Cafe patron
 - 9 "Eine — Nachtmusik"
 - 10 "Goodness!"
 - 11 Carrier of a demo case
 - 12 U.S. prez with Mamie
 - 13 Charges (up)
 - 14 Showing awe
 - 15 Superficially plausible
 - 16 Brain parts
 - 17 — Z
 - 18 Most priests
 - 24 In the lead
 - 26 Concealed
 - 29 No, to Hans
 - 31 Road tie-up
 - 32 Kagan of justice
 - 33 Hint of color
 - 35 Grade for sophomores
 - 37 Maui wreath
 - 38 First in line?
 - 42 Summer hrs. in PA
 - 43 Take on, as the challenge
 - 46 Name in low-carb dieting
 - 48 "War is hell" general
 - 50 Glossy fabric
 - 51 P-U linkup
 - 53 A.M. drinks
 - 55 They beat deuces
 - 57 Ship poles
 - 58 Data for processing
 - 59 Result in
 - 60 Shapely leg, slangily
 - 61 Old TV's John-Boy and Erin
 - 62 Alpaca kin
 - 63 Rod of baseball
 - 64 Quaffed
 - 67 O'er and o'er
 - 68 Chuckle
 - 70 Person from Provo
 - 72 Minty quaff
 - 73 Lofty goals
 - 74 Toon frame
 - 77 Like sore muscles
 - 79 Dreamy sleep phase
 - 82 Luring smell
 - 84 Resign, as a position
 - 85 Like Joyce and Yeats
 - 86 Mimicking a mad dog
 - 87 Phone service providing aid
 - 88 "How — you?"
 - 90 Pat
 - 91 Radio host Shapiro
 - 92 Nation of West Africa
 - 93 Repulsive
 - 95 Actor Zac
 - 97 Actress FitzGerald or Stasey
 - 98 Basketballer Walker or painter Watteau
 - 99 Positive vote
 - 102 Pitcher Tom
 - 104 Shutterbug's equipment
 - 107 Flunking grades
 - 108 Medium-hot mustard
 - 111 See 34-Across
 - 112 Gymnast Strug
 - 114 Zilch, to Juan
 - 116 Mice, to owls
 - 118 Netflix item
 - 119 Dinghy thing
 - 120 "Indeedy"
 - 122 Some sporty autos
 - 123 Gathered together
 - 124 Flanders of Springfield



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Sudoku

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

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: **N** equals **C**

CKLP JG RGXO UGHDR NLHH

L NGXAHOPO HEPPOW GU

TOCMGWT NLPR?

PKO DEPPOT NLMGGJHO.

Last week's CryptoQuip answer

TV interview program on which the guests traumatize and confound people: "Faze the Nation."

last week's answers

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

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

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