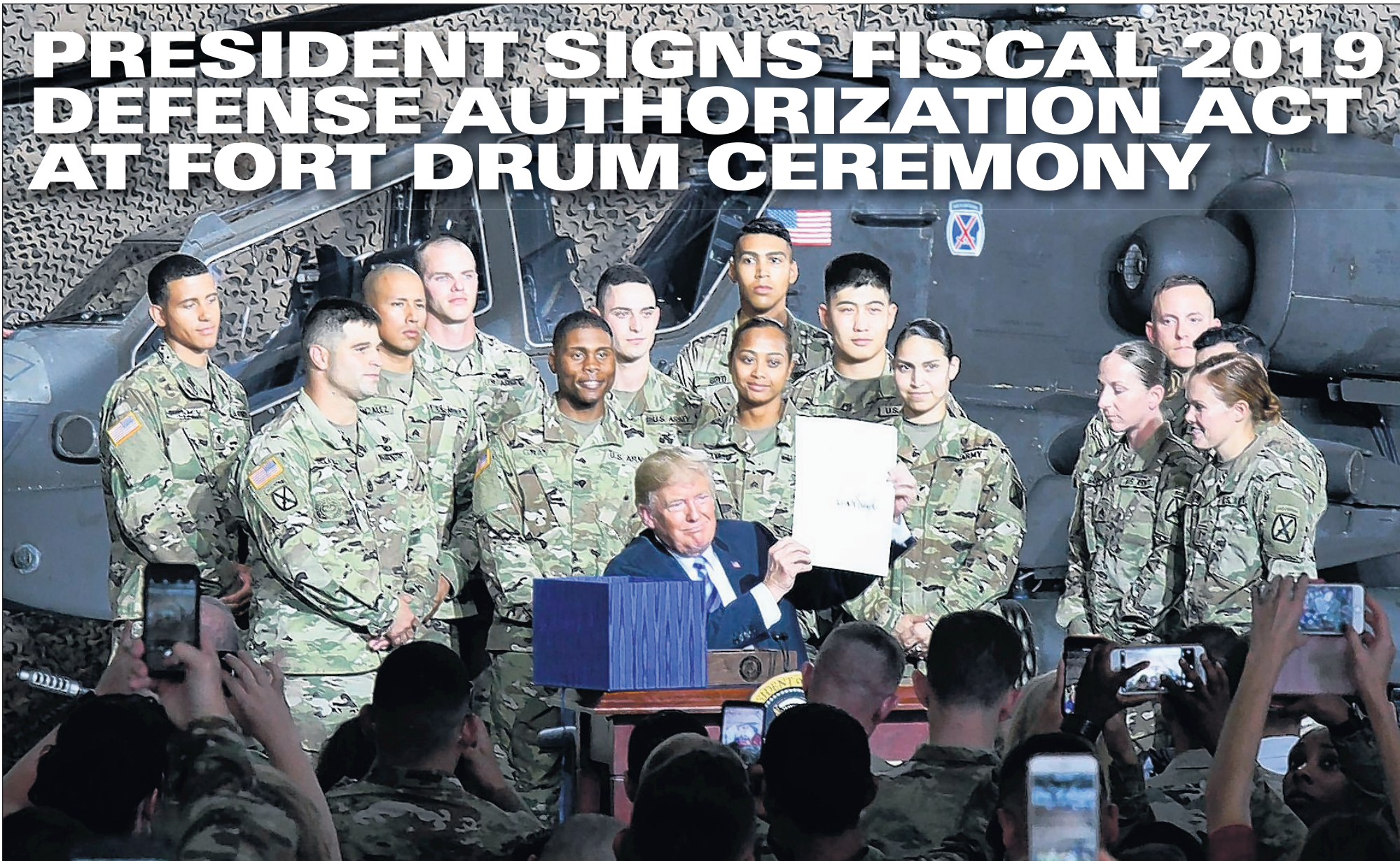




President Donald J. Trump signs the \$717 billion Fiscal 2019 National Defense Authorization Act at a ceremony. The act authorizes \$24.1 billion for shipbuilding to fully fund 13 new battle force ships and accelerate funding for several future ships. This includes three Arleigh Burke-class destroyers and two Virginia-class submarines. There is also \$1.6 billion for three littoral combat ships.

By Jim Garamone
DoD News, Defense Media Activity

WASHINGTON

President Donald J. Trump signed the \$717 billion Fiscal 2019 National Defense Authorization Act at a ceremony at Fort Drum, New York, August 13.

The act – named for Arizona Sen. John S. McCain – authorizes a 2.6 percent military pay raise and increases the active duty forces by 15,600 service members.

“With this new authorization, we will increase the size and strength of our military by adding thousands of new recruits to active duty, Reserve and National Guard units, including 4,000 new active duty soldiers,” Trump told members of the Army’s 10th Mountain Division and their families. “And we will replace aging tanks, aging planes and ships with the most advanced and lethal technology ever developed. And hopefully, we’ll be so strong, we’ll never have to use

it, but if we ever did, nobody has a chance.”

Services’ End Strength Set

The act sets active duty end strength for the Army at 487,500 in fiscal 2019, which begins Oct. 1, 2018. The Navy’s end strength is set at 335,400, the Marine Corps’ at 186,100 and the Air Force’s at 329,100.

On the acquisition side, the act funds 77 F-35 joint strike fighters at \$7.6 billion. It also funds F-35 spares, modifications and depot repair capability. The budget also fully funds development of the B-21 bomber.

The act authorizes \$24.1 billion for shipbuilding to fully fund 13 new battle force ships and accelerate funding for several future ships. This includes three Arleigh Burke-class destroyers and two Virginia-class submarines. There is also \$1.6 billion for three littoral combat ships.

In addition, the act authorizes 24 F/A-18 Super Hornets, 10 P-8A Poseidons, two KC-130J Hercules, 25 AH-1Z Cobras, seven MV-22/CMV-22B Ospreys and three MQ-4

Tritons.

Afghanistan, Iraq

There is \$5.2 billion in the budget for the Afghanistan Security Forces Fund, and another \$850 million to train and equip Iraqi security forces to counter Islamic State of Iraq and Syria terrorists.

The budget accelerates research on hyper-space technology and defense against hyper-space missiles. It also funds development of artificial intelligence capabilities.

“In order to maintain America’s military supremacy, we must always be on the cutting edge,” the president said. “That is why we are also proudly reasserting America’s legacy of leadership in space. Our foreign competitors and adversaries have already begun weaponizing space.”

The president said adversaries seek to negate America’s advantage in space, and they have made progress. “We’ll be catching them very shortly,” he added. “They want to jam transmissions, which threaten our battlefield

operations and so many other things. We will be so far ahead of them in a very short period of time, your head will spin.”

He said the Chinese military has launched a new military division to oversee its warfighting programs in space. “Just like the air, the land, the sea, space has become a warfighting domain,” Trump said. “It is not enough to merely have an American presence in space; we must have American dominance in space, and that is why just a few days ago, the vice president outlined my administration’s plan to create a sixth branch of the United States military called the United States Space Force.”

The 2019 Authorization Act does not fund the military. Rather, it authorizes the policies under which funding will be set by the appropriations committees and then voted on by Congress. That bill is still under consideration.

Military OneSource benefits extended to vets, families for full year after separation

From DoD News, Defense Media Activity

WASHINGTON

Eligibility for Military OneSource benefits has been extended from the current 180 days to 365 days after separation or retirement from military service to ensure all service members and families have access to comprehensive support as they transition to civilian life, Defense Department officials announced today.

This change goes into effect immediately, in accordance with the John S. McCain National Defense Authorization Act for fiscal year 2019 that President Donald J. Trump signed today.



Courtesy of Military OneSource

Military OneSource provides information, resources and support for active-duty, National Guard and reserve service members, their families and survivors. Provided at no cost, Military OneSource gives exclusive access to programs, tools, and benefits designed to help ensure service members and their families are mission-ready and able to thrive in both their military and post-military lives.

“Each person is unique, and so is each military-to-civilian transition,” said. A.T. Johnston, deputy assistant secretary of defense for military community and family policy. “We want all of Military OneSource’s resources to be there when someone needs them — whether it is a day, a week or many months after their transition to civilian life.”

Wide Range of Services

» See SEPARATION | A7

U.S. Fleet Forces to hold U.S. 2nd Fleet Establishment Ceremony

From Commander, U.S. Fleet Forces Command Public Affairs

NORFOLK

Adm. Chris Grady, commander, U.S. Fleet Forces Command, will host a ceremony for the establishment of U.S. 2nd Fleet, in which Vice Adm. Andrew Lewis will assume command. Chief of Naval Operations Adm. John Richardson will preside over the ceremony that will take place aboard aircraft carrier USS George H.W. Bush (CVN 77) Aug 24, at 10 a.m. onboard Naval Station Norfolk.

Lewis, a naval aviator and a 1985 graduate of the

» See CEREMONY | A7

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HAPPY 75TH BIRTHDAY OCEANA!
Naval Auxiliary Air Station Oceana was born on Aug. 17, 1943, out of a need for aviators to work up for deployments away from the crowded Naval Air Station Norfolk, where airspace and airfield facility restrictions was an issue for tactical flying units.



» See A6

MARINE LOST AT SEA IDENTIFIED
The Marine at the center of the Essex Amphibious Ready Group and 13th Marine Expeditionary Unit search in the Mindanao Sea since Aug. 9 has been identified as Cpl. Jonathan Currier.

» See B1

VIETNAM WAR EXHIBIT OPENS IN NEWPORT NEWS
Visit the Virginia War Museum and see the new exhibit on the Vietnam War.

» See C4

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NAVAL STATION NORFOLK HOLDS CHANGE OF COMMAND CEREMONY

By MCSN J. Keith Wilson

Navy Public Affairs Element East

NORFOLK

Capt. Bradley N. Rosen relieved Capt. Richard McDaniel as commanding officer (CO) of Naval Station Norfolk during a change of command ceremony held on base Aug. 17.

McDaniel, from Memphis, Tenn., graduated from University of Memphis before commissioning in the Navy in 1992. He expressed his appreciation for the effort and leadership exhibited at Naval Station Norfolk since he took command in March 2017.

“I’ve been absolutely humbled and honored to serve as your commanding officer,” said McDaniel. “I leave knowing that Naval Station Norfolk will remain prepared, and ready and relevant for another 100 years of service to our Navy and this great nation.”

A native of Randolph, N.J., Rosen summed up the mission his thoughts on the team at Naval Station Norfolk.

“The Naval Station Norfolk team’s dedication to the mission has never been stronger,” said Rosen. “I firmly believe there is no stopping this remarkable group of professionals.”

Rosen commissioned in the Navy in 1995 after graduating from the United States Naval Academy.

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

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

For more news from Naval Station Norfolk, visit https://www.cnic.navy.mil/regions/cnrma/installations/ns_norfolk.html



MCSN J. Keith Wilson

180817-N-SG189-154 NORFOLK, Va. (Aug. 17, 2018) Captain Richard McDaniel (left), departing commanding officer of Naval Station Norfolk, shakes the hand of Captain Bradley N. Rosen, incoming commanding officer of Naval Station Norfolk, during Naval Station Norfolk’s change of command ceremony Aug.17. Naval Station Norfolk supports the operational readiness of the US Atlantic Fleet, providing facilities and services to enable mission accomplishment.



MCSN J. Keith Wilson

Captain Richard McDaniel (middle), departing commanding officer of Naval Station Norfolk, speaks during Naval Station Norfolk’s change of command ceremony Aug.17. Naval Station Norfolk supports the operational readiness of the US Atlantic Fleet, providing facilities and services to enable mission accomplishment.

Navy, Carnegie Mellon enter education partnership

By Daniel Parry

Office of Naval Research Public Affairs

ARLINGTON, VA.

The Office of Naval Research (ONR), Naval Research Laboratory (NRL) and Carnegie Mellon University (CMU) have entered into an Education Partnership Agreement (EPA) to encourage and strengthen studies in the scientific disciplines. The agreement, signed July 31, recognizes the importance of science, technology, engineering and mathematics (STEM)—including the role of artificial intelligence (AI)—to the U.S. Navy and the nation.

“The Naval Research Enterprise works closely with leading minds in academia and industry to serve our Sailors and Marines,” said Chief of Naval Research Rear Adm. David Hahn. “CMU is recognized as a world leader in AI, and we look forward to partnering with them to build the A-plus team that will tackle our future challenges.”

A primary focus of the new EPA is to cultivate student interest and expertise in STEM-related disciplines. This agreement will provide unique opportunities for CMU students to become aware of, and collaborate in, the many disciplines associated with all aspects of AI—for example, as it applies to humanitarian assistance and disaster relief (HA/DR)—from concept, through development, and into implementation and testing.

The initial agreement will last up to five years and enable CMU students and employees to enjoy access to state-of-the-art facilities and equipment—and new innovative, techno-



logical methods.

Benefits to ONR and NRL include enhanced perspectives through exposure to the ideas of the academic community; the opportunity to identify mutually beneficial areas of endeavor; and partnering in the education and professional development of future scientists and engineers.

ONR and CMU also recently co-sponsored an “AI and Autonomy for HA/DR” workshop. This brought together a community of academic, industry and government experts to speed up the development of new AI and autonomous capabilities in support of HA/DR missions.

“This agreement builds a foundation for expanded collaborations between NRL and CMU, especially in the rapidly developing discipline of artificial intelligence,” said Capt. Scott Moran, NRL commanding officer. “Access to NRL personnel and facilities will provide unique opportunities for CMU students and faculty to develop, implement and test technologies focused on Navy needs. Furthermore, NRL researchers will benefit from opportunities to leverage CMU’s world-renowned expertise in this field.”

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NEWS FROM NAS OCEANA

NAS Oceana celebrates 75th anniversary

By MCSN Mark Thomas Mahmood
NASO Public Affairs

VIRGINIA BEACH, VA.

Naval Air Station Oceana celebrated its 75th Anniversary August 16, at the Naval Air Symposium and 75th Anniversary Gala at the Virginia Beach Convention Center.

Naval Air Station Oceana celebrates 75 years as the Navy’s East Coast Master Jet Base, founded on Aug. 17, 1943 out of the need for a place where aviators could prepare for deployments away from Naval Air Station Norfolk, where airspace and airfield facility restrictions were an issue for tactical flying units.

Presented by Navy League Hampton Roads, the Naval Air Symposium was held to highlight the past, present and future of naval aviation as it directly and indirectly impacts and involves Naval Air Station Oceana.

The symposium consisted of five panels of experts in the following subject areas: Future Forecast for Navy Air, The Future of the Aircraft Carrier, Naval Aviation Transformation and Training Systems, The Economic Impact and Challenges of Navy Installations and The Future of the Enlisted Force.

Retired Force Master Chief Jim Monroe, chairman of Navy League Hampton Roads, gave the opening remarks for the symposium.

“This is a wonderful way to show recognition for the 75th anniversary of Oceana,”



U.S. Navy photo

Carlos Hopkins, Commonwealth of Virginia’s Secretary of Veterans and Defense Affairs, presents Capt. Chad P. Vincelette, commanding officer of Naval Air Station Oceana, with a Certificate of Recognition at the 75th Anniversary Gala. The Certificate of Recognition from Virginia Governor Ralph S. Northam officially recognizes August 16, 2018 as Naval Air Station Oceana Day in the Commonwealth of Virginia.

said Monroe. “We’ve put together some outstanding panelists to ensure robust dialogue of topics that directly and indirectly affect Oceana and those who serve there.”

Vice Adm. Matt Winter, Director, Joint Strike Fighter Program, Office of the Secretary of Defense, F35 Lightning II Program, who began his career as a naval aviator at Naval Air Station Oceana from 1985 through 1995, spoke during the first panel about the future of naval aviation.

“I spent my first ten years of naval aviation here, and I’ll never forget that,” said Winters. “The strength of the Virginia Beach community really drives home the underpinning of Naval Air Station Oceana and the surrounding military installations. It’s great to be back home.”

Capt. Chad P. Vincelette, commanding officer, welcomed guests to the symposium and gala, speaking on the importance of celebrating the 75th anniversary.

“We’re celebrating the men and women who have served here over the past 75 years and the partnership Oceana has with the state of Virginia and the cities of Chesapeake and Virginia Beach,” said Vincelette. “The Naval Air Symposium gives us a look at the future of naval aviation, and I feel Oceana is going to be an important part of that future.”

During the 75th Anniversary gala, Carlos Hopkins, Commonwealth of Virginia’s Secretary of Veterans and Defense Affairs, presented Vincelette with a Certificate of Recognition from Virginia Governor Ralph S. Northam officially recognizing August 16,

2018 as Naval Air Station Oceana Day in the Commonwealth of Virginia.

Former commanding officer of Naval Air Station Oceana, retired Capt. Kit Chope, said the celebration of the 75th anniversary recognizes the importance of Naval Air Station Oceana to the surrounding community and the importance for the military community of Hampton Roads to look towards the future and its place within it.

“We need to look into the future and see how we can best position this installation within the community, making sure that it remains a viable and vibrant place for the Navy to continue to operate out of,” said Chope. “There’s plenty of growth and opportunities available for the air station in the future.”

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INNOVATION HUB OPENS AT PATUXENT RIVER NAVAL AIR STATION

From Naval Air Warfare Center Aircraft Division Public Affairs

PATUXENT RIVER, MD.

Naval Air Warfare Center Aircraft Division’s (NAWCAD) Innovation Hub opened to the workforce during an open house event Aug. 7-9 at Patuxent River Naval Air Station.

The iHUB is a new collaborative environment created to foster and enhance the command’s organic talent in rapid response to Fleet process and technical problems. The facility features prototyping equipment, materials, technical support and training. It is also home to the FABLAB, NAWCAD’s mobile suite of digital fabrication and rapid prototype machines.

The iHUB’S mission is to empower the workforce to deliver warfighting capabilities faster by providing modernized tools on-site and an environment to innovate and collaborate. The space includes digital fabrication and prototype machinery, laser cutters and milling machinery, 3-D printers, programming software and electronics, work benches and hand tools, data and application development software and high-tech collaboration space. The facility is available to all Naval Air Systems Command (NAVAIR) and NAWCAD military personnel, civilians and contractors.

Brought to life by Denise Cifone, director of NAWCAD’s Strategic Operations and Initiatives Office, the iHUB and FABLAB are direct responses from Gahagan and Taylor following a command climate survey

where the workforce requested modernized resources to keep up with a rapidly changing tech and defense industry. The team also included rotation support from the developmental community, the Information Technology and Cyber Security group, Naval Facilities Engineering Command, the Army Corps of Engineers and industry partners who took the project from concept to ribbon cutting in just over 18 months—a true testament of the command’s charge for “speed to Fleet.”

“The iHUB is part of the NAWCAD innovation initiative to establish an environment in which the workforce can fashion the future,” said Cifone, “Aided by disruptive leadership, these resources help the command focus on creativity, technological advancement, process improvements, information sharing and networking.”

To date, the iHUB and FABLAB have facilitated over 50 projects ranging from fabricated engine nozzles to optical lens fixtures. Its latest success story comes from NAWCAD’s Propulsion and Power division. The engineering group was tasked with supporting the F/A-18 and EA-18G program office on the redesign of a Super Hornet engine exhaust actuator. The engineers realized they needed a special tool that was uneasy to procure. The program office’s business partners offered to produce a new set for \$100,000 with a delivery date 10 months later. Instead, the engineers did it themselves.

Leveraging the resources at the iHUB, the engineers designed and prototyped the tool within 24 hours using Computer Aided Design (CAD). The item worked as intended on



U.S. Navy photo
NAWCAD Commander Rear Adm. Shane Gahagan and Executive Director Leslie Taylor open the command’s new Innovation Hub (iHUB) for business during a ribbon cutting ceremony at Patuxent River Naval Air Station on Aug. 1. The iHUB is the command’s new innovation maker space offering the entire workforce access to a fabrication lab, rapid prototype machinery and work space, collaboration space and more.

first attempt costing the Navy less than \$5 in material and was pivotal in keeping the actuator project on schedule and budget.

Propulsion and Power also used the iHUB to redesign a fuel sampling probe for Fleet aircraft maintainers. The current probe fits improperly into the fuel pod during sampling sometimes causing spillage that splashes sailors with fuel. While this isn’t a critical safety issue, it was an issue noticed by NAWCAD engineers who knew it could be a simple, quick fix making the job of the warfighter easier.

So far the division’s organic probe design has evolved over six iterations in less than 20 labor hours saving the Navy thousands in design engineering dollars. The group has also strategically built the product to utilize commercial of the shelf components available from any catalog industrial supply company. Up next, the team will finalize the prototype after the Fleet validates and verifies its function ahead of third party production.

These are two examples of a new way of doing business at NAWCAD and the innovation would not have been possible without the command leadership’s support. But the command isn’t alone in adapting to an evolving battlespace. Marine Corps leadership is also moving to equip its units with 3-D printers in a push for self-sufficiency, and to facilitate direct support with its systems commands. The vision is for squadrons to identify Fleet issues and have the ability to print spare parts and equipment on the spot, or interface directly with engineers like those at NAWCAD who can use the innovation space to provide immediate solutions digitally.

Other innovation spaces at NAWCAD include command huddle spaces, the Innovation Garage at NAS Webster Field Annex, a Software Sandbox for cyber and app development, and a future Logistics Immersive Virtual Environment (LIVE) Lab dedicated to digitizing logistics at NAS Patuxent River. It is critical for command leadership at

the division level to encourage employees to work creatively and collaboratively now that resources to do so are available. Empowerment at the lowest level is a key also echoed in the latest NAVAIR Commander’s Intent focusing on mission, relationships and people in the years to come.

“Engineers have an innate desire to engineer, to design and innovate” said NAWCAD engineer Chuck Stouffer, “Employees are not realizing their full potential project managing industry’s solutions to our Navy problems from afar.” Stouffer also says the iHUB is a leap in the right direction. “Command innovators need no longer wish they had more capability because it’s here. The facility is fully equipped and readily available. Get up and go make it or take training to learn how.”

The iHUB also offers prototyping courses at the iHUB expanding the skillset of the command’s employees. The iHUB’s most requested classes are introductory, intermediate and operator 3-D printing courses. The facility is on track to train over 400 employees at NAS Patuxent River by end of FY2018—a number hugely surpassing its initial attendance goals. iHUB courses are available to every employee through NAVAIR University.

With facilities in Patuxent River, Maryland; Lakehurst, New Jersey; and Orlando, Florida, NAWCAD supports the research and development, engineering, test and evaluation of all Navy and Marine Corps air vehicle systems and trainers.

For more information about NAWCAD, please go to www.navair.navy.mil or follow us on Facebook at <http://www.facebook.com/MyNAWCAD/>.

For more news from Naval Air Warfare Center Aircraft Division, visit www.navy.mil/local/NAWCAD/.



U.S. Navy photo
An engineer tests 3-D printing machinery at NAWCAD’s iHUB during the facility’s open house event Aug. 7-9.

Naval Support Activity Hampton Roads changes leadership at Change of Command Ceremony

By MC2 Joshua Tolbert
Naval Support Activity Hampton Roads Public Affairs

NORFOLK

Naval Support Activity (NSA) Hampton Roads hosted a change of command ceremony at the Sewells Point Golf Course on Aug. 17.

Capt. Jonathan Kline relieved Capt. Jack Freeman as the installation’s new Commanding Officer.

The guest speaker for the ceremony was Capt. Monty G. Ashliman, Director of Operations and Public Safety, Commander, Navy Region Mid-Atlantic (CNRMA). Ashliman spoke about Freeman’s contribution to our Nation and Navy, and reminisced about memories from the early years of their careers.

“Now the number of missed birthdays, anniversaries and holidays, as we all know comes with this business, will soon become few,” he said.

During Freeman’s remarks, he briefly highlighted his initial desire to enlist and how the Navy has shaped his life and career.

“I joined the Navy to fly airplanes, but it was not the airplanes that I stayed for, it was the people,” he said.

He also credited his staff of Sailors and ci-

vilians for overcoming some of the challenges associated with supporting a large number of tenants in multiple capacities.

“I am so proud to have represented you as the Commanding Officer over these past few years,” he said. “[Capt. Kline] you have a great team here and the command will benefit having you at the helm.”

Kline said he is looking forward to the challenges of taking over as the Commanding Officer at NSA Hampton Roads.

“[Jack] you have built a great team here and I hope to continue the great legacy at NSA Hampton Roads that you leave behind,” he said.

Along with receiving letters of appreciation from all of the Presidents during his naval career, during the ceremony Freeman was presented with a parting gift from the command, and awarded the Legion of Merit, for exceptionally meritorious conduct in the performance of outstanding services.

Freeman retired after 28 years of distinguished service.

NSA Hampton Roads is home to more than 60 tenant commands employing 24,000 Department of Defense and government employees in six regional bases encompassing more than 5,000 acres in three Virginia cities and two North Carolina counties. NSA



MC2 Joshua Tolbert
Capt. Jack Freeman, left, welcomes Capt. Jonathan Cline, Commanding Officer, Naval Support Activity (NSA) Hampton Roads, right, to the podium to give his remarks following their change of command. NSA Hampton Roads conducted a change of command and retirement ceremony at Sewells Point Golf Course.

Hampton Roads oversees three Public Works staffs and eight Police, Security, and Fire Departments servicing a wide range of facilities valued at over \$2.5 billion. These facilities include a major regional military hospital, Fleet C4I assets, modern expansive Marine, Navy, and Coast Guard combat training facilities and is host to 45 Flag and General

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MT-1179385

Military and civilian communities to come together to raise awareness

By Chris Gilchrist

VIRGINIA BEACH, VA.

This year on Sept. 8, 2018 all five military services and all seven Hampton Roads cities will come together at Mt. Trashmore to promote good mental health and prevent suicide during the Hampton Roads Morning of Hope.

Statistics support the need for this initiative: over 18.8 million Americans are struggling with the disease of depression. The latest figures claim suicide to be the overall 10th leading cause of death with: 44,197 people dying by suicide. Every 11.8 seconds someone takes their life; it’s the third leading cause of death for people ages 1-24.

Raising awareness of these statistics is one of the missions of the Hampton Roads Morning of Hope.

“Before we can effectively address, educate and raise awareness of depression as a treatable disease and suicide as a preventable tragedy, we must first counter the stigma. We need to combat the preexisting stigma

to make room for the hope that comes in knowing untreated depression is the number one cause of suicide – and that depression is treatable. There is help, just like with any other disease.” explains Chris Gilchrist, a licensed clinical social worker and the event organizer.

This community outreach is for anyone who’s been touched by depression or by suicide.

At the event there will be 15 clinically licensed counselors available on site to: answer questions, hand out information, and to assist with a depression inventory. Additionally, there will be an informative and moving program emceed by WAVY-TV 10 anchor, Tom Schaad, who welcomes the crowd to join in this effort: “And this year all of our communities have come together as Hampton Roads Morning of Hope. We are unified in this cause.”

There will be several military leaders who will add their perspectives to the program.

At last year’s Hampton Roads Morning of Hope, Capt. Chad Vincelette, now



Vickie Cronis-Nohe

Commanding Officer of Naval Air Station Oceana, stated, ”I was honored to participate in the Hampton Roads Morning of Hope. Suicide awareness and prevention are priorities within the Department of Defense and we had over 30 Naval Commands represented today. Suicide has affected me both personally and professionally. For me, events like the Morning of Hope are part of

the healing process.”
After the program, the Walk starts behind a curtain of 1,000 origami cranes.
Cranes are a symbol of healing and hope. For many, walking through the cranes can be a meaningful, healing and hopeful experience.
Please join this event and cause Sept. 8th. Together we make a difference.

TO THE MEN AND WOMEN OF NAS OCEANA, HAPPY 75TH BIRTHDAY!

By Capt. Chad P. Vincelette

Commanding officer, Naval Air Station Oceana

Victory in World War II remained in doubt when the U.S. Navy commissioned something it desperately needed 75 years ago – an East Coast Navy base to prepare aviators to fight.

Naval Auxiliary Air Station Oceana was born on Aug. 17, 1943, out of a need for aviators to work up for deployments away from the crowded Naval Air Station Norfolk, where airspace and airfield facility restrictions was an issue for tactical flying units.

Known at the time as Potter’s Farm, about 328 acres of land belonging to John W. and Dean S. Potter was purchased for \$35,000 in 1940. Considered remote at the time, Oceana was the perfect location for an auxiliary field. The town’s only industry being a sawmill operation, three or four small food stores, a restaurant, three gas stations and a post office within one of the food stores.

Fast forward 75 years, and not only is Virginia Beach and surrounding area a vibrant tourist destination, the men and women of what is now Naval Air Station Oceana are still accomplishing that original mission – preparing aviators to fight.

The team at NAS Oceana is also a key contributor to the Chief of Naval Operations’ Four Lines of Effort for maintaining maritime superiority – focusing on warfighting, achieving high-velocity learning at every

level, strengthening our One Navy Team for the future and expanding and strengthening our network of partners.

The more than 10,000 Sailors and 5,800 civilian employees are the lifeblood of Oceana’s contribution to these Four Lines of Effort, and are directly responsible for training our aviators and maintaining the world’s most capable and lethal naval aircraft.

NAS Oceana and its outlying Naval Auxiliary Landing Field Fentress in Chesapeake are the backbone of our east coast naval air forces, conducting, on average, more than 100,000 air operations a year.

Oceana is the sole East Coast master jet base. Its carrier air wings and strike-fighter squadrons have quick and easy access to the most advanced flight simulators and world-class intermediate aircraft maintenance facilities. And our aviators are only minutes away from the 94,000 square miles of off-shore air-to-air combat training ranges and NALF Fentress for carrier landing practice. This proximity maximizes the amount of training that our Navy can achieve with each gallon of jet fuel.

When deployed, our air wing and squadron personnel can be confident that their families are safe and taken care of. They have access to Oceana’s outstanding support services, provided by Fleet and Family Services, the childcare center, NEX and commissary, religious ministries, and MWR and



U.S. Navy photo

youth programs.
Plus, there is the great quality of life that Hampton Roads offers: Affordable housing, fantastic schools, a strong economy and access to outstanding recreational venues.
None of this would be possible without the commitment and support of the community and the invaluable partnerships with the State of Virginia and cities of Virginia Beach and Chesapeake. They are truly our shipmates when it comes to fulfilling the important mission of NAS Oceana.
If you go by the past performance and history, I believe NAS Oceana will continue to play a vital role in the future readiness of our Navy and the overall defense of our nation. Happy birthday to the men and women of NAS Oceana!



MC2 David Mora Jr.
F/A-18F Super Hornets attached to Strike Fighter Squadron (VFA) 213 land in Naval Air Station Oceana.

DPAA provides update on identifying service members missing from Korean War

By Thomas Budzyna

DoD News, Defense Media Activity

WASHINGTON

The Department of Defense POW/MIA Accounting Agency provided an update today on the status of identifying the remains transferred in July to the United States from North Korea.

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

An honorable carry ceremony July 27 at Osan Air Base, South Korea, transferred 55 boxes of remains believed to be of Americans missing in the Korean War. The boxes were received Aug. 1 in an honorable carry ceremony in Hawaii.

“We are guardedly optimistic the 1 August repatriation is the first tangible action of others, with which we will be able to account for more of our missing from the Korean War,” the director of DPAA, Kelly McKeague, said at today’s White House media briefing.

The August repatriation and homecoming was a “poignant manifestation” of the commitment secured by President Donald J. Trump and the pledge by North Korean

leader Kim Jong Un at their June summit in Singapore, he said.

McKeague highlighted the return of a dog tag of Army medic Master Sgt. Charles H. McDaniel. “It was a sole personal effect returned by the North Koreans,” he said, adding that the return of the remains is the first step toward talks to resume joint field recovery operations. The dog tag was returned to McDaniel’s sons.

Joint recovery operations in North Korea were suspended in 2005 due to security concerns by then-President George W. Bush.

Humanitarian Endeavor

McKeague described the recovery effort as a humanitarian endeavor and said he is encouraged that the June summit and North Korea’s reaffirmation to resume recovery operations may lead to further cooperation. He said the contacts are being treated as military-to-military contacts.

The time it will take to match the remains to a service member will be DNA-intensive and take months or years, DPAA lab director John Byrd said.

“At no time did we expect there to be one body, one box. Nor did the North Koreans try to pitch it that way to us when we were in Osan,” Byrd said, citing as an example the return of remains over five years the 1990s.



Senior Airman Apryl Hall

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

“Out of those 208 boxes over those five years, we estimated, after DNA sampling, 400 individuals. Now from that, 200 were Americans,” he said.
Initial inspections indicate the recently returned remains are in moderate to poor condition and do not contain any remains of animals, Byrd said.
Sacred Obligation to Recover Missing Americans
There are 7,700 Americans missing from the Korean War, McKeague said.
The DPAA mission is to search for, find

and account for missing Defense Department personnel from World War II, the Korean War, the Vietnam War, the Cold War, the Gulf War and other recent conflicts. More than 82,000 Americans remain missing from those conflicts, with 34,000 believed to be recoverable, according to DPAA.
“The fact that the United States of America vigorously pursues the fullest possible accounting of our missing reflects our values as a nation,” McKeague said. “The sacred obligation, if not moral imperative, remains a high priority for the Department of De-



Pentagon Comptroller David L. Norquist, the Defense Department’s chief financial officer, briefs reporters on the President Donald J. Trump’s fiscal year 2019 defense budget at the Pentagon, Feb. 12, 2018.

Sgt. Amber I. Smith

DEFENSE AUDIT PROVIDES IMPROVED ACCOUNTING FOR SPENDING, INVENTORIES

By Jim Garamone
DoD News, Defense Media Activity

WASHINGTON

The Defense Department audit that is underway will allow leaders in the White House, the Pentagon and Congress to find better ways to account for taxpayers’ dollars, DoD’s chief financial officer said yesterday.

Defense Department Comptroller and Chief Financial Officer David L. Norquist briefs reporters.

In an interview with WGAN radio in Portland, Maine, Pentagon Comptroller David L. Norquist said the audit’s results should be available in the fall.

“We normally have audits of in-

dividual programs, but this one is the entire department, so it verifies account, location, condition of our inventory, all the equipment, test for security vulnerabilities and validating personnel records and payments,” he said.

Next year’s fiscal year defense budget, for example, is set at \$717 billion. The audit looks at all property, all equipment and all personnel, and it ensures accountability and provides transparency for the American taxpayer, the chief financial officer said.

Annual Audit

Thousands of DoD auditors worldwide are involved in the process, Norquist said, and the department will do this every year. He

said the audit invariably will find faults that will need to be corrected. Having an audit allows leaders to make changes and then ensure those changes are doing what is intended, Norquist said.

“One of the things that often happens with audits is the public goes, ‘Well, what became of it?’” he said. “‘What did people do?’” Each year, he said, the public will see what the findings were, what was fixed and what remains to be done. “So it’ll be an annual process, and as I like to say to the workforce, it will go on as long as we both shall live,” Norquist said.

Audits are valuable in that they find challenges, he said. “Often, those are areas where people are

doing things manually or the data is not compatible,” he added, “and when you streamline them, you get more efficiencies [and] you get more savings.”

Navy Savings

Already, he said, the Navy saved \$65 million by transmitting things in a more automated and complete format. “We expect to see more of that across the organization,” Norquist said.

Another result, he said, is the organization gets better data quality for decision making.

“When getting ready for the audit, the Army identified 39 Black Hawk helicopters that were not properly in its property system,” Norquist said. “Now, the person

who had them knew they were there, but if the department was looking across its inventory, it would not have seen [them].”

The audit also is part of implementing the new National Defense Strategy, Norquist said, noting that the strategy shifts DoD’s focus to developing the capabilities needed to prevail in high-end conflicts against China and Russia.

“And so, you’ll see a series of investments that followed in that,” Norquist said, “and this received a great deal of bipartisan support.”

SURFACE FORCE ATLANTIC HOSTS TRAINING SYMPOSIUM

From Commander, Naval Surface Force Atlantic Public Affairs
NORFOLK

Commander, Naval Surface Force Atlantic (COMNAVSURFLANT) Rear Adm. Jesse A. Wilson Jr., hosted a two-day leadership training symposium at the NATO Allied Command Transformation headquarters, Aug. 16-17.

More than 140 waterfront leaders, including flag officers, commodores, commanding officers, command senior enlisted leaders and COMNAVSURFLANT staff members, gathered to discuss the manning, training and equipping of the surface force.

The symposium provided an opportunity for surface warriors to network, learn and exchange dialogue about topics impacting

the force. The event underpinned Surface Force Atlantic’s top priority, which is to provide ready ships, ready Sailors and ready civilians that are prepared to fight and win operations as we return to great power competition.

Wilson emphasized the importance of leadership and talked about changes made across the force in areas like fundamentals, assessments, training, culture and safety of navigation. “Navigation is a team sport. If you can’t navigate, you can’t operate,” explained Wilson. “Contact management is the first stage of combat management.”

He also explained that we must demonstrate ownership and own the fight. He directed waterfront leaders to “prioritize leadership, safety of navigation, warfighting and lethality.”

Throughout the symposium, leaders presented briefs and answered questions regarding surface warfare officer career path changes, ship deployment insight, safety of navigation, maintenance planning, supply, manning, the Comprehensive Review, Strategic Readiness Review and Readiness Reform and Oversight Council.

Commander, U.S. Fleet Forces Command, Adm. Christopher Grady, provided keynote remarks and spoke about having “One fight, one Navy.” He emphasized the requirement to have one fleet-wide standard for manning, training, assessing and certification to support combat readiness and distributed maritime operations while increasing our lethality, agility and maneuver.

Wilson concluded the symposium and explained, “We have to be ready for the fight. It is not a matter of if a fight will happen, but when. The maritime environment is faster, more complex and competitive.” He added, “We must continue to evolve and to function as a team. We will be successful if we are driven by technical competence, proficiency and forceful backup.”

SURFLANT previously hosted a training symposium in January.

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

“Navigation is a team sport. If you can’t navigate, you can’t operate. Contact management is the first stage of combat management.”

Rear Adm. Jesse A. Wilson Jr

SEPARATION | Benefits extended to one year

Continued from A1

As a DoD program, Military OneSource offers a wide range of services designed exclusively for the military community. Services include help with relocation, tax support, financial planning, and health and wellness coaching, as well as confidential nonmedical counseling and specialty consultations for spouse employment, education, adoption, elder care, special needs and much more.

“Military OneSource is powered by people with extensive knowledge and training in meeting the needs of our military com-

munity, many of whom have also served or lived in military families,” explained Lee Kelley, program director of the Nonmedical Counseling Program Office within military community and family policy. “We’re dedicated to providing expert, proven, and practical support and information to our service members and their families to help them achieve their goals and live their best military life.”

Military OneSource services are accessible 24/7, service members and family members can call Military OneSource at 800-342-9647 or go to the Military OneSource website. To explore additional benefits that may be available through the Department of Veterans Affairs, go to <https://explore.va.gov/>.

CEREMONY | US Fleet Forces hold establishment ceremony

Continued from 1

United States Naval Academy, has served in a variety of command positions afloat and ashore, most recently as commander, deputy chief of naval operations for operations, plans and strategy (N3/N5), in Arlington, Virginia. The majority of Lewis’ operational command tours have been on the East Coast, most recently as commander, Carrier Strike

Group 12 and deploying with USS Theodore Roosevelt (CVN 71) to the U.S 6th and 5th Fleet areas of operation. C2F, headquartered in Norfolk, Virginia, will exercise operational and administrative authorities over assigned ships, aircraft and landing forces on the East Coast and the North Atlantic. Additionally, it will plan and conduct maritime, joint and combined

operations and will train and recommend certification of combat ready naval forces for maritime employment and operations around the globe. C2F will report to USSF.

For Vice Adm. Lewis’ bio, go to: <http://www.navy.mil/navydata/bios/bio.asp?bioID=667>.

For more information on the announcement of U.S. 2nd Fleet, see the press release at: http://www.navy.mil/submit/display.asp?story_id=105453.



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Undersea Rescue Command
CHILEMAR VIII
complete

The exercise is designed to demonstrate interoperability between the U.S. submarine rescue systems and Chilean submarines.

» See **B3**

SECTION B | FLAGSHIPNEWS.COM | 08.23.18

Cmdr. Russ Moore, guided-missile destroyer USS The Sullivans (DDG 68) commanding officer, left, shakes hands with a member of the Iraqi visit, board, search and seizure team during a trilateral exercise with Iraq and Kuwait.

MC2 Samantha Montenegro



US, IRAQ, KUWAIT COMPLETE
TRILATERAL EXERCISE

By MC2 Samantha Montenegro
U.S. 5th Fleet Public Affairs

ARABIAN GULF

The U.S. Navy and Coast Guard completed a trilateral exercise with Iraqi navy and Kuwaiti navy partners in the Northern Arabian Gulf, August 15.

The exercise focused on improving collective proficiency in maritime security tactics between the three nations and ensuring the freedom of navigation throughout the U.S. 5th Fleet area of operations. Participants included the guided-missile destroyer USS The Sullivans (DDG 68), U.S. coastal patrol ships USS Tempest (PC 2) and USS Chinook (PC 9), U.S. Coast Guard Island-class patrol boat USCGC Monomoy (WPB 1326),

Iraqi navy patrol boat P 303, and Kuwaiti navy patrol boat KNS Al-Garoh (P 3725). The Sullivans led command and control of each event throughout the exercise.

Exercise events included live fire gunnery exercises, visit, board, search and seizure team training, maritime infrastructure protection drills, search-and-rescue training, and high-value unit protection operations.

“This has been such a rewarding experience,” said Boatswain’s Mate Seaman Karen Rodriguez, assigned to The Sullivans. “I was a part of the small boat operations we conducted with the Iraqi and Kuwaiti navies and was able to watch our partners maneuver in the gulf alongside us. It’s reassuring to know we have strong partners in this area with common goals, and it was really great to see

it first-hand.”

Cmdr. Russ Moore, The Sullivan’s commanding officer felt the exercise helped develop collective maritime security tactics.

“Kuwait and Iraq play a key role in maintaining maritime stability in this region,” said Moored. “This trilateral exercise was an opportunity for all of us to flex our capabilities and learn more about our collective capability. We proved that our nations have the commitment and capacity to collectively preserve the free flow of commerce and freedom of navigation in the Gulf.”

The exercise was led by Task Force (TF) 55 and is part of a routine theater security cooperation engagement serving as an opportunity to strengthen tactical proficiency in critical mission areas and support long-

term regional stability.

TF 55 controls surface forces in the 5th Fleet area of operations, such as U.S. Navy patrol craft, U.S. Coast Guard patrol boats and independently deployed ships.

The U.S. 5th Fleet area of operations encompasses nearly 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The region is comprised of 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab-al-Mandeb at the southern tip of Yemen.

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



MC2 Jonathan Nelson

Vice Adm. Lisa M. Franchetti, commander, U.S. 6th Fleet and commander, Naval Striking and Support Forces NATO, presents a plaque to Bulgarian Rear Adm. Mitko Petev, Bulgarian Navy chief of naval operations, during a visit to the Bulgarian Navy headquarters in Varna, Bulgaria.

U.S. 6th Fleet Commander visits naval partners in Bulgaria and Romania

By MC2 Jonathan Nelson

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

CONSTANTA, ROMANIA

Vice Adm. Lisa Franchetti, commander, U.S. 6th Fleet and commander, Naval Striking and Support Forces NATO, met with NATO allies and partners during a visit to Varna, Bulgaria, and Constanta, Romania, Aug. 13-15, 2018.

While in Bulgaria, Franchetti met with Bulgarian Rear Adm. Mitko Petev, chief of the Bulgarian navy, to recognize the importance of Bulgarian defense initiatives, and their participation in international exercises and training in the Black Sea.

“By building and maintaining the strong

and strategic relationship between our two navies, we can deter regional adversaries from further aggression and signal to the world that our commitment to regional security is strong and enduring,” said Franchetti. “The U.S.-Bulgarian relationship will continue to grow strong in the years to come through participation in regional exercises and security forums.”

Petev expressed gratitude for the support his navy receives from the U.S. Navy during a media availability at the Bulgarian Navy Headquarters in Varna.

“This visit is a visual image of the good

» See **VISIT** | B7

13th MEU
Marine
lost at sea
identified

From 13th Marine Expeditionary Unit Public Affairs

SULU SEA

The Marine at the center of the Essex Amphibious Ready Group (ARG) and 13th Marine Expeditionary Unit (MEU) search in the Mindanao Sea since August 9 has been identified as Cpl. Jonathan Currier.

On Aug. 17, Currier who was previously listed as Duty Status Whereabouts Unknown (DUSTWUN) was declared deceased.

Currier, a New Hampshire native and a Marine Corps CH-53E Super Stallion crew chief, enlisted in the Marine Corps in August 2015 and graduated from Marine Corps Recruit Depot, Parris Island, in November of that year. He completed School of Infantry at Camp Lejeune, North Carolina; Aviation and A&C School in Pensacola, Florida; and Center for Naval Aviation Training in Jacksonville, North Carolina.

Currier was assigned to Marine Heavy Helicopter Squadron 361 at Marine Corps Air Station, Miramar, and was deployed at the time of his disappearance with Marine Medium Tiltrotor Squadron 166 Reinforced, 13th MEU, aboard the USS Essex (LHD 2).

Currier’s awards include the National Defense Service Medal and Global War on Ter-



MC3 Reymundo A. Villegas III

The Wasp-class amphibious assault ship USS Essex (LHD 2) maneuvers into position to conduct a fueling-at-sea with Whidbey Island-class dock landing ship USS Rushmore (LSD 47) during an amphibious squadron and Marine expeditionary unit (MEU) integration (PMINT) exercise. PMINT is a training evolution between Essex Amphibious Ready Group and 13th MEU, which allows Sailors and Marines to train as a cohesive unit in preparation for their upcoming deployment.

rorism Service Medal.

“Our hearts go out to the Currier family,” said Col. Chandler Nelms, commanding officer, 13th MEU. “Cpl. Currier’s loss is felt by our entire ARG/MEU family, and he will not be forgotten.”

The extensive search effort by the the Essex Amphibious Ready Group (ARG) and 13th Marine Expeditionary Unit (MEU) concluded, Aug. 13. The search lasted five days and covered more than 13,000 square nautical miles with more than 110 sorties and 300 flight hours.

The Marine was reported missing and assumed overboard Aug. 9. At that time the ship was conducting routine operations in the Sulu Sea.

Additional support was provided to the search and rescue effort by the U.S. Embassy

» See **LOST** | B7

MY HUSBAND, IN THE BATHROOM, WITH THE RAZOR



By Lisa Smith Molinari

Recently, while scraping the toothpaste plops out of our bathroom sink, I had an epiphany.

I have become a legitimate expert in forensic science.

While it is true that our mobile military life-style made it nearly impossible for me to pursue a career outside of the home during my 23 years as a Navy wife, I realized, while staring at myself in our spit-spattered mirror, that all these years of tedious bathroom scrubbing has provided me with countless hours of on-the-job training.

I mean, why would the FBI, DEA, NCIS, or those people on “Law & Order” take a chance employing some young punk, fresh out of criminal justice school, who’s had more experience playing video games than analyzing real physical evidence; when they could have me — a mature professional who has spent half her life processing bodily fluids, spatter stains, drip patterns, hair specimens, and other trace evidence as an unpaid volunteer?

Anyone who’s anyone in the forensic science knows the “Locard Exchange Principal” (I found it on Wikipedia) which theorizes that every person who enters or exits an area will deposit or remove physical material from the scene. Who knows this theory better than a housewife?

Take it from me, when my husband, Francis, enters any area of our house, he definitely deposits a veritable plethora of biological mate-

rial. And just like ol’ Locard theorized, it’s up to me to remove it.

Consider, if you will, our bathroom.

My skills of analysis have become so acute, so innate, that I can walk into our bathroom any time of the day or night, and determine with incredible accuracy, the specific events that took place there and the perpetrators involved.

Before entering our bathroom, a.k.a., “the crime scene,” I take all necessary first responder safety precautions to protect myself against contamination. Rubber gloves are strongly recommended, eye protection is optional, but never, I mean never, go in there without shoes unless you’re coated in anti-fungal ointment.

Then, using my ocular and olfactory senses, I take a general reading of the amount of evidence deposited to determine the tools necessary to complete the task. In other words, will this job take a simple container of bathroom wipes? Or, does the quantity of biological evidence in this seven-by-five-foot space warrant the employment of buckets, mops, sponges, rags, brushes, squeegees, sandpaper, plungers, augers, a Shop-Vac, industrial-grade disinfectants, dangerous corrosive acids, and a chisel?

Unfortunately, our bathroom often contains a mountain of evidence, requiring me to bring out the big guns.

Next, I process the toilet. A thankless task involving unspeakable biological specimens, suffice it to say that I don’t need a Petri dish or a DNA test to know exactly what Francis did

there that morning before leaving the seat up for the umpteenth time.

I then turn my attention to the shower area, where hair specimens on the floor mat indicate that Francis took a shower at approximately 6:23 AM. I know this because, despite pleading with Francis to dry himself inside the tub to spare me the inevitable tumbleweeds of body hair on the floor, he thoroughly enjoys a vigorous exfoliating of his abundantly hairy Italian body in the middle of the room, with one foot poised on the toilet for balance.

Finally, I process our sink, which contains obvious indications that Francis shaved, flossed, brushed his teeth, gargled, spit, and winked at himself in the mirror between 6:44 and 6:57 AM. How do I know this? Easy. Francis carelessly left a drip trail of stubbles and shaving cream in the sink, floss cast-off on our mirror, and an expiration pattern of spit spatter over the entire area. Using my vast experience with cohesion, velocity, angle of impact, and pattern analysis, I can even tell that he used a towel to clear a strip across the mirror, just so he could admire himself before leaving the scene of the crime.

Housewife or no housewife, I clearly have skills that will warrant lucrative employment offers. But the law enforcement community will have to wait, because my work at home is never done.

www.themeatandpotatoesoflife.com

One fine day, in a mess of bad days

By Amanda-Lee Pitzer

Pre-deployment is the WORST. But usually, if you pay attention to it, you’ll have one really great day in those last few weeks. All of the sudden you both realize that the argument that you are about to make just isn’t worth it and just have a GREAT day together. It might not be the day before he leaves — but you will see it if you have your eyes open to recognize it. I had that day, and I’ll hang onto it for the rest of the time he’s home and remember it on those not fine days.

I LOVE a DIY project. But it is NOT a quality that my husband loves about me! My pinterest board is full of projects and it grows by the day. Whenever he is gone I pick something out and make it my thing to learn how to do. Years ago, I decided I wanted to raise chickens. I mean, we go through a TON of eggs. My husband told me if we moved out to the country I could have my chickens...and the time has come. He’s NOT happy about it (he says he doesn’t remember promising this). But there he was, picking up the 500 pound coop that someone gifted

me and together he helped me turn it into my soon-to-be hen house. We worked together, we had fun, we just plain savored that time together. See, he knows that I love “working together.”Even when he knows what that really means is I tell him my vision but I need him to make it a reality. Without any (okay, very little) complaint on his part, he made this a reality for me and even kept going even when I told him to quit for the day. We then planned our next do-it-before-he-leaves project and started another quick one, too! Talk about actionable love. It’s not pretty flowers delivered to me at work that last for a few days; it’s a permanent fixture to remind me every day of his love while he is gone. Every morning when I tell the girls hello and collect eggs I’ll be reminded that he loves me enough to do what makes me happy in his absence. We will have more bad days while he prepares to leave, but like most things with military life, you MUST keep focus on the good or you’ll drown in the bad.

HOW DOES THE TRICARE CATASTROPHIC CAP WORK?

From TriCare

When it comes to staying healthy, some years are better than others. Perhaps you or your family faced a bumpy road this year. There may have been extensive medical tests or procedures, lengthy hospital stays, or weekly doctor visits. You may have reached — or are close to reaching — your catastrophic cap. A catastrophic cap is the most you pay out of pocket for covered services each year. This protects you because it limits the amount of out-of-pocket expenses a family pays for TRICARE covered medical services.

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your beneficiary group: Group A If you or your sponsor’s initial enlistment or appointment occurred before January 1, 2018, you are in Group A, or Group B If you or your sponsor’s initial enlistment or appointment occurs on or after January 1, 2018, are in Group B.

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If you’re an active duty member who retires mid-year, don’t worry. The full deductible and cost-shares credited towards the previous family cap will be credited to the new cap.

Learn more about TRICARE costs or download the Costs and Fees Sheet on the TRICARE Publications page. You can also view and compare health plan costs using the new TRICARE Plan Comparison Tool. Take command of your health and understand your TRICARE benefit in 2018.



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Explosive Ordnance Disposal Mobile Unit (EODMU) 3 members set up explosive charges during Rim of the Pacific (RIMPAC) exercise, July 23.

MC1 Carlos Gomez



US NAVY EXPLOSIVE ORDNANCE DISPOSAL EXPERT EXCHANGE BEGINS IN COLOMBIA

From Southern Partnership Station 2018
Public Affairs

CARTAGENA, COLOMBIA

A U.S. Navy team of explosive ordnance disposal (EOD) technicians arrived in Colombia, Aug. 6, to participate in subject matter expert exchanges (SMEEs) and partner-capacity building engagements with Colombian military forces as part of Southern Partnership Station (SPS) 2018.

Members from Platoon 231, EOD Mobile Unit 2 will participate in classroom and practical field application with the Infantería de Marina Colombiana (Colombian marines) and the Ejército Nacional de Colombia (Colombian National army) at the Colombian marine training base located in the town of Coveñas, on Colombia’s Caribbean coast, Aug. 7-24.

According to Lt. Sam Gedeon, Platoon 231 commander, the engagement will allow for both militaries to learn from each other and build on best practices and experiences from participating units.

“We’ll begin the mission with classroom instruction and field exercises set up by the U.S. and the Colombians,” said Gedeon. “We’ll have the opportunity to observe how they process problems and situations, and they will see how we work through ours.”

“Working together in this environment will allow us to compare best practices and collectively work to find the best tools, tactics and procedures for many situations,” added Gedeon.

Participating in SMEEs with joint and international partners allows participating units to learn from each other’s experiences and allows for greater interoperability between the forces.

“We look to learn a lot from our EOD counterparts in Colombia,” said Gedeon. “They have a lot of firsthand knowledge of explosives and have operated extensively in both the urban and rural environments.”

The engagement will also provide an opportunity for practitioners of a very unique and dangerous profession to bond, work together as team, and share common experi-

ences of the trade.

“There is a very small percentage of people across the world who volunteer to be EOD technicians,” said Explosive Ordnance Disposal Technician 2nd Class Andy Bosko. “This is my first time participating in an exchange like this, and I look forward to working with other professionals who work in this exciting, challenging, and sometimes dangerous career.”

The SMEE in Coveñas is one of two engagements Platoon 231 will participate in during Southern Partnership Station, and is one of four adaptive force packages (AFPs) deployed to the Caribbean, Central and South America during the 2018 iteration of the mission.

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.

This year’s deployment will visit Trinidad and Tobago, Panama, Colombia, Honduras,

and El Salvador to work alongside those nations’ military forces, security forces, civilian health professionals, and other governmental agencies.

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.

Southern Partnership Station 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 from Navy Public Affairs Support Element, visit www.navy.mil/local/npasehq/.

Academy Mids dig Marine Corps history at Guantanamo Bay

From Naval Station Guantanamo Bay Public Affairs

NAVAL STATION GUANTANAMO BAY, CUBA

A Naval Academy professor, a professional archaeologist, and group of midshipmen from the U.S. Naval Academy (USNA) recently spent a week conducting an archaeological survey of an important but poorly-understood Spanish-American War battle site at Naval Station Guantanamo Bay, Cuba (NSGB).

The professor, Captain Marko Stawnyczyj, United States Marine Corps, was stationed at Guantanamo Bay from 2002 and 2005. There he learned about the significance of the Battle of Cuzco Well, fought on June 14, 1898 on land that later became part of NSGB, and its importance to Marine Corps history. Returning from NSGB, Stawnyczyj found that in the military museums he visited this battle was either barely featured or completely omitted.

Later in his career, Stawnyczyj was assigned as a history professor at the USNA, and began his efforts to give this obscure engagement its proper place in military history. In 2016 he spoke to Claude Berube, the Naval Academy Museum Director, about funding a small survey team to visit the Cuzco Well site in order to learn more about the battle, and to teach the participating midshipmen about archaeology, the importance of terrain and how historical surveys can be used to develop modern Tactics, Techniques and Procedures.

With support from the Naval Academy Museum and the NSGB Environmental Office, and in coordination with Naval Facilities and Engineering Command South East, and the Commander, Navy Region Southeast Historic Preservation Office, Stawnyczyj was able to assemble his team and conduct the survey at NSGB from June 29 through July 9, 2018. The group consisted of Stawnyczyj, Project Archeologist Hannah P. Smith, Midshipman 1st Class Emily Lamphere,



Lance Cpl. Angel Travis and U.S. Marines with 3rd Battalion, 2nd Marine Regiment, 2nd Marine Division (2d MARDIV) receive a history brief during a tour of Windward side on U.S. Naval Station Guantanamo Bay, Cuba on April 12, 2017. CBAF, Continental U.S. Based Alert Force in Support, is a program that provides a scalable and capable detail to react to emergencies across the globe in conjunction with other units within 96 hours.

and Midshipmen Second Class Elyse MacIsaac, Daniel McDonald, Pedro Castillo Valdes, Joshua Walton, and Alicia Zhou.

Their survey primarily focused on locating evidence showing the location of the Marine’s firing position, and attempting to determine whether any evidence remains of the Spanish Heliograph Station destroyed by the Marines during the battle. The team located spent 6mm Navy Lee cartridges and empty 6mm Navy Lee clips, matching those of the type of rifle used by Marines during the Battle. They also found artillery shell fragments in the vicinity of the locations shelled by the supporting ship USS Dolphin.

A sampling of the artifacts recovered, along with artifacts from previous work on other parts of the Battlefield, will be used to create a new exhibit for the Naval Academy Museum

on the Battle. The results of the investigation will be presented in a future article and as part of the USNA’s Shifley lecture series.

More information on the Battle may be found in article “New Glory to Its Already Gallant Record” The First Marine Battalion in the Spanish-American War, by Trevor K. Planete, available at <http://www.archives.gov/publications/prologue/1998/spring/spanish-american-war-marines-1.html>

Naval Station Guantanamo Bay is the forward, ready, and irreplaceable U.S. sea power platform in the Caribbean. For more than a century, its presence has given decision makers options across the range of military and interagency operations.

For more news from Naval Station Guantanamo Bay, visit www.navy.mil/local/guantanamo/.



Master at Arms 1st Class Kristina Vargas, the Kennel Master assigned to Camp Lemonnier and Kenya Army Cpl. Junior Kimani, 1st Canine Regiment, Kenya Defense Force, conduct controlled aggression training during a Military Working Dog knowledge exchange, in Nairobi, Kenya, August 7, 2018. The exchange gave a chance for American and Kenyan forces to learn and work with each other to have a better understanding of each other's capabilities.

MC2 Timothy Ahearn

U.S., KENYAN MILITARY DOG HANDLERS SHARE KNOWLEDGE, EXPERIENCE

By MC2 Timothy M. Ahearn
Combined Joint Task Force Horn of Africa

NAIROBI, KENYA

Kenyan and American service members teamed up at the Kenyan army's 1st Canine Regiment headquarters here to share the best ways to treat and train military working dogs in the field, Aug. 6-10.

A U.S. Army veterinary team assigned to Combined Joint Task Force Horn of Africa's 404th Civil Affairs Battalion's Functional Specialty Team and a U.S. Navy military working dog kennel master based at Camp Lemonnier, Djibouti, took part in the training.

Founded in 2012, the 1st Canine Regiment's mission is to provide dogs as a force multiplier in war and peacetime in order to address the current threat of asymmetric warfare. To that end, they specialize in explosive detection, patrolling, road and building clearance, and search and rescue, said Kenyan army Maj. Marion Amulyoto, a veterinarian with the 1st Canine Regiment.

Dangerous Work

"We have been a valuable resource to our commanders, especially along the borders," Amulyoto said. "Our explosive detection dogs deter violent extremists, because they are able to pick up on residual odors from explosives."

This mission often brings dogs and their handlers to the Kenya-Somalia border to deter transnational threats, such as poachers, and violent extremist organizations, said U.S. Army Maj. Steven Pelham, the veterinarian officer in charge with the 404th Civil Affairs Battalion FXSP.

The FXSP veterinarians' portion of the exchange included information on bandaging, wound care, heat stroke, canine CPR, fractures and suturing. The 1st Canine Regiment veterinarians shared their knowledge of the dangers the dogs face, specifically in East Africa.

"Heat injuries and threats from wildlife our dogs do not normally encounter, such as snakes, spiders and scorpions, are likely, given the environment that the U.S. and Ke-

nyan MWDs operate in East Africa," Pelham said, "We want to ensure that all MWD handlers recognize and treat their partners in case they suffer from these injuries."

This exchange also marked the first time that members of the 1st Canine Regiment could share knowledge with a U.S. Navy dog handler.

Common Ground

"I am really excited to work with the 1st Canine Regiment's MWD handlers; to share working knowledge with our Kenyan partners is an amazing opportunity," said Navy Petty Officer 1st Class Kristina Vargas, a master-at-arms and Camp Lemonnier's kennel master.

While learning the various techniques that the 1st Canine Regiment uses in their daily operations, Vargas shared knowledge of basic explosive detection, patrolling, building clearing, and improvised explosive device recognition.

Vargas said it is easy to find common ground among military working dog handlers, regardless of what nations the han-

dlers are from.

"When you get MWD handlers together, regardless of their branch of service, or even if they are from another country, at the end of the day we are all dog handlers helping out dog handlers, we share the same passion for our respective MWD programs," she said.

Kenya is the only country in East Africa with a canine unit organic to its military. Learning from one another helps both the 1st Canine Regiment and CJTF-HOA to maintain security and stability in their shared area of operations.

"We are very grateful to CJTF-HOA for this exchange program and we hope to have more in the future to better both of our capabilities," Amulyoto said.

Vargas said the exchange strengthened the relationship with a key East African partner. The Kenyan dog handlers can incorporate the training into their existing working dog program to help counter threats from violent extremists and promote national and regional security.

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NURSE CORPS OFFICERS WISH WWII NAVY NURSE HAPPY 100TH BIRTHDAY

By MC2 Shayla D. Hamilton
Navy Medicine Training Support Center Public Affairs

SAN ANTONIO

Five Navy Nurse Corps officers assigned to Navy Medicine Training Support Center (NMTSC) and Navy Medicine Education, Training and Logistics Command (NMETLC) visited the San Antonio Brookdale Assisted Living Facility to wish Blondina Porter, a World War II Navy Nurse, a happy 100th birthday, Aug. 15.

Navy Junior Reserve Officers Training Corps (NJROTC) cadets from John Marshall High School and residents of Brookdale Living Facility joined the Navy nurses, gathering in the main building of the facility, where balloons and other party decorations filled the room for this momentous occasion.

Capt. Maryann Mattonen, commanding officer of NMTSC, presented a Navy Nurse Corps birthday letter to Porter on behalf of Rear Adm. Tina Davidson, director, Navy Nurse Corps, and commander, NMETLC.

After a few words from Brookdale caregivers, Mattonen and Porter cut the cake together with a Navy officer ceremonial sword, and a video was played, showcasing pictures from Porter's 100-year life.

Mattonen read aloud the letter signed by Davidson: "On behalf of the Navy Nurse Corps, Happy 100th Birthday! On behalf of all Navy nurses – past, present and future

– thank you for serving our nation and our Navy as a Navy nurse. Eight months after the attack on Pearl Harbor, you entered active duty as a Navy nurse, volunteering to serve during one of the most difficult periods in our nation's history. You put country before self, serving from Aug. 7, 1942 to Sep. 28, 1948. From the battlefield of Attu Island, Alaska, to hospitals and clinics on both US coasts and in Hawaii, your service as a Navy nurse made a difference, touching countless lives while blazing a path for future Navy nurses and our Navy Nurse Corps. Nurses are there for life's first breath, and they are there for its last. Just as important, they are there for all the years in between, helping patients breathe easier, literally and figuratively. Thank you for the countless patients you have helped, and thank you for being there for our Sailors, Marines and Soldiers serving, some who perhaps were taking their last breath. May this birthday be your best."

Porter was honorably discharged from the Navy as a Lieutenant in 1948. According to her son-in-law, Porter's most challenging assignment was being stationed on Attu in the Aleutian Islands after the island was retaken from the Japanese.

Join the conversation with NMTSC online at www.facebook.com/NMTSCFSH/.

For more news from Navy Medicine Training Support Center, visit www.navy.mil/local/NMTSC/.



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Quartermaster 3rd Class Jessica Lopez records in a log during watch as USS Harry S. Truman (CVN 75) arrives at Naval Station Norfolk.



Operations Specialist Seaman Apprentice Cheyenne Hale serves ice cream during a Morale, Welfare and Recreation sponsored ice cream social aboard the aircraft carrier USS George H.W. Bush (CVN 77).



Naval Aircrewman (Helicopter) 3rd Class Cole Cruikshank, left, and Aviation Electronics Technician 2nd Class Carrissa Houston pass supplies on the flight deck of the guided-missile destroyer USS Jason Dunham (DDG 109) during a replenishment-at-sea with the USNS Richard E. Byrd (T-AKE 4).

ON THE RADAR

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

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PM-2562401R

IWTC SAN DIEGO CHIEFS AND CHIEF SELECTEES VISIT LOCAL VETERANS HOME

By Lt. Patrick C. Rumsey
Information Warfare Training Command San Diego Public Affairs

CHULA VISTA, CALIF.

Chief petty officers and chief selectees from Information Warfare Training Command (IWTC) San Diego visited veterans and aided the staff of the Veterans Home of California — Chula Vista, Aug 17.

The community relations event offered an opportunity for the chiefs and chief selectees to thank the veterans for their service, while also providing an opportunity for experienced chiefs to impart a sense of duty and selflessness to each chief selectee.

“We respect and revere our veterans and enjoy taking advantage of the opportunity to serve them and learn from them about history and life through their experiences both on and off of active duty,” shared Senior Chief Intelligence Specialist Keith Wold, senior enlisted leader at IWTC San Diego.

While there, the chiefs and chief selectees cleaned debris out of flower beds, sorted through and organized various materials at the facility, and exchanged sea stories and laughs with the veterans.

“We were amazed at hearing the residents’ stories and felt a powerful connection to a shared sense of heritage,” said Chief Cryptologic Technician (Collection) Zachary Schulz.

The military service of the residents the chiefs and chief selectees interacted with ranges chronologically from World War II to Desert Storm. Several residents shared they enjoyed simply having new people to talk

to, since some do not receive many visitors. Albert, a 99-year-old World War II veteran who was in boot camp when Pearl Harbor was attacked, shared his experience of being deployed to the Pacific theater two weeks after the attack.

The Veterans Home of California — Chula Vista is the only veterans’ home located in coastal, urban Southern California. It is a 400-bed continuing care retirement community that offers independent living, assisted living and skilled nursing care.

“I am extremely proud of the IWTC San Diego Chiefs Mess and chief selectees for getting out in the community and serving those who have gone before us,” said Cmdr. Errol Laumann, commanding officer of IWTC San Diego.

IWTC San Diego, as part of the Center for Information Warfare Training, provides a continuum of training to Navy and joint service personnel that prepares them to conduct information warfare across the full spectrum of military operations.

For more on IWTC San Diego, visit <http://www.netc.navy.mil/centers/ciwt/IWTCsandiego/>, or find them on Facebook.

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

For more news from Center for Information Warfare Training, visit www.navy.mil/local/cid/.

“ We respect and revere our veterans and enjoy taking advantage of the opportunity to serve them and learn from them about history and life through their experiences both on and off of active duty.”

Senior Chief Intelligence Specialist
Keith Wold, senior enlisted leader
at IWTC San Diego



Photos by CTCR Zachary Schulz
Chief selectees from Information Warfare Training Command San Diego clean windows at the Veterans Home of California Chula Vista. The chief selectees will continue to participate in structured training, community relations and teambuilding events before donning their anchors for the first time, Sept. 14.



Chiefs and chief selectees (yellow shirts) from Information Warfare Training Command San Diego assist the staff of Veterans Home of California Chula Vista with organizing and recycling bulky, heavy materials. The chief selectees will continue to participate in structured training, community relations and teambuilding events before donning their anchors for the first time, Sept. 14.

LOST | *Marine identified*

Continued from B1

in the Philippines, U.S. Coast Guard District 14 and Singapore Information Fusion Centre.

“Only after exhausting every possibility through persistent and thorough search efforts, we have concluded the at-sea search and rescue effort for our Marine,” said U.S. Navy Capt. Gerald Olin, commander, Amphibious Squadron One and the on-scene commander for the search and rescue operation. “We appreciate the continued support provided to us from the U.S. Embassy and

Philippine Government.”
“All of our Marines and Sailors demonstrated a tremendous resilience and put forth an extraordinary effort ..., and I am humbled by the teamwork and professionalism displayed by all involved to find our Marine,” said Col. Chandler Nelms, commanding officer, 13th MEU. “Our thoughts and prayers have been and will continue to be with our Marine’s family during this difficult time.”
The circumstances surrounding the incident are currently being investigated.
An official photo of Cpl. Carrier is not available.

VISIT | *Commander to Bulgaria and Romania*

Continued from B1

cooperation and good will between our navies,” said Peteve.

Franchetti then traveled to Constanta to participate in Romanian Navy Day celebrations.

Romanian Navy Day is held each year to celebrate those who have dedicated their lives to the sea. This year, celebrations were held for the first time in seven cities – Braila, Bucharest, Cernavoda, Constanta, Galati, Mangalia, and Tulcea, and involved service members, ships, and aircraft from several countries.

This year’s Navy Day celebrations coincide with the 100th anniversary of the creation of Romania, which happened during the Paris Peace Conference of 1918 following World War I.

“On behalf of the Sailors and Marines of the U.S. 6th Fleet, I would like to extend

my congratulations and best wishes to our valued friends and allies in the Romanian Navy,” said Franchetti at the Navy Day ceremony in Constanta. “For decades, our navies have maintained a vital strategic partnership based on collaboration, trust, and mutual commitment to regional security. As the Romanian Navy celebrates 158 years of excellence, please know that the United States Navy proudly stands with you in friendship and values your incalculable contributions to our shared security objectives in Europe.”

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



MC2 Jonathan Nelson
Vice Adm. Lisa M. Franchetti, commander, U.S. 6th Fleet and commander, Naval Striking and Support Forces NATO, speaks with Vice Adm. Alexandru Mirsu, chief of the Romanian Naval Forces, during Romanian Navy Day in Constanta, Romania. Franchetti visited Constanta to participate in Romanian Navy Day, which coincided with the 100th anniversary of the unification of Romania following the end of World War I.

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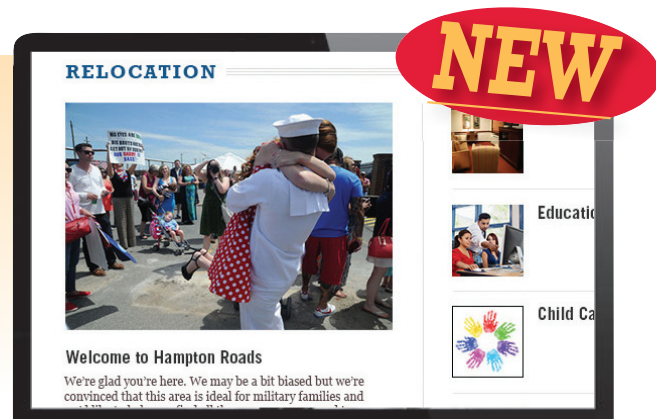


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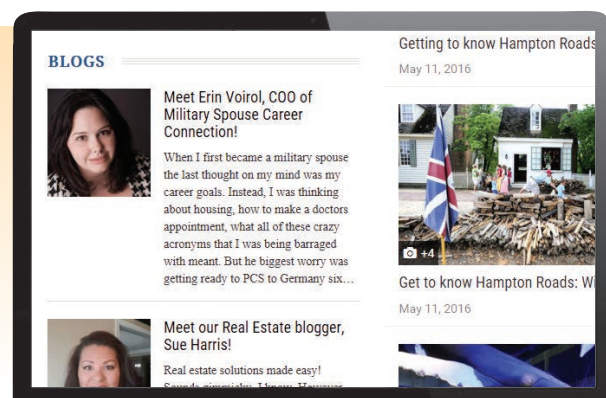
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Find information for military families by military families. Our slate of bloggers are all connected to the military and want to help you make the most of your time in Hampton Roads.



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

Petty Officer 3rd Class Micah Meadows is a damage controlman aboard one of the four advanced warships forward-deployed to Rota, Spain

» See C2

SECTION C | FLAGSHIPNEWS.COM | 08.23.18



5 SIMPLE TIPS TO STAY CONNECTED DURING BACK-TO-SCHOOL SEASON

From Brandpoint

Back-to-school season is an exciting time for both students and parents, but it can be a stressful time as well. For students, it can be intimidating taking on new classes and settings, all while juggling extracurricular activities. Meanwhile, parents face added financial and emotional stress that comes with a new school year, from purchasing school supplies and new clothing to learning to let go. Through it all, one constant between students and parents is the desire to stay connected.

As parents prepare to send their kids off for the new school year, Total Wireless is serving up five simple tips to help you confidently stay connected during the upcoming back-to-school season:

- 1. Plan ahead:** There are many elements that go into prepping for back-to-school and the long list of to-do’s can be daunting. Taking things one step at a time and getting organized in advance can make all the difference. Using your smartphone to keep track of your to-do list and look up move-in checklists for packing and shopping guidance can help you stay organized, save time and allow you to work smarter, not harder.
- 2. Stay in touch:** Thanks to technology, there are a variety of ways to connect in between study sessions and after-school activities. With the ability to call, text, video chat and email, smartphones are an essential tool for staying in touch with loved ones near and far. Look for ways to experience things “together” by texting regularly over good news, small updates or things that make you think of one another. Set up time weekly — or multiple times a week — to video chat, and never underestimate the power of a phone call. And with nationwide coverage on America’s largest, most dependable network, Total Wireless makes staying connected to family easier than ever.

- 3. Send care packages:** For parents with kids heading off to college, plan a sweet surprise with a customized care package to show your student just how much you miss them. Send along their favorite healthy snacks, treats, magazines and more just because, or in advance of a big exam or special occasion. Consider including a pair of headphones — a college staple, perfect for hunkering down to study, a trip to the gym or getting around campus. Plus, Total Wireless is giving away 30,000 Pandora Premium 90-day subscriptions for devices purchased through August — the perfect complement for a new pair of headphones.[3] Ultimately, no matter what you choose to send in a care package, it will put a smile on their face knowing you are rooting for them at home.
 - 4. Enjoy some “me” time:** Along with heading back to school comes a level of adventure — for parents, too! Take advantage of an open schedule and some time of your own by planning a trip to a destination you’ve always wanted to visit, or checking an item off your bucket list. For those who just want to kick back and relax, consider treating yourself to a spa day or a good read. Given there’s an app for everything these days, you can use your smartphone to find activity ideas, or score the best deals, regardless of how you choose to spend your “me” time.
 - 5. Be confident:** While experiencing change can be intimidating or overwhelming, trust in your child (and yourself!) and believe they are strong enough to face any challenges that may arise. Offer them positive encouragement by letting them know you are proud of their accomplishments and have full confidence in all they will achieve in the future.
- Parents and students alike, focus your energy and time on making new memories and maintaining communication with loved ones throughout the school year. And most importantly, remember “you got this!”

The proactive parent’s checklist for back-to-school success

From Brandpoint

A new school year is quickly approaching, and while you probably have supply lists and bus schedules in hand, there are a few other things parents should tackle to get a head start on the back-to-school season. Prepare kids for the best school year yet by handling these important tasks that sometimes are overlooked during the hectic summer.

Routines

Before the school year starts, begin building a routine so children

can adjust properly. This means structuring activities so kids know what to expect, including healthy meals at the same time each day and a regular bedtime.

Getting enough sleep is critical to students’ well-being and ability to learn, says Dr. Suresh Kotagal, pediatric sleep expert at Mayo Clinic Children’s Center. He suggests establishing a bedtime routine before school starts to help children fall asleep and get a good night’s rest. He adds that children rest better if they skip caffeine after dinner, get

regular exercise, turn off electronic devices an hour before bedtime, and silence phones so text messages or alerts don’t disrupt sleep.

Vaccinations

Dr. Robert Jacobson, Mayo Clinic Children’s Center pediatrician and vaccine specialist, advises parents to ensure their child has recommended vaccinations and to be aware of changes to those recommendations. He suggests parents contact their family physician or visit the Centers for Disease Control and Prevention’s

online registry to stay informed of the recommended school admission vaccine requirements for their child.

For example, children can now be vaccinated for human papillomavirus (HPV), at age 11, rather than having to wait until they are 16 years of age. What’s more, some vaccines are now more easily administered. Jacobson says, “We’ve combined the measles-mumps-rubella vaccine with the chickenpox vaccine so a single dose will cover all four of those diseases.”

Medical records

If your child is starting a new school or after-school program, you may be required to supply medical records or vaccination forms.

» See SCHOOL | C4



Calendar

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



Courtesy Festevents

Norfolk Waterfront Jazz Festival featuring Dave Koz Summer Horns II, Boney James & more

- August 24-25, 5–11 p.m.
- Town Point Park, Downtown Norfolk Waterfront
- www.festevents.org

Hampton Roads’ longest running outdoor Jazz Festival returns for two nights along the Downtown Norfolk Waterfront. On a warm summer evening, chill to the legendary sounds of top national Smooth Jazz and R & B recording artists. This popular festival features a variety of seating and ticket options including the New Journal and Guide VIP Club, reserved seating, designated tent areas, festival lawn seating, fine foods and beverages, plus a festival marketplace with crafts, retail items, and more.

Virginia War Museum Guns of August Convention

- August 24–26, \$8 Adult/\$7 Senior & Active Duty Military/\$6 Children. Multiple Day Pass \$16 Adult/\$14 Senior/ \$12 Children.
- Virginia War Museum, 9285 Warwick Blvd., Newport News
- (757) 247-8523

The Virginia War Museum with the Old Dominion Military Society, will host its second annual Guns of August war game convention from Friday August 24 thru Sunday August 26, 2018. Activities will include: Miniature War Games, Board games, vendors, a silent auction and door prizes. The theme this year is “The Vietnam War 50th Anniversary,” and will coincide with the opening of the new “Beyond Tet, Vietnam 1968-69” The convention will run Noon-10pm Friday, 9am-10pm Saturday, and 9am-5pm Sunday.



Courtesy thenorva.com

Dave Johnson & The Truth with calebfolks, SØREN, Rick Bozart, Msesippi’s Tornado Bait featuring Unk AI and the Amazingly Mediocre

- August 25, 7:30 p.m. \$10, day of show \$12
- The Norva, 317 Monticello Ave., Norfolk
- (757) 627-4547

Local troubador, Dave Johnson brings his band The Truth to the Norva in Norfolk, for an all local show. See some rising local musicians in one of the nation’s best live music venues.

Northwest - Liberty Kings Dominion Trip

- August 25, 10 a.m.
- NSAHR Northwest - Liberty Center, 237 Relay Rd., Bldg. 237, Chesapeake,
- (757) 421-8250

NSAHR-Northwest MWR Liberty Program is offering transportation to and from the Kings Dominion. Shuttle leaves Mariner Center at 10 a.m. Free to the sixfour to sign up. Must sign up by Wednesday prior to schedule trip. Open to active duty and one guest age 18 and older. Call 757-421-8250 for more information.

Norfolk Botanical Garden - \$5 After 5 p.m.

- Now through Labor Day, \$5 admission after 5 p.m.
- Norfolk Botanical Garden, 6700 Azalea Garden Rd., Norfolk
- (757) 441-5830

Celebrate the garden’s 80th anniversary with \$5 admission after 5 p.m. Wind down after work. Smell the flowers, feel the warm breeze of summer, take a deep breath and just relax.

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, Newport News native serves in U.S. Navy, lives in Europe, supports NATO mission

By MC2 Brian T. Glunt

Navy Office of Community Outreach

A 2013 Woodside High School graduate and Newport News, 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 Donald Cook.

Petty Officer 3rd Class Micah Meadows is a damage controlman 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 damage controlman is responsible for maintaining all firefighting equipment and training the crew on damage control.

Meadows credits success in the Navy with lessons learned growing up in Newport News.

“Growing up in a military family, I’ve always been taught discipline as well as being able to look after myself,” said Meadows.

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 mis-



MC1 Amanda Rae Moreno

sile 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 Medal of Honor recipient and Vietnam prisoner of war, U.S. Marine Corps Col. Donald G. Cook.

“Donald Cook’s crew is second to none in competency, resiliency and enthusiasm,” said Cmdr. Matthew J. Powel, commanding officer of USS Donald Cook. “This team comes in to work every day ready to accomplish the mission in one of the most demanding sea duty schedules the Navy has to offer and I couldn’t be more proud to be their captain.”

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

“Both of my grandfathers served, one was in the Navy. My father served in both the Army and Navy,” said Meadows. “My father, who served in the Army, told me to join the Navy, and my grandfather, who was in the Navy, told me to join the Army. So, I chose the Navy.”

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

Meadows is proud of earning the right to wear the uniform of a United States sailor and serving the greatest country on Earth.

The hard work and professionalism of more than 300 women and men aboard Donald Cook are a testament to the namesake’s dedication and the ship’s motto, “Faith Without Fear.”

Unique experiences build strong fellowship among the crew of more than 300 women and men aboard USS Donald Cook. Their hard work and professionalism are a testament to the namesake’s dedication and the ship’s motto, “Faith Without Fear.” 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, Meadows and other USS Donald Cook sailors know they are a part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

“The Navy has taught me many things, from being a leader to using the correct tools for the job,” said Meadows. “It requires you to learn a great many things to help you make your career successful.”



THE KING’S DAUGHTERS PRESENTS \$700,000 GIFT TO CHKD

From CHKD

On Thursday, July 26, The King’s Daughters, founding organization of Children’s Hospital of The King’s Daughters, presented a \$700,000 donation to CHKD. The King’s Daughters raised the funds through Circle (member) events and larger special events like RunWalk for the Kids, and the annual holiday gala, Moonlight & Mistletoe, as well as their popular collection canisters at retail locations throughout the region.

The King’s Daughters recently pledged \$1 million toward CHKD’s emerging mental health campaign, and \$500,000 of the \$700,000 gift will be used to help expand mental health care in our region. “For 122 years, The King’s Daughters have been at the forefront, first to recognize and meet our

children’s healthcare needs,” says CHKD CEO and President Jim Dahling. “This year’s generous gift will help us meet the growing demand for pediatric mental health in our community. We are incredibly grateful.”

CHKD recently received state approval to build a \$60.7 million mental health facility to help meet the critical shortage of pediatric mental health services in our region. “Meeting the mental health needs of our local children and adolescents is paramount,” says Elly Smith, who served as president of The King’s Daughters during the period the funds were raised. “The King’s Daughters are proud to have made a unanimous decision to pledge \$1 million in support of CHKD’s efforts to expand this program, and even more proud to have already fulfilled half of this pledge.”

THE FUTURE IS FEMALE, AND SO IS THE PAST

Military wives honor female heroes from History through handmade American goods

From Regnery Media

Like all of R.Riveter's handbags, the Corbin backpack was named after a female hero of American military history. Margaret Cochran Corbin was an incredibly strong woman who fought in the American Revolutionary War despite the status of women at the time.

R.Riveter's handbags are more than just canvas and leather coming together into a beautiful, functional accessory. Each part and piece, from the leather support tags to the outer canvas shell, is made in the homes of military spouses across the country. No single handbag is the same, including their latest release the Corbin backpack.

"We couldn't think of a better namesake for the first backpack in our line than Margaret Corbin," said R.Riveter co-founder, Lisa Bradley. "As with all our products, we want the women who carry our bags to feel like they're not only getting a stylish and high-quality accessory, but that they feel inspired and empowered by the stories of the women for whom they are named. Our goal is for the legacy Margaret Corbin left behind to inspire bravery, confidence, and adventure in each and every person who carries the Corbin handbag."

A nurse by trade, Corbin decided to join her husband, John, in fighting alongside the hundreds of men battling the British troops. Though John was enlisted in the First Company of Pennsylvania Artillery and Margaret was not, she had observed her husband shooting cannons. During battle, her husband fell in action and Corbin bravely took his place at the cannon, continuing to fire until she was too seriously injured to continue. Corbin was hit in her jaw, chest, and arm, eventually having to surrender due to her injuries. She became the first woman to receive a military pension, and has a monument dedicated to her at West Point Cemetery.

Founded by military spouses Lisa Bradley and Cameron Cruse, R.Riveter was born out of their desire—and personal need—to create mobile, flexible income for military spouses. In the spirit of Rosie the Riveter, all of R.Riveter's handbags are handmade in America by military spouses all over the country (called "Riveters"), and one out of every three dollars spent at R.Riveter goes directly back into the hands of military families. Each Riveter is responsible for constructing one particular element of a product, and all are sent to the R.Riveter warehouse in North Carolina for assembly.

For more information on the Corbin backpack and all of R.Riveter's products, visit their website at www.rriveter.com.



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TOP 10 FANTASY QUARTERBACKS AND WIDE RECEIVERS FOR 2018

By Jon Tetreault
Couchguysports.com

Quarterbacks

1. Aaron Rodgers

Coming back from his injury last year, I think Rodgers tops the fantasy leaderboard this year. With newly signed Tight End Jimmy Graham, Rodgers will lead the NFL in touchdowns.

2. Deshaun Watson

If anyone is going to give Rodgers a run for his money, it's going to be Deshaun Watson. In his 6 starts he averaged 32.7 fantasy points a game. In most cases a 30 bomb from your QB can win you your week. If he stays healthy this year, Watson will be the second best (or maybe best) fantasy player in all leagues.

3. Russell Wilson

Some people will think Wilson is too high on here, but I think they forget this guy lead the league in passing TD's last year. Wilson also accounted for 86% of the entire Seahawks offensive yards. With a new offensive coordinator, I think this guy puts together another MVP consideration season and can help you win your fantasy league.

4. Tom Brady

Brady should probably be higher, but I just can't do it. He lost Edelman for 3 games, Dion Lewis is on the Titans, and Amendola is in Miami. Do I think the Patriots will have a great season and probably end up in the Su-

per Bowl again? Yes. Do I think Brady will have an outstanding season making him the top fantasy QB this year? No.

5. Drew Brees

Brees has constantly been in the top fantasy QB discussion and he stays there again this year. With his stud young RB in Alvin Kamara, and Mark Ingram coming off a suspension in week 5, defenses worry about the Saints running game — making it easy pickings for the vet Brees.

6. Carson Wentz

Wentz was having a fantastic season last year before his injury. I think he can reproduce it to some degree. However, after their franchise QB tearing his ACL, the Eagles will probably be more hesitant with Wentz. Also, I think he will be hesitant to dive for the endzone again.

7. Cam Newton

Newton will ALWAYS be fantasy relevant. His ability to stick in the redzone is like no other though and that lands him in my top 10.

8. Matthew Stafford

Stafford's fantasy production is no joke. He's always going to get you a solid amount of points week in and week out, and usually you can wait until pretty late in the draft to grab him.

9. Ben Roethlisberger

When you have Le'veon Bell and Antonio Brown to dish the ball to, you're going to have a good fantasy season. Not to mention

good ol' JuJu out there balling. Big Ben can be grabbed later in the draft and makes for a good, not great, fantasy QB each year.

10. Philip Rivers

Rivers is always a decent fantasy option and with a solid run attack and better than average receivers, the vet will find a way to get you at least 15 fantasy points a game.

Wide Receivers

1. Antonio Brown

The unanimous number 1 receiver in fantasy football, and even in general. If you put anybody ahead of this guy, you have to get your brain checked out. What he can do is just absolutely ridiculous.

2. DeAndre Hopkins

Hopkins and Watson had a special connection going on last year before Watson's injury, I think they can pick up where the left off. Also I think Hopkins makes another ridiculous catch this year for catch of the year. Just like last year.

3. Odell Beckham Jr.

Odell looks great coming off of an injury last year. I think in his return you see the same crazy talent we've seen in the past, but even better production. My pick for "Comeback Player of the Year."

4. Julio Jones

Julio would probably be 3 or even 2 if the falcons didn't go out and draft Calvin Ridley. Ridley is going to be the future of Atlanta's receiving core and I think he steals some of Julio's targets.

5. Mike Evans

Even with Jameis Winston suspended 3 games, Mike Evans is an absolute beast of

a receiver. I think he can easily finish top 5 if the Bucs quarterback can keep his head straight.

6. Michael Thomas

Thomas has silently been one of the best receivers in the league and I expect that to continue. With Drew Brees you always have to worry about every potential receiver on the field, giving Thomas the 1 on 1's that we know he can win.

7. Devante Adams

With Jordy out of Green Bay, Adams is the man. Cobb will always be around, and Aaron Rodgers will have Jimmy Graham. However Adams and Rodgers have the chemistry already there and I expect him to get targeted a lot this year.

8. Keenan Allen

Keenan Allen was killing it last year, and I expect that to continue. With a stud RB in Melvin Gordon, the chargers offense is staying on track to be one of the better ones in the league. Also with Hunter Henry sidelined for the year Allen will see more redzone targets.

9. AJ Green

AJ was kinda spotty last year because of various reasons, but his talent is easily top 5 in the league. I simply can't put him lower than 9. If he produces to his maximum potential, he will easily finish top 5 this year.

10. Larry Fitzgerald

Larry Legend! Ol' Reliable! At 34 years old he can ball with the best of them, and this year with a more experienced QB throwing to him I think he finishes just in the top 10 for fantasy receivers.

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CRAZY RICH ASIANS (PG-13)

10:45, 1:30, 4:15, 7:15, 10:10

ALPHA (PG-13)

11:35, 2:05, 4:30, 7:10, 9:35

THE SPY WHO DUMPED ME (R)

5:15, 10:45

MISSION IMPOSSIBLE: FALLOUT (PG-13)

11:30, 2:45, 6:00, 9:15

HOTEL TRANSYLVANIA 3 (PG)

11:00, 1:10, 3:20, 5:30

For Show Times and Purchasing Tickets, visit PhoenixTheatres.com

MILE 22 (R)

11:40, 2:15, 4:50, 7:30, 9:55

CHRISTOPHER ROBIN (PG)

10:30, 1:00, 3:30, 6:30, 9:00

THE EQUALIZER 2 (R)

7:40, 10:25

THE MEG (PG-13)

11:20, 2:00, 4:45, 7:35, 10:20

SLENDER MAN (R)

10:35, 1:05, 3:25, 5:45, 8:05, 10:30

ANT-MAN AND THE WASP(PG-13)

11:45, 2:30, 8:00

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

SCHOOL | Parent's checklist

Continued from C1

Doctor's offices should be able to supply this to you at no charge simply by calling or stopping by and filling out a request, just make sure to allow a week or more for processing.

By reviewing this record you can also verify if your child is up-to-date on vaccinations and wellness visits. "It's very easy to fall behind and a simple phone call to your primary care practitioner will assure you that your children are up-to-date or whether you need to make an appointment," says Jacobson.

Anxiety

Heading back to school is exciting and a little nerve-wracking. For some children, it can fuel anxiety, which par-

ents can help get ahead of by taking proactive measures.

"Some kids are more anxious than others, and transitions like going back to school can be more difficult for them," says Dr. Stephen Whiteside, psychiatrist with the Mayo Clinic Children's Center. "Talking to them and preparing them ahead of time by doing things such as visiting the schools and meeting teachers can be beneficial."

Bullying

One reason a child may have anxiety about heading back to school is he or she experienced bullying previously. Mayo Clinic Children's Center psychologist Dr. Bridget Biggs says bullying

comes in many forms: physical, verbal, emotional, social and online. Biggs says creating a culture of respect in and out of the classroom is key to bullying prevention.

Before school starts, ask your child about their concerns. Learn about what happened and discuss how to respond if it happens again in the new school year (for example, walk away or get help from a trusted adult or peer). Build up your child's self-esteem so they have confidence to handle difficult situations. Finally, reach out to teachers to build a team mentality.

By taking a few proactive steps now, both parents and children can be well prepared for the start of a great new school year. For more tips on back-to-school and pediatric health, visit us at mayoclinic.org.



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VIETNAM WAR EXHIBIT OPENS IN NEWPORT NEWS

From Virginia War Museum

In honor of the 50th anniversary of the Vietnam War, The Virginia War Museum will open a temporary exhibit, “Beyond Tet: The Vietnam War 1968-9,” on Friday, August 24, 2018. The exhibit will honor the men and women who served during those critical years of the Vietnam War.

The Exhibit contains significant artifacts never previously displayed at the museum, including Admiral John S. McCain’s uniform, Special Forces uniforms and equipment as well as items relating to the Army, Navy, Marines, Air Force, Vietnamese and allied contingents.

It will also highlight the stories and experiences of Vietnam Veterans from the Hampton Roads area. The Gallery is being dedicated to LTC Mel Bailey a Vietnam Veteran of the 1st Aviation Brigade as well as one of the museum’s most dedicated volunteers and advocates, who passed away in July 2018 and assisted greatly in the preparation of this exhibit as well as every other renovation during the past decade.

The gallery is open daily and is free with regular museum admission (\$8 adults/\$7 active duty service personnel/\$7 se-



Courtesy Wikipedia



Sanja Bucko
KEN JEONG as Wye Mun in Warner Bros. Pictures’ and SK Global Entertainment’s and Starlight Culture’s contemporary romantic comedy “CRAZY RICH ASIANS,” a Warner Bros. Pictures release.

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.

CRAZY RICH ASIANS (PG-13)

The story follows Rachel Chu (Wu), an American-born Chinese economics professor, who travels to her boyfriend Nick’s (Golding) hometown of Singapore for his best friend’s wedding. Before long, his secret is out: Nick is from a family that is impossibly wealthy, he’s perhaps the most eligible bachelor in Asia, and every single woman in his ultra-rarefied social class is incredibly jealous of Rachel and wants to bring her down.

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 Tinsel Town, 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.

MILE 22 (R)

In a visceral modern thriller from the director of Lone Survivor, Mark Wahlberg stars as James Silva, an operative of the CIA’s most highly-prized and least understood unit. Aided by a top-secret tactical command team, Silva must retrieve and transport an asset who holds life-threatening information to Mile 22 for extraction before the enemy closes in.

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?

ALPHA (PG)

An epic adventure set in the last Ice Age, ALPHA tells a fascinating, visually stunning story that shines a light on the origins of man’s best friend. While on his first hunt with his tribe’s most elite group, a young man is injured and must learn to survive alone in the wilderness. Reluctantly taming a lone wolf abandoned by its pack, the pair learn to rely on each other and become unlikely allies, enduring countless dangers and overwhelming odds in order to find their way home before winter arrives.

base theaters \$3 Movies



Courtesy Walt Disney Pictures

An adult Christopher Robin (Ewin McGregor), 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.

JEB Little Creek, Gator Theater – 462-7534

Friday, August 24

6 p.m. Christopher Robin (PG)
9 p.m. TeenTitans Go: To The Movies (PG)

Saturday, August 25

1 p.m. Teen Titans Go: To The Movies (PG)
4 p.m. Christopher Robin (PG)
7 p.m. Ant-Man and the Wasp (3-D) (PG-13)

Sunday, August 26

1 p.m. Skyscraper (PG-13)
4 p.m. Christopher Robin (PG)
7 p.m. The First Purge (R)

NAS Oceana, Aero Theater – 433-2495

Friday, August 24

6 p.m. Christopher Robin (PG)
9 p.m. The Equalizer 2 (R)

Saturday, August 25

12 p.m. Teen titans Go: To The Movies (PG)
3 p.m. Mama Mia! Here We Go Again (PG-13)
6 p.m. Christopher Robin (PG)
9 p.m. The First Purge (R)

Sunday, August 26

12 p.m. Christopher Robin (PG)
3 p.m. Hotel Transylvania 3: Summer Vacation (PG)
6 p.m. Skyscraper (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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Announcements



THE HAMPTON ROADS
DIVERSITY & INCLUSION CONSORTIUM
2018
2nd EASTERN VIRGINIA REGIONAL
DIVERSITY AND INCLUSION CONFERENCE

Conference Registration is Open! Early Bird \$119
Thursday, November 1, 2018
7:30 a.m. to 4:00 p.m.
Norfolk Waterside Marriott Hotel
Details: www.HRDIC.com



Restoration Behavioral Health Services
Town Hall Meeting August 25 from 1-4pm ME-
VERA E. OBERNDORF CENTRAL LIBRARY
4100 VIRGINIA BEACH BLVD. VIRGINIA BEACH,
VA 23452
SATURDAY, AUGUST 25, 2018 FROM 1-4PM

Estate Sale

ESTATE SALE of the finest 17th-19th Century Italian furniture, paintings & accessories ever to be had in this area. Everything has been moved from storage to 833 W. 21st St. (ANTIQUE DESIGN CENTER in Norfolk). Preview Sale is 5:30-8:30 PM on Thurs., Aug 16, sale runs thru the end of August. Pics & info on estatesales.net

ESTATE SALES MOVING SALES

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

Garage Sale - Virginia Beach
Baylake Pines, VB 4425 Black Beard Rd Thurs-Sat 9-5 ENTIRE HOUSE HOME FURN. DECOR. MILITARY. JEWELRY TOOLS. KIDS. BOOKS. LINENS. VINTAGE FB:BETTERHOMESANDBARGAINSESTATESALE1

Pine Meadows SATURDAY, 9/1, 8:00 A.M. -YARD SALE - 1621 Poincare Bend - clothes (babies, kids & adult), toys, stroller/car seat/car seat bases, baby accessories, etc. fish tank, furniture & household items.

West Neck Hgve Multi-resident Community Sale Held indoors Village Hall 2580 Signature Drive Saturday, August 18th 8:00 to 12:00

Antiques & Collectibles

A Basic
American Antique Buyer
RAY HIGGINS
Buying All Antiques & ESTATES, FURNITURE, ART GLASSWARE, ANTIQUE GUNS
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Wrist Watches
Pocket Watches
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We Come To You With &
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Appraisal Service With 40
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Like New. DELIVERY AVAILABLE 757-447-7347

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(for most U.S. & Foreign Cars.)
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(757) 545-4442
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757-967-8280. www.batteryoutlet.com

New Sony Surround Sound Speaker System.
Onkyo receiver, cable ready, \$400. 757-321-6815.

Wedding Gowns, tuxedos & misc. table,
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USED TRAILER SALE !!!
OVER 100 Avail. For Boats 12'-38'
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1998 Polar Kraft Modified V Hull, side console,
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NO TEXTS.

Boats/Rigs



Boston Whaler 2007 21' Outrage with
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128 hours. \$33,000. 757-777-8635

Boats/Rigs



GLASSTREAM242CCX 2010 24FT 250HP
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COVER AND DUAL AXLE ALUM TRAILER. \$31,500
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Highfield 2016 10'6" Hypalon RIB alumi-
num bottom 15HP Tohatsu. <1full tank of
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1989 Ford F250,351-Windsor. Must sale,Runs,
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Aggressive guard dogs, shots, wormed, 8 wks. old
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Border Collie Pups-Classic black w/white,
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Chocolate Female Lab for sale. Excell. Pedigree.
She is two years old. I have a couple of dogs that I
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434-349-3854. www.smithstreddybeardoodles.com

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German Shepherd Pups-AKC, gorgeous
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papers in hand, \$700. 252-809-3665, call/text.

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Males 8wk asst colors. 1stshots/wm Health \$750
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pitbull puppies for sale. Looking for a good home.
Serious inquiries only.
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(Dam) Garner's and Rasberry's "Diamond", out of
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YORKIE PUPPIES FOR SALE One female one male.
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(757) 202-3586

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500+ VB 7576355222

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363 stroker paired with Volvo doupop (fresh water
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MacGregor 26x 1997 26 great family boat
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6 yds \$205, Mulch \$25/yd; Compost \$30/yd.
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Auctions

AUCTION-Sat., August 25, @ 9:30 AM
DALE OLD WRECKER SERVICES
1340 HEAD OF RIVER RD. CHESAPEAKE, VA
20+ Tow In & Abandoned Autos

8:00 AM Sat., August 25 BARRETT STREET AUCTION CENTER

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lawn mowers, antique walnut, pine, oak and
mahogany furniture, leather love seats with
ottoman, leather recliners, large assortment of
copper & brass, Delft, Wedgwood and Polish
Pottery, Waterford Irish crystal, Roseville art
pottery, Lladro porcelain, Fenton art glass,
bedroom sets, dining sets, sofas, Estate &
Costume Jewelry, side chairs, housewares,
assorted artwork, tools, Eastlake, vintage
advertising, silver coins, Clocks, Estate Rugs,
Refrigerator, Washer, Dryer, Wicker & Iron Porch
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See www.facebook.com/barrettsreetauction.
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Phoenix Auction Gallery, Next Auction
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Experienced crew & licensed captains may apply
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Atlantic Orthopaedic Specialists is
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Chesapeake-Near Norfolk & Campostella Rd.
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smoking outside ok. Income verification-967-0390

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Walk to Ghent-Beautiful home to share. 2 rms.,
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Call Charles 757-810-7452.

Wards Corner- 2 rooms, utills incl. priv.
entrance, bath, use of kit, optional. \$700 mo. +
\$350 deposit. 757-275-5697, from 9 AM-9 PM.

For Rent-Suffolk House
Belmont Park Nice 3Br 2.5Ba house in a
beautiful new neighborhood for rent. \$1700/
month plus deposit. Call 757-582-0042 leave
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house priv's, \$465/Utills Incl. + Sec Dep. 425-1731

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1 hr from Va Bch. 38219 Bells Neck Rd. 23420.
Email: pawallin@fairpoint.net

Waterfront secluded getaway 1 hr fm VB.
38219 Bells Neck 23420 \$2

Fun and Games

Super Crossword

HOPPER IN THE SOOT

- ACROSS

1 Whip material

8 Complain

14 Publisher

Ochs

20 Red-faced

21 Fly a 727, e.g.

22 "Heat" co-star

Robert

23 Start of a riddle

25 One running away to wed

26 Title for Tennyson

27 Roadside stopover

28 Old Glory's land

29 Desktop machines

30 Riddle, part 2

39 Chop into small cubes

40 Fit to be donned

41 Tire-trapping furrows

42 Sharp nudge

45 Tol's "piggies"

47 Glass parts

48 End of many 26-Downs

49 —Pro

50 Riddle, part 3
- 57 — suit (1940s outfit)

59 Football Hall of Famer

Junior

60 Precipitates cold flakes

61 Ram's partner

62 Equine animals

65 Bert's buddy

68 Turned in for the night

70 Riddle, part 4

74 Signaled incorrectly, as an actor

77 Substitute for chocolate

78 Force of rotation

82 System of beliefs

83 Horse noise

86 Virginie, par exemple

88 "Gross!"

89 Riddle, part 5

95 "Dark" quaff

96 Kit —

97 As regards

98 Vague sense

99 Pop

100 Suffix with prank or trick

102 Swiss franc divisions

106 Squishy ball brand
- 108 End of the riddle

114 With 24-Down, drilling structure

115 Lady-Tramp link

116 Sargasso Sea fish

117 Woody Guthrie's son

118 Future revealer

120 Riddle's answer

127 Mosey along

128 With milk, French-style

129 Leading female role

130 Service songbook

131 Artifacts

132 Result of an absent goalie
- DOWN

1 "A Natural Man" singer

Lou

2 Put on — (act)

3 "Void — prohibited"

4 Picked up and gave to

5 — Believer

6 Dawn

7 Old Tokyo
- 8 "Catch my drift?"

9 Broad street

10 Pre-2001 space station

11 Big mouth

12 H, to Homer

13 — gestae

14 "— Fideles" (carol)

15 Put off action

16 Yoko of song and art

17 Cosmetic to enhance the kisser

18 Trimmed to size in advance

19 Equine animals

24 See 114-Across

28 Virtual address

31 Falafel wrap

32 Revered one

33 Essentialities

34 Boat cover

35 Singer India

36 Really denounces

37 "Peer Gynt" playwright

38 Frizzy dos, informally

42 Dixieland or bebop

43 Emollient

44 Oozy lump

46 Like chiffon
- 48 Sam's Club competitor

51 50+ org.

52 — Wars (Rome-Carthage conflicts)

53 Actress Diana

54 Nest sound

55 Have debts

56 Poet Hughes

58 — II (Gillette brand)

63 Summer appliance, for short

64 Charlie of "Spin City"

66 — rut (stuck)

67 Marsh bird

69 "Just doing my best"

71 Hippie-style "Got it"

72 Tiniest bit

73 Channel for hoops fan

74 1/1,000 inch

75 Prefix with lateral

76 Fire safety device

79 College area

80 Coll. near Beverly Hills

81 Managed, with "out"

84 Rat race

85 Tip-offs

87 "For — is the kingdom ..."

90 Kid's racing vehicle

91 Basic street layout

92 Powerful auto engine

93 Wild goat of Eurasia

94 Former Ford auto, in brief

100 Nike symbol

101 Six times five

102 Howard of sportscasts

103 Slice of time

104 Like a utopia

105 Ream's 500 bottle

107 Perfume

109 Writer Cather

110 Bridge writer Culbertson

111 "Argo" actor Alan

112 TV actress

Graff

113 Sacred choral piece

119 Cell dweller

120 Hertz rental

121 Shade

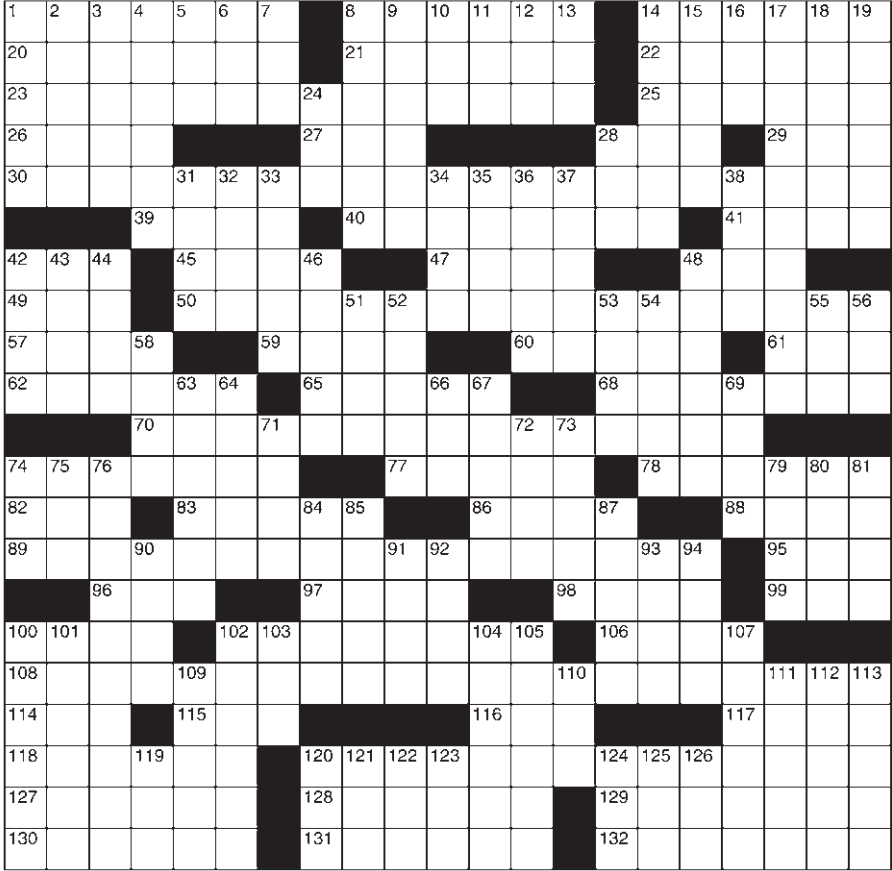
122 Not well

123 — tai

124 Margaret of stand-up

125 Congress mem.

126 Mad feeling



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Sudoku

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

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: X equals D

BDKZ PAV CVXXKZTP MKY W MEKWY

QXKW WAVY W NTAVXRVECY,

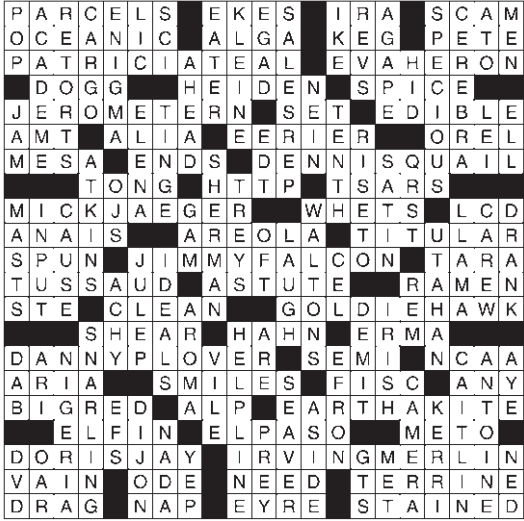
BAVTX PAV NWTT YDWY W

EWQZCYAEJ REWQZCYAEJ?

Last week's CryptoQuip answer

What do some folks call a complete litter of newborn cats? The kitten caboodle.

last week's answers



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

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