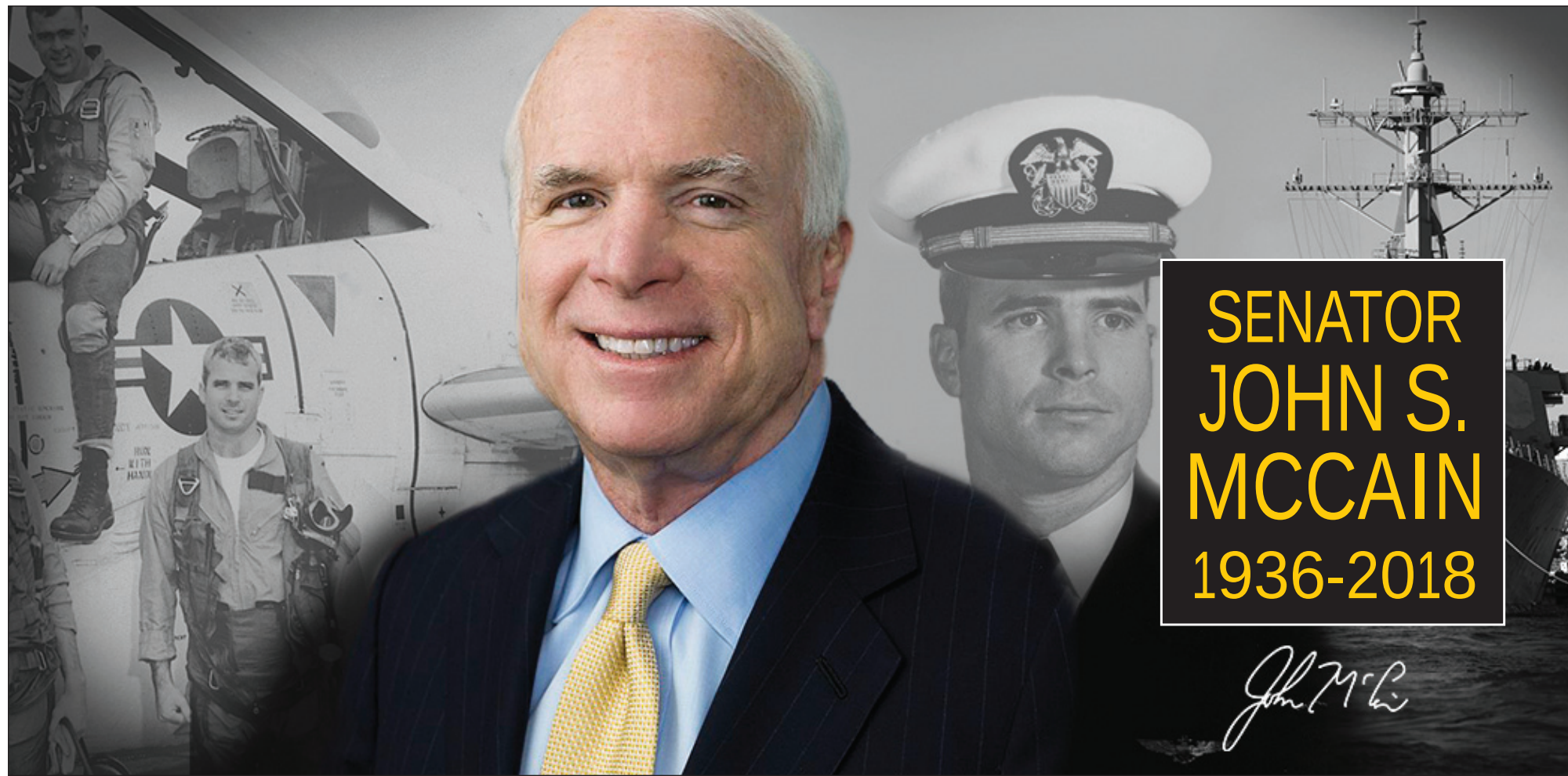




U.S. Navy graphic

## FAREWELL TO A LEGEND AND SHIPMATE: SEN. JOHN S. MCCAIN III PASSES AWAY

From the Office of the Navy Chief of Information

### WASHINGTON

Senator and retired Capt. John S. McCain III, former prisoner of war, passed away Aug. 25, 2018, at the age of 81. McCain had been battling an aggressive type of brain tumor known as a glioblastoma since at least the summer of 2017.

Secretary of the Navy Richard V. Spencer, Chief of Naval Operations Adm. John Richardson and the commanding officer of USS John S. McCain (DDG 56), Cmdr. Micah Murphy, released statements Aug. 25 on the death of Senator and Navy veteran John S. McCain III who died Aug. 25 at age 81.

### Statement by Secretary of the Navy

### Richard V. Spencer:

“Today, the Navy and Marine Corps team lost a friend and one of our own when Senator John McCain passed.

From the Naval Academy to flight school and throughout his time as a prisoner of war in Vietnam, McCain displayed unfailing honor and duty to country. If that was the end of his service, he would still be renowned as a hero, but McCain’s desire to serve didn’t stop when his uniform came off. He continued to serve as a representative and senator from Arizona. Throughout his life, McCain never ceased serving our nation or fighting for what he believed.

My heartfelt condolences go out to the McCain family, their friends and loved ones. Everyone on the Navy and Marine Corps

team shares this loss with all who had the fortune of knowing Sen. John McCain.”

### Statement by Chief of Naval Operations Adm. John Richardson:

“The nation has lost a great patriot and warrior. Whenever we were in a tough spot, we knew Sen. McCain would be on our side with his characteristic toughness and integrity. The U.S. Navy mourns the loss of a true shipmate. Our prayers go with him and to his family, that they find consolation. May Sen. John McCain, who never flinched from a worthy fight, rest in a well-deserved peace.”

### Statement by USS John S. McCain (DDG 56) commanding officer Cmdr. Micah Murphy:

“On behalf of the crew of USS John S. McCain, I offer our support and prayers to

the McCain family, our gratitude to the senator for his years of service to our nation, and a heartfelt traditional Navy sendoff: ‘Fair winds and following seas.’ It is an honor to have our mighty warship carry on your name and continue your legacy.”

DDG-56’s name honors three generations of dedicated service to the Navy and nation. Sen. McCain’s father, Adm. John S. McCain, Jr. served as U.S. Pacific Command commander. Sen. McCain’s grandfather, Adm. John S. McCain was a distinguished World War II carrier task force commander.

Sen. McCain continued this proud legacy as a naval aviator during the Vietnam War. As a prisoner of war, he endured more than

» See **FAREWELL** | A7



Chief of Naval Operations Adm. Johnathan Richardson address guests aboard the nuclear aircraft carrier USS George H.W. Bush (CVN 77) as Vice Adm. Andrew “Woody” Lewis assumes command of U.S. 2nd Fleet.

MC2 Stacy M. Atkins Ricks

## Navy establishes U.S. 2nd Fleet, Vice Adm. Lewis assumes command

From U.S. Fleet Forces Public Affairs

### NORFOLK

Chief of Naval Operations Adm. John Richardson presided over a ceremony establishing U.S. 2nd Fleet and naming Vice Adm. Andrew “Woody” Lewis as the commander during a ceremony aboard the nuclear aircraft carrier USS George H.W. Bush (CVN 77), Aug. 24, at Naval Station Norfolk, Virginia.

“Although deeply consequential, the meaning of this establishment can be summarized simply as a dynamic response to a dynamic security environment — a security environ-

ment clearly articulated in the National Defense Strategy,” said Richardson. “We first need to understand this competitive security environment and why it demands every ounce of our tenacity, ingenuity and fighting spirit. Then we can focus on the mission and how best to accomplish it; 2nd Fleet will enhance our capacity to maneuver and fight in the Atlantic, and as a result, help to maintain America’s maritime superiority that will lead to security, influence and prosperity for our nation.”

Lewis assumed command as the first commander of the re-established C2F, after his confirmation by the Senate June 28. U.S. 2nd Fleet will be headquartered in Norfolk. All of Lewis’s operational command tours have been on the East Coast making him

» See **CHANGE** | A7

## NMCP’s combat trauma research group recognized

By Rebecca A. Perron

Naval Medical Center Portsmouth Public Affairs

### PORTSMOUTH, VA.

Naval Medical Center Portsmouth’s (NMCP) Combat Trauma Research Group (CTRG) received the Research Accomplishments/Military – Large Team award during the Military Health System Research Symposium on Aug. 20 in Kissimmee, Florida.

The award recognized the contributions of NMCP’s team of researchers and their impact on improvements and standardization of care for the Tactical Combat Casualty Care’s (TCCC) official guidelines, which are guidelines for the standard of care for prehospital battlefield medicine. Such improvements to battlefield medicine can also impact the guidelines for care given by emergency medical services in communities throughout the country.

“Congratulations on another award and



U.S. Navy photo

well-deserved recognition of your contribution to the care of our wounded warriors,” said Cmdr. John J. Devlin, the program director for NMCP’s Emergency Medicine Residency Program. “Your team is phenomenal and continues to serve as an example of what a group of committed, like-minded professionals can accomplish with hard work. Further, thank you for being a part of what makes Naval Medical Center Portsmouth a site of operational medical excellence.”

The research group is formally part of NMCP’s Emergency Medicine Department and began its research mission within the department more than a dozen years ago. Today, the group is a multidisciplinary team that also includes doctors, residents and

» See **TRAUMA** | A7

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### COMMUNITY OUTREACH TO RAISE AWARENESS DURING NATIONAL SUICIDE PREVENTION WEEK

The Hampton Roads Morning of Hope is an annual walk to prevent suicide and promote good mental health. The walk is Sat., Sept. 8, at Mt. Trashmore Park in Virginia Beach from, 8 a.m. — 12:30 p.m.

» See **A6**



### NAVY NUTRITION

Navy dietitians from around the fleet, received training on Navy nutrition policy, program updates and best practices, Aug. 20-21.

» See **B1**

### THE AMERICAN MUSIC FEST HITS THE BEACH THIS WEEKEND

ZZTop, Ziggy Marley, SOJA, and the Goo Goo Dolls and many others will perform at the Oceanfront this weekend.

» See **C1**

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# Unique training offers teachers a glimpse into military PCS moves, while also building empathy for military families, children

By David Todd

Navy Region Mid-Atlantic Public Affairs

## VIRGINIA BEACH, VA.

More than 250 new Virginia Beach City Public School (VBCPS) secondary teachers (those who teach children between the ages of 11 and 18) and school counselors participated in scenario-based training at Tallwood High School in Virginia Beach, Aug. 22- 23, which afforded them a unique opportunity to learn about and experience firsthand some of the challenges military families face during a permanent change of station (PCS) move.

The training, titled “The PCS Challenge – Building Empathy for Transitioning Students,” engaged the participants by simulated a military PCS move in an effort to help them better understand the lives of military families and helped to generate empathy toward transitioning military-affiliated students. Local Hampton Roads installation school liaison officers (SLOs) provided intrinsic value and credibility to the training by ensuring the information presented was both timely and relevant with regard to military policies, culture and trends. Throughout the scenarios, the SLOs donned the hats of detailers, Fleet and Family representatives, and various school staff members to test the mettle of the participants. They also provided feedback and expertise in their respective areas to assist the participants when questions or issues came up.

Each participant was given a family assignment and an initial duty station to start. Some were given the role of the service member, others played the role of a spouse, a child, or multiple children if applicable. Of the family units that had multiple children, a least one of those children had special needs and were enrolled in the Exceptional Family Member Program (EFMP), which is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services to families with special needs.

The training scenarios included military acronyms and jargon, emotional stages of the PCS cycle, a duty station wish list or “dream sheet,” receiving orders for the service member and/or connecting with the Fleet & Family Support Center for the spouse, doing a pack out and deciding what items could be taken with the family to the new duty station based on rate/rank and the weight of household goods allotted, choosing specific housing to meet the needs of the family, and deregistering and registering a child/children in a new school. Like a real PCS move, each choice made along the way by the participants caused a potential impact on the service member, the family unit as a whole, and ultimately the child(ren).

One of the biggest obstacles military families face during a PCS move is not having enough time to pre-prepare, especially when faced with the various items required by the school districts for student enrollment. The training scenarios amplified the stress levels by giving the participants a very short period of time to make major family life decisions.

“Because this training was interactive and simulated, each participant actually became a member of a military family,” explained Debbie Patch, the Regional School Liaison Officer who assisted VBCPS with the training. “Each participant was given characteristics with their new military family role and each participant played their role accordingly. The groups made ‘family’ decisions based on their unique situation. It is my hope that this training provided the participants with an experience that will give them a greater awareness of the unique challenges military students face as a result of their parent’s service to our country. I believe that once someone has experienced this training, there can be no doubt that all military children ‘serve too.’”

Although many of the participants did not have a background of working with military families, some were military spouses new to the area and were able to offer some hands-on experience to help their peers.

“Their life experiences make it real for the people in their group,” said Karen Phillips, the SLO for Joint Expeditionary Base Little Creek who was one of four SLOs in attendance to assist VBCPS and the teachers during the training. “They are not just hearing from us [SLOs], they are hearing it from people with experience who are sitting right there at the table with them.”

The training was originally developed by Army SLOs that work for Fort Belvoir in Fairfax County, Virginia. The collaborative team of SLOs and VBCPS personnel were fortunate to see the training delivered to Northern Virginia school personnel last year and were eager to bring the PCS Challenge to Virginia Beach Schools.

“The ‘PCS Challenge’ was a collaboration that began between Virginia Beach City Public Schools, the Navy Region Mid-Atlantic School Liaison Officer, and the VBCPS SLOs,” said Natalie Meiggs, the Co-ordinator of Military Support Programs for Virginia Beach City Public Schools. “An area of support for transitioning military students was identified through a needs assessment that was conducted from a Department of Defense Education Activity [DoDEA] grant called ‘Project GRIT.’”

The basic session of the PCS Challenge took approximately 80 hours to develop and the content in each session is tailored to meet the audience. The sessions range from one to two hours depending on the complexity of the scenarios and the number and type of participants in attendance. Overall, more than 300 hours have been devoted to developing and crafting the program.

Meiggs explained that approximately 25 percent of the school division’s student population is comprised of active duty, military-dependent youth, and noted that VBCPS is committed to providing support, re-sources and enrichment programs to enhance the educational experiences of those children and their families.

“Our military-connected students transition about every three years,” she explained “So they could possibly attend six to nine schools in their K-12

educational career.”

“The goal of the PCS Challenge training for teachers is to help them understand more about military life and build empathy about the moving process,” said Phillips. “After participating in this interactive session, teachers will better understand the challenges military families face when having to PCS and be inspired to assist in making the transition smoother for their students.”

VBCPS has further demonstrated their commitment to military families by collaborating with SLOs on various other projects, including “Art of Being a Military Child,” military volunteer opportunities and Navy birthday school outreach, the Joint Expeditionary Base Little Creek-Fort Story oyster restoration project, and the 5th Grade STEM LAB Learning Day field trip at NAS Oceana, among others.

Meiggs said she always looks for new ways to improve the training and values the feedback she receives during each session, but emphasizes that military families should contact their respective SLOs prior to PCSing to help navigate the nuances of school districts and ease the school enrollment process.

“I want to continuously learn from the participants each time the PCS Challenge is completed,” she said. “I am always learning how the training can be improved to increase understanding of the military culture and how I can improve my own practice of supporting our military families. The PCS Challenge is adapted to meet the needs of the audience each time it is delivered.”

Patch said the training is also beneficial for SLOs, who work directly with military families and schools across the Hampton Roads area during the school year, as well as during summer and winter breaks.

“The SLOs work daily with families who face real educational challenges as they move from state to state, and city to city,” she said. “Each state and city have different educational policies and procedures that must be navigated by military families. SLOs have been able to ensure that this training emphasizes to educators that military families’ frame of reference is the previous school’s policies and experiences. Enabling local teachers to understand this mindset helps them to better understand military families and how to support them.”

In addition to the recent training, VBCPS and SLOs have offered similar training to military family life counselors; as well as coordinators, directors, administrators, school counselors, teachers and leadership teams throughout VBCPS since its inception. Similar training is scheduled to be offered to Chesapeake Public School’s elementary school counselors this September, with secondary school counselors training scheduled later in the year.

For more information about the Navy Region Mid-Atlantic School Liaison Program, visit [www.navymwrmlant.com/child-youth](http://www.navymwrmlant.com/child-youth).

## To contact Hampton Roads SLOs in your child’s school district, call:

**Virginia Beach School District:**  
John Hammer (NAS Oceana SLO) – (757) 433-2496  
Karen Phillips (JEB Little Creek SLO) – (757) 462-4483  
Vernell Kilpatrick (JEB Fort Story SLO) – (757) 422-7166

**Norfolk & Hampton School Districts:**  
Christina Escalante (NS Norfolk SLO) – (757) 445-0350

**Chesapeake School Districts:**  
Tiffany Johnson (NSA Hampton Roads SLO) – (757) 921-5876

**Portsmouth, Chesapeake and Suffolk School Districts:**  
Terrilyn Williams (NNSY) – (757) 396-7947

**Newport News, Yorktown and Williamsburg School Districts:**  
Katrina Patterson (NWS Yorktown SLO) – (757) 887-7311



Photos by David Todd

A participant does a cheer after successfully enrolling her child during a scenario exercise as part of “The PCS Challenge – Building Empathy for Transitioning Students” training that was offered by the Military Support Program for Virginia Beach Public Schools at Tallwood High School in Virginia Beach, Aug. 23. The training engaged the participants by simulating a military PCS move in an effort to help them better understand the lives of military families and helped to generate empathy toward transitioning military-affiliated students.



Vernell Kilpatrick, a School Liaison Officer for Joint Expeditionary Base Fort Story, plays the role of a Fleet & Family Support Center representative for simulated military families during a scenario exercise as part of “The PCS Challenge – Building Empathy for Transitioning Students” training that was offered by the Military Support Program for Virginia Beach Public Schools at Tallwood High School in Virginia Beach, Aug. 23. The training engaged the participants by simulating a military PCS move in an effort to help them better understand the lives of military families and helped to generate empathy toward transitioning military-affiliated students.

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# Norfolk offers back to school immunizations

From City of Norfolk, Norfolk Department of Public Health

NORFOLK

The Norfolk Department of Public Health is offering back to school immunizations for kindergartners and rising sixth graders.

Last year, hundreds of public school students in Norfolk were unable to start school on time because of not having up to date immunizations, many of these being rising sixth-graders needing Tdap (tetanus-diphtheria-pertussis) boosters.

The Norfolk Department of Public Health is encouraging parents to avoid the last minute rush and standing in long lines to get

your child vaccinated. Back to school immunization clinics are offered at two locations on days and times below:

**Norfolk Public Health Clinic at South-ampton**

830 Southampton Ave., Norfolk, Va. 23510

Mondays, Tuesdays, Wednesdays and Fridays from 1 p.m. – 4 p.m.

**Norfolk Department of Public Health Multi-Service Clinic at Little Creek**

207 East Little Creek Road, Norfolk Va. 23505

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clinic will be held at the Little Creek Clinic on Wednesday, September 5th.

Please bring a valid photo ID, your child’s immunization record and insurance card. The vaccines are free, but if you have insurance, your provider will be billed for the ad-

ministrative fee.

For more information on back to school immunizations, call Norfolk Department of Public Health at 757-683-2889.



U.S. Navy photo

## U.S., Canadian Sailors strengthen bonds

By MCC Shannon Warner

NORFOLK

On Aug. 14, Chief Petty Officers from USS Arlington (LPD 24) and Navy Region Mid-Atlantic engaged with their Canadian counterparts stationed aboard HMCS Toronto (FFH 333) to strengthen bonds and show goodwill between the two countries navies.

The meet and greet took place at Naval Station Norfolk’s Chief Petty Officer Club, The Cutlass. The social event allowed Sailors from the two navies to learn more about their NATO partners, from the way the different navies are structured to the differences in deployability.

“This was a great opportunity to socialize with our Canadian brothers and sisters, it is important to engage with our partner nations when we have the opportunity,” said Navy Region Mid-Atlantic Command Master Chief Justin Gray. “Opportunities like this help us build camaraderie, and strengthen partnerships so that we’re always looking out for one another whether it be at sea or overseas.”

HMCS Toronto was at Naval Station Norfolk conducting deperming evolutions before getting underway Aug. 22. Toronto just finished a mid life upgrade and is conducting sea trials.

**CORRECTION NOTICE:**  
In last week’s Flagship, Capt. Jonathan Kline’s last name was misspelled in a photo caption. The correct caption appears below.



MC2 Joshua Tolbert  
Capt. Jack Freeman, left, welcomes Capt. Jonathan Kline, 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.



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# Community outreach to raise awareness during National Suicide Prevention Week

By Chris Gilchrist

VIRGINIA BEACH, VA.

The Hampton Roads Morning of Hope is an annual walk to prevent suicide and promote good mental health. The walk is Saturday, September 8, at Mt. Trashmore Park in Virginia Beach from, 8 a.m. — 12:30 p.m.

Held during National Suicide Prevention Week the Hampton Roads Morning of Hope strives to bring the national conversation about suicide and mental illness to the area and localize the dialogue about prevention and treatment.

The number one cause of suicide is untreated depression; depression is a treatable disease; and that with help, suicide is a preventable tragedy. A tragedy that, in the last census, took 44,965 lives; is the 10th overall leading cause of death in America; the 3rd leading cause of death of our youth (15 – 24 yrs.) and a tragedy that occurs every 11.7 minutes.

To decrease the number of suicides, we must increase the recognition and treatment of depression.

“My husband Derron Oliver Sr. joined the Navy one month shy of

his 18th birthday. He was always proud to serve his country,” said his wife, Angela Oliver. “May 28, 2013, he completed suicide by way of a self-inflicted gunshot wound to the head. He was 28 years old. I truly believe his death could have been prevented with treatment. Had I known the symptoms of depression, I would have been able to recognize the signs and his silent cries for help. Through the Hampton Roads Morning of Hope walk I have learned those signs, and I can now share my knowledge with others. I appreciate the healing the Walk provides. It allows me the opportunity to remember Derron, and to remind people that suicide can be prevented by having open dialogue about depression thus making it less taboo.”

Rear Admiral Jesse Wilson, commander, Navy Surface Forces, Atlantic (SURFLANT), will speak about the effects of mental illness and suicide on the military community. Other speakers include: Virginia Beach Mayor, Louis Jones, Air Force Lt. Col. Chaplain Brian McCormack, Army Maj. Gen. Paul Benenati, and Deputy Chief of Staff of the Army Train-

ing and Doctrine Command (TRADOC). Tom Schaad news anchor from WAVY-TV 10 will emcee the event.

In addition to guest speakers, 15 counselors will be on site and available to support, answer questions, hand out information, and assist with a depression inventory.

One of the mental health providers who will be present Sept. 8th, Sallie Gilman, a Licensed Clinical Social Worker, has worked for years as a Navy counselor in various clinical settings.

“The Navy has a number of really good resources for their active duty members, spouses and their dependents,” Ms. Gilman explained.

Ms. Gilman has volunteered as a counselor at the Walk for nine years and plans to attend again this year.

“I support the Hampton Roads Morning of Hope because it provides a place for individuals and family members to receive resources and information to help themselves or their loved ones who

may be struggling with depression or have thoughts of suicide. The “Hope Walk” is also a place for people in our Hampton Roads civilian and military communities to come together to share their concern about depression or suicide.” said Gilman

For more information or to register for the Hampton Roads Morning of Hope, go on the website [www.hamptonroadssos-hope.org](http://www.hamptonroadssos-hope.org); Facebook: HamptonRoadsMorningofHope or call Chris Gilchrist at 757-483-5111.



Courtesy photo of Hampton Roads Survivor Of Suicide support group



Photos by MC2 Lauren K. Jennings

# Finding freedom: Veterans find solace with horses

By MC2 Lauren K. Jennings

Defense Media Activity

BUCHANAN, VA.

With each brushstroke, sunbaked dust sifted off Cecilia into the air. Once Lois Fritz finished brushing, she started a sponge bath to give the animal a nice shine. She paused momentarily to kiss the horse on the head.

Fritz loves all horses, but she adores this one more than any other. The animal saved her life.

At the time she took Cecilia in, Fritz had been an alcoholic with no will to live. Forcing herself to go out every day and take care of the horse was the only way Fritz knew how to keep herself sober. The more time they spent together, the stronger Fritz’s sobriety grew, and the more tame Cecilia became.

Fritz, a Navy veteran and the owner of New Freedom Farm, in Buchanan, Virginia, can usually be seen hustling around, keeping the farm running, ensuring everyone and everything, animals included, are taken care of. But, somehow, she always finds time between her chores for the horses.

Horses are her solace. Her way to find a break when she needs one, her way to relax when she’s in distress, her calm during a storm.

She’s always gravitated toward horses as a way to heal her post-traumatic stress disorder (PTSD), and has made it her mission to ensure other veterans find the same healing peace.

Fritz keeps the farm gate open all day each day for her fellow veterans. With her open invitation, vets have a safe place to spend time. They can visit the horses and other veterans to unwind, and can always go to Fritz

without feeling uncomfortable. They can relate to each other.

She has faced many of the struggles other service members do: war, death and suicide. She went into a deep depression. The number of deaths piled up until they ultimately triggered her anxiety and PTSD.

Fritz didn’t have it easy growing up. Her parents were illiterate, her family relied on welfare and many nights there wasn’t any dinner. Joining the Navy was the easy way out. Fritz ran away from the only life she knew, a poor struggling family, an alcoholic father, and her mother’s abusive friend.

Getting attached to an all-Marine security unit did not make life any easier. But it did toughen her up. She had to learn to stand on her own feet as life spiraled further out of control.

Her ex-boyfriend shot and killed himself, and sent a recording of it to her. Then her kid brother died. This one-two punch hit Fritz hard. She turned to alcohol to soothe herself and eventually became clinically depressed. Realizing she needed more than a little help to get her back on track, she began to take an interest in animals.

“I think I knew what PTSD felt like and I knew what that was so I just gravitated toward the horse,” said Fritz.

She had seen how horses could do wonders for a broken heart, and heal you from inside. Realizing she needed help she decided to look for her own horse.

But first she became sober, knowing she wasn’t in any state fit to care for another living creature.

The next year, Fritz adopted Cecilia, a wild mustang, who’d never been touched by a human, and gave her a new home. That first adoption eventually turned into New Free-

dom Farm.

Fritz recently set up a paddock with baby strollers, hula hoops, tarps and tires — obstacles for veterans and other students to face and overcome. Together, a vet and horse could learn to work past certain hiccups in the road. Realizing that they could conquer their fears would be a big achievement for many.

Roger Clites, a retired Navy veteran who watched from the sidelines of the arena as the day went on, had learned these lessons as a child. Growing up on a farm, he spent much of his time with horses. Later, after he joined the military, he missed his favorite animals. Clites remembered how a pet horse had been there for him after he lost a childhood friend when he was young, and how it had healed him from the inside when he was lost. When he lost another close friend as a young adult, he discovered he needed horses again.

Whenever he could, Clites would find a stable near his duty station. Riding and spending time with horses was a refreshing, calming way for him to relax, to break away from the daily stressors and routine life of the military. With the horse, he was free. Without the horse, he didn’t always know how to cope. He sometimes had trouble adjusting to military life and didn’t know why. Part of the reason was that he hadn’t dealt with the deaths of those he lost.

Memories and constant reminders of trauma and multiple deaths from his past would pop up and fester in his mind. Memories of missions like Operation Katrina in New Orleans after Hurricane Katrina just sat and resonated. He couldn’t get rid of images of the devastated city on fire and nonstop gunfire. He used horses to face and process the long-term trauma.

He decided to get medical help. He thought that’s what he had to do, what everyone did when they had a nervous breakdown or couldn’t handle ordinary daily tasks. Military doctors would help for bits at a time, but sit-down sessions never fully cured him.

Clites needed someone or something else to talk to and confide in.

That’s where New Freedom Farm comes in. It’s the first place Clites and his wife, who also suffers from severe PTSD, go whenever they have breakdowns or don’t know what to do.

“It’s someplace we can go anytime if we need it,” he said, “or if we just want to relax.”

Although Clites doesn’t ride anymore, he finds solace around the animals in the pastures and by helping out on the farm.

## Treating PTSD

Animals have long been known to help improve the health of humans. They can have a relaxing effect, facilitate conversation, increase self-esteem, improve social skills, and reduce anxiety.

According to Dede Beasley, an equine therapist at The Ranch rehabilitation center in Tennessee, “There are striking similarities between horses and people.”

A horse can sense emotions and react accordingly. If someone is anxiety-driven, the horse may get skittish. If someone is angry, the horse may become angry. But if approached calmly, the horse will respond in a calm, kind manner.

“As a sophisticated herd animal, horses immediately begin building relationships with people as members of their herd,” Beasley said. “People then get to decide whether they will hold fast to their old ways of interacting or take this unique opportunity to develop a new kind of relationship.”

Horses are large. They sometimes bring unmet needs, fears and past traumas to the fore or engender feelings of inadequacy or lack of control. Simple exercises like halting or leading the horse and grooming can teach a veteran how to approach with respect and awareness.

By working with horses and learning to understand their behavior, veterans can more easily recognize their conscious and unconscious actions and how their behavior impacts others. For example, being controlling or dominating will not work with a horse, nor will being detached or passive. The horse may not comply with your requests.

“These special animals allow people to bring all kinds of issues into the horse’s world, and accept them as they are — imperfections and all,” said Beasley.

“Horses don’t judge,” agreed Fritz. “They heal. The horse taught me how to love and feel. I think that’s what it’s taught other veterans.”





## FAREWELL | *Senator John McCain remembered*

*Continued from A1*

five years of captivity, representing America honorably and selflessly.

After retiring from the Navy, he continued national service in Congress, first as a representative and later as a senator from Arizona. Sen. McCain took an active interest in the destroyer and its crew, including a visit to the ship during a port visit to Cam Ranh International Port in Vietnam on June 2, 2017. The ship had visited ports in Vietnam several times before over the years in honor of the McCain legacy.”

## Farewell to a Legend and Shipmate

By Elizabeth M. Collins

Defense Media Activity

Born in the Panama Canal Zone, Aug. 29, 1936, the son and grandson of men who would become four-star admirals, McCain’s future seemed preordained. He resisted it, “from time to time,” he said in an oral history for the Veterans History Project, “but I was pretty sure that’s what was going to happen.”

He graduated from the U.S. Naval Academy in 1958 – fifth from the bottom of his class – and headed for flight school, according to a Naval History and Heritage Command (NHHC) biography.

“I thought it was the most glamorous and exciting life anyone could choose,” he said of his decision to become a pilot. “And my grandfather had been a Navy aviator.”

As a new pilot, McCain was guilty of self-confessed “daredevil clowning.” He had several misses and near misses, and once knocked out power lines in Spain. A “small international incident” resulted, according to his memoir, “Faith of my Fathers.”

But when war came, he was ready. McCain deployed to Vietnam in 1967 as an A-4 Skyhawk pilot with VA-46. There, in addition to his bombing runs, McCain was witness to one of the Navy’s most devastating fires, which occurred aboard USS Forrestal (CVA 59), July 29, 1967, when a rocket misfired, then hit a fuel tank. This set off a chain of explosions that eventually resulted in the loss of 134 lives.

Then-Lt. Cmdr. McCain’s plane was next to the initial explosion: “In a very short period of time, there was a huge conflagration. ... I shut down the engine on my airplane, felt the shock, saw the fire, jumped out by going down the refueling probe ... and rolled through the fire and went across the other side of the flight deck,” he recalled. “I saw the pilot in the plane next to mine jump out of his airplane, only he didn’t jump as far and when he rolled out, he was on fire. I started toward him and just as I did, the first bomb blew off and knocked me back.”

Reluctant to cut his tour short, McCain volunteered to transfer to USS Oriskany (CV 34), which he said had the highest losses of

any air wing in Vietnam. That October, he “pleaded with the squadron operations officer to put him on the roster for a large Alpha strike scheduled the next day. Four Navy squadrons participated in the raid [on a thermal power plant]. It was McCain’s 23 mission and his first attack on Hanoi,” according to NHHC.

McCain and his fellow pilots took off Oct. 26, 1967, and were picked up by North Vietnamese radar almost immediately. McCain soon had an SA-2 Guideline missile “the size of a telephone pole” on his tail.

As he released his own bomb, the missile “blew the right wing off my Skyhawk dive bomber,” he told U.S. News & World Report in 1973. “It went into an inverted, almost straight-down spin.”

McCain bailed out upside down at a high speed. The force of the ejection broke his right leg, both arms, tore his helmet off and knocked him unconscious. He landed in a lake.

“I hit the water and sank to the bottom,” McCain wrote in his U.S. News account. “I did not feel any pain at the time, and was able to rise to the surface. I took a breath of air and started sinking again. Of course, I was wearing 50 pounds, at least, of equipment and gear. I went down and managed to kick up to the surface once more. I couldn’t understand why I couldn’t use my right leg or my arm. I was in a dazed condition. I went up to the top again and sank back down. This time I couldn’t get back to the surface. I was wearing an inflatable life-preserver-type thing. ... I reached down with my mouth ... and inflated the preserver and finally floated to the top.”

A mob of angry civilians attacked McCain, stripping and beating him. He was quickly interred in H a Lò Prison, better known as the Hanoi Hilton. His captors refused to take him to a hospital unless he divulged military secrets. McCain declined, so his injuries went untreated for days. It wasn’t until the North Vietnamese realized his father was Adm. John S. McCain Jr., soon to be commander of U.S. Forces in the Pacific, that they relented. The hospital was primitive, filthy and prone to flooding, and McCain received only the most rudimentary of care. Doctors spent hours attempting to set his bones without giv-



U.S. Navy photo

Undated photo of John S. McCain III, lower right, during flight training.

ing him painkillers, for example. He eventually underwent a botched operation on his leg as well.

For the next five and a half years, McCain, who frequently suffered from dysentery, would be starved, beaten, tortured and put in solitary confinement where he spent two of his five and a half years in captivity.

“As far as this business of solitary confinement goes,” he recalled, “the most important thing for survival is communication with someone, even if it’s only a wave or a wink, a tap on the wall, or to have a guy put his thumb up. It makes all the difference.”

“It’s vital to keep your mind occupied, and we all worked on that. Some guys were interested in mathematics, so they worked out complex formulas in their heads. ... Others would build a whole house, from basement on up. I have more of a philosophical bent. I had read a lot of history. I spent days on end going back over those history books in my mind. ... I thought a lot about the meaning of life. It was easy to lapse into fantasies. I used to write books and plays in my mind,” he continued, later adding that humor was essential to survival as well.

His captors, hoping to capitalize on the propaganda value of releasing the son of Adm. McCain, offered him the chance to go home early. His senior ranking officer recommended that he accept the offer because his injuries qualified McCain for early release.

“McCain refused because he worried about the propaganda value that North Vietnam might derive from the release,” said NHHC historian John Sherwood, Ph.D.

His refusal infuriated his jailor, who said, “Now, McCain, it will be very bad for you.”

Finally, brutalized by four days of near constant torture, McCain reached the end of his rope. He signed a confession “about black crimes and other generalities. ... I felt just terrible about it. ... I had learned what we all learned over there: Every man has his breaking point. I had reached mine.”

Horrified by what he had done, McCain was able to find new inner strength and continue resisting.

“When the pressure was on, you seemed to go one way or the other. Either it was easier for them to break you the next time, or it was harder. In other words, if you are going to make it, you get tougher as time goes by. ... You get to hate them so bad that it gives you strength.”

That strength sustained him, and conditions gradually improved as the war dragged

on. He was finally released in 1973 after the U.S. and North Vietnam signed peace agreements.

“To him, it’s as if that time is a chapter of a book that has already been read, the pages turned, and now it is just another lesson imparted by life,” McCain’s son, Lt. John “Jack” McCain IV wrote in “The Sextant,” NHHC’s blog, in 2017. “He does not talk about it unless asked – not out of unwillingness, but rather a lack of fixation. He holds no malice about his captivity or even his torture. ... It was the separation from his country ... which truly brought him to understand the United States, and to love it with a ferocity that I have never experienced elsewhere.”

McCain spent almost five months receiving medical treatment. He then attended the Naval War College, commanded VA-174 and served in the Navy’s Office of Legislative Liaison in the Senate.

According to NHHC, he knew his injuries meant his chances of promotion to admiral were slim. He decided he could better serve his country in politics, and retired from the Navy as a captain in 1981, with numerous awards and decorations. They included the Silver Star, the Bronze Star with “V” device and two gold stars, the Legion of Merit with a “V” and gold star, the Purple Heart with star, a Distinguished Flying Cross, the Prisoner of War Medal and a Navy and Marine Corps Commendation Medal with a “V” and a star.

McCain was first elected to the House of Representatives for the state of Arizona in 1982, and to the Senate in 1986. He won the Republican Party’s nomination for president in 2008, but lost the election to Barack Obama. He remained in the Senate and eventually became the chairman of the Senate Armed Services Committee, a position he held until his death.

McCain, who once described himself as “very fortunate” and the “luckiest person,” is survived by his second wife, Cindy, and seven children, including two naval officers and a Marine.

“Since my father’s diagnosis of glioblastoma, there has been a reflex to speak in terms of legacies,” Jack McCain, wrote. “Legacies are important, remembering is important, but it is not forgetting the human that matters most. No one is born great. Instead, it is the assimilation of all of our experiences, and what we choose to do with those experiences that has the capacity to make us great.”



Sen. John McCain, right, listens to Secretary of the Navy Ray Mabus deliver his opening remarks for the fiscal year 2010 budget request, June 4, 2009.

## TRAUMA | *Research group recognized*

*Continued from A1*

interns who specialize in general surgery, trauma surgery, anesthesia and internal medicine, as well as transitional interns.

During the last year, the CTRG published a significant amount of outcomes from completed research projects that focused on subjects such as hemostatic gauzes, vasopressors (a drug causing the constriction of blood vessels), intraosseous blood transfusions (injecting directly into the marrow of a bone), tension hemopneumothorax decompression devices and junctional tourniquets.

Many of these research projects tested products to determine which is superior in their battlefield use, and make recommendations for updates to the TCCC guidelines.

“We are a group of staff and residents who conducts research that focus on gaps in medical knowledge identified by the Committee on Tactical Combat Casualty Care,” Lt. Cmdr. Micah Gaspary, the medical director of NMCP’s CTRG. “First, we attempt to improve battlefield care delivered by first responders, which in this case is mostly Navy corpsmen, with a secondary focus on resuscitation from trauma. We test products such as hemorrhage control products.”

Examples of research include a study that showed successful transfu-

sion rates using intraosseous access.

“This study should change the method we use to transfuse blood in theater,” Gaspary said. “For a person with major bleeding, it’s often difficult to establish IV access. We showed that we can rapidly transfuse blood using a pressure bag as long as the catheter is properly placed, so that should change the way transfusions are done for those types of patients.”

Another study showed the effect of saltwater exposure on hemostasis dressings and produced results that are important to Navy Medicine. According to Gaspary, the testing showed that one of the products is superior when exposed to saltwater, and at least for Navy commands that are operating in a maritime environment, that should change which product they use.

The junctional tourniquet study was important as well.

“We tested several tourniquets and found that once the patient is moved, we would lose control (of bleeding) more than half the time,” Gaspary said. “One tourniquet is superior to the others in almost all cases (of controlling bleeding) and that should change procurement and use of tourniquets.”

Ultimately, the goal is to save the lives of service members and improve

battlefield care.

“We have made major contributions to the TCCC guidelines and those overall are leading to improvements in battlefield care and standardization as well,” Gaspary said. “Our main effect is affecting those guidelines which are distributed throughout the military, and the civilian world as well in the EMS communities as they look at military research to make decisions.

“I am happy and proud that we were recognized for our efforts with this award,” Gaspary added.

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

*For more news from Naval Medical Center Portsmouth, visit [www.navy.mil/local/NMCP/](http://www.navy.mil/local/NMCP/).*



MC2 Stacy M. Atkins Ricks Vice Adm. Andrew “Woody” Lewis (right) salutes Adm. Chris Grady, commander, U.S. Fleet Forces Command, as he assumes command of U.S. 2nd Fleet.

## CHANGE | *Lewis assumes command*

*Continued from A1*

intimately familiar with operations in the Atlantic. Most recently, he commanded Carrier Strike Group 12 and deployed with USS Theodore Roosevelt (CVN 71) to the U.S. 6th and 5th Fleet areas of operation.

“I am truly honored to lead this fleet. U.S. 2nd Fleet has a storied history, and we will honor that legacy,” said Lewis. “However, we will not simply pick up where we left off. We are going to aggressively and quickly build this command into an organization with operational capability. We will challenge our assumptions, recognize biases, learn and

adapt from failures so as to innovate in order to build a fleet that is ready to fight. Ready to fight – so we don’t have to.”

U.S. 2nd Fleet 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 as well as train and recommend certification of combat ready naval forces for maritime employment and operations around the globe. U.S. 2nd Fleet will fall under operational control of U.S. Fleet Forces Command.



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## Naval Medical Research Center presents study

Led by Dr. Aaron Hall, research physiologist, Undersea Medicine Department, a team of scientists in discussed their work to improve the safety, comfort and survivability of the warfighter.

» See **B4**

SECTION B | FLAGSHIPNEWS.COM | 08.30.18

# NAVY ACCEPTS DELIVERY OF FUTURE USS SIOUX CITY AND USS WICHITA

The 13th littoral combat ship, the future USS Wichita (LCS 13) launches sideways into the Menominee River after being christening by ship sponsor Kate Lehrer. Once commissioned, LCS-13 will be the third naval vessel to honor Kansas's largest city.

U.S. Navy photo courtesy of Lockheed Martin

## From Naval Sea Systems Command Public Affairs

### MARINETTE, WIS.

The U.S. Navy accepted delivery of two Littoral Combat Ships (LCSs), the future USS Sioux City (LCS 11) and USS Wichita (LCS 13), during a ceremony at the Fincantieri Marinette Marine shipyard on August 22.

Sioux City and Wichita, respectively, are the 14th and 15th Littoral Combat Ships (LCSs) to be delivered to the Navy and the sixth and seventh of the Freedom variant to join the fleet. These deliveries mark the official transfer of the ships from the shipbuilder, part of a Lockheed Martin-led team, to the U.S. Navy. It is the final milestone prior to commissioning. Both ships will be commissioned later this year, Sioux City in Annapolis, Maryland, and Wichita in Jacksonville, Florida.

Regarding the LCS deliveries, Captain Mike Taylor, LCS program manager, said, "The future USS Sioux City is a remarkable

ship which will bring tremendous capability to the Fleet. I am excited to join with her crew and celebrate her upcoming commissioning at the home of the U.S. Naval Academy in Annapolis."

"Today also marks a significant milestone in the life of the future USS Wichita, an exceptional ship which will conduct operations around the globe," he said. "I look forward to seeing Wichita join her sister ships this winter."

Capt. Shawn Johnston, commander, LCS Squadron Two, welcomed the ships to the fleet, saying, "The future USS Sioux City is a welcome addition to the East Coast Surface Warfare Division. Both her Blue and Gold crews are ready to put this ship through her paces and prepare the ship to deploy."

"The future USS Wichita is the first East Coast Mine Warfare Division ship," he said. "She will have a chance to test some of the latest and greatest mine warfare systems after she completes her remaining combat systems trials."

Several additional Freedom variant ships

are under construction at Fincantieri Marinette Marine. The future USS Billings (LCS 15) is preparing for trials in spring 2019. The future USS Indianapolis (LCS 17) was christened/launched in April. The future USS St. Louis (LCS 19) is scheduled for christening and launch in the fall. The future USS Minneapolis-Saint Paul (LCS 21) is preparing for launch and christening in spring of 2019, while the future USS Cooperstown (LCS 23)'s keel was laid earlier this month and is undergoing construction in the shipyard's erection bays. The future USS Marinette (LCS 25) started fabrication in February, while the future USS Nantucket (LCS 27) is scheduled to begin fabrication in the fall.

LCS is a modular, reconfigurable ship designed to meet validated fleet requirements for surface warfare, anti-submarine warfare and mine countermeasures missions in the littoral region. An interchangeable mission package is embarked on each LCS and provides the primary mission systems in one of these warfare areas. Using an open architecture design, modular weapons, sensor sys-

tems and a variety of manned and unmanned vehicles to gain, sustain and exploit littoral maritime supremacy, LCS provides U.S. joint force access to critical theaters.

The LCS class consists of the Freedom variant and Independence variant, designed and built by two industry teams. The Freedom variant team is led by Lockheed Martin (for the odd-numbered hulls, e.g., LCS 1). The Independence variant team is led by Austal USA (for LCS 6 and follow-on even-numbered hulls). Twenty-nine LCSs have been awarded to date, with 15 delivered to the Navy, 11 in various stages of construction and three in pre-production states.

Program Executive Office for Unmanned and Small Combatants is responsible for delivering and sustaining littoral mission capabilities to the fleet. Delivering high-quality warfighting assets while balancing affordability and capability is key to supporting the nation's maritime strategy.

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



MC1 Arthurgwain Marquez

The guided-missile cruiser USS Lake Erie (CG 70) participates in a group sail during the Rim of the Pacific (RIMPAC) exercise off the coast of Hawaii, July 26.

## Navy suspends search and rescue operations for missing Lake Erie Sailor

### From U.S. 3rd Fleet Public Affairs

#### SAN DIEGO

U.S. Navy and Coast Guard assets suspended search and rescue operations at sunset, approximately 7:30 p.m. local time, August 22, after an extensive four-day search was unable to locate a Sailor reported missing from USS Lake Erie (CG 70) earlier in the week.

"My thoughts and prayers are with the Sailor's family during this difficult time," said Capt. Christine O'Connell, commanding officer of Lake Erie. "Losing a shipmate is devastating and felt by our entire crew. We will continue to support the family in any way we can."

The Lake Erie initiated man overboard procedures August 19, at approximately 7 a.m. local time after the sailor failed to re-

port for duty and several attempts to locate the Sailor aboard the ship were unsuccessful.

Seven U.S. Navy ships along with multiple Navy and U.S. Coast Guard (USCG) aircraft, including Navy MH-60 helicopters and E-2 Hawkeye, Coast Guard C-27 Spartans and MH-60 Jayhawk, and a U.S. Customs and Border Patrol aircraft flew more than 140 sorties, searching more than 16,550 square nautical miles of open water. Lake Erie served as on-scene commander and USCG District 11 as mission coordinator throughout the operation.

The ship was conducting routine training operations with John C. Stennis Carrier Strike Group (JCS CSG) in the eastern Pacific Ocean.

The incident remains under investigation.



Jacob Sippel

Cmdr. Jennifer Wallinger, a dietitian at Naval Hospital (NH) Jacksonville, recommends healthy food and beverage choices to a patient.

## Navy Physical Readiness Program hosts registered dietitian workshop

### From Chief of Naval Personnel Public Affairs

#### MILLINGTON, TENN.

Navy registered dietitians gathered from around the fleet for a workshop held in Millington, Tenn. to receive training on Navy nutrition policy, program updates and best practices for program improvements, Aug. 20-21.

This is the first time a workshop like this has been held, and it provided the group of twenty-five uniformed and civilian Navy registered dietitians an opportunity to meet

and share information about their efforts throughout the fleet.

"It was a great venue for the civilian dietitians to share their programs including Go for Green, Naval Operational Fuel Fitness System, and Mission Nutrition resources with the BUMED [Navy Bureau of Medicine and Surgery] clinicians," said Jennifer Person-Whippo, the registered dietitian assigned to Naval Supply Systems Command.

» See **DIET** | B7



# THE LAST TIME

By Lisa Smith Molinari

A few days ago, while dropping our youngest child, Lilly, off to start her freshman year of college, I realized that a certain phase of my life as a mother was coming to an end. Over the past 23 years, I have become accustomed to putting the needs of our three children before all else. I nurtured them as babies, guided them through their school years and multiple military moves, and saw each one of them off to college.

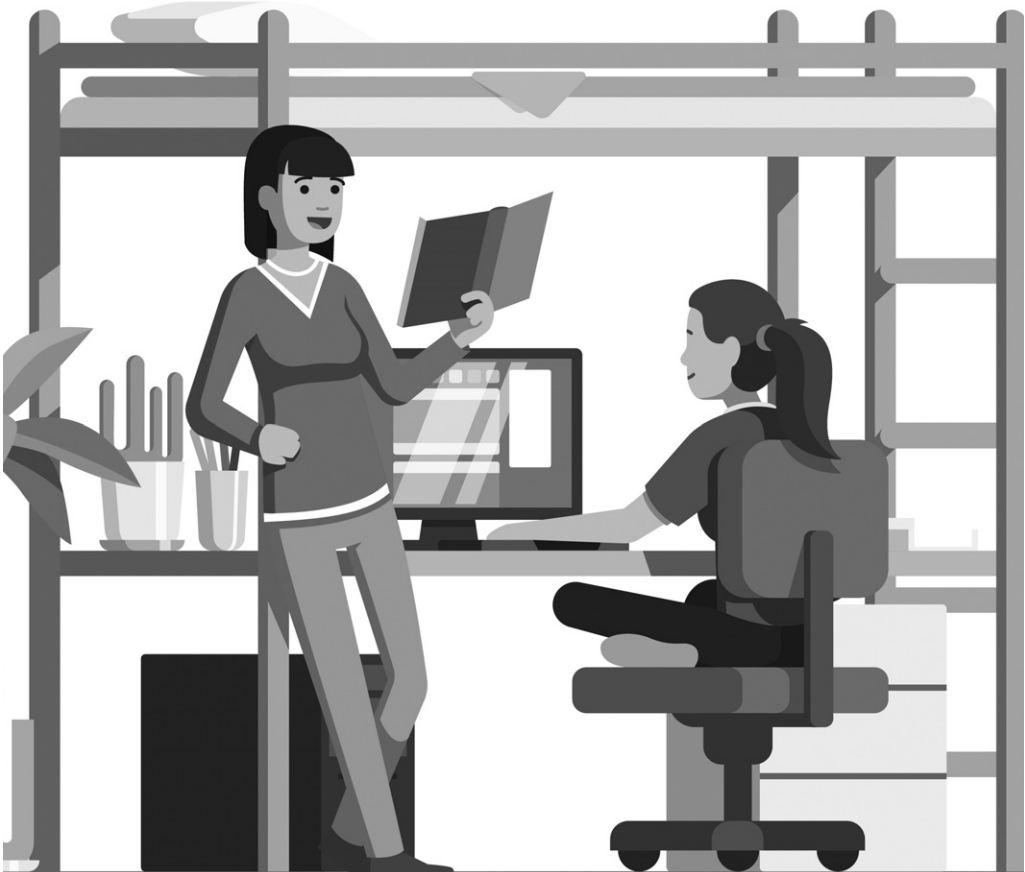
As I helped Lilly hang a poster in her dorm room a few days ago, it occurred to me that this would be the last time. The last time for all the things that have characterized an era of raising children. In an instant, my mind was flooded with an overwhelming rush of melancholy as I comprehended the end of this purpose-driven period of my existence.

*This is it, I thought, the last time...*

The last time I will hang a poster in a freshman dorm room, or fill a shower caddy with soaps and shampoos, or meet my daughter's fresh-faced resident advisor. The last time I will forget to bring a set of tools to put together the shelf unit we bought at Walmart, or drop the bedrail on my foot while lofting our daughter's bed, or watch my husband standing, arms crossed, in the dorm's coed hallway shielding his baby girl from the boys' prying eyes.

The last time I will argue with my daughter over whether or not a smoothie maker is a dorm room necessity, or lecture her about boys' intentions after midnight, or realize that she doesn't understand why she needs to separate the darks from the lights when doing her laundry.

The last time I will attend a first-year parent orientation session, otherwise known as the "Free Pen Grab," or embarrass my daughter by asking the campus tour guide if students are required to wear helmets when riding bikes, or wonder at the gluten-free, halal, allergy-friendly, non-genetically modified choices at



Thinkstock image

the newfangled college dining hall.

The last time I will struggle with the thought of my innocent child being lured into one of many fraternities that line the campus, or deny that she might dance with the brothers to base-heavy hip-hop music blasting from enormous speakers on game day, or cringe at the idea of her lounging on the ratty couch sitting on the fraternity's front porch, or scoff at the notion that she might enthusiastically engage in a game of beer pong on the red-Solo-cup-strewn fraternity house lawn.

The last time I will be duped into using a freshman orientation coupon to get a measly 5% off of a fortune's worth of sweatshirts, refrigerator magnets, fleece vests, car stickers, water bottles, hats, lanyards and mouse-pads at the college book store. The last time I will be surprised when the college staff informs me that, despite the fact that we are expected to pay all the bills for our child's tuition, room, board, books, wifi, parking, health services, printing, laundry, and other undefined fees, we will never have access to her college grades,

health status, or disciplinary history.

The last time I will pray that my daughter won't have to shower in a stall beside a football linebacker brushing his teeth in one of her dorm's gender-neutral bathrooms, or notice all the potential make-out spots along the sylvan campus paths, or witness her lock eyes with cute but full-grown lacrosse players, or sigh with reluctant acceptance at the bowls of complimentary condoms scattered about the dorm common areas, health center, and student union.

The last time I will meet my daughter in the dorm parking lot beside our minivan after freshman orientation to say farewell. The last time I will make her promise to call home every Sunday. The last time she will admit that she's a little scared. The last time I will assure her that the next four years will be some of the best years of her life.

And hopefully, the first time my daughter is the last one to let go when we hug good-bye.  
*www.themeatandpotatoesoflife.com*

# I knew it.

By Amanda-Lee Pitzer

I knew it the second it happened. A switch was flipped and all of the sudden there we stood: we had now entered pre-deployment. With this short little "port visit" home, I wondered how quickly a family could go through the stages of homecoming and pre-deployment. I honestly figured it was going to be an awful mess of anger and frustration from the get-go. I mean, both my husband and I (and even my kids) were not happy about this little visit. Not because we didn't want the time, but we knew D-Day would roll around and greet us again. The kids and I tried to prepare as best as we could for this time, and I could tell my husband did too. Our time together has been, well, normal. To some degree we were packing stuff in, but then some days were spent being lazy or doing menial tasks we had to do. It was perfect.

About a week and a half before he left, we were having a normal evening when I felt him pushing me away. I knew it had to show up sometime, but even expecting it, I was shocked. It happened again the next morning. It wasn't a big argument, but even still I knew the underlying cause. Knowing



U.S. Navy photo

he was about to leave, I was oversensitive and I pushed away also. We both were now in preparation mode. He was readying for his mission at sea, and I was readying for my mission at home. Later, as we talked, I pointed out to him that we had begun to prepare for deployment. Again. I don't think we've ever called a spade a spade before. We just endured knowing it was a part of the "process." But why? Does it HAVE to be a part

of the process? Maybe in the beginning it does because you don't realize you're doing it. But as you continue to go through it over and over and over again, you see it so much more clearly. And maybe then, you can stop it.

It was this moment that also showed me it was time I pointed out to the kids that it was coming. We hadn't talked about it since he had been home, but now that date was in site and I needed to

let them know so they can prepare too. Why had I never considered they might need to prepare in the same way that we do? I wonder if they will go through pre-deployment like adults. Will they push us away? Maybe. But I'm hopeful that pointing it out and talking about it will make it easier and get us all ready to face it again.  
*NavyLife101*

# TRICARE access during an evacuation or natural disaster

From TRICARE

With wildfire and hurricane season underway, have a disaster preparedness plan for you and your family. Access to your TRICARE benefit, prescriptions, and medical resources may change during a disaster. Be informed and learn the best way to keep you and your family safe.

### Prepare for an emergency

Follow these easy steps to make sure your family can access your TRICARE benefit during an emergency.

Sign up for disaster alerts. Find out if emergency TRICARE policies apply to your enrollment area by signing up for email or text alerts.

Keep key medical information accessible.

This includes copies of medical records, your uniformed services ID card, and a list of current illnesses and prescription bottles for all family members. Schedule time to update your information a few times a year.

The Federal Emergency Management Agency Ready campaign has tips to help you create an emergency plan. Your plan should take into account the area where you live. For example, do you live in an area prone to wildfires or hurricanes? And what are each family member's specific needs, including medication? Update your plan every time you move.

### Access care during an emergency

TRICARE will announce any emergency procedures in the disaster alert. This will include the counties affected and the date range

for the procedures. If you live in the counties listed by TRICARE, you may be able to access emergency prescription refills at any TRICARE retail network pharmacy. Call ahead or bring in your empty prescription bottle. To find a network pharmacy, call Express Scripts, Inc. at 1-877-363-1303 or search online for a pharmacy near you.

If you're displaced during a disaster, you may be unable to get care from your regular doctor. TRICARE may also authorize referral waivers during a state of emergency. If seeking non-network care during an emergency, keep your receipts. File any claims with TRICARE as soon as possible.

Know how your family's access to care may change during a weather-related emergency. Receive text alerts about your health benefit and get real-time weather updates. Follow these tips to get the care you need, no matter what the forecast.



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# Wasp ARG conducts PASSEX with JMSDF

From Commander, Amphibious Squadron 11 Public Affairs

PHILIPPINE SEA

Ships assigned to the Wasp Amphibious Ready Group (ARG), with attached 31st Marine Expeditionary Unit, partnered with Japan Maritime Self Defense Force (JMSDF) amphibious transport dock ship JS Osumi (LST 4001) to conduct a passing exercise (PASSEX), Aug. 26.

During a PASSEX, multiple ships sail in formation to practice communications and maneuvering procedures. Participating in this PASSEX with the Osumi was amphibious assault ship USS Wasp (LHD 1), amphibious transport dock ship USS Green Bay (LPD 20), dock landing ship USS Ashland (LSD 48) and Arleigh Burke class guided missile destroyer USS Shoup (DDG 86). The exercise allowed the ships to improve each crews’ knowledge and strengthen a wide variety of seamanship skills.

Rear Adm. Brad Cooper, commander Amphibious Force, U.S. 7th Fleet, said this PASSEX served as another building block in the continued positive relationship between the Wasp ESG and JMSDF.

“We proved earlier this year the success of operating side-by-side with the Kaij Jieitai [Japanese Maritime Self Defense Force] and continue that success with the Osumi,” said Cooper referencing Wasp ESG combined navigational



Photos by MC3 Taylor King

The amphibious assault ship USS Wasp (LHD 1) and dock landing ship USS Ashland (LSD 48), both a part of the Wasp Amphibious Ready Group (ARG), sail alongside the Japan Maritime Self Defense Force (JMSDF) amphibious transport dock ship JS Osumi (LST 4001) during a Passing Exercise (PASSEX) in the Philippine Sea Aug. 26, 2018. PASSEX enabled the Wasp ARG and the JMSDF a chance to practice communications and maneuvering procedures. The Wasp ARG is currently operating in the region to enhance interoperability with partners and serve as a ready-response force for any type of contingency.

maneuvers with amphibious transport dock JS Shimokita (LST 4002) in April.

“Today, we continue to strengthen our relationship and work together as one team with the goal of enhancing our combined amphibious capabilities,” Cooper said.

For the Sailors aboard participating ships, it was also their chance to improve their skills with their Japanese counterparts sailing alongside.

“Being in this part of the world it’s imperative to train with our allies in order to be as efficient as possible and become better overall. We are setting the standard and everyone is seeing what we do out here and how we do it right,” said Operations Specialist 2nd Class Austin Reid, from Springfield,

Mo, who supported the PASSEX aboard the Ashland.

“Communication is key when operating in close quarters. It was a pleasure maneuvering and navigating within a few hundred yards of JMSDF Osumi,” said L.t. j. g. Davis Chandler, USS Green Bay’s officer of the deck during the PASSEX.

The Wasp ARG is currently operating in the region to enhance interoperability with partners and serve as a ready-response force for any type of contingency.

For more news from Commander, Amphibious Squadron 11, visit [www.navy.mil/local/cpr11/](http://www.navy.mil/local/cpr11/).

## 24/7 contact center for Sailors launches in one month

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

A group of military, civilian and contract employees met Aug. 20 and 21 to nail down final details for the Sept. 24 roll out of the 24/7 MyNavy Career Center (MNCC) con-

tact center.

The group covered roles and responsibilities, service levels, reporting, continuity of operations in emergent situations and the anticipated operational demands once the center is fully operational.

“We are on a great vector in establishing this contact center, which is a critical com-

ponent of our personnel system modernization effort,” Rear Adm. Jeffrey Hughes, commander, Navy Personnel Command. “We have laid the keel, and the connectivity and team are in place. We are now focused on bringing this center to life through implementation of our concept of operations to deliver superior customer service to our teammates in the Fleet.”

This contact center is designed to support a multi-tiered customer service delivery model focused on the Sailor experience. Tier Zero is the service member’s self-service through MyNavy Portal ([my.navy.mil](http://my.navy.mil)). Tier One is communication with one of our contact cen-

ter agents by phone, email or chat. Finally, if a Sailor’s inquiry or transaction request cannot be handled by a customer service agent, they will be escalated to Tier Two, provided a service ticket number, and a subject matter expert will reach out to them.

The MNCC contact center will begin providing round-the-clock support beginning Sept. 24. For more on the MyNavy Career Center, go to <https://go.usa.gov/xUJCC>

For more news from Navy Personnel Command, visit [www.navy.mil/local/npci/](http://www.navy.mil/local/npci/).

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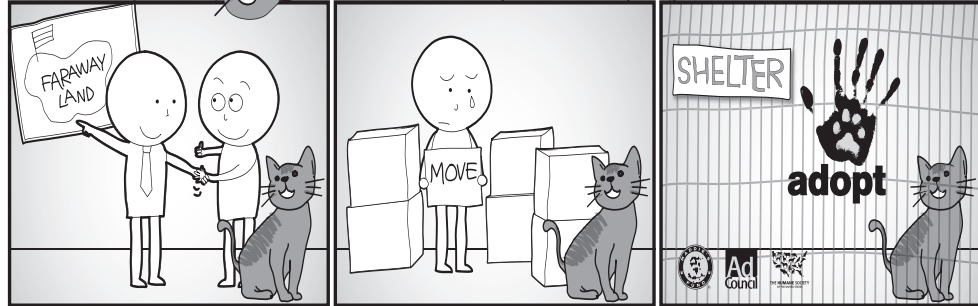
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## it's not s fault

by TheShelterPetProject.org





# NMRC researchers seek ways to improve the safety, comfort and survivability of the warfighter



**From Naval Medical Research Center Public Affairs**

**KISSIMMEE, FLA.**

Researchers from Naval Medical Research Center (NMRC) presented their work: Enhancing Human Performance & Survivability in Extreme Environments during a breakout session at the Military Health System Research Symposium Aug. 21.

Led by Dr. Aaron Hall, research physiologist, Undersea Medicine Department, a team of scientists in discussed their work to improve the safety, comfort and survivability of the warfighter.

According to Hall, the goal of the discussion was to bring a diverse group of people together working on various, varied disparate extreme environment challenges and dealing with very different kinds of physiology and put them all in one room, then have them all show how there are a lot of common overlapping things to develop new col-

laborations and new ways to look at things.

“We interact by interacting with our human partners. They are right next to the warfighter and so we get information fed into us about their requirements, and their needs,” Hall said. “We are challenged with operators working up in space, high altitude, and diving — from special ops to shallow water, with different breathing mixtures, or very deep diving, and so the idea is each one of these scenarios has particular physiological risks associated with operating and surviving in those environments.”

Lt. Geoffrey Ciarlone, research physiologist, spoke about developing a program with the undersea medicine department to mitigate hypoxia or high altitude dependent decreases in cardio vascular performance of muscular-skeletal strength.

Lt. Cmdr. William Cronin, guest researcher and undersea medical officer, explained ways to improve

pulmonary function outcomes in research models after hyperbaric oxygen exposure.

Lt. Rainey Johnson, undersea medical officer ,ended the discussion with an in depth explanation comparing different treatment tables for the treatment of research models with neurologic decompression sickness by using different treatment gasses.

“Something that makes us different from other labs is how we focus on operational scenarios,” said Cmdr. Hugh Dainer, department head, Undersea Medicine. “We try our best to help people survive in difficult situations or perform in other extreme environments.”

They were also joined by Cmdr. Josh Swift, research physiologist, collaborating with partner agencies to maximize altitude projects and Dr. Brian Williams, a post-doctoral fellow and the team’s most junior team member. He recently received a grant to study how to look at ways to delay or abolish seizures

that occur following extended oxygen exposure at depth and appreciates the valuable experience he’s gained since joining the lab.

“I’ve had the opportunity to work with scientists and physicians on everything from critical care to metabolic pathways. I’ve been shown a wide variety of research, hyperbaric and hypobaric,” he said. “The lab is doing a lot of great work to answer operational relevant questions in an expedient manner.”

MHSRS is the Department of Defense’s (DoD) premier scientific meeting; a unique collaborative opportunity for military medical care providers, DoD scientists, academia and industry to exchange information on research advancements and health care developments in the areas of combat casualty care, military operational medicine, clinical and rehabilitative medicine and military infectious disease research program.

NMRC’s eight laboratories are

engaged in a broad spectrum of activity from basic science in the laboratory to field studies at sites in austere and remote areas of the world to operational environments. In support of the Navy, Marine Corps, and joint U.S. warfighters, researchers study infectious diseases; biological warfare detection and defense; combat casualty care; environmental health concerns; aerospace and undersea medicine; medical modeling, simulation and operational mission support; and epidemiology and behavioral sciences.

NMRC and the laboratories deliver high-value, high-impact research products to support and protect today’s deployed warfighters. At the same time researchers are focused on the readiness and well-being of future forces.

*For more news from Naval Medical Research Center, visit [www.navy.mil/local/nmrc/](http://www.navy.mil/local/nmrc/).*



U.S. Navy photo

The U.S. Naval Test Pilot School conducts a preflight check ahead of its first flight testing the airframe, avionics and mission system to verify the aircraft and its subsystems are safe for flight operations at the United States Naval Test Pilot School in Patuxent River, Md. on August 21.

## NAVAL TEST PILOT SCHOOL’S NEWEST FLYING CLASSROOM TAKES FIRST FLIGHT

**From Naval Air Warfare Center Aircraft Division Public Affairs**

**PATUXENT RIVER, MD.**

The U.S. Naval Test Pilot School (USNTPS) conducted its first flight of Airborne Systems Training and Research Support (ASTARS) III, Tuesday, August 21.

The first flight objective validated the aircraft’s Naval subsystems ahead of its addition to the USNTPS’ class 155 syllabus which began last month. Class 155 will be the first class leveraging ASTARS III for all systems flight test events.

ASTARS III, the third generation of flying classroom supporting the USNTPS curriculum, is a custom tailored C-26A Metroliner equipped with military equipment and subsystems. A custom tailored simulation lab was also built in conjunction with the aircraft to have matching crew stations. ASTARS allows students to familiarize themselves with the aircraft and its systems in a simulation lab before flying airborne for the first time increasing the efficiency of flight time spent with instructors in the air. USNTPS’ original ASTARS is a divested P-3; ASTARS II is a modified Saab 340.

“ASTARS III is a game changing capability that further advances the modernized syllabus offered at the U.S. Naval Test Pilot School,” said Cdr. Glenn Rioux, command-

ing officer of the USNTPS. “The USNTPS is excited for this milestone as it adds greater capability to our historically competitive curriculum.” Each year the USNTPS graduates more test flight professionals than all national and international flight test academies combined.

In Fall 2015, the U.S. Government gave the C-26A to the USNTPS after it retired from conducting counter narcotics missions along the Mexican border. The aircraft arrived with minimal documentation and maintenance records requiring extensive work in order to meet Federal Aviation Administration standards. It also required unique modifications to meet the school’s flying classroom requirements for future curriculum.

The aircraft’s upgrade was a combined effort between a number of organizations: USNTPS, Naval Air Warfare Center Aircraft

Division’s (NAWCAD) AIRWorks, Naval Air Systems Command’s Tactical Airlift, Adversary and Support Aircraft program office, and M7 Aerospace, a subsidiary of Elbit Systems of America. During the transformation,

each group was represented at the hangar on a daily basis by pilots, engineers, artisans, supply chain specialists, program managers, test representatives, and other crew members who worked side-by-side at the modification site in San Antonio, Texas. The project structure reduced programmatic cycle times while maintaining the aircraft’s configuration control.

“The amount of proactive collaboration on this project is unprecedented,” said Jerry Swift, director of AIRWorks, the systems integration office that cultivates the command’s organic capability to develop

“ASTARS III is a game changing capability that further advances the modernized syllabus offered at the U.S. Naval Test Pilot School.”

Cdr. Glenn Rioux,  
commanding officer of the USNTPS



# FLEET FORCES COMMANDER SEES WARFARE CENTER'S LATEST ADVANCES

By Troy Clarke

Naval Surface Warfare Center Corona Public Affairs

**NORCO, CALIF.**

Adm. Christopher Grady, commander, U.S. Fleet Forces Command, spent a full day at Naval Surface Warfare Center (NSWC), Corona Division Aug. 21 to get a first-hand look into the command's leading role in independent assessment, data analytics, measurement science and fleet live, virtual, constructive (LVC) training.

The visit marked Grady's first time to the warfare center since taking the helm of Fleet Forces Command in May and comes on the heels of multiple recent flag officer visits that have showcased how the warfare center, focusing on data analytics, is helping the Navy revolutionize readiness to increase lethality – an imperative to operate in the new global strategic environment.

"To be lethal, we must be ready.... Readiness is our business," Grady wrote in his Message to the Fleet in May. And that's at the center of Corona's mission.

"Corona was high on my list during the start-up of my tour as Fleet Forces command-

er," Grady said. "As I'm aligning lines of effort for Fleet Forces Command, I'm asking how do we revolutionize readiness, how do we deliver more lethality. Everything that you do here contributes to that. The work you do is here is really important."

Grady said data touches everyone in the Navy in some way – either a producer, user, analyzer, communicator or decision maker – and is key to optimizing readiness.

"Data is the lifeblood of a digital Navy," Grady said. "Our data is a corporate asset and has immense value in predictive and prescriptive analytics."

The Navy established the Material Readiness Database (MRDB) at Corona in 1988 as the authoritative data source for readiness metrics, providing near real-time readiness assessment to fleet commanders. With exponential growth in the last decade, the Navy has added more ship and submarine systems to MRDB each year, nearing some 500 systems today. As the aggregator and keeper of Navy readiness data, Corona helps add transparency and clarity to the Navy's metrics so the fleet can get the most lethality from every readiness dollar.



Troy Clarke

Adm. Christopher Grady, U.S. Fleet Forces Commander, asks a question during a visit at Naval Surface Warfare Center, Corona Division (NSWC Corona). Grady's visit was a priority, since taking command in May, to see first-hand NSWC Corona's leading role in independent assessment, data analytics, measurement science and fleet live, virtual, constructive (LVC) training.

As indicated by MRDB's growth, the warfare center's senior civilian says the significant demand for data comes from the faster and better decisions data analytics enables.

"Corona's been in the data business since the 1950s and the repository of readiness data for more than 30 years," said Dianne Costlow, SES, NSWC Corona technical director. "We know what data is coming in now, what's anticipated on the horizon and we're building the talent and infrastructure plans to support the Navy of the future."

The admiral said a digital Navy combines our physical strength with digital agility to quicken our pace, improve mission outcomes, accelerate learning, reduce costs, and improve the productivity and satisfaction of our people.

"It's time to accelerate our momentum and move the Navy forward on this digital journey," Grady said.

Grady saw examples of how the warfare center's multifaceted mission is helping speed decisions to increase readiness and lethality for the Navy, either with performance and readiness assessment, metrology and calibration, range systems engineering capability or with strategic initiatives to meet future demand on the horizon.

The Fleet Forces commander also got an early look at emerging projects from Corona's Naval Innovative Science and Engineering projects, such as approaches to cataloguing and integrating the Navy's vast data repositories, lattice-based encryption for quantum computing of the future, as well as new capa-

bility with automated missile telemetry analysis that reduces processing time from about an hour to less than a minute.

Corona's metrology engineers demonstrated how their patented calibration management system can be leveraged to add additional insights to Navy leaders using data analytics for predictive effects.

One of the key areas the admiral focused on was Corona's support for the LVC training network for Fleet Forces as part of the Navy Continuous Training Environment. Fleet Forces tasked Corona in 2017 as program manager for LVC, leveraging Corona's decades of expertise in range systems engineering for the Navy and Marine Corps.

The warfare center's top officer said his team is well-positioned to support Grady's mission to man, train and equip the fleet.

"We are one team working across the Navy and Marine Corps," said Capt. Rick Braunbeck, NSWC Corona's commanding officer. "We are evolving our capabilities with data analytics and assessment to accelerate warfighting decisions to dominate the threat we face – so our Navy is ready and lethal when we need to be. Adm. Grady has voiced what the fleet needs and we're working expeditiously to deliver it."

NSWC Corona, a field activity of Naval Sea Systems (NAVSEA) Command, is headquartered in Norco, California, and has a workforce of more than 3,300 scientists, engineers, contractors and support staff and annual business of more than \$450 million each year.



MC3 Jasen Moreno-Garcia

Richard Schumacher, Measurement Science and Engineering Department head, shows a Standard Missile MK-29 vertical launch system canister fit-check tool to Adm. Christopher Grady, commander of U.S. Fleet Forces, during a tour of the Measurement Science and Technology Laboratory (MSTL) while visiting Naval Surface Warfare Center, Corona Division (NSWC Corona).



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# 17th SEACAT Exercise kicks-off with 9 nations

**From CTF73 Public Affairs**

**SINGAPORE**

The 17th annual Southeast Asia Cooperation and Training (SEACAT) exercise commenced Aug. 27 with nine partner nations in Singapore.

The exercise focuses on increasing maritime domain awareness through collaborative and coordinated sharing of information toward ensuring a common understanding of what is going on in the maritime environment and how best to operate as an effective unified maritime force.

SEACAT brings Sailors and Coast Guardsmen from Bangladesh, Brunei, Indonesia, Malaysia, Philippines, Singapore, U.S., Thailand and Vietnam together in a series of tailored seminars including a comprehensive visit, board, search and seizure (VBSS) workshop in Manila, Philippines led by the U.S. Coast Guard. The sea phase will include fifteen boarding operations by multiple nations across three vessels designed to provide training opportunities in real-world at-sea environments.

“SEACAT demonstrates the combined commitment of navies, coast guards, law enforcement and other interagency organizations from the U.S. and ASEAN to work side-by-side in ensuring a transparent and inclusive information-sharing architecture where all partner nations, large and small, con-



Chief Maritime Enforcement Specialist Daniel Brooks, currently assigned to U.S. Coast Guard Tactical Law Enforcement Team Pacific, uses Chief Maritime Enforcement Specialist Gregorie Texier, currently assigned to Maritime Security Response Team West, to demonstrate proper technique when gaining positive control of a subject during a Visit, Board, Search, and Seizure seminar as part of Southeast Asia Cooperation and Training (SEACAT) 2018 aboard Philippine Coast Guard Headquarters in Manila, Philippines.

tribute to maritime domain awareness," said Rear Adm. Joey Tynch, Commander Task Force 73.

This year will incorporate increasingly complex maritime interdiction scenarios to emphasize ‘real world, real time’ practice. Scenarios will involve sharing information from all available sources including Singapore’s Information Fusion Center (IFC) and Maritime Operations Centers (MOC) in Brunei, Philippines and Thailand. Based on the situation, ships and aircrafts from participating navies and coast guards including the U.S. Navy’s P-8A Poseidon maritime patrol aircraft will investigate and conduct at-sea boardings as necessary.

Participants will also utilize the Combined Enterprise Regional Information Exchange System (CENTRIXS) to communicate and share information through secure channels. A global multinational information sharing initiative, CENTRIXS enables partner nations to communicate in real-time during complex exercises such as SEACAT.

“We all need to share the same maritime picture so that we can identify and enforce the same maritime laws, rules-based order requires maritime domain awareness,” said Tynch.

SEACAT, which began in 2002 under the name “Southeast Asia Cooperation Against Terrorism,” was renamed in 2012 to expand the scope of training among regional navies and coast guards.

For more news from Commander, Task Force 73, visit [www.navy.mil/local/ctf73/](http://www.navy.mil/local/ctf73/).



Photos by MC1 Micah Blechner



Participants of Southeast Asia Cooperation and Training (SEACAT) 2018 conduct an opening ceremony aboard Philippine Coast Guard Headquarters in Manila, Philippines. This is the 17th annual SEACAT exercise and includes participants from the U.S., Philippines, Singapore, Vietnam, Malaysia, and Indonesia.

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A smiling man in a U.S. Army uniform, a young girl, and a woman posing together against a blue background with green wavy lines. The man is wearing a camouflage uniform with a U.S. Army patch and an American flag patch. The girl is wearing a grey shirt and jeans. The woman is wearing a light blue shirt. The background features a blue gradient with green wavy lines at the top and bottom.

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A smiling man in a U.S. Army uniform, a young girl, and a woman posing together against a blue background. The man is wearing a camouflage uniform with a U.S. Army patch and an American flag patch. The girl is wearing a grey shirt and jeans. The woman is wearing a light blue shirt.

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# New division officers graduate from SWOS

By Ens. Samuel Hardgrove

SAN DIEGO

A crowd of more than 150 friends, family and shipmates gathered to celebrate the graduation of 121 Surface Warfare Officers School (SWOS) Basic Division Officer Course (BDOC) students, Aug. 24.

BDOC is a nine-week course designed by SWOS to provide foundational classroom training in division officer fundamentals for prospective surface warfare officers.

The recently commissioned ensigns, from the U.S. Naval Academy, Naval Reserve Officers Training Corps and Officer Candidate School, accepted their certificates of completion amidst cheers, air horn blasts and even a guest dressed in an alligator costume during the ceremony attended by distinguished visitors and officers from their assigned ships.

“Thank you for supporting BDOC by being here,” said BDOC Officer-in-Charge Lt. Cmdr. Eric Madonia. “Your attendance is heartwarming and a sweet reflection of support, that you would come out and embrace these ensigns as they took their first steps towards their warships. “To the students, please understand that your professionalism in the fleet is the chief part of our success. Go make us proud.”

During BDOC, students learn the fundamentals of naval engineering, seamanship and shiphandling, navigation, maritime warfare, damage control and division officer fundamentals from experienced instructors, including SWOS Commanding Officer Capt. Scott Robertson and Commander, Naval Surface and Mine Warfighting Development Center, Rear Adm. David Welch.

USS Makin Island (LHD 8) Commanding Officer Capt. Dave Oden served as guest of honor.

“One day, you’ll head out to the vast ocean, past the sea buoy, and into harm’s way, trained and ready to go — ready to execute whatever mission the nation or the world requires,” said Oden. “The Navy trusts junior officers to do so many amazing things: drive a million-dollar warship, lead 20 junior-enlisted Sailors, just days after graduating BDOC and deploy to far-off locations, acting as ambassadors to the United States in countries around the world. The Navy will ask many things of you at a junior level because we believe and know that you can handle it. We trust that your preparation and teamwork will lead us to success.”

Beyond class instruction, BDOC students receive hands-on training in the Conning Officer Virtual Environment (COVE) simulator, at the gun range, in damage control trainers and aboard ships home-



Lt. Cmdr. Eric Madonia, Surface Warfare Officers School (SWOS) San Diego Basic Division Officer Course (BDOC) officer in charge addresses 121 graduating BDOC students and their guests during a ceremony Aug. 24 onboard Naval Station San Diego. BDOC is a nine-week course designed by SWOS to provide foundational classroom training in division officer fundamentals for prospective surface warfare officers.

Lt. Christine Amposta

ported in San Diego.

COVE is virtual-reality technology providing an immersive experience for students to practice the concepts of navigation and shiphandling.

Ensign Adam Osborn was recognized as the Shiphandler of the Class after competing with his peers in COVE. Osborn has orders to report to USS John C. Stennis (CVN 74).

“COVE does a great job of preparing Sailors to take the conn of their respective ships by allowing them to experience the handling of their platform in multiple different scenarios,” said Osborn. “My favorite part of COVE was trial-and-error without the stress of taking a less than perfect path. We were able to repeat situations and ana-

lyze how one track may have been better than the other.”

Ensign Tim Bowers was named the honor graduate for maintaining the highest GPA. He has orders to report to USS Mobile Bay (CG 53) and was presented with a set of binoculars by the San Diego chapter of the Surface Navy Association in recognition of his academic success.

BDOC graduates will report to ships stationed around the world or attend follow-on schools to further develop skills necessary to lead in the surface warfare community and begin the journey towards becoming qualified surface warfare officers.

Headquartered in Newport, Rhode Island, and overseeing nine learning sites worldwide, SWOS

readies seabound Sailors to serve on surface combatants as officers, enlisted engineers, and enlisted navigation professionals to fulfill the Navy’s mission to maintain global maritime superiority.

For more information about BDOC in San Diego, visit [www.netc.navy.mil/centers/swos/sandiego](http://www.netc.navy.mil/centers/swos/sandiego) or <https://www.facebook.com/BDOCWest/>.

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

# Navy Week in the Derby City crosses the finish line

By MC2 Jonathan Jiang

Navy Public Affairs Support Element-Detachment Northwest

LOUISVILLE, KY.

Visiting Sailors bid farewell to Louisville, Kentucky, as Navy Week came to a close, Sunday, Aug. 26.

Throughout the week, Louisville residents and local organizations had an opportunity for personal interaction with U.S. Navy personnel and a close-up view of equipment.

“We highlighted the Navy’s incredible capabilities, its technological innovation, and, most of all, its impressive people,” said Vice Adm. Raquel Bono, director of the Defense Health Agency (DHA), “Being able to spend a week sharing information about the Navy, DHA and Military Health System to business, government and community leaders, and Kentuckians in general, has been a treat.”

Sailors from multiple commands around the country including Explosive Ordnance Disposal Group (EODGRU) 2, aircraft carrier USS Nimitz (CVN 68), the “Black Lions” of Strike Fighter Squadron (VFA) 213 and the state’s namesake, the Ohio-class ballistic-missile submarine USS Kentucky (SSBN 737) participated in Louisville Navy

Week. They spent their time in Louisville connecting with youth groups and joining in community relations projects with local non-profit organizations.

“Our events with the Boys and Girls Club, Habitat for Humanity, and Norton’s Children’s Hospital were all amazing events,” said Cmdr. Kenneth Roman, USS Kentucky’s Blue crew commanding officer. “The children at these events asked amazing questions and we loved to listen to their stories. We learned a lot about the community while sharing our experiences in the Navy.”

Culinary Specialist 3rd Class Taylor Kuklinski, assigned to USS Nimitz (CVN 68), is a Kentucky native who returned home to take part in her first Navy Week.

“It was different to be here representing the Navy, since this is my home,” said Kuklinski. “It has been rewarding to interact with people as a uniformed member of the Navy.”

This outreach mission allows U.S. towns without a Navy presence learn what the Navy is all about.

“Like most of the middle of the country, Louisville is not a Navy town,” said Bono.

The local community in Louisville was receptive to the interactive opportunities this



MC2 Jonathan Jiang

Musician 3rd Class Amanda Thompson, assigned to the Fleet Forces Band, salutes after singing the national anthem at a Louisville Bats minor league baseball game during Fleet Week in Louisville, Ky. The Navy Office of Community Outreach uses the Navy Week program to bring Navy Sailors, equipment and displays to approximately 14 American cities each year for a week-long schedule of outreach engagements designed for Americans to experience firsthand how the U.S. Navy is the Navy the nation needs.

Navy Week provided. Bono added that there are no large Navy installations nearby, and there is not a large civilian workforce with a direct connection to the military. Yet, Louisville embraced us with warmth and affection.

The Navy Office of Community Outreach uses the Navy Week program to bring Navy

Sailors, equipment and displays to approximately 15 American cities each year for a week-long schedule of outreach engagements designed for Americans to experience firsthand how the U.S. Navy is the Navy the nation needs.

For more information on Navy Weeks, visit [www.outreach.navy.mil/NavyWeeks/](http://www.outreach.navy.mil/NavyWeeks/)

# DIET | Dieticians attend workshop on Navy nutrition policy, program updates and best practices

Continued from B1

Topics of discussion included the Navy Nutrition Program’s past, current and future initiatives, as well as instruction updates. It also provided an opportunity for attendees to share their best practices and to examine trends.

“For the past year, myself and many of the Navy dietitians have been looking at how to grow our profession and prove our worth to the Fleet,” said Lt. Lorna Brown, a registered dietitian assigned to US Naval Hospital Sigonella. “This symposium allowed the majority of the active duty dietitians to come together, to forge a plan to capture the data from the fleet’s requests in response to the release of NAVADMIN 160/18, announcing the Navy Registered Dietitian Support to Operational Forces. As dietitians, we are a key component to readiness and ready to serve our shipmates.”

The Navy Nutrition Program, which is part of the Navy Physical Readiness Program, is working to align with the Secretary of the Navy’s direction to increase Sailor

awareness of nutrition and transform Navy’s culture of focus on disease treatment to one of health promotion and disease prevention and control. Navy registered dietitians play a vital role supporting Sailors by providing nutrition education and access to resources on performance nutrition, healthy eating habits, hydration, and safe dietary supplement use.

The Navy Physical Readiness Program is a branch of the 21st Century Sailor Office, which integrates the Navy’s objectives for equal opportunity, Sailor personal and family readiness, physical readiness, alcohol and substance abuse prevention, suicide prevention, sexual harassment prevention, sexual assault prevention and response (SAPR), hazing prevention and transition assistance.

To learn more about nutrition education resources available to you, visit [www.nutrition.navy.mil](http://www.nutrition.navy.mil)

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



U.S. Navy photo

U.S. Naval Hospital (USNH) Yokosuka Combined Food Operations Department Head, Lt.j.g. Naomi M. Harless and USNH Yokosuka Dietitian, Lt.j.g. Mari Moffitt, prepare a sample salad during a nutrition seminar conducted for Japanese staff members of Commander, Navy Region Japan (CNRJ) Fire and Emergency Services, Yokosuka.





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American Red Cross and News3 team up for the 15th annual Labor of Love Blood Drives

Eligible donors are encouraged to donate blood this Labor Day weekend to help boost the summer blood supply. Find out where you can donate!

» See C2

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Photos courtesy Beach Street USA

**From Beach Street USA**

The sounds of rock, jazz, country, R&B, and more flood the Virginia Beach oceanfront for three sun-filled days over Labor Day Weekend at the Chartway Federal Credit Union American Music. The largest outdoor music event on the East Coast, the American Music Festival brings together national, regional, and local acts to play on a giant stage on the beach at 5th Street, as well as stages in all the parks along the boardwalk. With just about every music genre, there’s “something for everyone.” The 5th Street stage is the ticketed concert venue for the festival, and is also the location of the VIP area. Sponsors and vendors are located on both the boardwalk and the beach from 5th-7th Streets. The other three main concert venues (17th Street Park, 24th Street Park, and 31st Street Park) feature national acts but are free to the public. All include sponsors and vendors located in the park and/or boardwalk. Additional small boardwalk “side stages” are located at 13th, 22nd, and 27th Streets, and feature local artists.

This year will feature four major headline bands on the oceanfront 5th Street Main Stage Aug. 31, Sept. 1 and 2. ZZ Top, Goo Goo Dolls, Ziggy Marley and SOJA will celebrate the event’s Silver Anniversary with the return of two of the most popular AMF bands ever. ZZ Top performed on the 5th Street Stage in 2011, and Goo Goo Dolls headlined in 2003.

**Here’s a quick breakdown of the 5th Street Main Stage shows:**

**Friday, Aug. 31:** Ziggy Marley is the heir to his father Bob Marley’s iconic position as the foremost proponent of reggae music. An eight-time Grammy Award winner, Marley released

his seventh solo album “Rebellion Rises” in May. The record entered the Billboard Reggae charts at No. 1. The entire album is a message to the best side of humanity. It’s a rallying cry and encouragement for everyone to stand up and try to make a better world.

As the oldest son of Bob and Rita Marley, Ziggy continues his musical love of his family. A multi-faceted artist, he has made an international name for himself as a heralded live performer, singer, songwriter, producer and collaborator.

Ziggy Marley is well-known and loved in the region, performing in 2002, 2004, 2006, 2007, 2012 and 2013.

SOJA (Soldiers of Jah Army) is based in Arlington, VA. The two-time Grammy-nominated eight-piece band enjoys more than seven million online followers and more than 300 million YouTube views. The band has released eight albums since 2000, each rising higher on the national charts. “Strength to Survive” in 2012 topped the Billboard Reggae Album Chart.

Tickets for the Friday show are \$20 advance, \$25 day of show. Preferred Viewing tickets are \$50 and \$60 day-of-show if still available.

The show begins at 6:30 p.m. and gates open at 5 p.m.

**Saturday, Sept. 1:** Goo Goo Dolls return to AMF, having been a 5th Street Main Stage headliner in 2003. GGDs hit “Iris” was ranked No. 1 on Billboard’s “Top 100 Pop Songs 1992–2012” chart (which also featured GGDs hits “Slide” at No. 9, and “Name” at No. 24). The album spent nearly 12 straight months on the Billboard charts and held the No. 1 posi-

tion on the Hot 100 Airplay chart for 18 weeks. Their single “Home” extended the band’s record to 14 consecutive Top 10 hits at the Hot AC radio format, more than any other artist in the history of that format.

Tickets for the show are \$20 advance, \$25 day of show. Preferred Viewing tickets are \$50, and \$60 day-of-show if still available.

The show begins at 6:30 p.m. and gates open at 5 p.m.

**Sunday, Sept. 2:** ZZ Top, “That Little Ol’ Band From Texas,” returns to AMF after a triumphant 2011 5th Street Main Stage headlining performance. The band attracted one of the largest audiences in the history of AMF and continues to be cited as one of the most dynamic, professional and exciting concerts in the 25 years of the annual Festival.

ZZ Top is Billy Gibbons, Dusty Hill and Frank Beard. The trio has stayed together since forming in 1969 in Houston, establishing the record for longest time a rock ‘n’ roll band has continued with all original members.

ZZ Top is among the top-100-selling artists in the U.S. according to the Recording Industry Association of America. They have 11 Gold, seven Platinum and three Multi-Platinum records. ZZ Top has sold more than 50 million albums worldwide.

Ana Popovic and The Josephines open the show.

Tickets for the Sunday show are \$20 advance, \$25 day of show. Preferred Viewing tickets are \$50, and \$60 day-of-show if still available

The show begins at 6:30 p.m. and gates open at 5 p.m.

Full Music Schedule

FRIDAY, AUGUST 31

**5th Street Main Stage**  
Doors open at 6:00pm  
Show starts at 6:30pm  
Ziggy Marley  
SOJA  
Pressure Busspipe  
10:45pm, Fireworks

**17th Street DQ Grill & Chill Park Stage**  
Doors open at 6:30pm  
Show starts at 7:30pm  
Molly Hatchet  
Anthony Rosano & The Conqueroos

**24th Street Park Stage**  
Doors open at 6:30pm  
Show starts at 7:30pm  
Eve 6  
The LifeHacks

**31st Street Park Stage**  
Doors open at 6:30pm  
Show starts at 7:30pm  
Carbon Leaf  
Kendall Street Company

SATURDAY, SEPTEMBER 1

**5th Street Main Stage**  
Doors open at 6:00pm  
Show starts at 6:30pm  
Goo Goo Dolls  
Plain White T’s  
Bennett Wales & The Relief  
10:45pm, Fireworks

**17th Street DQ Grill & Chill Park Stage**  
Doors open at 6:30pm  
Show starts at 7:30pm  
TFC

**24th Street Park Stage**  
Doors open at 6:30pm  
Show starts at 7:30pm  
Party Fins featuring Roger Bartlett

**31st Street Park Stage**  
Doors open at 6:30pm  
Show starts at 7:30pm  
Corey Smith  
Roebuck

SUNDAY, SEPTEMBER 2

**Humana Rock ‘n’ Roll Va Beach Stage**  
10:15am, Steel Pulse

**5th Street Main Stage**  
Doors open at 5:00pm  
Show starts at 6:30pm  
ZZ Top  
Ana Popovic  
The Josephines  
10:45pm, Fireworks

**17th Street DQ Grill & Chill Park Stage**  
Doors open at 6:30pm  
Show starts at 7:30pm  
The Drifters  
The Coasters

**24th Street Park Stage**  
Doors open at 6:30pm  
Show starts at 7:30pm  
Cherry Poppin’ Daddies  
Good Shot Judy

**31st Street Park Stage**  
Doors open at 6:30pm  
Show starts at 7:30pm  
Guava Jam  
BJ Griffin & The Galaxy Groove

Pirates, Privateers and Buccaneers Exhibit at the Hampton History Museum closes September 3

Exhibit explores life on the seven seas

**From Hampton CVB**

The final day to view Pirates, Privateers and Buccaneers the South Carolina State Museum’s traveling exhibit at the Hampton History Museum is Labor Day, Monday, September 3, 2018.

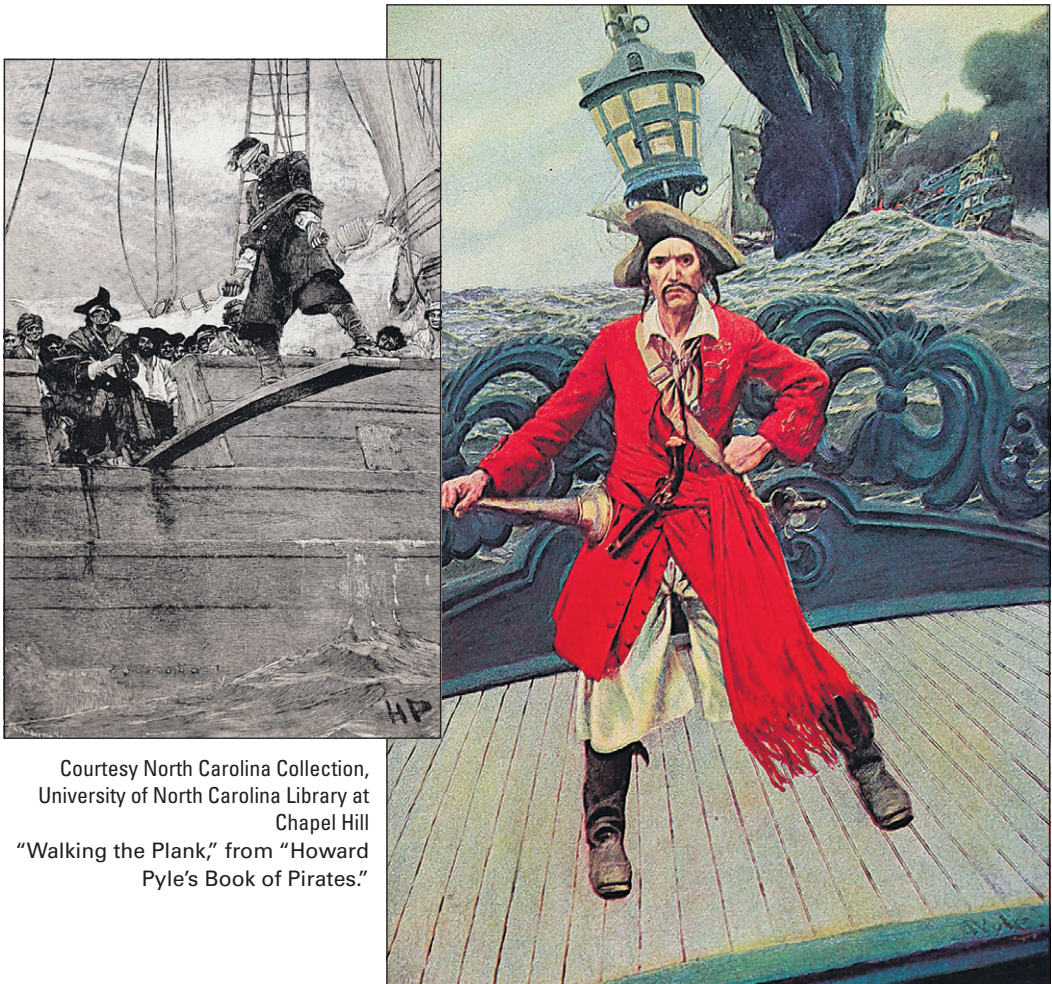
**Pirates, Privateers and Buccaneers**

In commemoration of the 300th anniversary of the death of the notorious Blackbeard, the exhibit Pirates, Privateers and Buccaneers, on loan from the South Carolina State Museum, tells the story of Blackbeard, who blockaded Charleston Harbor in 1718 prior to his death in North Carolina, along with the stories of many other pirates.

The exhibit dispels a number of popular myths about pirates, such as that they made their victims walk the plank, and

used phrases such as ‘arrrgh,’ and ‘mat-ey,’ which are fictions of Hollywood. This exhibit will also address the problem of modern piracy dispelling another popular myth that pirates disappeared a long time ago.

When approached by North Carolina merchants seeking help in breaking up piracy along the Outer Banks, Virginia Governor Alexander Spotswood sent the Royal Navy, under the command of Lieutenant Robert Maynard, to capture Blackbeard. After the pirate was killed in a battle off the coast of North Carolina on November 22, 1718, Lieutenant Maynard had his head removed and hung from the bowsprit of his sloop. Oral tradition holds that on arrival in Virginia, the head was hung from a pole at the mouth of the Hampton River as a warning to others who might be tempted by piracy. The head remained for some time and the site continues to be known as Blackbeard’s Point today.



Courtesy North Carolina Collection, University of North Carolina Library at Chapel Hill  
“Walking the Plank,” from “Howard Pyle’s Book of Pirates.”

Courtesy Hampton History Museum  
Pirate Captain from “Howard Pyle’s Book of Pirates”



# Calendar

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

## SHIPWRECK! Pirates & Treasure

- Now through Sept. 3. Adults \$15.95 Children 4-12 \$11.50, Children under 3 FREE
- Nauticus, 1 Waterside Dr., Norfolk
- [www.nauticus.org](http://www.nauticus.org)

SHIPWRECK! Pirates & Treasure lets visitors experience the thrill of shipwreck exploration while investigating some of the world’s greatest maritime stories. This hands-on exhibit contains more than 500 priceless artifacts recovered from famous shipwrecks, including real gold and silver treasure. SHIPWRECK! is located in the bottom level of the Decker Half Moone Center.

## Virginia Beach Rock & Roll Half Marathon

- Sept. 2. 7 a.m.–12 p.m.
- Virginia Beach Oceanfront, 14th & Pacific Ave.
- [www.runrocknroll.com/virginia-beach](http://www.runrocknroll.com/virginia-beach)

Held each year on Labor Day weekend in conjunction with the American Music Festival, half marathon runners are treated to a 3-day music festival in addition to miles of music on course and a grand finish along the oceanfront Boardwalk. With a half marathon, 5K, and 1 mile option, there is something for everyone.



Courtesy Archaic Images Photography

## Texas Hippie Coalition at the Norva

- Sept. 5. 7:30 p.m. \$19.50, \$23 day of show
- The Norva. 317 Monticello Ave., Norfolk
- [www.thenorva.com](http://www.thenorva.com)

Texas Hippie Coalition are the purveyors of their own patented Red Dirt Metal sound: designing their own line in life and in music. For them, there is no other way. Texas Hippie Coalition are committed to crafting a unique, original and thoroughly raucous brand of music that’s born of both life experience and a respect for rock ‘n’ roll’s forefathers. What exactly is Red Dirt Metal? Take outlaw country, toss in a dash of Southern-fried classic rock and mix it with some potent Texas power grooves and you’ve got a combustible sonic cocktail on your hands.

## Navy Security Hiring Event

- Sept. 7. 10 a.m.–2 p.m.
- TCC Virginia Beach Campus Student Center (1700 College Cres., 3rd Floor Multi-Purpose Conference Room)
- (757) 822-7228

In partnership with Tidewater Community College’s (TCC) Career Services Center , Navy Region Mid-Atlantic (NRMA) is currently hiring for open civilian police officer positions for its Hampton Roads naval installations. Applicants should bring a current resume (narrative format), a valid U.S. issued driver’s license, Social Security card, and a copy of their high school diploma/GED or college transcripts (if applicable, college degree not necessary to apply). Applicants who are given a tentative job offer will be subject to a pre-employment drug screening, background investigation, medical evaluation, and a physical agility test.

Applicants must:

- Be at least 21 years of age
- Have at least 6 months of general work experience
- Be a U.S. citizen
- Have no felony convictions
- Be able to obtain a secret security clearance

Federal police officer salaries for open positions range from \$26,857-\$40,653 with full benefits. Salaries listed may vary based on hired position and potential overtime opportunities.

## The 2018 Navy Ball is approaching!

- Oct. 13. **TICKETS ON SALE NOW**
- E6 & Below: \$50
- O1-O4/CWO/E7-E9: \$70
- O5-O6: \$80
- O7 & Above/SES: \$90
- Retiree/Other DoD/Civilians: \$90
- Virginia Beach Convention Center, 1000 19th St., Virginia Beach
- [www.militarynews.com/navy-ball/](http://www.militarynews.com/navy-ball/) Follow “Register” link to purchase tickets

The Flagship Inc. invites you to attend the 2018 Hampton Roads Navy Ball. Join us on Saturday, Oct. 13, at the Virginia Beach Convention Center for this time honored tradition. Seating is limited and will be sold on a first-come, first-served basis.

# Community

## ■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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

## On a small island with a big mission, Virginia Beach native supports the Navy’s “Silent Service” half a world away in Guam

By MC1 Robert Zahn

Navy Office of Community Outreach

A 2016 Green Run High School graduate and Virginia Beach, Virginia, native is providing a critical maintenance capability to the U.S. Navy’s submarine force in the Pacific as part of a hybrid crew of sailors and civilian mariners working aboard the expeditionary submarine tender, USS Frank Cable.

Petty Officer 3rd Class Isaiah Miskel is an interior communications electrician aboard the Guam-based submarine tender, one of only two such ships in the U.S. Navy. The Frank Cable and its crew provides maintenance and resupply capabilities both in port and at sea.

A Navy interior communications electrician is responsible for directing and coordinating the installation, maintenance and repair of interior communications systems on ships and at shore facilities. These systems include communication systems, indicating and navigation systems, visual landing aids for aircraft, alarm, safety, and warning systems.

“I get to fix and perform maintenance on electricity and learning more about the job, which I enjoy,” Miskel said.

Miskel credits success in the Navy to many of the lessons learned in Virginia Beach.

“My parents taught me to figure things out on my own and if you’re unsure about something just ask,” Miskel said.

Guam is also home to four Los Angeles-class attack submarines, Frank Cable’s primary clients, but the ship can also provide repair and logistic ser-

vices to other Navy ships like cruisers and destroyers. The submarine tenders provide maintenance, temporary berthing services and logistical support to submarines and surface ships in the Pacific Ocean as well as the Persian Gulf, Red Sea, Arabian Sea, and parts of the Indian Ocean.

With a crew of more than 600, Frank Cable is 649 feet long and weighs approximately 23,493 tons.

According to officials at the U.S. Navy’s Pacific Fleet headquarters in Pearl Harbor, Hawaii, the ships, submarines, aircraft and Navy personnel forward-deployed to Guam are part of the world’s largest fleet command and serve in a region critical to U.S. national security. The U.S. Pacific Fleet encompasses 100 million square miles, nearly half the Earth’s surface, from Antarctica to the Arctic Circle and from the West Coast of the United States into the Indian Ocean. All told, there are more than 200 ships and submarines, nearly 1,200 aircraft, and more than 130,000 uniformed and civilian personnel serving in the Pacific.

The integrated crew of sailors and civilian mariners builds a strong fellowship while working alongside each other. The crews are highly motivated, and quickly adapt to changing conditions. It is a busy life of specialized work, watches and drills.

“I get to fix subs for a job, which is cool” said Miskel. “I’m proud of getting them ready and knowing that I did a job well done.”

Though there are many ways for sailors to earn distinction in their com-



MC2 Jackson Brown

mand, community, and career, Miskel is most proud of his volunteer and community service. He is glad that he has the opportunity to be able to help others.

“I volunteered at a local animal hospital taking care of animals,” said Miskel. “I feel good about helping out the community.”

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

“The Navy has provided me a world of opportunities to showcase my patriotism and for doing something worthwhile,” said Miskel. “I’m proud to be a part of that.”

## AMERICAN RED CROSS AND NEWS3 TEAM UP FOR THE 15TH ANNUAL LABOR OF LOVE BLOOD DRIVES

By from The American Red Cross

The American Red Cross and News3 are celebrating the 15th annual News3 Labor of Love Blood Drives on Labor Day weekend to help boost the summer blood supply. The partnership has helped to collect more than 5,000 units of lifesaving blood for hospital patients in critical need. Eligible donors are strongly encouraged to roll up a sleeve and donate blood to ensure an adequate blood supply. All presenting donors will receive a Red Cross aluminum water bottle, while supplies last.

“We are honored to have this partnership with News3,” said Bernadette Jay, external communications manager in the Mid-Atlantic and Appalachian Blood Services Regions. “Together, for over a decade we have helped hospital patients in critical need.”

This blood drive comes as the Red Cross faces an emergency blood shortage and is issuing an urgent call for blood and platelet donors to give now so patients can continue to receive the life-saving treatment they need. Right now, blood products are being distributed to

hospitals faster than donations are coming in. More donations are immediately needed to help replenish the blood supply.

### SCHEDULE AN APPOINTMENT TODAY

**Friday, August 31, 2018**  
**11 a.m. – 4 p.m.**  
**Greenbrier Mall, Chesapeake Square Mall, Patrick Henry Mall, Pembroke Mall**

**Saturday, September 1, 2018**  
**10 a.m. – 4 p.m.**  
**Patrick Henry Mall, Greenbrier Mall, Chesapeake Square Mall**

**Sunday, September 2, 2018**  
**12 p.m. – 5 p.m.**  
**Greenbrier Mall**

**Monday, September 3, 2018**  
**10 a.m. – 3 p.m.**  
**Greenbrier Mall, Chesapeake Square Mall, Patrick Henry Mall, Pembroke Mall**

### How to donate blood

Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org) or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

## VCA Charities’ Annual “Pennies for Pets” Campaign and Tidewater Animal Hospitals donate over \$8,800 to Veterans Moving Forward

*Four local VCA animal hospitals demonstrate that when organizations work together, small change benefits local companion animal welfare organizations*

From VCA Charities

VCA Charities, the nonprofit partner of the nation’s largest animal hospital network, and VCA Animal Hospitals, together have successfully raised over \$565,000 to support regionally selected companion animal welfare organizations in the annual company-wide Pennies for Pets campaign.

From April to June 2018, VCA Airline Boulevard Animal Hospital, VCA Animal Care Center, VCA Todd’s Lane Ani-

mal Hospital, and VCA Boulevard Animal Hospital joined select animal hospitals throughout the state of Virginia to raise donations by encouraging clients to round up their transaction amounts to the nearest dollar or donate online. The local campaign raised over \$8,800 which supports Veterans Moving Forward who are dedicated to providing service dogs and canine therapy services to veterans with physical and/or mental health challenges, at no cost to the veteran.

“We are thankful for the generosity of VCA’s clients across the country who have demonstrated their generosity by rounding up their purchases to the nearest dollar and helping us achieve our ambitious fundraising goal during this year’s successful campaign,” said Ron Tatum, VCA Charities executive director. “Donated small change resulted in raising over half a million dollars that directly benefit community-based animal welfare organizations who are essential to ensuring that all pets in need have a better chance for a happy and healthy life. This donation is part of the \$565,000 raised across the country through our Pennies for Pets campaign.”

“We want to thank all of those clients, donors and staff for helping to make this year’s Pennies for Pets a success here in the Tidewater,” said Carley Freeman, the hospital manager of VCA Airline Boulevard. “These funds are making a meaningful difference in the lives of our nation’s veterans.”



# THE ROCK 'N' ROLL VIRGINIA BEACH HALF MARATHON

From Blue Ridge Outdoor Magazine

For over 20 years, the Rock 'n' Roll Marathon Series has made running fun by infusing each course with live bands, cheer teams and more. In 2018, we are bringing our best to Rock 'n' Roll Virginia Beach Half Marathon with more music, runner support, and community engagement every step of the way. This event was our very half-marathon-only event, helping to position 13.1 miles as a genuine and now hugely popular race distance. Held each year on Labor Day weekend in conjunction with the American Music Festival, half marathon runners are treated to a 3-day music festival in addition to miles of music on course and a grand finish along the oceanfront Boardwalk. With a half marathon, 5K, and 1 mile option, there is something for everyone.

We also invite you to take on our Remix Challenge. Run either the 5K or Mile on the

Sand on Saturday, September 1, plus the half marathon on Sunday and get three medals! You are already training for one day... why not make it two and earn some sweet bling?! If you just can't get enough Rock 'n' Roll running on your weekend, the Remix Challenge is definitely for you.

Music is a core part of our DNA here at the Rock 'n' Roll Marathon Series. As part of our commitment to deliver more music, we are excited to partner with the 25th Annual American Music Festival which allows our registered participants access to the event. Half Marathon runners get access to all 3 days, and 5K runners get access to the big show on Sunday, September 2nd. Come run with us and then ROCK with ZZ Top, Ziggy Marley, Goo Goo Dolls and more!

*Reprinted with permission from  
www.blueridgeoutdoors.com*



## Kings Dominion

NAVAL DISTRICT WASHINGTON PRESENTS  
**KINGS DOMINION PATRIOTS DAY**

**Sunday, September 9, 2018**

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**Offer Expires August 31, 2018**

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**Hurry!**

**Ticket prices goes**

**to \$29**

**on Sept 1st!**

No vehicle will be allowed into Kings Dominion parking area unless one person in the vehicle has one of the following forms of identification:  
Military ID (active, retired or reservists) Common Access Card (civilian, contractor or military).

For more information go to **www.mywfr.com**

PURCHASE TICKETS AT  
**KINGSDOMINION.COM/SAVE**

Username: **KDNDW**

Password: **KDNDW**

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# 5 back-to-school tips for parents with young athletes

From Brandpoint

The transition between summer and going back to school can be tough, especially for families with student athletes who are participating in fall sports. Whether your athletes are in high school or grade school, it’s difficult to balance schoolwork, practice, games, proper nutrition and rest. Mitzi Dulan, registered dietitian and nutrition consultant to professional athletes, has some great tips on how to help your child eat adequate, nutritious foods for their best performance in the classroom and on the field.

“As a working mom with two daughters who play volleyball, I understand the time crunch parents are up against to prepare healthy meals and snacks for their kids,” says Dulan. “Young athletes require optimal nutrition for fueling and recovery around practice and games, in addition to a well-balanced diet as growing adults. A little knowledge and planning ahead makes all the difference during busy weeks.”

Here are five tips from Mitzi for busy parents with young athletes:

**1. Recover right:** Immediately following a practice or competition, help your athlete refuel their muscles to optimize performance the next time they train or compete. Consum-

ing a beverage with carbs and protein within the first 30 minutes is ideal. Chocolate milk has a great ratio of carbs and protein, making it a smart, quick and easy choice to stock up on.

**2. Create a go-to grocery list:** Get your athlete involved by having them help you create a go-to list of top fueling foods that you can save on your smartphone. Bring your child along for the first grocery trip to get their input and create a list of new options to replace old staples. Keeping this list handy on your smartphone will be helpful to keep their favorite foods stocked at home.

**3. Set up fueling stations at home:** Organize “fueling stations” with grab-and-go options such as string cheese, chocolate milk, sports drinks, protein balls, honey and more. You can also throw in whole wheat sandwich thins to make one of my favorites — an open-faced sandwich with peanut butter, banana and honey. Also keep a fruit bowl on your kitchen counter, filled with bananas, apples and other fruits. Fruit is great fuel, and kids are more likely to eat it when it’s readily available.

**4. Equip yourself with the right tools:** Staying connected is essential as a parent.



Brandpoint image

My girls are very involved, which means there are plenty of practices and games to manage, so I rely on my smartphone to maintain it all with calendar and meal planning apps. Thankfully, Walmart Family Mobile offers Truly Unlimited talk, text and data plans at 4G LTE speeds, so I don’t have to worry about running out of data. With Walmart Family Mobile’s new family plans, I can get two Truly Unlimited lines for less than \$75 per month, making it easy and affordable for all of us to stay connected.

**5. Get plenty of rest:** With a hectic schedule, it’s important to recharge. Sleep is an essential step to the recovery process, and kids need time to hit reset after hitting the books and hitting the field. Make sure your athletes are getting enough sleep and have scheduled down time in between games and practices so they can let their bodies recover and build their energy back up.

This school year, focus on integrating habits like these to your routine and you’ll be prepared no matter how busy life gets.

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THE HAPPYTIME MURDERS

12:00, 2:20, 4:40, 7:05, 9:20

CRAZY RICH ASIANS (PG-13)

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

ALPHA (PG-13)

11:35, 2:10, 4:35, 7:10

ANT-MAN AND THE WASP (PG-13)

8:00, 10:45

MISSION IMPOSSIBLE: FALLOUT (PG-13)

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

HOTEL TRANSYLVANIA 3 (PG)

11:05, 1:15, 3:25, 5:35

For Show Times and Purchasing Tickets, visit [PhoenixTheatres.com](#)

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

KIN (PG-13)

11:45, 2:00, 4:30, 7:00, 9:30

MILE 22 (R)

11:40, 2:15, 4:50, 7:45, 10:25

THE INCREDIBLES 2 (PG)

11:15, 2:10

THE EQUALIZER 2 (R)

9:35

THE MEG (PG-13)

11:20, 2:05, 4:45, 7:35, 10:20

SLENDER MAN (R)

5:00, 7:40, 10:00

Sports

CAMMARATA ACQUIRED BY THE NORFOLK ADMIRALS

From The Norfolk Admirals

The Norfolk Admirals, ECHL affiliate of the Arizona Coyotes, have acquired 2018 ECHL All-Star Classic MVP Taylor Cammarata from the South Carolina Stingrays in exchange for the ECHL rights of Grant Besse the team announced on Thursday.

Cammarata, 22, netted 31 points in 49 games during his rookie campaign with the Stingrays. Cammarata had a combined five goals and two assists in the 2018 ECHL All-Star Classic when he was named Most Valuable Player in the tournament.

The 2013 third round pick of the New York Islanders (76th overall) played 14 career games for the Golden Gophers through his time at the University of Minnesota. During his four years there, the Plymouth, MN native recorded 93 points on 25 goals and 68 assists.

Norfolk will open the 2018-19 season on October 13 at home against the Wheeling Nailers.

USO

Hampton Roads and Central Virginia

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# THE MAKING OF THE MOBILE MAN CAVE FOR FOOTBALL TAILGATE SEASON

**From Brandpoint**

It’s football time, and many Americans are making the annual pilgrimage to man caves forged in living rooms, basements or garages. There, fans hunker down for hours in the extreme comforts of recliners, snacks and drinks, and of course, mega-sized TV screens.

Yet for others, the football experience is superior outside the stadium at tailgating gatherings with family and friends. After all, tailgating is an American tradition with roots dating back to the Civil War and the First Battle of Bull Run, according to the American Tailgaters Association.

The tailgate party has evolved significantly since then, and now football fans can further power-up their tailgating experience to create a “mobile man cave” that rivals the comforts of home.

**An offensive line — of vehicles**

A big tailgate party does not require a big vehicle. While a hatchback or pickup truck is certainly a plus, most important is to have

the wheels that can deliver the goods. One fresh take is for tailgaters to team up by lining up a caravan of cars for a multi-stationed tailgate. This game plan can help tailgaters distribute the load of goods and equipment that is needed to make the mobile man cave a fan cave that’s comfortable for all.

**Put in the QB of TVs**

A TV is vital for the tailgating entertainment. There are many options for outdoor TVs that provide great pictures even in the sun’s glare and in extreme temperatures. Tailgaters also have plenty of choices for receiving a great picture, from portable satellite dishes or services to digital streaming options or even old-fashioned rabbit ear antennas. Be sure to test out the picture in advance so it is ready to go come kick-off.

**The cook’s playbook**

Great food makes for great tailgates. Beyond the staples of chips and burgers and beers, tailgaters can step outside the regular playbook and bring new recipes. Look for



Brandpoint image

inventive recipes easy to make in crockpots — mozzarella-stuffed meatballs, anyone? — or bring along a deep fryer for a new take on deviled eggs.

**No place like dome**

When it comes to football season, the weather is always a factor — but tailgaters should not let a little inclement weather derail the event. Primarily, be prepared with the right gear to make the experience comfortable and enjoyable. A canopy is always recommended to provide a “dome-like” feel,

while cooling fans and portable heaters will be welcomed for climate control.

**Linebacker-like power**

The most critical factor of all in making a powered-up tailgate is the power source itself. A portable generator serves as the quiet, mobile linebacker. A strong, safe power source that can plug in all the tailgating needs to make sure the TV, food, heat and more are running to the 20, the 15, the 10, the 5 ... Touchdown!



JASON STATHAM as Jonas Taylor in Warner Bros. Pictures’ and Gravity Pictures’ action adventure “THE MEG,” a Warner Bros. Pictures release.

Courtesy Warner Bros. Pictures

## 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

**THE HAPPY TIME MURDERS (R)**

Two clashing detectives with a shared secret, one human (Melissa McCarthy) and one puppet, are forced to work together again to solve the brutal murders of the former cast of a beloved classic puppet television show.

**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.

**BLACKKKLANSMAN (R)**

IRon Stallworth is the first African-American detective to serve in the Colorado Springs Police Department. Determined to make a name for himself, Stallworth bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan.

**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.

**A.X.L. (PG)**

A.X.L. is a top-secret, robotic dog who develops a special friendship with Miles and will go to any length to protect his new companion.

**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 Lionsgate/Imagine

*Audrey (Mila Kunis) and Morgan (Kate McKinnon) are best friends who unwittingly become entangled in an international conspiracy when one of the women discovers the boyfriend who dumped her was actually a spy.*

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

**Friday, August 31**

6 p.m. Mission Impossible: Fallout (PG-13)  
9 p.m. The Spy Who Dumped Me (R)

**Saturday, September 1**

1 p.m. Christopher Robin (PG)  
4 p.m. Mission Impossible: Fallout (PG-13)  
7 p.m. The Spy Who Dumped Me (R)

**Sunday, September 2**

1 p.m. Hotel Transylvania 3: Summer Vacation (PG)  
4 p.m. Teen Titans Go: To The Movies (PG)  
7 p.m. Mission Impossible: Fallout (PG-13)

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

**Friday, August 31**

6 p.m. Mission Impossible: Fallout (PG-13)  
9 p.m. The Spy Who Dumped Me (R)

**Saturday, September 1**

12 p.m. Teen Titans Go: To The Movies (PG)  
3 p.m. Christopher Robin (PG)  
6 p.m. Hotel Transylvania 3: Summer Vacation (PG)  
9 p.m. Mission Impossible: Fallout (PG-13)

**Sunday, September 2**

12 p.m. Christopher Robin (PG)  
3 p.m. The Spy Who Dumped Me (R)  
6 p.m. The Equalizer 2 (R)

**Schedule is subject to change.** For your weekly movie showtimes and more, check out the Navy Mid-Atlantic Region MWR website at [discovermwr.com](http://discovermwr.com).



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

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

### Announcements

EARN INCOME OPPORTUNITY Phone required. Earn income from home. 515-8933

### Birthdays

**TONY HEARN**  
**HAPPY BIRTHDAY**  
I love you more than anyone in the world, you are the most honest, loving, giving man I have every known. Thank you for being my ride or die man, when you love you love for real  
Love, Susan 678-580-3166

### Estate Sale

**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.

**HISTORIC CAVALIER HOTEL**  
**ARCHITECTURAL ANTIQUES, FINE AND DECORATIVE ART COLLECTION SALE AND AUCTION. STARTS FR, AUG 24TH, 10 am.** Any remaining items to be sold at an online only Auction Aug. 28 - 30. Visit our website to view the collection being offered. Register to receive sales information [www.iclsales.com](http://www.iclsales.com). This is the GRAND FINAL of the Historic Cavalier Hotel offerings, so feel free to contact our sales office, 757-335-3622

### Flea Markets/Bazaars

Church Yard Sale Sat. 8/25 w/Spaces to sell.\$12. 7-2 @ PAPUMC.208 S Plaza Trail 23452. 340-5775

**Old Towne Antiques/Flea Mkt:** Sept. 1, 10-2. Fantastic Finds. New location-200 County St. [oldtownereportsmouth.com](http://oldtownereportsmouth.com) 405-3500.

### Garage Sale - Virginia Beach

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

### Antiques & Collectibles

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



**DECOYS WANTED**  
Highest CASH prices paid  
Old wooden ducks or Canvas geese  
Swans and Shorebirds. Also buying  
Old fishing tackle & Wooden lures  
Boat oars Nautical & Lifesaving items  
Call Mark at 757-221-2746

Harper's Antiques buying WWII Military Guns, Swords, Bayonets, American, German & Japanese. Gold, silver coins, silver flatware estates. 757-627-0785 or 275-3149.

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

## WANTED

**ANTIQUES & ESTATES**  
**18th, 19th & 20th Century,**  
**Furniture, Artwork, China,**  
**Crystal & Collectibles.**  
**1 Piece Or Entire Contents.**  
**We Come To You With & Courteous & Professional Service. No Obligation Offers. Please Get My Offer Before You Sell! Tag Sales & Estates Settled.**

**LARRY ZEDD**  
**422-4477**  
**Virginia Beach Antique Co.**  
**Appraisal Service With 40 Years Experience.**

### Appliances

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

### Articles For Sale

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

**POOL TABLE**-Cannon, full size, excel cond, lots of accessories, \$750. 757-285-9721.

**Wedding Gowns,** tuxedos & misc, table, chairs, toils, fans, antique pieces. 757-754-1811

### Boat Trailers

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

### Boat Gear/Equipment



1998 Polar Kraft Modified V Hull, side console, 2016 Evinrude E-Tec two stroke 25 hp with less than 20 hours. Power trim. \$5000.00 call Bill 406-0074. NO TEXTS.



**Look! 4 corners!**  
Everyday moments can be learning moments with your kids. For more tips, visit [bornlearning.org](http://bornlearning.org)



### Boats/Rigs



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



**GLASSTREAM242CCX 2010 24FT 250HP**  
MERCURY OPTIMAX, GARMIN 4208 GPS ,BOAT COVER AND DUAL AXLE ALUM TRAILER. \$31,500 757-620-2541

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

### Building Materials

**Antique Pavers & Brick** from Historic Cavalier Hotel, 1000 pc. Cleaned and on pallets. Sales office 757.335.3622

### Cameras-Photography

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

### Fitness Equipment

**Teeter Inversion Table**-New, slightly used. Asking \$300. 757-497-8640.

### Furniture-Household

**2 Pc. All New Mattress Sets-In Plastic**  
Twin \$99, Full \$119, Queen \$129, King \$189 Financing Available. Can Deliver. 757-490-3902.

**Large Twin Hospital Bed,** like new, barely used, \$300. 912-246-0112. Va. Beach.

### Good Things To Eat

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

**Cindy's Produce**-Peaches, apples, grapes & more. Open Thru October. 2385 Harpers Rd. Va Beach. 10-6. 427-2346. MC/Visa.

**Pick Your Own Muscadine Grapes**  
Aug 26- Sept 22, Thurs.-Sat. 10-4, 151 Newbold-White Rd., Hertford NC. 252-426-7567.

### Horses, Cattle, etc.

**ARABIAN GELDING,** \$800. Serious inquiries only. Suffolk, 757-923-0409.

### Hunting Equipment

**Dove/Quail Shotguns**-Winchester Model 50, 12 ga. Winchester Model 50, 20 ga. Valmet 333, 12 ga w/20 ga tubes, Parker double barrel VH 12 ga. 757-818-7599 9 AM-9 PM.

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

### Jewelry & Watches

**Mikimoto Pearl Set**-\$2600; Ladies Michael Kors watch \$150. 757-408-4614.

### Lawn & Garden

**FREE PICK UP** of your broken or unwanted lawn equipment. No riding mowers. Call 412-5664.

**Toro Personal Pace Mulcher**-1590CC, excel cond, \$350. 757-309-3479.

### Pets-Dogs,Cats,Other

**AKC Boxer Puppies**-Deemed & 1st shots. \$800. Well socialized. Ready to go. 910-304-3284.

**Yellow Lab Pup Champion Bloodline DOB 6-30**  
Great pet or Awesome Hunting dog Text 252-305-2769 for info & pics

**Australian Shepherd Pups** 8 wks old, reg, pedigree, shots, de-wormed, parents on site, health guarantee. \$350. 252-396-0233.

**Black lab pups, AKC/CKC registered. Vet checked** parents on site. 400. (757)355-1618

**Boxer Pups**-AKC, tails docked, dew claws removed, 3 males, 3 females. Fawn & white. Will be ready to go Sept. 4. \$750. 252-217-3713.

**Cock A Poo Pups**-1st shot, de-wormed, males/females, \$700. Call or text 252-333-7554

**English Cream White Golden Retrievers**  
AKC reg, \$1200, health guarantee. 434-576775. 434-349-3854. [www.smithsteddysbeardoodles.com](http://www.smithsteddysbeardoodles.com)

**German Shepherd Pups**-AKC, black & tan, shots, parents & grandparents on site, good quality pups from local breeder. \$800. 804-691-6717.

**German Shepherd Pups**-Ready Sept. 15, M/F, AKC, CKC reg, mostly black, wormed, shots, papers in hand, \$700. 252-396-3665, call/text.

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

**GOLDENDOODLE PUPS - adorable black, 1st shots,** dewormed, ready 9/13 \$1000 757-273-4588

**Golden Lab Mix Pups**-Ready 9/9, Accepting dep. \$100. \$350. 252-357-4829, 252-548-8327

**Golden Retriever Pup**-AKC, 12 wks., female, 3 sets of shots/wormed, \$800. 757-421-7708.

**Golden Retriever Pups** 5 females, AKC reg, 7 wks old, \$500 each. 252-336-2666.

**Golden Retrievers**-AKC, 1st shots, de-wormed, \$875. 252-357-4829, 252-548-8327

**Lab pup, AKC, 1 Male, black, 1st & 2nd shots/** worming, health guarantee, excellent pedigree, \$300. 252-883-6148

**Maltipoos/Malti-shi puppies, Ch. Lines, Vet Ckd,** Health Guarantee. [www.puppykisses.org](http://www.puppykisses.org) M's \$1000 F's \$1200, Cash/CC only. 757-650-5155

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

**Miniature Schnauzer AKC pups black w/white** paws 2 Males 2 Females \$900 757-650-5155

**pitbull puppies for sale. Looking for a good home.** Serious inquiries only. Please contact Harvey @ 757-676-2155 or Toya @ 757-676-2686

(Dam) Garner's and Rasberry's "Diamond", out of Garner's "Oh Ceasar" and "Allyah". From Garner's Chinaman and Frisco breeding.

(Sire) Rasberry's "Zulu" out of Mlm's "Mag" and "Briar". (Heavy Sorrell dogs top and bottom).



**Pomeranian Pups**-CKC. Beautiful black/white, vetted, parents here. \$595. 804-338-1228.

**Siberian Husky Pups**-CKC reg, 1st shots, \$200 deposit. Asking \$500. 302-542-5281.

**Teddy Bear Dog for Sale. Female 4 months** old. Shots up to date. Microchip. \$1100 firm. (757) 737-0773.



**Toy Poodles**-AKC, champion bloodlines, black, brown, health guaranteed, \$1500. 704-642-7142.

**YORKIE PUPPIES** For sale One female one male. Serious inquiries only. \$1500/\$1700. Deposit required for hold. Puppies are 4 weeks today (7/31) 707-202-3158.

**YORKIES ,Yorkiespoo's ,Morkies** 550+ VB 7576355222

### Power Boats/Cruisers



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

### Sailboats

**Chaparral Bombay Clipper 1979 31'**  
Great bay boat. Sloop 3'5" draft. Stable & fast. Lazy Jacks & Roller furling Autopilot A/C Diesel Sleeps 4 Text 757-537-6523 for brochure \$8500

**MacGregor 26x 1997 26 great family boat** with many extras including: aluminum trailer, marine radio , sun shade, new 4 stroke outboard, genoa... Great value at \$10K. Call 757-460-4435

### Topsoil-Mulch

**#01A Black Sifted TOPSOIL**  
6 yds \$205, Mulch \$25/yd; Compost \$30/yd. Rock, Sand & Firewood. **D. Miller's, 482-5083**

**A-1 BLACK, Screen/Sifted Black Topsoil, Mulch,** Sand, Compost. Prompt Delivery. Visa/MC. **Jack Frost Enterprises 430-2257**

### Wanted To Buy

**Freon R12 WANTED: R12 collecting dust? Cer-** tified professional pays CASH for R12. (312) 291-9169. RefrigerantFinders.com

### Auctions

**Barrett Street Auction,** next Auction Sept 22. Now Accepting Consignments. 463-1911

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

**Norfolk Upnd Rpe Tax-Sept. 13, 6 PM.** VAF 662 [www.vaauctionco.com](http://www.vaauctionco.com) 538-0123

**The Contents of the Following Units** will be offered for online auction ending Thurs., Aug. 30, at 11 AM at Western Branch Storage. Listings will posted on [www.wbstorage.com](http://www.wbstorage.com) Only A26-112, A70-Gray, B10 Lexington, B40-Buchanan.

### Building & Construction/ Skilled Trades

**Plumbers**  
The City of Virginia Beach Department of Public Works is recruiting for experienced Plumbers with 2 to 4 years of experience in plumbing. For more information and to apply online by 9/3/18 go to [www.vbgovcareers.com](http://www.vbgovcareers.com) EOE

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**TRAFFIC CONTROL TECHS**  
Traffic Plan seeks Traffic Control Techs to set up & direct traffic around construction sites. A valid VA driver license & clean driving record a must, good pay & benefits. If interested please fill out an application at 2601 D Trade Street Chesapeake, VA Monday-Thursday 3pm-5pm or online at [trafficplan.com](http://trafficplan.com)

### Computers/IT/Technology

**Developer, Senior** sought by Anthem, Inc. in Norfolk, VA to code review changes by other developers, provide on call support and monitor the system. Apply at [www.jobpostingtoday.com](http://www.jobpostingtoday.com), ref #86173.

**Full Stack Web Application Developer (#00120)**  
Architect, develop and maintain ODU's Center for Learning & Teaching web applications in a senior developer/team lead role using modern SDLC principles. Candidates should have experience with numerous frontend and backend technology stacks, as well as SQL and NoSQL databases. Salary is commensurate with education & experience. Close Date is September 7, 2018. To review position requirements in full, and submit an application, please visit <http://jobs.odu.edu/postings/8525> AA/EOE

**Manager II Technology** sought by Anthem, Inc. in Norfolk, VA to mentor the team and review team tasks for quality deliverables, and lead SOA web services architectural design decisions to drive department profitability. Apply at [www.jobpostingtoday.com](http://www.jobpostingtoday.com), ref # 86615

### General/Other

**TUG CAPTAIN / TUG CREW / DECKHANDS**  
Experienced crew & licensed captains may apply online @ [W3marine.com](http://W3marine.com) or call 757-627-3440

### Healthcare/ Medical

**Certified Medical Assistant**  
Needed for busy Orthopaedic practice. Full Time & Part Time (4:00 p.m. - 9:00 pm.) Must be energetic and able to multi-task. Prior Orthopaedic experience strongly desired. Great working environment. Email resume to [gregoryj@atlanticortho.com](mailto:gregoryj@atlanticortho.com)

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

### Medical Receptionist

Looking for experienced Medical office individual for Full Time Front Desk position. Compassionate, well organized person needed for fast paced office. Knowledge of insurance coding helpful. Only Medical Office Experienced Individuals need apply. Email resume to [millerp@atlanticortho.com](mailto:millerp@atlanticortho.com)

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

### Human Resources

**Employee Relations Consultant (00856A)**  
HR professional to support the Employee Relations function. Consult with employees/managers regarding performance management and grievance processes. Analyze data/situations and interpret policies for appropriate application. Close Date September 7, 2018. Salary commensurate with education and experience and begins at \$33,598. To review position requirements in full, and submit an application, please visit <http://jobs.odu.edu/postings/8470> AA/EOE

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

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# DO YOU WANT THAT SAFE OR MEDIUM-SAFE?

USE A FOOD THERMOMETER TO MAKE SURE YOU COOK RAW MEAT AND POULTRY TO A BACTERIA-KILLING TEMPERATURE.

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KEEP YOUR FAMILY SAFER FROM FOOD POISONING  
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CHILL

SEPARATE



## Trucks



Ford 2012 F-250 2012 Ford F-250 King Ranch  
price 8900 miles 48500 call me : (757) 542-8010

## Vans

Chrysler 2000 Voyager, 138K, drives well, quiet, good cond. good tires, \$1300. 757-319-5211.  
Chrysler 2002 Voyager Auto, AC, 7 passenger w/ roof rack, 30,000 mi, \$2100.00 - 757-495-2749

Dodge 2009 Grand Caravan SE Silver/Gray 99800Miles, Runs Good, \$7500 Neg. 681-4268

## Wanted Automobiles

SABSOLUTELY ABLY ACQUIRING AUTOS  
All Makes & Models, Best Price Paid!!  
FREE TOWING. 749-8035

AUTOS ACCEPTED - Any Year, Make Or Model  
TOP DOLLAR, FAST, FREE TOWING.  
757-737-2465 or 757-754-9675

## 4-Wheel Drives



Jeep 2006 Commander V-8, leather, sunroof, fully loaded, aftermarket wheels, tires, stereo, \$6000 obo 757-406-0421



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## Fun and Games

### Super Crossword

### GRAIN SUBSTITUTES

#### ACROSS

- 1 Back muscles, informally  
5 Future doc's program  
11 Edison rival Nikola  
16 Flat-fixing gp.  
19 "Out of Africa" writer Dinesen  
20 French playwright Jean  
21 Made from a certain wood  
22 Coffeehouse dispenser  
23 Cereal grain for a special event?  
26 Found actress groovy  
27 "Goodbye, mon ami!"  
28 Forever, seemingly  
29 Canonized woman of Fr.  
30 Little tales  
31 Paid up  
33 Sleep with a cereal grain on one's blanket?  
37 Augustus' son-in-law  
41 Shoulder decoration

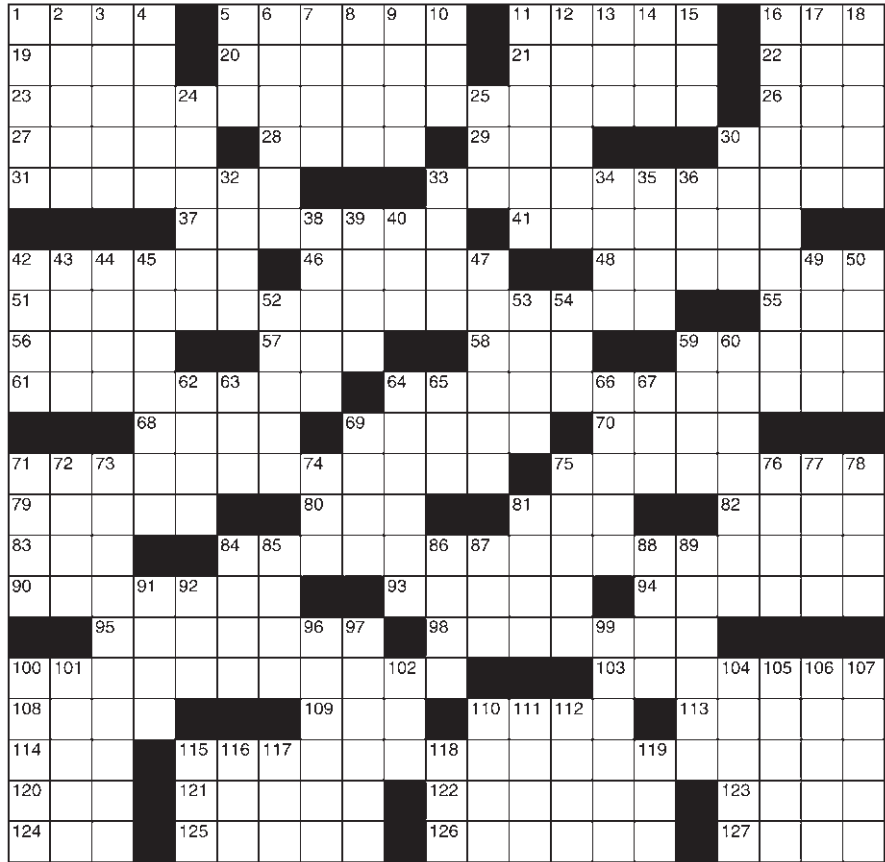
- 42 Performing in a film  
46 "Unh-unh!"  
48 Fierce fire  
51 Easily seen cereal grain?  
55 Skill in darts  
56 Plaster the roof of  
57 See  
58 — -fi  
59 Pagan religion  
61 Car roller in winter  
64 Person threshing a cereal grain?  
68 "Good for life" pet food  
69 "Spanglish" actress Téa  
70 Plenteous  
71 Using a cereal grain as fuel?  
75 Final chance to order a drink  
79 Newspaper sections  
80 Pro in first aid  
81 Body design, briefly  
82 Silks solo  
83 "— in Black"

- 84 Have a boxing match in an arena covered with a cereal grain?  
90 Carroll of "All in the Family"  
93 Puzzle cube inventor  
94 Old TV dog  
95 — oxide (laughing gas)  
98 Word-for-word  
100 Response after being gifted with a cereal grain?  
103 Charms  
108 Roof feature  
109 — rule  
110 See 5-Down  
113 Wild light  
114 Dream  
Team's land  
115 Useful material for processing a cereal grain?  
120 Rocker  
Vicious  
121 Pop/rock singer Mann  
122 Layered eye part  
123 DVR option  
124 Timeline segment

- 125 Muscle woe  
126 Starts using  
127 Glimpsed  
DOWN  
1 Cash in Turkey  
2 Whisper for the audience  
3 Implied  
4 Clay target shooting  
5 With  
110-Across, NFL all-star game  
6 Like many gory films  
7 Comeback?  
8 Expression  
9 Right fielder  
Slaughter  
10 Final mo.  
11 On the nose  
12 Soften  
13 Do moguls  
14 Zodiac sign  
15 TV's Jillian  
16 Channel in a recording studio  
17 West Indies vacation isle  
18 Inner turmoil  
24 University in New Orleans  
25 Long-running CBS show  
30 Unshackled  
32 Like custard  
33 Nonclerical

- 34 Toe feature  
35 Desert sight  
36 Polar drudge  
38 Combined  
39 Pan relatives  
40 Letter before omega  
42 Basic lesson  
43 French city  
44 Nirvana, e.g.  
45 It "blows no good"  
47 Ship again  
49 Friendly  
50 Epps of films  
52 Like Vikings  
53 Brazilian palm berry  
54 Short while  
59 Float easily  
60 Thick polar coverings  
62 New Mexico resort  
63 Unruly tyke  
64 Less dry  
65 Clod buster  
66 Great anger  
67 — and hers  
69 Gyro meat  
71 Singer Perry  
72 Gp. for Iran  
73 City near Lake Tahoe  
74 Eligible for Soc. Sec.  
75 Hanukkah  
76 Olympic god  
77 Leslie Caron musical film  
119 Pas' mates

- 78 Behind  
81 Razz  
84 Israeli dance  
85 With  
57-Across, easily attached patches  
86 Whopper  
87 Kimono sash  
88 Gusto  
89 Sub meat  
91 Evening, in some ads  
92 To the — degree  
96 Arbitrary decrees  
97 Methodology  
99 Soften  
100 Employ anew  
101 PLO's Arafat  
102 Clodhopper  
104 Goes soft  
105 Iran-Contra figure North  
106 Superman portrayer  
107 Determined to do  
110 Born and —  
111 Quarterback Graham  
112 Thrash  
115 Ford fluid  
116 Put tears in  
117 "— believer!"  
118 "— pro nobis"  
119 Pas' mates



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## Sudoku

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

## 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: J equals P

HMEKIDM B KL K DQIVGJKC CGQ

GKJJMXD VQ HM HBS KXA DVZQXS,

AQ JMQJYM EQXDBAMZ LM K

GMWVF YMWVF?

### Last week's CryptoQuip answer

When you suddenly get a great idea about a cloudburst, would you call that a rainstorm brainstorm?

### last week's answers

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

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

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# THE OFFICIAL VEHICLES OF *Summer*



## THE SUMMER OF FREEDOM.

GET **\$500 MILITARY BONUS CASH<sup>4</sup>**  
AT THE JEEP MILITARY EVENT.



### 2018 JEEP COMPASS LATITUDE FWD



**\$6,250**

Total Cash Allowance<sup>1,4</sup>

ON SELECT MODELS IN DEALER STOCK THE LONGEST BY JULY 18TH

AFTER \$500 MILITARY BONUS CASH

### 2019 JEEP CHEROKEE LATITUDE PLUS 4x4



**\$4,500**

Total Cash Allowance<sup>2,4</sup>

WHEN FINANCED THROUGH CHRYSLER CAPITAL

AFTER \$500 MILITARY BONUS CASH

### 2018 JEEP GRAND CHEROKEE LIMITED 4x4



**\$4,000**

Total Cash Allowance<sup>3,4</sup>

AND \$500 MILITARY BONUS CASH



LABOR DAY  
SALES EVENT

1. ON OLDEST 15% OF INVENTORY OF SELECT 2018 MY JEEP COMPASS LATITUDE FWD VEHICLES AS OF 7/18/18. WHILE DEALER STOCK LASTS. RESIDENCY RESTRICTIONS APPLY. TAKE RETAIL DELIVERY BY 9/4/18. 2. FINANCING FOR WELL-QUALIFIED BUYERS. NOT ALL BUYERS WILL QUALIFY. RESIDENCY RESTRICTIONS APPLY. OFFER ENDS 9/4/18. 3. RESIDENCY RESTRICTIONS APPLY. OFFER ENDS 9/4/18. 4. EXCLUDES GRAND CHEROKEE TRACKHAWK AND SRT MODELS. OFFER AVAILABLE TO ACTIVE MILITARY, ACTIVE MILITARY RESERVE, AND RETIRED MILITARY AND RETIRED MILITARY RESERVE WITH HONORABLE DISCHARGE. HONORABLY DISCHARGED VETERANS AND 100% DISABLED VETERANS ARE ELIGIBLE WITHIN 12 MONTHS OF DISCHARGE DATE. SEE DEALER FOR DETAILS. OFFER ENDS 1/2/19. JEEP IS A REGISTERED TRADEMARK OF FCA US LLC.