



Angela Fry

The U.S. special operations community depends on special warfare combatant-craft crewman for maritime insertion and extraction on time, on target, worldwide. SWCC are an indispensable part of the NSW team, as they operate and maintain high-speed craft specially designed to execute SEAL missions. NSW maritime platforms are equipped with state-of-the-art navigation, communications, engineering and weapons systems. They operate day and night in extreme weather and sea states to achieve the ultimate element of surprise against enemy forces.

SPECIAL WARFARE ENLISTED OPPORTUNITY

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy Special Warfare enlisted community manager (BU-PERS-324) announced it is seeking E-1 through E-5 applicants for conversion into the Special Warfare Operator (SO) and Special Warfare Boat Operator (SB) ratings in NAVADMIN 224/18, released Sept. 10.

SOs perform maritime and land-based special operations

in urban, desert, jungle, arctic, undersea, and mountain environments. Duties include combat diving, paradrop operations, small boat operations, tactical ground mobility, small arms and crew-served weapons, fast roping, rappelling, explosives, communications, trauma care, intelligence gathering and interpretation, and Chemical, Biological, Radiological, and Nuclear Explosive (CBRNE) defense measures.

SBs conduct maritime special operations in open ocean, littoral, and riverine environments. They provide maritime

insertion and extraction of Special Operations Forces and others.

SBs also possess unique skills in the operation, maintenance, and repair of specially configured combatant/nonstandard craft, operate and maintain small arms and crew-served weapons, tactical communications equipment, Unmanned Aerial System/Unmanned Underwater Vehicle, and use air delivery techniques to insert combatant craft. Other skills include small boat tactics, tactical ground mobility, call for fires, trauma care, intelligence gathering, interpretation, and CBRNE defense measures.

For more information on conversion opportunity read NAVADMIN 224/18 at www.npc.navy.mil/. For information on the selection process and application requirements go <https://www.sealswcc.com>.

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

NAS Oceana STEM Lab Learning Day welcomes all VBCPS fifth-grade students

By Lauren Nolasco
Virginia Beach City Public Schools

VIRGINIA BEACH, VA.

For the third year in a row, more than 5,500 Virginia Beach City Public Schools (VBCPS) fifth-graders will head to Naval Air Station (NAS) Oceana for a Science, Technology, Engineering and Math (STEM) Lab Learning Day.

On Friday, Sept. 21, students will head to Oceana and take part in a series of hands-on learning stations, meet STEM leaders throughout the military and Hampton Roads community and see a special performance by the Navy’s elite flight demonstration team, The Blue Angels. This year will be especially significant as Oceana is also celebrating its 75th anniversary.

A field trip like none other, this will be just the third time in division history an entire grade level has participated in a school activity.

“For the past two years, these STEM Lab Learning Days have been a true highlight for our students as well as our staff and volunteers,” said VBCPS Superintendent

Dr. Aaron Spence. “We are thrilled and thankful to once again partner with NAS Oceana to give our fifth-graders this incredible opportunity to see how their work and study in STEM now can translate into real-world careers in the future.”

As part of the STEM Lab Learning Day, students will meet and hear from U.S. Navy pilots, mechanics and support personnel to understand how STEM is part of their work, as well as tour NAS Oceana aircraft.

This event is made possible through a combined partnership between VBCPS, NAS Oceana and a host of community partners. These partners include NASA Langley, the Navy Seabees, Tidewater Community College, Virginian Wesleyan University, Dominion Energy, Mad Science of Hampton Roads and Old Dominion University.

For more specific information about the STEM Lab Learning Day, contact the VBCPS Department of School Leadership at 263-1088.

“For the past two years, these STEM Lab Learning Days have been a true highlight for our students as well as our staff and volunteers. We are thrilled and thankful to once again partner with NAS Oceana to give our fifth-graders this incredible opportunity to see how their work and study in STEM now can translate into real-world careers in the future.”

VBCPS Superintendent Dr. Aaron Spence

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NEWS FROM NAS OCEANA



Master Chief Petty Officer Anthony R. Sanders, Command Master Chief, Strike Fighter Wing Atlantic, prays before the crowd at the Heroes Breakfast held at the Center for Naval Aviation Technical Training Unit Oceana. The Heroes Breakfast was held to remember the fallen chief petty officers who have served at Oceana.

MCSN Mark Thomas Mahmood

Heroes breakfast held at NAS Oceana

By MCSN Mark Thomas Mahmood
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

A Heroes Breakfast was held Sep. 7 at the Center for Naval Aviation Technical Training Unit Oceana to recognize the Naval Air Station Oceana's chief petty officers (CPO) who have passed away. The Heroes Breakfast was attended by Naval Air Station Oceana's leadership, CPO selectees and current and former CPOs. Aviation Machinist Mate 1st

Class Jesus Lopez, one of the CPO selectees responsible for organizing the Heroes Breakfast, gave the opening remarks, reading the names of the fallen Sailors. "The purpose of this breakfast was to get current and past chiefs together to remember the chiefs who passed away," said Lopez. "This includes any other heroes we have here at Oceana, like the fire department and police." Lopez said this event should mean something significant to current CPO selectees.

"It's important because they were the ones who paved the way" said Lopez, referring to the fallen Sailors. "They are the ones we are now relieving. They took a Navy, and they made it better. Now it's our turn to do the same." Master Chief Petty Officer Anthony R. Sanders, Command Master Chief, Strike Fighter Wing Atlantic, led the attendees in prayer before breakfast was served. Sanders, who personally knew several of the fallen Sailors whose photos and biographies were displayed at the event, reflected on his experiences with those Sailors and prayed for protection and guidance for current and incoming CPOs. Sanders spoke about Master Chief Storekeeper Daniel McWhite, who passed away shortly

after arriving on board Naval Air Station Oceana in 2007. "He was one of the first mentors I had aboard the USS Dwight D. Eisenhower (CVN 69)," said Sanders. "He impacted me a great deal as a young chief and helped me find my way aboard a ship. I served aboard a carrier before this, but not as a chief. He sat me down and gave me some pointers on how to be successful." Sanders said an event such as the Heroes Breakfast can hold meaning for the U.S. Navy's newest members. "They should be very thankful that these heroes paved the way for them to be able to do what they're doing, continuing to provide freedom in this world," said Sanders. "These new seaman recruits com-

ing in, they got here because of these fallen heroes, and they will help carry on their legacy and build upon what they've done." Sanders also said all Sailors should never forget the sacrifices they make. "Every day is a day of sacrifice," said Sanders. "We should never forget that, and be humble enough to appreciate that we have the opportunity to serve in the world's greatest Navy. Not everybody gets that opportunity. We as a current Navy, and as a future Navy, need to appreciate that and respect it." This year marked the 125th anniversary of the CPO. The CPO was officially established April 1, 1893.

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WEEKLY PHOTOS OF YOUR FRIENDS AND LOVED ONES ON DEPLOYMENT.

Mate (Fuel) 1st Class Benjamin Owusuboakye, from Kumasi, Ghana, examines JP-5 pipes aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike).

Ship's Serviceman Seaman Cody Powell, a native of Chesterfield, South Carolina, asks for an autograph from John Krasinski on board the Arleigh Burke-class guided missile destroyer USS Dewey (DDG105) during Los Angeles Fleet Week (LAFW).

Quartermaster/Seaman Genesis Sweeney, left, receives training from Quartermaster 2nd Class Jonathan Jones on the bridge of amphibious transport dock ship USS Arlington (LPD 24) during Carrier Strike Group FOUR (CSG-4) Amphibious Ready Group, Marine Expeditionary Unit exercise (ARGMEUX).

ON THE RADAR

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

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Naval Station Norfolk honors a hero

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

NORFOLK

On Friday, September 7, Naval Station (NAVSTA) Norfolk held a ceremony to dedicate the base’s newest barracks, in honor of Master-at-arms 2nd Class, Mark A. Mayo. The ceremony was held outside in front building U-112, now “Mayo Hall,” and was attended by more than 250 friends, family and shipmates of Petty Officer Mayo.

On March 24th, 2014, while serving in Naval Station Norfolk’s Security Department, Petty Officer Mayo was shot and killed during an altercation in which a civilian drove onto NAVSTA Norfolk and boarded the pier-side destroyer, USS Mahan (DDG 72).

Petty Officer Mayo pursued the individual up the brow of the ship while both he and the Quarterdeck watchstanders directed the individual to stop and provide identification. Failing to comply, the individual charged the Quarterdeck, attacked and disarmed the Petty Officer of the Watch. Petty Officer Mayo ran onto the Quarterdeck and noticed that the Petty Officer of the Watch no longer had control of her weapon.

With complete and total disregard for his own personal safety, Petty Officer Mayo immediately placed himself between the Petty Officer of the Watch and the assailant. While fearlessly engaging the assailant and shielding the Petty Officer of the Watch, Petty Officer Mayo was fatally wounded.

Petty Officer Mayo was 24 years old at the time and had served six years in the United States Navy.

The ceremony began with the parading of colors and an invocation from Naval Station Norfolk’s pastor, Commander Arthur Wiggins. Following the invocation, Commanding Officer of Naval Station Norfolk, Captain Bradley Rosen, spoke of Mayo’s great cour-

age and sacrifice.

“Petty officer Mayo made it clear throughout his service that his dedication to his shipmates and to the United States of America was extraordinary,” stated Captain Rosen. “It is my hope that each time one of the building’s residents walks in the front door and sees the plaque in the front of the lobby that they will be inspired, moved, and motivated to have the same selfless courage that Petty Officer Mark Mayo displayed four years ago.”

The current Commanding Officer of the USS Mahan also spoke and presented a plaque on behalf of their crew.

“Epitomizing the Navy core value of courage, Petty Officer Mayo moved toward the sound of danger when called. On behalf of the officers and the crew of the USS Mahan, I present to you this plaque, as a testament of his memory. We ask that you accept it with our deepest sympathies and eternal gratitude,” said Commander Jason Wilson. An identical plaque has been dedicated to Naval Station Norfolk to also be hung in Mayo Hall.

In attendance were Mayo’s mother, Sharon Blair, brothers Tim Borum Jr. and Terrail Blair, his cousin, John, Mayo’s mentor, Wesley Hawley, and his family’s pastor, Pastor Paul Berry Sr.

They were given a tour through the new “Mayo Hall” building, viewing the brand new barracks rooms, facilities, and recreation rooms. The family was also honored with a plaque with Mayo’s citation matching the one that is now hung inside the building’s main entrance.

Building U-112 will soon be open to sailors for housing. The building has two floors, each with a laundry room and recreational room. It has dorm style barracks with private bathrooms and can support up to 80 sailors.



U.S. Navy photo
Current staff of the USS Mahan present Petty Officer Mark Mayo’s family with a plaque in honor of Mayo’s sacrifice to the U.S. Navy at Friday’s Mayo Hall dedication ceremony.



U.S. Navy photo
Naval Station Norfolk’s Commanding Officer, Captain Bradley Rosen, gives remarks during Friday’s Mayo Hall dedication ceremony in honor of Petty Officer Mark Mayo.



U.S. Navy photo
Naval Station Norfolk’s (left to right) Command Master Chief, Marc Puco, Commanding Officer, Captain Bradley Rosen, Command Chaplain, Commander Arthur Wiggins, and Commanding Officer of USS Mahan, Commander Jason Wilson, bow their heads during the benediction given by Pastor Paul Berry during Friday’s Mayo Hall dedication ceremony in honor of Petty Officer Mark Mayo.

EOD Group 2 cuts ribbon on new EOD operations facility

By MC1 Jeff Atherton
Explosive Ordnance Disposal Group 2 Public Affairs

VIRGINIA BEACH, VA.

Explosive Ordnance Disposal (EOD) Group 2 marked a milestone in ongoing construction projects with a ribbon-cutting for a new EOD operations facility at Joint Expeditionary Base Little Creek, Sept. 5.

The new building, which will house EOD Mobile Unit 2, EOD Mobile Unit 12 and EOD Expeditionary Support Unit 2, is part of a \$39.2 million project that was developed in support of the EOD consolidation initiative.

The EOD consolidation initiative is aimed at streamlining training and consolidating the EOD mobile units to its two main geographic hubs while maintaining forward-deployed forces.

“This has been a long time coming,” said Capt. Josh Jackson, commander, EOD Group 2. “This project was first visualized years ago as a way to get our Sailors in one place. Today, it is going to provide our force a more centralized location to prepare our warfighters to go down range.”

The building, which has both office spaces and platoon spaces, broke ground in 2016 and will serve as a more centralized location, keeping EOD technicians and support

personnel together to better accomplish their challenging mission.

Navy EOD technicians are the world’s premier combat force for countering explosive hazards in any terrain and are the only EOD force that conducts underwater mine countermeasures, exploitation and attribution of underwater ordnance.

“This ribbon-cutting means that we are putting Sailors in a facility worthy of their contribution on the battlefield,” Jackson said.

Following his remarks, Jackson cut the ribbon being held by two bomb disposal robots. Instead of using a ceremonial pair of scissors, he cut the ribbon with a zero-point hook knife attached to a pulley, a system used to remotely conduct EOD procedures.

EOD Group 2, headquartered at Joint Expeditionary Base Little Creek-Fort Story (JEBLCFS), oversees all East Coast-based Navy EOD mobile units, including one forward-deployed mobile unit in Spain, as well as EOD Expeditionary Support Unit 2, EOD Training and Evaluation Unit 2, and the only East Coast-based mobile diving and salvage unit, Mobile Diving and Salvage Unit 2.

For more news from Explosive Ordnance Disposal Group 2, visit www.navy.mil/local/eod2/.



Photos by MC1 Jeff Atherton
Capt. Josh Jackson, commander of Explosive Ordnance Disposal (EOD) Group 2, delivers remarks at a ribbon cutting ceremony for a new EOD operations facility at Joint Expeditionary Base Little Creek-Fort Story.



Capt. Josh Jackson, commander of Explosive Ordnance Disposal (EOD) Group 2, uses a zero-point hook and pulley to cut a ribbon at a ribbon cutting ceremony for a new EOD operations facility at Joint Expeditionary Base Little Creek-Fort Story.



Vicki Cronis-Nohe

Thousands come together to promote good mental health, prevent suicide

From Hampton Roads Morning of Hope Staff

VIRGINIA BEACH, VA.

On Sept. 8th, representatives from each of the military branches and all seven Hampton Roads cities participated in the Hampton Roads Morning of Hope at Mt. Trashmore.

The community outreach coincided with the National Suicide Prevention Week. Approximately 4,000 people attended the event, a powerful example of civilians and military coming together for a common cause.

Sponsored by the Hampton Roads Survivors of Suicide Support Group, a non-profit organization, the mission of this event was to educate the public in their understanding that: the number one cause of suicide is untreated depression; that depression is a treatable disease, and that suicide is a preventable tragedy.

The event began with the Joint Service Color Guard and the National Anthem sung by Navy Musician 3rd Class Amanda Thompson.

The emcee, WAVY-TV 10 news anchor, Tom Schaad, introduced both civilian and military on stage: Virginia Beach Mayor Louis Jones; Major General Paul Benenati, Deputy Chief of Staff of the Army Training and Doctrine Command; Admiral Jesse Wilson, Commander of Naval Surface Force Atlantic; Marine Col. Thomas Campbell; Air Force Lt. Col. Chaplain Brian McCormack; and Chris Gilchrist a Licensed Clinical Social Worker (LCSW) and the event organizer.

Several people shared personal stories of how they had been touched by depression or suicide and how they found hope: Beth Reavis, Chris Amos, and Kym and Steve Bach.

Both military leaders had informative and encouraging messages.

“We are all in this together,” Major General Benenati explained. “Whether you a member of our Armed Forces or a citizen of the Hampton Roads community, make it your charge to look out for the well-being not only of yourself, but also your family members, your buddies, your neighbors, and the people you work with. Engage when you notice a change in a person’s regular behavior. Talk to that person, find out what’s going on, and if necessary, escort that person immediately to a professional to receive the assistance they may need.”

There were 15 counselors on site, available to support, answer questions, hand out information and to assist with a depression inventory for interested participants.

“Suicide continues to be a leading cause of death in the military, and it is fueled by the treatable disease of depression. Depression is a killing disease and we must continue to do more, “ said Admiral Jesse Wilson. “Today is an opportunity for all of us to learn, share, and understand the disease of depression and tragedy of suicide. Feelings and thoughts must be shared, and not endured silently. There is no treatment or prevention if we can’t openly speak about our struggles.”

The program concluded with participants walking through the curtain of 1,000 origami cranes.

The crane was chosen to represent the Hampton Roads Morning of Hope because it has become an international symbol of healing, peace and hope. Legend has it that if you fold 1,000 cranes your prayers will be answered. Each of the 1,000 cranes at the Morning of Hope had a prayer folded into it for healing, peace and hope not only for those who presently suffer from depression, but also for those who have died from suicide.

Participants effected by suicide could visit the Memory Wall and leave pictures of their loved ones lost to suicide or add their names to a Memory List.

Participants could also wear a colored ribbon as an armband: silver, if you have been affected or are touched by depression; red, if you lost a father or mother; green, if you lost a brother or sister; yellow, for extended family (i.e., uncle); blue, for a spouse and purple, if you lost your son or daughter to suicide.

Participants desiring to do so had their loved ones names read during the program.

It was also a Morning of celebration with complimentary coffee, and breakfast food. Family activities were provided.

The Morning of Hope concluded with an after-walk picnic with music, complementary snacks and a drawing for a hand made quilt designed with a graphic of a crane. Hand-made origami cranes were given out as a memento of this Morning of Hope.

For additional information on suicide prevention, you can call the National Suicide Prevention Line at 1-800-273-TALK.



Vicki Cronis-Nohe

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MT-1179385

NRMA, TCC hold security hiring fair

From Navy Region Mid-Atlantic Public Affairs

VIRGINIA BEACH, VA.

On Sept. 7, Navy Region Mid-Atlantic (NRMA) held a security hiring event at Tidewater Community College (TCC) to hire civilian police officers for its Hampton Roads installations.

At the hiring event, interested applicants were able to submit their resume and have

it reviewed on the spot. Once their resume passed the review process, qualified applicants sat for an interview with a federal police officer. Those who made it through the interview process were made tentative job offers.

NRMA made 84 tentative job offers to qualified applicants.

The hiring event was held in partnership with Tidewater Community College Career Services Center.



Photos by MC3 Joshua Tolbert



Kearsarge successfully completes ARGMEUEX

By MC3 Michael Eduardo Jorge
USS Kearsarge (LHD 3) Public Affairs

NORFOLK

The Wasp-class amphibious assault ship USS Kearsarge (LHD 3) returned to her homeport of Naval Station Norfolk, Sept. 9, after completing Amphibious Ready Group, Marine Expeditionary Unit Exercise (ARGMEUEX).

ARGMEUEX is the first of two major warfighting tests required for ARGs to be certified for deployment by Carrier Strike Group Four.

“The Amphibious Ready Group, Marine Expeditionary Unit Exercise is an important step towards the deployment certification process for the Sailors and Marines from the ships of Commander, Amphibious Squadron Six and 22nd Marine Expeditionary Unit,” said Rear Adm. Kenneth R. Whitesell, commander, Carrier Strike Group Four. “The Sailors and Marines have performed well in a



MC2 Michael R. Sanchez

Marines and Sailors scan for surface contacts while standing a force protection watch during a simulated transit aboard the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) as part of the Carrier Strike Group (CSG) 4 Amphibious Ready Group, Marine Expeditionary Unit exercise (ARGMEUEX).

wide range of realistic training scenarios that are designed to have the team prepared for the full spectrum of mission sets conducted

by the Navy and Marine Corps team, providing combat power from the sea.”

The Kearsarge ARG is comprised of Kearsarge, Amphibious Squadron Six, the San Antonio-class amphibious transport dock ship USS Arlington (LPD 24) and the Whidbey Island-class dock landing ship USS Fort McHenry (LSD 43).

The final certification before deployment for the Kearsarge ARG will be Composite Training Unit Exercise (COMPTUEX).

“ARGMEUEX was a great training exercise and our Sailors and Marines learned a lot,” said Capt. Daniel S. Blackburn, commander, Kearsarge ARG. “COMPTUEX will be a more demanding exercise. We just have to continue to embrace the training opportunity, be enthusiastic, and be coachable.”

Interoperability between the ARG and MEU is a key area tested during the exercises.

“As one of the nation’s premier expeditionary warfighting organizations, the MEU is unique in its ability to operate simultaneously at sea, ashore, and in the air, while moving seamlessly between these domains to resolve conflict, conduct humanitarian assistance or combat the enemy in environments that would otherwise be inaccessible,” said Col.

Michael Perez, commanding officer, 22nd MEU. “ARGMEUEX is critical in our training pipeline as it affords us the opportunity to build proficiency in these complex missions.”

During the exercise, Sailors and Marines worked together throughout amphibious operations and simulated scenarios such as humanitarian assistance, raids, and visit, board, search, and seizure drills.

“The officers and crew of Kearsarge welcome sophisticated real-world training opportunities like ARGMEUEX,” said Capt. David Guluzian, Kearsarge’s commanding officer. “We understand that by stressing the limitations of our Navy-Marine Corps team onboard Kearsarge and with the Kearsarge ARG, in a controlled training environment across a broad spectrum of threats, we can learn a great deal about how to better fight and defeat any potential adversary. As a product of this high quality synthetic training, I can say with 100 percent certainty that we are an even more effective, lethal, and combat-ready unit thanks to the best efforts of our Sailors and Marines over the past few weeks.”

For more news from USS Kearsarge (LHD 3), visit <http://www.navy.mil/local/lhd3/> and “Like” www.facebook.com/LHD3.



MC3 Michael Eduardo Jorge

Marines load a Tactical Aircrew Combat Training System Pod onto a missile rack on the flight deck of the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) during the Carrier Strike Group (CSG) 4 Amphibious Ready Group, Marine Expeditionary Unit exercise (ARGMEUEX).

HURRICANE | *How to prepare for the storm*

Continued from A1

If you are told to evacuate:

- Never ignore an evacuation order.
- Follow instructions and the guidelines given regarding times and routes.
- Take only essential items and your emergency kit.
- Turn off gas, electricity, and water if you have not already done so.
- Disconnect all appliances.
- Make sure your car’s gas tank is full.
- Do not walk in moving water.
- Do not drive in high water. (As little as six inches of water can cause loss of control and stalling of a vehicle).
- Follow the designated evacuation plan and expect a high volume of traffic.

If you are not told to or cannot evacuate:

- Stay tuned to emergency stations on TV or radio.

- Listen for further instructions.
- Avoid elevators.
- Seek shelter in a small interior room on the lowest level such as a bathroom, closet, or basement.
- Stay away from glass, windows, and doors.
- Lie on the floor under a table or another sturdy object.
- Do not go outside until instructed to do so even if the storm is over and it seems calm. This could be the eye of the storm passing, and winds will pick up again.
- When given the all clear, prepare to evacuate to a shelter or neighbor’s home if your home is damaged.
- Once you are in a safe place, muster with your command if you are military or civilian personnel or a member of the selective reserves.

After

- Listen to news reports to make sure water supplies are not contaminated.
- Stay clear of flood waters (standing and moving) as they may be contaminated or deeper than expected.
- Beware of downed power lines.

Avoid any roads where flood waters have receded as they may have weakened and could collapse under the weight of a car.

- Be extremely cautious when entering buildings and homes as there may be unseen damage.
- Clean and disinfect everything that was touched by flood water, as it can contain sewage and other contaminants.
- After a declared emergency, register your needs with the Navy through the Navy Family Accountability and Assessment System (NFAAS) at <https://navy-family.navy.mil> or call 1-877-414-5358 or 1-866-297-1971 (TDD).



Navy increases high year tenure limits for Command Master Chiefs

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy announced increased High Year Tenure (HYT) length of service (LOS) gates for command master chiefs in NAVADMIN 223/18, released Sept. 10.

Effective 1 Jan. 2019, HYT policy is amended to reflect new LOS gates for rated Active Duty fleet (FLTCM), force (FORCM) and command (CMDCM) master chiefs and NEC qualified Full-Time Support (FTS) and Selected Reserve (SELRES) master chiefs.

Navy’s HYT policy establishes LOS gates by paygrade. As the Navy continuously examines how we can expand retention of talented and experienced Sailors, we have also determined the need to retain our best senior enlisted leaders during the height of their knowledge, education and value to our organization. Retention of these leaders past their LOS gates also provides them the necessary time needed to gain experience to prepare them, as they progress in their careers, to serve flag or general officers (FO/GO), commanding officers and Sailors.

The following are the new HYT LOS gate modifications:

All MCPO ratings except for CMDCM/FORCM/FLTCM will maintain the same HYT of 30 years.

The HYT for CMDCM has changed from 30 years to 32 years. HYT for the CMDCM of a 1/2-star flag/general officer has changed from 32 years to 34 years. The HYT for a CMDCM/FORCM/FLTCM (3/4-star flag/general officer) has changed from 35 to 36 years.

MCPON HYT is unchanged at 38 years.

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

For more information read NAVADMIN 223/18 at: <https://www.public.navy.mil/bupers-npc/reference/messages/NAV-ADMIN/Pages/NAVADMIN2018.aspx>

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

WEAPONS | *AK-47s seized in the Gulf of Aden*

Continued from A1

cepted a dhow Feb. 27, 2016, confiscating nearly 2,000 AK-47 assault rifles, 81 rocket-propelled grenade (RPG) launchers, 49 PKM general purpose machine guns, 39 PKM spare barrels and 20 60mm mortar tubes.

The third seizure was by the French Navy destroyer FS Provence March 20, 2016, and yielded almost 2,000 AK-47 assault rifles, 64 Dragunov sniper rifles, nine anti-tank missiles and six PK machine guns with bipods.

The fourth seizure was by U.S. Navy coastal patrol ship USS Sirocco (PC 6) operating as part of U.S. 5th Fleet March 28, 2016, when it intercepted a dhow containing 1,500 AK-47s, 200 RPG launchers and 21 .50 caliber machine guns.

The United Kingdom based investigative organization, Conflict Armament Research, studied and linked three of the caches to weapons that plausibly derive from Iranian stockpiles.

Based on an analysis of all available information, including crew interviews, a review of onboard records and an examination of the arms aboard the vessel, the United States concluded that the arms from the four interdictions in 2015 and 2016 originated in Iran and were intended to be delivered to the Houthis in Yemen in contravention of United Nations Security Council Resolution 2216.

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

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

For further questions, please contact U.S. Naval Forces Central Command Public Affairs Office 011-973-1785-4561 or navcentpao@me.navy.mil



U.S. Navy photo

A bag of AK-47 automatic rifles seized from a skiff by the guided-missile destroyer USS Jason Dunham’s (DDG 109) visit, board, search and seizure team while conducting maritime security operations. The stateless skiff was found carrying a shipment of over 1,000 illicit weapons. Jason Dunham is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



US Navy photo

The guided-missile destroyer USS Gonzalez (DDG 66) departs Naval Station Norfolk after the announcement of Sortie Condition Alpha ahead of Hurricane Florence, Sept. 10, 2018.

SORTIES | *Ships move to sea in preparation for Florence*

Continued from A1

(NFAAS) account at <https://navyfamily.navy.mil>, as well as review hurricane checklists and evacuation plans in the event an evacuation is necessary. Service members are encouraged to discuss evacuation and reporting requirements with their

chain of command and family members.

Sortie Conditions are as follows:

- Condition Charlie: Ships prepare to sortie within 48 hours to avoid heavy weather.
- Condition Bravo: Sortie is expected within 24 hours to avoid heather weather.
- Condition Alpha: Sortie commences to avoid heavy weather.

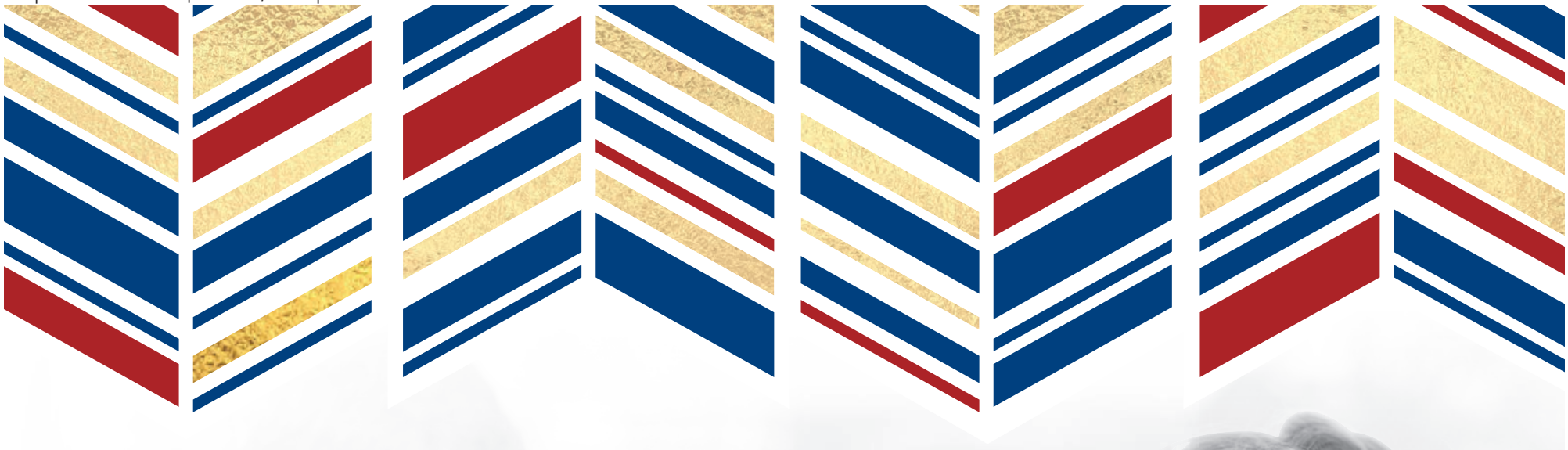
Tropical Cyclone Conditions of Readiness are as follows:

- Condition IV: Trend indicates possible destructive

winds within 72 hours.

- Condition III: Destructive winds are possible within 48 hours.
- Condition II: Destructive winds are possible within 24 hours.
- Condition I: Destructive winds are possible within 12 hours.

For more news from U.S. Fleet Forces Command, visit www.navy.mil/local/clff/.



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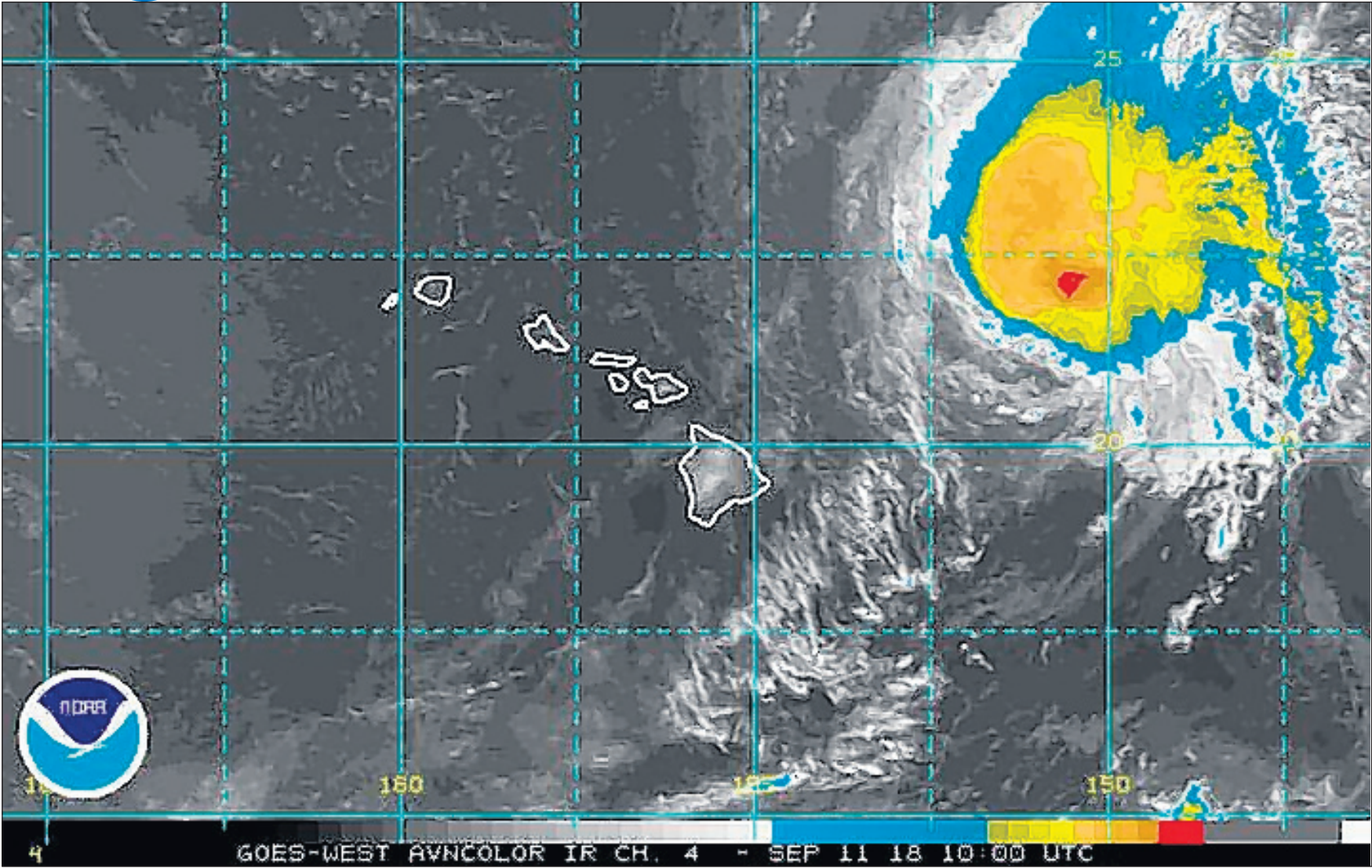
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SPAWAR enterprise uses 3D printing technology to rapidly deliver warfighting solutions

» See B4



An infrared satellite image of Pacific Ocean from the GOES 15 Advanced Baseline Imager showing Tropical Storm Olivia at 0600 EST. Olivia is located approximately 360 miles east north east of Hilo, Hawaii, with sustained winds of 70 MPH, gusting to 85 MPH, moving west at 9 MPH.

Courtesy NOAA

HAWAII-BASED SHIPS SORTIE AHEAD OF TROPICAL STORM OLIVIA

From Navy region Hawaii Public Affairs

PEARL HARBOR

Rear Adm. Brian Fort, commander, Navy Region Hawaii/ Naval Surface Group Middle Pacific, announced that U.S. Navy ships and submarines based in Hawaii not currently undergoing maintenance availabilities have sortied as Tropical Storm Olivia travels toward the Hawaiian Islands.

Ships that sortied will be positioned to help respond after the storm, if needed.

“Sortie of our Pearl Harbor-based ships allows them the most protection from the approaching storm,” said Fort. “An early sortie allows them enough time to transit safely out of the path of the storm.”

The Navy ordered a sortie in order to reduce the risk of significant damage to ships and piers during potential high winds and seas caused by Tropical Storm Olivia. Some ships will not get underway, due to various maintenance availabilities, and are taking extra precautions to avoid potential damage. Commanding officers have a number of

options when staying in port, depending on the severity of the weather. Some of these options include adding additional mooring and storm lines, dropping the anchor, and disconnecting shore power cables.

Personnel in Navy Region Hawaii, including on Oahu and Kauai, should follow hurricane awareness and preparedness guidelines established by city/county and state government. Navy Region Hawaii and its installations — Joint Base Pearl Harbor Hickam and Pacific Missile Range Facility — Provide updated information on Facebook sites:

- Navy Region Hawaii
 - Joint Base Pearl Harbor-Hickam
 - Pacific Missile Range Facility
- At the beginning of hurricane season in early June, Navy Region Hawaii provided detailed information in the region/base newspaper Ho’okele for service members, civilian workforce and families. Information included preparing a disaster supply kit, creating a family emergency communication plan and knowing where to go if ordered to evacuate:
- <http://www.hookelenews.com/be-ready-for-hurricane-season/>
 - <http://www.hookelenews.com/be-ready-for-hurricane-season-2/>
- Additional information for families is available online at the Navy Region Hawaii website, via the Federal Emergency Management Agency, and the National Weather Service.



MCSN Sabyñ L. Marrs
Aviation Boatswain’s Mate (Handling) 1st Class Francis Centeno launches an F-35B Lightning II attached to the “Avengers” of Marine Fighter Attack Squadron (VMFA) 211 from the flight deck of Wasp-class amphibious assault ship USS Essex (LHD 2).

C5F’s theater Counter Mine and Maritime Security Exercise

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

NSA BAHRAIN, BAHRAIN

U.S. Navy and coalition assets are leading numerous exercises as part of the greater U.S. 5th Fleet Theater Counter Mine and Maritime Security Exercise.

The multi-faceted exercise is being conducted to ensure maritime stability and security in the U.S. Central Command area of responsibility, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic chokepoints.

“Cooperative security ensures cooperative prosperity, and these collective exercises conducted with our partners and allies allow us to practice the full spectrum of naval operations,” said Vice Adm. Scott Stearney, commander, U.S. Naval Forces Central Command and U.S. 5th Fleet. “This demonstration of naval maneuver, posture and partnership reassures the international community that we will ensure maritime stability and security in the Central Region, anywhere, anytime.”

» See C5F | B7

U.S. Navy Seabees begin water well drilling exploration in Colombia

From Southern Partnership Station 2018 Public Affairs

RIOHACHA, COLOMBIA

Amidst a nearly decade-long drought, a team of U.S. Navy construction professionals assigned to Naval Mobile Construction Battalion (NMCB) 133 began water well drilling exploration operations in the rural community of Riohacha, Colombia Aug. 30 as part of Southern Partnership Station (SPS) 2018.

NMCB-133 will work side-by-side with members of the Wayuu population who are indigenous to the Colombian town of Riohacha, located in the country’s La Guajira Department, in an effort to bring a greater supply of fresh water to the community.

“This community has been in a state of drought for the last 8 to 10 years, but in the last 2 or 3 years, it has been much worse,” said Brunilda Morales, a linguist and instructor of languages for Wayuu, from La Guajira’s Office of Indigenous Affairs. “This prolonged dry season is effecting our well-being. Water is everything to us. Plants, animals and people continue to live through water.”

Though the probability of finding fresh, usable water in the selected drilling site is high, the activity is labeled a water well drilling exploration because there is never a guarantee that water will be found. To increase the chances of finding water, SPS and NMCB-133 has brought in an on-site geologist who is conducting scientific studies of the drilling area.

“The drillers are technical experts in their field,” said Dr. Kimo Zaiger from Naval Facilities Engineering and Expeditionary Warfare Center, who is currently working at the drill site with Seabees from NMCB-133. “Geologists work with the drillers to bring a scientific level of expertise to their craft. Geologists are more knowledgeable in how the earth is structured, and can help interpret changes in the stratigraphy and rock mechanics.”

Having a geologist on site helps to improve chances of success. Geology in combination with the drillers can try to come up with the best design solution, added Zaiger.

The water well drilling and exploration operations in Rio-



Staff Sgt. Kalie Frantz
U.S. Navy Construction Mechanic 1st Class Aaron Wymore, assigned to Naval Mobile Construction Battalion (NMCB) 133, circulates drilling fluid at the bottom of the bore hole and waits for cuttings to come out during water well drilling exploration operations in Riohacha, Colombia, Sept. 1, 2018 as part of Southern Partnership Station 2018. Southern Partnership Station is a U.S. Southern Command-sponsored and U.S. Naval Forces Southern Command/U.S. 4th Fleet-conducted annual deployment focused on subject matter expert exchanges and building partner capacity in a variety of disciplines including medicine, construction and dive operations in the Caribbean, Central and South America.

hacha provide a benefit to people of the La Guajira Department, and also to the Sailors conducting the drilling.

“Efforts like this one allows us to grow our relationship with partner nations,” said Lt. Cmdr. George Roth, team lead for the SPS Ground Command Element. “These efforts also give our Sailors the opportunity to practice their skills in a

» See SEABEES | B7

FAST FOOD, SLOW STUDY

By Lisa Smith Molinari

It was an ordinary morning. Or so we thought. The dog was napping in the kitchen corner, my son was making a sandwich, and I was folding laundry. But this day would live in infamy.

My son’s plate clunked onto the glass turntable of our microwave. He slammed the door, and began punching the buttons necessary to melt cheese on his roast beef sandwich. A series of beeps sounded, and then he pressed “Start.” BOOM!

“Hayden! What was that?!” I bellowed, instinctively lurching to his rescue despite nearly losing bladder control. The noise had come from the microwave that came with our house. It had not given us any problems since we bought the property, but something was most definitely wrong. After the alarming boom, the appliance emitted an ominous grumble and refused to operate. We tried every troubleshooting recommendation in the manual, and called an appliance repair guy for advice, but nothing worked.

We were forced to face facts: Our microwave had blown her magnetron, and she was terminal.

My son and I looked at each other with panic as if contemplating the end of the universe. “What does one do without a functioning microwave?” I wondered with fear. “Sure, we have a range and an oven, but they’re mainly for Thanksgiving. We’ll starve by the time November rolls around! In the meantime, how am I supposed to reheat my coffee when it goes cold? We’ll never survive!”

Unable to cope with the thought of life without instant gratification, we ran straight to the store. My husband had received a \$500 Lowe’s gift card as a work bonus, so we upgraded to an impressive model known as the “Whirlpool Smart Microwave and Convection Oven with Scan-to-cook Technology.”

“We have arrived!” I thought, remembering the years living in military base housing and cheap rentals, making due with sub-standard microwaves. Never mind that I didn’t know exactly what made this newfangled appliance “smart” and had no idea how to cook by convection, I was ecstatic that we could finally afford “fingerprint-resistant stainless steel.”

After a painful month of using our son’s pizza sauce-

“What does one do without a functioning microwave?” I wondered with fear. “Sure, we have a range and an oven, but they’re mainly for Thanksgiving. We’ll starve by the time November rolls around!”

splattered college microwave that had been stored in a spidery corner of our basement, our new microwave arrived. I felt a little guilty watching the Lowe’s installers do their work, because I had been the kind military spouse who installed faucets, hung ceiling fans, and replaced dryer heating elements when my husband was deployed. But when I saw that it took two men and a huge set of drill bits to hang the microwave and wall bracket, I realized that the pro-install saved us from a crooked appliance.

When they were done, I thanked the installers and gave them a modest tip. I found my cold coffee for the test run. Placing the cup onto the sparkling clean turntable and closing the fingerprint-resistant stain-

less steel door, I noticed that the display panel lit up like the cockpit of a Growler.

Searching the glowing words and icons, I spotted a keypad. I punched in 1-0-0, but was stymied about what to do next. A message appeared, “Press start or cancel.” On the display, I saw “Connect,” “Steam/Simmer,” “Convect,” “Defrost,” “Warm Hold,” “Accupop,” “Potato,” “Vegetable,” “Reheat,” “AutoCook,” “Remote Enable,” and “Kids Menu,” but no “Start.” I was afraid to punch any buttons for fear that I might inadvertently initiate an electronic warfare attack on my neighbors, so I grabbed the manual.

An hour later, I found the start button — it was the square icon with an ar-

row in the middle, duh! — but I was more confused than ever. According to the manual, if I had the wherewithal to figure out the instructions, my smartphone could control the microwave remotely, I could program it to cook in Kosher Consumer-Friendly Mode, and I could set it to automatically know the difference between tomato soup and Hot Pockets.

I knew I would never use 90% of the microwave’s fancy features. Had we spent \$500 just so we could melt cheese? I may have been outsmarted by an appliance, but sipping steaming hot coffee, it felt like it was worth every penny.

www.themeatandpotatoesoflife.com

Calm down people...

By Amanda-Lee Pitzer

Wow, did I just get chewed out. The news finally broke that they are coming home. The local news posted the article and I made a comment that it’s awful and it’s harder on families —especially the kids. My husband and I both feel the same way. I went on to say I’d rather do one long deployment because we simply don’t need more goodbyes in our lives. People took that to mean that I didn’t want my husband back. I was appalled and hurt by that comment. Of course I want to see my husband and get some time with him but I’d rather him be gone for the long-haul so that when he’s home he could actually be present instead of

in a ready mindset. The only thing worse than re-integration is pre-deployment. Now we have to go through both at the same time. The combination of that will be a goodbye harder than the one before.

When I was first told the news a couple of months ago I was in utter shock. When I told my kids daddy was coming home for a break my oldest one was super excited. My youngest immediately burst into tears. When I asked him why he was upset he said, “We have to say goodbye all over again.” It broke my heart. You see, we’ve been at this life 18 years. When we had our anniversary in May I did the calculations. My husband has been gone nearly 70%

of our marriage. Every goodbye gets harder. So yes, when I heard the news my husband and I were both upset.

Will we cherish the time we have together? Absolutely we will. We already have a list a mile long of things we want to get done in the short time we have together. I just hope the dark cloud of pre-deployment doesn’t hang over us and make it difficult. To everyone that implied that we don’t want to wrap our arms around each-other? You’re dead wrong. He’s my best friend and love of my life-which is why I don’t want to say goodbye anymore than I have to.

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,

BE PREPARED

We’ll give you up-to-date, critical information that may affect your health benefits. We’ll include information gathered from a variety of sources, including other federal agencies and departments, state and local government and the news and media. You can get care during any time of crisis—check current disaster alerts for details.

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.

Disaster Information

We’ll give you up-to-date, critical information that may affect your health benefits. We’ll include information gathered from a variety of sources, including other federal agencies and departments, state and local government and the news and media.

You can get care during any time of crisis—check current disaster alerts for details.

IF YOU’RE EVACUATED

- In an emergency, dial 911 or go to the nearest emergency facility
- If you live in an area that has a disaster declaration but do not see your state or county listed on our alerts, contact Express Scripts at 1-877-363-1303 to find out if emergency refill procedures have been enacted for you.



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SSC Atlantic employee, veteran uses fitness to raise awareness on PTSD

By Carmen M. Judge

Space and Naval Warfare Systems Center Atlantic
Public Affairs

CHARLESTON, S.C.

Service to country is a lifelong commitment for every U.S. Marine and the moral compass inspiring one Space and Naval Warfare Systems Center (SSC) Atlantic employee and veteran to use fitness to educate thousands on post-traumatic stress disorder (PTSD).

As a computer scientist for SSC Atlantic, Robert Powell spends his work days impacting the wider Department of Defense through his responsibilities with the Marine Corps Enterprise Information Technology Services Enterprise Information Systems upgrade (MCEITS EIS). This program provides IT services and network information assurance to Marine Corps users through a portal framework. Off-duty, however, Powell's passion for the military community continues through his work as a fitness instructor and volunteer advocate for PTSD support for veterans and their families.

"As a Marine, our motto is 'Semper Fidelis,' always faithful," said Powell. "You are always supporting your fellow Marine. That doesn't stop when you get out of the military. Knowing there's a need to help, I felt it was my duty to do it – whatever I could."

The Department of Veterans Affairs reports that 11 to 20 percent of Operations Iraqi Freedom (OIF) and Enduring Freedom (OEF) veterans have PTSD in a given year, and that's just one segment of the veteran population. These statistics hit close to home when Powell's former classmate, a Marine pilot, committed suicide following a battle with PTSD, a loss that motivated

him to take action.

"The more I started talking to people about [PTSD], the more I saw that this is a wider-spread issue than we would like to admit – so I decided I wanted to get involved," he said.

Today, Powell marries his passion for helping veterans with a love for fitness he developed during his time in the military.

Having served as a communications and information systems officer in the Marines from 1996 to 2004, rigorous physical training was always engrained in Powell's story. The surprising element, though, is that Powell now uses dance as his fitness platform to raise awareness on PTSD.

Following a sports injury in 2009 that tore his Achilles tendon, Powell started using various cardio workouts to get back into shape, and was approached by friends to take a dance fitness class.

"At first I was reluctant, because I'm a guy and a Marine," said Powell. "Finally, my friends teamed up on me and I went, and it was the best cardio workout that I've had in years. I sweat more than I had in a long time and I had fun, which was the critical part."

Fast forward to April 2012 and Powell not only actively continued this type of exercise but received his license to teach Zumba, a form of group fitness that combines cardio and dance.

By 2014, Powell and fitness partner Rose Marie Berberena were volunteering to lead two-hour dance fitness marathon events across the country to raise awareness about veteran PTSD and to fund support programs through the non-profit Active Heroes, an organization spe-



Courtesy photo

Robert Powell, Space and Naval Warfare Systems Center Atlantic computer scientist, and Rose Marie Berberena, fitness partner, receive the Inspiration of the Year Award at a fitness conference attended by more than 7,000 instructors from around the world. Powell, a U.S. Marine Corps veteran, raises awareness on post-traumatic stress disorder through volunteer fitness events that he and Berberena host across the country.

cializing in working with veterans with PTSD and their families.

"The whole purpose of the marathon is to raise money for the charity and also educate everyone who shows up on what PTSD is, how you can recognize it, what we can do about it, and that it's something that affects everyone," he said.

During the events, 8 to 10 instructors lead an interactive dance fitness class – a time that Powell says is more than just fitness.

"In class you forget about your problems, your bills, your worries," he said. "You just dance for an hour and you are happy – that for a lot of veterans and people with depression is therapy."

During the event attendees also perform a fitness challenge that connects a set number of push-ups to the average daily suicide rate for veterans – a symbolic exercise to reinforce the need for continued education and awareness.

"At the end of the event, we tie it all together and talk about what the event is for, who it benefits, why we

are doing this, and then try to motivate people to spread the word in their communities," said Powell.

Since starting this campaign, Powell and his team have held 12 events across the nation, and because of the impact people have come forward to share their own experience with PTSD and even areas of depression unrelated to veteran service.

"If they feel comfortable talking about it, and some of them say they've never said a word before, that's the first step – recognizing the problem and then seeing the solution – I think I've helped in that way," he said.

Due to the far-reaching impact of Powell and Berberena's efforts nationwide, both recently received the prestigious Inspiration of the Year Award at an event attended by 7,000 fitness instructors from around the world – influencers that Powell said can now help spread the message about depression and PTSD in their own communities.

Though veteran support is Pow-

ell's passion, one that he says he'll continue for as long as he's able, he encourages others to use their own talents and platforms for good.

"Every single one of us has power. If you are passionate about something – truly – people will see that and respond to it," he said. "I think, individually, the amount of power we have is beyond our imagination. But if you get with a community of people who have that same passion, the amount of power you have is beyond measure."

SSC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable command, control, communication, computers, intelligence, surveillance, reconnaissance, cyber and information technology capabilities.

For more news from Space and Naval Warfare Systems Command, visit www.navy.mil/local/spawar/.



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- Greg Shelton (Wildcat)
- Warrior Flight Team
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- F-22 Raptor Demo
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Photo by Alan Antczak

Stephen Cox, a chief engineer at Space and Naval Warfare Systems Center Pacific, uses a laser scanner while working in the Reverse Engineering Science and Technology for Obsolescence, Restoration and Evaluation Lab.

SPAWAR enterprise uses 3D printing technology to rapidly deliver warfighting solutions

By Elisha Gamboa
Space and Naval Warfare Systems Command Public Affairs

SAN DIEGO

Space and Naval Warfare Systems Command (SPAWAR) Enterprise experts in three-dimensional scanning and printing rapidly developed and delivered an effective and reliable solution to repair a critical piece of warfighting equipment, the AN/TRC-194 antenna, with the final of three upgrades delivered August 31.

From 2015 to 2017, failures of the azimuth antenna drive occurred due to rainwater intrusion. Repairing the antenna with existing parts was not a viable solution as the original antenna pedestal was built in 1988, and the parts were no longer available. Additionally, the antenna pedestal was built utilizing a sand

casting technique. The original cast no longer exists, and it would be cost prohibitive to determine the geometry of the antenna’s parts without the cast.

To protect the azimuth antenna drive from future rainwater intrusion, SPAWAR System Center Pacific’s (SSC Pacific’s) Reverse Engineering – Science and Technology for Obsolescence, Restoration and Evaluation (RESTORE) lab teamed with the Program Executive Office for Command, Control, Communications, Computers and Intelligence’s (PEO C4I’s) Undersea Communications and Integration Program Office (PMW 770) to develop a new agile and robust cover utilizing 3D scanning and printing technology.

“The RESTORE lab is a reverse engineering laboratory which uses a process that

identifies a target obsolescence issue in a legacy system—usually a single-point-of-failure component or assembly—and creates a modern form, fit and function replacement, to support life-cycle-extension programs for legacy systems,” said Stephen Cox, chief engineer for the RESTORE lab.

Beginning in June 2017, SSC Pacific’s RESTORE lab collaborated with PMW 770 in an effort to scan the entire antenna using a 3D laser scanner. By October 2017, the data was converted to create a working computer-aided design (CAD) model capable of articulating through the full antenna range of motion, while being accurate to a thousandth of an inch.

“Scanning the entire system allows us to create a blueprint that our engineers can reference when fabricating a solution,” said Cox.

Several azimuth antenna designs were created and tested within the CAD model. A two-piece, “armadillo-like,” nested-shell design was selected, and the components were additively manufactured on a 3D printer. The total process time from scanning to printing the prototype solution was approximately six months.

This process of scanning a system, creat-

ing a CAD model and fabricating a solution was coined by Cox as the scan-to-CAD-to-fab method.

“The scan-to-CAD-to-cab method lowers the cost and increases the speed at which a unique product can be made,” said Cox. “It also facilitates rapid changes and the product becomes better, faster, with each engineering cycle.”

In recent years there has been an increased need for this innovative process. Most recently, the United States Air Force has been in contact with SPAWAR to discuss applications of this technique for its own purposes.

SPAWAR identifies, develops, delivers and sustains information warfighting capabilities supporting naval, joint, coalition and other national missions. SPAWAR consists of more than 10,000 active duty military and civil service professionals located around the world and close to the fleet to keep SPAWAR at the forefront of research, engineering and acquisition to provide and sustain information warfare capabilities to the fleet.

For more news from Space and Naval Warfare Systems Command, visit www.navy.mil/local/spawar/.

Top DON innovators recognized

From Office of ASN (RDA) Public Affairs

WASHINGTON

Top 2017 Department of the Navy (DON) individual and team innovators were recognized in the Pentagon auditorium Sep. 4 at the annual Secretary of the Navy Innovation Awards Ceremony.

The Secretary of the Navy selected nine awardees who made significant achievements in 2017. The Assistant Secretary of the Navy for Research, Development and Acquisition James F. Geurts presented awards to the nine individuals who were selected among 200 nominations from commands and organizations in the Navy and Marine Corps.

While overseeing the ceremony, Geurts spoke about the depth and breadth of innovation across the entire department of the Navy.

“Our success as Department of the Navy is more than just a new gadget,” said Geurts. “Innovation is occurring across the entire department. Beyond the new gadget, it’s in operational design, new ways of training, new ways of enabling Sailors and Marines and in new ways of thinking.”

Geurts also highlighted the strength of pulling together different perspectives, and working together on a common solution with mission in mind.

“Our advantage as a department is we have two different perspectives [Navy and Marine] and views to challenging problems. This is not a weakness; this is a strength.”

Encouraging the audience to keep mission in mind and changing the culture Geurts said, “the more we can draw the great operational teams and great acquisition teams

together, to think openly about problems, is where we are really going to make our mark on competing and winning.”

Further recognizing the superior performance of the award winners and the culture they are creating Geurts closed with, “we need to look at these award winners as examples of where we need to be moving as we look at the challenges in the years ahead.”

2017 award winners included the following:

Maj. Brandon H. Newell for Innovation Leadership (Headquarters United States Marine Corps; Washington, DC)

Cmdr. Zak Staples (and team) for Innovation Catalyst (Naval Sea Systems Command; Washington Navy Yard, DC)

Lt. j. g. Michael T. Peribonio for Data Analytics (Explosive Ordnance Disposal Mo-

bile Unit TWO; Virginia Beach, VA)

Ms. Heidi L. Buck (and team) for Technology Development (Space and Naval Warfare Systems Center, Pacific; San Diego, CA)

Ms. Heather Williams (and team) for Automated Process Development (Space and Naval Warfare Systems Center, Pacific; San Diego, CA)

Maj. Michael L. Marron, Jr. for Innovation Scholar (PME) Expeditionary Warfare School, Marine Corps University; Quantico, VA)

Ens. Griffin A. Hinkley (and team) for Innovation Scholar (MIDN) (United States Naval Academy; Annapolis, MD)

Petty Officer First Class Donald D. Besch for Enlisted Innovator (Naval Special Warfare Group Ten; Virginia Beach, VA)

Lt. Joshua M. Mitchell for Outside of the Box (Maritime Patrol and Reconnaissance Weapons School; NAS Jacksonville, FL)

Commander, U.S. 6th Fleet strengthens relationships with Egyptian navy

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

ALEXANDRIA, EGYPT

Vice Adm. Lisa Franchetti, commander, U.S. 6th Fleet, visited the Commander-in-Chief of the Egyptian Navy, Vice-Admiral Ahmed Khaled in Alexandria, Egypt, Sept. 7-8, 2018.

“The Egyptian Navy is an important security partner to the U.S. Navy, both in the Red Sea and in the Mediterranean,” said

Franchetti. “By working collectively to enhance the strong relationship between our navies, we can ensure regional security and stability and signal to the world that our partnership is strong and enduring.”

The visit coincided with a port visit from the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64). Carney is visiting Alexandria prior to participating in exercise Bright Star 2018, a combined command-post and field-training exercise aimed

at enhancing regional security and stability by responding to modern-day security scenarios with the Arab Republic of Egypt.

“Building these professional relationships through training and exercises allows us to improve interoperability which will allow us to better work together in order to counter terrorism and violent extremist organizations,” said Franchetti.

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

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.



MC1 Ryan U. Kledzik

Vice Adm. Lisa M. Franchetti, right, commander of U.S. 6th Fleet and Naval Striking and Support Forces NATO, greets Adm. Ahmad Khaled, commander in chief of the Egyptian Navy, during a reception aboard the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) in Alexandria, Egypt, Sept. 7, 2018.

US, Canada commence bilateral maritime ops

From Harry S. Truman Carrier
Strike Group Public Affairs

ATLANTIC OCEAN

The Harry S. Truman Carrier Strike Group (HSTCSG) and the Royal Canadian Navy are conducting bilateral operations in the North Atlantic Sept. 10-12.

Commander, U.S. Second Fleet, Vice Adm. Andrew Lewis embarked the strike group flagship, USS Harry S. Truman (CVN 75), and the USS Normandy (CG 60) Sept. 10, to observe firsthand the exercises aimed at strengthening the two nations’ vital, longstanding partnership.

“Canada is our steadfast partner in NATO, in the North Atlantic, in the Arctic, and around the globe,” said Lewis. “We operate alongside Canada in each of our numbered fleets, and 2nd Fleet looks forward to continuing that tradition in the North Atlantic. As the global se-

curity environment continues to change, training and operating in the maritime with all our NATO partners is more important than ever.”

Under the direction of U.S. Northern Command’s Navy Component Command, U.S. Navy North, HSTCSG will conduct evolutions with the Royal Canadian Navy across multiple warfare areas focused on defense of the homeland, and increasing interoperability and proficiency in conducting allied operations in the Atlantic. Training events will exercise air defense for anti-submarine warfare platforms; surface and anti-submarine warfare tactics; advanced maneuvering operations; and air operations, including air defense exercises and cross-deck helicopter flight operations and landing qualifications.

Scheduled participants include: HMCS Halifax, HMCS Toronto,



MC2 Thomas Gooley

USS Harry S. Truman (CVN 75) Commanding Officer, Capt. Nicholas Dienna, left, greets Commander, U.S. Second Fleet, Vice Adm. Andrew Lewis on the flight deck aboard the Nimitz-class aircraft carrier. Lewis’s visit marks the start of three days of bilateral maritime operations with the Royal Canadian Navy.

Nimitz-class aircraft carrier Harry S. Truman, guided missile cruiser Normandy, guided-missile destroyers USS Forrest Sherman (DDG 98) and USS Arleigh Burke (DDG 51), and fixed wing aircraft and helicopters from Carrier Air

Wing One (CVW-1). HSTCSG continues its scheduled deployment to support maritime security operations, provide crisis response capability, and increase theater security cooperation efforts and forward naval presence

in the U.S. 2nd Fleet area of operations.

For more information, visit www.facebook.com/ccsg8/, www.facebook.com/USSTruman, or www.navy.mil/local/cvn75/.

NAE leaders during Tailhook Flag Panel: Our number one priority is readiness

From Naval Aviation Enterprise Public
Affairs

RENO, NEVADA

Seven Navy flag officers talked with members of the naval aviation community participating in a flag panel during the 2018 Tailhook Association Reunion in Reno, Nevada.

The panel, moderated by Miller, are leaders of the Naval Aviation Enterprise — a partnership of naval aviation stakeholders focused on readiness and advancing future warfighting capabilities at best possible cost.

“We’re all aligned through the Navy, the Marine Corps and naval aviation to get after what our priorities are and to understand our issues, so we can improve things rapidly,” said Miller. This panel’s focus is to talk about the effort that each of us are applying toward that full mission capable aircraft.”

The panel members were Vice Adm. DeWolfe Miller, Commander, Naval Air Forces/Commander, Naval Air Force Pacific Fleet; Vice Admiral Wil-

liam Lescher, Deputy Chief of Naval Operations, Integration of Capabilities and Resources; Vice Adm. Dean Peters, commander, Naval Air Systems Command; Lieutenant General Steven Rudder, Deputy Commandant for Aviation, Headquarters Marine Corps; Rear Adm. Scott Conn, Director, Air Warfare, Office of the Chief of Naval Operations; Rear Adm. William Crane, Commander, Naval Air Force Reserve; Rear Adm. Michael Zarkowski, Commander, Fleet Readiness Centers; and Rear Adm. Richard Duke Heinz, Commander, Naval Supply Systems Command.

The leaders spoke of their united efforts to recover and generate readiness, acknowledging the need for close collaboration between industry partners and naval aviation.

“We have to strengthen our partnership with industry,” said Peters. “We have to renew our relationships, ensure transparency and that everything we do as a combined government and industry team is focused on up aircraft.”

Peters addressed the need to tackle readiness specifically the functions of reliability, asset management, maintenance capability and supply.

“Our aircraft – the components on those aircraft – are failing much sooner than they were predicted to,” explained Peters. “We’re missing something in our design review process and the way we test and field those aircraft. We have to do better. That’s just one of the high leverage activities that we are doing from the technical side.”

From the Fleet Readiness Center perspective, Zarkowski addressed the expectations of naval aviation maintenance capabilities.

“All of the JOs [junior officers] and mid-grade officers should expect from us aircraft out of our PMI [planned intermediate maintenance] lines, out of our rework and our mod[ification] lines that are quality aircraft, delivered to you on time and ready to go,” said Zarkowski.

Following the panelists’ remarks, audience members asked questions

on issues ranging from live, virtual, constructive (LVC) training, cannibalization rates of aircraft components to questions on retention rates of talented operators and pilots.

“We are moving forward to repair our parts – all of this with one goal in mind – and that’s more up aircraft that can fight and win tonight,” said Miller. “We are aligned, committed and focused to get that done as rapidly as possible.”

The Naval Aviation Enterprise (NAE) is a cooperative partnership of naval aviation stakeholders focused on sustaining required current readiness and advancing future warfighting capabilities at best possible cost. It is comprised of Sailors, Marines, civilians, and contractors from across service branches and organizations, working together to identify and resolve readiness barriers and warfighting degraders.

For more news from Naval Aviation Enterprise, visit www.navy.mil/local/NAE/ or www.nae.navy.mil.

“We are moving forward to repair our parts – all of this with one goal in mind – and that’s more up aircraft that can fight and win tonight.”

Vice Adm. DeWolfe Miller

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Essex ARG/13th MEU with embarked F-35B enters Central Command

From 13th Marine Expeditionary Unit Public Affairs

5TH FLEET AREA OF OPERATIONS

Earlier this month, the Marine Corps F-35B Lightning II entered the Central Command area of operations for the first time.

The 13th Marine Expeditionary Unit (MEU) and the Essex Amphibious Ready Group (ARG) with the attached Marine Fighter Attack Squadron (VMFA) 211 is the first continental U.S.-based Navy and Marine Corps force to deploy with the Lightning II. The Essex ARG/MEU team is currently conducting a regularly scheduled deployment.

While in the U.S. 5th Fleet area of operations, the amphibious force is trained

and equipped to conduct maritime security operations, crisis response operations, theater security cooperation and forward naval presence operations to reinforce to the U.S.’s commitment to partner nations in the region.

“As a forward-deployed force we are appropriately postured to ensure freedom of navigation and commerce in the world’s most important sea lanes,” said Gerald Olin, commander, Amphibious Squadron (PHIBRON) 1. “The embarked Marines of 13th MEU allow us the flexibility to rapidly respond to crises and set conditions that promote security in the region.”

Following a six-month comprehensive, pre-deployment training period, the Essex ARG/MEU was certified for deployment.

The training consisted of three integrated at-sea periods which collectively ensured the Navy/Marine Corps team is at its highest level of readiness to accomplish missions across the range of military operations. VMFA-211 was certified for deployment across all mission essential tasks to include deep air support, close air support, offensive air support and electronic warfare.

“When combined with inherent capabilities of the 13th MEU and Essex ARG, the F-35B strengthens the amphibious force through new and increased multi-mission capabilities, making our team a more lethal and survivable crisis response force,” said Col. Chandler Nelms, commanding officer, 13th MEU.

The Essex ARG is comprised of amphibious assault ship USS Essex (LHD 2), amphibious transport dock USS Anchorage (LPD 23) and amphibious dock landing ship USS Rushmore (LSD 47). During deployment they will operate with embarked forces of the 13th MEU, PHIBRON 1, the “Black-jacks” of Helicopter Sea Combat Squadron (HSC) 21, and detachments from Assault Craft Unit 5, Naval Beach Group 1, Beachmaster Unit 1, Fleet Surgical Team 3 and Tactical Air Control Squadron 11.

The 13th MEU consists of the command element; the aviation combat element comprised of Marine Medium Tiltrotor Squadron 166 Reinforced and VMFA 211; the ground combat element comprised of Battalion Landing Team 3/1; and the Logistics Combat Element comprised of Combat Logistics Battalion 13.

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

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SEABEES | *Water well drilling begins*

Continued from B1

real-world scenario vice in a training environment. If successful, we will have assisted in providing water for a region and its people.”

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

The SPS mission is normally supported by the expeditionary fast transport ship USNS Spearhead (T-EPF 1), but this engagement will notice teams have arrived in Colombia aboard the Whidbey Island-class amphibious dock landing ship USS Gunston Hall (LSD 44). Southern Partnership Station, Southern Seas, and UNITAS operate under the leadership of Capt. Brian J. Diebold, commodore of Destroyer Squadron (DESRON) 40.

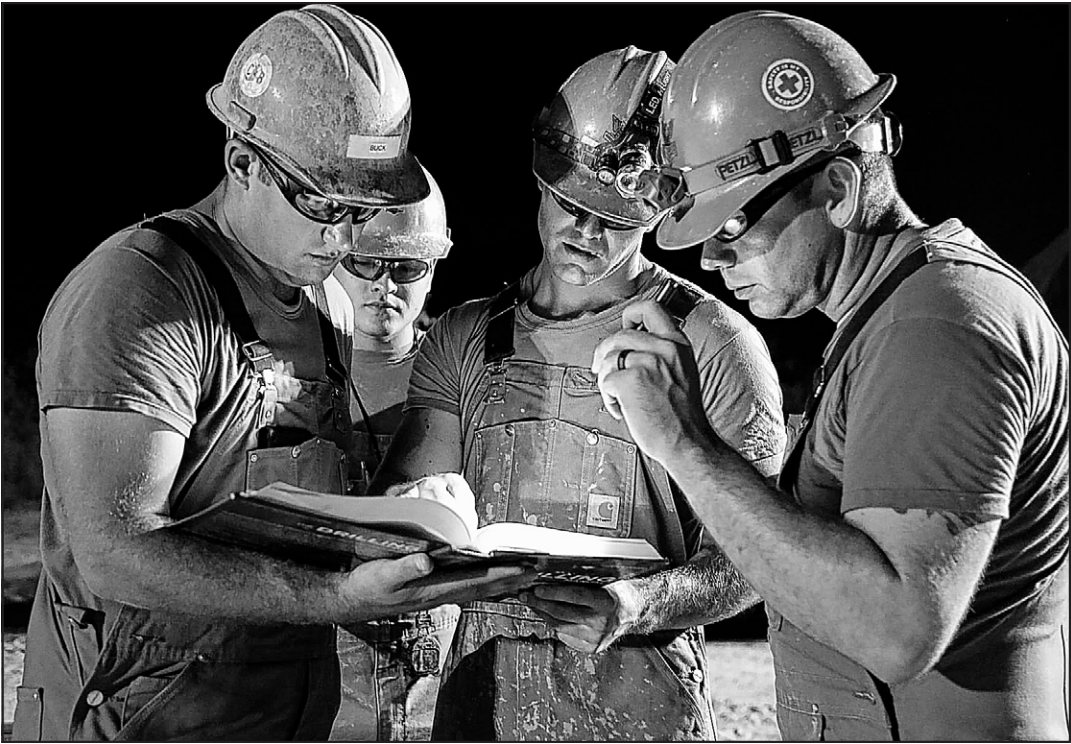
Focused on enhancing cooperative partnerships with regional maritime ser-

vices, SPS aims to improve operational readiness for all participants. Additionally, the mission will provide an opportunity for U.S. and partner nations to operate in a multinational environment, refine coordination, improve interoperability, and demonstrate flexibility.

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

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

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



Staff Sgt. Kalie Frantz

U.S. Navy Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133, review a drilling manual during water well drilling exploration operations in Riohacha, Colombia, Sept. 1, 2018 as part of Southern Partnership Station 2018. Southern Partnership Station is a U.S. Southern Command-sponsored and U.S. Naval Forces Southern Command/U.S. 4th Fleet-conducted annual deployment focused on subject matter expert exchanges and building partner capacity in a variety of disciplines including medicine, construction and dive operations in the Caribbean, Central and South America.

BBB | *Multi-faceted exercises begin*

Continued from B1

U.S. 5th Fleet assets are currently leading the Theater Amphibious Combat Rehearsal (TACR) 18 and Mine Countermeasures Exercise (MCMEX) 18-3, and participating in Bright Star 18. Later this month, coastal patrol ships attached to U.S. 5th Fleet’s Task Force 55 will conduct a MK-60 Griffin surface-to-surface missile and naval gun exercises against high speed maneuvering targets.

Taking place in Djibouti, TACR enhances readiness for littoral and mine countermeasures capabilities inherent to the U.S. Navy and Marine Corps team to preserve freedom of movement through the critical choke point of the Bab al Mandeb.

The guided-missile destroyer USS Carney (DDG 64), Fleet Anti-Terrorism Security Team (FASTCENT), a Task Force 55 VBSS team and a Task Force 56 expeditionary mine countermeasures company are participating in Bright Star 18, centralized around joint regional security and cooperation in conventional and irregular warfare scenarios near the critical choke point of the Suez Canal.

MCMEX 18-3, an exercise conducted between the U.S. and United Kingdom quarterly, enhances cooperation, mutual mine countermeasure capabilities and interoperability, demonstrating the shared commitment of ensuring unfettered operations of naval, support and commercial vessels throughout the maritime domain.

Five coastal patrol ships forward-deployed to Bahrain will conduct surface warfare training in the Arabian Gulf to enhance their ability to defend minesweepers and other coastal patrol ships by executing an MK-60 Griffin missile exercise and gunnery exercise.

U.S. 5th Fleet also welcomes the arrival of the F-35B to theater, as part of the Essex Amphibious Ready Group. The introduction of the world’s most advanced fighter aircraft allows U.S. Central Command to approach missions from a position of strength, providing air and maritime superiority to ensure security at sea and on land.

These combined exercises illustrate that the U.S. and our partners stand ready to ensure the freedom of navigation and the free flow of commerce wherever international law allows.

Hoop City hosts America’s Navy during Springfield Navy Week

By MC2 Theodore Quintana

MILLINGTON, TENN.

Springfield, Massachusetts is scheduled to host members of the U.S. Navy during Springfield Navy Week, Sept. 17-23, a week-long series of community outreach events.

Springfield Navy Week will bring sailors from different units across the United States to conduct focused outreach events with members of the community. The Navy week will bring sailors from USS Constitution, Navy Band Northeast, USS Springfield, U.S. Navy Ceremonial Drill Team, Explosive Ordnance Group Two, U.S. Navy Parachute Team, Naval History and Heritage Command, U.S. Naval Academy, Navy Recruiting District New England, and the Naval Meteorology and Oceanography Command.

During Springfield Navy Week, Mr. William R. O’Donnell, Department of the Navy, Assistant for Administration will receive a Navy Week proclamation from Springfield’s Mayor Domenic Sarno. He will also meet with corporate, civic, education and government leaders throughout the week in an effort to increase awareness of the Navy, its mission and the importance of the Navy to the people of Springfield.

The events and special programs that will take place throughout Springfield are the culmination of planning and preparation over many months by the Navy Office of Community Outreach and Springfield community leaders.

“As with all Navy weeks, we hope to offer the Springfield community an opportunity to see their Navy and foster the relationship between the community and the Navy,” said Gary Ross, lead planner of Springfield Navy Week. “Our ability to come to Springfield with a wide variety of Sailors from different career backgrounds allows us to really educate the people of Springfield on what their Navy does on a daily basis.”

One major highlight during Springfield Navy Week is the large presence the Navy and its assets will have at the Big “E” State Fair throughout the Navy week. Visitors can expect displays, concerts, etc.

“The explosive ordnance disposal and mobile diving and salvage force is thrilled and



MC2 Kyle Carlstrom Chief (Select) Mineman Joshua Garza, from Lancaster, California, dances during the 3rd Annual “Swing Pedro” during Los Angeles Fleet Week (LAFW) 2018. LAFW is an opportunity for the American public to meet their Navy, Marine Corps and Coast Guard teams and experience America’s sea services. During fleet week, service members participate in various community service events, showcase capabilities and equipment to the community, and enjoy the hospitality of Los Angeles and its surrounding areas.

“This Navy week is a great opportunity for the Navy and the EOD/diving force to tell our story to the public.”

Lt. Cmdr. Ryan Blake, Operations Officer Explosive Ordnance Disposal Group 2

honored to be part of Springfield Navy Week and supporting the Big E Festival,” said Lt. Cmdr. Ryan Blake, operations officer of Explosive Ordnance Disposal Group 2. “Being in the Northeast, Springfield is full of patriotic Americans who may have never seen or interacted with Sailors, let alone explosive ordnance disposal technicians and Navy divers. This Navy week is a great opportunity for the Navy and the EOD/diving force to tell our story to the public.”

Additionally, Wednesday Sept. 19, the Navy Leap Frogs will parachute into Forest Park at 6 p.m. while Navy Band Northeast performs for attendees.

Citizens of Springfield will have several opportunities to interact with sailors during the week including a live band performance at the Springfield Museums, and multiple performances at the Big E.

Springfield Navy Week is the 13th of only



MC2 Tamara Vaughn

The United States Navy Ceremonial Guard perform during the Navy Week Cleveland proclamation ceremony in Cleveland, Ohio. 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.

14 Navy weeks in 2018 that focus a variety of assets, equipment and personnel on a single city for a week-long series of engagements designed to bring America’s Navy closer to the people it protects.

For more information and a full schedule of events, <http://www.outreach.navy.mil/Navy-Weeks/Springfield/>.

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**Draken's arrival
has been
postponed due
to hurricane
Florence. Look
for a rescheduled
arrival date in
an upcoming
Flagship.**

From Nauticus

NORFOLK, VA

Norwegian Viking ship, Draken Harald Hårfagre (Draken), is coming to Norfolk, VA as an official stop on its Expedition America: East Coast Tour 2018 presented by Highland Park Single Malt Scotch Whisky. The tour, which launched in July 2018, will bring the world's largest operating Viking ship to Norfolk for a 3-day stopover from September 14 through September 16. Beginning with an arrival ceremony on September 13 and continuing with 3 days of ship tours and activations in the Draken Village, the Draken visit promises visitors an engaging look at the modern-day Viking spirit.

"Nauticus is proud to welcome this amazing vessel to the downtown Norfolk waterfront," said Stephen Kirkland, Nauticus executive director. "It's a chance for the community to meet an international team of mariners and learn more about traditional Viking shipbuilding."

"We are excited about the arrival of the Draken, and the opportunity for our visitors to explore the decks, learn about the history of the ship and see demonstrations" said Sam Rogers, interim president & CEO of Visit Norfolk.

Hosted in partnerships with Visit Norfolk, the Draken will

dock at Nauticus and will offer a once-in-a-lifetime opportunity for visitors to relive history in a way never experienced before. Draken will allow guests to not only marvel at this stunning Viking ship – but also to interact with the crew as they share their personal experiences of thrill, fear, and exhilaration while enduring the ship's 2016 transatlantic crossing – reliving the Viking discovery of the New World more than 1,000 years ago.

**The Draken Experience in Norfolk
Thursday, September 13
Draken Arrival Ceremony, 4:30 p.m.**

Guests are invited to greet the Draken ship as it sails into port with a display of Viking valor and excitement. Captain Björn Ahlander and his crew will step ashore to welcome the crowd and introduce the Draken. This event is free and open to the public.

**Friday, September 14 through Sunday, September 16
Draken Village & Deck Tours, 10 a.m. – 8 p.m.**

Beginning daily at 10 a.m., Draken will be open for timed and ticketed deck tours. Tour tickets, which run \$6 for kids (ages 5 to 15, free admission for ages 4 and under); \$12 for adults (ages 16 and over); and \$30 for a family pack (includes two adults, and up to three children) can be purchased

online at www.drakenhh.com, or on-site at the Draken Village. During each 30-minute tour, guests are guided through the ship and offered a look at a day-in-the-life of the crew and the historic craftsmanship used to build the ship with oak, tar, hemp, iron, and silk.

Within the Draken Village, which is free and open to the public, guests can experience a photo and video exhibition illustrating Viking history, modern explorers, and the adventures of the Draken; land-side views of the ship; the Highland Park Whisky hospitality tent; local food and beverage vendors; official Draken merchandise, and more.

"The Vikings were accomplished navigators, artisans, traders and storytellers, but their greatest triumph was the ships they built," said Captain Björn Ahlander. "Each Draken stopover offers guests a tangible tie to history. We hope our visitors are inspired by the vigor of the Viking spirit and our modern-day adventures."

Following the overwhelming response from the 2016 tour, the Draken Harald Hårfagre North American tour has consisted of stopovers across the U.S. East Coast states of Maine, New Hampshire, Massachusetts, Rhode Island, Pennsylvania, Maryland, Washington D.C. and Virginia.



Photos courtesy Hampton History Museum

**WWI posts and
propaganda explored in
free lunchtime talk at
Hampton History Museum**

From Hampton CVB

HAMPTON, VA

Mariners' Museum archivist Bill Barker presents "WWI Posters and Propaganda" as part of the Hampton History Museum's free Lunch in Time series at noon, Wednesday, September 19.

In his illustrated lecture Barker will examine World War I era posters from the Mariners' Museum's collection. These pieces of propaganda played an important role in galvanizing public opinion and shoring up support for the war effort. He'll explore how the pairing of pithy phrases and dramatic artwork elicited such a strong reaction from the public and significantly impacted how the country thought about war.

Barker's talk will start with the creation of the Committee on Public Information as

a clearing house for government propaganda during World War I, and then focus on the Division of Pictorial Publicity, headed by Charles Dana Gibson. The presentation will cover the broad categories of posters, the output of noted illustrators, and what makes for an effective poster design. Of particular focus will be on the posters of the War Shipping Administration/ Emergency Fleet Corporation, in addition to the posters that are featured in the Mariners' Museum current exhibition "Answering America's Call: Newport News in World War I" that commemorates the 100th anniversary of America's involvement in the "war to end all wars."

Admission is free. Attendees are encouraged to bring a bag lunch. The museum will have free dessert.



Belle of Oregon

Calendar

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

USOHRCV Golf Classic

- Sept. 13. 10 a.m.
- Golden Horseshoe Golf Club in Williamsburg
- www.hrcv.uso.org/events55

Join us for our annual USOHRCV Golf Classic at the Golden Horseshoe Golf Club in Williamsburg, VA.

Norfolk In-Water Boat Show

- Sept. 13-15. 12 p.m.–7 p.m. \$8 Military Discount with ID. \$10/Adult, 15 & under FREE.
- Waterside Marina, Waterside District, Downtown Norfolk
- www.festevents.org

The 2018 Norfolk In-Water Boat Show will feature a wide variety of new and used power boats on land and in-water from dealers across the state and surrounding regions with the newest and best in luxury motor yachts, sport fish, and personal watercraft. The only major in-water boat show in the Hampton Roads region!

USO Coffee Connection - Norfolk

- Sept. 13. 11 a.m.–12 p.m. RESCHEDULED for Oct. 4 due to weather
- Bldg J50 Annex, 3rd floor, USO Pathfinder, Naval Station Norfolk
- Register at: <http://bit.ly/USOHRCVSept2018>

Connecting military spouses to new friends or reconnecting with old ones over coffee; coffee and a mug to take home provided. Military spouses and children welcome!

The Great Navy Campout - Portsmouth

- Sept. 14. 5:30 p.m.
- NSAHR Portsmouth - Community Recreation Center, May St., Bldg. 256, Portmsouth
- (757) 953-5095

The 2018 NSAHR Portsmouth MWR Overnight Campout is Friday, September 14 at 5:30 p.m. Meals, tents, and lanterns will be provided. Campers are responsible for providing their own camping gear.

The event is free to attend and open to all authorized DoD patrons and their families. Call 757-953-5095 for more information.



Courtesy The Norva

Seether w/Tremonti and Big Story

- Sept. 17. 7 p.m. \$26.50, \$29.50 day of show
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

This South African band has amassed twenty Top 5 singles, three platinum records, a fan-beloved gold-selling DVD and scores of #1 singles including “Fine Again,” “Fake It,” “Remedy,” “Broken,” “Words As Weapons,” “Country Song,” “Breakdown,” “Rise Above This,” “Same Damn Life,” “Truth,” “Gasoline,” “Driven Under” and their infamous cover of “Careless Whisper”. The band has also been recognized by the South African Music Awards, MTV Africa Music Awards, and Revolver Golden Gods Awards.



Thinkstock image

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/
- 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/

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



Aubrey Gee

Kids play giant soccer at the Virginia Zoo’s family-friendly Growl Fest.

Growl Fest Returns for Third Year at Virginia Zoo

By Ashley Grove Mars

Growl Fest, the Virginia Zoo’s favorite beer festival, returns on September 15, 2018, from 6 to 9 pm. This after-hours event is sponsored by Food Lion, Simmons Heating and Cooling, Inc., Dollar Bank, USI, Redfin and MMC Benefits, and in partnership with the Norfolk Sunrise Rotary Club and the Rotary Club of Norfolk.

At this family-friendly event, attendees can taste local craft beers and food truck fare, plus enjoy exclusive after-hours access to the Zoo, with the animals on exhibit until 7:30 pm. The YMCA of South Hampton Roads will be hosting a children’s play area with games, an obstacle course and other fun activities.

Several breweries will be pouring, including O’Connor Brewing Company, Smartmouth Beer, The Bold Mariner Brewing Company, Rip Rap Brewing Company, Benchtop Brewing Company, St. George Brewery, Bearded Bird Brewing and Tradition Brewing Company. All participating breweries will offer discounts on growler fills with the 2018

Growl Fest growler through the month of October. Food vendors include Bodacious Pizza, Capt’n Crabby, Cast Iron Urban Meatery, Chesapeake Concessions, Sofrito, Vicki Vails and the Virginia Zoo.

General admission tickets are \$25 and include a commemorative 64-ounce glass growler and beer or tasting tickets. Other special-priced tickets for youth ages and designated drivers will also be available. Children under 2 are free. Ticket prices increase \$10 the day of the event.

Last year the event raised more than \$30,000, with the profits split between the Rotary clubs and the Virginia Zoo. Money raised from events like Growl Fest benefit the Zoo’s educational programming, events, improvements and upgrades. The Norfolk Sunrise Rotary Club and the Rotary Club of Norfolk support a variety of Hampton Roads nonprofits. Sponsorship opportunities are still available. For more information and to purchase tickets, visit virginiazoo.org/growlfest2018.

Freeze Fighter: warmer wetsuit will increase Navy dive time

By Warren Duffie Jr.

Office of Naval Research

ARLINGTON, VA.

Diving in icy water is extremely dangerous to humans. Within seconds, arteries tighten, blood pressure and heart rate race, and lungs gasp for air. After only minutes, hyperventilation strikes and arms and legs go numb—signaling the onset of hypothermia.

To protect U.S. Navy divers operating in freezing conditions, the Office of Naval Research (ONR) is sponsoring work to design a wetsuit mirroring the insulating properties of animal blubber—allowing divers to swim in frozen waters for longer periods of time.

The work is being conducted by researchers at the Massachusetts Institute of Technology (MIT) and George Mason University. They’ve developed a wetsuit infused with an artificial blubber layer that can triple the endurance time of divers in frozen lakes, rivers or oceans.

“This kind of research is especially important as more Arctic sea lanes open up and the Navy increases its readiness to operate in that part of the world,” said Maria Medeiros, a program officer in ONR’s Sea Warfare and Weapons Department. “Whether it’s special operations; search and rescue; or ship repair, maintenance and salvage, finding ways to increase divers’ time and effectiveness in the ice is a priority.”

The project is being led by two MIT professors—Dr. Michael Strano and Dr. Jacopo Buongiorno—and focuses on neoprene wetsuits. Neoprene is the most common material used to make wetsuits, and is a synthetic rubber resembling a thick foam with numerous air pockets.

These pockets slow the transfer of heat from the body into the surrounding



Courtesy Susan Young

From left, graduate student Anton Cottrill, Dr. Jacopo Buongiorno and Dr. Michael Strano try out their neoprene wetsuits at a pool at MIT’s athletic center. Cottrill is holding the pressure tank used to treat the wetsuits with heavy inert gasses.

cold water.

Strano and Buongiorno found that by substituting air with various heavy inert gasses—which are non-toxic, don’t have negative chemical reactions, and don’t burn or explode—they created a more efficient, artificial blubber layer within the wetsuit. This increased suit effectiveness in 10-degree-Celsius water from under an hour to multiple hours.

To do so, Strano and Buongiorno placed a neoprene wetsuit in a sealed, specially designed tank the size of a beer keg—and pumped the container with heavy inert gasses for several hours.

Laboratory tests showed the newly pressurized wetsuit kept its insulating properties for over 20 hours after treatment, far longer than divers usually spend in frigid waters. The treatment also could be done in advance of a dive, with the wetsuit placed in a bag to be opened just before use. In such cases, the 20-hour countdown didn’t start until the suit was removed from the bag.

“The great thing about this research is that you don’t have to recreate neoprene from scratch,” said Strano. “You can take a wetsuit from a closet, pump the gas into it and transform it into a super fabric.”

The inspiration behind Strano and Buongiorno’s research stems from a conversation they had with Navy SEALs two years ago, when they participated in

a Department of Defense science study. The warfighters told the MIT professors about the perils of diving in icy waters and how they urgently needed longer-lasting wetsuit protection.

Strano and Buongiorno examined diverse animal methods for enduring cold water—air pockets in fur or feathers (otters and penguins), internally generated heat (mammals and fish), or a layer of insulating material slowing heat loss from the body (seal and whale blubber). Their wetsuit design reflects the latter two methods.

While their laboratory tests and simulations have been successful, Strano and Buongiorno hope to test the wetsuit further during in-water demonstrations involving Navy and civilian divers.

The wetsuit research falls under ONR’s Naval Enterprise Partnership Teaming with Universities for National Excellence (NEPTUNE) program, which helps the Navy and Marine Corps discover ways to improve energy conservation, generate renewable energy and implement energy-efficient technologies—while giving active-duty military, military students and veterans the chance to immerse themselves in university-level research.

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



Courtesy Atlantic Shores

Virginia Beach retirement community honors area military with partnerships and mentorships

Retired military residents spur award-winning community involvement programs

By Beth Pursley

Located in the heart in one of the country's largest military communities, Atlantic Shores Retirement Community continues its connection and involvement with organizations and causes tied to active and retired military.

Recently celebrating its own 20th anniversary, Atlantic Shores supported nearby Naval Air Station Oceana's anniversary celebration, as promotional partner of their Naval Aviation Symposium and 75th Anniversary Gala. This historic event highlighted the past, present and future of naval aviation while celebrating the men and women who have served at NAS Oceana over the past 75 years.

With Hampton Roads being such a rich military area, Atlantic Shores is proud to have a large number of retired military members as part of their community. These active and committed residents help carry forward Atlantic Shores' legacy of service to the surrounding area, including serving as docents and special event hosts at the Virginia Beach Military

Aviation Museum, and as volunteers at local military hospitals.

Atlantic Shores Veterans paired with young cadets from Cox/First Colonial High School Navy Junior Reserve Training Corps to launch an intergenerational mentorship program to record personal stories of military history. Through **Vets and Cadets**, the next generation of military heroes learn directly from the previous generation. Atlantic Shores veterans shared their stories of bravery and sacrifice with the young cadets, who recorded their personal testimonies using an app called Storycorps.me. When completed, each veteran's story was uploaded to the Library of Congress for posterity — to keep history alive for future generations.

Atlantic Shores is also home to the **Colonial Chapter of Freedom's Foundation at Valley Forge**, an organization which honors past and present veterans for the sacrifices they have made, and educates children on the principles of citizenship, leadership, and how to support the freedoms their previous generation fought so hard to achieve. Members present awards and scholarships to those who have demonstrated good citizenship on a local level. They also honor living veterans, and memorialize

those who are no longer with us in ceremonies staged throughout the year.

Atlantic Shores was recently honored with the CoVa BIZ Magazine Community Impact Award, as one of the top 10 local businesses consistently and creatively making an impact in the community by giving back.

Atlantic Shores residents include Navy, Marines, Air Force, National Guard, and Coast Guard veterans that have served honorably — several earning Purple Heart and Silver Star awards. Many are still active in supporting the current generation of their military colleagues, and have participated in Honor Flight tours to Washington D.C. to be recognized for their service.

According to Anna Little, Atlantic Shores Director of Sales and Marketing, "They were proud to serve us, now we are proud to serve them, both within our community, and our community at large. Our military residents truly feel at home here, and take full advantage of our special amenities, as well as a wealth of nearby services available for military retirees. We even have a Veteran's Rep that comes to Atlantic Shores to share the latest military benefits and programs. There's also camaraderie and a vibrant social scene among these residents both within Atlantic Shores, and beyond."

Atlantic Shores' **ROMEO** group (Retired Old Men Eating Out) meets on Saturday mornings to swap military stories over breakfast. Popular outings include the Military Aviation Museum Hanger Dance, and NAS Oceana Air

Show dress rehearsals. Historic trips include Fort Monroe, the New American Revolutionary War Museum in Yorktown, and the Battle of Great Bridge Civil War re-enactment.

Atlantic Shores resident and former Marine Ashby Franklin shares, "Many of us lived in this area during our military careers and loved the community. When it came time to retire, we wanted to move back. Atlantic Shores' location is perfect, between two medium sized naval stations with additional fitness facilities and private beaches, and easy access to commissaries, exchanges, military hospitals and outpatient centers. There's also a feeling of comfort and security living here, knowing that the first line of defense is all around us."

And the community's military residents are having fun with their retirement; former pilot Bill Jenkins still flies gliders. Retired pilot Milton Beach leads behind-the-scenes tours at NAS Oceana.

Some residents even served as models for the The Pin-Up Boys of Atlantic Shores charity calendar, featuring gentlemen from Atlantic Shores, creatively obscured to create the illusion of nudity in a range of comical vignettes, generating more than \$20,000 to purchase a new ambulance for a local Volunteer Rescue Squad.

According to Mr. Franklin, "Although we served before, we enjoy serving now in a different way. We have our own community here, where we are treated with respect, and feel like we have an extended family. That helps motivate us to continue paying it forward."

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Kids' school days are packed with learning, laughing and lots of fun. To get the most out their time in class, it's important their bodies and minds are properly fueled. Packing a healthy lunch is on of the easiest ways parents can support their child's education during the day while they can't be there. Healthy foods keep distracting hunger pangs at bay while providing important nutrients to support focus and learning.

Many traditional healthy foods aren't necessarily kid-friendly, which leaves moms and dads wondering how to pack a wholesome lunch that will actually get eaten. Fortunately, a little creative thinking and a few simple lunchbox tricks can help you create tasty meals that will fuel your kids throughout the school day. Consider these seven smart ideas and be inspired to create your own kid-approved combinations.

Think outside the loaf: Sandwiches are a lunchbox staple, but that doesn't mean you're limited to two pieces of bread. To add variety and boost nutrient intake, incorporate fun variations. For example, use whole-grain tortillas to create wraps, or, go one step further and cut up the rolls for bite-size "sushi" that makes it fun for lunching. Another idea: use whole-wheat waffles as the sandwich ends and fill with peanut butter and banana or cream cheese and apples.

Colorful creations: Ever notice how everything associated with kids has tons of color? Children are attracted to vivid hues and you can use this to your advantage when you pack lunches. Put a rainbow in every lunch by packing colorful produce such as green cucumber, cherry tomatoes, purple plums, orange carrots and yellow peppers. You'll keep things visually stimulating and the various colors of fresh foods mean they are get-



Brandpoint image

ting a variety of vitamins and minerals.

Fantastic freeze-dried fruit: Fresh fruit isn't always an option and that's when delicious Crispy Fruit freeze-dried snacks from Crispy Green can save the day. The perfect complement to any healthy lunch or the ideal lightweight portable snack, Crispy Fruit comes in many single-serving varieties to keep lunchboxes interesting, including banana, apple, pineapple and pear. You can feel good about giving your kids a snack that is 100 percent fruit, non-GMO and allergen-free with no additives or sugar added.

Breakfast for lunch: Is it backwards day? No, but you can get a little crazy by shaking things up when you pack breakfast foods for lunch. Kids will grin with joy as they open their pack to see their favorite whole grain cereal with a side of milk, or muffins with secret healthy ingredients like fruit or shredded veggies. You might even consider your

child's favorite breakfast sandwich or a yogurt parfait as a wholesome lunch option.

Slurp up soup: Cold lunch doesn't necessarily need to be cold. Get a reusable insulated container and get ready to delight those kid's taste buds with vitamin-rich soup. Whether you choose a hearty alphabet soup bought from the store or decide to make a batch at home, look for options packed with different vegetables and limited salt. Simply heat up in the morning and it will be ready and waiting come lunch time. Warm soup satisfies the stomach while warming the heart.

Dip and munch: If you have a hesitant kid who is known to snub their nose at fruits and veggies, consider making eating more fun by packing a side of dip. Children adore the act of dipping and it makes eating a fun, interactive activity. A little yogurt will encourage kids to gobble up fruits like orange wedges, apple slices or halved strawberries. Low-fat

salad dressing or hummus is the perfect pairing for veggie straws including carrots, celery or sweet peppers.

Protein pick-me-up: Protein helps kids feel fuller for longer, getting them through those lengthy school days. It's important to pack a protein source in lunch, but meats aren't your only option. Eggs are high in protein, so try hard-boiled or scrambled and pack in an insulated container. Other kid-friendly foods high in protein include cottage cheese, Greek yogurt, beans and many nuts or nut butters.

You are what you eat, so it's important to choose your children's foods wisely. For more tips about packing wholesome lunches and living a healthy family lifestyle, visit www.produceforkids.com/poweryourlunch-box or smartlifebites.com.

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WHY KIDS HAVE A SHORTAGE OF FREE TIME AND WHAT PARENTS CAN DO ABOUT IT

From Brandpoint

A typical school night can get pretty hectic. Once the kids get home, there’s a scramble to get to after-school activities, then dinner and finally, homework.

For families that are feeling the schedule squeeze this school year, here’s some news that might make you feel good about cutting an activity or two from the lineup. Kids not only crave free time, they need it. And new research by GoGo squeeZ suggests they’re not getting enough.

The importance of unstructured time
Seventy-two percent of parents feel that their kids have less free and unstructured time when compared to their own childhoods, according to a recent survey commissioned by GoGo squeeZ, the makers of all-natural 100 percent fruit in a pouch.

“What people often don’t realize is play has a purpose,” says Dr. Robert Murray, pediatrician, author and child health expert, “and parents aren’t always aware of its full benefits.”

Why are kids getting so little free time? Part of the answer is parents’ good intentions. Eighty-five percent of parents believe sports and activities lead to greater success in life, according to the survey.

In reality, “It’s the social and emotional interactions that are the important benefit, not

the sport itself,” says Murray. “The social and emotional skills that come from social interactions are an even greater predictor of later success than IQ.”

Kids need more time for quality, unstructured activities. That’s why GoGo squeeZ is championing an idea called BE Time, which is the quality “kid-time” needed to nourish the imagination, creativity, bodies and relationships of kids. To make time for BE Time, try some of these strategies from Murray to work in an extra 30 minutes of unstructured time per day.

Make errands interactive: Whether you’re driving, at an appointment or grocery shopping, it’s easy to placate restless children with devices for a moment’s peace. It’s well worth the extra effort to turn these moments into shared experiences. For example, at the grocery store, “read labels together with young children and ask them to find interesting fruits or vegetables to feel and smell,” Murray says. “Ask older children to help plan dinner and to compare the cost of certain items as a way to learn basic life skills.”

Give kids tools to make and invent: Inspire some free-time creativity, where they can let their imaginations go wild. Keeping supplies and toys that inspire creative play will give them plenty to facilitate free-time creativity.



Brandpoint image

Keep costumes and props, toys and art supplies at the ready and watch their imaginations go wild.

Plan family outings: Look for places that let kids freely explore and make their own choices on how to play, including parks, swimming pools, nature centers, zoos and museums. While there, follow their lead instead of rushing them along to the next thing. If a hands-on exhibit catches their attention, give them the freedom to explore.

Put the kids in charge: Give kids time to be in charge of their own activities, so they have a chance to de-stress, regain their mental balance and encode memories of the things they learned in school on their own. “If you feel the need to provide structure and safety, identify

an opportunity that makes everyone feel comfortable,” Murray says. “Watch your kids ride their bikes or take them to the playground, a museum, a farm, and let them decide how to explore it.”

Set an example: Show kids that it’s important for parents to have unstructured time too! By reading a book, catching up with friends or spending time outside, kids will follow your lead. “The idea of ‘BE Time’ is a great conversation starter for parents and grandparents,” Murray says, as “it encourages them to rethink the importance of slowed-down, more unplanned free time in a child’s life.”

To learn how you can commit to giving your children 30 more minutes of #BEtime every day, visit BEtime.org.



Courtesy of Warner Bros.
(Front)TAISSA FARMIGA as Sister Irene in New Line Cinema’s horror film “THE NUN,” a Warner Bros. Pictures release.

new in theaters

THE NUN (R)

When a young nun at a cloistered abbey in Romania takes her own life, a priest with a haunted past and a novitiate on the threshold of her final vows are sent by the Vatican to investigate. Together they uncover the order’s unholy secret. Risking not only their lives but their faith and their very souls, they confront a malevolent force in the form of the same demonic nun that first terrorized audiences in “The Conjuring 2,” as the abbey becomes a horrific battleground between the living and the damned.

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.

GOD BLESS THIS BROKEN ROAD (PG)

God Bless the Broken Road tells the story of a young mother who loses her husband in Afghanistan and struggles to raise their young daughter in his absence. The film combines elements of faith, country music, and stock car racing while paying tribute to those who serve in the United States Military.

THE PREDATOR (R)

From the outer reaches of space to the small-town streets of suburbia, the hunt comes home. The universe’s most lethal hunters are stronger, smarter and deadlier than ever before,

having genetically upgraded themselves with DNA from other species. When a boy accidentally triggers their return to Earth, only a ragtag crew of ex-soldiers and a disgruntled science teacher can prevent the end of the human race.

OPERATION FINALE (PG-13)

Fifteen years after the end of World War II, Israel’s intelligence agency Mossad and security agency Shin Bet – led by the tireless and heroic agent Peter Malkin (Isaac) - launched a daring top-secret raid to capture the notorious Eichmann (Kingsley), who had been reported dead in the chaos following Nazi Germany’s collapse but was, in fact, living and working in a suburb of Buenos Aires, Argentina under an assumed identity along with his wife and two sons. Monitoring his daily routine, Malkin and his operatives plot and execute the abduction under the cover of darkness just a few feet from Eichmann’s home. Determined to sneak him out of Argentina to stand trial in Israel, Malkin and Eichmann engage in an intense and gripping game of cat-and-mouse.

A SIMPLE FAVOR (R)

A Simple Favor, directed by Paul Feig, centers around Stephanie (Anna Kendrick), a mommy vlogger who seeks to uncover the truth behind her best friend Emily’s (Blake Lively) sudden disappearance from their small town.

PEPPERMINT (R)

Peppermint is an action thriller which tells the story of young mother Riley North (Garner) who awakens from a coma after her husband and daughter are killed in a brutal attack on the family. When the system frustratingly shields the murderers from justice, Riley sets out to transform herself from citizen to urban guerilla. Channeling her frustration into personal motivation, she spends years in hiding honing her mind, body and spirit to become an unstoppable force – eluding the underworld, the LAPD and the FBI- as she methodically delivers her personal brand of justice.

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.

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Courtesy STX Entertainment

Mark Wahlberg stars as an elite American intelligence officer, aided by a top-secret tactical command unit, trying to smuggle a mysterious police officer with sensitive information out of the country.

JEB Little Creek, Gator Theater – 462-7534

Friday, September 14

6 p.m. Crazy, Rich Asians (PG-13)
9 p.m. Mile 22 (R)

Saturday, September 15

1 p.m. Christopher Robin (PG)
4 p.m. Mile 22 (R)
7 p.m. Crazy, Rich Asians (PG-13)

Sunday, September 16

1 p.m. TeenTitans Go: ToThe Movies (PG)
4 p.m. The Meg (PG-13)
7 p.m. The Spy Who Dumped Me (R)

NAS Oceana, Aero Theater – 433-2495

Friday, September 14

6 p.m. Crazy, Rich, Asians (PG-13)
9 p.m. Mile 22 (R)

Saturday, September 15

12 p.m. Crazy, Rich, Asians (PG-13)

Sunday, September 16

12 p.m. TeenTitans Go: ToThe Movies (PG)
3 p.m. Mile 22 (R)
6 p.m. BlacKkKlansman (R)

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

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■ advertise
your business

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

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.

Flea Markets/Bazaars

Flea & Craft Market Princess Anne HS Chorus fundraiser (VB). Sat. Sept. 15th 8-2pm. 4400 Va Beach Blvd. Spaces \$12 Tables \$8. 648-5600 x8452

FLEAMARKET Christ PresChrch 9-15 (8-2) Sps\$12
709 Aragona Blvd,VaBch 515-1341 Tbs55Rd9-22

FLEA MARKETERS I NEED YOU! At the American Legion on Battlefield Blvd. in Ches. Sept. 8th & Oct. 13th. Walcottan Runtin Club Oct. 6th. If interested in a space contact me at Jean.Bevins@yahoo.com or 757-646-8069.

Larrymore Elementary Fall Craft Show Sept. 15, 10-3 Larrymore Elementary School at 7600 Halpin Dr. in Norfolk will hold its annual fall craft show on Saturday, Sept. 15 from 10:00-3:00. Admission is free. There will be many direct sales companies as well as handcrafted items for sale. All money collected will benefit the school. Get your raffie tickets too!

St. Paul's UMC, 437 Providence Rd., Chesapeake, Sept. 15, 8-4 PM. Spaces \$30, Tables \$5. Rain date Sept. 22. 420-6276.

Garage Sale - Chesapeake

Chesapeake - 2708 S. Battlefield Blvd Community yard sale, Sept. 22, 7am-3pm at HUMC

THE CROSSINGS AT WESTERN BRANCH YARD SALES 9/15 AT 8AM RAIN 9/22

Garage Sale - Norfolk

Bayview Garage Sale: 1964 E. Bayview Blvd. Sat. 9/15, 8-2. TONS of baby boy & kid items + more.

Garage Sale - Suffolk

Living Waters Christian Center 1226 White Marsh Rd Suffolk September 8, 2018 @6 a.m. Clothes, houseware, toys, food, and so much more. Every thing Must Go!

Garage Sale - Virginia Beach

New Hope Baptist Church-395 Old Great Neck Rd., Sat. 9/29 9-3 PM. Inside Yard Sale/ Craft Show. Set-up date 9/28, from 5-8 PM; also set-up on 9/29, 6-8 AM. 6' table \$20, round table \$15, space only \$10. For more info call Gloria Wilson at 757-466-5904. 1st Come 1st Served!

Ocean Lakes Community Yard Sale 1718 Wellsford Dr. Sale to Re-Scheduled.

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.

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DECOYS WANTED
Highest CASH prices paid
Old wooden ducks or Canvases gese
Swans and Shorebirds. Also buying
Old fishing tackle & Wooden lures
Boat oars Nautical & Lifesaving items
Call Mark at 757-721-2746

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

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

GAS WATER HEATER-50 gallons, 1 yr. old, \$150. 757-560-6818.

Generator, Briggs & Stratton Storm Responder, 5500 watts, 8250 starting watts, pull start, used 4 times, approx. 36 hrs., \$499. 757-636-3167.

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

Boat Trailers

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

Boat Gear/Equipment

2 BOATS FOR SALE-BOAT #1 Wahoo 16"2"2" Built 1987. 70HP Evinrude w/trailer\$600.00
BOAT #2 Key West 17ft Built 1995 70HP Evinrude W/trailer, \$2600.00
Call 757-678-7477

Boats/Rigs



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

Highfield 2016 10'6" Hysalon RIB aluminum bottom 15HP Tohatsu 1-cyl tank of usage. Was tender to larger boat. Full cover and on a trailer. \$4900 call John 544-8904 in Norfolk



Robalo R-180 2016 18 Yamaha 115HP w/16.7 Hours & Coyote Trailer w/folding tongue. Standard equipment and multiple options. \$25900 Call 757-850-8197 or Text 757-870-7067

Cameras-Photography

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

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.

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-Apples, pears, grapes, Oct. beans, apple & pumpkin butter. Open thru October. 2385 Happers Rd. Va Beach. 10-6. 427-2346.

CRABS-Nansemond River #1's full of meat \$120 bu., #2 Jimmies \$60 bu., #3 females \$50 bu., in Churchland & Carrollton Area. 757-735-0500.

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

Hunting Equipment

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

Jewelry & Watches

Soon It Will Be Xmas, diamond jewelry for sale in very excellent condition, barely worn, all different kinds of jewelry, make your woman very happy for Xmas. The prices will be alot lower than what you would pay in the jewelry stores. 1-252-457-5035.

Lawn & Garden

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

Pets-Dogs,Cats,Other

****STANDARD POODLE PUPS** AKC PAPERS,** BORN 7/13/18, PRICED TO SELL \$700. 757-339-8390 NORFOLK.

Akc Bullmastiff pups. Fawn. Health guarantee. 1st shots. Dewormed. 252-508-3025. \$1250-1400. No shipping. Approved homes only.

Beagle Puppies, tri-color and chocolate/white. First shots and wormed. Parents on premises. \$100 757-621-2875. Va Beach.

Border Collie Pups-Classic black w/white, purebred, reg ABCA, parents on farmstead, very smart, wormed/1st shots. \$685. 757-606-4125.

Boxer Pups-AKC, tail docked, dew claws removed, 1 male left. Fawn & white. Ready now. \$550. 252-217-3713.

Boxer Pups-AKC. 7M, 1F. Ready 9/22. Flashy fawns & brindles. \$700. 252-702-4767.

Bull Mastiff Cane Crossshots & training started, grab a ball & give us a call-\$950. 274-2381

Chihuahua-male 11 months old , 5 sets of shots , Pure bred \$200 call-text for info/ pic 757-201-2392 or leave message

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

Full Persian-2 male kittens-born 7/6/18 call or text 757-291-1472 \$350.00

German Shepherd Pups-AKC, black & tan, shots & checked for worms. Parents & grand-parents on site so you can see what you are getting. Good quality puppies from a local breeder of 8 yrs. Check out our Facebook Page, The AKC Shepherds of Yale. \$800. 804-691-6717.

German Shepherd Pups-Ready Sept. 15, M/F, AKC, CKC reg, mostly black, wormed, shots, papers in hand, \$700. 252-809-3665, call/text.

Golden Retriever Pups-AKC. 12 wks., female, 3 sets of shots/wormed, \$850. 757-421-7708.

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

Japanese Chin Cross-A quiet, long hair beauty w/brains, shots/training \$750. 274-2381.

Labrador Puppies AKC Yellow Health Guarantee Call-Text For Info/Pics 804-370-5661

Mini. Schnauzers-All Colors, Super Coats, Year Health Guarantee. www.smithschnauzers.com For More Info 434-349-3854 or 434-770-1464

Shih Tzu pups. Male 600, tiny female 700. Ckc reg., 2 sets shots, text 757 350 1758 for info.

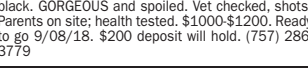
Siberian Husky Pups-CKC reg, 1st shots, \$200 deposit. Asking \$500. 302-542-5281.



STANDARD POODLE PUPPIES: 2F, 2M 1Parti, 3 black, GORGEOUS and spotted. Vet checked, shots Parents on site; health tested. \$1000-\$1200. Ready to go 9/08/18. \$200 deposit will hold. (757) 286-3779

Yorkies-AKC, 2nd shots, de-wormed, mini chipped w/AKC reunite, perfect fam. pets, health guarantee, doll faces, males \$900. 757-343-6417, Ashbrook Yorkies.

Power Boats/Cruisers



C-Hawk 1996 29' Pilot house commercial built boat, 300 hp 3116 CAT-Diesel, 1900 hrs. 16-22Kt. Radar, 1F GPS dopop (fresh water cooled), Hardtop w/ rod holders, curtains 3 sides, Bennett trim tabs, outriggers, optima batteries, hydraulic steering and more. Been kept in dry storage for past 18 years (757)630-2788

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

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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

ORGANIC MUSHROOM COMPOST

Screened topsoil 5 yds \$190-mulch \$26, compost \$26, sand, gravel, aeration \$50 & up. **353-7233.**

Wanted To Buy

CARDS, COMICS, TOYS, RECORDS, ETC - Buying All Types - Cash Paid Today - Call 757-636-5466

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

Auctions

AUCTION

The contents of storage spaces located at

Mini Price Storage
7641 Sewells Point Road, VA Beach, VA 23513. Will be sold at PUBLIC AUCTION on September 19, 2018 @ 10 AM. Payment by Money Order, Cash-ier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 0119, 1056, 1136, 1211, 2105, 2253, 3217, 3229, 3259, 3305, 3310, 3318, 3381, 3480.

AUCTION

The contents of storage spaces located at

Mini Price Storage
3441 Va. Beach Blvd., Va. Beach, VA 23452. Will be sold at PUBLIC AUCTION on September 19, 2018 @ 10 AM. Payment by Money Order, Cash-ier's Check or Visa/MasterCard/American Express. No Cash Accepted. Space Numbers Are: 0119, 1056, 1136, 1211, 2105, 2253, 3217, 3229, 3259, 3305, 3310, 3318, 3381, 3480.

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JACK'S TOWING

1114 Harmony Rd. Norfolk, VA
Saturday, Sept. 15, 12 Noon
GATES OPEN AT 10 AM
Call 461-5765. Many Late Models
90+ CARS, TRUCKS,
MOTORCYCLES & SCOOTERS.
Cash or Certified Funds Day Of Sale.
www.jackstowing.com. VAAF 58

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

Norfolk Unpd RE Tax-Postponed. VAF 662 www.vaauktion.com 538-0123

Phoebus Auction Gallery. Next Auction Sept. 23. VAAR #1597. 722-9210

Accounting/ Finance

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Limited number of F/T, PT Seasonal Positions Available for our NORFOLK AREA Locations. FLEXIBLE work hours. Experienced or will train. Must have Data Entry/Pc. Working knowledge. Free Tuition, Book Charge of ONLY \$79 Applies. Training starts soon On-line Education also available. To arrange a confidential interview please **CALL TODAY: (757) 256-9000**
Jackson Hewitt Tax Service

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YMCA of South Hampton Roads Corporate Office responsible for leadership and management of the organization's accounting functions, internal and external financial reporting, and tax compliance. Closing Date of Application Sept. 21. Apply online <https://www.ymccashr.org/page/work>

Automotive/ Mechanics

Experienced RNR Person needed. Must have own tools. No weekends. Call 757-461-6477

Building & Construction/ Skilled Trades

Electrician's Helper

L.E. Balance Electric. Work located in Hampton Rds area. 4 years commercial/industrial experience. Must have transportation. Pre-Employment drug screen required. Apprenticeship opportunity available. Apply in person at 944 Corporate Lane, Chesapeake, VA 23320. Mon-Thurs 9am-4pm. EOE/M/F/Disability/Vet. 757-436-9300

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-Thursady 3pm-5pm or online at trafficplan.com

Care Giving/ Child Care

Work at the Y!
Blocker Family YMCA-Norfolk Greenbrier North YMCA-Chesapeake
Be a part of our talented, dedicated team and help the YMCA of South Hampton Roads make our community stronger!
Now hiring in Youth Programs: School Age Leaders - Before & After School Child Care Stay and Play Leaders
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Apply online on the YMCA of South Hampton Roads Job Opportunities Page www.ymccashr.org

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Hair Stylist needed for busy Hilton East Salon. P/T positions available. Salary + Commission + Paid Vacation. Call Debbie (757) 409-4506

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Coordinates research activities, assists with instruction, and provides consultations. Supervises the Special Collections Reading Room; hires and supervises student assistants. To review position requirements in full, and submit an application, please visit <http://jobs.odu.edu/postings/8580> AA/EOE.

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Lake Taylor Hospital is hiring for all Healthcare Related Positions! Visit our website at www.laketaylor.com for more information.

Virginia Beach Psychiatric Center www.vbpcweb.com

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ENTRY LEVEL PRODUCTION

Nucor Steel Hertford county, NC, Inc. a division of the largest steel & steel products manufacturer & largest recycler is seeking to assemble a hiring pool of qualified applicants to fill multiple Production Team Member positions. We are looking for good candidates who are willing to work both day & night rotating shifts.

What you can expect with a career at Nucor:

- New team members can earn up to \$55K with avg division salary of approximately \$85K.
- Benefits including \$401K, Profit Sharing, Health and Life Ins. and much more
- Stability with a company that has been around since 1969 with no layoffs
- Growth & promotional opportunities

Individuals who would like to learn more about opportunities at Nucor Steel Hertford County located in Cofield, NC should visit www.nucor.com/careers/.

Burial/Cemetery Plot

Meadowbrook Memorial Gardens Suffolk on Shoulders Hill Rd., 1 plot, Cross B, Lot #60, \$2000. 757-477-6083.

Woodlawn Memorial Gardens-2 plots, \$1500 each or both for \$3000. 757-227-2723.

For Rent-Furnished Apts

Motel 6-Newly renovated, offering low weekly & daily rates, near pier/base \$225 wk. 757-480-9611

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

For Lease-Industrial

Office Warehouse
Chesapeake 1200 & 1500 sq. ft. Call 485-1323.

Va. Beach-3000 & 5000 sq. ft. shop & 2 offices, 14' doors, utils, & air incld. \$1800. 499-8000.

For Rent-Norfolk Apts

A Clean 1 BR Apt.-Near Southern Shop Ctr., \$625 mo., \$625 dep. Tenant pays utils. 646-2398.

GHENT-8 Great Locations
1 & 2 bedrooms start at \$730-\$1180. Efficiencies start at \$675
Meredith Mgmt 622-8233. www.meredithmgmt.com

\$300 Moves You In. \$735 Mo.
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Little Creek Rd-2 BR Twnhse. Central heat/air, carpet. \$700-\$730. Credit req'd. (888)368-5920
Ask About Our Specials Meredith Mgmt. www.meredithmgmt.com

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

For Rent-Portsmouth Apts

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

For Rent-Portsmouth House

Churchland, W. Branch, Suffolk homes, apts, twnhms. \$725-\$1800. Kline Realty 484-0123

Douglas Park"Spacious" 4 Bedroom, 3 Bathroom house located in "Douglas Park neighborhood" of Portsmouth. Back ground - Credit history check on all applicants. Application fee is \$40. One month security and one month rent in total of signing lease. Please contact me @ 757-372-5867 to set up an appt. No calls after 5:00 PM.

For Rent-Rooms

Alexand

Sport Utility Vehicles



Subaru 2015 Forester 2.5i prem CVT red, grey int,
autodim mirrors, fogs, alloys, cargo prt/cvr, roof rk,
1 owner, only 18K mi. EC, \$19600, 757.582.5154



TOYOTA 1997 Land Cruiser 1997 Toyota Land
Cruiser. Excelent condition, Engine: 4.5L, 4
Wheel-drive, 165k Miles, Automatic. \$2200
Contact: 8044935074

Trucks

Ford 1994 F250, Extra Cab, 8' bed, new tires,
145K mis., \$3800. Snyder's RV 499-8000

Ford 2008 F350 Lariat S/C 8ft 5.4L T/Tow extra
clean 1 owner only 38Kmi \$15900 757-373-0000

Vans

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

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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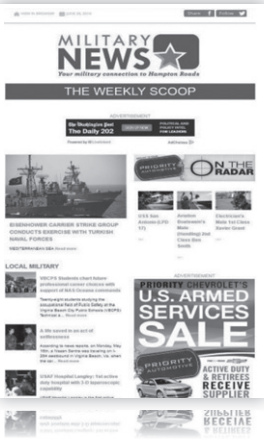


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importance of arts education, please contact
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Super Crossword

TECH COMPANY CLOSINGS

ACROSS

1 No-elevator multistory building

7 Prefix with bar or belief

10 Long tales

15 Boo-boo

19 Consider identical

20 Go-between: Abbr.

21 Roping event

22 NCAA's Bruins

23 Protection for many bank tellers

26 "— cost ya!"

27 Closeout, e.g.

28 Preamble

29 Puzzler's cry

30 Net vending

31 Kinnear of Hollywood

33 Reflections

36 Connecticut state song

41 Spanish bull

42 Actor Ed

43 Yoko of the avant-garde

44 Mall binge, maybe

48 Get a pic of

51 Wooden peg

52 "In a pickle," e.g.

54 Part of ERA

55 "Bear" of the outback

56 Insignia

58 Three-section holder of bills

61 52, to Livy

62 Spanish surrealist

64 See G-Down

65 Simpson judge Lance

66 Probe for

68 Journals

72 Really cries

76 Bass finale?

78 Notion, in Nancy

79 Yule song

81 Syllable after "oom"

82 Element like barium or radium

88 Hard but easily broken

90 Verse-writing, old-style

91 1940s pres.

92 Pricey hotel offering

94 Pact of the U.S., Can. and Mex.

95 University of Kentucky's — Arena

96 Some aria singers

98 Vintage auto inits.

99 Adept

100 Conflicted

102 Arbitrary security inspection

105 Collection for the Red Cross, say

110 Shrewd

111 Keno cousin

112 Water, in Nancy

113 Tweaks text

115 Unbox, e.g.

119 Napoleonic exile locale

120 2014 Kentucky Derby winner

124 Pennant, e.g.

125 From Tehran or Tabriz

126 Elegant shade tree

127 1991 horror film sequel subtitled "The Awakening"

128 "Rent" actor

129 Pastis base

130 South Korea's Kim —-jung

131 Tech giant whose name can precede nine words in this puzzle

3 Abatement

4 Frilly green

5 Rugged truck, in brief

6 With 64-Across, snookums or sweetie, say

7 Real nice

8 "— it!" (outfield call)

9 Extra entryway for bad weather

10 Physicist's work unit

11 Diametrically opposite

12 Sun Valley's state

13 Romero or Frank

14 "Help me!"

15 Parts of many rock songs

16 Eight-sided

17 Stan's pal in old films

18 Drops

24 — à-terre

25 Kitchen wrap

30 Genre of rock

31 Coagulated

32 Fam. member

34 High- — graphics

35 Suffix with favor or zinc

36 Mountaintop melodies

37 Societal breakdown

38 Tyro, slangily

39 "The Spy Who Loved Me" actor Richard

40 Getting the job done

45 Brochure or blurb, maybe

46 Settle from the bench

47 Terminus

49 Stein drink

50 Too glib

52 Skye, e.g.

53 Babysitters, e.g.

55 "Krazy —"

57 Cuban patriot José

59 Terrific

60 Less naive

63 Most frigid

67 Compact SUV model

69 "— a Nightingale"

70 Singer Chris

71 Basketball's Bryant

73 Select

74 Like Latvia or Lithuania

75 Sword cover

77 Duplicious

80 Actor Hal

82 Mo. with Arbor Day

83 Reed of rock

84 Held off

85 Flyers' gp.

86 Blushed

87 Hurried, quaintly

89 "Sharknado" actress Reid

93 Occurred gradually

96 House pest

97 Mysore "Mr."

99 Ending of enzymes

101 Los del — ("Macarena" duo)

103 Chevy debut of 2004

104 Plateau's kin

105 Rock fissure

106 Shout out, colloquially

107 Hanker

108 — Lama

109 Devastates

114 Visiting H'wood, say

115 Black-and-white cookie

116 Atari classic

117 Jannings of "Quo Vadis"

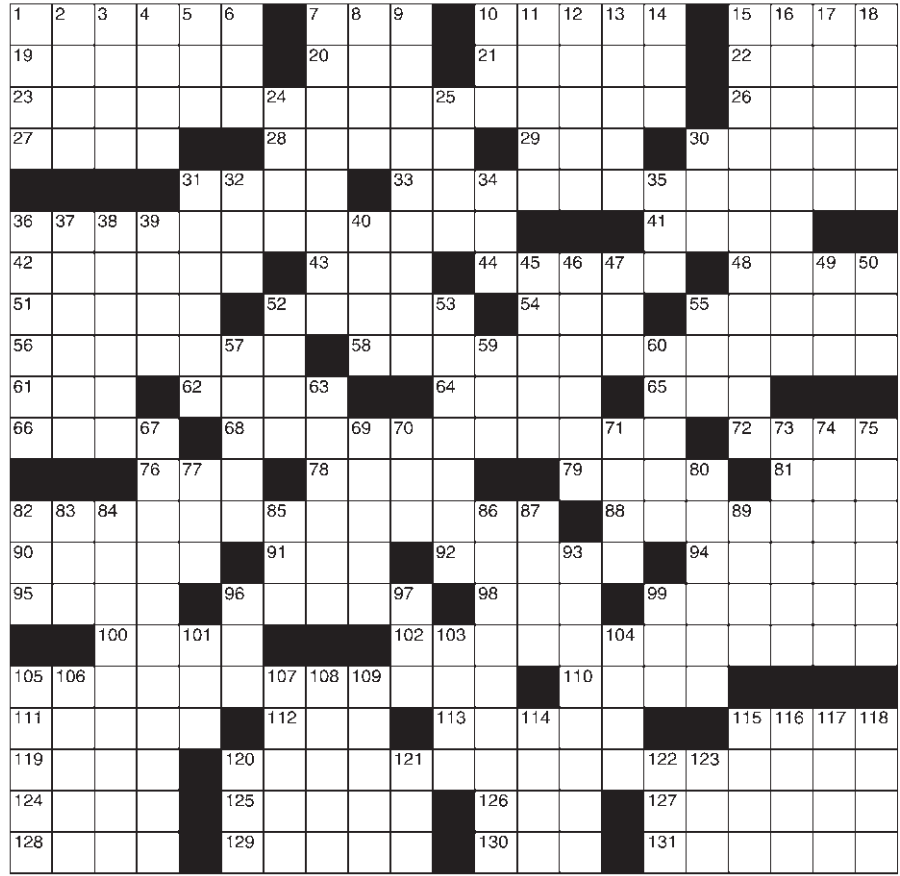
118 "54" actress Campbell

120 U.S. org. with moles

121 Archaic "Curses!"

122 Machine part

123 Gp. with a copay



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Sudoku

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

CryptoQuip

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

Clue: **V** equals **T**

JQCR FV JIE BN VPXR VG
HG EGBC FXGRFRW KQGXC,
F KGPXIWCGPEON EVCSSCH
PS VG VQC SOCIV.

Last week's CryptoQuip answer
Have you noticed the sign the couturier posted on his private property?: "No dress passing."

last week's answers

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

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

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