



U.S. Northern Command positioned to respond following Hurricane Florence

From North American Aerospace Defense Command and U.S. Northern Command Public Affairs

PETERSON AIR FORCE BASE, COLO.

United States Northern Command, its component and subordinate commands, Department of Defense partners, the military services and the National Guard are actively supporting the Federal Emergency Management Agency, states and local partners in response to the recently-downgraded

Hurricane Florence.

“We have quite literally surrounded the affected area with DoD capability that will be critical in hours and days following the storm’s impact. Secretary Mattis’ guidance to me is clear: We are anticipating the needs,” said Gen. Terrence J. O’Shaughnessy, North American Aerospace Defense Command and U.S. Northern Command commander. “We are moving forward under our own authorities to be able to respond as soon as a

request is made.” Below is an updated summary of DoD’s support to FEMA, state and local partners:

USNORTHCOM is positioned to provide support, as requested, via: sea, air and land. It has identified a total of nine military installations as FEMA staging areas for equipment and relief supplies including: Fort AP Hill and Fort Lee, Virginia; Fort Bragg and Seymour Johnson Air Force Base, North Carolina; North Auxiliary Airfield and Shaw Air

Force Base, South Carolina; Fort Gordon, Georgia; Maxwell Air Force Base, Alabama; and Dover Air Force Base, Delaware.

U.S. Army North Commander Lt. Gen. Jeffrey Buchanan has been named USNORTHCOM’s lead component commander and will serve as the Joint Force Land Component commander.

Air Force Northern is the lead component for USNORTHCOM for search and rescue, and has postured approximately 20 helicopters and crews for this effort.

USS Kearsarge (LHD 3) and USS

» See FLORENCE | A7

MC3 Josiah D. Pearce
MH-60 Sea Hawk
helicopters from the
“Dusty Dogs” of Helicopter Sea Combat Squadron (HSC) 7, attached to Carrier Strike Group 12 and the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), are recalled to Naval Station Norfolk, where they will be better postured to provide land-based rotary wing Defense Support of Civil Authorities if required in the aftermath of Hurricane Florence. Abraham Lincoln remains underway after Commander, U.S. Fleet Forces Command ordered all U.S. Navy ships in the Hampton Roads area to sortie on Sept. 10, ahead of the storm, which continues to bring high winds and rain to the Mid-Atlantic coast.



180911-N-UY653-262 MEDITERRANEAN SEA (Sept. 11, 2018) Cmdr. Tyson Young, commanding officer of the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64), delivers remarks during a 9/11 remembrance ceremony held aboard Carney, Sept. 11, 2018. Carney, forward-deployed to Rota, Spain, is on its fifth patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners as well as U.S. national security interests in Europe and Africa.

MC1 Ryan U. Kledzik

Navy remembers 9/11, honors victims

By Yonca Poyraz-Dogan
Navy Office of Information Public Affairs

WASHINGTON

The U.S. Navy community remembered 9/11 and honored those who lost their lives with somber tributes held across the United States and around the globe on Tuesday as people paused to commemorate the events that changed the world.

Special ceremonies were held on the three naval ships that bear the names of the 9/11 crash sites. Three years after the 9/11 terrorist attacks that killed nearly 3,000 and injured more than 6,000 others when hijacked airplanes slammed into the World Trade Center, the Pentagon and a field near Shanksville in Somerset County, Pennsylvania, on Sept. 11, 2001, the Navy announced it would commission three ships to honor victims and first responders.

One of the commemorations was on the USS New York (LPD 21), named in honor of New York City where American Airlines Flight 11 and United Airlines Flight 175 crashed into the World Trade Center.

“It’s really difficult to pause and take a break and for us to remember,” said Capt. Brent DeVore, commanding officer of USS New York said during the ceremony. “But that is precisely what we must do ... We must never allow 9/11 to simply be a day when the flag flies at half-mast. Here we honor 9/11 every day.”

USS New York, which was commissioned in 2009, has been a vessel of remembrance and a force that fortifies the nation’s future with its motto: “Strength Forged Through Sacrifice – Never Forget.” The

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HIRE VETS NOW FELLOWSHIP PROGRAM

Virginia Chamber Foundation, Virginia Dept. of Veterans Services and Navy Region Mid-Atlantic partner to launch Hire Vets Now Fellowship Program. Beginning in Sept., Hire Vets Now networking events on Naval Station Norfolk will connect Fellowship employers and transitioning military with the business community prior to their leaving military service.

» see A2

THE WAY OF THE FUTURE — 3-D PRINTING

3-D printers manufacture hard to obtain parts and create other pieces for systems that can effectively save the ships and the Navy money.

» see B1

OCEANA AIR SHOW

The NAS Oceana Air Show is pleased to present the United States Navy’s Blue Angels flight demonstration team along with the Canadian Forces 431 Air Demonstration Squadron, the Snowbirds!

» see C1

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Virginia Chamber Foundation, Virginia Dept. of Veterans Services, Navy Region Mid-Atlantic partner to launch Hire Vets Now Fellowship Program

From Virginia Dept. of Veterans Services

RICHMOND, VA.

The Virginia Chamber Foundation, the Virginia Department of Veterans Services (DVS), and Navy Region Mid-Atlantic (NRMA) are launching a new joint initiative called the Hire Vets Now Fellowship Program. The Hire Vets Now Fellowship Program is a NRMA approved SkillBridge program that will allow transitioning military within their last six months of service; with proper command approval, to fellow or intern with approved Virginia Values Veterans (V3) certified companies.

Beginning in Sept., Hire Vets Now networking events on Naval Station Norfolk will connect Fellowship employers and transitioning military with the business community prior to their leaving military service. Transitioning service members will gain valuable private sector experience while Fellowship employers will have an opportunity to recruit highly skilled veteran talent.

The Hire Vets Now Fellowship Program will launch at the Hire Vets Now Networking and Hiring Event, Sept. 27, from 11 a.m.-1 p.m. at Vista Point Conference Center on Naval Station Norfolk. Additional events are scheduled for Naval Station Norfolk on Nov. 15, 2018 and throughout 2019.

“We are pleased to continue our successful partnership with

the Virginia Chamber Foundation and to now join with Navy Region Mid-Atlantic to kick off this exciting new initiative. This program will give transitioning servicemen and women the opportunity to intern with some of the Commonwealth’s most innovative and successful private employers,” said John I. Newby II, Commissioner, of the Virginia Department of Veterans Services. “The skills they learn will be invaluable as they seek new careers in the civilian workplace and perhaps careers with some of our V3 Certified Employers.”

“SkillBridge programs are designed to link transitioning service members with civilian training opportunities, in an effort to enhance the probability of employment post separation,” said the NRMA’s Amanda Slosson. “The Hire Vets Now Fellowship program is currently one of the ten approved programs available here in Hampton Roads, but the only one that facilitates opportunities for transitioners to network with veteran certified employers offering SkillBridge compliant internship opportunities.”

Hire Vets Now networking events are open to all transitioning military members, veterans and their spouses. There is no charge to attend but pre-registration is requested. For more details, interested service members and veterans can visit www.vachamber.com/hirevets, www.dvs.virginia.gov or email or call Rose Dare at r.dare@vachamber.com , 804-237-1451.

About The Virginia Chamber Foundation

The mission of the Virginia Chamber Foundation is to strengthen Virginia’s long-term competitiveness through implementation support for Blueprint Virginia 2025. The Foundation conducts research, provides metrics for the state’s progress and produces events on issues facing business.

About the Virginia Values Veterans (V3) Program

The Virginia Values Veterans (V3) Program is a Commonwealth of Virginia Department of Veterans Services Program. Its mission is to help employers understand, design and implement nationally recognized best practices in recruiting, hiring and retaining veteran employees. For more information on the V3 Program, please visit www.dvsv3.com.

About VDVS

The Virginia Department of Veterans Services (VDVS) operates 29 benefit offices throughout the state that assist military veterans and their families in filing claims for federal veterans benefits; two long-term care facilities offering nursing, assisted living, and domiciliary care for veterans; and three cemeteries that provide an honored final resting place for veterans and their families. VDVS provides veterans and family members with direct linkages to services including behavioral healthcare, housing, employment, education and other programs. The Department also operates the Virginia War Memorial, the Commonwealth’s monument to honor the memory and sacrifice of Virginia’s men and women who served and fought to defend our way of life from World War II to the present. For more information, please visit www.dvs.virginia.gov.

Virginia War Memorial seeks entries for 3rd annual Veterans Day Essay Contest

All Middle School and High School students throughout state eligible to enter

From The Virginia Dept. of Veterans Services

RICHMOND, VA.

The Virginia War Memorial is seeking student entries for its Third Annual Veterans Day Essay Contest.

The contest is open to all middle and high school public, private and homeschooled students in Virginia with a winning entry selected from each age group. As 2018 is the 100th anniversary of Armistice Day, the official end of World War I, the theme of this year’s essay is “Impact” – more specifically, the impact of World War I on Virginia’s soldiers, families, communities and/or culture.

The writer of the winning essay in each age category will receive a \$250 prize and the teacher of each winning student will receive \$100 for use in his or her classroom. The two winning writers will be invited to read his or her essay aloud as part of the Commonwealth’s Veterans Day Ceremony in Richmond on Sunday, Nov. 11, 2018. The Ceremony will be presented in association with the Virginia World War I/World War II Commemoration Commission.

“Essays should be 500-750 words in length and must be received at the Virginia War Memorial by 11:59 p.m. EDT, Oct. 21, 2018,” said Morgan Guyer, the Memorial’s Assistant Director of Education. “This year, we again hope to receive entries from every corner of the state. This contest is an excellent opportunity to recognize and reward the best writing from our middle and high school age students.”

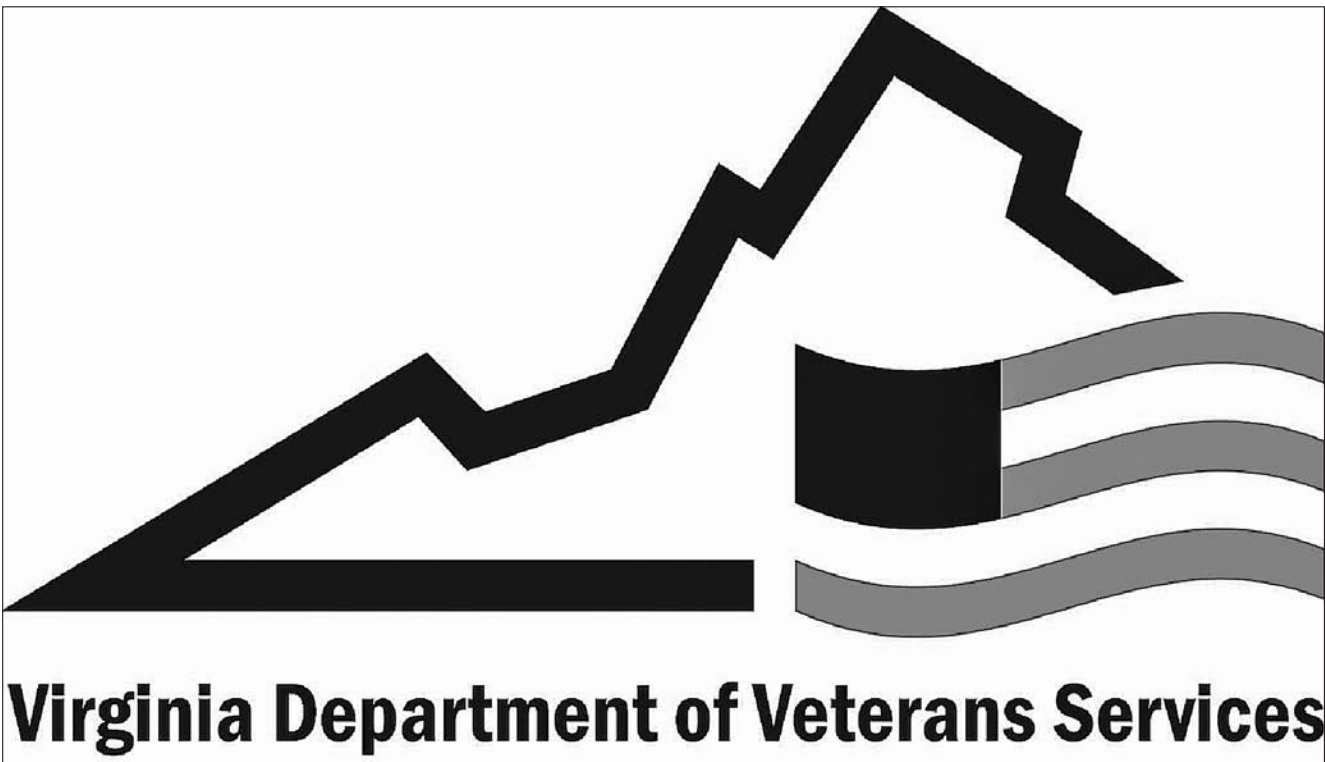
More information, including the entry rules and guidelines, are available online at www.vawarmemorial.org/essaycontest or by contacting the Memorial at 804.786.2060.

The Third Annual Virginia War Memorial Veterans Day Essay Contest is sponsored by Haley BuickGMC of Midlothian, Virginia, which is providing the prizes for the winning entries.

About the Virginia War Memorial

The mission of the Virginia War Memorial is to Honor Veterans, Preserve History, Educate Youth and Inspire Patriotism in All. Dedicated in 1956, the Memorial includes the names of nearly 12,000 Virginia heroes who made the ultimate sacrifice during World War II, Korea, Vietnam, the Persian Gulf and the Global War on Terrorism.

Situated on nearly five acres overlooking the James River at 621 South Belvidere Street in Richmond, the Virginia War



Courtesy of the Virginia Department of Veterans Services

ESSAY REQUIREMENTS

- The theme of this year’s essay is “Impact” – more specifically, the impact of World War I on Virginia’s soldiers, families, communities and/or culture.
- Essays should be 500-750 words in length.
- Deadline: 11:59 p.m. EDT, Oct. 21, 2018.

Memorial is a division of the Virginia Department of Veterans Services and serves as an integral part of its mission in support of all Virginians who served in our military. More at www.vawarmemorial.org

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The Virginia Department of Veterans Services (DVS) operates 31 benefit offices throughout the state that assist military veterans and their families in filing claims for federal veterans benefits; two long-term care facilities offering in-patient skilled nursing care, Alzheimer’s/memory care, and short-term rehabilitative care for veterans; and three cemeteries that provide an honored final resting place for veterans and their families. DVS provides veterans and family members with direct linkages to services including behavioral healthcare, housing, employment, education and other programs. The Department also operates the Virginia War Memorial, the Commonwealth’s monument to honor the memory and sacrifice of Virginia’s men and women who served and fought to defend our way of life from World War II to the present.

For more information, please visit www.dvs.virginia.gov.



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9/11 Memorial Ceremony held at NAS Oceana

By MCSN Mark Thomas Mahmood

Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

A memorial ceremony was held Sept. 11 at the Center for Naval Aviation Technical Training Unit Oceana to remember the victims of the terrorist attacks on Sept. 11, 2001.

Sailors from Naval Air Station Oceana, Marines and emergency responders gathered to observe the 17th anniversary of the terrorist attacks on the United States, and honor those who lost their lives and loved ones.

Naval Air Station Oceana chief petty officer (CPO) selects organized the observance, remembering the nearly 3,000 lives lost at the World Trade Center, the Pentagon and Flight 93.

Naval Air Station Oceana Command Master Chief Lee Salas spoke during the ceremony, reflecting on the lives lost during the attacks.

"We are here to honor those 2,977 lives claimed by those cruel attacks on Sept. 11, 2001," said Salas. "The men and women who woke up that day never anticipated an attack at their workplace or our country."

Salas said after the terror attacks, our police, firefighters and military changed forever.

"We went from being a peaceful presence to active combat operations, and we've been fighting since 2001," said Salas. "Many people joined the military in response to September 11, and I applaud them."

Kenneth Snyder, Navy Region Mid-Atlantic Fire and Emergency Services fire chief, also spoke during the ceremony, asking attendees to remember the lives lost during those attacks.

"I'm really grateful for the opportunity to speak today," said Snyder. "I would be remiss if I didn't ask all of us to remember the sacrifice of those who died on 9/11 and those in the military services and in the public safety community who are dying today from the ef-



Aviation Structural Mechanic (Equipment) 1st Class Justin K. Cox, left, assigned to Carrier Air Wing (CVW) 7, and Aaron Densley, right, fire captain at Navy Region Mid-Atlantic Fire and Emergency Services carry a wreath at the Center for Naval Aviation Technical Training Unit Oceana (CNATTU). The wreath was carried during a march from CNATTU to the quarterdeck of Naval Air Station Oceana after a 9/11 memorial ceremony.

fects borne of that time."

On Sept. 11, 2001, 2,753 people were killed when hijacked American Airlines Flight 11 and United Airlines Flight 175 were intentionally crashed into the north and south towers of the World Trade Center in New York City, The Pentagon and a field in Shanksville, Pa., or as a result of the crashes.

Of those who died during the initial attacks and the subsequent collapses of the towers, 343 were New York City firefighters, 23 were New York City police officers and 37 were officers at the Port Authority.

At the Pentagon in Washington, 184 people were killed when hijacked American Airlines Flight 77 crashed into the building.

40 passengers and crew members aboard United Airlines Flight 93 died when the plane crashed into a field near Shanksville, Pa.

Salas said this memorial ceremony showed us that even though tragedies occur, they cannot keep Americans from coming together.

"Although we have changed a lot in the last



Lt. j.g. Timothy T. Lee, a chaplain assigned to Naval Air Station Oceana, delivers a prayer during a 9/11 memorial ceremony. The ceremony was held to remember the lives lost during the terror attacks of Sept. 11, 2001.

17 years, one thing has remained a constant throughout our history: The American spirit," said Salas. "In the aftermaths of the attack,

service members, our first responders, our nation rallied together as one like we always do."





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

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How you can help disaster survivors

From FEMA

PHILADELPHIA

In the wake of a disaster, Americans have always come together with compassion and courage, some may ask how they can help survivors of Hurricane Florence. There are many ways you can help survivors and ensure an individual contribution – whether financial donation or personal time – is carried out responsibly.

The fastest way to help – cash is best.

“It is much more effective to donate \$50 to help a family buy what they need immediately rather than spend \$50 to ship supplies or clothing into a disaster area,” said Kevin Smith, director of the Department of Homeland Security Center for Faith and Opportunity Initiatives.

The most effective means to support recovery of communities affected by hurricanes and tropical storms is to donate money to trusted voluntary-, faith- and community-based charitable organizations. This gives these organizations the ability to purchase what survivors need right now. In addition, when these organizations purchase goods or services locally, they pump money back into the local and regional economy, helping businesses recover faster.

The National Voluntary Organizations Active in Disaster (NVOAD) list trusted organizations receiving donations, many of which are already coordinating relief and response efforts in the impacted areas. If you need help in determining who to give to, visit the NVOAD website, www.nvoad.org, which includes a list of major non-profits active in disaster work.

Volunteering

Anyone seeking an opportunity to get involved in response and recovery operations underway is encouraged to volunteer with local and nationally known organizations. A list of volunteer websites is available at www.nvoad.org.

North Carolina, South Carolina, and Virginia ask that volunteers not self-deploy, as unexpected arrival in affected communities creates an additional burden for first responders.

To register as an affiliated volunteer with a voluntary or charitable organization, visit the National VOAD for a list of partners active in disaster.

Wherever you choose to give, be patient. Recovery lasts a lot longer than media attention. There will be recovery needs for many months, often many years, after the disaster. Your support is always appreciated.

FEMA’s mission is to help people prepare before, during and after disasters. FEMA Region III’s jurisdiction includes Delaware, the District of Columbia, Maryland, Pennsylvania, Virginia, and West Virginia. Learn more about FEMA Region III at www.FEMA.gov/region-iii. Stay informed of FEMA’s activities online: videos and podcasts are available at fema.gov/mediabrary and youtube.com/fema. Follow us on Twitter at twitter.com/femaregion3.

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HOW TO HELP AFTER A DISASTER

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- FEMA does not transport donations, please work with a trusted organization.



FEMA graphic

Help those impacted by Hurricane Florence



North Carolina

Want to donate?
Consider donating to trusted organizations, like the North Carolina Disaster Relief Fund. Visit www.rebuild.nc.gov/ or text Florence to 20222.

Want to volunteer?
www.nc.gov/volunteer



South Carolina

Want to donate or volunteer?
Information on donating and volunteering is available on the South Carolina Emergency Management’s Division website: <https://scemd.org/recover/volunteer-and-donate/>.



Virginia

Want to donate or volunteer?
Virginia asks people to go to the Virginia Voluntary Organizations Active in Disasters website to help or volunteer: <https://vavoad.org/>.

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Royal Navy Cmdr. Nathan Gray, F-35 Pax River ITF test pilot, conducts short take offs and vertical landings with an F-35B on Aug. 23, 2018, at NAS Patuxent River as part of the workups for the First of Class Flight Trials aboard the HMS Queen Elizabeth.

U.S. Navy photos

ITF team nears historic testing with HMS Queen Elizabeth

From F-35 Patuxent River Integrated Test Force Public Affairs

NAVAL AIR STATION PATUXENT RIVER, MD.

The F-35 Patuxent River Integrated Test Force (ITF) is nearing another milestone as they prepare to embark two F-35Bs on board the United Kingdom's newest aircraft carrier HMS Queen Elizabeth for First of Class Flight Trials (Fixed Wing), or FOCFT (FW), this fall.

Nearly 200 ITF personnel—active duty U.S. and U.K. military, DOD civilians as well as contractors from DOD and industry—will join the ship's 1,500-person crew in making history when the two jets land on the British carrier. The event will be the first time an F-35 has ever landed on a foreign vessel and it helps bring an end to the eight-year hiatus since a British aircraft carrier last operated a fast jet from its deck.

"It'll be the return of fixed-wing maritime aviation to the U.K.," said Royal Navy Cmdr. Stephen Crockatt, U.K. team lead at the ITF. "From there on, the U.K. F-35B Lightnings can partake in supporting the defense of our realm from both land and sea, wherever the U.K. government decides."

During two FOCFT (FW) phases, held back-to-back this fall, the team plans to perform a variety of flight maneuvers and deck operations to develop the F-35B operating envelope on Queen Elizabeth Class (QEC) carriers. They will evaluate jet performance on over 200 test points during different weather and sea conditions as well as the aircraft's integration with the ship.

The FOCFT (FW) is the culmination of a decade of planning with individuals from U.K. and U.S. governments and industry partners in both countries.

"It has been a genuine team endeavor from the start," said Dave Atkinson, BAE Systems lead for FOCFT (FW), based in the U.K. "No one individual or no one organization can do everything on something of this scale. The detailed knowledge you need about the ship, the aircraft and the environment; you really must have a team ethos."

While planning for test events typically doesn't start that far ahead, Atkinson said all the moving parts and specific equipment needed to integrate the jet and carrier, coupled with the simultaneous design and development of the two, the lead time "had to be extensive to bring many elements together."

As ship and jet development on both sides of the Atlantic neared completion, engineers and pilots from the Pax River ITF and BAE Systems dove deep into writing the test plan, a 300-plus page manual detailing the FOCFT (FW) execution.

In order to do so, pilots and engineers experimented with over 3,000 takeoffs and landings in BAE Systems' F-35/QEC Integration Simulator—a full motion, dome simulator—based in Warton, England, to discover "where the edges of the test envelope are," said Royal Air Force Sq. Ldr. Andy Edgell, FOCFT (FW) lead test pilot at the Pax River ITF.

"That was where we really got the first idea of how far can we push this aircraft on [a Queen Elizabeth Class carrier] deck," he said. "The Queen Elizabeth Class carriers are incredibly unique."

Edgell said there are a few "British traits" built onto HMS Queen Elizabeth—notably, a ski jump ramp at the front and iconic twin islands on the flight deck separating the Bridge and Flight Control (FLYCO)—and each create variances to typical flying operations experienced on an American naval vessel.

"First drafts of the test plan were authored in early 2017, and the team spent months in 2018 further sculpting and crafting each detail to complete the document in time to start the required training flights prior to the trial," said Timothy Marge, FOCFT (FW) lead project engineer at the Pax River ITF.

"It is a constant goal of flight testers to get a complete and thorough test plan finalized as early as practical," Marge said. "After countless working groups, hours and hours of authoring, compiling and technical editing, two days of technical review, and four hours of executive review, our 362-page masterpiece was done."

The test plan holds a couple of responsibilities, according to Marge. First, it outlines how the team will conduct safe, efficient and effective flight test aboard HMS Queen Elizabeth. Second, it details the team's training

and workup requirements that are typically conducted many weeks prior to the actual test event.

The ITF team began FOCFT (FW) workups in the summer of 2018 with additional simulator runs at the full-motion Warton facility and at the Naval Air Warfare Center Aircraft Division Manned Flight Simulator where they could add a control room with test engineers. The control room is a "huge risk mitigator" Edgell said, because it allows constant monitoring.



Royal Navy Cmdr. Nathan Gray and U.S. Marine Corps Maj. Michael Lippert, both F-35 Pax River ITF test pilots, conduct ski jumps and field carrier landing practices with F-35Bs at NAS Patuxent River as part of the workups for the First of Class Flight Trials aboard the HMS Queen Elizabeth. Around 200 supporting staff from the ITF, including pilots, engineers, maintainers and data analysts, will take two F-35Bs test aircraft aboard HMS Queen Elizabeth this fall to evaluate the fifth-generation aircraft performance and integration with Royal Navys newest aircraft carrier. This fixed wing test period brings the U.K. one step closer to carrier strike capabilities.

"They see every aspect of how the aircraft is performing and coping to different situations," he said. "With thousands of parameters being monitored it is possible that they will identify emerging issues a long time before it becomes apparent to the pilot."

As workups were underway, other personnel got to work ensuring the ITF team and their support equipment could integrate onto the ship; items like galley attire, flight deck clothing and hearing protection—all of which hold different requirements than that of a U.S. Navy ship—to determining how to adapt U.S. equipment to U.K. power supply and even the currency personnel need to use on board had to be addressed.

Since June, the team has focused on live flying workups refreshing their skills on day and night field carrier landing practices, ski jump takeoffs and vertical landings. The team also conducted rolling vertical landings in preparation for another unique British development.

"[Rolling vertical landings] are an important phase of the workups because another unique aspect of going to the Queen Elizabeth Class carrier is that we will be conducting experimental testing of a novel recovery landing technique—the Shipborne Rolling Vertical Landing," Edgell said.

The Shipborne Rolling Vertical Landing (SRVL) is a British endeavor—a capability at least a decade in the making—that will allow pilots to return to ship with more stores on the aircraft after a mission, Atkinson explained.

"SRVL tests are truly experimental," Edgell said. "It involves landing a fast jet onto an aircraft carrier with forward relative speed but without the braking assistance typically provided by an arresting gear and hook. It's going to be a really rewarding moment for British aviation to watch that procedure actually take place."

"This is quite a massive trial, not only for the U.K., but for the ITF," Crockatt said.

A third FOCFT (FW) phase followed by operational testing is scheduled for 2019. Together, the tests will help the U.K. Ministry of Defence reach F-35B initial operating capability (maritime) in 2020.

As a Tier 1 partner in the F-35 program, a group of U.K. personnel have been embedded with the ITF at Pax River and Edwards Air Force Base, California, conducting flight tests since the program's System Design and Demonstration phase. To date, the U.K. is home to nine British-owned F-35B Lightnings located at Royal Air Force Marham with the "Dam-busters", or No. 617 Squadron—the RAF's first F-35B squadron. The RAF is scheduled to declare initial operating capability later this year. In all, the RAF and RN are programmed to purchase 138 F-35Bs over the lifetime of the program.

For more news from Naval Air Systems Command, visit www.navy.mil/local/navair/.

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MT-1179385

NMRC strives to reduce risk of melioidosis among deployed Sailors and Marines

From Naval Medical Research Center Public Affairs

SILVER SPRING, MD.

Dr. Kevin Schully, contractor and chief science officer with Naval Medical Research Center's (NMRC) Austere environments Consortium for Enhanced Sepsis Outcomes Department (ACESO) recently returned stateside after screening Sailors and Marines deployed to Darwin, Australia, who are at risk of developing melioidosis.

Melioidosis, also called Whitmore's disease, is an infectious disease that can infect humans or animals, caused by the bacterium *Burkholderia pseudomallei* (*B. pseudomallei*).

While in Darwin, Schully used a tool he developed with colleagues to continuously screen U.S. forces serving in *B. pseudomallei* endemic areas. He asked volunteers to fill out a brief questionnaire and give blood samples at the beginning of their deployment, mid-deployment, and again post-deployment. Each time, samples were screened for serological evidence of infection and then compared to the questionnaire responses to identify potential risk factors.

"We need to understand the health risks faced by our forces deployed to the Pacific," said Capt. Ryan Maves, program director, Infectious Diseases Fellowship, Naval Medical Center San Diego, and associate investigator on the study. "Melioidosis was a major threat to deployed U.S. service members during the Vietnam War, but our ability to diagnose this disease is still limited."

According to the CDC, people can get melioidosis through direct contact with contaminated soil and surface waters. Humans and animals are believed to acquire the infection by inhalation of contaminated dust or water droplets, ingestion of contaminated water, and contact with contaminated soil, especially through

skin abrasions. However, it is considered rare for people to get the disease from another person. While a few person-to-person cases have been documented, contaminated soil and surface water remain the primary way in which people are infected.

As principal investigator of the study Schully collaborated with researchers and staff from NMRC, the Menzies School of Health Research in Darwin, and The University of Nevada, Reno.

He chose Darwin because it is a hyper-endemic area for *B. pseudomallei*, the causative agent for melioidosis and a recognized biological warfare threat. Because of its environmental habit, high probability of infection, and route of infection, melioidosis poses a significant danger to military forces deployed to such areas.

He conducted the first phase of the study in 2017 with slightly more than 300 Sailors and Marines participating. This year, another 300 volunteers have agreed to participate, though additional enrollments are expected after their unit's return to their home base. There are also plans to conduct a final phase of the study in 2019.

"Our aim is to develop rapid and reliable diagnostic methods, as well as to find ways to reduce the risk of melioidosis in deployed service members," Maves said.

Because of Schully's findings, the U.S. Indo-Pacific Command (PACOM) has requested that the same forces serving in Darwin be screened for the mosquito-borne Ross River Virus, and Naval Medical Research Center Asia is using the study to provide additional surveillance of diseases endemic to Australia and the risks they present to the warfighter.

About Naval Medical Research Center

NMRC's eight laboratories are engaged in a broad spectrum of activity



U.S. Navy photo
Dr. Kevin Schully, contractor and chief science officer with Naval Medical Research Center's Austere environments Consortium for Enhanced Sepsis Outcomes Department, asks Sailors and Marines deployed to Darwin, Australia, who are at risk of developing melioidosis to participate in a study.

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

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

To find out more about NMRC, visit <https://www.med.navy.mil/sites/nmrc>.

For more news from Naval Medical Research Center, visit www.navy.mil/local/nmrc/.



U.S. Navy photo
Sailors and Marines deployed to Darwin, Australia, who are at risk of developing melioidosis, give blood during a screening conducted by Naval Medical Research Center.



French Air Force General Denis Mercier hands the NATO Allied Command Transformation flag to the new Supreme Allied Command Transformation, French Air Force General Andre Lanata, during the Allied Command Transformation change of command ceremony at the command's headquarters.

Sylvia Wiemers

NATO's Warfare Development Command changes responsibility

From NATO Allied Command Transformation Public Affairs

NORFOLK

NATO's Supreme Allied Commander Transformation Headquarters held a change of command ceremony on Sept. 11, 2018.

General Denis Mercier (French Air Force), Supreme Allied Commander Transformation, changed responsibility with Gen. Andre Lanata (French Air Force).

General Mercier emphasized in his remarks that the command must continue to prepare for new security challenges as NATO's warfare development command.

"The complexity of our environment requires global strategic awareness and the ability to identify and anticipate future trends and their military and security implications for the Alliance," said General Mercier. "The integration of innovative solutions and their experimentation will continue to drive Allied Command Transformation's work, and by sharing the many initiatives developed by our Nations, we can anticipate the interoperability challenges that will arise in the future."

He also stressed the importance of partnerships within the Alliance.

"No nation or organization can face alone the challenges of the 21st Century," said General Mercier. "This simple fact makes our Alliance more relevant than ever. Partnerships of all kind are crucial, not an option, but a necessity. I stress the necessity to work with all our partner nations, Centres of Excellence, think tanks, industries and academia. Our success will rely on our capacity to build a relevant ecosystem that extends beyond our traditional defence offices."

Following the command flag transfer, General Lanata discussed the importance of sacrifice and how the men and women, who serve NATO, will never be forgotten.

"As I received the ACT flag, it brought to mind the various flags worn by the men and women who have given so much to NATO from the Cold War to today in Afghanistan, the Balkans, the Mediterranean and elsewhere. Their sacrifice will not be forgotten," said General Lanata. "And even as we speak, soldiers, sailors and airmen continue to defend our core values, and ensure the security of our populations and territories, on land, at sea and in the air. God bless all of them and their families."

General Lanata concluded with thoughts highlighting Allied Command Transformation's strong legacy and into the future with resilience.

"Faced with an unpredictable future and multiple threats, we will have numerous challenges to overcome," said General Lanata. "I am honoured to serve alongside the men and women of the Alliance in the NATO Command and Force Structures, as well as in their national commands and units, who dedicate their lives to peace and security in this world ... Let's move forward! Let us all move forward together!"

As one of NATO's two strategic commands, Allied Command Transformation has been located in the United States since its inception in 2003 and serves as both a symbol and instrument of the transatlantic security link. Military personnel from 26 Allied nations, as well as eight partner nations, serve at Allied Command Transformation to preserve the peace, security and territorial integrity of Alliance member states by leading NATO's warfare development. The principal functions of the command are military foresight, capability development, exercises, education and training and partnership engagement.

Celebrating its 15th anniversary this year, Allied Command Transformation continues to innovate and prepare the Alliance for all future security challenges.

NMCRS OFFERS FINANCIAL RELIEF TO SAILORS IN NEED



By MCSN Maxwell Anderson

NORFOLK

Hampton Roads Navy-Marine Corps Relief Society (NMCRS) offices began providing disaster evacuation loans for military personnel in anticipation for Hurricane Florence Sept. 11.

More than \$500,000 was provided to over 900 clients on Tuesday and Wednesday in the Hampton Roads area. Total NMCRS assistance for Hurricane Florence added up to \$965,000 for 1,815 clients.

"I feel a huge sense of pride in being able to extend a helping hand for people in a time of absolute need," said Joe DeGaramo, a volunteer for Hampton Roads NMCRS. "I think we've done an excellent job ensuring that people are evacuating the area well prepared and ready for what's to come."

During operation hours, over 15 volunteers in the Hampton Roads area took appointments on Tuesday and Wednesday in order to



U.S. Navy photos

help military families with evacuation funds.

"We could not have served nearly as many people as we did if it hadn't been for the help of our incredible volunteers," said Kathy Nelson, director of NMCRS Norfolk. "Time and time again they're the ones who have risen to the challenge of getting the job done. They are absolutely the ones who deserve credit for NMCRS's success this hurricane season."

Hampton Roads NMCRS has resumed normal operations and is addressing post-storm needs.

"We could not have served nearly as many people as we did if it hadn't been for the help of our incredible volunteers."

Kathy Nelson, director of NMCRS Norfolk

9/11 | *Somber tributes held across the United States and around the globe*

Continued from A1

amphibious transport dock ship returned to homeport at Naval Station Mayport, Florida, Sept. 19 last year, after it was deployed to various locations of duty. The ship had passed the World Trade Center site for the first time and gave the site a 21-gun salute Nov. 2, 2009.

New York’s bow stem includes 7.5 tons of steel salvaged from the World Trade Center site. Among the other reminders of 9/11 on the ship are a plate of steel from the twin towers displayed above one of the ship’s ramps and a firefighter’s uniform worn by a first responder, placed where the Sailors can see it every day.

Sailors paid tribute to the 9/11 victims during ceremonies also aboard two other ships dedicated and named after the locations where 9/11 attacks occurred. USS Arlington (LPD 24), named in honor of Arlington County, Virginia, where American Airlines Flight 77 crashed into the west wall of the Pentagon, carries a “Tribute Room” that includes a section of an I-Beam and remnants from the site. USS Arlington, whose motto is “Strength, Honor, Fortitude,” came to life April 6, 2013.

Another U.S. Navy ship honoring the victims and first responders is USS Somerset (LPD 25). It was named for the county in Pennsylvania where United Airlines Flight 93 crashed into a field. The Somerset has 22 tons of steel in its bow stem from mining excavations present at the crash site.

Commissioned March 1, 2014, Somerset’s motto is “Let’s Roll!” which has a special significance. Todd Beamer, a passenger on Flight 93 had made an in-flight call to a call center to report that their plane was hijacked. After prayers with the operator, he had left the phone, and his last words were, “Let’s roll,” to attempt a heroic action with some other passengers and the crew to stop the plane from reaching its intended target by forcing it to crash in Somerset County.

USS Somerset posted on its Facebook page Tuesday:

“Sept. 11, 2018. 17 years since that horrific day. We recall the fear, the shock, the anger and the stories of what happened in the skies over western Pennsylvania in the days following the attacks. Our proud ship is named in memory and in the spirit of those 40 then-ordinary people who came together to stand, to fight, to attack. Representing the ship at the Flight 93 National Memorial for the annual ceremonies were ABH3 Andrew LaFay, HM3 Luis Murillo, Chaplain Aaron Walling and Captain Stewart Bateshansky. Following the ceremonies, we were asked to participate in the wreath laying at the wall of names, and then accompanied family members of the 40 heroes of Flight 93 to the boulder marking the point of impact. At the end we visited with the firefighters at the Shanksville Fire Department, the first and closest responders on September 11th, 2001. It was a heavy, powerful, professionally fulfilling day. Never forget.”

In the nation’s capital, the American flag was unfurled on the west side of the Pentagon near the 9/11 Memorial at sunrise Sept. 11 in recognition of the victims of the terrorist attacks. The U.S. Naval Academy Glee Band was ready at the observance ceremony at the Pentagon in front of the stars and stripes.

As the country honored the lives that were lost and the courage exhibited by many people, flags were flown at half-staff, #NeverForget hashtag remained at top on Twitter for most of the day, remembrance walks or runs were held in various locations, and solemn statements came in from officials on the anniversary of the tragic day.

Hundreds of Sailors stationed at several locations around the country looked back on 9/11. Sailors stationed at the Center for Naval Aviation Technical Training Unit (CNATTU) Keesler held a 9/11 commemoration ceremony at the Keesler Air Force Base headquarters flagpole aboard Keesler Air Force Base, Mississippi, Tuesday.

Onboard Naval Air Station Pensacola, Florida, 60 chief petty officer selects, under the supervision of more than 120 chief petty officers from the Pensacola-area and Naval Air Station Pensacola Corry Station CPO Mess, participated in a 9/11 commemoration.

Tributes around the World

Naval Support Facility (NSF) Deveselu held a ceremony to remember the victims of the terrorist attacks on Sept. 11. NSF Deveselu Commanding Officer Capt. Charlos Washington, the Romania Minister of National Defense Mihai-Viorel Fifor and the United States Ambassador to Romania Hans Klemm were



MC1 Amanda Gray

Electronics Technician 1st Class James Mooneyham, a chief petty officer select assigned to Unmanned Undersea Vehicle Squadron 1 (UUVRON 1), conducts morning colors during a 9/11 remembrance ceremony at the Kitsap 9/11 Memorial. The ceremony, held by the 2019 DEVRON 5 Chief Petty Officer Selects, marks the 17th anniversary of the 9/11 attacks and honors those who lost their lives that day.

at the ceremony.

“Today we are here to remember those that lost their lives during a tragic event that shook both our nations to their core,” said Washington. “The attacks that took place on September 11th affected both our nations, and through this tragedy our alliance has remained strong. The attacks on 9/11 killed nearly 3,000 people from 93 nations, including four victims from Romania.”

Though the attacks happened in the U.S., they had rippling effects throughout the globe.

“On the surface many would not think 9/11 had an impact on Romania, but an attack on our friends is an attack on us all,” said Fifor. “This principle is at the very heart of NATO’s founding treaty and remains a unique and enduring principle that binds us together. Romania and the United States share a special bond, a spirit of friendship and solidarity that will last well into the future. While this attack was one that took place on American soil and shook us to our core, it is also an attack that showed how strong we are together.”

September 11 was the first time in history that NATO invoked Article 5 of the North Atlantic Treaty said Fifor. Article 5 states that an attack against one or more members of NATO is an attack against all of them. NATO members consider the invocation of Article 5 as a call to action to support and protect a country, within the alliance.

Although 9/11 is a day of mourning, Klemm said he wanted to mark the day with a story of partnership and friendship.

“This story is one that is vital to our safety, to our security, and to our way of life,” said Klemm. “This story of friendship between the United States and Romania is one that goes back 100 years and through the support here, I am confident that this story will continue long into the future. Naval Support Facility Deveselu is a tenant of the 99th Military Base Deveselu, and we greatly appreciate their hospitality. Romania’s agreement to host this ballistic missile defense site is a clear display of their value of the security of the NATO alliance.”

In Japan, dozens of chief petty officers and chief petty officer selectees from Yokosuka-area commands commemorated 9/11 with morning colors at the Commander, Naval Forces Japan flagpole and a memorial ceremony in front of the Chief Petty Officers Club.

Participating commands included USS Blue Ridge (LCC 19); U.S. 7th Fleet; Commander, Submarine Group 7; Commander, Naval Surface Warfare Group Pacific; Commander, Naval Forces Japan and Commander, Fleet Activities Yokosuka.

Capt. Rich Dromerhauser, Commander, Naval Surface Group Western Pacific, emphasized the importance of training and readiness. Events like this, he said, motivate the Navy to fight, compete and win in all areas of global threats.

“Most of you came in after the date we are talking about,” said Dromerhauser. “I ask you now as the young chief selects, as you start taking on greater leadership responsibilities, you have the opportunity to serve in the cloth of our nation. Take time to teach others.”

Dromerhauser and Commander, Fleet Activities Yokosuka Fire Chief Richard Henderson, then led approximately 100 Yokosuka-area chief petty officers and selects on a half-mile march to the Chief Petty Officer Club, where they laid a wreath at the 9/11 memorial.

The American and Italian flags flew side-by-side at half-mast at Naval Support Activity Naples, Italy, as American and Italian service members, firefighters, law enforcement personnel and civilians gathered together to commemorate the lives lost on 9/11.

Many who attended took the opportunity to reflect on the anniversary of 9/11 and how it has directly affected them during their lives. Musician 3rd Class Carega Raymond was 13-years-old at the time of the events and could see the smoke from his house in New Jersey.

“9/11 is a day I will always remember,” said Raymond. “I had a lot of friends that worked and lived in the city on 9/11. I had a lot of friends who lost their parents and loved ones. I lost some cousins, and so this day is always a little harder for me. The events of 9/11 have made everyone in the country a little more connected. What we say in New York is ‘Never Forget.’”

In Cibuti, petty officers 1st class recently selected to chief petty officer forward deployed to Camp Lemonnier and Combined Joint Task Force-Horn of Africa, conducted a remembrance ceremony there on Sept. 11.

Hundreds of service members, military personnel from the U.S. Army, Navy, Marine Corps and Air Force, as well as coalition military members and base civilian employees participated in the ceremony.

A flag detail made up of the 19 Sailors selected to chief, marched 2,977 paces to the flag pole at the headquarters building on base to represent the number of lives lost in New York City, the Pentagon and outside of Shanksville, Pennsylvania.

Stories of the events that occurred at each site were read and punctuated with a single bell ring. Additionally, four American flags meant to symbolize the four flights involved in the attacks were ceremonially retired.

“It’s an emotional and powerful day in the history of our nation and our Navy,” Command Master Chief Jon H. Morton said. “I’m proud of our chief selects and the great job they did helping us put in perspective what it truly means to serve our country. We were all affected by a single act; somewhere, somehow.”

Constitution Crew Honors Victims of 9/11

The crew of USS Constitution and the public commemorated 9/11 to honor and pay respects to the men and women impacted by the events. The ceremony began at 8:46 a.m. with a gun salute marking the impact of the Flight 11 into the North Tower of the World Trade Center in New York City and concluded with the playing of taps at 10:28 a.m. to mark the collapse of the North Tower.

During the ceremony, Constitution Sailors and guest speakers shared their experiences on what they were doing before, during and after the attacks. USS Constitution’s 75th Commanding Officer Cmdr. Nathaniel R. Shick told his experience as a junior officer witnessing the events of the day.

“I was stationed in Newport, Rhode Island, not too far from here,” said Shick, who was, at the time, an ensign training at Surface Warfare Officers School. “My classmates and I had just finished our first class of the day. We were enjoying a cup of coffee when we heard on the news that there had been an attack. We all gathered around the TV and watched the events play out for the next three hours essentially stunned into silence by the horrific actions we saw. Despite the tragedy, we rallied around the courage and bravery we saw in the men and women, the firefighters, the police department, and the average citizens not only in New York City, but also in Washington and in the fields of Shanksville, Pennsylvania.”

Constitution, America’s Ship of State, actively defended sea lanes against global threats from 1797-1855. The World’s Oldest Commissioned Warship Afloat, Constitution embodies 220 years of maritime heritage and unwavering service to her country. Constitution is berthed at Pier One in Charlestown Navy Yard.

Naval War College Reflects on 9/11

U.S. Naval War College (NWC) hosted a remembrance ceremony commemorating 9/11. The event took place in the college’s Spruance Auditorium and honored those who gave their lives in the attacks. The event also paid special tribute to three NWC students and eight alumni who were killed.

“Seventeen years ago today our country and its citizens were forever changed,” said NWC’s President Rear Adm. Jeffrey A. Harley. “Just as the attack on Pearl Harbor 60 years earlier changed the course of the country, so too

FLORENCE | *USNORTHCOM and National Guard forces are well-positioned to respond immediately*

Continued from A1

Arlington (LPD 24) will move in as conditions permit. Additionally, preparations are being made by the Commander, Naval Air Forces Atlantic to recall aircraft back to Norfolk and Oceana as soon as possible, working closely with Commander, Navy Region Mid-Atlantic and airfield managers to ensure bases, personnel, and facilities are ready to support response efforts. The return plan for Norfolk-based aircraft will give priority to rotary wing assets to allow for additional land-based rotary wing support if requested.

USNORTHCOM has deployed nearly 280 high-water vehicles to assist with ground search and rescue in the affected areas.

The National Guard has more than 6,500 Soldiers and Airmen on-duty, which is expected to fluctuate in the coming days.

More than 10 states have mobilized critical support from their National Guard forces through an Emergency Management Assistance Compact to the anticipated impacted areas. In addition to the National Guard, U.S. Northern Command has deployed nearly 3,000 active-duty service members from all branches of the military to provide response support.

The North Carolina National Guard has more than 2,800 personnel on State Active Duty with an additional 1,000 ready to go. Rescue teams are evacuating citizens as the rising waters continue to threaten homes in the region. Their first priority is safeguarding the lives and property of its state’s citizens. North Carolina National Guard is providing life-saving and life-sustaining support to citizens in the affected areas.

The South Carolina National Guard has over 3,200 Soldiers and Airmen on duty, including two search and rescue capable CH-47 Chinook helicopters and two UH-60 Black Hawks from the Pennsylvania National Guard. The South Carolina National Guard’s priority is ensuring all assets needed for post-hurricane impacts are ready to move out for life-saving missions. These capabilities include helicopter water rescue, high-water transport vehicles, engineers to clear debris to open access routes for emergency responders and any resources needed to support the counties.

The South Carolina National Guard currently has 126 high-water rescue vehicles, more than 100 medium support vehicles and wreckers stationed throughout the state. Planners are looking ahead to identify low-lying areas in parts of the state projected to receive high volumes of rain, and are leaning forward to identify and pre-position search and rescue aviation assets near areas most vulnerable and prone to flooding. There are six Helicopter Aquatic Rescue Teams equipped with UH-60 Black Hawks and a LUH-72 Lakota helicopter.

Patrick Air Force Base authorities deployed 140 reservists, including search-and-rescue crews, to Georgia to assist with disaster relief efforts as requested.

The U.S. Army Corps of Engineers has more than 200 employees working with FEMA and is monitoring dams in Virginia and North Carolina.

DoD’s Defense Logistics Agency has nearly 90 personnel deployed, as well as 170 trailers staged with commodities including 14,000 cases of shelf-stable meals, cots, durable medical equipment kits, infant and toddler kits, bottled water, 107 generators, blankets and nearly 300,000 gallons of fuel (diesel, unleaded and propane).

Saving lives and mitigating suffering is a top priority. USNORTHCOM and National Guard forces are well-positioned to respond immediately.

Sortied Navy assets return to Hampton Roads



MC3 Josiah D. Pearce

MH-60 Sea Hawk helicopters from the “Dusty Dogs” of Helicopter Sea Combat Squadron (HSC) 7 are recalled to Naval Station Norfolk, where they will be better postured to provide land-based rotary wing Defense Support of Civil Authorities if required in the aftermath of Hurricane Florence.

From U.S. Fleet Forces Command Public Affairs

NORFOLK

Nearly 30 ships and 128 aircraft will return to the Hampton Roads area starting Saturday, Sept. 15, and will continue to return to homeport over the next several days.

Beginning today, aircraft will make their way back to Hampton Roads bases and surface ships will start to return Sunday, Sept. 16. The return plan for Norfolk-based aircraft will give priority to rotary wing assets to allow for additional land-based rotary wing Defense Support to Civilian Authorities (DSCA) support, if requested.

The decision to return naval assets to their homeport follows thorough inspections of port and airfield prior to opening for operations.

While most ships are making plans to return, USS Kearsarge (LHD 3) and USS Arlington (LPD 24) will remain underway prepared to provide DSCA, if requested through U.S. Northern Command.

Commander, U.S. Fleet Forces Command ordered all Navy ships and flyable aircraft in the Hampton Roads area to sortie ahead of Hurricane Florence, Sept. 10.

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



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**UCT 2
conducts
underwater
demolition to
improve port
access**

» See **B4**

SECTION B | FLAGSHIPNEWS.COM | 09.20.18



U.S. Navy photo
Sailors aboard USS
Harry S. Truman (CVN
75) manufacture parts
for various pieces of
equipment aboard the
ship using 3-D
printers.



THE WAY OF THE FUTURE — 3-D PRINTING

By **MC1 Benjamin Woodydy**
USS John C. Stennis (CVN 74) Public Affairs

PACIFIC OCEAN

On August 24, 2018, the Arleigh Burke-class guided-missile destroyer USS Chung-Hoon (DDG 93) faced a problem that didn't have a quick solution: A bolt from a hangar bay door roller assembly was stressed to the point of breaking, rendering the door unable to perform its basic task of opening and closing. In order for Chung-Hoon to get this one bolt, they would need to order a whole new roller assembly, which would take time Chung-Hoon didn't have.

Underway as part of Carrier Strike Group (CSG) 3, Chung-Hoon was in close proximity to the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) and its machinery

repair shop that was beginning to use technology that could save Chung-Hoon both time and money.

John C. Stennis' chief engineer, Cmdr. Kenneth Holland, and his team received a request from Chung-Hoon for a new bolt that would help repair the hangar bay door. Holland saw this as an excellent opportunity to use the 3-D printer installed by Naval Sea Systems Command (NAVSEA) in April as part of a Deputy Chief of Naval Operations for Fleet Readiness and Logistics (OPNAV N4) additive manufacturing acceleration initiative.

"The printers are being used right now to resolve issues while they're small problems," said Holland. "It's used to help manufacture parts that you can generally only get if you buy the higher assembly."

The Chung-Hoon sent over the broken bolt

to John C. Stennis where it was received by Machinery Repairman 1st Class Clinton Barlow. His objective was to design a bolt using 3-D CAD modeling software that uses geometrical graphics to create digital replicas, which can then be used to create the actual part. But before creating any pieces, Barlow and his team had to be properly trained on this new equipment.

"Representatives from NAVSEA came out to sea with us during one of our recent underways and helped teach us how to use the printers," said Machinery Repairman 3rd Class Blaine Matthews. "This was on top of the one-day training that we received in Keyport that got us familiarized with the equipment. When they came underway with us, it was our chance to get the machines dirty and see what they were made of."

The training allowed Barlow to create a

manufactured replica that would then be sent back to the Chung-Hoon to make sure that the newly created design would meet the specific requirements of the hangar bay door assembly and allow the team back on the Stennis to proceed with creating a new bolt from metal material with conventional manufacturing capabilities.

"We can replicate that bolt, send it to the ship, ask if it fits length wise, thread wise, and is this what you guys need us to make," said Barlow. "Instead of spending the time of cutting all that metal away, which can take up to six hours to do, I can print one and make the changes on the go. It saves time and it saves money."

The bolt from the Chung-Hoon is only an example of what the future holds for the ca-

» See **3-D PRINTING** | B7

NEPMU-6 conducts global health engagement in the Solomon Islands

By **MC1 Nate Laird, Commander**
U.S. Pacific Fleet Public Affairs

JOINT BASE PEARL HARBOR-HICKAM

Navy Environmental and Preventive Medicine Unit Six (NEPMU-6), in conjunction with the Navy Entomology Center of Excellence and Australian Defence Force entomologists completed a Global Health Engagement with the Solomon Islands Ministry of Health to enhance their mosquito control capabilities Aug. 17-31.

The mission's goals were to develop the Solomon Islands Ministry of Health and medical services capability to respond to vector-borne diseases and to integrate with the entomology team from the Australian Defence Force.

Lt. James Harwood, officer in charge of the mission, said his team trained the local health services personnel to properly use their pesticide dispersal equipment, how to interpret pesticide labels correctly to be able to apply pesticide in a way that's effective and safe, and how to translate mosquito surveillance data into explainable risk.

"After the training, we identified eight individuals out of the 20 that would be proficient trainers themselves," Harwood said. "Our team will return for a facilitation review where we will help coach the new trainers as they teach other Ministry of Health personnel."

Harwood added how important it was to work with the entomologists from the Australian Defence Force.

"There's not a lot of other militaries that have entomology as active duty," he said. "We really developed our ability for both of us to work in an austere tropical environment and share best practices."

This was the third mission to the Solomon Islands for NEPMU-6. The team is working with the Solomon Islands National University to build this training into a postgraduate course.

NEPMU-6's mission is to maximize the mission readiness of operational forces in the Pacific Theater by providing specialized public health services that enhance force health protection.

For more news from U.S. Pacific Fleet, visit www.navy.mil/local/cpf/.



MC3 Erwin Miciano

The aircraft carrier USS Ronald Reagan (CVN 76) leads a formation of Carrier Strike Group (CSG) 5 ships as U.S. Air Force B-52 Stratofortress aircraft and U.S. Navy F/A-18 Hornets pass overhead for a photo exercise during Valiant Shield 2018.

Joint U.S. Forces team for Exercise Valiant Shield 2018

From **U.S. Pacific Fleet Public Affairs**

PEARL HARBOR

U.S. military forces from the U.S. Indo-Pacific Command are scheduled to participate in exercise Valiant Shield (VS) 2018, Sept.

16-23, around the Marianas Island Range Complex as well as on Guam.

Participants include the aircraft carrier USS Ronald Reagan (CVN 76), 15 surface ships, more than

» See **VALIANT SHIELD** | B7

“There’s not a lot of other militaries that have entomology as active duty.”

Lt. James Harwood

#Deploymentstrong?

By Amanda-Lee Pitzer

Sigh. I looked at the clock and saw that it was only 6:14 pm. Not quite bedtime for them, or me for that matter. How is it only 6? How are we less than three weeks into deployment?

How. Will. We. Make. It. It’s been a long couple of weeks and yet it feels like he’s been gone forever already. My friend posts a picture every day of “a kiss a day while daddy’s away” that reminds me daily that it’s crawling. I pour another drink into my #deploymentstrong cup. Maybe, just maybe, the more I drink out of those cups the more I’ll get the deployment super strength that everyone thinks that I already possess.

The last few weeks have been stressful. We dropped him off for deployment on the first day of school. Talk about bad timing. My job responsibilities shifted which means I started the year behind. Way behind. Then we had this hurricane barreling towards us and comms went down on the boat. At one point it really looked like we would need to evacuate and I just

wanted to have him tell me what to do because I was overwhelmed and couldn’t make the decision. I need my other half. The five weeks at home between deployment 1.0 and 2.0....just served to reset the clock and force us to go through the stages all over again. And this stage is one I hate. (Are there any “good” deployment stages?)

I’m trying to be strong. But three days at home due to the storm just led me to eat and binge watch Jack Ryan (super-good by the way). Then I felt lazy. Which made me feel guilty. So today, as much as I didn’t want to, we headed to the gym. I was breaking this funk... until we walked in the door and they announced a tornado warning. So instead of lifting some weights and in turn my spirits, we sat in the locker room for 45 minutes. Needless to say when it was over, my boys weren’t keen on hanging out while I worked out. Home we went, but then I decided I was AT LEAST getting a PSL on the way home. The day would not be a total loss! As I went to pay I then realized BOGO was today, but not till



Amanda-Lee Pitzer

3. I know it’s stupid but I was so mad! I wanted to BOGO with my husband or at the very least take home my free PSL for tomorrow morning.

I can’t sit around and mope. Yes, I am lonely. I miss having friends close by. What I wouldn’t give to be able to walk down the street to a friend at the drop of a hat. But more than that, I miss my best friend who is just as miserable floating around out there. I have to remember I have

a family that loves me and supports me, but unfortunately they are the ones that get the brunt of my frustration. It won’t last forever. I’m praying this is our last deployment. But in the meantime I’ll keep sucking down glasses of deployment strong and hope that I’ll absorb the strength.

NavyLife101

THE LAME DUCK IN THE CHICKEN COOP

By Lisa Smith Molinari

In my 23 years as a military spouse, we lived in base housing four times, for a total of eleven years. Although living among sterile government buildings enclosed by fences sometimes made me feel like an inmate in an asylum, the social culture in military housing more closely parallels the behavior of chickens in a coop.

Of course, no-one ever threw feed corn at me. I never laid an egg, or molted my feathers. However, people who live on post are constrained by a social “pecking order” that can make military spouses feel like they in a cage full of clucking hens, strutting roosters and peeping chicks.

Every time we moved into a base house or stairwell apartment, I became cognizant of the unspoken hierarchy in the neighborhood. As a new arrival, I took time to establish a new home with my family (“feather the nest”). But after my husband, Francis (“the rooster”), went to work (“flew the coop”) and the kids (“the chicks”) went off to school, loneliness inevitably set in.

I found myself wandering the base in search of a flock to huddle with. Sure, there were always hens everywhere — and a few stay-at-home roosters, I wouldn’t want to ruffle any feathers — but I soon realized that I was at the

bottom of the pecking order. I knew I would have to walk on eggshells before I could roost with the established military spouses on base.

Careful not to count my chickens before they hatched, I got my ducks in a row and laid the foundation for my social acceptance into the flock. I watched the other spouses like a hawk, waiting for right opportunity to introduce myself. Sometimes the hens took me right under their wings, but quite often, my desperation made me seem crazy as a loon and establishing friendships took time.

It wasn’t overly-easy, but I never chickened out. Usually, by the end of my first year, I became an integral part of the gaggle, clucking away as we walked our chicks to school, hatching plans for shopping trips, cackling about our wattles and chicken fat.

By the end of my second year, I was securely perched at a comfortable elevation in the social pecking order, as proud as a peacock. As new chickens entered the coop, it was clear to them that my friends and I ruled the roost.

Frankly, we got downright cocky.

But then, toward the end of every tour, my family would receive new orders telling us to take wing to our next duty station. Thoughts of moving would leave me a little wistful and reflective. I found myself pondering weighty

ideas such as, “Why did the chicken cross the road?” and “Who came first, the chicken or the egg?”

This melancholy state would compel me to seek the comfort and companionship of the other hens in my coop, but alas! I discovered that, as an outbound hen, I’d slipped to the bottom of the pecking order again! Did I do something fowl? Do I have egg on my face? Had I become an albatross around someone’s neck?

My pea-sized brain realized, “You silly goose, you’re the lame duck in this chicken coop.” I was no longer a contender in the social order because I was leaving. My friends began to look for my replacement in our bunco group and book club, and I heard them clucking about plans for a girls’ trip after our move. Clearly, the other hens didn’t want to invest valuable time further incubating our friendship.

As the lame duck, I had to understand that it wasn’t personal, there was nothing to crow about, the sky wasn’t falling. It was a bitter pill to swallow (although it tasted strangely like chicken), but I had to accept that it was just the way things worked.

I had to stop myself, cold turkey, from brooding over my social status. Instead, I offered each of my fine friends a peck on the cheek, bid them a final cock-a-doodle-doo, and flew away. As graceful as a swan, as wise as an owl, as happy as a lark, and as free as a bird.

www.themeatandpotatoesoflife.com

Operation Homefront accepting 2019 Military Child of the Year® nominations and Military Child of the Year® Award for Innovation applications

From Operation Homefront

Operation Homefront, the national nonprofit that builds strong, stable, and secure military families, is now accepting nominations for the 2019 Military Child of the Year® Awards, as well as applications for the 2019 Military Child of the Year® Award for Innovation. Military Child of the Year® is the nation’s premier celebration of the achievements of military children. Nominations are open through December 5, and all awards will be presented at a recognition gala April 18, 2019 in the nation’s capital.

The annual awards will recognize seven outstanding young people ages 13 to 18 who are legal dependents of a service member or military retiree. Six Military Child of the Year® recipients will represent a branch of the armed forces — the Army, Marine Corps, Navy, Air Force, Coast Guard, and National Guard — demonstrating resiliency, leadership, and achievement during their parents’ military service. The seventh award is the Military Child of the Year® Award for Innovation presented by global technology and consulting firm Booz Allen Hamilton. This award goes to a military child who has designed a bold and creative solution to address a local, regional, or global challenge.

“Operation Homefront’s Military Child of the Year® Awards recognize the extraordinary young people in military families who

serve alongside their parents and excel while facing the pressures and uncertainties associated with military life,” said Brig. Gen. (ret.) John I. Pray Jr., President and CEO of Operation Homefront. “As we have seen for the past decade of awards ceremonies we have hosted, military kids are known for having a strong inner compass that guides them to lead, to volunteer, and to serve others and their communities. I encourage those in the military community and beyond to consider nominating a military child for this national level recognition of exceptional service.”

To nominate a child for the award, visit www.military-childoftheyear.org and click the Nominations tab. Nomination fields include when and how long a parent has deployed, number of family moves, Gold Star Family or Exceptional Family Member Program status, whether a parent is a wounded service member, nominee’s volunteerism, and five short answers as to why the nominee is deserving.

All seven Military Child of the Year® Award recipients will be flown with a parent or guardian to Washington, D.C., and recognized at the April 18 gala, where they will receive \$10,000 each and a laptop computer. The recipient of the Military Child of the Year® Award for Innovation will also receive donated business expertise in



Operation Homefront graphic

bringing their creative solution to market.

Recipients of the 2018 Military Child of the Year® Award:

- experienced a change of station a combined 29 times;
- lived through 225 months of deployments; and
- have logged almost 3,000 volunteer hours in the 12 months before their nominations.

Previous recipients remember their Military Child of the Year® Award as both an honor and an amazing experience.

“Working hard to be extremely involved can be difficult because oftentimes I would question whether or not it was all worth it. When I found out I won, I was in

awe. It gave me a realization that hard work does really pay off. It was an opportunity and moment I will never forget,” said 2018 National Guard Military Child of the Year® Aaron Hall of Coarsegold, Calif.

The 2018 Coast Guard Military Child of the Year®, Roark Corson of Virginia Beach, Va., said, “I was both honored and humbled to receive such a prestigious award, and extremely proud to represent the resilient and resourceful military dependents across the world.”

For more information about the Military Child of the Year® nomination process, visit www.military-childoftheyear.org.



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NAVY EOD TECHS AWARDED BRONZE STARS

From Naval Education and Training Command Public Affairs

EGLIN AIR FORCE BASE, FLA.

Two Sailors from Naval School Explosive Ordnance Disposal (NAVSCOLEOD) were awarded the Bronze Star Medal, for meritorious service in support of Special Operations Joint Task Force-Operation Inherent Resolve, during an award presentation held onboard Eglin Air Force Base Sept. 11.

During the command's 9/11 remembrance ceremony at the Explosive Ordnance Disposal (EOD) Memorial next to the Kauffman EOD Training Complex, NAVSCOLEOD's Executive Officer, Lt. Cmdr. Garrett Pankow presented the medals to Explosive Ordnance Disposal Technician 1st Class Skyler Gronert and Explosive Ordnance Disposal Technician 1st Class Brian Oberley.

For Oberley, the occasion was also a recognition of a family legacy. His father, retired Master Chief Explosive Ordnance Disposal Technician Patrick Oberley, attended the ceremony and is also a recipient of the Bronze Star Medal for heroic achievement during Operation Desert Storm in 1991, where he was involved in extensive mine countermeasures operations in the northern Arabian Gulf.

"When Brian was young, I could have never dreamed that he and I would share the greatest job in the world's finest Navy, but today we also share a much smaller brotherhood," said Patrick Oberley, who worked to instill the Navy's core values and the fundamentals of the Navy EOD Ethos as he raised his son. "Watching him while he received the Bronze Star brought a sense of pride, I'm sure only a few fathers have ever felt. He is more of a warrior than I had ever hoped to be."

Brian Oberley, a native of Panama City, Florida, graduated from A. Crawford Mosley High School in 2005 and Kentucky Wesleyan College in 2009. He is currently the leading petty officer for NAVSCOLEOD's training department and will be an instructor during his tour.

He received the Bronze Star for improving the tactics, techniques, and procedures used



Gordon Robinson

Naval School Explosive Ordnance Disposal's executive officer Lt. Cmdr. Garrett Pankow, right, presents Explosive Ordnance Disposal Technician 1st Class Skyler Gronert with the Bronze Star Medal during a 9/11 ceremony at the Explosive Ordnance Disposal Memorial. Gronert was cited for meritorious service in support of Special Operations Joint Task Force-Operation Inherent Resolve in 2017.

by Special Forces Operational Det. Alpha to fit a highly dynamic operational environment from June to December 2017. He supported 65 combat patrols with advance preparation and in-depth knowledge of enemy improvised explosive devices, resulting in 222 enemy positions destroyed and the disposal of 900 pounds of unexploded ordnance. His explosive hazard clearance expertise was critical to Special Operations Forces ground maneuver in establishing friendly fighting positions, and he led an operation to sample, package and dispose of six improvised chemical ordnance items posing a grave threat to U.S. forces, coalition partners, and the local populace.

"Receiving the Bronze Star Medal today meant the world to me," said Brian Oberley. "Not only is it a highly respected award, but the fact that I grew up listening to the story of how my father, a fellow Navy EOD tech, received his, I knew I wanted to be an EOD tech and hopefully earn the same medal in a similar fashion. This Bronze Star puts me at the same level as my father, and I couldn't imagine a better club to join than this one, with my dad."

Gronert, a native of Inverness, Florida, and Lecanto High School graduate, received the Bronze Star for his support for Special Forces Operational Det. Alpha from January to July 2017. Gronert is cited for his personal courage and tactical proficiency enabling successful combat operations by support-

ing 46 combat patrols resulting in 55 enemy positions destroyed and the reclamation of 300 square kilometers of enemy territory. His explosive hazard clearance expertise and leadership were critical to Special Operations Forces positions, where he personally reduced 300 pounds of enemy unexploded ordnance and led a complex operation to render safe four buried improvised explosive devices targeting coalition troops.

"I just would like to recognize the sacrifices of my fellow Navy EOD techs, Scotty Dayton and Kenton Stacy, and the sacrifices of their families, in support of U.S. operations in the region," said Gronert, who now teaches for NAVSCOLEOD's underwater division.

As instructors, both Brian Oberley and Gronert will be able to apply their past experiences and expertise to prepare EOD technicians to locate, identify, render safe, and explosively dispose of foreign and domestic ordnance, including conventional, chemical, biological, nuclear, underwater, and terrorist-type devices.

NAVSCOLEOD, located on Eglin Air Force Base, provides high-risk, specialized, basic and advanced EOD training to U.S. and partner nation military and selected U.S. government personnel each year.

For more news from Naval Education and Training Command, visit www.navy.mil/localhost/cnet/.



Gordon Robinson

Explosive Ordnance Disposal Technician 1st Class Brian Oberley, left, stands with his father, retired Master Chief Explosive Ordnance Disposal Technician Patrick Oberley, after a ceremony at the Explosive Ordnance Disposal Memorial. Brian Oberley was awarded the Bronze Star Medal for meritorious service in support of Special Operations Joint Task Force-Operation Inherent Resolve in 2017. Patrick Oberley is also a recipient of the Bronze Star Medal for heroic achievement during Operation Desert Storm in 1991.

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ANCHOR UP: Sailors become Chief Petty Officers on Pinning Day

By Yonca Poyraz-Dogan
Navy Office of Information Public Affairs

WASHINGTON

In unique ceremonies around the world Friday, nearly 4,700 Sailors became chief petty officers (CPO) as they pinned anchors and advanced to the rank of chiefs.

One such ceremony was at the U.S. Navy Memorial in Washington, D.C., where 32 chief selects received their anchors. Chief of Naval Operations Adm. John Richardson delivered a keynote speech at the event in which he said the appropriate word for the Sailors on that special day is “becoming” not “being” since “becoming” represents dynamism.

“Becoming a fighting Navy chief means becoming an effective combat leader. Period. Becoming a fighting Navy chief means getting your teams ready to fight – better than they’ve ever fought before. Period. Becoming a fighting Navy chief means getting you and your team ready to put the enemy on the bottom of the ocean. And you sail away with your team – alive. Period,” he said.

Richardson also said that a fighting Navy chief never stops growing and needs to learn as the jobs and technology change.

“You need to learn. You need to be an expert at what you do. You learn and you teach,” he added ending his remarks with a call to action, “I’ll see you in the fleet, let’s get to work.”

Family members, friends and mentors were invited to the stage to help complete each new chief’s crisp khaki uniform by pinning anchors on their collars and donning their covers.

Meanwhile, in Spain, Naval Station Rota welcomed 32 Sailors and three Air Force technical sergeants to the CPO ranks during a pinning ceremony held at the installation’s community recreation center Seaview Pines.

“Today’s ceremony is more than just a chief petty officer’s pinning,” said Master Chief Petty Officer Brett Cummings, Naval Hospital Rota command master chief. “... regardless of the specific jobs, the specific skill set, or the specific location, these individuals are bound by the unique fraternity to which they will belong: that of the chief petty officer.”

Traditionally, the pinning ceremony is held following a six-week training and testing period known as chiefs’ initiation.

“I know that everyone is proud of you today,” said Capt. Michael MacNicholl, Naval



MC2 Kevin J. Steinberg
Mass Communication Specialist 1st Class Jay Chu stands at parade rest before her promotion to chief petty officer during a chief petty officer pinning ceremony at Naval Support Activity Bahrain. Sixty-eight Sailors from U.S. Naval Forces Central Command, Naval Support Activity Bahrain, and commands located throughout the U.S. 5th Fleet area of responsibility received their anchors.

Station Rota commanding officer. “You succeeded in enduring rigorous yet necessary training these past few weeks. You’ve been tested both physically and mentally. Each of you answered with determination and strength. You persevered and you worked as a team. With this promotion comes more responsibilities and more will be demanded of you. You will be the technical expert. You will be an authority and a role model.”

The ceremony included the chief selects singing ‘An-

chors Awake,’ a reading of the Fouled Anchor and the Two-Bell ceremony.

In Japan, 14 Sailors representing various commands marched into a pinning ceremony at U.S. Fleet Activities Yokosuka’s Fleet Theater.

Guest speaker Rear Admiral James Pitts, Commander, Submarine Group 7, said these emblems don’t just represent their new rank, but the long process it took to get there and the weight of their additional responsibilities.

“Our chiefs are crucial to the fighting of the ship; crucial to executing the normal battle rhythm of training, maintenance and standards; maintaining good order and discipline; and effectively bridging the gap between officers and personnel,” he said. “It is not easy. It is not for the faint of heart. But it is because of the need of this type of leader that in 1893 that the rank of chief petty officer was born.”

Chiefs at the pinning ceremony attributed their rise to good mentorship. Quartermaster Chief Korinthia Guary of U.S. Fleet Activities Yokosuka’s Port Operations said “watching other leaders and learning from them” helped her get to this point in her career.

Culinary Specialist Chief Victor A. Marrero of Fleet Activities Yokosuka said good mentorship and support from junior Sailors were key to his



MC2 Kenneth Abbate
Chief Navy Counselor Colietha Alvarez receives her combination cover during the fiscal year 2019 chief petty officer pinning ceremony in the hangar bay aboard the Navy’s forward-deployed aircraft carrier USS Ronald Reagan (CVN 76). Fifty-two Sailors were pinned to the rank chief petty officer during the ceremony. Ronald Reagan, the flagship of Carrier Strike Group 5, provides a combat-ready force that protects and defends the collective maritime interests of its allies and partners in the Indo-Pacific region.

success, “If they didn’t work hard, I wouldn’t be in this position right now.”

Standing before his family and colleagues at the ceremony, Marrero took a moment to reflect upon the 15 years he’s been in the Navy. “It’s extremely humbling knowing what I’ve been through to get to this point,” he said. “This whole process has been powerful and eye-opening. I’m very excited.”

Command Master Chief Warren Britten, command master chief of U.S. Fleet Activities Yokosuka, said these new chiefs have an important role to play.

“Those of us who have been through this process before truly know what it means to don the hat of the chief, so this day is very special for all of us,” he said. “So today, when we clasp their hands, it is meant with sincere gratitude for them coming onboard and joining an organization that has a lot of rich

tradition and history.”

Back in the nation’s capital, Master Chief Petty Officer of the Navy Russell Smith had a message for all CPOs.

“To all new chief petty officers, welcome to the Mess! Never forget what you have done to get here, as well what countless others have done on your behalf to give you this incredible opportunity,” said Smith. “As you inevitably pause at some point today to look at those anchors on your collar, remember that you must ‘earn this’ every day Hooyah — Navy chief, Navy pride!”

President Benjamin Harris issued an executive order 125 years ago creating the rank of chief petty officer. Today, chiefs are selected by a board of chiefs, senior chiefs and master chiefs after first class Sailors show leadership potential, impressive records and pass an advancement exam.



MC2 Patrick Semales
Newly appointed chief petty officers march in formation before being pinned with their anchors during the 2018 USS Blue Ridge (LCC 19) and U.S. 7th Fleet Chief Petty Officer Pinning ceremony at Commander, Fleet Activities Yokosuka. A total of 13 Sailors were promoted to the rank of chief petty officer during the ceremony.

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Rear Adm. Bette Bolivar, commander of Navy Region Southeast, speaks at the Navy SEAL Foundation's 5th Annual Patriot Day Ladies Luncheon in Fernandina Beach, Florida. The purpose of the luncheon was to honor all lost during the terrorist attacks on Sept. 11, 2001.

MC1 Brian G. Reynolds

“To have Rear Admiral Bolivar here is a huge honor. This is something we’ve always dreamed of and wanted. We’re just thrilled that she would take the time to come and be with us on 9/11.”

Carol Carter, Navy SEAL Foundation Ambassador

CNRSE addresses Navy Seal Foundation on Patriot Day

By MC1 Brian G. Reynolds

FERNANDINA BEACH, FLA.

Commander, Navy Region Southeast, Rear Adm. Bette Bolivar spoke at the Navy SEAL Foundation's Fifth Annual Patriot Day Ladies Luncheon at the Fernandina Beach Golf Club at Fernandina Beach, Florida, Sept. 11.

The purpose of the luncheon was to honor and remember all who were lost during the terrorist acts of Sept. 11, 2001.

“September 11th offers an opportunity for American citizens to come together for a national day of service and remembrance,” Bolivar said. “It’s a day when we as a nation pause to pay tribute to the nearly 3,000 people who people who lost their lives in

the horrific terrorist attacks of September 11, 2001.”

Carol Carter, an ambassador of the Navy SEAL Foundation, helped coordinate the event.

“To have Rear Admiral Bolivar here is a huge honor,” Carter said. “This is something we’ve always dreamed of and wanted. We’re just thrilled that she would take the time to come and be with us on 9/11.”

In her speech, Bolivar referenced the construction of USS New York (LPD 21), an amphibious transport dock whose bow was forged from the wreckage of the World Trade Center.

“This act is rich with meaning on so many levels,” Bolivar said. “A powerful mes-

sage to those who perpetrated the attacks – a Navy warship forged from the wreckage of one of our nation’s tragedies. This ship was built to serve as a living tribute to the memory of the victims, the heroes and the survivors – a symbol of pride for every American.”

Bolivar also mentioned USS Somerset (LPD 25), another amphibious transport dock that was named in honor of the 40 passengers who lost their lives on United Airlines Flight 93, and the amphibious transport dock USS Arlington (LPD 24) that was built to honor the victims of the attack on

the Pentagon.

Bolivar reminded attendees that all the U.S. Navy remains vigilant in protecting the nation from its adversaries.

“Right now, as we gather together, your Navy is protecting and defending the United States of America,” Bolivar said. “Tens of thousands of America’s finest young men and women are deployed around the world doing just that. They’re there now. They’ll be there when we’re sleeping tonight.”

The Navy SEAL Foundation’s mission is to provide immediate and ongoing support

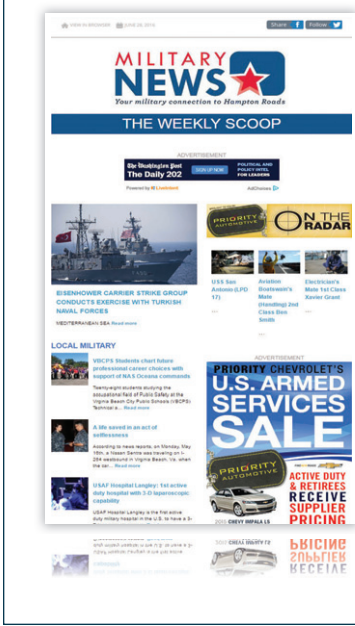
and assistance to the Naval Special Warfare community and its families.

Commander, Navy Region Southeast manages and oversees shore installation management support and execution for 18 installations within the Southeastern United States, including Alabama, Arkansas, Florida, Georgia, Kansas, Louisiana, Mississippi, Missouri, Oklahoma, South Carolina, Tennessee, Texas, and Guantanamo Bay, Cuba.

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

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UCT 2 CONDUCTS UNDERWATER DEMOLITION TO IMPROVE PORT ACCESS

By MCC Matthew R. White
30th Naval Construction Regiment Public Affairs

CHUUK, THE FEDERATED STATES OF MICRONESIA

Sailors from the U.S. Navy’s Underwater Construction Team (UCT) 2 conducted an underwater demolition blast to remove a hazard to navigation at the Chuuk Main Cargo Wharf, in the Federated States of Micronesia (FSM), Sept. 9.

The controlled demolition removed a shallow shoal and will improve the safety of ships navigating in and out of the port. Following a bathymetric survey of the demolition site, the blast lowered the depth of the sea floor by approximately five feet, displacing more than 3,000 cubic yards of shoal.

“We are grateful to the U.S. Navy for taking this positive and proactive step to maintain safety within Chuuk port,” said Robert Riley, U.S. ambassador to the FSM. “The action is emblematic of the steadfast and enduring nature of the security relationship that ex-

ists between the United States and the FSM, and is indicative of the close bonds that exist between our two countries. The sun will not set on our commitment to the defense of the FSM.”

During the preparation leading up to the blast, UCT 2 divers drilled 29 holes approximately three feet into the shoal, and filled them with 252 pounds of explosives. The controlled demolition lowered the depth of the shoal, which was initially at a depth of 20 feet below the water’s surface, to approximately 26 feet. Throughout the planning and execution stages of the project, environmental safety measures were employed in accordance with the Marine Mammal Protection Act and Endangered Species Act.

Prior to the blast, lookouts were employed to watch out for marine life and a bubble screen was deployed, which releases compressed air into the water surrounding the blast site to scatter off marine life. These measures minimize the potential for affecting protected marine species wherever explosives

are used. The shoal demolition was coordinated with the Chuuk State Governor, local police, port operations, marine resources, and the U.S. Embassy in Pohnpei, FSM.

“Our coordination with the agencies in Chuuk, including the local police, was vital to the success of the shoal demolition. They provided invaluable manpower and knowledge to keep the area free of non-essential personnel, ensuring a safe blast,” said Lt. Zach Niezgodski, UCT 2 Construction Diving Det. Charlie officer-in-charge. “Everything UCT 2 is doing while we are here is an effort to assist the people of FSM and to improve the functionality of the Chuuk Cargo Port.”

In addition to the shoal demolition, UCT 2 will provide a range of operations improving the wharf area, including inspecting of existing navigational aides; assessment of the wharf; exploring the port for future deep-water mooring locations; and placing environmental offsets at popular scuba diving sites which will protect the coral reef from damage due to boat anchors.

FSM and the United States share a close and mutually beneficial relationship through the Compact of Free Association (CFA), which has existed since 1986. The CFA provides for economic assistance, defense of FSM, and other benefits and agreements.

UCT 2 provides construction, inspection, repair, and maintenance of waterfront and underwater facilities in support of Navy and Marine Corps operations. UCT Seabees have the unique ability to perform shallow, deep water, and terrestrial construction.

Valiant Shield is a U.S. only, biennial field training exercise (FTX) with a focus on integration of joint training in a blue-water environment among U.S. forces. This training enables real-world proficiency in sustaining joint forces through detecting, locating, tracking, and engaging units at sea, in the air, on land, and in cyberspace in response to a range of mission areas.

For more news from 30th Naval Construction Regiment, visit www.navy.mil/local/30NCR/.

Construction Electrician 2nd Class Kurt Bettfreund, assigned to Underwater Construction Team (UCT) 2, grabs diving fins as he prepares to place explosive charges into a shallow shoal, which is a hazard to the safe navigation of ships using Chuuk cargo port, in the Federated States of Micronesia. UCT 2 is a key component of the Naval Construction Force, providing the capability to construct, inspect, repair, and maintain the full spectrum of maritime infrastructure.

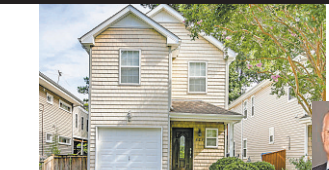
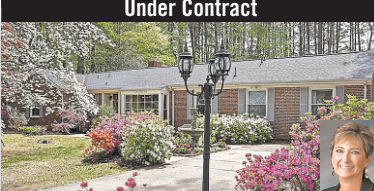
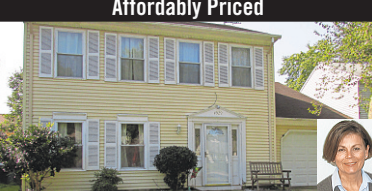
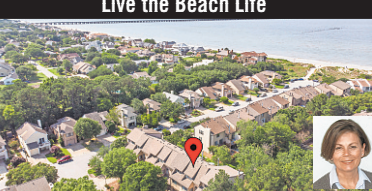
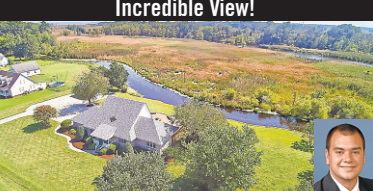
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U.S. Navy photo

USS John C. Stennis (CVN 74) at sea.

3-D PRINTING | *Printers manufacture hard to obtain parts*

Continued from B1

pabilities of the 3-D printer. Holland and his team have created other pieces for systems that seem insignificant to most people but can effectively save the ship and the Navy money.

“For example, one of AIMD’s (Aviation Intermediate Maintenance Department) calibration machines didn’t work because they didn’t have any knobs for it,” said Holland. “We were able to manufacture a simple plastic knob and by creating that knob, although small, we were able to get that machine back up and running.”

That single plastic knob, designed by Barlow and created by the 3-D printer, ultimately saved the ship a substantial amount of money.

“They would’ve had to order a brand-new console which would’ve cost \$5,300,” said Barlow. “They brought me the knob, I designed it, put it on there and now they can use that piece of equipment which they use for hundreds of calibrations. They

“It gives us another effective tool to keep the ship in the fight.”

Cmdr. Kenneth Holland

could’ve spent \$5,300 on a new system or the six cents of material that it took to make that knob.”

The process for creating some of these items can take as little as one hour. All a Sailor has to do is bring a sample of the part that needs to be created and submit a request, where it is then authorized by various members of the Engineering Department’s chain-of-command, depending on the size and intricacy of the item. Once the request is approved, Barlow will break down the part using basic geometry and redesign that piece into the system. After the software renders the design, it is then sent to another program

that splices the piece into various segments so that the printer understands how much to fill on the inside of the item for proper durability. Finally, the design is sent to the printer which then uses plastic to create the item.

“It gives us another effective tool to keep the ship in the fight,” said Holland. “It’s also a tool to help us get first-time quality in the repairs for the ship. If you have something that works and it fits, forms, and functions, then you can deliver the final component and know that it’ll fit.”

3-D printing is a step into the new age of technological advances that makes the Navy a more effective fighting force. Holland and his team are looking for new ways to use this equipment to make sure they can save the Navy man-hours and money on a daily basis. 3-D printing is the way of the future — it will be used to keep systems up when ships are deployed — and John C. Stennis is capitalizing on the movement now.

For more news from USS John C. Stennis (CVN 74), visit www.navy.mil/local/cvn74/.

VALIANT SHIELD | *U.S. Indo-Pacific Command to participate in exercise around the Marianas Island Range Complex*

Continued from B1

160 aircraft and approximately 15,000 personnel from the U.S. Navy, Air Force, Army and Marine Corps.

“We are excited to be here for exercise Valiant Shield as Guam gives us a world-class joint-training opportunity,” said exercise director Rear Adm. Daniel Dwyer. “The Marianas Island Range Complex is a premier training environment that allows the joint force a unique opportunity to come together and train side-by-side at the high end.”

Valiant Shield is a U.S.-only, biennial field training exercise aimed

at ensuring the joint force is ready to conduct a wide range of combat operations.

During VS-18, U.S. forces will exercise a wide range of capabilities and demonstrate the inherent flexibility of joint forces. The range of capabilities include maritime security operations, amphibious operations, anti-submarine and air-defense exercises.

This is the seventh exercise in the Valiant Shield series that began in 2006.

For more news from U.S. Pacific Fleet, visit www.cpf.navy.mil.



MC1 Richard L.J. Gourley

The Arleigh Burke-class guided-missile destroyer USS Milius (DDG 69) launches a standard missile 2 while in formation with the USS Chancellorsville and USS Ronald Reagan during a live-fire exercise for Valiant Shield 2018. The biennial, U.S. only, field-training exercise focuses on integration of joint training among the U.S. Navy, Air Force, and Marine Corps. This is the seventh exercise in the Valiant Shield series that began in 2006.

Wasp ESG provides air support to CNMI recovery efforts

By MC1 Alexandra Seeley
Commander, Amphibious Squadron 11 Public Affairs

PACIFIC OCEAN

The USS Wasp (LHD 1) Expeditionary Strike Group (ESG), with embarked 31st Marine Expeditionary Unit (MEU), provided air assistance to the Federal Emergency Management Agency (FEMA) and the Commonwealth of the Northern Mariana Islands (CNMI) following Typhoon Mangkhut Sept 12.

“The MEU assembled teams on board in order to provide water support on the island and generators for the local population if necessary” said 1st Lt. Cameron Field, combat cargo team embarkation officer. “We also had company-sized teams of Marines ready to assist with debris clean up at a moment’s notice.”

As support efforts continue, Commander, Task Force (CTF) 76 is engaged in Defense Support to Civil Authorities (DSCA) activities in Rota, Tinian and Saipan. Two ships within CTF 76, the amphibious assault ship USS Wasp and the amphibious dock landing ship USS Ashland (LSD 48), are supporting FEMA requests for assistance through the tasking of personnel and distribution of supplies, throughout the CNMI.

Following Navy and Marine Corps ESG aerial surveys to ensure safe movement of equipment, multiple types of aerial vehicles are on standby to assist in any future DSCA operations, including an MH-60S Sea Hawk helicopter assigned to the “Island Knights” of Helicopter Sea Combat Squadron (HSC) 25 and MV-22 Ospreys assigned to Marine Medium Tiltrotor Squadron (VMM) 262.

“We want to be prepared for anything,” said Lt. Cmdr. Ryan McAllister, Tactical Control Squadron (TACRON) 12, Detachment 1 assistant officer in charge. “Making sure that our planes are ready to go at any moment for support is our top priority.”

To prepare for operations, the ships must position themselves to ensure launch and recovery of aircraft is effective and timely. This is all accomplished through coordination and communication between watch officers on all ships, who must maintain precise time, distance and speed to ensure aircraft have a place to land or refuel. According to McAllister, having a ship in the right place is the most critical aspect of conducting air move-



Lance Cpl. Matthew Navarra

Lance Cpl. Connor Ryandealvarez, an assault amphibious vehicle crewman assigned to Company E, Battalion Landing Team, 2nd Battalion, 5th Marines, packs gear inside the well deck aboard the amphibious dock landing ship USS Ashland (LSD 48) underway in the Pacific Ocean, Sept. 11, 2018. Marines and Sailors with Company E, currently underway aboard the Ashland, are preparing with the 31st Marine Expeditionary Unit and Wasp Amphibious Ready Group to assist local agencies and the Federal Emergency Management Agency with distributing emergency relief supplies to the Commonwealth of the Northern Mariana Islands after it was struck by Typhoon Mangkhut, Sept. 10-11.

“We want to be prepared for anything. Making sure that our planes are ready to go at any moment for support is our top priority.”

Lt. Cmdr. Ryan McAllister

ment between the islands.

“It was fortunate Wasp was in the right location for quick aid,” said McAllister, “Our ability to be closer to shore allowed us to be forward pressing and flexible in accomplishing our mission.”

Wasp ESG continues to work with officials with efforts focused on augmenting and supporting FEMA in conjunction with Guam and local officials.

For more news from Commander, Amphibious Squadron 11, visit www.navy.mil/local/cpr11/.



MC2 Joshua Mortensen

Sailors arrive from an MH-60S Sea Hawk helicopter assigned to the Island Knights of Helicopter Sea Combat Squadron (HSC) 25 during a personnel transfer on the flight deck of the amphibious dock landing ship USS Ashland (LSD 48). Sailors and Marines from Ashland, part of the Wasp Expeditionary Strike Group, 31st Marine Expeditionary Unit team are providing Department of Defense support to the Federal Emergency Management Agency and working with Guam and Commonwealth of the Northern Marianas’ civil and local officials in support of Typhoon Mangkhut recovery efforts.

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DOOR PRIZES



SEEING DOUBLE!
Red panda cubs
born at the zoo

The cubs, who are both males, were born off-exhibit at the Zoo's Animal Wellness Campus in June.

» See C2

OCEANA
AIR SHOW
CELEBRATES
BASE'S 75TH
ANNIVERSARY

From oceanaairshow.com

The men and women of Naval Air Station Oceana are very excited to once again open their base up to the public on Saturday and Sunday, September 22nd & 23rd, 2018 for the 2018 NAS Oceana Air Show. This year the NAS Oceana Air Show is pleased to present the United States Navy's Blue Angels flight demonstration team along with the Canadian Forces 431 Air Demonstration Squadron, the Snowbirds! We'll also have a host of the best civilian and military performers to include Skytypers, Mike Goulian, Kent Pietsch, Bob Carlton and Tactical Demonstrations by the F-22 Raptor and the F/A-18F Super Hornet. We're also excited to present the newest AFTERSHOCK Jet Powered Fire Truck!

We are especially honored to celebrate Naval Station Oceana 75th Anniversary. Originally opened in 1943 in the mudflats of Virginia Beach, NAS Oceana is now the East Coast Navy's thriving Master Jet Base and home to all of Naval Aviation's F-18 Hornets and Super Hornets.

Make sure you arrive early for the NAS Oceana Air Show this year! Gates open at 8:00 am and **ADMISSION AND PARKING ARE FREE**. The flight line will be packed with static displays, food & novelty vendors and plenty of other things for the whole family to enjoy the entire day. On both Saturday and Sunday, the flying will start at approximately 10:00 a.m.

Here's a look at the performers you'll see at this year's show!

The U.S. Navy Blue Angels

The Blue Angels' mission is to enhance Navy and Marine Corps recruiting efforts and to represent the naval service to the United States, its elected leadership and foreign nations. The Blue Angels serve as positive role models and goodwill ambassadors for the U. S. Navy and Marine Corps. A Blue Angels flight demonstration exhibits choreographed refinements of skills possessed by all naval aviators. It includes the graceful aerobatic maneuvers of the four-plane Diamond Formation, in concert with the fast-paced, high-performance maneuvers of its two Solo Pilots. Finally, the team illustrates the pinnacle of precision flying, performing maneuvers locked as a unit in the renowned, six-jet Delta Formation. Since its inception in 1946, the Blue Angels have performed for more than 427 million fans.

The Canadian Forces Snowbirds

The Canadian Forces (CF) Snowbirds, 431 Air Demonstration Squadron are a Canadian icon comprised of Canadian Armed Forces (CAF) members and National Defence Public Service employees. Pilots, technicians (aviation, avionics, aircraft structure, supply), mobile support operators, resource management support clerks, an engineering officer, a logistics officer and a public affairs officer representing all three elements (Army, Navy and Air Force), work as a team to bring thrilling performances to the Canadian public. Serving as ambassadors of the CAF, the CF Snowbirds demonstrate the high level of skill, professionalism, teamwork, discipline and dedication inherent in the men and women of the CAF and they inspire the pursuit of excellence wherever they go in North America.

Mike Goulian

Pilot. Advocate. Athlete. Michael Goulian is one of North America's most decorated aerobatic pilots and recognized aviation professionals. Throughout his 30-year career, Goulian has devoted himself to excellence in the air, and in business. Growing up at his family's flight school, Michael learned at an early age those values that have defined his career; hard work, dedication and an unwavering focus on the pursuit of perfection. Michael Goulian is a multi-disciplined aerial demonstration pilot. Beginning his career in the competitive world of aerobatics, Goulian earned the distinction of becoming one of the youngest pilots to ever win the United States Unlimited Aerobatic Championship at the age of 27. His signature air show performance combines the heart-stopping gyroscopic tumbling of modern display flying with the crisp, aggressive, demands of precision competition aerobatics. In 2006, Goulian joined an elite group of pilots competing in the Red Bull Air Race World Championship. Competing as Team #99, Goulian and his team are engaged in a battle of technology, skill, and execution against 13 of the world's fiercest competitors.

GEICO Skytypers

The GEICO Skytypers are a flying unit based in Long Island, New York. The team is comprised of 10 pilots who the only flying unit in the world to type giant skytyped messages AND perform in air shows across the United States. The aircraft used by the GEICO Skytypers are the North American SNJ-2s

originally built in 1940 and 1941 during World War II. Called the T-6 Texan by the Army Air Corps, the Harvard by the RAF, and affectionately known as "The Pilot Maker" by its crews, the SNJ was designed to transition from basic trainers to first-line tactical aircraft. The planes have been fully restored and specially equipped with modifications for skytyping missions. The Skytypers perform a low-level, precision flying demonstration that has thrilled spectators all over the United States. The demonstration features maneuvers and formations utilized during WWII. Through expert energy management and steady hands, these expert pilots extract every ounce of performance possible from these wonderful WWII antique aircraft.

Kent Pietsch

Kent Pietsch fell in love with flying when he was four years-old. Five decades later, his passion has not waned. Since 1973, Kent has performed his incredible aerobatic routines for millions of people at more than 400 shows that have taken him to quality venues throughout the United States. Kent grew up in Minot, North Dakota, where every day after school, he'd find a way to get to the airport, and do whatever it took to get into an airplane. While most aerobatic performers have one basic program, Kent executes three storied acts that leave spectators mesmerized. These include a dead-stick (turning the engine off) routine from 6,000 feet and a rooftop landing on a moving RV! However, Kent is best known for a comedy act that features a detached aileron (wing flap) and a mesmerizing wingtip-scrapping pass down the runway that you must see to believe. When Kent is at the controls of his plane, it is impossible not to watch him perform. Kent loves to fly, but the audience is always his number-one priority. "If you can't entertain, you have no business being out there," he said. "The gratification is in knowing that people are enjoying themselves." Kent's humble nature and willingness to interact with fans make him a crowd favorite wherever he performs.

Bob Carlton / Vertigo Air Shows

Bob began flying in 1979 at the age of 19. He has since logged over 2000 hours in a wide variety of aircraft and holds a commercial pilot certificate. Bob has flown hang gliders, airplanes, helicopters, and sailplanes from hundreds of sites in the US, Canada, Mexico and Australia. Bob has flown airshows



professionally since 1993. He lives in Albuquerque, New Mexico with his wife Laurie and their two dogs, Elsa and Cinco. Bob is one of the most versatile airshow performers in North America. He began flying airshows in his Salto sailplane, and over the years has continued to add innovative performances such as barnstormin' biplane aerobatics, helicopter sailplane tow, night aerobatics with strobes & pyro and the world's only twin jet sailplane. The tradition of innovation continues with the recent addition of the Super Salto jet sailplane, with more power, more speed and more aerobatic capability than any other sailplane on the planet! Bob is a retired rocket scientist for a major national laboratory.

Jim Tobul

Jim Tobul is the man behind the stick in "Korean War Hero," but rather than the owner, he considers himself more the caretaker of this beautiful warbird and her storied history. An avid pilot for over 40 years, Jim takes great pride in carrying the legacy of the veteran Corsair to airshows all over North America. He lives in Jackson, WY. "It's very important that we keep the history of these aircraft and the men that flew them alive and active," said Jim in a recent interview. "The role these heroes played in securing democracy and our freedom cannot be measured. We owe them a great debt, and it is an honor and privilege to carry on for them and tell their stories." Jim now performs at 18 or more airshows per year, bringing tears to the eyes of veterans and awakening the curiosity of upcoming generations to learn more about the fight for freedom waged by those who came before. He also is proud to participate in the U.S. Navy Legacy Flight program, in which he flies alongside a modern Navy F-18 Super Hornet fighter in a poignant display of military heritage and tribute.

Greg Shelton

Greg's interest in aviation began at an early age watching Borate Bombers in Northern California and listening to his father's adventures of flying fighters in the U.S. Navy. In 1982, Greg started flying lessons in a J-3 Cub, but before he finished his pilot's license, he traded it for

a Starduster II so he could pursue aerobatics. Greg's next aircraft was an AT-6 project. What originally started as a 1952 Canadian Harvard MK IV that served in the RCAF from 1952-1965, became one of the most beautiful Warbirds on the aerobatic air show circuit. In December of 2006, Greg sold his AT-6 to make room for his new airplane, a 1944 FM-2 Wildcat, named the "Best Fighter Below 10,000 Feet" compared to the F6F, F4U, P-47 and P-51. The FM-2 was the most built and most powerful version of the Wildcats, often referred to as the "Wilder" Wildcat.

Bill Leff

Bill excites the crowd with the roar of the radial engine, the flash of the sun off the polished aluminum surface and the volume of smoke coming off the engine as he does precision aerobatics, staying show center all the time. Like no other WarBird act, Bill keeps it close in and non-stop. It all starts with the roar of the Pratt and Whitney engine as Bill lifts off the runway and does a roll on take-off. Thirteen minutes of low-level aerobatics follow including barrel rolls, inverted flight, loops, four point rolls, and Cuban 8s. Bill explores the airspeed envelope of the T-6 from over 200 MPH to as slow as 60 MPH, thrilling both the novice and enthusiast alike.

Warrior Flight Team

Warrior Flight Team (WFT), reaches out to wounded soldiers and their families through numerous support groups and veterans organizations, and invites those who have served and sacrificed so much to meet the team. These get-togethers are centered around large, well-attended events such as fundraisers, airshows, and sporting contests. The WFT honors these warriors and their families with a truly unique experience and unparalleled hospitality and camaraderie. It's a time for relaxation as well as reflection on the price many pay for serving in the armed forces. In front of millions of people annually, the team has the chance to promote the Warrior Flight Team programs as the soldiers are honored publically.

» See AIRSHOW | C3

Calendar

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

Viva Las Vegas! The 2018 USO Gala!

- Sept. 21. 6p.m.
- Hilton - Virginia Beach Oceanfront, 3001 Atlantic Ave., Virginia Beach
- www.hrcv.uso.org/events/28 for tickets

Play Las Vegas style games without leaving Hampton Roads! We will have a variety of card games including Poker, Craps, Roulette, and more! “Play money” will be included in your ticket purchase and if you want to keep playing, you can always buy more play money. Food stations will also be available through the night when you want to take a break from the casino tables. Who doesn’t love chicken & waffles while playing poker?

Enjoy an evening of pure Las Vegas fun, fabulous entertainment and casino adventures. DJ spinning live tracks to get your feet moving, sensational serenades from Frank Sinatra, with special guest appearances from Liza Minnelli and Elvis! You will not be disappointed, and in the end, our service members will be the big winners.



Get Ready, Ladies...

THE FUN SHOW

with Cat & Nat

SATURDAY • SEPT. 22

Courtesy Sandler Center

The FUN Show with Cat & Nat

- Sept. 22. 7 p.m. \$25-\$100.
- 20% Military Discount using promo code SERVICE at YnotTix.com.
- Sandler Center for the Arts,
- www.sandlercenter.org

The Fun Show with Cat & Nat will take “Girls’ Night Out” to a WHOLE NEW level. These ladies are notoriously known for talking about all the things moms are thinking but never saying in an honest, hilarious, and candid way.

With the focus on community and uniting women, this show offers a little something for everyone! Join the party and get a behind-the-scenes look into how Cat & Nat came to be and enjoy games, impromptu dance parties, and cocktails during an incredible evening you don’t want to miss!



QUEEN EXTRAVAGANZA

PERFORM THE UK'S BIGGEST-SELLING ALBUM
QUEEN GREATEST HITS

PRODUCED BY ROGER TAYLOR & BRIAN MAY

Roger Taylor's Queen Extravaganza

- Sept. 23. 8 p.m. \$23, \$28 day of show
- The NorVa, 316 Monticello Ave., Norfolk
- www.thenorva.com

Queen fans will no doubt be thrilled to learn that there will be another chance to hear Queen’s greatest hits performed live when the Queen Extravaganza, the ‘official’ tribute band created by Roger Taylor and Brian May, comes to The NorVa.

The Queen Extravaganza delivers all the hits any Queen fan could want to hear - “Bohemian Rhapsody,” “Another One Bites the Dust,” “Crazy Little Thing Called Love,” “Under Pressure,” “We Will Rock You/We Are the Champions,” “A Kind of Magic,” “Radio Ga Ga” and “Killer Queen” – just a few to mention - presented 100% live by some of today’s finest musicians hand picked by Roger Taylor and Brian May.



Photo by Harry Gervin

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/.



Photos courtesy Virginia Zoo

Seeing double! Red panda cubs born at the zoo

By Ashley Grove Mars

The Virginia Zoo welcomes two Red panda cubs to mom, two-year-old Masu and dad, three-year-old Timur. The cubs, who are both males, were born off-exhibit at the Zoo’s Animal Wellness Campus in June.

Red panda cubs weigh approximately five ounces at birth, but now weigh in at just over one pound.

“We wanted to give Masu the best chance possible to successfully birth and raise healthy cubs,” said Dr. Colleen Clabbers, the Zoo’s Veterinarian. “We decided to move Masu to the Wellness Campus while she was still pregnant to give her the privacy and space she needed with as few disturbances and distractions as possible.”

Red panda experts have found this species has better success when the mothers are able to give birth and provide the initial few months of care of their cubs off exhibit.

First-time mom Masu gave birth in an indoor, climate-controlled den where she has been nursing and bonding with her cubs in a quiet environment. The den is off view to the public and is monitored by Zoo Keepers and Animal Care Staff. As she gradually gets more comfortable with her Zoo Keepers around the cubs and the boys are confident to safely navigate the trees and other exhibit features, the three will make their way to the original Red panda exhibit off the main pathway.

“This is a significant birth for the species as there are less than 10,000 Red pandas left in the wild,” said Greg Bockheim, Executive Director of the Virginia Zoo. “There has been a sharp decline in their population due to a loss of nest-

ing trees and food resources in their native region, they are also hunted for their pelts.

“We are excited for the terrific care Masu has been providing for her cubs and look forward to having them on exhibit later this year,” Bockheim added.

The male cubs have yet to be named, but the Zoo will announce them soon. Look for updates on the cubs and Masu on the Zoo’s Facebook page at www.facebook.com/thevirginiazoo.

About Red pandas

Red pandas are tree-dwelling animals native to the eastern Himalayas and southwestern China. They were the first panda discovered, about 40 years prior to giant pandas, although very different both species share the name. Slightly larger than a domestic cat and with markings similar to a raccoon, Red pandas have soft, dense reddish-brown and white fur. They feed mainly on bamboo, but also various plant shoots, leaves, fruit and insects. Red pandas are shy and solitary except when mating.



Author explores what dreams meant to Americans during the Civil War at Hampton History Museum October 1

From Hampton CVB

HAMPTON, VA.

Author Jonathan W. White, associate professor of American Studies at Christopher Newport University, explores “Dreams of War and Peace: The Remarkable Night Life of Civil War Americans” as part of the Hampton History Museum’s Port Hampton Lecture series on Monday, October 1, 7 p.m. – 8 p.m.

The Civil War placed new and unique strains on 19th Americans, and their nightly visions reflected those hardships. Sometimes the war intruded on people’s slumber, vividly bringing to life the horrors of the conflict. For others, nighttime was an escape from the hard realities of life and death in wartime.

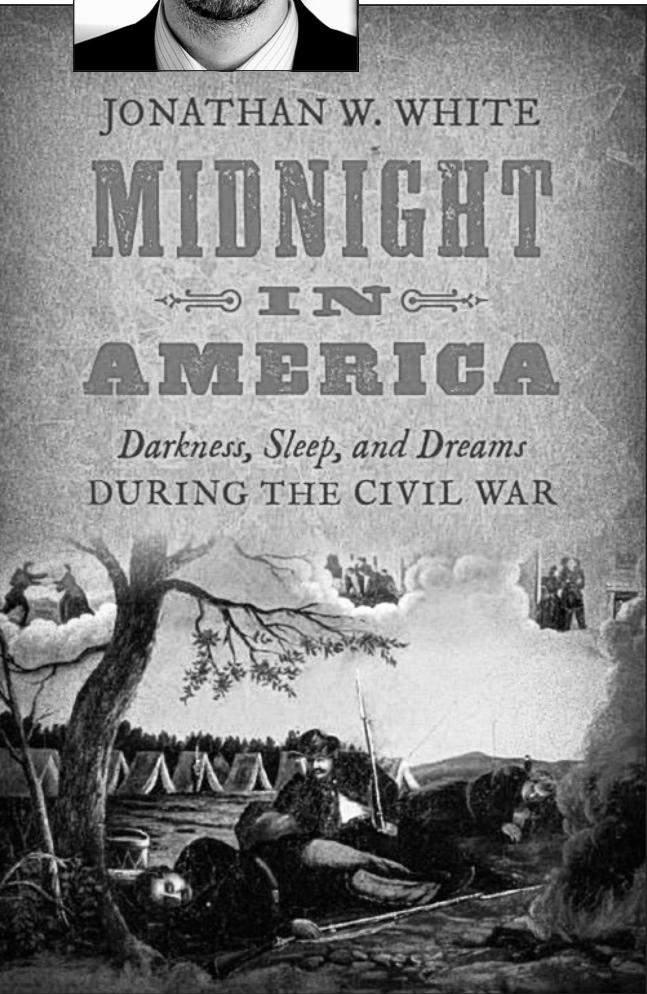
In this talk, professor White will explore what dreams meant to Civil War-era Americans, and how their dreams reveal that generation’s deepest longings—their hopes and fears, desires and struggles, and guilt and shame. When Americans recorded their dreams in their diaries, letters and memoirs, they sought to make sense of the changing world around them, and to cope with the confusion, despair, and loneliness of life amid the turmoil of a war the likes of which they had never imagined.

Jonathan W. White is the author of several books, including *Midnight in America: Darkness, Sleep and Dreams during the Civil War* (2017). After his talk, he will sign copies of his book which is available in the gift shop for \$34.95.

The talk is free for museum members, \$5.00 for non-members. The Hampton History Museum is located at 120 Old Hampton Lane in Downtown Hampton. There is free parking in the garage across the street from the museum. For more information, call 757/727-1102.



Courtesy Jonathan White





AIRSHOW | *Complete lineup of entertainment*

Continued from C1

AFTERSHOCK Jet Fire Truck / Darnell Racing Enterprises

Chris is the Driver/Pilot of the AFTER-SHOCK jet powered fire truck. Chris has been involved in motorsports his entire life. He has many years of experience in the Motorsports Promotion business as well. Chris has competed in many different types of racing over the years from drag racing to circle track and beyond. He has literally done it all. Having experience on the production side of motorsport events as well as a performer/competitor in motorsports goes a long way towards making each show a success. Besides driving the Fastest Trucks in the world on the Drag Racing and Air Show circuit, Chris also owns a Truck Accessory Company called 4 Wheel Customs.

Firewalkers International

Firewalkers International LLC was established in 2013 as the newest Air Show Pyrotechnics Team on the Air Show scene. While being a new team, its' members have a long history and many years of experience providing exciting, loud, HOT and safe Pyrotechnic shows both nationally and worldwide. As former members of Rich's Incredible Pyro, team members have worked closely with some of the most exciting civilian flight demonstration teams, ground shows and military teams from virtually every branch of the service, foreign and domestic. Through the use of high explosives, flammable fuels, and fireworks, the team produces stunning displays choreographed perfectly with flight teams and ground performers with earth shaking high energy results, all in a safe and precisely controlled professional show.

Black Daggers U.S. Army Parachute Team

Their mission is to perform live aerial demonstrations in support of Army special operations community relations and recruiting. Composed of volunteers from throughout

Army special operations, the Black Daggers have diverse backgrounds and are skilled in various military specialties including Special Forces, Rangers, civil affairs, psychological operations, and signal and support. With an average age of 33 and an average number of free-fall jumps at 560, the team represents the professionalism and dedication of Army special operations forces.

Skydive Suffolk

Skydive Suffolk is the premier skydiving center in the Virginia Beach area and has been in operation since 1960. The skydiving center is owned and operated by retired Navy EODC Mike Manthey. Skydive Suffolk offers tandem skydives, skydiving lessons, and jumping for experienced licensed skydivers, and is a USPA (United States Parachute Association) Group Member, pledging to adhere to the USPA's Basic Safety Requirements for students and advanced skydivers. In addition to civilian skydiving activities, the facilities at Skydive Suffolk also support skydiving training operations for multiple branches of the United States Armed Forces. Skydive Suffolk and their team of expert parachutist will be performing several Flag Jumps during the show as well as the thrilling Team Suffolk jump, executing precision parachute maneuvers and high energy "swoops" for the crowd.

Rob Reider (Announcer)

Rob Reider has announced some of the greatest aerial events in North America and loves to share the joy and freedom of flight with all who attend these shows. Rob is a multi-talented air show entertainer, pilot, Midwest television personality, singer, performer, writer, and winner of 5 Emmy awards. All of his experience makes Rob one of the best known announcers in the air show industry. "Narrating a show is a wonderful opportunity to try to put an audience into the cockpit," says Rob "Besides, when I'm announcing, I have the best seat in the house!"

Dan McLaren & Mach 1 Productions

Since 1988, Mach 1 Productions has provid-

ed support for North American Air Show and other special events. Their specially designed sound system provides crisp, clear sound for up to a mile of crowd line. Take your spectators into the cockpit of the aircraft with the air-to-ground interface that allows the performers to talk to the crowd and be heard as though they were listening on the intercom in the back seat.

Steve Myott; Uncle Sam on Stilts

Mr. Steve Myott will perform during Saturday and Sundays shows and entertain children and adults alike as he mixes and mingles with the crowd. Steve has appeared in the National Independence Day Parade in Washington D.C., NFL pre-game shows and countless festivals as Uncle Sam on Stilts. As a drama teacher, actor and director he incorporates all his unique talents into theatrical mentoring for young people. Make sure you wave and say hello to this remarkable performer.

Virginia Patriot Guard

The Virginia Patriot Guard is a diverse group of riders and individuals with one thing in common: they all have tremendous respect for those who risk their lives every day, whether on American soil or abroad, in securing our nation's freedoms and liberties. We encourage those who share this respect to join us in support of all those who have served. Virginia Patriot Guard welcomes those who do not ride motorcycles, those who are not veterans, and those who come from different states. We only require — Respect.

F/A-18F Super Hornet

The Super Hornet Tactical Demonstration, or "Tacdemo" is rapidly becoming world renowned as an awesome display of thrilling high-speed, high "G" maneuvers coupled with heart-stopping slow-speed performance. The crew from the VFA-106 Gladiators will fly this two-seat Strike Fighter as close to the "edge of the envelope" as safely possible while amazing even the most experienced aviators. The Tacdemo highlights the incredible power and grace of the Super Hornet, affectionately known as the "Rhino".

Air Power Demonstration

Watch as Oceana-based Strike Fighter aircraft demonstrate the maneuvers and tactics used to deliver air-to-ground weapons in real-world combat operations. F/A-18C Hornets and F/A-18E/F Super Hornets will fill the skies and crisscross in front of the crowd and they aggressively maneuver for simulated weapons delivery solutions. Twisting and turning to get "pipper on", these intrepid aviators will prove they've got "the right stuff" to deliver diplomacy, 500 pounds at a time!

The Fleet Flyby

Make sure you have your cameras ready for this signature Oceana Air Show event! The sky will darken when this "aluminum overcast" passes over the crowd as locally based squadrons show their colors. The number and type of aircraft that participate is different every year, so you'll just have to wait and see how loud the "sound of freedom" will be!

F-22 Raptor Demonstration

The Air Combat Command F-22 Demonstration Team at Langley Air Force Base performs precision aerial maneuvers to demonstrate the unique capabilities of the world's only operational fifth-generation fighter aircraft. The team also teams up with Air Force Heritage flight exhibiting the professional qualities the Air Force develops in the people who fly, maintain and support these aircraft.

USAF Heritage Flight

In celebration of the 50th anniversary of the U.S. Air Force (USAF), the Heritage Flight program was founded in 1997. Heritage Flight performances of current fighter/attack aircraft flying with World War II, Korea and Vietnam era fighters dramatically display USAF airpower history and honor the brave men and women who have served, or are currently serving, in the USAF. In 2010, the Air Force Heritage Flight Foundation, a 501(c)(3) non-profit organization, was formed to keep this popular program flying.



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The truth behind food labels

*Behind the label:
Decoding certifications
in the shopping aisle*

From Brandpoint

When we visit the grocery store, we’ve become accustomed to a dizzying array of options. There are labels touting everything from food safety to environmental and ethical standards. Making the best decision for your family, your health and the good of the planet is important, but how can you possibly keep track of what all these labels really mean?

Voting with your wallet
Today’s wired world allows us to be more conscious of the impacts of our choices than ever before. Shopping isn’t just about putting food on the table. It’s a daily opportunity to support the kind of world we want to live in. Our actions and what we choose to buy can impact not only the planet’s future, but our social economy as well.

A 2017 study by Cone Communications reported that 60 percent of Americans believe businesses can be key drivers for social and environmental change. Whether it’s phasing out plastic bags and straws or carrying more ethically traded products, businesses are showing consumers that they are listening.

Businesses aren’t doing this just because you asked; they’re doing it because it’s the right thing. Many of them are putting their values on full display in the form of labels that make it easier for you to navigate the shopping aisle.

“As shoppers we are often in a hurry, so much so that we might not even be aware of how quickly we make a decision. That’s where clear labeling can help,” said Rebecca Walker Reczek, professor of marketing at Ohio State University. “Without it you’d need to research each product and the time can add up.”

The truth behind the labels
So what gives? Are organic and natural the same thing? Does a green label mean it’s better for the environment? What does “fair trade” really mean? These are just some of the questions many consumers are asking

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving		
Calories 230		Calories from Fat 40
Total Fat 8g		% Daily Value*
Saturated Fat 1g		12%
Trans Fat 0g		5%
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 3g		
Vitamin A		10%
Vitamin C		8%
Calcium		20%
Iron		45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Ingredients Pork (85%), Water, Breadcrumb (Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Salt, Black Pepper, Sage, Parsley, Onion Powder, White Pepper, Nutmeg, Dried Sage, Preservative (Sodium metabisulphite), Stabiliser (Sodium tripolyphosphate), Coriander, Marjoram, Cayenne Pepper, Antioxidant (Ascorbic acid). Sausage skins made using pork.

Allergy Advice For allergens, including cereals containing gluten, see ingredients in **bold**.

Origin Made in UK using British Pork for Co-operative Group Ltd., Manchester M60 0AG. UK HU 200 EC

www.co-operativefood.co.uk

Nutrition		Reference Intake	
Typical Values	per 100g	per 2 sausages (approx. 133g)	Average adult per serving
Energy value	990 kJ	1330 kJ	8400 kJ
(kcal)	240 kcal	320 kcal	2000 kcal
Fat	19.0 g	25.3 g High	70 g
(of which Saturates)	6.9 g	9.2 g High	20 g
Carbohydrate	1.9 g	2.5 g	260 g
(of which Sugars)	1.5 g	2.0 g Low	90 g
Fibre	1.3 g	1.7 g	
Protein	14.6 g	19.5 g	50 g
Salt	1.2 g	1.6 g Med	6 g

Reference intake of an average adult (8400kJ/ 2000kcal)

3 Servings

Advice **Storage** - Keep in fridge and consume within 2 days of opening. Do not exceed the Use By date.

Home Freezing - Freeze on day of purchase and use within 1 month. Defrost overnight in a refrigerator. Defrost thoroughly before cooking and use within 24 hours.

Caution Care should be taken when cooking the sausages as the juices will be hot and may squirt out.

Freephone 0800 0686 727
Quoting 'M3819/1/4' and the Barcode Number

Rinse before recycling.

SLEEVE - CARD widely recycled

TRAY - PLASTIC check local recycling

FILM - PLASTIC not currently recycled

Cooking Guidelines
Appliances vary, these are guidelines only.

Remove all packaging. Transfer to a rack in a grill pan. Turn occasionally during cooking.

Grill
Moderate heat
12-15 mins.

Pre-heat oven and remove all packaging. Place sausages in the centre of the oven on a wire rack. After 15 minutes remove from the oven and turn. Cook for a further 15 minutes.

Conventional Oven
Temp. Mark 7
220°C
425°F
30 mins.

Fan Oven
Temp. Mark 6
200°C
400°F
30 mins.

Food Safety - Ensure food is piping hot throughout by following the cooking guidelines given. Always wash work surfaces, cutting boards, utensils and hands before and after preparing food.

Freedom Food
* Only the pork in this product comes from farms approved by Freedom Food to strict RSPCA welfare standards. www.freedomfood.co.uk

Packaged in a protective atmosphere.

5 000128 673174 >

when they make their way down the grocery aisle.

Most of us are aware of those little labels on our food, but we often don’t understand what they mean. Like any choice, the key is education. To shop in accordance with our values, we must understand what the label stands for and how it’s been verified. And yes — verification matters. Marketing savvy and great design can create convincing packaging and badges that represent a company’s promise, but often they aren’t based on rigorous standards.

On the other hand, certification labels mean that an independent organization has audited and checked that a company is following a standard set of rules — whether it’s fair trade, responsible fishing, GMO avoidance or better treatment of workers.

For example, the USDA organic label means that an independent organization has audited the farmer to make sure they abide by national organic standards. On the other hand, the term ‘natural’ has no set definition or standards. Neither the FDA nor the USDA has set rules for this term. Pure, natural,

green, direct trade — all these terms conjure an image, but are not audited and don’t refer to any established standard. Essentially, they are just words.

A guide to the goods
Everyone has a right to know what is in their food and where it comes from. Look to these certifications to guide your next shopping trip:

■ Fairtrade — The Fairtrade certification ensures safe and fair working conditions, prohibits child labor and provides farmers and workers with a fairer price or better wages. Fairtrade products originate in developing and least developed countries where farmers and workers are often marginalized.

Where found: Coffee, chocolate, bananas, sugar, avocados, tea and more

■ MSC Certified — By choosing seafood with the MSC blue fish label you are supporting independently certified sustainable fisheries. Their good management practices help ensure fish stocks and habitats are healthy and fishing community livelihoods are secure.

Where found: Wild caught fish and sea-

food, fish oil supplements, pet food
■ Responsibly Grown, Farmworker Assured — The EFI-certified label indicates that the workers who harvested your food are treated with respect, compensated fairly and engaged to identify problems that impact the safety of your food.

Where found: Fresh fruits and vegetables
■ Non-GMO Project Verified — The Non-GMO Project Standard is North America’s most rigorous and reliable standard for GMO avoidance, set apart by its transparency, trustworthiness, ongoing testing and third-party status. The best way to avoid consuming GMOs is to look for the butterfly.

Where found: Dairy and meat products, fruit and vegetables, snack foods, vitamins and supplements, oils and more

Food is a basic necessity, but it is also a conscious choice shaped by our values and our lifestyle. Shop your values on your next shopping trip. To learn more about these certifications and continue the conversation, visit www.fairtr.de/TruthBehindLabels.

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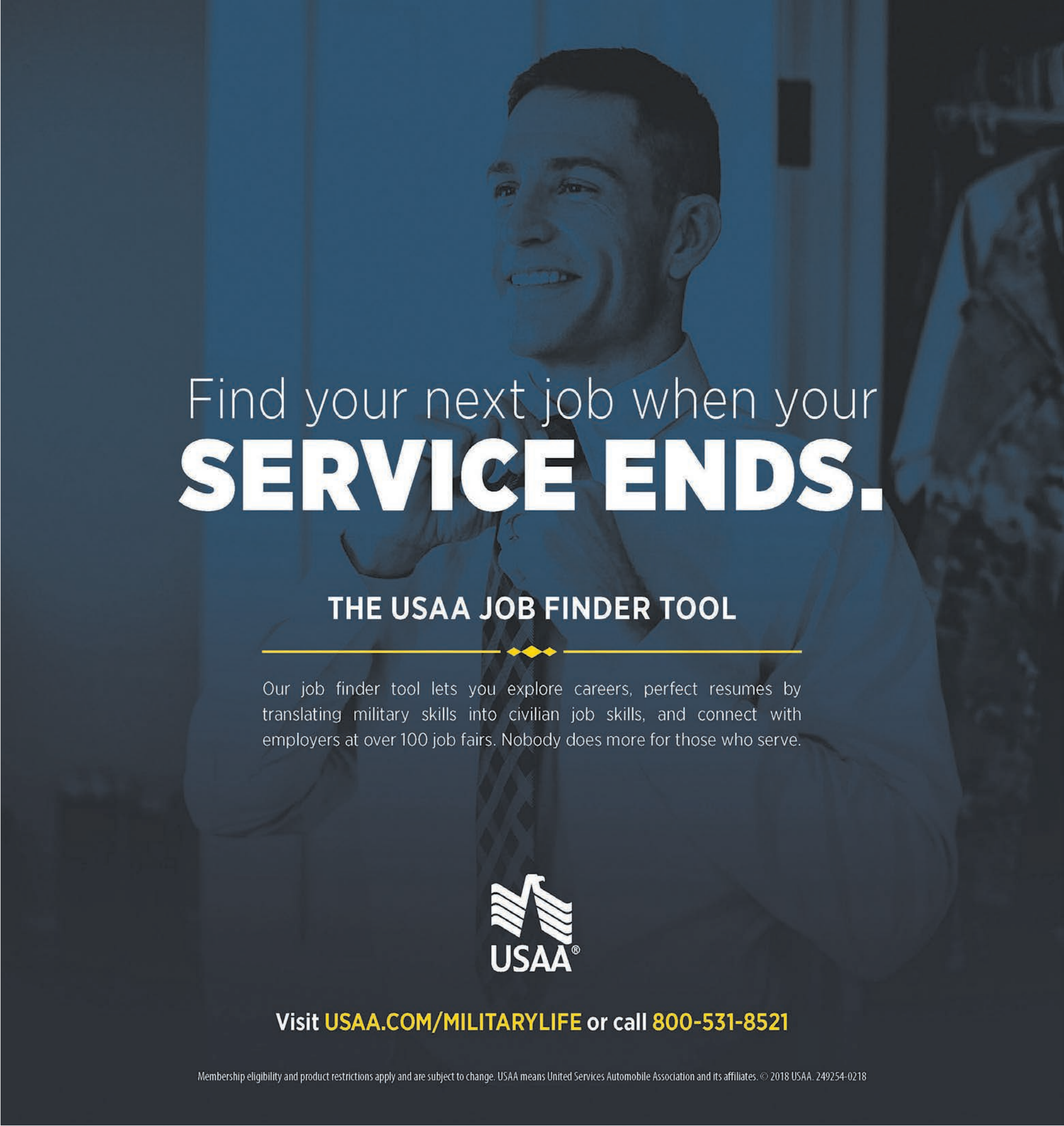
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HOW TO SPOT AND TREAT 4 COMMON CHILDREN’S HEALTH ISSUES

From Brandpoint

From a cough that won’t go away to a sore throat they caught from the classroom, children and their vulnerable immune systems can fall victim to common illnesses quicker and more often than adults. However, while these health issues are typical, it is not always easy to identify what they are when symptoms strike.

According to pediatric doctor Dr. Nina Shapiro, an important part in understanding a child’s symptoms is also being prepared to help fight back with the right tools at home and to know when it’s time to bring them to see a doctor.

Alleviating some of the uncomfortable symptoms at the first signs of sickness or discomfort will help your child get back to being a kid faster and can aid their long-term health. When pain and discomfort do strike, knowing the signs and symptoms of some of these common problems can help determine the best course of action.

1. Ear pain

Ear pain can be caused by myriad issues, including swimmer’s ear, an existing cold, an ear infection or tooth pain traveling up the jawline, among other things. An over-the-

counter pain reliever, elevating the child’s head when sleeping and a warm compress on the ear may help lessen the discomfort. However, if the pain continues to worsen, is accompanied by a high fever and/or swelling and pus exists, the best option is to visit a pediatrician for an in-office exam to determine the exact cause.

2. Constipation

According to a recent survey commissioned by Pedia-Lax, nearly 45 percent of parents with children between ages 2 and 11 noted their children experience constipation at least once a month. Recognizing the symptoms of constipation can be tricky depending on the child’s age — especially if they can’t voice their issue. Luckily, there are physical and emotional symptoms to look out for, including less than three bowel movements a week, stomachaches, a decrease in appetite and increased irritability. When it comes to treating constipation, not all options are created equal. Shapiro suggests opting for a medicine that’s formulated specifically for children versus an adult formula. Pedia-Lax is the only pediatric brand that offers a full line of laxative products that are fast, safe and specifically made for kids to help support digestive health and

ease constipation. To help prevent constipation, encourage your child to eat a well-balanced, fiber-rich diet, drink lots of fluids and speak up whenever they feel they need to use the restroom.

3. Hand, foot and mouth disease

Hand, foot and mouth disease is a pesky, highly contagious illness often seen in young children — especially during the beginning of the school year when children are back inside in close quarters. It is caused by a virus similar to the cold virus and, as the name suggests, can involve the hands (primarily the palms), the feet (primarily the soles) and the mouth. Telltale signs are sore throat due to sores on the palate and the lips, sores on the palms and sores on the feet. In general, the throat sores tend to give the worst of the symptoms, leading to inability to swallow, severe throat pain and fevers. Kids that refuse to eat or drink due to throat pain can be at risk for dehydration. The treatment plan includes pain medications, drinking cool liquids and rest.

4. Pink eye

From the bus to the classroom to the playground, children often spend a lot of time in close quarters with their friends. While

sharing is an important lesson to learn at a young age, kids will often, unfortunately, share their germs too. Pink eye is commonly spread through hand-to-hand contact, which can transport the highly contagious virus and occasionally a bacterium to the eyes. While symptoms like itchy and watery eyes could be mistaken for allergies, watch out for increased yellow or green discharge and a change in color to the whites of the eye, which may indicate pink eye. Over-the-counter eye drops and a warm compress on the eyes can help soothe the irritation at home but, given how fast the virus can spread to family and friends, it’s always best to head to a doctor for medication. Sometimes doctors will prescribe an antibiotic eyedrop if the infection appears to be bacterial and not viral.

When sickness strikes, it’s important to be armed and ready with not only the knowledge of the common symptoms of these pediatric health issues, but also the best treatment options so your child can get back to the playground in no time. For more information on children’s digestive health, visit Pedia-lax.com.



new in theaters

THE HOUSE WITH A CLOCK IN ITS WALLS (PG)

Ten-year-old Lewis goes to live with his uncle in a creaky old house that contains a mysterious ticktock noise. When Lewis accidentally awakens the dead, the town’s sleepy facade magically springs to life with a secret world of witches and warlocks.

FAHRENHEIT 11/9 (R)

Michael Moore’s “Fahrenheit 11/9” is a provocative and comedic look at the times in which we live. It will explore the two most important questions of the Trump Era: How the f**k did we get here, and how the f**k do we get out? It’s the film to see before it’s too late.

LIFE ITSELF (R)

As a young New York couple goes from college romance to marriage and the birth of their first child, the unexpected twists of their journey create reverberations that echo over continents and through lifetimes.

AMERICAN DRESSER (NOT RATED)

When a recent widower consumed with regret seeks absolution in riding his motorcycle cross-country to confront the mistakes of his past, he unexpectedly discovers that life is about moving forward, one mile at a time.

ASSASSINATION NATION (R)

High school senior Lily and her three best friends live in a haze of texts, posts, selfies and chats -- just like the rest of the world. Their small town gets turned upside down when an anonymous hacker starts to reveal personal messages and secrets of thousands of people. As anger erupts into full-blown violence, the four girls soon find themselves in a fight for their lives against an armed mob.

GARRY WINOGRAND:

ALL THINGS ARE PHOTOGRAPHABLE (NOT RATED)

Described as a “poet,” an “athlete,” or a “philosopher” of photography, Garry Winogrand harnessed the serendipity of the streets to capture the American 1960s and ‘70s. His Leica M4 snapped spontaneous images of everyday people, from the Mad Men era of New York to the early years of the Women’s Movement to post-Golden Age Hollywood, all while observing themes of cultural upheaval, political disillusionment, intimacy and alienation. Once derided

Courtesy of Universal Studios
Jack Black and two-time Academy Award (R) winner Cate Blanchett star in THE HOUSE WITH A CLOCK IN ITS WALLS.

by the critics, Winogrand’s “snapshot aesthetic” is now the universal language of contemporary image making. Garry Winogrand: All Things are Photographable is the first cinematic treatment of Winogrand’s work, including selections from the thousands of rolls of film still undeveloped upon his unexpected death in 1984.

THE GREAT BATTLE (NOT RATED)

With epic scale and breathtaking action, THE GREAT BATTLE tells the story of the Siege of Ansi, where Goguryeo forces held their fortress against 500,000 invading Tang soldiers in a battle that raged for eighty-eight days.

LOVE, GILDA (NOT RATED)

Love, Gilda opens a unique window into the honest and whimsical world of beloved performer Gilda Radner, whose greatest role was sharing her story. Working with the Radner estate, D’Apolito unearthed a collection of diaries and personal audio and videotapes documenting her childhood, her comedy career, her relationships and ultimately, her struggles with cancer. These never-before-seen-or-heard footage and journal entries form the narrative spine of the documentary, allowing Gilda to tell her own story – through laughter and sometimes tears.

THE SISTERS BROTHERS (R)

It is 1851, and Charlie and Eli Sisters (Joaquin Phoenix and John C. Reilly) are both brothers and assassins, boys grown to men in a savage and hostile world. They have blood on their hands: that of criminals, that of innocents... and they know no state of existence other than being gunmen. The older of the two, introspective Eli (Reilly) rides hard with his younger sibling yet dares to dream of a normal life. The younger of the two, hard-drinking Charlie (Phoenix) has taken charge with gusto as lead man on the duo’s assignments. Each increasingly questions, and quibbles with, the other’s methods. The Sisters brothers find themselves on a journey through the Northwest, bringing them to the mountains of Oregon, a dangerous brothel in the small town of Mayfield, and eventually, the Gold Rush land of California — a journey that will test the deadly family ties that bind. But, can it also be the path to rediscovering what remains of their humanity?

base theaters \$3 Movies



Courtesy The Jim Henson Company

Detective Phil Philips is a down-on-his-luck puppet who used to work for the Los Angeles Police Department. When two puppets from an old TV show wind up dead, Phil suspects something is afoot and rejoins the LAPD as a consultant. Reunited with Connie Edwards, his former human partner, the bickering duo soon find themselves in a race against time to protect other former cast members before the killer strikes again.

JEB Little Creek, Gator Theater – 462-7534

Friday, September 21

6 p.m. Crazy, Rich Asians (PG-13)
9 p.m. Happytime Murders (R)

Saturday, September 22

1 p.m. Crazy, Rich Asians (PG-13)
4 p.m. The Meg (3-D) (PG-13)
7 p.m. Mission Impossible: Fallout (3-D) (PG-13)

Sunday, September 23

1 p.m. Mission Impossible: Fallout (PG-13)
4 p.m. BlacKkKlansman (R)
7 p.m. Happytime Murders (R)

NAS Oceana, Aero Theater – 433-2495

Friday, September 21

6 p.m. Searching (PG-13)
9 p.m. The Nun (R)

Saturday, September 22

12 p.m. Alpha (PG-13)
3 p.m. Happytime Murders (R)
6 p.m. The Nun (R)

Sunday, September 23

12 p.m. Crazy, Rich Asians (PG-13)
3 p.m. Mile 22 (R)
6 p.m. Happytime Murders (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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A few antiques, authentic native american items, tools, furniture, and household items. Everything must go.
Saturday Sept 15, 8 AM to 1 PM.
100 Hicks Ave. Norfolk

Flea Markets/Bazaars

FALL CRAFT SHOW October 13th, 9am - 4pm; Great Bridge H.S.; 301 W. Hanbury Rd., Chesapeake.

Holiday Craft Bazaar - Crafters Needed
Saturday, November 10, 2018 - 9am-3pm
Countryside Community United Methodist Church
2708 Princess Anne Road, Virginia Beach 23456
Interested? Jessica Bueno at 757-880-1662 or via email at jessicabueno@verizon.net.

Garage Sale - Chesapeake

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

Garage Sale - Norfolk

3386 Finch Avenue house full 9/15&16 Sat 10-5, Sun 12-6 60-75% off everything rain or shine

Bay Point Moving sale 9490 Bay Front Drive, Sat 9/22, 8AM to 4PM and Sun 9/23, 12 to 4PM - furniture, tools, china, piano, washer, dryer, freezer, etc.

Yard Sale Fri. & Sat, Sept. 21-22 from 8am-3pm Household items, clothes, shoes, baby items, art, door items, furniture, toys, electronics and more. Norfolk Church of Christ, 5801 Granby St., Norfolk

Garage Sale - Portsmouth

Fairview Heights/ Portsmouth Safety Town Sat. 9/22/2018, 7 A.M.-12 P.M. TRIAD & Multi Group YARD SALE* 4404 Deep Creek Blvd. Portsmouth, VA. 23702

Garage Sale - Virginia Beach

New Hope Baptist Church-395 Old Great Neck Rd., Sat., 9/22, 9-3 PM. Inside Yard Sale/Craft Show. Setup date 9/28, from 5-8 PM; also setup 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!

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Articles For Sale

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

Boat Gear/Equipment

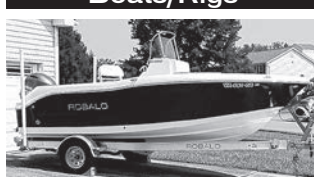
2 BOATS FOR SALE-BOAT # 1. Wahoo 16'2" Built 1987, 70HP Evinrude w/trailer \$600.00
BOAT #2 Key West 17ft Built 1995 70HP Evinrude w/trailer, \$2600.00
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Highfield 2016 150T Hypalon RIB aluminum built 10HP Tohatsu, <1100 tank of usage, Was tender to larger boat. Full cover and on a trailer. \$4900 call John 544-8904 in Norfolk

Boats/Rigs



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Standard Poodle-2M, Black, AKC. 9wks. Vet check, shots, health guarantee. Spoiled/sweet. Parents on site, health screened. \$850. Call/text for pictures. (757) 286-3779.

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Jack's Towing, monthly auto auction 3rd Sat. at 12 Noon. Call 461-5795 for info.

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Education/Training

POSITION ANNOUNCEMENT FOR COLLEGE OF THE ALBEMARLE
College of The Albemarle seeks applications for an Instructor/Program Coordinator, Agribusiness Technology. Req.: master's degree in agriculture, agribusiness, agricultural science or a related field w/ 18 gsh in agriculture or specialized training at the level required to meet SAC's criteria for academic & professional preparation of assigned area of instruction. To apply for the position visit: <https://www.governmentjobs.com/careers/albemarle.edu/>

Healthcare/ Medical

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

Maintenance

Belvidere Management is seeking an **Apartment Maintenance Technician** for Norfolk, Virginia. Candidate will be responsible for the day-to-day maintenance operation including make ready units for new move ins, electrical, plumbing, repairs and complete preventive maintenance. Must maintain a professional and courteous manner with residents. This person will be paid extra to be on call for any emergency maintenance call every other week. Please email resume to Felicia.morris@belvideregmt.com.

Restaurant/ Food Service

Cook needed F/T. Min. req. 1 mo. exp. Mail resume to: E and M Mayflower LLC, 209 34th St., Virginia Beach, VA 23451. No phone calls.

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 wky 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 incl. \$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.

Meridith Mgmt 622-8233. www.meridithmgmt.com

Little Creek Rd-2 BR Twnhse. Central heat/air, carpet. \$700-\$730. Credit req. (888)368-9920

Ask About Our Specials Meredith Mgmt. www.meridithmgmt.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, twnhmses, \$725-\$1800. Kline Realty 484-0123

For Rent-Rooms

Alexandria Second floor master suite available to rent with attached fully renovated bathroom. Full access to kitchen and laundry. Must like children and dogs. \$600/month. One-year lease then month by month. No smokers due to property insurance. Contact Eric. 757-758-7484.

Hilltop/Oceana-Furnished rm., \$500 mo. incl. utils, cable, kit. prn v. 757-513-4572.

Kempsville \$300 in exchange for house duties, non-smoker/drinker. References. 757-227-8046.

Kempsville-Large home, backyard, Jacuzzi, must like pets. \$550 mo., utils included. No smoking. \$300 sec. dep. Professional pref'd. 757-644-6443.

Portsmouth-Simonsdale, all house priv's, washer/dryer, central heat/air, \$600 mo. 757-404-4555.

Wards Corner-On busline. \$550 mo. \$600 w/ priv. entrance. All utils incl. 338-1188. 469-4355.

For Rent-Va. Beach Apts

OCEANA/HILLTOP AREA Newly renovated throughout, Spacious 2 BR, 1 BA. \$795/mo. 631-1306.

Fun and Games

Super Crossword

- ACROSS
- 1 Elite names in show biz
 - 6 Food-cooling chest
 - 12 Impetus
 - 20 Make allusion (to)
 - 21 Long rant
 - 22 Evenly paired
 - 23 French cabaret figure
 - 25 IRS probe
 - 26 Acey —
 - 27 All right
 - 28 Three-time Frazier foe
 - 29 Airport area
 - 30 Using a blast furnace for one
 - 32 Mia Hamm, for one
 - 37 "— Rose" ("The Music Man" song)
 - 38 Old brand of hair remover
 - 40 Calhoun of old Westerns
 - 41 Get sour
 - 42 Bronco
 - 45 Singer
 - 46 Wear for night-night
 - 49 Movie units
 - 50 Suffix with trick
 - 51 Rant, maybe
 - 52 "That feels ni-ice!"
 - 53 Duncan toy
 - 55 Unborn child
 - 60 In the capacity of
 - 63 "Jay — Garage" (CNBC series)
 - 66 Seasonal tunes
 - 67 Hawaiian goose
 - 68 Boxers and briefs, briefly
 - 70 Something associated with eight answers in this puzzle
 - 72 Squirrels' cheekfuls
 - 74 Vast time stretch
 - 75 Dashing actor Flynn
 - 76 Proclaims, in the Bible
 - 78 Australian Open unit
 - 79 Fifth-degree black belt, say
 - 83 "The Daily Show" host
 - 85 Ending for Peking
 - 86 Graph line
 - 87 Island with Pearl Harbor
 - 90 Sporty 1980s
 - 94 Rouge color
 - 95 Barber's job
 - 96 It's just been fired
 - 100 Yuletide tree
 - 101 Richard of "Chicago"
 - 102 Victim of Cain
 - 103 — Ana County, New Mexico
 - 104 One giving up gambling, maybe
 - 109 With all in agreement
 - 111 "Jenny" actor
 - 112 See
 - 113 She clucks
 - 115 Associated with bribery
 - 116 Rolling Stone interviewee
 - 119 Laced
 - 123 String in a sneaker
 - 124 Family divisions, in taxonomy
 - 125 French for "queen"
 - 126 Donations
 - 127 Attached with rope, e.g.
 - 128 X-ray, e.g.
 - DOWN
 - 1 Pigskin path
 - 2 Source of element #82
 - 3 In case it's necessary
 - 4 In a way not related to religion
 - 5 Piece of land
 - 6 "— be my honor"
 - 7 What a U.S. spy may be
 - 8 "Cubesmith" Rubik
 - 9 Spine sites
 - 10 Lyric work
 - 11 Kid of a boomer
 - 12 Of varied character
 - 13 TV studio alert
 - 14 Oaxaca loc.
 - 15 Plato's "H"
 - 16 Nutty treat
 - 17 The present time
 - 18 Put together
 - 19 Taxi fixture
 - 24 TLC series about a tattoo studio
 - 28 Land division
 - 30 Bit of slander
 - 31 Liam of films
 - 33 Bobby of ice hockey
 - 34 Bus, entities
 - 35 Go to press
 - 36 Reluctant
 - 39 Over — top
 - 43 "— Mio" (Italian tune)
 - 44 Ball in space
 - 45 Bic buys
 - 46 Superheroes have them
 - 47 Actress Dru
 - 48 Most mousy
 - 51 Russian river
 - 54 "Of course"
 - 56 Low joint
 - 57 Young guy, in hip-hop
 - 58 Cravings
 - 59 Composer Brian
 - 60 Giant in oats
 - 61 Disquiet
 - 62 Truly loved
 - 64 Sticky pods
 - 65 Dated letter opener
 - 69 Win — walk
 - 71 Military bed
 - 72 From — Z
 - 73 Irritate
 - 75 Let out
 - 77 Hardens (to)
 - 80 Left unsaid
 - 81 Wealthy
 - 82 Mythical flier
 - 84 Secret treasure
 - 88 "I get it now!"
 - 89 Very hot pepper
 - 91 Self-esteem to a fault
 - 92 Skedaddle
 - 93 Put — act
 - 96 With
 - 112 Across, blind alley
 - 97 Irritate
 - 98 Get the point
 - 99 Mitten's kin
 - 100 Snitched
 - 101 Sci-fi and mystery, e.g.
 - 104 Strident
 - 105 Lanai "Hi!"
 - 106 Brunch meat
 - 107 Jerk the knee, e.g.
 - 108 Ruhr's outlet
 - 110 Pola of silent films
 - 114 Barely made, with "out"
 - 117 — pitch softball
 - 118 Plato's "T"
 - 119 SFPD rank
 - 120 Architect I.M. —
 - 121 Fouts of football
 - 122 "Hot diggity!"

1	2	3	4	5		6	7	8	9	10	11		12	13	14	15	16	17	18	19
20						21							22							
23						24							25							
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94						95				96	97	98				99				
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Sudoku

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

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: O equals S

VI RNZ'S AVL T RNZE INASTE
IAUBO CN OCUR UFFTOOVHAT,
RNZ WVMQC FNPOVSTE
LTTBVPM CUHO NP CQTW.

Last week's CryptoQuip answer

When it was my turn to do some ironing chores,
I courageously stepped up to the pleat.

last week's answers

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

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

Religious Services

For your installation's religious service times, visit:
www.flagshipnews.com/base_information/religious_services



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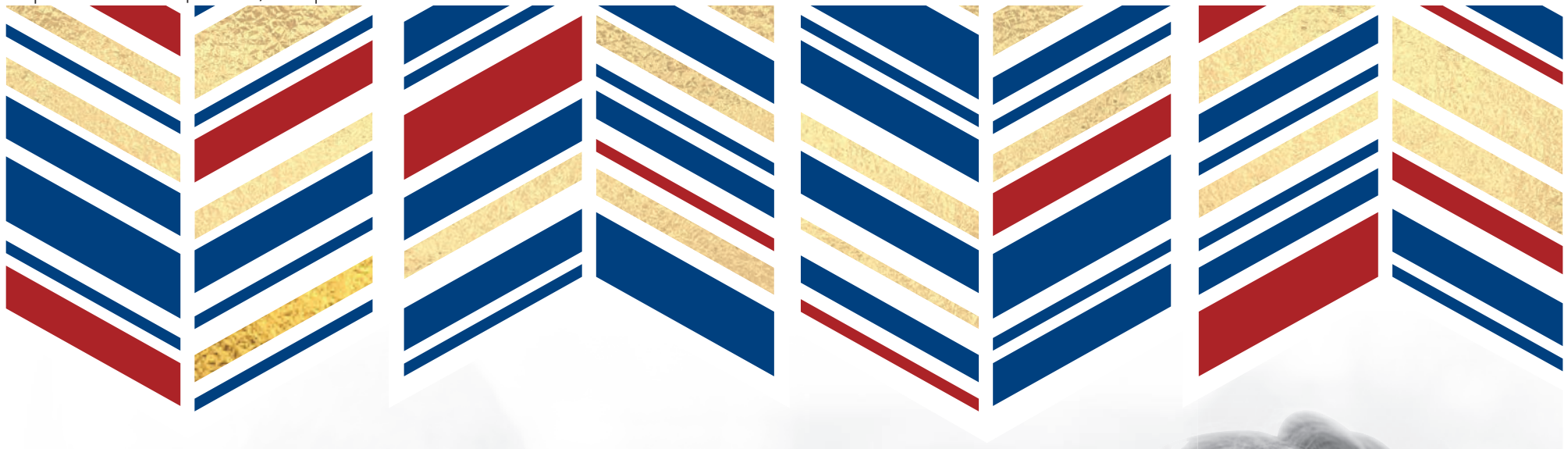
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