



ANNUAL FLEET FEST AT NAVAL STATION NORFOLK

From Naval Station Norfolk Public Affairs

NORFOLK

This year’s Fleet Fest at Naval Station Norfolk closed out Fleet Week Hampton Roads and a series of Navy Birthday events with a resounding success, Oct. 19 – 21. The event opened on Friday, Oct. 19th, to 5th graders at Norfolk schools for STEM exhibits, ship tours and static displays. Later that evening there was a free concert to kick off the event. The concert was opened by U.S. Fleet Forces Brass Band and the headliner was 3 Doors Down. The concert was attended by more than 3,850 people and was open to the general public. On Saturday Naval Station Norfolk gates opened at 11 a.m. to the general public who were able to participate in ship tours, booths from local programs and organizations, a chili-cook off, a car show, a kid’s area with bounce houses, games and activities, military static displays and interactive stations, local food trucks, multiple breweries and entertainment. This year’s entertainers included Hampton Road’s popular 80’s cover band, The Deloreans, magicians, stilt walkers and more. Throughout the two days, this year’s Fleet Fest saw 9,850 guests. The base is hoping to see just as many or more next year.



U.S. Navy photo



MC2 Justin R. Pacheco

An MH-60R Seahawk, assigned to the “Easyriders” of Helicopter Maritime Strike Squadron (HSM) 37, lands on the flight deck of the Arleigh-Burke class guided-missile destroyer Michael Murphy (DDG 112). Michael Murphy is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.

Navy announces aviation retention bonuses

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

The Navy announced the FY-19 Aviation Department Head Retention Bonus (ADHRB) and Aviation Command Retention Bonuses (ACRB) for Active Component (AC) aviators in NAVADMIN 254/18, Oct. 17.

The AC Aviation Bonus (AvB) program, »

consisting of the ADHRB and ACRB, incentivizes highly talented, hard-working, career-minded Naval Aviators and Naval Flight Officers (NFOs) to choose to remain on active duty, said Capt. Wayne Baze, head of aviation career management.

“A vital part of developing a total force strategy and maintaining combat readiness is to provide appropriate incentives to retain

See **BONUSES** | A7



An F/A-18F Super Hornet assigned to the Red Rippers of Strike Fighter Squadron (VFA) 11 launches from the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).

MC2 Thomas Gooley

Harry S. Truman Strike Group enters Arctic Circle, prepares for NATO Exercise

From Harry S. Truman Carrier Strike Group Public Affairs

ARCTIC CIRCLE

For the first time in nearly 30 years, a U.S. aircraft carrier entered the Arctic Circle Oct. 19 to conduct operations in the Norwegian Sea.

Accompanied by select ships from Carrier Strike Group Eight (CSG-8), the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) traveled north to demonstrate the flexibility and toughness of U.S. naval forces

through high-end warfare training with regional allies and partners. USS America (CV 66) was the last ship to operate in the area, participating in NATO exercise North Star in September 1991.

“We are unbelievably excited to be operating in the Norwegian Sea,” said Harry S. Truman Commanding Officer, Capt. Nick Dienna. “It has been over three decades since carrier aviation has been tested by this environment, and, despite the arduous weather and sea conditions, these men and women are demonstrating this ship can bring a full-spectrum of capabilities to bear anywhere in the world.”

The Harry S. Truman Carrier Strike Group (HSTCSG) will expand its compliment of capabilities off the coast of Norway, performing air, surface and subsurface operations while being confronted by the trio of freezing temperatures, fierce winds, and unpredictable seas. After honing its skills

» See **ARCTIC** | A7

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NAVAL SUPPORT ACTIVITY
HAMPTON ROADS-
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ENTRY CONTROL POINT
CONSTRUCTION PROJECT

From now until Spring 2019, there will be construction at the main gate to Portsmouth Annex (Naval Medical Center Portsmouth) due to the Entry Control Point (ECP) Project.Baltimore (MDFWASB) on Oct. 6.

» see A6



HARTFORD
PRESENTED 2017
BATTENBERG CUP

The Los Angeles-class, nuclear-powered, fast-attack submarine, USS Hartford, was presented the award in a pier-side ceremony at Naval Submarine Base New London, Oct. 20.

» see B1

U.S. FLEET FORCES
BAND PERFORMS
AT AREA SCHOOLS

As part of 2018 Fleet Week Hampton Roads and the Navy’s 243rd birthday, the U.S. Fleet Forces Band performed at select Hampton Roads schools last week.

» see C1

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THE FLU: What to do if you get sick

From Centers for Disease Control and Prevention

Flu Symptoms

Flu can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting
- It's important to note that not everyone with flu will have a fever.

What should I do if I get sick?

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

Certain people are at high risk of serious flu-related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions). This is true both for seasonal flu and novel flu virus infections. (For a full list of people at high risk of flu-related complications, see People at High Risk of Developing Flu-Related Complications). If you are in a

high risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high risk status for flu. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

Do I need to go the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill.

If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

What are the emergency warning signs of flu sickness?

- In children:
- Fast breathing or trouble breathing
 - Bluish skin color
 - Not drinking enough fluids
 - Not waking up or not interacting
 - Being so irritable that the child does not want to be held
 - Flu-like symptoms improve but then return with fever and worse cough
 - Fever with a rash
- In addition to the signs above, get medical help right away for any infant who has any of these signs:
- Being unable to eat
 - Has trouble breathing



- Has no tears when crying
 - Significantly fewer wet diapers than normal
- In adults:
- Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
 - Flu-like symptoms that improve but then return with fever and worse cough

Are there medicines to treat the flu?

Yes. There are drugs your doctor may prescribe for treating the flu called “antivirals.” These drugs can make you better faster and

may also prevent serious complications. See Treatment – Antiviral Drugs for more information.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the need to use a fever-reducing medicine, such as Tylenol®. Until then, you should stay home from work, school, travel, shopping, social events, and public gatherings.

CDC also recommends that children and teenagers (anyone aged 18 years and younger) who have flu or are suspected to have flu should not be given Aspirin (acetylsalicylic acid) or any salicylate containing products (e.g. Pepto Bismol); this can cause a rare, very serious complication called Reye's syndrome. More information about Reye's syndrome can be found here.

What should I do while I'm sick?

Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.



iStock image

NETC, Navy League announce Alaska Sea Services Scholarship

By Lt. j.g. Ashley Taylor
Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

The Navy League and Naval Education and Training Command (NETC) announced the requirements and solicited applications for the Alaska Sea Services Scholarship for academic year 2019-2020, Oct. 17.

The program awards up to four \$1,000 scholarships annually for undergraduate education to dependent children and spouses of Navy, Marine Corps, and Coast Guard personnel who legally claim Alaska as their state of residence.

“NETC is proud to once again team with the Navy League to support dependents of Alaskan members of our sea services through this scholarship,” said Dr. Cheral Cook, NETC advanced education coordinator. “This is an outstanding opportunity for eligible dependents to attain a scholarship that will help them begin or continue their educational goals.”

The scholarships are made possible by funds raised by Alaskan citizens for a war bond as a gift to USS Juneau (CL 52) during World War II. After the sinking of Juneau, the governor of the territory of Alaska and the secretary of the Navy agreed to keep the bond monies on deposit until an appropriate application could be found. In 1986, the Navy established the Alaska Sea Services fund.



“Alaskan citizens originally gathered these funds for the light cruiser USS Juneau; however, the ship was sunk at the Battle of Guadalcanal before the gift could be presented,” said Ryan Donaldson, Navy League senior vice president for business operations. “What better way to honor the memory of Juneau sailors than by helping educate Alaska’s future?”

Applicants must be the dependent (child or spouse) of a legal resident of the state of Alaska who is, or was at the time of death/designation as missing-in-action, a Regular or Reserve U.S. Navy, Marine Corps or Coast Guard member on active duty, inactive duty or retired with or without pay.

“The Navy League will screen all applications and submit their recommendations to NETC to select the winners,” said Cook. “Selection will be based on academic proficiency, character, leadership ability, community involvement and financial need.”

Students must provide proof of acceptance at an accredited college or university for full-time undergraduate study toward a Bachelor of Arts or a Bachelor of Science degree. No more than two scholarship awards may be received by an individual during the pursuit of a four-year degree.

Applications are now being accepted and will close on March 1, 2019.

For additional information and a link to apply for the Alaska Sea Services Scholarship, visit www.navyleague.org/scholarship or contact either Navy League’s Ryan Donaldson at (703) 528-1775/(800) 356-5760/scholarships@navyleague.org, or Dr. Cheral Cook at (850) 452-3671/DSN 459/cheral.cook@navy.mil.

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

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Editorial Staff

Military Editor | MCC Shannon Warner
757-322-2860 / news@flagshipnews.com

Graphic Designer | Mike Doyle

Flagship, Inc.

MNV Military Manager | Pam Bullock, 757-446-2795
Advertising Inquiries | Pam Bullock, 757-446-2795

Creative Coordinator | Allyson Garner, 757-222-3955

Free Classified Advertising, 757-222-5373
Distribution, 757-222-5629
Home Delivery, 757-222-3900

Commander, Navy Region Mid-Atlantic (CNRMA):
Rear Adm. Charles W. “Chip” Rock
Regional program manager for Navy Region Mid-Atlantic (NRMA):
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NEWS FROM NAS OCEANA

NAS OCEANA PHOTOS

From NAS Oceana Public Affairs



MCSN Mark Thomas Mahmod

Participants run during the Naval Air Station Oceana Pumpkin Patch 5K. Morale, Welfare and Recreation Mid-Atlantic Region sponsored the event.

Rear Adm. Fredrick R. Luchtman, Physiological Episodes Action Team (PEAT) Lead, speaks to Naval Air Station Oceana aircrew and flight surgeons during a PE event held at the base theater.

MCSN Mark Thomas Mahmod



Aviation Boatswain's Mate (Handling) 2nd Class Jennifer Frary, assigned to Naval Air Station Oceana, poses for a photo with her daughter after her reenlistment ceremony.

AE2 Rosa Martinezpena



MC2 Jacob S. Richardson

Ship's Serviceman 2nd Class Heidi Gutshall, left, and Culinary Specialist 2nd Class Lakendra Cuneo pose for a photo with their first place award during the Second Class Petty Officers Association's Annual Chili Cook Off at the Chief Training Facility on board Naval Air Station Oceana. All proceeds raised at the event benefit the annual Naval Air Station Oceana holiday celebration.



MC2 Jacob S. Richardson

Winners of the Second Class Petty Officers Association's (SCPOA) Annual Chili Cook Off pose for a photo with the SCPOA at the Chief Training Facility on board Naval Air Station Oceana. All proceeds raised at the event benefit the annual Naval Air Station Oceana holiday celebration.



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Museum Educators inspire and educate record number of 5th Graders during Naval Station Norfolk’s 2nd Annual STEM Day

By Max Lonzanida Naval History and Heritage Command

NORFOLK

Naval Station Norfolk hosted about 2,500 eager and excited fifth grade students from Norfolk Public Schools, Oct. 19, for its 2nd Annual STEM Day. The engaging learning environment featured static displays from more than 15 area commands, and started at 10 a.m. when buses filled with students converged in front of the carrier piers. Thereafter, students excitedly walked in groups to get an up-close look at static displays. Carrier based aircraft were on-display, along with rescue vehicles from Navy Region Mid-Atlantic’s Fire and Emergency Services. Students also had the opportunity to go aboard the USS George H.W. Bush (CVN-77), a Nimitz-Class Aircraft Carrier, and the USS James E. Williams (DDG-95), an Arleigh-Burke Class Guided Missile Destroyer.

The event was geared towards educating, inspiring, and connecting students to Science, Technology, Engineering and Math (STEM). An up-close look at some of the aircraft, equipment, vessels and vehicles on display showcased the requirements for STEM concepts. According to an interview with Captain Brad Rosen, Commanding Officer at Naval Station Norfolk conducted by WAVY-TV 10:

“Virtually every single job in the Navy involves computers and other technologies

and we’re very excited to show that off to future Sailors from Norfolk.”

In-front of the carrier piers were exhibitors who provided hands-on activities for the crush of 5th grade students. Exhibitors included the U.S. Navy’s Research Lab, who had a static display of the Vanguard 1 satellite; the Portsmouth Children’s Museum, Naval Information Forces Command (NAVINFOR), Navy Region Mid-Atlantic’s Environmental Program, and the Norfolk Botanical Gardens. Students rotated through the exhibits and had the opportunity to try out some of the many STEM concepts in the immersive and engaging environment.

Museum Educators Joseph Miechle and Zach Smyters, both from the Hampton Roads Naval Museum, were also on-hand armed with tuning forks and tubs of water to demonstrate concepts of sound and sonar. Staff members did their best amid Friday’s crush of 5th graders. While the National Park Service touts its Every Kid in a Park program to get fourth grade students and their families to experience the outdoors and wildlife dependent recreation; staff members from the Hampton Roads Naval Museum and other exhibitors touted nearly every 5th grader from Norfolk Public Schools to experience Science, Technology, Engineering and Math during this annual event.



U.S. Navy photo



MCSN Trey Fowler/

Lt. j.g. Andrew Cornick explains the Mark 45 5-inch gun to students from the Hampton Roads area, aboard the Arleigh Burke-class destroyer USS James E. Williams (DDG 95). The tours were scheduled as part of Fleet Week Hampton Roads in celebration of the Navy’s 243rd birthday.



U.S. Navy photo



Max Lonzanida/

5th Grade Students from Norfolk Public Schools receive some hands on concepts during Naval Station Norfolk’s 2nd Annual STEM Day.



U.S. Navy photo



U.S. Navy photo



U.S. Navy photo



Max Lonzanida/

Public Affairs Staff Members from the U.S Navy’s Research Laboratory provide a hands-on learning opportunity for 5th grade students from Norfolk Public Schools during Naval Station Norfolk’s 2nd Annual STEM Day.



MCSN Trey Fowler/ Damage Controlman Fireman Franklyn Orellana gives students from the Hampton Roads area a tour of the Arleigh Burke-class destroyer USS James E. Williams (DDG 95). The tours were scheduled as part of Fleet Week Hampton Roads in celebration of the Navy’s 243rd birthday.



MCSN Trey Fowler/ Fifth grade students from Ocean View Elementary School pose for a picture during a tour aboard the Arleigh Burke-class destroyer USS James E. Williams (DDG 95). The tours were scheduled as part of Fleet Week Hampton Roads in celebration of the Navy’s 243rd birthday.

A NEW WAY TO JOIN THE NAVY!

By David Crenshaw
Navy Recruiting Command Public Affairs

MILLINGTON, TENN.

Success is measured by more than just raw numbers. Every year, Navy recruiters enlist upwards of 30,000 new recruits, and as part of that process, help them select from more than 100 enlisted career specialties the Navy currently offers.

A recruiter is most successful when a new Sailor finds more than just a paycheck, and instead, gets a career they love so much they want to continue serving until retirement. But that becomes a tough task, since about 80 percent of students in the United States change their major at least once, according to the National Center for Education Statistics. On average, college students change their major at least three times over the course of their college career. The fact is, most recent high school graduates simply don't know what they want to do with their lives, and often recruiters are having to make educated guesses when trying to help them sort it out.

Navy recruiters are getting a powerful new tool to assist them in that process – the Job Opportunities in the Navy (JOIN) instrument.

"JOIN is an interest assessment tool that will be placed in front of the recruit classification process," said Gary C. Peterson, executive director of the Navy Recruiting Command.

Previously one of the biggest tools the recruiter currently had at their disposal is the Armed Services Vocational Aptitude Battery (ASVAB). The ASVAB is a multiple choice exam that grades the applicant in nine different areas of career aptitude, as well as in determining an overall fitness to serve. Based on the strength of their scores in each aptitude, the recruiter could then assist them in not only determining if they'd be a good overall match for military service, but also which of 11 different career areas they might



Chief Navy Counselor Justin Noble shows a potential Future Sailor the new Navy recruiting resource Job Opportunities In the Navy (JOIN). JOIN is an interest assessment tool that will be placed in front of the recruit classification process.

have the greatest chance of success in.

But the ASVAB is limited in that it provides a broad view of the career aptitude – 11 career areas vs. more than 100 enlisted ratings and specialties.

"The ASVAB is excellent at predicting training success and job knowledge, but the Navy needs additional tools to also predict job satisfaction and other performance criteria, such as attrition, advancement, and retention," says Dr. Stephen E. Watson, Director, Navy Testing Science (NETC N55).

That's where JOIN comes in.

"JOIN measures and records the applicant's vocational preference in three general areas," said Peterson, noting that each step of the decision process is done one at a time, to make it less daunting for the prospective Sailor. "Community preference means whether they might be most interested in submarine, surface, aviation, or special operations. Environment or work style preference helps them decide between factors such as indoor or outdoor, office or industrial, mental or physical. And the process-content preference looks at aspects of the job, for instance, is it operate-electronic, maintain-mechanical, or make-facilities?"

Survey respondents specify their level of

interest in each of the areas, and a mathematical algorithm calculates a matching score between the respondent's interest indicators and each potential job's descriptors.

"The initial taxonomy is based on a formal analysis of official job descriptions for each rating, and validated with Navy subject matter experts," Watson said.

Peterson explained that JOIN presents both representative digital images and text for each item. It randomizes presentation for vocational interest items within each general area. And it defines a 'genetic description' or DNA for each Navy rating in terms of the identified characteristics.

The vision for JOIN goes beyond recruiting, however – it's developers see is as a tool for detailers as well, helping them to better match a sailor's aptitude and interests within rate to their potential next duty station.

Watson said that the survey has already been in use since 2006 on a non-compulsory basis, and about 1,500 sailors a year have participated. In that time, data has reflected that sailors whose JOIN scores best matched their current jobs, also had stronger performance evaluation scores, were more likely to re-enlist, and more likely to be promoted to E-6 and beyond.

Watson also believes there are implications for JOIN outside the Navy, as well. "We're also hoping to make the JOIN technology available to the other armed services," he said. In fact, the United States Air Force has constructed an interest test based on JOIN features, including model structure and scoring algorithm.

The Navy's recruiting force totals over 6,100 personnel in more than 1,000 recruiting stations around the globe. Their combined goal is to attract the highest quality candidates to assure the ongoing success of America's Navy.

NRC consists of a command headquarters, two Navy Recruiting Regions, 20 Navy Recruiting Districts and six Navy Talent Acquisition Groups that serve more than 1,000 recruiting stations across the country.

For more news from Commander, Navy Recruiting Command, go to <http://www.cnrc.navy.mil>. Follow Navy Recruiting on Facebook (www.facebook.com/NavyRecruiting), Twitter (@USNRecruiter) and Instagram (@USNRecruiter).

For more news from Commander, Navy Recruiting Command, visit www.navy.mil/local/cnrc/.



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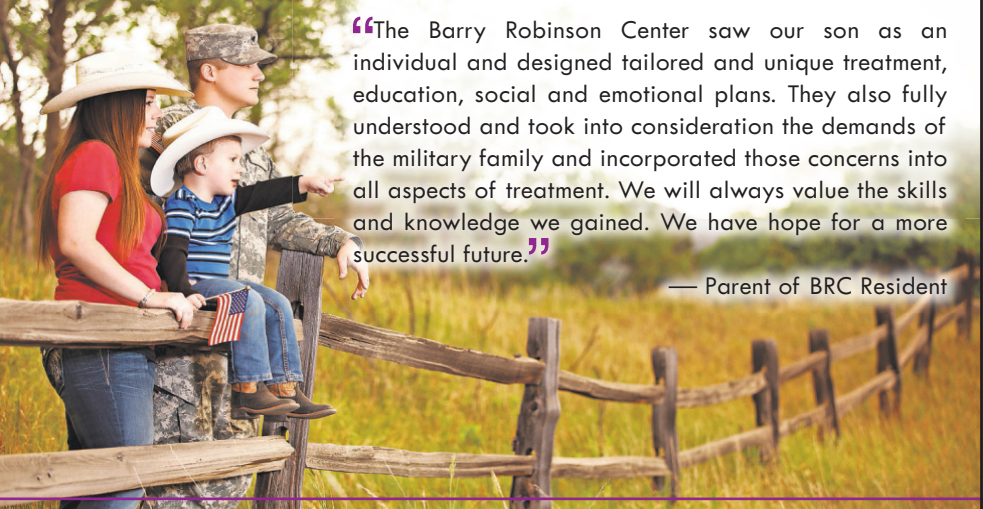


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3 DOORS DOWN HEADLINES FLEET FEST CONCERT

By Shannon Ribeiro

NORFOLK

Last Weekend’s Fleet Fest on Naval Station Norfolk kicked off in grand style with a concert opened by the U.S. Fleet Forces rock band, 4 Star Edition, and headlined by rock band 3 Doors Down.

Playing for a crowd of all ages, headliner 3 Doors Down opened with some of their newer songs for the first half of their set. The second half of their set was a nostalgic sampling of some of their greatest hits. The crown sang along with songs: “Here Without you”, “Kryptonite”, “Loser” and “When I’m

Gone”. At the same time, lead singer, Brad Arnold liberally voiced his thanks to the attendees throughout the concert.

The concert presented a rare opportunity for members of the general public to attend a free entertainment event onboard Naval Station Norfolk. Nearly 3,500 people attended the event by piers 12 and 14. With an impressive backdrop of the setting sun against aircraft carriers tied to the piers and destroyers returning from sea, it was a fitting venue for a band who has shown so much support for the Navy over the years.

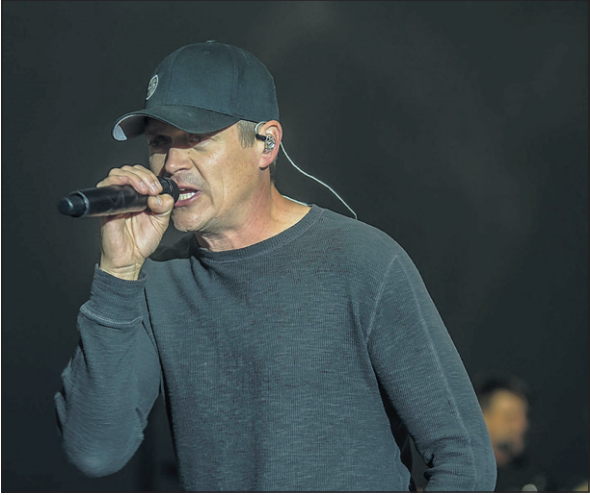


Photos by MCSA Tyler Miller

The members of the band “3 Door Down” preform at Naval Station Norfolk during Fleet Fest 2018 as part of Hampton Roads Fleet Week.



Bass Guitarist Justin Biltonen of the band “3 Doors Down” plays a riff during the opening song during a concert for Naval Station Norfolk Fleet Fest 2018.



Brad Arnold, the lead vocalist of the band “3 Doors Down”, sings during the a concert at Naval Station Norfolk during Fleet Fest 2018.



The members of the band “3 Doors Down” preform during a concert at Naval Station Norfolk during Fleet Fest 2018 for Hampton Roads Fleet Week.

NMCP’s Medical Librarians host an Open House

By Christina Johnson

Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

October is National Medical Librarians Month, and Naval Medical Center Portsmouth’s medical librarians hosted an open house for the medical center’s staff, patients and visitors, Oct. 18.

Medical libraries were established to focus mainly on providing medical books and journals, in print and digital, so they were readily available to physicians, residents, and others to access the most current medical information – usually with the assistance of a medical librarian. The month’s theme is “Get reliable, trustworthy health information — @sk your medical librarian.”

The NMCP medical library has a seasoned staff of five, whose combined experience spans nearly 90 years, with two Master-prepared medical librarians and three technicians. Jane Pellegrino, Library Services department head, has been at the library the longest reaching 29 years of service in December.

“When I first came here, it was perfectly legitimate for you to see a physician, who saw patients, go to the library and read for half an hour or whatever,” said Pellegrino. “But you don’t see that anymore because they can bring that (information) to their desk.”

“When I first trained in medical librarianship, the whole idea was we were going to be helping physicians with their information seeking because obviously the person at the top of chain, as far as training was concerned, would do their medical role,” she added. “There would be these ancillary people doing all the helpful things, and it was going to be an efficiency thing. It was going to extend far beyond library assistance, but the computer has changed all of that”

When asked what has been the biggest change for NMCP’s medical library over the

years, Pellegrino did not hesitate in saying, “Technology has changed everything.”

Her comments were echoed by Lisa Eblen, NMCP Library Services associate head librarian. “It’s much more complicated. There are all these different (electronic) platforms and our job is to get them all, with the links, in one place so people don’t have to jump around to all the different websites in trying to figure out what we own and what we have access to,” said Eblen.

“The online catalog allows us to put that information together so that when you look up a title of a book, if we have access to it online,” said Eblen. “We’ll have made a link available so you can click through to the book.”

In their effort to make sure the medical staff is aware of what the library staff offers, a current initiative is to embed librarians with various clinics to include Internal Medicine, Psychiatry and Pediatrics.

“It’s important to get face time, it brings the library to their consciousness. They can ask questions about mechanical things that don’t work,” said Pellegrino. “I can see the resources that they are using are not functioning the way I think they are going to function, and I will research clinical questions they don’t have time to address, and pull articles together.”

“We don’t hit everybody, some people can do this stuff on their own, some people can’t,” added Pellegrino. “We’re here to help the ones who need help and they are willing to @sk for it.”

The nearly 10,000 square foot library space offers not only medical books and journals, but items such as different types of fiction and non-fiction books and popular magazines, just not the size of a public library’s collection. Additionally, the library staff can assist you in getting access to the Navy MWR Digital Library that offers eBooks, audiobooks, tutoring services, college prep resources and more.

“We also have the only computers in the



U.S. Navy photo

October is National Medical Librarians Month and NMCP’s medical library staff hosted an open house, Oct. 18. From left, Anna Delossantos, Tracy Shields, Lisa Eblen, Jane Pellegrino and Karen White.

command that people can use if they don’t have their own equipment,” added Pellegrino. “All of the red chair computers are computers where you don’t have to log into them. You have immediate access.”

On average, nearly 110 NMCP staff, patients, and contractors pass through the initial library gate daily where many come to check out books and others to simply get a break.

“We have staff initiative on improving staff experience, and this is a wonderful space. You have a really nice reading room,” said Capt. Carolyn Rice, NMCP’s executive officer, during her time at the open house.

“As part of the staff experience, we’ve been talking about a green space, but this an excellent space too, and it’s already set up. Especially in the winter time when people don’t want to do the walk outside or sit outside,” said Rice. “It’s for people who need to get regrouped, a little mindfulness, a pause – they can meditate, they can get a book out, they can sit down and relax.”

A common issue for all libraries is the failure for some patrons to return their books. “If we lose something to a patient or another command, we understand that may just be the ex-

pense of doing business and that book helped that person,” explained Pellegrino. “We lost two poetry books to a patient’s husband one time, for a very good reason.”

Pellegrino told the story of a man who was looking for books with Shakespeare’s sonnets. He mentioned to the library staff that his wife was dying and she loved these sonnets. It was his plan to read them to her.

“We lent him the books, and we never got them back,” Pellegrino added. “But he had other things on his mind when he left here. Hopefully the sonnets were good for her, and we simply replaced the books.”

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

For more news from Naval Medical Center Portsmouth, visit www.navy.mil/local/NMCP/.

Naval Support Activity Hampton Roads-Portsmouth Annex entry control point construction project

From Naval Support Activity Hampton Roads Public Affairs

PORTSMOUTH, VA.

From now until Spring 2019, there will be construction at the main gate to Portsmouth Annex (Naval Medical Center Portsmouth) due to the Entry Control Point (ECP) Project.

■ The project started in September 2018,

and will continue into Spring 2019.

■ This project will add two vehicle inspection lanes which will improve traffic at the gate and improve safety for the gate sentries.

■ During the course of this project, at least two inbound lanes will remain available for traffic at all times.

■ During the ECP construction project,

Williamson Drive will be turned into a one-way street to accommodate the Commercial Vehicle Inspection Station.

■ Current vetting procedures for VA patients and patient visitors will still be conducted at the main gate.

■ There may be additional lane closures in support of the project during off-peak hours, however, the gate will remain open

for traffic.

■ Pedestrian traffic will be required to use the sidewalk north of the entry control point.

■ There will be additional signs and construction barriers placed at the entry control point and along Williamson Drive. Motorists should follow posted signs and the instructions of the gate guards.

■ Please plan for additional time to access the installation when visiting

Naval Medical Center Portsmouth. We appreciate your patience as we make long-needed access improvements to the installation.

Gravely responds to distressed sailboat

From USS Gravely Public Affairs

ATLANTIC OCEAN

The Arleigh Burke-class guided-missile destroyer USS Gravely (DDG 107) responded to a sailboat in distress at approximately 6:30 p.m., Oct. 21.

Gravely was in the area participating in a composite training unit exercise (COMPTUEX) when it responded to a real-world distress call over VHF radio.

The sailboat’s sail fouled its propeller, but no medical assistance or emergency supplies were required.

Gravely remained near the sailboat until a Coast Guard ship arrived to further assist.

“We were very happy to ensure the safety of the people in need,” said Cmdr. Justin Hodges, commanding officer, USS Gravely. “It speaks well of the Gravely team to be able to quickly switch mindsets from the training scenario to rendering real-world assistance.”

COMPTUEX is a Carrier Strike Group (CSG) 4 led final pre-deployment exercise that certifies the combined naval units’ abilities to conduct military operations at sea and project power ashore through joint planning and execution of challenging and realistic training scenarios. CSG 4 mentors, trains and assesses East Coast units preparing for future deployments.

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



MC2 Dana D. Legg

The Arleigh Burke-class guided-missile destroyer USS Gravely (DDG 107) participates in the Carrier Strike Group (CSG) 4 composite training unit exercise (COMPTUEX). COMPTUEX is the final pre-deployment exercise that certifies the combined Kearsarge Amphibious Ready Group (ARG) and 22nd Marine Expeditionary Unit’s (MEU) abilities to conduct military operations at sea and project power ashore through joint planning and execution of challenging and realistic training scenarios. CSG 4 mentors, trains and assesses East Coast units preparing for future deployments.

BONUSES | Navy looks to retain aviators

Continued from A1

skilled personnel for critical naval aviation enterprise billets,” said Baze, adding, “Our return on investment is the retention for continued Navy service of our aviation warfighters, with their invaluable, irreplaceable skill sets and leadership.”

Capable and dedicated department heads are vital to mission effectiveness and represent the crucial link between senior leadership and junior personnel. Retaining the experience and talent associated with those eligible to serve as aviation department heads greatly benefits the continued success of naval aviation.

The ADHRB eligibility criteria include selection for lieutenant commander (LCDR), and is intended for officers selected for promotion in the FY-19 LCDR statutory board.

ADHRB contracts are offered with either a three or five-year obligation that begins upon expiration of the winging active duty service obligation (ADSO) of the officer or contract approval, whichever is later. Members who take the five-year contract prior to the department head selection board results being published will receive a higher annual

amount than members who take a five-year contract after the announcement of the results or a three-year contract.

The ACRB is designed to retain those officers with the talent and command experience in primary warfighting missions that are critical for the future of the service. The FY-19 ACRB incentivizes the continued service of commander (CDR) and commanding officers (CO) in follow-on assignments requiring senior aviation officers.

Applicants for ACRB must have screened on the FY-19 Aviation Command Selection Board (ACSB) as CO of an operational, operational training or special mission CDR command in order to apply. Eligibility begins with the release of NAVADMIN 254/18 and closes on Aug. 31, 2019. Members must select after screening for CDR command and the obligation takes them through the completion of their post-command commander tour.

All FY-19 ACRB contracts will be worth \$100,000; all eligible officers will receive an initial payment of \$34,000, and two anniversary payments of \$33,000. Participation carries a three-year obligated service obligation, to include full completion of a



MCSN Ethan J. Soto

Cmdr. Jayson Eurick, commanding officer of the “Kestrels” of Strike Fighter Squadron (VFA) 137, salutes a Sailor on the flight deck of the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70).

post-command commander tour, which may be between 24 and 36 months, depending on assignment.

“Our cadre of commander commanding officers lead our Naval Aviation Enterprise today, and they are the major commanders and flag officers of tomorrow. Their skills and leadership experience are essential to the success of the Navy. The FY-19 ACRB in-

centivizes their continued service in follow-on assignments,” said Baze.

For more information regarding eligibility visit <http://www.public.navy.mil/bupers-npc/officer/Detailing/aviation/OCM/Pages/ACCP.aspx> or read NAVADMIN 254/18 at www.npc.navy.mil.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.



MC2 Thomas Gooley

ARCTIC | Truman prepares for NATO exercise

Continued from A1

independently, HSTCSG will join 30 NATO allies and partner nations to participate in Trident Juncture 2018.

“Trident Juncture represents the best of NATO – a coalition of allies and partners working toward the shared interests of lasting peace and economic prosperity in the European region,” said Carrier Strike Group Eight Commander, Rear Adm. Gene Black.

“This exercise is also a fantastic opportunity to learn from our Allies on their home turf.”

Trident Juncture will take place in Norway and the surrounding areas of the North Atlantic and the Baltic Sea, including Iceland and the airspace of Finland and Sweden from Oct. 25 to Nov. 23. More than 50,000 participants – including 14,000 U.S. service members – are expected to participate, utiliz-

ing approximately 150 aircraft, 65 ships and more than 10,000 vehicles in support of the exercise.

“The combined and bilateral operations we have conducted in the region over the last several months embody the U.S.’s commitment to our NATO allies and partners,” added Black. “Together, our maritime partnership creates a global network of navies capable of uniting against any potential threat.”

Currently operating in the U.S. Sixth Fleet area of operations, Harry S. Truman will

continue to foster cooperation with regional allies and partners, strengthen regional stability, and remain vigilant, agile and dynamic.

For more information, visit <https://www.navy.mil/>, <https://www.facebook.com/usnavy/>, or <https://www.twitter.com/usnavy/>.

For more news from USS Harry S. Truman (CVN 75), visit <https://www.navy.mil/local/cvn75/>.

For more news from USS Harry S. Truman (CVN 75), visit www.navy.mil/local/cvn75/.

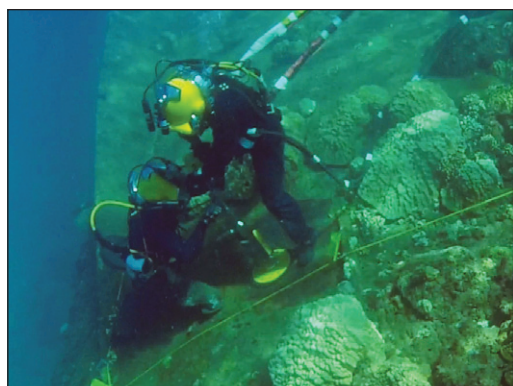
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I'm Feeling Lucky



U.S. Navy Divers recover oil from wrecked WWII Prinz Eugen

» See **B4**

SECTION B | FLAGSHIPNEWS.COM | 10.25.18

HARTFORD PRESENTED 2017 BATTENBERG CUP AWARD; RECOGNIZED AS BEST SHIP IN THE ATLANTIC FLEET



MC1 Steven Hoskins

Vice Adm. Charles "Chas" Richard, Commander, Submarine Forces, presents the 2017 Battenberg Cup Award on behalf of Adm. Chris Grady, Commander, U.S. Fleet Forces, to Cmdr. Matthew Fanning, commanding officer of the Los-Angeles class fast-attack submarine USS Hartford (SSN 768), and his crew during the 2017 Battenberg Cup Award presentation ceremony. The Battenberg Cup is presented annually to the best all-around ship or submarine in the Atlantic Fleet on the amassing of the crew's success.

By MCC Monique K. Meeks

Naval Submarine Support Center, New London, Public Affairs

GROTON, CONN.

The Los Angeles-class, nuclear-powered, fast-attack submarine, USS Hartford (SSN 768), was presented the 2017 Battenberg Cup Award in a pier-side ceremony at Naval Submarine Base New London, Oct. 20.

Vice Adm. Chas Richard, Commander, Submarine Forces, on behalf of Adm. Chris Grady, Commander, U.S. Fleet Forces, presented the award to Hartford's Commanding Officer, Cmdr. Matthew Fanning, and his crew. Hartford was selected as the "Best All-Around Ship in the Atlantic Fleet" based on outstanding crew achievements and an exceptional level of operational effectiveness.

"It feels good to bring this trophy back to the Submarine Force for the fifth time in its

history, which goes back over 100 years," said Fanning. "It shows that any crew, large or small, can make a difference."

Richard told the crew how honored he was to have the opportunity to present the award to them, joking that Admiral Grady desperately wanted to give them the award himself, but apparently they were never in port!

During her numerous operational commitments, Hartford went above and beyond, outperforming peers and achieving success in operational excellence, engineering readiness, and personnel metrics, while at the forefront during an extensive deployment in the European Command theater in 2017. Hartford went on to spend the last quarter of 2017 preparing and certifying to support the highly successful 2018 Ice Exercise (ICEX).

"I am very proud of my crew here on Hartford for the work they did to win this award

and even more proud of the work they continue to do to prove they are worthy of it," said Fanning. "There are so many great ships out there, so it was humbling to be recognized as first among them."

Fanning also thanked the Groton-area supporting commands and Submarine Squadron Twelve for helping Hartford to excel, the crew's families for their sacrifice, and his Sailors for trusting both him and each other.

While Hartford maintained a high level of operational readiness worthy of the Battenberg Cup Award, it is also worth noting that they had the lowest personnel unplanned loss rate in the Submarine Force, Atlantic. The crew of Hartford also had above average promotion, reenlistment and retention rates in 2017.

"This is a testament to great leadership, a great crew, and the strong families that

are here today to support them," said Richard. "Congratulations, Hartford – You have earned this cup!"

This year's Battenberg Cup Award presentation was well-timed with a special screening of "Hunter Killer" at the base theater later that afternoon. Some members of the cast and crew of "Hunter Killer", including actor Gerard Butler and director Donovan Marsh, were in attendance at the presentation of the Battenberg Cup and toured Hartford afterward. They congratulated the crew on their achievements and spent time with them in their various departments on board the submarine.

Commissioned on Dec. 10, 1994, Hartford is the second ship to be named for Hartford, Connecticut. It is 360 feet long with a beam of almost 33 feet and draft of 29 feet.

A Sailor assigned to Helicopter Maritime Strike Squadron (HSM) 77 directs an MH-60R Sea Hawk as it launches from the flight deck of the Navy's forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) during Valiant Shield 2018.

MC2 Kenneth Abbate



Ronald Reagan resumes flight operations following helicopter crash

From Commander, Task Force 70, Public Affairs

PHILIPPINE SEA

The aircraft carrier USS Ronald Reagan (CVN 76) resumed flight operations after an MH-60R Sea Hawk assigned to the "Saberhawks" of Helicopter Maritime Strike Squadron (HSM) 77 made an emergency landing and crashed on the ship's flight deck shortly after

takeoff at approximately 9 a.m., Oct. 19.

The cause of the mishap is under investigation.

Service members injured in the crash are in stable condition for non-life-threatening injuries that ranged from minor abrasions and lacerations to fractures. The most seriously injured were medically evacuated off the ship to a hospital in the Philippines, while remaining injured are under evaluation by Ronald Reagan medical staff.

Families of the injured were notified in accordance with Navy policy.

At the time of the mishap, the Ronald Reagan Strike Group was conducting routine operations in the Philippine Sea.

The Ronald Reagan Strike Group is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific Region.

For more news from Commander, U.S. 7th Fleet, visit www.navy.mil/local/c7f/.



Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, leads his fellow chiefs of defense to a meeting on countering violent extremist organizations at Joint Base Andrews, Md., Oct. 16, 2018.

Jim Garamone

Dunford asks Defense Chiefs to guard against complacency

By Jim Garamone
Defense.gov

JOINT BASE ANDREWS, MD.

There is no room for complacency in the fight against violent extremist organizations, the chairman of the Joint Chiefs of Staff told his worldwide counterparts, Oct. 16.

Marine Corps Gen. Joe Dunford welcomed chiefs of defense from 82 nations to the third Counter Violent Extremist Organizations conference. "We are here today to have a candid exchange of views, and find ways to enhance our effectiveness in dealing with violent extremism," he said.

Extremism Affects Everyone

All involved realize that violent extremism is a transregional threat that affects the security of all nations, the chairman said in

his introductory remarks. "I think we all recognize that violent extremism is a generational challenge that demands we develop solutions that are politically, fiscally and militarily sustainable," he said.

The chiefs also recognize that defeating transregional extremist organizations requires a broad network of like-minded nations to share intelligence, information and best practices, Dunford said. The chiefs also agree there are times for collective or cooperative action, he said.

"Most importantly, while we recognize that combating violent extremism requires a whole-of-government approach, we also appreciate the military dimension of the challenge and the unique role the chiefs of

» See **DUNFORD** | B7



TRICK OR TREATMENT: COSTUMES REVEAL MENTAL ISSUES

By Lisa Smith Molinari

I'm not sure what it says about me, but I've always gone for a Halloween costume that was funny. While I'd like to believe that it means that I'm mentally secure and don't mind being the butt of a joke, I'm sure a clinical psychologist would diagnose me with some kind of personality disorder and recommend long-term therapy.

It all started in the fall of 1978 when I was in the seventh grade. My junior high school was having a costume dance, and I was determined to make my mark on the social scene.

Like other girls my age, I laid in bed at night dreaming of cute boys asking me to dance, and how one dance would turn into a whirlwind middle school romance replete with love notes, locker visits, and hand holding.

■ Heavy sigh

But unlike other girls, I hadn't quite figured out what I needed to do to attract a young suitor. The only thing I knew was, when I did something funny, I got attention.

So, I painted my face, hair, and Pumas green. I cut two holes for my legs into a white sheet and tied the ends around my neck. I stuffed the torso to create a tear-drop shape and wore a crown of long green pipe cleaners.

Voila! My Human Onion costume was complete!

Upon entering the gym on the night of the dance, I could see that no one had a sense of humor as sophisticated as mine. I noticed lots

of tiaras and bunny ears, but no other vegetables or even fruits for that matter. The boys would be amazed at my comedic genius; it was only a matter of time before I was asked to dance.

As my tiaraed and bunny-eared friends were called onto the dance floor one by one, I waited. And waited. And waited.

Strangely, not one boy asked me to dance that night. Just as I began to question my strategy, the costume contest results were announced.

Although I would have preferred a cute boyfriend to the Boomtown Rats album I received as a prize, winning first place in the competition confirmed that my sense of humor was my best asset. And I've been wearing funny costumes ever since.

Many studies have been done on the psychology of Halloween costume selection. What does it say about a person who picks a sexy, scary, political, whimsical, heroic or funny costume?

Some say that people who dress up like hot French maids, saucy pirates and sexy cats, want to express their sexuality without the consequences of violating social norms. That might be true, but it's annoying when these people sexualize things that were never sexy to begin with.

The few maids I've encountered in life were sturdy women with thick backs and calloused hands. None of them wore flouncy miniskirts, and I'm pretty sure one or two had facial hair. Although I've never met a pirate, I would imagine

the real life female version would be missing teeth, eyes and limbs, and probably have horrible breath. And whoever thinks cats are sexy has never scooped out a litter box or watched a cat hack up a hairball.

Let's face it. People who put on sexy costumes are simply using Halloween as a pretext to strap on a push up bra, fish net stockings, and pumps.

And that goes for you women, too.

Experts also claim that other costumes indicate psychological issues. People who pick scary costumes are conquering fears from childhood. People who dress like politicians enjoy provoking conflict. Those who portray nuns, priests, school teachers and librarians are shy and unapproachable. Cops, firefighters, doctors, cowboys and heroes desire to be taken more seriously. People who choose storybook or cartoon characters like Snow White and Sponge Bob want to recapture the innocence of youth.

Apparently, any costume we pick will reveal deep-seeded narcissism, paranoia, attention-seeking, psychosis, rage disorder, gender issues or savior complex. There's no escaping it. So, unless you plan to sit at home compulsively gorging on your kids' rejected Almond Joys on Halloween night — not that I've ever done that — just put on a costume and let your freak flag fly.

www.themeatandpotatoesoflife.com

Well, now it all makes sense

By Amanda-Lee Pitzer

Earlier this year, General Jim Mattis introduced this new "Dynamic Force Deployment" structure which basically serves to make us less predictable in our deployment schedules. Basically, we go in and out on a more sporadic time-table so that our enemies don't know where we will be and when. I hate to admit it, but yes, it does make sense. When it was first talked about, he said that it was going to end up being better for our families. While technically they may end up with a few more days at home, few would agree that this is better. However, that is not the worst part of this new structure.

The game is being played on a whole new level. Some spouses are being instructed to make contact with command spouse leadership to give them a "heads up" about a new possible timetable. It happens over and over and over again. Better for our families, huh? The families are crumbling here at home. Never in my time as a military spouse have I seen the anxiety levels so high. We are seeing more and more spouses struggling with depression, anxiety, and panic attacks. Lack of communication would be one thing, but that's not the problem. It's the purposeful miscommunication that is the problem. There are always rumors going around, but they are being generated at a whole new level and doing so much damage.

I kept wondering how he thought this was a good idea. How could he possible think this works for the families? Well, now I know. He was never married. Never had kids. The military has been his entire life. Once I realized that, it all made sense. He has no clue what it's like on the other side. He has never left anyone behind that he can't live without. He's never seen his kids cry themselves to sleep because they want him. He hasn't had a wife at the end of her rope needing him to come home and be her rock. Unpredictability and and false info is great for our enemies. But it's awful for our families. What the powers-that-be need to understand is that our families are NOT the enemy. We are not playing a game, here. You want to put out false info to the enemy? Great. But keep that out of the ear of the young military family that is already breaking. My advice for Mattis? Get a few military spouses and talk to them about how things affect the family. If you are going to serve our

country effectively, you must talk to the families that you impact. If the families at home are falling apart, then there isn't proper support for the deployed. They can't effectively do their job if they are worried about what is going on at home. They need us to be strong...and we can't be strong when we are being treated like the enemy.

Never in my time as a military spouse have I seen the anxiety levels so high. We are seeing more and more spouses struggling with depression, anxiety, and panic attacks. Lack of communication would be one thing, but that's not the problem. It's the purposeful miscommunication that is the problem.



Q. I just moved into my apartment, and certain things are not working...what can I do to get them fixed?

A. Most leases will give you 5 days to address any issues you find when you move in. The "Move-In Inspection" form is your best defense. Take the time to look over your apartment and document any and all discrepancies. While the landlord may not have to correct them all, they cannot charge you for repairs on any item you have listed. Contact the Housing Service Center with any concerns you may have.

Mid-Atlantic Fleet and Family Support Centers (FFSC) programs and services are designed to help you make the most of your military experience, and they're all available to you at no cost.

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USNS Comfort begins medical site set-up in Ecuador

By MCSN J. Keith Wilson

NPASE East Public Affairs

ESMERALDAS, ECUADOR

A team comprised of more than 900 personnel, embarked aboard USNS Comfort (T-AH 20), commenced their first mission stop as part of U.S. Southern Command's Enduring Promise initiative in Esmeraldas, Ecuador, Oct. 20.

“The Comfort team has put in a ton of effort to get this medical mission from sea to shore,” said Capt. William Shafley, commander, Task Force 49. “We have partnered with the government of Ecuador to ensure smooth and safe mission execution over the coming week.”

Medical personnel engaged with patients, Saturday, as they moved through the medical screening process to receive care at the established medical sites. Throughout the week, military and non-governmental organization volunteers will work alongside partner nation medical personnel to provide no-cost medical and dental services to local communities.

"In the upcoming days, we are looking to see 500 to 750 patients a day, though we really hope to see up to 1,000 to help as many people as we can," said Lt. Cmdr. Derek Austin, officer-in-charge of one of two medical sites. "Today, we are working on setting up our medical site for patient care. After setup, we are going to screen patients for surgery on the ship."

Located at Autoridad Portuaria and Universidad Técnica Luis Vargas Torres de la Esmeraldas, the two medical sites will be fully operational, Oct. 22. Once active, the teams will provide medical and dental services including preventative treatments, op-



Photos by MC2 Jacob Waldrop

Sailors move medical supplies from the hospital ship USNS Comfort (T-AH 20) onto one of two medical sites in preparation for upcoming treatment days. Comfort is on an 11-week medical support mission to Central and South America as part of U.S. Southern Command's Enduring Promise initiative. Working with health and government partners in Ecuador, Peru, Colombia and Honduras, the embarked medical team will provide care aboard the ship and at land-based medical sites, helping to relieve pressure on national medical systems caused partly by an increase in cross-border migrants. The Comfort's deployment reflects the U.S.'s enduring promise of friendship, partnership and solidarity with the Americas.



Sailors move medical supplies from the hospital ship USNS Comfort (T-AH 20) onto one of two medical sites in preparation for upcoming treatment days.

partly by an increase in cross-border migrants. The deployment reflects the United States' enduring promise of friendship, partnership and solidarity with the Americas.

For more information, visit www.facebook.com/yourlife.

com/NAVSOUS4THFLT, www.dvidshub.net/feature/comfort2018, and www.navy.mil.



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Lori Gomoke 407-0675



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Matthew Zachary 618-3402



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Alesia Trent 708-3293



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Welcome Home to Green Run!!!

Green Run **\$239,900**
3 BD 2.5 BA. Open living and dining room. Convenient location, in central Virginia Beach area. Schools, shopping, and quick interstate accessibility.
Kat Brinkley 202-3370



Just Listed!

Bayview **\$215,000**
Cape Cod in the heart of Bayview! Perfectly located between the beach & the interstate. 3 BR/2 BA home has original hardwood floors, a new roof, siding and newer windows.
Angelia W Graves 237-0494



Town Center living!

Pocahontas Village **\$198,000**
Lovely updated ranch on a quiet street. 3 BR/ 1BA new carpet & fresh paint. Updated kitchen & bath, spacious backyard - Incredible location!
Mandy Farmer 214-7246



Under Contract!

Central Brambleton **\$189,000**
4 BD 2.5 BA, a fresh coat of paint, stainless steel appliances, some new lighting and has an open floor plan that is ideal for entertaining.
Angelia W Graves 237-0494



Cozy Ranch

Peachtree **\$139,000**
3 BR/2 BA ranch w/ many updates ready for you to move in. Open floor plan w/ breakfast bar, SS appliance package, laminate hardwood floors, newer roof, HVAC and windows.
Angelia W Graves 237-0494



Beautiful Brick home on Deep Water

Chesapeake Colony **\$747,000**
4 BR, (2masters) 4 Bath, brick home with beautiful open floor plan with lots of natural light. Brand new kitchen, move in ready, on deep water.
Megan Hudson Gawne 652-6777



One level luxury rancher

Lakes at Dare **\$525,000**
5 BD and 3 BA, 3454 sq. ft. High ceilings, extensive mill work, refinished oak floors, new appliances. Lakes at Dare has seven lakes and community pool.
Maryann Stassinios 635-1171



Numerous Updates

Thoroughgood Estates **\$300,000**
4 BR Colonial boasting fresh paint, hardwood floors, remodeled half BA, relaxing screen porch, new A/C, new flooring, newer roof & more. Hurry!
Donn Irby 434-3073



Awesome 4 BR Ranch

Mt Pleasant Heights **\$310,000**
Situatd on a 1/4 acre cil-de-sac lot. Huge kitchen w/ SS appl, formal LR w/ French doors, den w/ wood burning FP & doors to huge deck, lg yard, att 2 c garage & sprinkler system.
Lorrie Powell-Gilbert 285-2192



Lovely 4 BR Brick Ranch

Woodland Trails **\$260,000**
Guge yard, freshly painted, kit w/ new SS appl., flooring, breakfast bay, center island & pantry. 30 X 30 detached garage. Formal LR & DR, spacious fam rm w/ FP.
Sandy Preiser 717-3914



Too Good to Miss!

Rosemont Forest **\$238,900**
Brick front 3 BR/2 BA ranch w/ att garage on a cul-de-sac lot. Above grd pool w/ new pump. Remodeled master BA, Numerous upgrades completed July 2018. Call to View.
Donn Irby 434-3073



SOLD

Dake Grove Meadows **\$205,000**
Sold in 3 days at full price! 3 BR brick ranch w/ new roof, hardwood under carpet, huge fenced yard, 3 season sunroom, att garage & 1 yr home warranty.
Lorrie Powell-Gilbert 285-2192



New Construction

Prentiss Park **\$200,000**
New & affordable too! 1800 sq ft home just waiting for You! 4 BR/ 2.5 BA, relaxing porch, awesome kitchen w/ granite counters & pantry. Ceramic tile in the BAs. Attached garage & deck. Call to view.
Sandy Stokes 560-2555



3BR, 2 Full Baths

Amhurst **\$198,500**
Great home for military family. New roof, laminate floors, replacement windows, garage. Easy commute to all southside bases. Pics: rwmikeg.info.
Mike Grandelli 573-5373



Beautiful New Home

Jerico **\$190,000**
1600 sq ft home w/ 3 BR/ 2.5 BA, Lovely kitchen w/ granite counters & beautiful cabinets. Open plan. Laminate floors on the first floor and carpet on the second floor. Ceramic tile in BAs.
Jill Blank 573-6265

A Must See!!



Dock Landing **\$459,900**

One level living in this ALL brick ranch. Almost everything is new, including A/C & Roof! Backyard is an oasis.

Lori Gomoke 407-0675

Gorgeous Corner Lot



Sajo Farm **\$389,000**

Low maintenance exterior as well as fenced side porch area, inside has tons of natural light and first floor master with walk in closet! Come See!

Matthew Zachary **618-340-1111**

Motivated Sellers!!! Price Negotiable



Sawyers Mill **\$357,000**

4 BD 3 BA w/ 1st floor bedroom/office. Kitchen opens to Family room with gas fireplace. Formal living and dining room. Master bedroom w/ large walk-in closet, garden tub in bath, separate shower and vanity. Spacious bedrooms with nice size closet space.

Alesia Trent 708-3293

Live the Beach Life



Aeries on the Bay **\$339,900**

Fantastic beach townhouse with 2 master suites is just down from the sand. Come enjoy the tranquility of fall at the Bay.

Jean Kucy 613-4614

I Am Gorgeous and Fabulous!!



Holland Pines - Shelburne Woods \$272,500
 Ranch on a corner lot. 3BR, 2 BA, eat-in kitchen w/ceramic flooring, Zodiaq (quartz) countertops & new appliances, plumbing & light fixtures, newer decking w/gazebo & much more!!

Chandra R Patterson 715-7548

Move In Ready





Indian Lakes

Affordably priced home in wonderful Indian Lakes neighborhood has fresh paint and new carpet. Ready for you to move right in, come see it today.

Jean Kucy 613-4614

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Open
Sun 1:30-2



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Jill Blank 573-6265



Navy divers from Mobile Diving Salvage Unit (MDSU) 1, aboard USNS Salvor (T-ARS-52), remove fuel oil from the capsized World War II German cruiser Prinz Eugen. The safe extraction of an estimated 250,000 gallons of fuel oil from Prinz Eugen began Sept. 1 and involved nearly two dozen divers along with support from commercial tanker Humber in collaboration with the government of the Republic of the Marshall Islands and U.S. Army Garrison Kwajalein Atoll.

U.S. Navy photo

U.S. Navy Divers recover oil from wrecked WWII Prinz Eugen

From CTF73/DESRON 7 Public Affairs

ENUBUJ ISLAND, KWAJALEIN ATOLL, MARSHALL ISLANDS

U.S. Navy divers from Mobile Diving Salvage Unit (MDSU) 1 aboard USNS Salvor (T-ARS 52) completed removal of fuel oil from the capsized World War II German cruiser, Prinz Eugen, at Enubuj Island in Kwajalein Atoll, Marshall Islands, Oct. 15.

In collaboration with the government of the Republic of the Marshall Islands and U.S. Army Garrison Kwajalein Atoll (US-AG-KA), the safe extraction of an estimated 250,000 gallons of fuel oil from Prinz Eugen began Sept. 1 and involved nearly two dozen divers along with support from commercial tanker Humber for transport of the removed fuel oil.

“There are no longer active leaks with 95 percent of the potential oil volume having been removed. Any remaining oil is enclosed in a few internal tanks without leakage and are well protected with multiple barriers of ship construction,” said Lt. Cmdr. Tim Emge, officer-in-charge of salvage operations. “Of the 173 total oil tanks, the 159 external tanks have been pumped of all appreciable amount of oil or were found empty.”

The Prinz Eugen was used in combat during World War II, and in May 1945 upon the conclusion of the war, it was surrendered to the British and transferred to the U.S. Navy for use in Operation Crossroads nuclear tests. After surviving two tests and subsequent towage to Kwajalein Atoll, the vessel began to take on water due to sea valve and rudder damage and ran aground settling in a capsized position off the coast of Enubuj Island.

As part of the 1986 Compact of Free Association between the U.S. and the Republic of the Marshall Islands the U.S. transferred the Prinz Eugen title to the RMI. Beginning in 2010, RMI requested the U.S. provide technical and financial support for Prinz Eugen

fuel off-load.

In December 2016 U.S. Indo-Pacific Command worked with U.S. Navy Supervisor of Salvage and Diving to evaluate the current status of the Prinz Eugen and plan for a way ahead once funding became available. Following the 2018 National Defense Authorization Act, which authorized expenditure of Army funds to off-load oil from the Prinz Eugen, Karen Brevard Stewart, U.S. ambassador to the Marshall Islands, and State Department staff played a major role in getting the diplomatic work accomplished in time to meet the short deadlines set under the act. Work began in February 2018 to plan for and execute the removal of the fuel oil.

“Our team’s hard work over the last two years preparing for this project and assembling the right combination of equipment and technical expertise enabled our success in this very important mission to protect the pristine waters of Kwajalein Atoll from the risk of a catastrophic oil release,” said Stephanie Bocek, project manager at the Supervisor of Salvage and Diving.

The operation, having preceded with surveys of the wreck, consisted of four stages: anchoring and mooring operations, fuel extraction, fuel transfer and dome closures of hull access.

“As part of a seven-man site survey team with unmanned underwater vehicles, we were able to accurately assess how to approach safely managing and monitoring defueling operations,” said Senior Chief Charles Kevin Parsons Jr., master diver of salvage operations.

After placing nine mooring anchors to hold both vessels over the wreck, the diving team began securely drilling holes on precise locations on top of each oil tank, a process called “hot tapping.”

“Hot tapping allows us to safely tie into the many tanks without leakage by creating a secure opening to place the valve, hot tap tool and pipe for pumping from the highest

point on the tank,” said Emge. “We were able to successfully, and most importantly safely, conduct over a hundred hot taps throughout the operation.”

As follow-on oil sampling were conducted aboard Salvor, the removed fuel oil was pumped aboard Humber for transport and refinement in future use.

“Everything went very well, and I am very happy to have been part of this experience,” said Capt. Allan Rudy, master of Humber. “This was a new experience for me and the multinational crew, and we look forward to working together again in the future.”

After the application of double barrier protection on the hull of the vessel to ensure no potential leakage, the diving team conducted several community relations activities including a team-building run and beach cleanup on Enubuj Islands and a show-and-tell demonstration at the Kwajalein Atoll High School.

“The team worked tirelessly, and I am proud to have been part of this amazing experience as we were able to see history firsthand and connect with the local communities,” said Emge. “We remain motivated and look forward to exercises and operations with partner nations across the region in the near future.”

The U.S. Navy and U.S. Army continue to work with local populations across Kwajalein Atoll, which is home to the radar, optics, telemetry and communications equipment for ballistic and missile interceptor testing and space operations support located at the Ronald Reagan Ballistic Missile Test Site on Kwajalein. The Reagan Test Site belongs to the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command’s Technical Center.

The USASMDC/ARSTRAT commanding general, Lt. Gen. James H. Dickinson, was a strong advocate for the fuel oil removal, and a key player in securing the necessary funding to move forward once Congress directed

it under the National Defense Authorization Act.

Along with aid provided through the Compact of Free Association, U.S. Navy Seabees from Naval Mobile Construction Battalion 1 Construction Civic Action Detail Marshall Islands are currently deployed throughout the Kwajalein Atoll to support projects that are critical to improving the quality of life for the Marshallese population including water catchment systems, school renovations and disaster contingency construction.

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

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Lt. Cmdr. Tim Emge, officer-in-charge of salvage operations

NMCSD nurse scientists win nursing publication award

By Petty Officer 2nd Class Indra Beaufort

Naval Medical Center San Diego

SAN DIEGO

Naval Medical Center San Diego (NMCSD) nurse scientists were recently announced that they will be presented with the 2018 RDML Mary F. Hall award for nursing publication.

Cmdr. Wendy Cook, Nurse Corps scientist and head of Nursing Research and Analysis at Clinical Investigation department at NMCSD, and Cmdr. Abigail Yablonsky, principal investigator for Naval Health Research Center’s Directorate for Military Population Health, are winners for this year’s highly acclaimed nursing publication award.

“It’s a great feeling,” said Cook, who has won the RDML Mary F. Hall award two years in a row. “I am delighted to have two separate publications recognized two years in a row, especially because I am aware of the high quality of the other nominated publications.”

The RDML Mary F. Hall Award is an award created to recognize Navy nurses who contribute to nursing through professional publications.

“Winning this award is significant for two reasons,” said Senior Nurse Researcher at NMCSD Capt. Heather King. “First, this is a highly competitive award open to all Navy Nurse Corps Officers. Second, two of our nurse scientists received this award, which highlights the research that is done to enhance the care of servicemembers,” said King.

According to King, there are currently four nurse scientists working at NMCSD.

Active duty nurses, reservists, Department of Veterans Affairs nurses, and DoD Federal civilian registered nurses, are among those eligible to submit published works for recognition.

“Both Cmdr. Cook and Cmdr. Yablonsky have been wonderful to work with,” said King. “They are dedicated nurse scientists who continually strive to create and disseminate

new knowledge to benefit our NMCSD service members and beneficiaries.”

Award categories include peer-reviewed and non peer-reviewed publications. Peer reviewed, also known as scholarly articles, require a panel of professional experts in the field relating to the article topic to conduct a rigorous review of the manuscript before the article is accepted for the publication. Non peer-reviewed publications are not reviewed by professional experts in the field, but are typically reviewed by journalism editors. Examples include newspaper articles, newsletters, letters to the editor, and popular magazine articles.

For non-peer reviewed category, Cmdr. Yablonsky won first place for her publication on “Research, Readiness, and Military Parents”, published by the Defense Visual Information Distribution Service. Cmdr. Cook was one of the co-authors who received first runner up in the peer-reviewed category for research findings on “U.S. Military Service Members’ Reasons for Deciding to Participate in Health Research”, published on Research in Nursing and Health.

Awardees will each receive a congratulatory letter from the Director, Navy Nurse Corps, and selection results will be highlighted on milSuite and in the Nurse Corps Newsletter.

For more information on Naval Medical Center San Diego visit <http://www.med.navy.mil/sites/nmcsc/Pages/default.aspx>.

For more news from Naval Medical Center San Diego, visit www.navy.mil/local/sd/.

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Capt. Heather King
Senior Nurse Researcher at NMCSD

Surface Navy Association’s “Old Salt” Award passed to Adm. Davidson

By Yonca Poyraz-Dogan
Navy Office of Information Public Affairs

WASHINGTON

Adm. Philip S. Davidson, commander of U.S. Indo-Pacific Command (USINDOPACOM), became the Navy’s newest “Old Salt” during an award presentation Oct. 22 at the Pentagon.

The “Old Salt” award is given to the active duty officer who has held the Surface Warfare Officer (SWO) qualification for the longest amount of time.

“It is a tremendous honor to receive this award. I have been fortunate to be part of this organization for more than 35 years, serving alongside a number of amazing men and women. This award honors them, those who have come before, and those still yet to serve,” said Davidson who became the 20th recipient of the award, which is sponsored by the Surface Navy Association (SNA).

A 1982 graduate of the U.S. Naval Academy, Davidson is the 25th commander of USINDOPACOM, America’s oldest and largest military combatant command located in Hawaii. As a surface warfare officer, he has deployed across the globe in frigates, destroyers, cruisers and aircraft carriers.

Davidson received the award from Adm. Kurt W. Tidd, commander of the U.S. Southern Command.

Initiated in 1988, the “Old Salt” award is accompanied by a bronze statue depicting a naval officer on the pitching deck of a ship. The statue is cast from metal salvaged from historic U.S. naval ships, most notably the battleship USS Maine, which exploded and sank in Havana Harbor in 1898, precipitating the Spanish-American War.

Holding the award since 2015, Tidd said, “From its very earliest days, our Navy has

been before all else a profession of Sailors — that closely knit team of men and women who have made it their life’s work to ‘go down to the sea in ships.’ It’s been an honor and a privilege to play a small part in the history of this organization and to have held the title of ‘Old Salt.’ As I pass this distinction on to Admiral Davidson, I also pass along my very best wishes to him, our Navy’s newest ‘Old Salt’.”

“Old Salts” have their names engraved on brass plates attached to the base of the “Old Salt” statue. The statue is then held in the custody of the current “Old Salt” during the recipient’s active duty tenure. The “Old Salt” trophy may be kept in possession of the recipient or displayed by the command to which the Old Salt is assigned.

The issuance of the Old Salt Award is a tribute to the Navy’s customs and traditions which call the respected, experienced, knowledgeable and senior surface warfare officer with the designation as “old salt.”

At the ceremony, Davidson and Tidd took a photo with Taylor Randall, the youngest SWO in the room, who received her service warfare qualification in 2016.

Upon Davidson’s retirement, the statue will be passed on to the next officer, who will be determined by a search of records, a recommendation by director of surface warfare, and approval by the Board of the SNA, which is a professional organization composed of both military and civilian members dedicated to enhance awareness and support of the U.S. Navy and the surface forces.

The Surface Warfare director of the Department of the Navy determines which officers meet the award criteria which include being in continuous active duty and surface warfare qualification letters.

The prestigious award has been held by



Photos by MC2 Paul L.Archer

Adm. Phil Davidson, commander of U.S. Indo-Pacific Command, right, and Adm. Kurt W. Tidd, commander of U.S. Southern Command, pose with the Old Salt Award during a ceremony at the Pentagon. Davidson received the Old Salt award which is sponsored by the Surface Navy Association (SNA) and is given to the longest serving active-duty officer who is surface warfare officer (SWO) qualified.

numerous distinguished leaders, such as, former Chairman of the Joint Chiefs of Staff Adm. Michael Mullen and former Commander of U.S. Fleet Forces Adm. John Harvey.

Former holders of the “Old Salt” award, include Adm. Lee Baggett, Jr.; Rear Adm. Lawrence Layman; Vice Adm. Albert J. Herberger; Vice Adm. Joseph S. Donnell III; Adm. David E. Jeremiah; Vice Adm. David M. Bennett; Vice Adm. Philip M. Quast; Rear Adm. George F. A. Wagner; Rear Adm. George A. Huchting; Rear Adm. Dennis R. Conley; Rear Adm. James B. Ferguson III; Vice Adm. James F. Amerault; Vice Adm. Rodney Rempt; Adm. Mike Mullen; Adm. John C. Harvey, Jr.; VADM John T. Blake; VADM Michael A. LeFever; and ADM Samuel J. Locklear III.



The Old Salt Award, a bronze statue that depicts a WWII naval officer on a pitching deck of a ship.



Leaders of Trident Juncture 2018 pose for a photo at the Trident Juncture 2018 pre-sail conference at the Hilton Reykjavik Nordica hotel, Oct. 20, 2018. Trident Juncture 2018 is a NATO-led exercise designed to certify NATO response forces and develop interoperability among participating NATO and partner nations.

MC3 Kevin Leitner

NATO Allies meet for Trident Juncture 18 Pre-Sail Conference

From USS Iwo Jima (LHD 7) Public Affairs

REYKJAVIK, ICELAND

NATO allies gathered together in Reykjavik, Iceland for a Naval Striking and Support Forces NATO pre-sail conference in support of NATO-led exercise Trident Juncture 18 Oct. 20.

The purpose of the conference was for all participating nations to finalize schedule components, greater understanding of the exercise overview and for senior leaders to meet their foreign colleagues face-to-face.

Exercise Trident Juncture 18 will take place in Norway, Sweden, and Finland beginning this month, with expected participation of more than 50,000 troops from more than 30 NATO member and partner nations. It will be one of NATO’s largest exercises in recent history.

“This exercise is about commitment, cohesion, capability and readiness from all of our allies,” said Vice Adm. Lisa M. Franchetti, commander of U.S. 6th Fleet and Naval Striking and Support Forces NATO. “No single nation can address today’s challenges alone and Trident Juncture demonstrates our combined and enduring willingness to work toward our common goals of regional security and stability.”

“NATO exercise Trident Juncture provides a great opportunity to deploy, employ and redeploy in order to exercise our warfighting capabilities with our NATO partners, improve our interoperability, and deter potential adversaries,” said Brig. Gen. Stephen M. Neary, the commanding general of the 2nd Marine Expeditionary Brigade. “We are showing our commitment to the Alliance and our ability to replicate these capabilities to

our partners around the world.”

In addition to notes from key participants of the exercise, meetings were held onboard the amphibious assault ship USS Iwo Jima (LHD 7), the Royal Canadian navy Halifax-class frigate HMCS Halifax (FFH 330), the Danish Navy Thetis-class ocean patrol vessel HDMS Hvidbjørnen, and the Royal Navy Type 23 frigates HMS Westminster (F237) and HMS Northumberland (F238). These specialized meetings allowed NATO allies to discuss the capabilities and expectations of logistics, communications and other vital factors during Trident Junction. Sixty-five ships, more than 10,000 vehicles and more than 150 aircraft will be used throughout the duration of Trident Juncture, which takes place from Oct. 25 to Nov. 23.



Leaders of Trident Juncture 2018 speak prior to the Trident Juncture 2018 pre-sail conference at the Hilton Reykjavik Nordica hotel, Oct. 20, 2018. Trident Juncture 2018 is a NATO-led exercise designed to certify NATO response forces and develop interoperability among participating NATO and partner nations.

NMCB-3 Completes turnover, assumes authority of Indo-Pacific Region NCF Operations

By MC2 Michael Lopez
Naval Mobile Construction Battalion 3 Public Affairs

OKINAWA, JAPAN

Naval Mobile Construction Battalion (NMCB) 3 assumed charge of all Indo-Pacific Region Naval Construction Force (NCF) missions from NMCB-5 during a Relief in Place/Transfer of Authority (RIP/TOA) ceremony at Camp Shields in Okinawa, Japan, Oct. 22.

The RIP/TOA marked the official start of NMCB-3's deployment and the end of NMCB-5's deployment to Indo-Pacific Region that began in April when the battalion deployed from Port Hueneme, Calif., where both NMCBs are home ported.

Capt. Robert Baughman, commander of Navy Expeditionary Forces Command Pacific and Task Force 75, presided over the ceremony.

"NMCB-5 delivered 22,000 man hours and over \$6 million worth of construction efforts during the course of their deployment," said Baughman. I want to thank the NMCB-5 team for everything you have done here throughout your deployment, and I wish you the best of luck as you wrap-up and head back to home port."

While continuing his remarks, Baughman extended a warm welcome and words of en-

couragement to the Seabees of NMCB-3.

"I want to welcome NMCB-3 back to this area of operations," said Baughman. "I'm confident that you all are going to do great things given the experience you have gained here during previous deployments. With that being said, I urge you all to stay focused and be ready because NMCBs are a vital component in achieving what we need to do as the Navy Expeditionary Force."

Cmdr. Joseph Harder, commanding officer of NMCB-3 relieved Cmdr. Omar Tobias, commanding officer of NMCB-5, in officially assuming all duties and responsibilities from the battalion.

"Congratulations to the Seabees of NMCB-5 on a phenomenal deployment," said Harder. "Thank you for your commitment in setting conditions for our success, and for your transparency in helping us understand the challenges of the mission in front of us. We have the watch, so travel safely, and I wish you the best of luck during the challenging homeport cycle ahead of you."

Harder expressed his excitement for the battalion's deployment saying that Seabees join the Navy not just to train, but to put their skills to work by executing missions on foreign shores.

"For the Seabees of NMCB-3: you have



Cmdr. Joseph Harder, commanding officer of Naval Mobile Construction Battalion (NMCB) 3, receives authority of Camp Shields in Okinawa, Japan from Cmdr. Omar Tobias, commanding officer of NMCB-5, during a Relief in Place/Transfer of Authority ceremony.



Photos by MC2 Michael Lopez

Cmdr. Joseph Harder, commanding officer of Naval Mobile Construction Battalion (NMCB) 3, delivers remarks during a Relief in Place/Transfer of Authority ceremony at Camp Shields in Okinawa, Japan, in which NMCB-3 received authority of the camp from NMCB-5. NMCB-3 is forward deployed throughout the Indo-Pacific region and United States ready to support major combat operations, theater security, humanitarian assistance and disaster relief operations. Seabees provide general engineering and civil support to Navy, Marine Corps and joint operational forces globally.

worked very hard to be prepared for this challenging mission," said Harder. "The senior leaders of this battalion have worked incredibly hard to set our standards high, and now it's your opportunity to contribute to the 76-year legacy of the Seabees in the Pacific. Let's make it happen!"

The ceremony concluded with the lowering of NMCB-5's battalion flag and the raising of NMCB-3's to signify the transfer of authority.

Before the RIP/TOA occurred, a week-long inspection and review was conducted of all equipment, supplies, projects, facilities and civil engineering support equipment (CESE). When a Seabee battalion deploys, it does not travel with equipment. Instead, all construction equipment and supplies are already at the deployment sites. A detailed turnover must be conducted before the incoming battalion commences work.

"Alfa Company arrived at Camp Shields in several waves on various days," said Lt. Corey Cattano, Alfa Company commander. "I'm very impressed with what we were able to accomplish given our atypical arrival schedule. We had some issues embarking out to Okinawa, but I've always said that when Seabees are needed, they step up to the plate and that was evident during this turnover."

The CESE undergoes a more thorough inspection in a process called the Battalion Equipment Evaluation Program (BEEP). The BEEP inspection is designed to transfer all special knowledge of CESE maintenance, operations and techniques to the relieving bat-

alion. During the BEEP inspection, NMCB-3's Alfa Company, consisting of construction mechanics and equipment operators, inspected and received custody of more than 340 units of CESE from NMCB-5.

"The Alfa Company Seabees did an outstanding job in the teamwork aspect as we worked alongside NMCB-5," said Cattano. "Not only were we working with Seabees from another battalion, who were simultaneously trying to pack up their things to end a successful deployment and get home to their families, but we had to work amongst ourselves to get the job done in a timely and professional manner."

When the inspection was complete, a red diamond shaped sticker with a white number three, called a BEEP sticker, was placed on each piece of CESE. A red diamond identifies the CESE as belonging to an NMCB; a triangle identifies it as belonging to a naval construction regiment.

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For more information about Seabees and NMCB-3, visit <http://seabeesmagazine.navy.mil> or <https://www.facebook.com/NMCB3/>

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A chief of defense arrives at the Counter Violent Extremist Organization conference at Joint Base Andrews, Md., Oct. 16, 2018.

Jim Garamone

DUNFORD | *No place for complacency*

Continued from B1

defense have in influencing, developing and implementing comprehensive solutions,” the chairman said.

Each chief, he stressed, brings a unique perspective to the challenge, influenced by geography, neighbors, political and legal systems and more.

Dunford detailed the progress against violent extremism so far — and it has been extensive, he said. “Our progress has been enabled by improved information sharing in military, intelligence and law enforcement channels,” the chairman said. He noted that Operation Gallant Phoenix — an information-sharing effort — has grown from fewer than 20 people representing two nations, to more than 250 people representing 25 nations. “This initiative has contributed an impressive number of disrupted attacks, arrests and prosecutions,” Dunford said. “In addition to Operation Gallant Phoenix, there are complementary issues that are being developed in a number of regions to include West Africa and Southeast Asia.”

The effort against violent extremists has also disrupted the flow of foreign fighters, slowed resources going to terror groups and cut into the narrative that ideologies like the one the Islamic State of Iraq and Syria espouses is successful.

This must continue, he said, as it is the long-term solution to extremism.

Attacks Down

The chairman noted that 2017 marked the third consecutive year in the decline of terrorist attacks and deaths worldwide. “The progress against ISIS has been particularly encouraging,” he said. “In 2017, compared to 2016, global ISIS attacks were down 23 percent. The lethality of external ISIS attacks have also declined. In 2015 ISIS averaged 25 killed per attack. In 2018, the average number killed was three.”

In Iraq and Syria, ISIS holds 2 percent of the territory that they held in 2014 and their

access to resources has been greatly reduced, Dunford said. The flow of foreign fighters into Iraq and Syria has been reduced to about 100 per month from a high of about 1500 per month. In addition, many ISIS experts have been killed including external operation leaders and facilitators.

ISIS media production has fallen by more than 85 percent and its monthly publication hasn’t been produced in over a year.

“But I think we are all realists in this room that despite recent successes against ISIS and the positive trends, we know there is actually much work to be done,” the chairman said.

Underlying Conditions

Little has been done to address the underlying conditions that lead to violent extremism, he said. Challenges remain cooperation politically, militarily, in intelligence and in law enforcement.

ISIS itself is far from defeated, Dunford said, and has a presence in countries from West Africa to Southeast Asia. The group continues to search for areas to grow, and they are redoubling efforts in cyberspace to inspire homegrown violent extremists. “We saw that last year in the United Kingdom, Spain, Egypt, the Philippines and the United States,” the chairman said.

Coalition forces are clearing ISIS from its last territories in Iraq and Syria, but ISIS “is already evolving to implement a more diffuse model of command and control and operations. And they are looking to maintain relevance by exploiting disenfranchisement and conducting high profile attacks,” he said.

Greatest Danger is Complacency

Al-Qaida is not dead yet, either, and that group is looking to enhance collaboration with its affiliates and increasing its connectivity and access to operatives and targets, Dunford said.

“In short, ISIS, al-Qaida and associated groups remain resilient, determined and adaptable,” he said. “While some areas of sanctuary have been reduced, both groups are operating in a more dispersed and clandestine

way, leveraging the internet to keep their narrative alive and becoming less susceptible to conventional military action.”

The greatest danger is complacency, the chairman said. “A misreading of our progress to date and a misunderstanding of the character of the threat may cause political leaders to lose focus on violent extremism while they turn to other pressing challenges,” he said. “I believe those of us gathered today have a good appreciation for the consequences of prematurely relieving pressure on the enemy and allowing them the space to reconstitute.”

The general also believes that it is a generational threat, and that the efforts of the last 18 years must continue. “In many ways, the threat we face today is more virulent, and it has become more difficult to detect and disrupt plots,” Dunford said.

Looking Ahead

Intelligence professionals are looking ahead trying to fathom the threat from violent extremism in the next decades, he said.

“The character of the threat will be affected by how we address conflicts in places like Syria, Afghanistan, Iraq, Yemen, Libya, Somalia, Chad, Mali and the Philippines,” the chairman said. “As we discussed in our previous gatherings, how we win the peace is most important. Our collective success in stabilizing, reconstructing, and implementing effective governance will determine the size and scope of the future extremist threat.”

How nations identify, prosecute, de-radicalize and reintegrate foreign fighters will also help determine how violent extremism develops — or doesn’t develop — in the future, Dunford said. “One example of the challenge of prosecuting foreign fighters is the situation in Syria,” the chairman said. “Currently, we have over 700 detainees from over 40 countries in ... Syrian Democratic Force custody. The progress in returning these fighters home for prosecution has been delayed by political considerations and inconsistent legal frameworks.”

Nations need to address the challenge “and prevent these detainees from becoming the leaders of tomorrow’s extremist organiza-

tions,” he said.

Migrants and the challenges of large populations becoming open to radicalization is another problem, the chairman noted.

“Finally, our ability to meet the challenges of extremists leveraging innovations in technology will impact the character of the threat,” Dunford said. “We must develop effective measures to mitigate the risk of extremists using cyberspace and advanced technical means to enhance their communications, recruitment, logistics and lethality.”

“In short, ISIS, al-Qaida and associated groups remain resilient, determined and adaptable,. While some areas of sanctuary have been reduced, both groups are operating in a more dispersed and clandestine way, leveraging the internet to keep their narrative alive and becoming less susceptible to conventional military action.”

Marine Corps Gen. Joe Dunford

Navy technologist selected for 2018 Women of Color STEM Technology All-Star Award

By Patric Petrie

Space and Naval Warfare Systems Center Pacific

SAN DIEGO

Tena Bouma, a supervisor at the Navy’s Space and Naval Warfare Systems Center Pacific (SSC Pacific), will receive a 2018 Women of Color STEM Technology All-Star Award during the annual Women of Color STEM Conference in Detroit, Michigan, Oct. 12, 2018.

Working with Space and Naval Warfare Systems Command (SPAWAR) Financial Integrity Audit Review team, Bouma established processes and procedures for integrated product team leads, branch heads and division heads in order to achieve optimum results. As a result of these new processes

and procedures, the department has seen major improvements in the pass rate.

Stephen Wadase, division head for Logistics and Systems Support, said Bouma’s attitude is the key to her success. “She conveys a strong positive message of the importance of the work her folks accomplish and backs that message up through her own hard work and dedication to her craft,” he said.

In addition, Bouma has been an outstanding mentor for interns in the Naval Acquisition Development Programs for Logistics. Her outstanding performance at every level was cited in her award announcement.

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For more information, please contact Patric Petrie in the SSC Pacific Public Affairs Office at (619) 553-4395 or email Arlene.petrie@navy

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WONDER WOMAN,
LYNDA CARTER COMES
TO HAMPTON

On October 27, actress/singer Lynda Carter will perform at Hampton’s American Theatre. Flagship had the chance to interview the star - read what she had to say!

» See C4



U.S. FLEET FORCES BAND
PERFORMS AT AREA
SCHOOLS DURING 2018
FLEET WEEK HAMPTON
ROADS

Mass Communication Specialist Seaman Mark Thomas Mahmod
Musician 3rd Class Kent Grover, a member of U.S. Fleet Forces Four Star Edition (Rock Band), plays the saxophone for students at Creeds Elementary School, Oct. 17.



Musician 3rd Class Kent Grover, left, and Musician 2nd Class Adam Smolonsky, members of the U.S. Fleet Forces Four Star Edition (Rock Band), pose for a picture during their performance at William E. Waters Middle School, Oct. 16.
MC3 James Norket

From Commander, Navy Region Mid-Atlantic Public Affairs

NORFOLK

In conjunction with 2018 Fleet Week Hampton Roads and the Navy’s 243rd birthday, components of the U.S. Fleet Forces Band performed at select Virginia Beach, Norfolk, Chesapeake and Portsmouth schools, Oct. 16-18.

Fleet Week Hampton Roads, held each year around the Navy’s birthday, serves to honor the sacrifices and contributions of Sailors, past and present, who are our neighbors, volunteers, and citizens who actively work each day to enhance the quality of life here in Hampton Roads. The Navy celebrated its birthday on Oct. 13 — “Forged by the Sea” was this year’s theme.

Concerts were conducted at the following schools:

October 16

- U.S. Fleet Forces Brass Band performed at Bayside

Middle School in Virginia Beach.

- U.S. Fleet Forces Four Star Edition (Rock Band) performed at William E. Waters Middle School in Portsmouth.

October 17

- U.S. Fleet Forces Brass Band performed at Granby High School in Norfolk.
- U.S. Fleet Forces Four Star Edition (Rock Band) performed at Creeds Elementary School in Virginia Beach.
- U.S. Fleet Forces Brass and Woodwind Quintets performed at Larchmont Elementary School in Norfolk.

October 18

- U.S. Fleet Forces Brass and Woodwind Quintets performed at John B. Dey Elementary School in Virginia Beach
- U.S. Fleet Forces Brass Band performed at Jolliff Middle School in Chesapeake



Giraffe calf born to first-time
mom at the Virginia Zoo

By Ashley Grove Mars

The Virginia Zoo welcomed a male Masai giraffe calf on October 13, 2018. This is the first baby for mom Noelle, who is five years old, and the sixth for dad Billy.

Noelle gave birth during the early morning hours in her indoor enclosure in the Africa – Okavango Delta. Zoo Keepers had been monitoring her throughout her pregnancy and in preparation for the calf’s impending birth, extra bedding was added to her stall. Giraffes give birth standing up and within a few hours of birth, most calves can stand and run on their own. However, this calf was not able to stand or walk for several hours after being born. Once he was able to stand and walk, nursing was not observed during the first 24 hours. After veterinary and animal care staff assessed the situation internally and consulted with additional giraffe experts at other zoos across the country, the decision was made to temporarily separate mom and baby and begin supportive care, which included a regimen of antibiotics and fluids.

Zoo staff have monitored the calf around the clock since his birth and continued supportive care and supplemental feedings. Staff has also continued to put Noelle and the calf

together to allow them to bond and to encourage nursing on his own.

“We’re hopeful that the calf will continue to respond to treatment,” said Greg Bockheim, Executive Director of the Virginia Zoo. “You never know what to expect with first-time moms, but I’m confident our staff is providing the best care for the newborn and we’ll just have to be patient with the process,” Bockheim added.

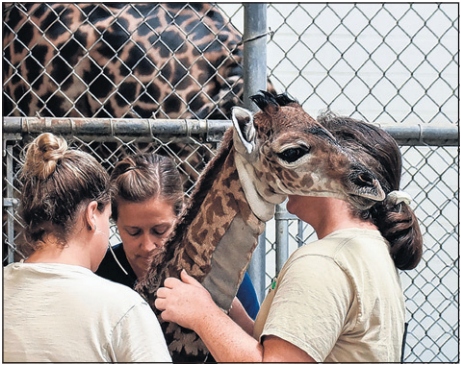
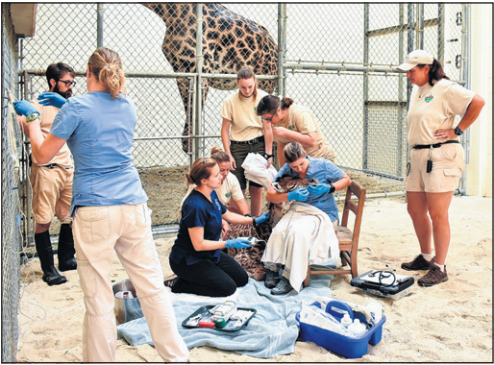
The Africa barn where visitors can see the giraffe in their indoor enclosure has been temporarily closed so the calf has time to adjust and continue to bond with mom without any interruptions. At birth, the calf weighed 123 lbs., and stands just under 6’ tall. More information will be available on the Zoo’s Facebook page and website in the coming week.

About Masai Giraffes

Male giraffes can grow up to 18 feet tall and weigh between 1,800 and 4,300 pounds. Females are between 13 and 15 feet tall and weigh between 1,200 and 2,600 pounds. Giraffes are the tallest of all land-living animal species. They live in savannahs, grasslands or open woodlands in central and southern African countries.



Photos courtesy the Virginia Zoo



Calendar

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

Hampton Roads Soul Music Festival

- Oct. 27. 7:30–9:30 p.m. \$45+
- Hampton Coliseum, 1000 Coliseum Dr., Hampton
- www.hamptoncoliseum.org

95-7 R&B's 4th Annual Soul Music Festival presented Berkshire Hathaway HomeServices Towne Realty is back! Get your tickets to see R&B legends RBRM: Ronnie, Bobby, Ricky & Mike party with Bell Biv Devoe, Bobby Brown, Babyface and Next at the Hampton Coliseum on Saturday, October 27th!

Bell Biv DeVoe: With the megahit "Poison" from the quadruple platinum-selling album of the same name, this New Edition offshoot skyrocketed to the top of the charts, created a unique mix of hip-hop and funk, and gave exterminators their own theme song

Bobby Brown: A founding member of New Edition (when he was just 9 years old), Brown's solo career launched him into the stratosphere thanks to hits such as "My Prerogative," "Every Little Step," and "On Our Own." Lately you may have seen him back on stage with New Edition or gearing up for the release of his latest album, Smoke.

Kenny "Babyface" Edmonds: Famous for ubiquitous ballads such as "I Swear," Edmonds' sweet tone and songcraft have netted him 11 Grammys, 26 #1 hits, and a nonstop career writing and producing for the likes of Beyonce, Mariah Carey, and Madonna. Live, expect a set of fan favorites and new tracks from first solo album in ten years, Return of the Tender Lover.

PB&J Family: Halloween Spooktacular

- Oct. 27. 8 p.m. \$14-\$19
- Sandler Center For The Arts, 201 Market St., Virginia Beach
- www.sandlercenter.org
- www.virginiasympphony.org

Kids and grown ups! Dress up in your favorite Halloween costume and join the VSO for a ghoulish afternoon of monstrous fun! The Orchestra will perform some of the spookiest music ever written. But don't be afraid – this concert is more TREAT than TRICK!



Courtesy The Norva

Chris Robinson's Brotherhood

- Oct. 27. 8 p.m. \$19.50, \$23 day of show
- The Norva, 317 Monticello Ave., Norfolk.
- www.thenorva.com

The Chris Robinson Brotherhood are on tour in support of their latest studio album 'Barefoot In The Head.' In the middle of one of their most prolific periods to date, the band is riding a creative wave with a slew of studio and live records coming out amidst a rigorous tour schedule that only seems to fuel their fire even further. Their stellar new album, 'Barefoot In The Head,' marks the CRB's third studio release in just two years, and it finds them pushing boundaries and breaking new ground with more joy and wonder than ever before. Overspilling with stunning musicianship and infectious energy, the album showcases the continued growth of Robinson's songwriting partnership with his bandmates: guitarist Neal Casal, drummer Tony Leone, keyboardist Adam MacDougall, and bassist Jeff Hill. It reveals in the kind of adventurousness that can only come from five artists tuned into the same sonic wavelength.

Military Family Festival

- Oct. 28. 12–4 p.m. Free
- Virginia Beach Convention Center, 1000 19th St., Virginia Beach
- www.MilitaryFamilyFestival.com

The mission of the Military Family Festival is to provide our local military families with a day of appreciation and fun. Each October the festival vibrates with an entertaining kid-friendly fall theme and cool activities while our wonderful vendors share lots of Halloween treats. The event welcomes a crowd of thousands eager to have a fun, safe, and wholesome family day focused on their unique culture. Games, costume contest, crafts, DJ, inflatable bounce house, face painting, rock climbing wall, and more!

USO Spooky Good Times: A Trunk-Or-Treat Adventure

- Oct. 28. 4–7p.m. Free
- Bryant & Stratton College, 301 Centre Dr., Virginia Beach
- www.hrcv.uso.org/events

Inflatables, food trucks, candy and more! Free admission for active duty military, reserve, National Guard, eligible dependents with valid ID or current BSC students and immediate family members with student ID. The event will feature sponsors and community partners from all across the Tidewater area, showering our military ghouls and goblins with delectable sweet treats! The event will also feature food trucks and entertainment from Knockerball Hampton Roads!

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/.

The Foodbank of Southeastern Virginia and the Eastern Shore Launches #TackleHunger757 Awareness Campaign Features NFL Players Darryl Tapp and Don Carey

From KBD Group

NORFOLK

The Foodbank of Southeastern Virginia & the Eastern Shore has announced the launch of #TackleHunger757 — an awareness and fundraising campaign featuring Hampton Roads natives and NFL Players Darryl Tapp and Don Carey as ambassadors.

#TackleHunger757 will support the Foodbank's Backpack Program — a nationally-recognized program that discreetly distributes nutritious, non-perishable food before the weekend or holiday vacation to food insecure children in Southeastern Virginia and on the Eastern Shore.

"With more than 41,000 children in our service area identified as food insecure, we felt the need to establish an aggressive campaign to galvanize the community around such a critical issue," said Ruth Jones Nichols, CEO, Foodbank of Southeastern Virginia. "The first few months of school are pivotal to ensuring a positive start to the academic year. Leveraging the support of our board, celebrity athletes, corporate donors, and the community, we are poised to tackle two root causes of student academic failure — food insecurity and child hunger."



Courtesy Foodbank of Southeastern Virginia & The Eastern Shore
Don and LaKeisha Carey, with the Foodbank of Southeastern Virginia and the Eastern Shore's CEO Ruth Jones Nichols and Board of Directors members Paul Finch (President), Lisa Cuba (Vice President), and David Chase (Secretary/Treasurer).

This year, 2,900 children will receive food through the Foodbank's Backpack Program — a decrease of 500 students compared to last year due to a decline in donations. Through various grants and commitments, the Foodbank anticipates receiving \$342,000 to support the program, which leaves an estimated fundraising gap of \$200,000. To help fill this gap and jumpstart the #TackleHunger757 campaign, NFL player Darryl Tapp, along with his wife Tiffany, contributed \$15,000 to the campaign. The Tapp's commitment to the Foodbank began this summer with a \$25,000 donation in support of the Foodbank's End Summer Hunger Matching Gift Challenge.

In addition, NFL player Don Carey and his wife, LaKeisha, contributed \$5,000 to the campaign. Together, these NFL players are challenging the community to match their gifts with at least one dollar for each dollar donated to support the Foodbank's Backpack Program.

"Ensuring that children have access to nutritious food is one of the most effective ways to level the playing field

for all students," said Darryl Tapp. "I appreciate the opportunity to leverage my platform alongside other NFL players, and my wife and I are excited to join the Foodbank's effort to tackle hunger in our community."

"Through our foundation, REECH, we are committed to helping students achieve their maximum potential, and proper nutrition is essential to their success," said Don Carey. "The Foodbank's mission to eliminate hunger aligns well with our community efforts, and we are delighted to support such a worthwhile campaign."

"As funding streams continue to evolve, in terms of Federal and corporate support, we have to implement new strategies to assist hungry families in our service area — especially our children," said Paul Finch, Board President, Foodbank of Southeastern Virginia and the Eastern Shore. "This campaign offers an innovative and enjoyable approach to further engage our Board and the community at large in our efforts to eliminate hunger."

For more information or to support #TackleHunger757, visit foodbankonline.org.

Norfolk resident spearheads city's first disc golf course

From norfolk.gov

Charles Barrie brought his passion for disc golf to the department that could make it happen in Norfolk: Recreation, Parks and Open Space (RPOS).

A friend introduced Barrie to disc golf while in the Navy. "I was hooked from the first throw," Barrie said. Disc golf is played just like regular golf, but with flying discs. When Barrie left the Navy after seven years of service, disc golf became his go-to sport. Within a few months, he joined the Professional Disc Golf Association and began competing in tournaments. "Disc golf can be played at a novice to a professional level," Barrie said. He started the first Disc Golf Club at Old Dominion University, where he is currently studying for a master's degree.

About three years ago, Barrie sent an email to RPOS Director Darrell Crittendon, proposing a disc golf course in Norfolk. Barrie worked closely with RPOS staff including Ben Kane, GIS Technician II, to identify the location at Poplar Hall Park and design the nine-hole, par-three course.

"Disc golf has been a fast-growing recreational sport. Progressive cities looking to offer new and creative leisure opportunities are quickly adopting this sport as an extension of municipal parks and recreation department's program offerings," said Darrell Crittendon, Director of the Department

“Disc golf has been a fast-growing recreational sport. Progressive cities looking to offer new and creative leisure opportunities are quickly adopting this sport as an extension of municipal parks and recreation department’s program offerings.”

Darrell Crittendon, Director of the Department of Recreation, Parks and Open Space

of Recreation, Parks and Open Space. The Poplar Hall Park course hosted the city's first disc golf tournament on Sept. 29th.

The course is free and open to the public during regular park hours. Disc golf can be played by children and adults of all ages.

For more information on disc golf in Norfolk, visit www.norfolk.gov/play.

VBCPS to host Beach Bags food drive October 25

From vbschools.com

Virginia Beach City Public Schools (VBCPS) and the Virginia Beach Education Foundation (VBEF) are partnering with WTKR News 3 and Pembroke Mall to host a Beach Bags food drive Thursday, Oct. 25. The Beach Bags program provides shelf-stable meals and healthy snacks to more than 500 VBCPS students each week who might otherwise go hungry during weekends and school vacations.

The local support program is sustained entirely by donations from community members, area businesses and organizations and school organizations. Volunteers will collect both monetary and food donations for the Beach Bags program from 10 a.m. to 7 p.m. at Pembroke Mall (Kohl's parking lot

behind Walgreens). Additionally, 74 VBCPS schools are volunteering to set up collection boxes at their respective locations and encouraging their students, staff and communities to bring donations.

Any of the following food items may be donated to be packed in Beach Bags for students:

- Individual-sized cereal boxes or oatmeal packets
- 8-ounce servings of shelf-stable milk
- Individually sized meals (ravioli, spaghetti and meatballs, macaroni and cheese, chunky soups, etc.)
- 4-ounce or larger fruit cups
- 100 percent juice boxes
- Snack items (granola bars, pudding cups, pretzels, trail mix, snack crackers, etc.)

Tax-deductible donations may be made payable to the VBEF via their website.

Individuals, businesses and organizations may make food or monetary donations to the Beach Bags program throughout the year by contacting the Office of Community Engagement at 757-263-1936 or beachbags@vbschools.com. For more information about the program, visit vbschools.com.

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SPEND AN EVENING WITH WONDER WOMAN HERSELF, LYNDA CARTER SATURDAY NIGHT

By Yiorgo

This Saturday night October 27, 2018 Wonder Woman herself, Lynda Carter, will be singing and entertaining all of us with her brand new show An Evening with Lynda Carter.

Yiorgo: Thank you for taking the time to talk to us here at The Flagship Newspaper.

Lynda Carter: Oh no, thank you. I have always been and continue to be a big supporter of our military. As a matter of fact my daughter Jessica Altman is dating a naval officer stationed right there in Norfolk, VA. His name is Lieutenant Ross Uhrich he is the maxillofacial surgeon assigned to the USS Ford.

Y: This is a coming back to Hampton of shorts for you since in 1972 the Miss World USA was held here at the then brand new Hampton Coliseum. I was actually there and saw you as you were crowned the winner of Miss World USA.

LC: It was so much fun, a great opportunity and I remember how kind some of the judges like James Darren and David Jensen were and the host Mr. Bob Hope as well. As Miss World USA I did a lot of singing and appearances for Mr. Hope’s golf tournaments, other charities and later for his 80th birthday. I still have a charm bracelet that was given to me then that has the Hampton Coliseum on it.

Y: Tell us about getting the part of Wonder Woman and were you given any leeway in how you were going to portray Wonder Woman, to make her your own character?

LC: I was a woman whose mother came out of WWII and those women were self-sufficient and would tell their daughters you could be anything you want to be.

I insisted that they did not dumb her down. The director of the pilot allowed me to give Wonder Woman goodness, a kindness and a heart.

Y: What would you say is the legacy of Wonder Woman?

LC: I do speak about Wonder Woman in my show. A lot of people bring their daughters or granddaughters and I tell stories. I love it when there are kids in the audience. There is a little girl named Grace that has started to come to my shows, and I saw her backstage. She was extremely shy and her parents have written me to say that since Grace started coming to the shows and I recognize her from the stage that her confidence and self-esteem has really changed

for the better.

After all these years Wonder Woman has still sustained as a role model. It really speaks to the heart of the character. For women I believe it is about not being a victim. Wonder Woman has all the pieces of womanhood, the kindness and the goodness it strengthens who we know we are. But she cannot be taken advantage off.

For the women of today, the *#metoo* movement is shaking up women as well as men. It’s been unfortunate as to how this has been hijacked. Without getting too political it was shameful how Doctor Blasey was treated because they devalued women, I thought. It’s frustrating that we are still fighting the same fight. One thing I always try to say is to not lump all men into those people who devalue us. We have champions in all families like my husband, my father and my son. They are all lumped in and in so doing we have also devalued those who are our champions. We need to empower them to speak up when they see bad behavior in high school, in college; it’s not cool in the workplace. I have the most valuable men in my life and I value them, and I think that needs to be said. We have our heroes.

I don’t want to be a man, I like being a woman, and most women are not trying to be men, we just want to be included in the conversation, weather it is in the government, in the job. We value what our husbands say and we want them to value what we say. When you talk about family dynamics, this is not who rules the house anymore as to who rules the country. It is about cooperation and women have an important part in what that conversation is. After all we are the mothers of all mankind. Sometimes that is forgotten and it is not to be controlled either by government.

One of the questions that was asked at the Kavanaugh hearings that I thought was very good was, Can you name any legislation that controls men’s bodies? The answer is there aren’t any. This doesn’t belong in government; it belongs at home or with the clergy. Part of the choice is choosing “to” have children.

Y: What should the people expect to see and hear at the show?

LC: The audience will have a blast. The show is so much fun. You have 10 people on the stage, 7 musicians and 3 singers, all of who are very talented and famous. All are studio musicians out of Nashville. Many are Hall of Famers and Grammy winning musicians who have worked with me on the albums. Paul Leim who is my long time Music Director, actually played drums on the Wonder Woman show so we know each other since 1976. Paul is one of the most recorded drummers in the world.

The show is a mixture of some of the songs from my albums. It’s a family affair for us because I wrote some of the songs. My son James Altman played the guitar on several songs on my latest album. My daughter Jessica Altman will also be singing some of the songs with me at The American Theatre Saturday night. They both have regular jobs but when I can get them to perform with me in front of an audience it is such a thrill for everyone. I also tell stories and include the audience in the show. People actually stand up and dance in the aisles.

For ticket and more info go to: www.hamptonarts.net/events/detail/an-evening-with-lynda-carter

Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.



Make your tailgating party the hotspot

From Brandpoint

Tailgates down! Portable grills are full of mascot-stamped brats ready to be washed down by the contents of ice cold coolers. The scene includes enough family and friends to leave no leftovers behind. Rivalry-fueled rhetoric, bag toss tournaments and face painting mark one of the most anticipated traditions of the year.

The fall brings out the best of the weekend tailgating warriors! From the most serious of fans to the folks that don’t quite manage to get in the gates, generations merge in an unparalleled congregation that spans from college communities to the biggest cities in America. And these fans can now watch the game from that very tailgate.

Gridiron battles and ballpark miracles generate cherished memories. From the days of listening to the score updates of

conference rivals already in action via AM radio, to trying desperately to get that connection on a smartphone to follow live streaming, the interest in the status of the games you’re not at has always been there.

Holding the key to that game may make you the most popular member of your tailgating party. With a few tips, your tailgating party can become the most popular “hotspot,” where your friends and family can connect and enjoy the pregame or even the game, if they don’t have tickets. Here are five tailgating scenarios and tips to keep you connected, safe and ready to enjoy your tailgating experience!

1. Collapsible kitchen kits, retractable cutting boards and disinfecting wipes provide a simple prepping and serving system for tailgating on the go. After the big game when it’s time to retrieve your gear, you’ve

got a clean and secure tote ready for action the next weekend.

2. “The Grove” is where Ole Miss fans have tailgated in its breathtaking, tree-lined, 10-acre field for generations. But this beautiful tailgating spot also has all types of cellular and WiFi signal disruptions, and north of 100,000 people vying for a WiFi connection. Winegard(R) Company’s ConnecT(TM) 2.0 WiFi/4G LTE extender improves exclusive connectivity for your party. Waterproof and backed by a warranty, this device is less than two feet in diameter but gets the signals you need to be the quarterback of your tailgating team.

3. The Washington Huskies boast another unique tailgating scene. On the shores of Washington Lake, many fans “tailgate” in the multiple harbors. Often folks hop from one boat slip to the next. However, the most crowded of slips will be those that have a portable HDTV system to watch the best games live. The DISH(R) Playmaker(TM) portable satellite TV antenna powered by Winegard enables you to follow every team, from the Huskies in the Northwest, to the Maryland Terrapins in the Northeast, and never miss a moment of all the conference action on Saturdays. And setting up

is easy, with several mounting options for your convenience, from a tripod for easy positioning on the dock, to a window attachment for your vehicle or placement on your RV. Bring your DISH(R) Wally receiver from home if you already have DISH, or sign up for Pay As You Go programming and only pay for TV during football season.

4. Aboard any tailgating vessel, fire extinguishers are a requirement, and first aid kits are also a great idea. Having these things on hand, water or land, will save the day of a loved one or a fellow fan.

5. What about night games? A waterproof flashlight or lantern can provide even the weariest of fans an opportunity to pack up camp after the big game safely and efficiently. Using lights with clamps leaves both hands available to avoid an amateur one-handed acrobatic packing effort. Don’t forget a set of extra batteries to ensure your light shines and you all can depart safely.

The season is upon us! Given these tips, fans will stay safe and connected. With cherished memories engraved forever, your tailgating experience will now be the “hotspot.” Good luck to your team, and have a great season!



Virginia Symphony Orchestra presents Peanut Butter & Jam Family Concert, Halloween Spooktacular

Kids of all ages will enjoy some of the spookiest music ever written!

From Monica Meyer

The VSO returns to Sandler Center for the Performing Arts to open its 2018-2019 Peanut Butter and Jam Family Concert Series with Halloween Spooktacular, conducted by Assistant Conductor Gonzalo Farias!

Designed for ages 3-12, but perfect for all ages, the PB&J series presents a casual and engaging concert experience for young ones to gain exposure to the orchestra and the music of the day.

Halloween Spooktacular boasts some of the spookiest music ever written, like Saint-Saëns Danse Macabre, and other family favorites like music from The Incredibles and Coco.

Attendees are encouraged to come in costume and arrive early for preconcert activities with Slover Library, WHRO, the Girl Scouts and Music & Arts starting at 2 p.m.

Halloween Spooktacular starts at 3 p.m. on Saturday, October 27 at Sandler Center for the Performing Arts.

Tickets are \$17 for adults and \$12 for children. Tickets can be purchased in advance by calling 757.892.6366, visiting www.virginiasympphony.org or visiting the Virginia Symphony Box Office at 150 Boush Street, Suite 201, Norfolk, VA 23510 from 9 a.m. – 4:30 p.m., Monday – Friday. Tickets can be purchased the day of the concert at the venue starting at 1:30 p.m. For group sales of 10 or more, call 757.213.1431.

The PB&J Family Concert Series is sponsored by Capitol Group. Halloween Spooktacular is sponsored by Children’s Hospital of The King’s Daughters. Partial support for this concert has been provided by the Business Consortium for Arts Support, the City of Virginia Beach, the Virginia Beach Arts and Humanities Commission, and the Virginia Commission for the Arts.

NBC’s Manifest is an updated take on classic TV mystery

By Nicholas Sutherland
Coughguysports.com

NBC’s new hit show on Monday nights “Manifest” has an interesting plot. That is, a passenger airplane flight number 828 was lost for five years, all passengers presumed dead, their relatives, loved ones and friends have all moved on with their lives. They suddenly arrive to find that it is now 2018, instead of 2013. The government undergoes its investigation

on what happened, and they aren’t giving much so far. On the other hand, former NYPD detective Michaela divulges her own investigation so far into her and her plane-mates disappearance.

The show has been great so far, the mystery surrounding why the plane disappeared for 5 years is intriguing. Michaela so far has been the star of the show, she has a troubled background that has been introduced but some-

how ended up being a NYPD cop. Twice, due to Michaela’s instincts and the voice in her head that shows up after the plane landed, has saved two young girls who were kidnapped and also lucked into finding the stolen necklace from a murdered woman who lost it, who was also on the plane with her.

Episode 4 will hopefully answer some questions we all have in regards to why 1) they are hearing voices 2) the plane was lost for 5 years and 3) does the government have anything to do with the missing plane.



Courtesy NBC



Eddie Redmayne as Newt Scamander in Warner Bros. Pictures’ fantasy adventure “Fantastic Beasts: The Crimes of Grindelwald,” a Warner Bros. Pictures release.

Jaap Buitendi

coming to theaters

BOHEMIAN RHAPSODY (PG-13)

Singer Freddie Mercury, guitarist Brian May, drummer Roger Taylor and bass guitarist John Deacon take the music world by storm when they form the rock ‘n’ roll band Queen in 1970. Surrounded by darker influences, Mercury decides to leave Queen years later to pursue a solo career. Diagnosed with AIDS in the 1980s, the flamboyant frontman reunites with the group for the benefit concert Live Aid -- leading the band in one of the greatest performances in rock history.

FANTASTIC BEASTS: THE CRIMES OF GRINDELWALD (PG-13)

In an effort to thwart Grindelwald’s plans of raising pure-blood wizards to rule over all non-magical beings, Albus Dumbledore enlists his former student Newt Scamander, who agrees to help, unaware of the dangers that lie ahead. Lines are drawn as love and loyalty are tested, even among the truest friends and family, in an increasingly divided world.

DR. SEUSS’ THE GRINCH (PG)

Academy Award® nominee Benedict Cumberbatch lends his voice to the infamous Grinch, who lives a solitary life inside a cave on Mt. Crumpet with only his loyal dog, Max, for company. With a cave rigged with inventions and contraptions for his day-to-day needs, the Grinch only sees his neighbors in Who-ville when he runs out of food. Each year at Christmas they disrupt his tranquil solitude with their increasingly bigger, brighter and louder celebrations.

When the Whos declare they are going to make Christmas three times bigger this year, the Grinch realizes there is only one way for him to gain some peace and quiet: he must steal Christmas. To do so, he decides he will pose as Santa Claus on Christmas Eve, even going so far as to trap a lackadaisical misfit reindeer to pull his sleigh.

THE NUTCRACKER AND THE FOUR REALMS (PG-13)

Young Clara needs a magical, one-of-a-kind key to unlock a box that contains a priceless gift. A golden thread leads her to the coveted key, but it soon disappears into a strange and mysterious parallel world. In that world, she meets a soldier named Phillip, a group of mice and the regents who preside over three realms. Clara and Phillip must now enter a fourth realm to retrieve the key and restore harmony to the unstable land.

BOY ERASED (R)

A young man is sent to gay conversion camp by his staunchly religious parents after a traumatic event leads him to be ‘outed’ by his college crush. His God-fearing parents believe that he can reverse his inclinations in this timely drama about sexuality, religious duty and acceptance.

INDIVISIBLE (PG-13)

Indivisible is the extraordinary true story of Army Chaplain Darren Turner and his wife Heather. When war etches battle scars on their hearts, they face one more battle: the fight to save their marriage. One marriage, one family, under God.

AIRSTRIKE (R)

During World War II, five different Chinese people fight their way through Japanese Air Force attacks to protect an important military machine in Chongqing, 1940.

base theaters \$3 Movies



Courtesy Warner Animation/Warner Bros.

SMALLFOOT

A yeti named Migo is convinced that a human known only as “Small Foot” is real and has to prove to his tribe that it does exist with the help of Meechee and the S.E.S - Smallfoot Evidentiary Society.

JEB Little Creek, Gator Theater – 462-7534

Friday, October 26

6 p.m. Smallfoot (PG)
9 p.m. Hellfest (R)

Saturday, October 27

1 p.m. Smallfoot (3D) (PG)
4 p.m. The House With A Clock In It’s Walls (PG)
7 p.m. The Predator (R)

Sunday, October 28

1 p.m. The House With A Clock In It’s Walls (PG)
4 p.m. Smallfoot (PG)
7 p.m. Hellfest (R)

NAS Oceana, Aero Theater – 433-2495

Friday, October 26

7:30 p.m. Hotel Transylvania 3: Summer Vacation (PG) (NDVD - FREE admission)

Saturday, October 27

12 p.m. Trolls (PG) (NDVD - FREE admission)
3 p.m. Smallfoot (PG)
6 p.m. Hell Fest (R)

Sunday, October 28

12 p.m. Hotel Transylvania (NDVD)
FREE admission!
3 p.m. Smallfoot (3-D) (PG)
6 p.m. The House With A Clock In Its Walls (PG)

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

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announcements

Announcements

BAKE SALE
Homemade goodies! Sat., Oct. 20, 9am - 1pm. Dormition Orthodox Church, 736 Sheppard Ave., Norfolk

BOOK, BAKE & HOLIDAY BOUTIQUE SALE
WEST GHENT-St. Andrew's Church, 1009 W. Princess Anne Rd. Oct. 27: 9am-2pm; Oct. 28: noon-3 pm.

HOLLY DAYS CRAFT/GIFT SHOW
70+ Exhibitors Nov 3 10am-5pm Nov 4 11am-4pm Camden Intermediate School 123 Noblitt Dr Camden NC

LOOKING FOR CRAFTERS OR VENDORS
Tempsville High school the Destination Imagination team is looking for crafter/vendor for our December 8th show. Spaces limited. If interested please contact Bussie 757-567-4175

PUBLIC NOTICE:
Celco Partnership and its controlled affiliates doing business as Verizon Wireless are proposing to collocate antennas on a 70-foot Roof-Top near 401 Granby Street, Norfolk, Norfolk City County, VA 23510. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to, Environmental Resources Management, C/O Danna Allen, Wireless Projects, 200 Wingo Way, Suite 101, Mt. Pleasant, SC 29464, or by email vzwnepa@erm.com, or by phone 1-615-656-4633.

Religious Announcements

PLACE OF WORSHIP
We are searching for a place of worship to purchase, lease to own, or rent that would accommodate 200 persons. Please contact us at 757.708.1155 for more information.



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NORFOLK - RIVER FOREST
5936 Oetjen St. Fri 10/26 and Sat 10/27. 8am-1pm. Furniture, Washer/Dryer, coins, games, paintings, antiques and more. 757-650-3549

Flea Market/Bazaars

HOLIDAY CRAFT BAZAAR - CRAFTERS NEEDED
Saturday, November 10, 2018 - 9am-3pm, Courthouse 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.



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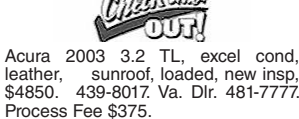
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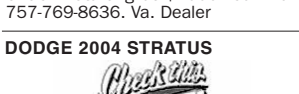
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3.5 SE, 79K orig mi., auto, air, loaded, leather, 2 to choose, \$4990. 439-8017. Va. Dir. 481-7777. Process Fee \$375.

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SL. leather, dual sunroof, 58K mis., new insp, excel cond, \$12,800. Call for details 675-0288. Va. Dir.

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XLE pkg, 32K mis., sunroof, warranty, loaded, like new, \$19,900. Call for details 675-0288. Va. Dir.

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Fun and Games

Super Crossword

ACROSS

- 1 Actress Paxton
5 Miss — (Dickens spinster)
13 Small-combo jazz genre
20 Even-steven
21 Hated thing
22 Like waves, to shorelines
23 Disdain for cow milkers?
25 Heeded, as a suggestion
26 Not be under the weather
27 Note before la
28 "Moses" novelist Sholem
30 A, to Klaus
31 Ungenuine
33 Give a tot some grub?
38 Psych., e.g.
40 Trail rope
43 Priam's city
44 Part of USSR: Abbr.
45 Tremble resulting from drawing curtains?
48 Gas additive
52 With 66-Down, she won a 1957 Tony for "Li'l Abner"

DOWN

- 53 Sleek, briefly
54 Tanzania's es
55 Moniker
56 Quantity in a given area
59 More irate about the cards one was dealt?
64 Work unit
65 Grain bundle
68 Rod go-with
69 Old region of Asia Minor
70 Retaliation plan that's proceeding tediously?
74 Mag revenue source
77 River of Florence
78 Dame Judi
79 Larch cousin
82 Statement about a tea box?
86 Certain tax shelter
88 Author Blyton
89 LAPD division?
90 Julio's "eight"
93 Driving club
94 Orate
96 Sleep furniture designed for athletes?

ACROSS

- 101 West ender?
102 Cuddly "Star Wars" critter
103 Office scribe
104 TV "Science Guy" Bill
105 Rice field with a salami factory in the middle of it?
110 Used a bat
112 What sit-ups work
113 "Yeah, bro"
114 Cheer for a 12-Down
117 Love of Tristan
120 Scrounged
123 Rivals at auctions?
127 Members of the mob
128 Underscored
129 Elsa's sister in "Frozen"
130 Written law
131 Euros replaced them in the Netherlands
132 Lucy's guy

DOWN

- 1 Double — Oreos
2 Adviser, e.g.
3 Changing the nature of
4 Author — Rogers St. Johns
5 Tool for cutting metal
6 Year, in Brazil
7 Movers' vehicles
8 "Leave — me!"
9 Library unit
10 Skirt border
11 Bit of gig gear
12 Torero
13 Georgia fruit
14 Symphony performer
15 Boozing type
16 Mao — -tung
17 — one's time (waited)
18 Egg-shaped
19 1-cent coin
24 Rich boy in "Nancy" comics
29 Pig holder
32 Tried
34 Abbr. at JFK
35 Before, to Browning
36 — -l-moor diamond
37 Novel by Sir Walter Scott
38 Uppsala native, e.g.
39 Apple quaff
41 "Thar — blows!"
42 Sharing word
46 — Plaines

ACROSS

- 47 DeLuiise of "Fail Safe"
48 Head organ
49 Indian bread
50 Old Dodge hatchback
51 Mother of Helen, in myth
54 Dig deeply
57 — Brothers ("Fight the Power" R&B group)
58 E'en il
60 Inert element
61 The, to Klaus
62 Achievement
63 Snug-fitting
66 See 52-Across
67 Unwavering
70 Sells
71 L.A.-to-Boise dir.
72 Dresses
73 SFC or CPL
74 Nailed
75 Aarhus native, e.g.
76 Bank acct. guarantor
79 Forefront of an activity
80 Wry twist
81 Span
83 Most tenacious
84 — -pah
85 Blue
86 Jays, on a scoreboard
87 Covered up
91 Euro divs.
92 Pres. after FDR
95 Parseghian of Notre Dame
96 Goodie-filled gala gift
97 Pea holder
98 Permitted
99 Coils around
100 Drench
102 Dermis or Pen lead-in
105 "Dynasty" actress Emma
106 "Three Men in —" (novel or film)
107 Yank's land
108 "Metro" star Murphy
109 Sing on a peak, maybe
111 Roving type
115 Loan out
116 Art Deco notable
118 Cubs' homes
119 Morales of "Caprica"
121 Op. — (kin of "ibid.")
122 Astros, on a scoreboard
124 Hospital div.
125 Roman 601
126 At any time, to Browning

Sudoku

1		6		4	5		
	3		7			1	
		9	2				8
3			2		4		6
	8	4	1			2	
		5		6	3	7	
7	5		6			9	
8			5		9		7
		1		4			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: T equals N

Y FVYTL Y SXQ IKBXNXCQ

JHF QBG FVXF ABN XW X

SXKYBTHFFH EBKLHK YR Y

AGWF IGCC X RHE WFKYTJW.

Last week's CryptoQuip answer

Famous movie about a person who always leaps excitedly into cabs headfirst: "Taxi Diver."

last week's answers

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

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



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