



MC2 Thomas Gooley

The Royal Norwegian Navy Skjold-class fast patrol boat HNoMS Storm (P961) is underway alongside the U.S. Navy Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) during flight operations. Currently operating in the U.S. 6th 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.

By MC2 Thomas Gooley
USS Harry S. Truman Public Affairs

VESTFJORDEN SEA

The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) and select ships from Carrier Strike Group Eight (CSG-8) joined U.S. Army, Air Force and Marine Corps service members Oct. 25 for the largest NATO exercise since 2015 – Trident Juncture 2018 (TRJE 18).

The U.S.’s 14,000-strong combined force will join participants from all 29 NATO

member nations, as well as partners Sweden and Finland. The Harry S. Truman Carrier Strike Group (HSTCSG) will send aircraft from embarked Carrier Air Wing One (CVW-1) to conduct sorties, both at-sea and on Norwegian land ranges, nearly every day while participating in TRJE 18. Adding to the exercise, the strike group will be conducting high-end warfare training in air, surface and subsurface operations. Through these focused, multi-mission events, HST-CSG will work alongside allies and partners to refine its network of capabilities able to

respond rapidly and decisively to any potential situation.

“For nearly 70 years, the NATO alliance has been built on the foundation of partnerships, cooperation and preserving lasting peace,” said HSTCSG Commander, Rear Adm. Gene Black. “Our strike group’s operations in the North Atlantic region over the past several weeks demonstrate our commitment to these ideals, and we’re looking forward to enhancing our cooperation with our allies and partners during Trident Juncture.”

The HSTCSG has spent much of the past

few weeks in the North Atlantic refining its skill sets and capabilities in preparation for the exercise. After sailing off the coasts of Iceland and in the North Sea, strike group ships crossed the Arctic Circle and began operations in the Norwegian Sea. For several days, the strike group also operated alongside Royal Norwegian Navy ships in the Vestfjorden – a sea area inside Norwegian territorial waters.

Along with fostering stronger bonds

» See NATO | A7



IS1 Kalil Negronrodriguez

Intelligence specialists (IS) from commands in Hampton Roads, Virginia are provided speed mentoring and promotion package reviews by senior members of the IS community during the inaugural Hampton Roads Area Intelligence Symposium.

IWTC Virginia Beach hosts inaugural Hampton Roads area Intelligence Symposium

From Information Warfare Training Command Virginia Beach Public Affairs

VIRGINIA BEACH, VA.

Information Warfare Training Command (IWTC) Virginia Beach hosted the inaugural Hampton Roads Area Intelligence Symposium, welcoming intelligence specialists (IS) from commands in Hampton Roads, Oct. 23-25.

The symposium was designed to bring the local IS community together to discuss current initiatives, exchange best practices, and provide mentorship to Sailors. The junior detailee was available to meet with Sailors one on one to discuss future billets and opportunities. Multiple IS master chief petty officers provided speed mentoring

» See IWTC | A7

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SUPPORTING DIRECTIVE MILPERSMAN ARTICLE 1070-180

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U.S. Navy photo

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

Official photographs will once again be displayed for all officer promotion selection boards, according to a Navy message, released Oct. 29.

This policy change came about due to board feedback. Boards overwhelmingly found the photo to be useful in evaluating officers’ ability to fulfill the Title 10 requirements for promotion to the next grade.

Effective with the release NAV-ADMIN 265/18, the requirement to maintain an official full-length officer photograph remains in accordance with Military Personnel Manual Article (MILPERSMAN) 1070-180 – Officer Photographs. A change to MILPERSMAN Article 1070-020 – Officer Official Military Personnel File (OMPF) – will reflect the reinstatement of the requirement to display the photo during officer selection boards.

The Navy had eliminated the requirement to display photos for officer selections in 2016, but the requirement for officers to

» See PHOTO | A7

Navy reinstates Officer Board photo requirement

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SEA SCIENCE:

U.S. Navy’s Task Force Ocean is designed to reinvigorate the Navy’s commitment to ocean sciences, advancing its tactical advantage through a better knowledge of the ocean environment and its impact on sensors, weapons and operations.

» see A6

HSC-3 MISHAP-FREE

Sailors assigned to Helicopter Sea Combat Squadron (HSC) 3 “Merlins” celebrated reaching 300,000 Class A Mishap-free hours, October 25.

» see B1

FREE TO BREATHE RUN/WALK THIS SATURDAY AT VA BEACH OCEANFRONT

Runners & Walkers hit the street to help fight lung cancer in Virginia Beach’s ‘Free to Breathe’ Run/Walk this Saturday

» see C1

ANNUAL RETIREE SUMMIT, CAREER FAIR & MWR SHOWCASE

From CNRMA Fleet and Family Readiness

Military retirees, transitioning military, family members & surviving spouses are invited to attend the Annual Retiree Summit, Career Fair & MWR Showcase.

When: Friday, Nov. 2, 2018, 9 a.m. — 1:30 p.m.

Where: JEB Little Creek, Rockwell Hall Gym at Nider Blvd. & 5th St., Bldg. 3147
Retiree Summit:

- NMC — Portsmouth / JEB Little Creek — Fort Story Boone Clinic Health & Information Booths and FLU SHOTS! (Limited availability)
 - Military, Federal & Community Organization Reps for Q&A
 - Presentations on Current Policies & Legislation
 - Veteran's Support Organizations & Tricare Reps
- Career & Education Fair:
- Fleet & Family Support Center Resources
 - 40+ Global & Local Employers
 - SkillBridge Programs

MWR Showcase:

- MWR Informational Tables, Interactive Displays & Coupons from Community Recreation Programs, Marinas & Sailing, Navy Getaways, Movie Theaters, Golf, Bowling & more

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Photos by MC3 Adam Austin

Senior Chief Radioman (Ret.) Don Miller (right), a representative of the Virginia Business Outreach Center, speaks to a local veteran during the Retiree Summit and Career Fair at Joint Expeditionary Base Little Creek / Fort Story. The annual event is held to assist veterans and retirees in transitioning to post-military careers by providing access to industry contacts, educational opportunities, and veteran resources.



United States Congressman Scott Rigell (right), from the 2nd District of Virginia, speaks to veteran Eugene Crabtree (left) following a keynote address during the Retiree Summit and Career Fair at Joint Expeditionary Base Little Creek / Fort Story. The annual event is held to assist veterans and retirees in transitioning to post-military careers by providing access to industry contacts, educational opportunities, and veteran resources.



United States Congressman Scott Rigell (right), from the 2nd District of Virginia, speaks to representatives of Project Healing Waters, a veteran support group, during the Retiree Summit and Career Fair at Joint Expeditionary Base Little Creek / Fort Story. The annual event is held to assist veterans and retirees in transitioning to post-military careers by providing access to industry contacts, educational opportunities, and veteran resources.

Residents can help protect our local waterways

By Amy E. Hardy

PWD NSA Hampton Roads, Water Program Manager

This article serves as part one in a four article-series on everyday habits residents can adopt to prevent pollution from storm-water runoff and to protect our local waterways.

Have you ever wondered what you can do to help protect the rivers, streams, and waterways near your home? These water bodies supply our drinking water, provide us with recreational activities and beautiful scenery. This four-part series provides information about common sources of pollution from everyday activities and, habits you can adopt to prevent water pollution.

Storm-water runoff results when rain cannot soak into the ground because of impervious surfaces such as roads and rooftops. Storm-water pollution results when storm-water picks up, carries, and discharges various pollutants into storm drains or ditches, and ultimately into the downstream waterways. Pollutants include items such as pesticides, fertilizers, construction site sediments, pet waste, litter, and other items. Prevention of storm-water pollution is important to:

- Prevent contamination of drinking water sources
- Protect our precious water resources for recreational activities such as fishing, swimming, and boating
- Protect plant and animal habitats
- Preserve the natural beauty of our landscape

First, it is important to understand the difference between the sanitary system and the storm drain system. The illustration shows how water from our sinks, showers and bathtubs, clothes washing machines, and dish washers all enter the sanitary system via pipes that are connected to a wastewater



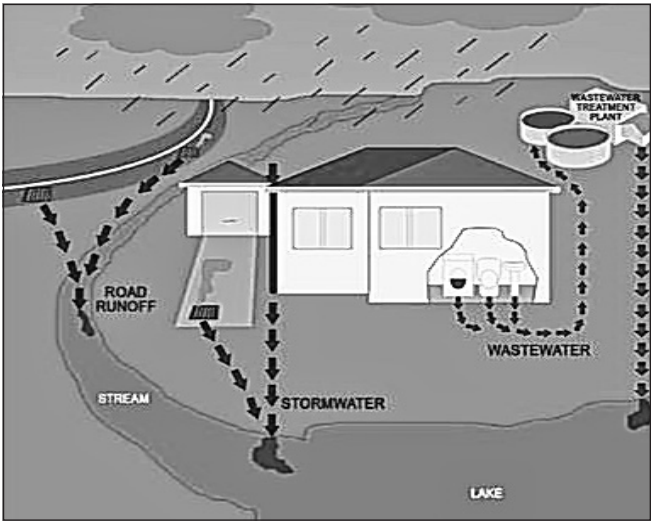
ter treatment plant. Pollutants from these waters then are removed by the treatment plant before being discharged.

By contrast, storm-water, which runs off our rooftops, driveways, roads, and lawns, enters into the storm drain system and discharges directly to nearby streams, lakes or bays without receiving any treatment.

You may have noticed decals near storm drains indicating that the storm drains flow directly to a nearby waterway. NAVFAC Mid-Atlantic installs these decals to educate residents and employees of the Navy installations on storm-water pollution prevention.

Common sources of pollution in the storm-water runoff from our lawns include pet waste, fertilizers, pesticides, lawn clippings and leaves, and other substances which may be left uncovered (such as dirt piles, salt piles, paints, oils, etc.). In addition, car maintenance activities such as oil changes and car washing can contribute to storm-water pollution when oil and detergent run into the gutter. Remember to collect all used oil and dispose of it properly. When washing a car, it's better to wash on grass, which filters the contaminants, or to use a commercial car wash.

Thanks for reading and be sure to pick up the next issue of The Flagship to read article 2 in this series which will provide some specific examples of everyday activities to prevent storm-water pollution from automotive, home pool, and lawn care maintenance activities.



U.S. Navy graphic

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NEWS FROM NAS OCEANA

NAS Oceana Photos

By NAS Oceana Public Affairs



MCSN Mark Thomas Mahmood

Volunteer actors pose for a photo during the Halloweentown Haunted Maze held on board Naval Air Station Oceana. Morale, Welfare and Recreation Mid-Atlantic Region sponsored the event.



Hospitalman Cayla Williams administers a seasonal flu vaccine to a Sailor on board Naval Air Station Oceana. The seasonal flu vaccine protects against the influenza viruses that research indicates will be the most common during the upcoming season.

MCSN Mark Thomas Mahmood



MCSN Mark Thomas Mahmood

Children react to a volunteer actor during the Halloweentown Haunted Maze held on board Naval Air Station Oceana. Morale, Welfare and Recreation Mid-Atlantic Region sponsored the event.

Naval Air Station Oceana Ombudsman Alura Romero poses for a photo during an ombudsman dinner held at the Virginia Beach Convention Center. The dinner was held to recognize the work of the region's ombudsmen.

MC2 Jacob S. Richardson



Capt. Chad Vincelette, Naval Air Station Oceana commanding officer, poses for a photo with his team during the CO's Fall Golf Invitational held at the Aeropines Golf Club.

MCSN Mark Thomas Mahmood



Air Traffic Controller 1st Class Nicole Robinson poses for a photo with Capt. Chad Vincelette, Naval Air Station Oceana commanding officer, after being named Naval Air Station Oceana FY18 Senior Sailor of the Year at a ceremony held at the Dam Neck Galley at the Dunes.

U.S. Navy photo

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- Parent of BRC Resident



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Coast Guard Cutter Diligence returns home after deterring migrants, responding to hurricanes

From U.S. Coast Guard 5th District Mid-Atlantic Public Affairs

WILMINGTON, N.C.

The crew of Coast Guard Cutter Diligence returned to Wilmington on Friday, Oct. 26, following a 60-day patrol in the Caribbean, Mid-Atlantic and Gulf of Mexico. The Diligence’s crew performed counter-drug and migrant interdiction in the northern Caribbean Sea and post-hurricane responses in North Carolina and Florida.

The crew began their patrol in the Windward Passage between the west coast of Haiti and the east coast of Cuba to deter and respond to mass migration. Their presence served to discourage the departure of unstable and overloaded sailing freighters and kept them from attempting voyages in unseaworthy vessels toward the Bahamas and the U.S.

Following Hurricane Florence’s landfall, the Diligence’s crew transited to North Carolina to aid relief efforts for citizens in Wilmington. Once on scene, the Diligence

assumed the role of surface action group commander and directed three other Coast Guard cutters in response operations. The crew provided water and food to those in need at Bald Head Island and the surrounding communities, assisted Coast Guard Station Oak Island’s crew with post-storm reconstitution, and provided search and rescue response off the coasts of Oak Island and Wrightsville Beach.

After Hurricane Florence, the Diligence’s crew transited to the Gulf of Mexico to assist in the wake of Hurricane Michael. The Diligence acted as a critical offshore search and rescue communication platform while local communication sites were disabled, and the crew provided water to the affected cities of Panama City and Apalachicola, Florida.

“Change was abundant this patrol, and the crew’s adaptability was truly remarkable,” said Cmdr. Robert Mohr, commanding officer of Coast Guard Cutter Diligence. “The crew’s devotion to duty and service to nation shone as they responded to two major hurricanes, even though several crewmembers



Petty Officer 1st Class Christopher Jackson Coast Guard Cutter Diligence, homeported in Wilmington, N.C., sits at anchor offshore Oak Island, N.C., Sept. 19, 2018. The Diligence crew spent 60 days at sea deterring migrants in the northern Caribbean Sea, providing aid and supplies to people affected by Hurricane Florence in North Carolina and serving as a search and rescue coordination platform in the wake of Hurricane Michael.

experienced personal setbacks due to property loss as a result of Hurricane Florence. I was extremely proud of their resolve and their ability to remain mission-focused while they assisted those in need.” Coast Guard Cutter Diligence is a 210-foot medium endurance cutter homeported in Wilmington. The Diligence’s primary

missions consist of counter-drug and migrant interdiction, enforcing federal fishery laws and search and rescue operations. For questions about the Diligence’s patrol, contact Ensign Angela Johnson at 910-815-4528 or AngelaRuth.A.Johnson@uscg.mil.



Ensign Angela Johnson Crew members from Coast Guard Cutter Diligence, homeported in Wilmington, N.C., deliver water to people affected by Hurricane Michael in Panama City, Fla., Oct. 14, 2018. During their 60-day patrol, the crew traveled to N.C. and Fla. to provide food, water, and search and rescue coordination in response to hurricanes Florence and Michael.



Seaman Adam Denas A crew member from Coast Guard Cutter Diligence, homeported in Wilmington, N.C., delivers water to a man affected by Hurricane Michael in Apalachicola, Fla., Oct. 15, 2018. During their 60-day patrol, the cutter’s crew responded to both Hurricanes Florence and Michael, directing three other Coast Guard cutters’ response efforts and providing food and water to impacted communities.

NCTAMS LANT DEFY Program receives two awards

By MCC Rafael Martie NAVIFOR Public Affairs

WASHINGTON

Naval Computer and Telecommunications Area Master Station Atlantic’s (NCTAMS LANT) Drug Education For Youth (DEFY) won the 28th annual Secretary of Defense Community Drug Awareness Award and the 2018 Secretary of Defense Fulcrum Shield Award at the Hall of Heroes in the Pentagon Oct. 18, 2018.

This is the first time a DEFY Program has won both awards at the same time. Also, a few DEFY youth participants were in attendance, another first!

The awards were presented at the 2018 Department of Defense Red Ribbon Week Ceremony. During the event, the 28th Annual Secretary of Defense Community Drug Awareness Awards were presented to units and installations within each of the military services, the National Guard Bureau, and Defense Agencies. The award was established in 1990 in an effort to promote community drug awareness efforts within the Department of Defense community. The Fulcrum Shield Award was established to recognize the efforts of independent military-affiliated youth organizations that have successfully assisted in articulating the anti-drug message through their community.

“No one starts off with a goal of abuse or addiction. They often start by just wanting relief and they take one step down the path they often cannot easily turn back from,” said Executive Director, Office of Force Resiliency Dr. Elizabeth P. Van Winkle, holding a doctorate in Applied Experimental Psychology. “I would like to personally congratulate each of the 2018 winners and offer my heartfelt appreciation for all that you do. You should be extremely proud of



MCC Rafael Martie From left to right Deputy Director, Office of National Drug Control Policy Jim Carroll; Dr. Sharon Shaw of Naval Information Forces (NAVIFOR); Executive Director, Office of Force Resiliency Dr. Elizabeth P. Van Winkle and Capt. Jody Grady, commanding officer, Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMS LANT) pose for a picture with some of the attendee’s of Drug Education for Youth (DEFY) from Naval Station Norfolk during an award ceremony at the Pentagon held Oct. 18. NCTAMS LANT DEFY won the 28th annual Secretary of Defense Community Drug Awareness Award and the 2018 Secretary of Defense Fulcrum Shield Award. DEFY is a program designed to provide students awareness about the dangers of drugs and alcohol.

all you have accomplished. Continue to innovate and lead. You are indeed fighting a force bigger than all of us. Keep fighting and in doing so, you keep those members off the path to addiction. Know you are making a difference in ways you don’t even realize.” DEFY delivers year-long leadership and life skills training for military and Department of Defense civilian children ages 9-12 and teaches team-building, conflict resolution, age appropriate goal-setting, and increasing self-confidence. The awards were received by Dr. Sharon Shaw, recently earned her doctorate in Organizational Leadership with Specialization in Information Systems Technology and currently works at Naval Information Forces. DEFY NCTAMS is headed by Shaw, who is responsible for ensuring that all activities are planned prior to the execution of Phase 1 and Phase 2. Having been involved in the program for 18 years, Shaw is also respon-

sible for recruiting, selecting, and training the staff each year. She establishes and maintains support and links with community organizations to recruit youth and mentors, as well as other resources that enhance DEFY. “It was an honor to represent DEFY and accept the awards on their behalf, but it is truly a team effort,” said Shaw. “The mentors, junior staff members, youth, their parents, and the support from the chain of commands is why we are here today. Without them, the program would not be successful.” The DEFY program is broken down into two phases throughout the year. The first phase is structured to provide a focused classroom-learning environment that will teach leadership, team-building, conflict resolution, goal-setting, and increase self-confidence. Although the classroom is the focus, leadership camps are structured to provide a fun environment that allows quality-training

time, while still permitting a relaxed but organized and memorable experience. The second phase is a 10-month mentoring program during the school year, in which DEFY youth are matched with an adult mentor team. Mentoring events are built around a curriculum module and are structured to provide reinforcement of skills, techniques, and procedures taught in the leadership camp. “It was an educational year attending all the classes to include the camp,” said one of the children participating in the DEFY program. “It all paid off in the end with the award and a cool trip to the Pentagon.” For more information on NAVIFOR, visit the command’s web site at <http://www.public.navy.mil/fltfor/navifor/Pages/Default2.aspx>, our Navy News Web page at <http://www.navy.mil/local/navifor> or Facebook page at <https://www.facebook.com/USNavy-InformationDominanceForces>.

Navy Curators assist Mariners’ Museum with Ironclad Monitor Project

By MC2 Mutis A Capizzi
Naval History and Heritage Command

RICHMOND, VA.

“Water connects us all.” That is the message from Howard Hoege III, president of the Mariners’ Museum and Park located in Newport News to visitors that come to the 90,000 square foot gallery that includes the award-winning USS Monitor Center.

The state-of-the-art exhibition and conservation lab houses 210 tons of artifacts from the Civil War Ironclad Monitor, which were recovered from the National Oceanic and Atmospheric Administration’s (NOAA) Monitor National Marine Sanctuary. In 2002, two XI-inch Dahlgren, smooth-bore shell guns that weigh nearly nine tons each were added to the collection.

As part of the conservation process, Erik Farrell, a member of the archaeological conservation team assigned to the guns along with Hannah Fleming and Will Hoffman, connected with the Naval History and Heritage Command’s Curator Branch and arranged a visit to the branch’s Collection Management Facility (CMF) Oct. 23. The CMF houses a set of Dahlgren guns from the 19th century sloop of war Kearsarge from which Farrell and his team gathered measurement data to aid in the ongoing conservation of the Monitor guns.

“There is concretion all along the bore which we are going to have to take out,” said Farrell. “We need really accurate dimensions of the interior bore which we can’t get off of our guns until after they are cleaned. Ideally, we wanted to check an actual historical example first. This one [Dahlgren] from the Kearsarge is from the same foundry as the one from the Monitor; it is pretty much the most exact parallel we could get to check to see what we need to do.”

Farrell explained that the Kearsarge guns will allow the Mariners’ Museum team to create coring drills of different sizes. By taking measurements of the Kearsarge guns, the drills can be made to exact sizes, which is especially important as they drill toward the back of the gun since the shape of the opening starts to change as you move further inside the gun. Even though there are diagrams

of the Dahlgren guns available, a physical representation makes a better foundation for the work to be done.

NHHC Curator Branch Head Jeff Bowdoin shared his excitement at the chance to collaborate with Farrell and his team on the USS Monitor project. He said it was an excellent opportunity for the CMFs curatorial staff to showcase their professionalism and knowledge while interacting with a non-government agency in a joint effort to preserve naval history.

“The visit was not only a great opportunity for the Mariners’ Museum, it also afforded NHHC’s Curator Branch an opportunity to share a part of our collection with fellow history professionals,” said Bowdoin. “We believe it will have a direct, positive affect on the outcome of the effort to preserve artifacts from one of history’s earliest ironclad warships.”

David Krop heads NHHC’s Conservation Branch, also located at the CMF. He said the visit also offered his team an opportunity to speak with fellow archaeological and objects conservators.

“They [Mariners’ Museum team] needed to access non water damaged Dahlgren guns to measure the interior of the bores,” said Krop. “It’s a great example of NHHC’s collection being used to help other heritage projects with their conservation needs. It’s a really unique collaborative effort.”

Krop went on to say that the USS Monitor is one of the most iconic pieces of Civil War naval technology. Commissioned on Feb. 25, 1862 in New York, N.Y., Monitor had a thick-armored round turret which was twenty-feet in diameter. It was the first ship-mounted rotating gun turret. Rotated by steam power, the turret could fire nearly 360 degrees from the pair of eleven-inch Dahlgren smoothbore shell guns.

Departing for Hampton Roads, Va., Monitor arrived on March 9 and immediately engaged in battle with the Confederate ironclad, CSS Virginia, which was the first battle between ironclad warships. The previous day, Virginia sank both USS Congress and USS Cumberland. Though the battle with the Confederate ironclad was a draw, the engagement prevented the Confederates



MC2 Mutis A Capizzi

Erik Farrell, an archaeological conservator from the Mariners’ Museum and Park located in Newport News, works with a device to collect measurement data from a Dahlgren smoothbore shell gun from Kearsarge I (Sloop-of-War) during a visit to the Collection Management Facility (CMF).



MC2 Mutis A Capizzi

Erik Farrell and Will Hoffman, archaeological conservators from the Mariners’ Museum and Park located in Newport News capture measurements from a Dahlgren smoothbore shell gun from Kearsarge I (Sloop-of-War) during a visit to the Collection Management Facility (CMF).

gaining control of Hampton Roads, which would have disrupted the Federal blockade. Encountering a storm on Dec. 31, she foundered and was lost along with 16 Sailors of her 62-man crew.

In 2014, NHHC relocated artifacts stored in separate facilities in Washington, D.C.; Virginia; and Tennessee to its new Collection Management Facility at Richmond, Va. The facility features improved temperature and humidity control, more appropriate shelving and storage, and an area for the conservation of artifacts.

The Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of U.S. naval history and

heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy’s unique and enduring contributions through our nation’s history, and supports the fleet by assisting with and delivering professional research, analysis, and interpretive services. NHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, nine museums, USS Constitution repair facility and the historic ship Nautilus.

For more news from Naval History and Heritage Command, visit www.history.navy.mil.



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Culinary Specialist 3rd Class Victoria Sherwood, from Clinton, Tennessee, assigned to USS Gerald R. Ford's (CVN 78) supply department, stirs a pot of chili during the Naval Station Norfolk Fleet Fest 2018 Chili Cook Off. Ford's team won second place overall and first place for the People's Choice awards.

Photos by MC2 Cat Campbell

A little cold and chili: Ford Sailors take home awards in NAVSTA Fleet Fest 2018 Chili Cook-Off

By MC2 Cat Campbell

NORFOLK

Sailors assigned to the S-2 Food Services Division of USS Gerald R. Ford's (CVN 78) supply department participated in the Naval Station (NAVSTA) Norfolk Fleet Fest 2018 Chili Cook-Off Oct. 20.

Among the six commands that competed, Ford placed second overall with the judges, but captured first place for "People's Choice" winning \$250 to share among the Sailors who participated in the cook-off.

Although the weather was less than desired due to the wind and rain, Ford Sailors showed up in full support of their division, their department, and their command.

"This is the second time we've volunteered to compete in this competition," said Senior Chief Culinary Specialist To-

nia Rogers, from Toledo, Ohio. "We want to show everyone how a Ford culinary specialist can have fun and get down in a competition against other commands."

Fleet Fest is an annual event and sponsored by Morale, Welfare and Recreation: Live entertainment, ship tours, static aircraft displays, military demonstrations, car shows, food vendors and a chili cook-off are offered throughout the week-end, and the event is open to the public at no cost.

"We like to participate every year to promote comradery among our guys and indulge in a little bit of friendly competition with other commands," said Culinary Specialist 1st Class Naomi Jackson, from Surrey, England. "It also gives them a broader idea of our rate and the things we can do besides cook in the galley."

There were two parts to the chili cook-off judging. The first part was a taste test at the beginning of the event after

the culinary specialists had finished cooking their chili and provided a sample to the judge's tent. The second part came during the event as visitors purchased tickets to sample all of the chili from the different commands and left their ticket as a vote at the command's tent that was their favorite.

"Even through the rain, we were still dancing on our day off while making chili and having fun," said Culinary Specialist 3rd Class Alora Armstrong, from Pueblo West, Colorado. "We were out here in our onesie costumes with Senior Chief Rogers to stand out from everybody and I think we did an amazing job at it."

For more information on USS Gerald R. Ford (CVN 78), please visit our Facebook at:

<http://facebook.com/USSGeraldRFord>



Pictured are chili samples prepared by USS Gerald R. Ford's (CVN 78) supply department during the Naval Station Norfolk Fleet Fest 2018 Chili Cook Off.



Senior Chief Culinary Specialist Tonia Rogers from Toledo, Ohio, assigned to USS Gerald R. Ford's (CVN 78) supply department, pours samples of chili during the Naval Station Norfolk Fleet Fest 2018 Chili Cook Off on Naval Station Norfolk.



Pictured is a can of jalapeños from the Naval Station Norfolk Fleet Fest 2018 Chili Cook Off.

Sea science: Navy Task Force promotes increased knowledge of ocean environment

From Office of Naval Research Public Affairs

ARLINGTON, VA.

In a keynote speech to attendees of the 2018 Oceans Conference—held last week in Charleston, South Carolina—Chief of Naval Research Rear Adm. David Hahn discussed the goals of the U.S. Navy's Task Force Ocean, a signature program of Chief of Naval Operations Adm. John Richardson. TFO is designed to reinvigorate the Navy's commitment to ocean sciences, advancing its tactical advantage through a better knowledge of the ocean environment and its impact on sensors, weapons and operations.

Hahn, who leads the Office of Naval Research (ONR) and serves as the director of TFO, began his comments by highlighting the critical role of ocean commerce to global prosperity, and the need to provide order and security to that commerce for the good of the nation and the world.

"Fundamentally, that is the role of your Navy—it's what we do every day," Hahn said.

He pointed out, however, that in this era of increasing "great power competition," the Navy needs to maintain an advantage, and the time to prepare for that is now. Hahn quoted James Forrestal, appointed the first Secretary of Defense in 1947, who said in a Congressional testimony, "The tempo of modern war has reached the point where this

Nation will probably never again have the opportunity to arm itself successfully after the start of hostilities."

That message bolstered the one given at a Tactical Oceanography Symposium held a week earlier at the Undersea Warfighting Development Center in San Diego. Hahn highlighted the importance of furthering ties between the Navy, academia and industry.

"The Navy needs your help," he told attendees at the three-day symposium, the first in a series designed to highlight Navy ocean science issues. "We need a committed partnership between government, academia and industry to ensure the U.S. remains the world leader in ocean science, especially Navy-relevant science. Our competitors are gaining on us."

"Our decades-long competitive advantage in the undersea domain is eroding. This is not a Navy problem—it is our nation's problem," said Oceanographer of the Navy Rear Adm. John Okon during a presentation at the symposium. "As Task Force Ocean continues to evolve, we must remain focused on advancing ocean science and uniting our nation's intellectual capital to increase our competitive advantage."

A recent report prepared by the Consortium for Ocean Leadership, an umbrella organization that includes over 100 public and private ocean research organizations, highlights the mounting pressure on the Navy's



Rear Adm. David Hahn, chief of naval research, operates the Maritime Dexterous Manipulation System (MDMS) from RE2 Robotics while visiting the Office of Naval Research exhibit during the 2018 OCEANS conference and exposition.

advantage over global competitors.

To accelerate the recovery of that advantage in these critical areas, Hahn announced that ONR will increase research and sponsor an additional 50 graduate students and 50 post-doctorates under TFO, primarily in the areas of physical oceanography and acoustics, in addition to ONR's ongoing support for academia.

According to Dr. Tom Drake, director of ONR's Ocean Battlespace Sensing Department, "ONR will revitalize the "Scientist-to-Sea" program, which provides opportunities for selected scientists and engineers to visit submarines and submarine training facilities, undersea warfighting training centers, Navy laboratories and engineering centers to better understand the needs and priorities of

the Navy."

The Navy's commitment to revitalize its ocean science efforts will have very positive benefits to the national ocean science program, as well as the Navy. "This is a most welcome turn of events for Navy oceanographic research," said Prof. Arthur Baggeroer, the Secretary of the Navy and Chief of Naval Operations Chair for Ocean Science at the Massachusetts Institute of Technology.

For more information about Task Force Ocean, visit <https://www.onr.navy.mil/task-force-ocean>.

For more news from Office of Naval Research, visit www.navy.mil/local/onr/.

NEXCOM announces NEX Fee Free Layaway and Holiday Season Return Policy

From NEXCOM Public Affairs

To kick off the holiday season, NEX customers will pay no fee when opening a new layaway account through Nov. 21, 2018.

The NEX Layaway Policy states that clothing, accessories, shoes and general merchandise can be placed on layaway for up to 90 days with three equal payments required 15 days apart. Any single jewelry or watch item over \$500 may be put on layaway for 180 days with equal payments required every 15 days from creation until paid in full. Computers, tablets, iPads, monitors, digital cameras, peripheral computer equipment, software and video games as well as clearance and sale merchandise ending in .94, .96 and .97 are not permitted on layaway.

Check with your local NEX for other specific details relating to layaway. Some NEX locations must limit the type or number of

items permitted on layaway due to space constraints.

In order to accommodate customers making post-holiday gift returns, all NEX locations will accept returns through Jan. 26, 2019. This extended holiday return policy applies to original purchases made between Oct. 24 – Dec. 24, 2018, at any NEX or through myNavyExchange.com. Customers are asked to include any packaging material along with the receipt when making a return. Any returns without a receipt will be placed on a NEX Gift Card.

AppleCare/AppleCare+ Protection Plans are returnable within 60 days of purchase. Requests for returns of these protection plans after 60 days will be referred to Apple for a pro-rated refund for the days remaining on the plan.

A great gift idea this holiday season that

won't need to be returned is a NEX Gift Card. It can be used just like cash for most merchandise and service purchases at any NEX or at myNavyExchange.com. NEX Gift Cards can be purchased in varying dollar amounts and have no fees or expiration date.

About NEXCOM

The Navy Exchange Service Command (NEXCOM) oversees 100 Navy Exchange (NEX) facilities and nearly 300 stores worldwide, 39 Navy Lodges, the Ships Store Program, the Uniform Program Management Office, the Navy Clothing and Textile Research Facility and the Telecommunications Program Office. NEXCOM's parent command is the Naval Supply Systems Command. NEXCOM's mission is to provide authorized customers quality goods and services at a savings and to support Navy



Courtesy photo

quality of life programs for active duty military, retirees, reservists and their families. NEXs and Navy Lodges operate primarily as a non-appropriated fund (NAF) business instrumentality. NEX revenues generated are used to support Navy Morale, Welfare, and Recreation (MWR) programs. Since 1946, NEXCOM has given \$3.6 billion to Navy MWR quality of life programs. Shop online at myNavyExchange.com.

Operation Jingle 2018

From Navy-Marine Corps Relief Society

NORFOLK

All Hampton Roads area active duty service members are invited to participate in the annual Operation Jingle, sponsored by the Hotel Association and Convention and Visitors Bureaus from Norfolk, Virginia Beach and the Peninsula/Williamsburg. The annual holiday program provides complimentary hotel accommodations to the visiting families of locally stationed service members who are unable to go home for the holidays. 2018 marks the 20th anniversary of Operation Jingle's beginning, and Navy-Marine Corps Relief Society is proud to partner with local hotels and motels to offer this great opportunity.

Operation Jingle provides a three-night

stay in local hotels from the 23rd of December through the morning of the 26th of December. To qualify, service members must live aboard ships or reside in one of the local barracks or single PPV housing. Commands must verify that the rooms will be used for families traveling to and from the Hampton Roads area to spend the holidays with their service member. Room availability is limited. Rooms will be reserved on a first come-first-served basis.

To participate, commands must designate a representative as the command's single point of contact to coordinate the delivery of applications and confirmation information with the Norfolk Navy Marine Corps Relief Society. The only charge for the room is a non-refundable reservation fee of \$10.00 per room, per night, paid at the time the request

is turned in. The entire reservation fee will be donated to the Navy-Marine Corps Relief Society (NMCRS). Reservation fees ensure that all rooms are used. Hotels require 24 hour cancellation in the event rooms cannot be used.

Deadline for submission is 19 December. Commands may request registration forms from Tom Gaff, Norfolk Navy Marine Corps Relief Society by calling 757-322-1175 or e-mail at thomas.gaff@nmcrs.org.

All incidental expenses incurred during the hotel stay, to include phone calls, laundry services, movies, room service and other meals are the responsibility of the service member reserving the room. Command representatives of underway commands/units unable to meet the 19 December deadline should contact Mr. Gaff for more details.



NAVY-MARINE CORPS RELIEF SOCIETY

Courtesy image

NAVY ANNOUNCES CHANGES TO IN-RESIDENCE GRADUATE EDUCATION FOR URL OFFICERS

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy announced that officers in Unrestricted Line (URL) communities must now be screened by administrative boards in order to attend in-residence graduate education (IRGE) programs, in NAVADMIN 263/18, Oct. 25.

Beginning with the Fiscal Year 2019 cycle, community administrative boards began selecting the most fully-qualified, due course URL officers for IRGE programs and in-residence Joint Professional Military Education (JPME).

Tuition assistance, graduate education

vouchers, and other opportunities remain open for all officers, without the board requirement.

Starting with Fiscal Year 2020, statutory and administrative boards will adhere to revised precept language that enforces the value and importance of IRGE programs in their selection of officers for promotion and career milestones.

URL officers in year group 2015 and beyond will be required to graduate from an IRGE program prior to assuming major command.

However, these officers will be able to screen for major command prior to graduating from an in-residence program. This will

allow maximum career flexibility to meet the graduate education requirement.

To meet the requirements of this policy, IRGE is defined as a completion of a graduate degree or professional military education program allowing officers to dedicate time in an academic environment. The program may be funded through the Navy or self-funded.

In-residence education programs, such as Naval War College, Naval Postgraduate School, Fleet Scholar Education Program, Olmstead Scholar, and other similar programs, provide the best opportunities to mature critical and strategic thinking skills for Navy leaders.

Distance learning degree programs and the

compressed JPME Phase II course at Joint Forces Staff College will not count toward this requirement.

The graduate education program changes reflect the Navy's continued emphasis on developing Navy leaders who understand the art and science of warfighting and can lead in complex strategic environments.

For complete information on this policy, read NAVADMIN 263/18 at www.npc.navy.mil.

For information about graduate education opportunities, visit the NPC website at: <http://www.public.navy.mil/bupers-npc/officer/Detailing/educationplacement/Pages/default.aspx>.

To contact your detailee, visit the NPC PERS-4 detailing website at: <http://www.public.navy.mil/bupers-npc/officer/Detailing/Pages/default2.aspx>.

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

NATO | Truman joins strike group

Continued from A1

among allies and partners, TRJE 18 is designed to ensure NATO forces are trained, able to operate together and ready to respond to any threat to global security and prosperity.

The exercise 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 will be involved in target training events, utilizing approximately 250 aircraft, 65 ships and more than 10,000 support vehicles.

"We've been looking forward to partici-

pating in this exercise, and it's a privilege to take part," added Black. "Trident Juncture provides our strike group another opportunity to work closely with our NATO allies in order to learn together, enhance our capabilities and become stronger together as we work toward mutual goals."

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/>.

PHOTO | Reinstated board photo

Continued from A1

maintain an official photo in their records remained unchanged. The point of contact for photo submissions to the OMPF is Navy Personnel Command's Records Management and Policy Division. Sailors can contact them through the MyNavy Career Center Contact Center by calling 1-833-330-MNCC (6622) or via e-mail at ask-mncc@navy.mil.

For more information, read NAVADMIN 265/18 at www.npc.navy.mil.

Get more information about the Navy from US Navy facebook or twitter.

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

IWTC | Virginia Beach hosts Hampton Roads Intelligence Symposium

Continued from A1

and promotion package reviews to junior Sailors. The Sailor 2025 plan for the IS rating was explained, laying out the path for ready, relevant learning for ISs of tomorrow.

"What interested me the most from the symposium were all the discussions about the way ahead for the intel community," said Intelligence Specialist 2nd Class Luthia Fernandez. "It excites me to see the positive changes that will take place within the next five years."

Other topics discussed during the three-day symposium included:

- Selection board process
- Evaluation guidance
- Chief warrant officer way ahead
- Detailing and community management
- National Reconnaissance Office
- Type commander initiative
- National Geospatial Agency

"The IS symposium is a fantastic venue to network and get to know area-wide intelligence professionals," said Master Chief Intelligence Specialist Brandi Gutierrez with Naval Information Forces. "This session was very well received by junior Sailors and officers alike, and we will continue to provide mentorship and package review for all future symposiums."

The IS community begins with students attending a 12-week basic course, followed by a more advance course before moving onto the fleet. The IS enlisted rating analyzes intelligence data, from which they prepare detailed analysis to support operations around the globe. As of 2018, there are approximately 3000 enlisted intelligence specialists in the Navy.

"IWTC Virginia Beach is honored to host the Hampton Roads Area Intelligence Symposium," said Cmdr. Andrew Boyden, command-

ing officer of IWTC Virginia Beach. "Naval intelligence has a storied history at Layton Hall, and being able to provide space for our ISs to discuss and plan for the future of our rating is important."

IWTC Virginia Beach currently offers 65 courses of instruction in information technology, cryptology, and intelligence with an instructor and support staff of 280 military, civilian, and contract members who train over 6,400 students every year at five training sites in the Hampton Roads area. It is one of four school houses for Center for Information Warfare Training and also oversees learning sites at Jacksonville and Mayport, Florida; Kings Bay, Georgia; and Groton, Connecticut to continue aligning IW community training.

CIWT delivers trained information warfare professionals to the Navy and joint services, enabling optimal performance of information warfare across the full spectrum of military operations.

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

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I'm Feeling Lucky



Navy Wounded Warriors demonstrate athletic prowess at 2018 Invictus Games in Australia

» See **B6**

SECTION B | FLAGSHIPNEWS.COM | 11.01.18

ECUADORIAN MINISTER OF DEFENSE VISITS USNS COMFORT



MC2 Kris R. Lindstrom

Rear Adm. Sean Buck (right), commander, U.S. 4th Fleet, meets members of the Ecuadorian Ministry of Health while touring one of the two medical sites. The hospital ship USNS Comfort (TAH 20) is on an 11-week medical support mission to Central and South America as part of U.S. Southern Command's Enduring Promise initiative.

By **MCSN J. Keith Wilson**

U.S. Naval Forces Southern Command & U.S. 4th Fleet Public Affairs

ESMERALDAS, ECUADOR

As part of its partnership with Ecuador, the hospital ship USNS Comfort (TAH 20) hosted officials from the government of Ecuador during the ship's medical assistance visit, Oct. 22.

Ecuadorian Minister of Defense, Oswaldo Jarrin, and U.S. Ambassador to Ecuador, Todd C. Chapman, were among the distinguished visitors aboard Comfort for a tour of the ship's medical facilities and a meeting with senior leadership. Both officials, along with Rear Adm. Sean Buck, commander, U.S. 4th Fleet, made remarks during a press conference held aboard the ship.

"The U.S. Navy hospital ship Comfort begins its medical support for the people of Ecuador, our first mission stop of five, over an 11-week period, here, in the South-

ern hemisphere," said Buck. "Working with health and government partners in Ecuador, the embarked medical team will provide care onboard this ship, as well as at two sites ashore."

During the conference, the Ecuadorian officials and Buck discussed Comfort's mission in Ecuador.

"This deployment represents the United States' enduring promise to the peoples of Ecuador and other Latin American nations of our friendship, our partnership and our solidarity," added Buck. "This mission will enable us to strengthen ties in support of our enduring partnerships with the people of Central and South America. It is a partnership that will enhance our shared values, interests, and community, and a commitment to unity, security and stability in the region."

Comfort is on an 11-week medical support mission to Central and South America as part of U.S. Southern Command's Endur-



MC2 Benjamin T. Liston

Ecuadorian Minister of Defense Oswaldo Jarrin speaks during the opening ceremony at one of two medical sites. The hospital ship USNS Comfort (TAH 20) is on an 11-week medical support mission to Central and South America as part of U.S. Southern Command's Enduring Promise initiative.

ing Promise initiative. Working with health and government partners in Ecuador, Peru, Colombia and Honduras, the embarked medical team will provide care on board and at land-based medical sites, helping to relieve pressure on national medical systems caused 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/NAVSOUS4THFLT, www.dvidshub.net/feature/comfort2018, and www.navy.mil.

For more news from U.S. Naval Forces Southern Command & U.S. 4th Fleet, visit www.navy.mil/local/cusns/.

U.S. Third Fleet hosts U.S. Second Fleet for staff talks



U.S. Navy image

From U.S. 3rd Fleet Public Affairs

SAN DIEGO

Vice Adm. John Alexander, commander, U.S. Third Fleet (C3F), hosted Vice Adm. Andrew Lewis, commander, U.S. Second Fleet (C2F), at C3F Headquarters October 22-23.

The two commanders and senior members of their respective staffs discussed headquarters and staff organization, maritime operations center functionality, and best business practices as C2F continues to develop as a fully operational fleet headquarters.

"The visit of our Second Fleet counterparts marks a vital step forward in their re-establishment and growth as an operational numbered fleet," said Alexander. "We hope our lessons learned and operational experiences will prove valuable

to Second Fleet in their efforts to prepare, provide, and employ forces operating in the Atlantic."

Lewis, named C2F commander August 24 during a ceremony on board nuclear aircraft carrier USS George H.W. Bush (CVN 77), said the discussions would serve to ensure the two fleets are aligned and training to the same high-end standard.

"Our partnership with Third Fleet is the transnational bridge between the Atlantic and Pacific operational fleets," said Lewis. "Bringing our staffs together allows us to take steps towards ensuring our respective Fleets are training to a single high-end standard that will make us a more lethal force to compete, deter, and win in the maritime domain."

» See **3RD FLEET** | B7



U.S. Navy image



MC2 Chad M. Butler

An MH-60S Seahawk helicopter assigned to Helicopter Sea Combat Squadron (HSC) 3, Southern California Offshore Range (SCORE) detachment, prepares to carry a training target offshore during range operations on San Clemente Island, Calif. HSC-3 SCORE detachment provides critical support for tactical range training and testing operations of U.S. Navy Pacific Fleet assets.

HSC-3 reaches 300,000 Class A Mishap-free flight hours

From Commander, Naval Air Forces, Pacific, Public Affairs

SAN DIEGO

Sailors assigned to Helicopter Sea Combat Squadron (HSC) 3 "Merlins" celebrated reaching 300,000 Class A Mishap-free hours, October 25.

A Class A mishap is classified as an accident with a destroyed aircraft, damages that exceeds \$2 million, loss of life, or per-

manent total disability.

"I couldn't be more proud of the Merlin team in accomplishing 300,000 Class A mishap-free flight hours. This accomplishment is truly a testament of the outstanding teamwork and contribution of every Merlin and would not have been possible without a complete all-hands dedicated effort," said Cmdr. Sean Rocheleau, commanding officer

» See **HSC-3** | B7



Courtesy photo
Air Force Lt. Col. Michelle Nash is joined by her husband and three of her four children at the Think Pink Fun Run, a breast cancer awareness event held earlier this month at the U.S. Air Force Academy, Colorado.

‘Strong progress’ in decreasing death from breast cancer

From Health.mil

Air Force Lt. Col. Michelle Nash calls her breast cancer diagnosis at the age of 40 shocking and unexpected. “I had no family history. I breast-fed all four of my children, and that’s a protective factor,” she said. “I didn’t have any lumps or any symptoms that would cause me to think, ‘I should go get that checked out.’” Nash’s breast cancer was diagnosed after a routine mammogram, her first.

A year later, Nash said she’s feeling great and has no regrets about her decision to have reconstructive surgery after a double mastectomy. And she’s become even more passionate about advocating for preventative care such as mammograms.

“Mammograms may be something women hesitate to get because they’re afraid they’ll be unpleasant or even painful,” said Nash, assistant professor and director of operations at the U.S. Air Force Academy Behavioral Sciences and Leadership Department. “But they’re just so important.”

Breast cancer is the most common cancer among women, according to the Centers for Disease Control and Prevention. It’s the No. 1 cause of cancer deaths among Hispanic women, and the second most common cause of cancer deaths among white, black, Asian, and Native women.

According to the CDC’s most recent statistics, approximately 242,500 women in the United States were diagnosed with breast cancer in 2015, and 41,500 women died of the disease. But thanks to improvements in detection and treatment, “more and more breast cancer patients are becoming breast cancer survivors,” said Army Col. Craig Shriver, director of the John P. Murtha Cancer Center at Walter Reed National Military Medical Center in Bethesda, Maryland.

“We’re making strong progress in decreasing death from breast cancer,” he said.

Citing a study that was published October 2017 in the American Cancer Society’s “CA: A Cancer Journal for Clinicians,” Shriver said breast cancer deaths declined 40 percent from 1989 to 2015.

“That’s dramatic,” said Shriver, who’s also an oncology surgeon and a surgery professor at the Uniformed Services University of the Health Sciences in Bethesda.

Shriver said the study showed the number of women diagnosed with breast cancer during this 15-year period didn’t change much. “But our screening programs are better, so we’re able to detect the cancers at an earlier stage, when they’re treatable.”

Also, oncologists have fine-tuned traditional treatment approaches. Genetic testing of breast cancer tumors allows oncologists to treat with chemotherapy only those patients who are most likely to respond to it. Those who aren’t can be given other treatments or put into clinical trials.

“In the past, we’d spend a year or two giving chemotherapy, only to find out the cancer came back anyway,” Shriver said. “Now, we’re not wasting that time.”

Shriver said less-invasive breast cancer surgeries are also on the horizon. For example, in a traditional lumpectomy – also known as a breast-conserving therapy – surgeons remove the tumor and some surrounding normal tissue. Researchers are conducting clinical trials to determine if instead of surgical removal, the tumor can be destroyed while it’s still in the breast with directed laser technology.

“We’re moving more and more toward a day, maybe five years from now, when women with breast cancer will be treated almost exclusively without surgery,” Shriver said. “That would be a great advance.”

Meanwhile, he and other health care experts stress early detection. All women over the age of 20 should do a self-exam monthly and get a physical exam by a health care provider annually, Shriver said. For mammograms, women ages 40 to 44 who are at average risk for breast cancer can choose an annual mammogram after consulting with their health care provider. For women 45 to 55 years old, an annual mammogram is recommended. Women 55 and older can get mammograms annually or every two years, based on provider recommendation. For women who have a family history of breast cancer, the CDC recommends discussing screening frequency with a health care provider.

“We can treat breast cancer patients with fewer side effects and with better, targeted therapies,” Shriver said, “and survival rates are better. But early detection is still the best thing.”

PHILANTHROPY, SORORITY COULD BECOME CASUALTIES OF FRAT MISCONDUCT

By Lisa Smith Molinari

I was about to hit delete when the words “Greek life,” “hazing” and “criminal charges” caught my eye. It was another email blast from from an administrative muckety-muck at our daughter Anna’s university, but this one didn’t look like the usual update about tuition increases. Considering that we were about to travel to Syracuse to attend Anna’s sorority charity event, I figured I’d better give this one a gander.

Whew! Anna hadn’t been arrested! The email was simply informing parents of new state anti-hazing legislation, initiatives to enforce the prohibition of hard alcohol at Greek events, and an online reporting form for parents who think their students are being hazed. Apparently, eleven of the university’s Greek organizations recently had their chapter rights revoked because of misconduct. Also, Dr. Muckety Muck said three outside consultants had been hired to review the school’s Greek life system and report back in November with recommendations. This email was coming on the heels of other recent negative news I’d read about Greek life at colleges in the U.S. Four male fraternity-related deaths at separate universities in 2017 prompted several prominent universities to suspend all fraternities and sororities on their campuses while they conducted reviews of Greek life culture, customs and rules. The stories of frat-parties-gone-wrong were tragic, heartbreaking, and senseless. A national conversation ensued about whether Greek life is worth it at all.

Even before these tragic deaths, Harvard University had already decided that fraternities and sororities were persona non grata, for gender-related reasons. After two years of debate, protest and exhaustive discussion, it instituted a ban on single-gender social club members taking leadership roles in student clubs or sports, and also denied members of College recommendations for prestigious scholarships. The administration took this controversial action because it had concluded that “male-only” social organizations nurtured misogynist attitudes and promoted sexual assault on women. But ironically, Harvard’s elite Crimson student newspaper reported in September that the sanctions had resulted in a dramatic decrease in sorority pledge numbers, forcing all sororities to disband by August 2018. The all-male “finals clubs” and most fraternities, who have been at Harvard for much longer and have more money and resources, survived the ban.

The Crimson editorial board stated, “[B]ecause all-female social groups counter the hostile environment inherent in a male-dominated social scene, they should be treated differently,” and pointedly asked the administration, “Do you believe that the sanctions have had their desired effect? Is Harvard better off now that women’s spaces are gone, while male clubs remain?”

As colleges and universities across the country consider whether or not to ban Greek life, they might consider — if the gals don’t have sorority sisters to hang out with on Friday

night, they are more likely to end up drinking out of a solo cup at Sigma Chi.

And what about the charities? Every accredited fraternity and sorority participates in philanthropy. Organizations such as the USO, the Red Cross, Children’s Miracle Network, Big Brothers Big Sisters, Service for Sight, Reading is Fundamental, The Arthritis Foundation, Girl Scouts USA, and many others receive thousands of dollars from Greek philanthropic events each year. Perhaps students pledge frats and sororities for purely social reasons, but the requirement that they learn and participate in philanthropy is admirable. It’s sad that such contributions to charity could come to an end.

We made it to Syracuse last weekend in time to attend the Alpha Phi Red Dress Gala with Anna. It was a swirl of girls and their proud families, all decked out in red. My husband, Francis, had to pop a nerve blocker for his sciatica before he could make Anna proud on the dance floor, but winning two prize baskets in the charity raffle helped ease his pain. In the end, Anna’s Alpha Phi Chapter raised \$25,000 to support women’s heart health that night.

No doubt, colleges need to monitor and enforce prohibitions on excess drinking and hazing. But hopefully, Dr. Muckety Muck and other college deans will see the good in women’s social organizations and won’t throw the baby out with the bathwater like Harvard did.

www.themeatandpotatoesoflife.com



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Naval Station Newport NGIS facility nears completion, paves way for future construction

By David Todd
Navy Region Mid-Atlantic Public Affairs

NORFOLK

The Navy Gateway Inns & Suites (NGIS) transient lodging facility on Naval Station (NAVSTA) Newport, R.I. is nearing completion and making final preparations for its first guests. A ribbon-cutting ceremony is slated for Nov. 1, with doors opening to guests in the near future.

“A significant difference on this project ... this is the first NGIS – out of the ground, brand new – built as a hotel,” said Kevin Coyne, Naval Facilities Engineering Command Mid-Atlantic (NAVFAC MIDLANT) Project Manager for the new facility. “Over the years [NGIS] had been adapting existing buildings previously built for unaccompanied Sailors, which is extremely difficult in terms of getting a unified brand.”

The new \$48M facility, broke ground on Aug. 21, 2015 and traces its origins back to 2007 when the need for additional lodging became apparent, is the first hotel built by the Navy and the first NGIS funded entirely by funds rendered by guest room charges at NGIS locations within the Mid-Atlantic Region. The building replaces an older 100-room NGIS facility on the same site and doubles the guest capacity to 200 rooms (194 standard rooms and six two-room suites). The facility not only upgrades the experience for the guests, it’s fueling a new vision for NGIS as a whole that will ultimately establish its brand.

“[The building] is in a prominent position on the base, it’s right inside [Gate 1] ... you can see it from the ‘Pell Bridge’ [Claiborne Pell/Newport Bridge],” Coyne explained. “It had to be a visual goal route and our design had to reinforce that.”

The design team responsible for bringing the concept to life consisted of the architectural engineering firm Michael Baker International out of Pittsburgh, Pa.; the construction firm Korte Construction Company out of St. Louis, Mo.; and was overseen by NAVFAC MIDLANT and NGIS teams. The design of the building is in line with commercial, mid-grade hotel standards found across the U.S. and features a commercial laundry operation that will handle all the

laundry needs of NGIS locations on the installation. This not only saves time and money, it increases the onsite quality control of the linen and terry products being provided to the guests.

The building was designed and built with a Leadership in Energy and Environmental Design (LEED) Silver standards benchmark rating as a green building to use less energy and generate lower greenhouse gas emissions. Additionally, the building has digital controls for lighting, heating and air conditioning, as well as other digital features to save energy. It has lighting zones that can be turned on and off from the front desk area for efficiency, and plenty of natural lighting in the building to reduce the dependence of additional lights.

“A lot of the materials we used are not only sustainable in terms of LEED points, but they make maintenance easier, therefore reducing the lifecycle costs,” Coyne said, noting the return on investment will be achieved over the life of the products used despite the upfront costs. “... we went with a lot of treatments that provided LEED credits for a much larger vision of the overall cost of this building through its lifespan, and as a quality experience for the guests.”

“Each guest room is set up with individual heat and air conditioning that will allow the guest to control the temperature in the room and complies with the DOD adequacy standards established for lodging,” said Norman Aurland, the Regional Lodging Director and NGIS Project Manager. “It has all the amenities of a mid-grade hotel while providing the convenience of being on the installation, close to the TDY [temporary duty] location.”

It also has the first 24-hour Navy Exchange micro mart on the East Coast within a lodging facility, equipped with a self-service kiosk that allows guests to purchase hot and cold sandwiches, hot and cold drinks, fresh fruit and various snacks.

Aurland said a lot of thought and consideration went into the design and look of the building, creating a home away from home environment, and the décor pays homage to the New England area.

“We did not stop with our vision on the installation of just building a new facility,” he explained. “We also put another \$35M of



MC2 Rawad Madanat

A photo showing the back of the new Navy Gateway Inns & Suites transient lodging facility located on Naval Station Newport, R.I. The facility, which broke ground on Aug. 21, 2015 and traces its origins back to 2007 when the need for additional lodging became apparent, is the first hotel built by the Navy and the first NGIS funded entirely by funds rendered by guest room charges at NGIS locations within the Mid-Atlantic Region.

non-appropriated funds (NAF) into restoring and upgrading three additional NGIS buildings on the installation, ensuring the entire base has upgraded operations that meet or exceed DoD adequacy standards.”

For NGIS, the design and functionality of the new building were a top priority and focused heavily on the overall guest experience.

“We will ensure that the military members here on TDY have a rest and relaxation opportunity while staying,” Aurland said, noting each of the state-of-the-art rooms comes equipped with a comfortable queen-sized bed and soft linens, roller shades with a blackout curtain, stand-up shower, a large vanity with mirrors, a 49 inch flatscreen TV, hairdryer, iron and ironing board, microwave and micro fridge, Keurig coffee maker with all the fixings, a bar sink, free WiFi and hardwired Internet access in all rooms, and furnishings throughout that enhances the building décor.

Free WiFi is also available throughout the building and in the common areas, and the on-site Business Center is equipped with both NMCI and non-NMCI computers to allow guests to check their e-mail and browse the Internet.

“We spent a lot of time crafting all aspects of the facility, from the clerestory check-in area, the individual guest rooms, to the two-story lobby/lounge where Sailors can relax by the fireplace,” Coyne said. “... as well as an outdoor patio where guests can barbecue or relax by the water.”

Coyne said this project will serve as an inspiration and platform for additional projects in the future.

“If we can do it here, let’s do it everywhere,” he said. “Our Sailors deserve a quality guest experience. This is a shining exam-

ple of when we put our best effort forward, we can really get great results!”

Although this is the first hotel built by the Navy, it will not be the last. There are projects in the pipeline to build similar facilities in Mayport and Jacksonville, Fla., and Dahlgren, Va. funded by the all-NAF concept. NGIS is also working to eliminate smaller facilities that are no longer efficient or needed to right-size their inventory.

“Rather than putting large amounts of money into renovating smaller buildings, we will look heavily at the replacement and consolidation [of NGIS buildings] on an installation where it makes financial sense,” Aurland explained. “If we can take an installation that has three NGIS buildings and consolidate them into one, it’s a cost savings for the program and a savings of land usage ... it brings all of our lodging operations into a campus-style environment for our TDY travelers.”

NGIS provides lodging for official travelers and families of the DoD military and civilian workforce worldwide, and offers lodging on a space-available basis for the leisure traveler. The NGIS program utilizes a combination of installation lodging, and local community lodging for overflow that cannot be accommodated on the installation, to handle the needs of the official traveler.

Naval Station Newport is the Navy’s Center of Excellence for Officer and Senior Enlisted education and development, with more than 17,000 students attending schools on-board the installation annually.

For more information on Navy Gateway Inns & Suites, visit <http://ngis.dodlodging.net>.

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USS Farragut conducts Lisbon port visit

By MC2 Cameron Stoner

Harry S. Truman Carrier Strike Group Public Affairs

LISBON, PORTUGAL

The Arleigh Burke-class guided-missile destroyer USS Farragut (DDG 99) arrived in Lisbon, Portugal, Oct. 28, for a scheduled port visit.

The visit offers the two NATO-founding countries an opportunity to strengthen relations as they work alongside one another to promote stability and security throughout the region.

Aiming to make an impact on the community of Lisbon, 12 Farragut Sailors will be participating in a community relations (COMREL) event by organizing and assisting in the setup of a clothing drive.

“Visiting foreign ports is always something I look forward to after spending time out to sea, but being able to lend a helping

hand to the country which is accommodating our ship is always an added bonus,” said Cryptologic Technician (Technical) 2nd Class Eric Somera, a volunteer for the event. “Interactions like these between partner nations allow us to learn more about each other as we are not just exploring their country, but working alongside them in a meaningful way.”

Throughout the ship’s visit to Lisbon, Farragut Sailors will be conducting maintenance, top-side preservation and onloading supplies and stores as the ship prepares to head back out to sea. When Sailors aren’t busy handling ship responsibilities, they will have the opportunity to explore the sights of Lisbon and enjoy the culture and history throughout the country.

Portugal is the sixth country Farragut has visited since departing Naval Station Mayport on April 11 as part of a scheduled de-



U.S. Navy photo

ployment with the Harry S. Truman Carrier Strike Group. Throughout the ship’s deployment, Farragut has also operated independently in the U.S. Sixth Fleet area of operations during the strike group’s working port visit at Naval Station Norfolk.

Farragut, homeported at Naval Station Mayport, is conducting naval operations in the U.S. Sixth Fleet area of operations in support of U.S. national security interests in

Europe and Africa.

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

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

Navy Environmental and Preventive Medicine Unit Five Sailors partner with local elementary school in support of Red Ribbon Week

By Navy and Marine Corps Public Health Center

SAN DIEGO

Navy Environmental and Preventive Medicine Unit Five (NEPMU-5) collaborated with Olympic View Elementary School to coordinate its annual Red Ribbon Week, Oct. 19, 2018.

Red Ribbon Week is a national campaign led by the National Family Partnership to promote drug free living in American youth and serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. This year’s campaign theme is “Life is Your Journey, Travel Drug Free” and takes place Oct. 23-31, 2018.

“I believe it is important for us to help give back to the community by participating and teaching in events such as Red Ribbon Week,” said Hospital Corpsman 2nd Class Marshall Benoit, NEPMU-5 staff. “Our command has a lot of informational resources that support the campaign and we

have an amazing group of personnel who are willing to make this event fun for the kids. It is a great pleasure to help out and to see the children interact and engage in the topics we provided.”

Preventive medicine technicians from NEPMU 5 provided information on the dangers of drug and alcohol abuse using static displays, games, and health related giveaways. They also had an opportunity to engage with local public safety entities to include fire department, SWAT team, police department and border patrol staff.

“Red Ribbon week to me is about being a positive role model for the kids and giving them informational tools that they need to succeed in life,” said Hospital Corpsman 2nd Class Seth Johnson. “I believe educating them on the facts about drug and alcohol use, it will help them make better choices in the future. It is important for us to empower our

children with knowledge so they can make the right decisions as they get older.”

“I am extremely grateful for NEPMU-5’s leadership in our Public Safety Day which was a culmination of Red Ribbon Week,” said Lisa Lines, principal, Olympic View Elementary School. “We appreciate the time and effort they have given us to educate our students regarding a healthy lifestyle. The ongoing partnership we developed is greatly appreciated.”

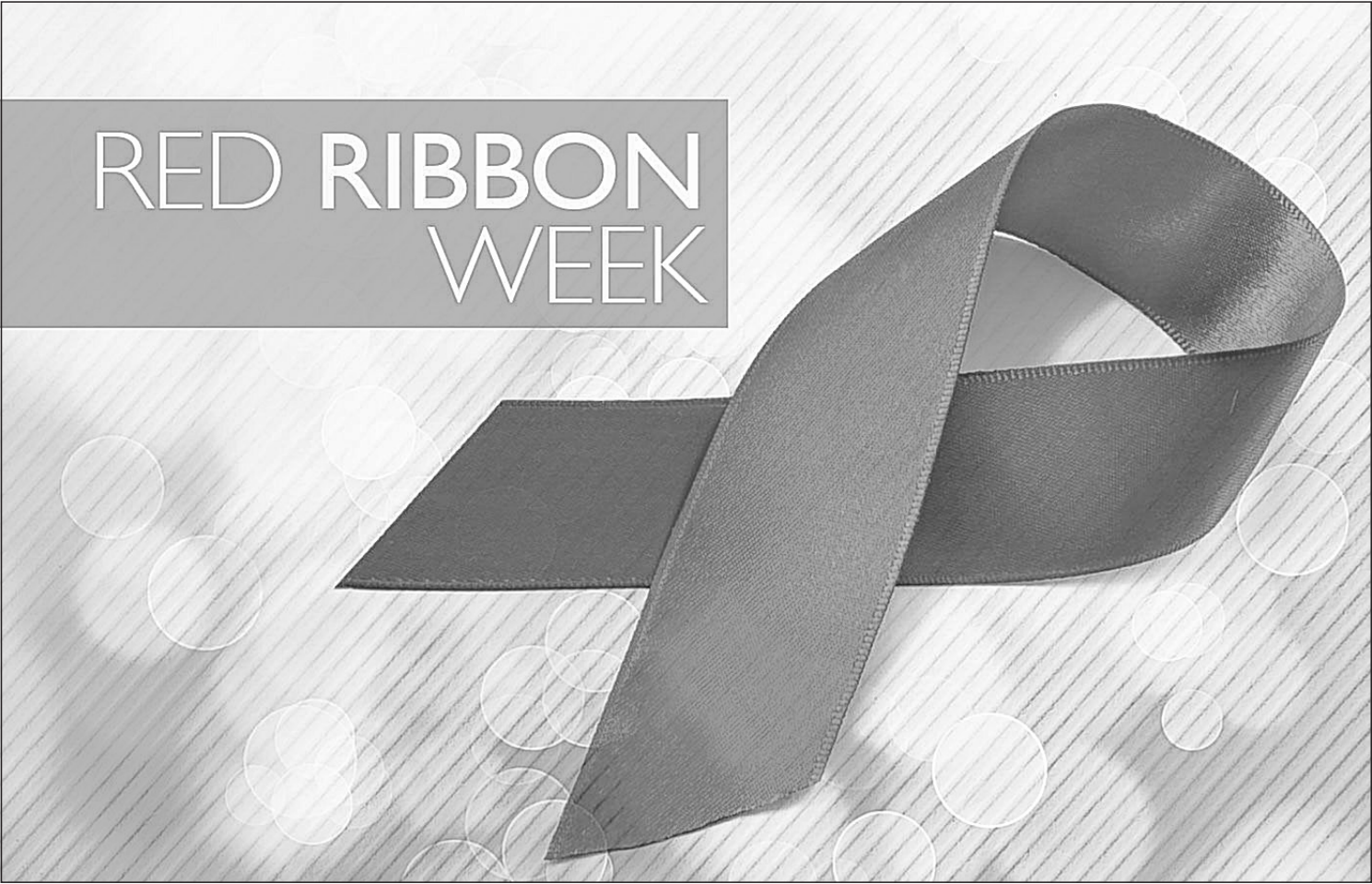
NEPMU-5 is highly dedicated to enhancing the San Diego area communities by providing academic, physical, and emotional support to elementary school students, and to promote communication, cooperation and partnership that reinforce the command’s responsibility to reflect positive images of the Navy’s Core Values.

“Red Ribbon Week is a great opportunity for our Sailors to create a positive impact in

the lives of our children and raise awareness on the negative implications of drug use,” said Capt. Peter Obenauer, officer in charge, NEPMU-5. “We are committed to building strong relationships with our local communities and maintaining a positive image for our youth to emulate. I am very proud of our staff for their continuous dedication to supporting community outreach initiatives and participating in events that highlight the importance of public health.”

For more news from Navy Environmental and Preventive Medicine Unit-5, visit <http://www.navy.mil/local/nepmu5> or follow NEPMU-5 on Facebook at www.facebook.com/nepmu5.

For more news from Navy and Marine Corps Public Health Center, visit www.navy.mil/local/nmcphe/.



U.S. successfully conducts SM-3 Block IIA Intercept Test

From Missile Defense Agency Public Affairs

KAUAI, HAWAII

Sailors aboard USS John Finn (DDG 113) and the Missile Defense Agency (MDA) successfully conducted an intercept of a medium-range ballistic missile target with a Standard Missile-3 (SM-3) Block IIA missile during a flight test off the west coast of Hawaii, Oct. 26.

The SM-3 Block IIA is being developed cooperatively by the U.S. and Japan and operates as part of the Aegis Ballistic Missile Defense system.

The target missile was launched from the Pacific Missile Range Facility at Kauai, Hawaii. John Finn detected and tracked the target missile with its on-board AN/SPY-1 radar using the Aegis Baseline 9,C2 weapon system. Upon acquiring and tracking the target, the ship launched an SM-3 Block IIA guided missile which intercepted the target.

“This was a superb accomplishment and key milestone for the SM-3 Block IIA return to flight,” said MDA Director Lt. Gen. Sam Greaves. “My congratulations to the entire team, including our Sailors, industry partners and allies who helped achieve this milestone.”

Based on observations and initial data review, the test met its objectives. Program officials will continue to evaluate system performance.

Aegis Ballistic Missile Defense is the naval component of the U.S. Ballistic Missile Defense System. The MDA and the U.S. Navy cooperatively manage the Aegis BMD program. The Missile Defense Agency’s mission is to develop and deploy a layered ballistic missile defense system to defend the U.S., its deployed forces, allies and friends from ballistic missile attacks of all ranges in all phases of flight.



Missile Defense Agency photo

An Standard Missile (SM) 3 is launched from the guided-missile destroyer USS John Finn (DDG 113) as part of a successful U.S. Missile Defense Agency intercept test of a target missile launched from the Pacific Missile Range Facility at Kauau, Hawaii.



Vice President of the United States Michael Pence hosts a meeting of the National Space Council on Ft. Lesley J. McNair, Washington, D.C., Oct. 23, 2018. The Council members included U.S. Secretary of Transportation Elaine Chao, U.S. Deputy Secretary of Defense Patrick M. Shanahan and the Vice Chairman of the Joint Chiefs of Staff U.S. Air Force Gen. Paul J. Selva.

Sgt. Amber I. Smith

Pence, Shanahan detail progress made in Space Force

By Jim Garamone
Defense.gov

WASHINGTON

Space is a crucial domain that the United States must continue to exploit and lead in, said Vice President Mike Pence at the fourth meeting of the National Space Council at Fort Lesley J. McNair, Oct. 24.

“Space is a warfighting domain, just like the land, air and sea,” Pence said. “And America will be as dominant there as we are, here on Earth.”

This is the basis for President Donald J. Trump’s creation of the United States Space Force, which would be the sixth branch of the military, the vice president said.

Deputy Defense Secretary Patrick Shanahan called this “the next and natural evolution” of America’s military. The new service “is absolutely necessary to ensure American supremacy in space,” he said. “The U.S. military is the best in the world in space, but our adversaries have taken note and are actively developing and fielding capabilities to potentially deny our usage of space in crisis or war.”

Space Force

Also pushing this is the growth in capacity and capabilities of the commercial space

industry, which has moved forward in ways never imagined, Shanahan said. “President Trump has directed that a response to the threats from adversaries and the opportunities of commercial space be combined to generate a solution — the Space Force,” he said.

The department will submit a legislative proposal in the coming weeks, and the deputy secretary called that “a significant lift.”

“The legislative proposal will embody our guiding principles, speed and effectiveness,” he said. “Speed in leveraging commercial space technology and resources. Speed in escaping red tape. Speed in fielding capabilities sooner. It will reflect our drive to be more effective — effective in maximizing how we are more integrated technically to unlock our ability to be united in our space operations. Effective in creating a solution, and then together — not singularly — leveraging the solutions across the enterprise. Effective in how we structure the Space Force.”

DOD is considering the cost of the venture.

Space Development Agency

The department is also working on the Space Development Agency. The agency will leverage technology, standards, and architecture to enable unparalleled integration,

he said. “The effort now is on reconciling capabilities prioritized by the National Defense Strategy with the readiness of technology, anchored by our assumptions on how quickly we can scale,” Shanahan said.

Air Force Gen. Paul Selva, the vice chairman of the Joint Chiefs of Staff, told the council that all members of the Joint Chiefs support the stand up of a combatant command for space. The command will focus DOD activities and the department’s development of doctrine, tactics, techniques and procedures in the domain. The command will also focus discussions on “the authorities, responsibilities, and rules of engagement for conduct in space, for the conduct of defensive and offensive operations to protect our constellation, to fight our constellation, and to support our war fighters in all domains, and across all domains, as we protect our ability to deploy civil, commercial, and military space, to the benefit of the nation,” Selva said.

Seeking Strategic Advantage

This is needed, said Sue Gordon, the deputy director of national intelligence. “The intelligence community applauds the redoubled emphasis on ensuring and protecting our strategic advantage in this domain that is so necessary to our national interests,” she

said. “But it’s a strategic advantage that our adversaries and competitors would seek to diminish.

Intelligence analysts believe Russia and China continue to focus on establishing operational forces designed to attack U.S. space systems. “Space is a priority warfighting domain for them, as demonstrated by the creation of dedicated space organizations over the past several years,” she said. “Russian and Chinese destructive antisatellite weapons will probably reach initial operating capability in the next few years. And both these countries are advancing directed energy weapons technologies for the purpose of fielding anti-satellite weapons that could blind or damage our sensitive space-based optical sensors, such as those used for remote sensing or missile defense.”

Russia and China also continue to launch experimental satellites to advance counter-space capabilities. “If a future conflict were to occur involving Russia or China, either country would probably justify attacks against U.S. and allied satellites as necessary to offset any perceived U.S. military advantage derived from military, civil or commercial space systems,” she said.

NMRC Researchers present findings at annual meeting on tropical medicine and hygiene

From Naval Medical Research Center Public Affairs

SILVER SPRING, MD.

Naval Medical Research Center (NMRC) researchers and their colleagues from across the Navy Medicine Research and Development Enterprise presented their latest findings at the American Society of Tropical Medicine and Hygiene’s (ASTMH) Annual Meeting Oct. 28 – Nov. 1.

The meeting was held at the Sheraton New Orleans and New Orleans Marriott, and focused on research related to tropical medicine and disease, hygiene, and global health.

“At NMRC and throughout the Naval Medical Research and Development Enterprise, we give great attention to the distinct infectious diseases countermeasure needs of Navy and Marine Corps,” said Dr. Kevin Porter, director, Infectious Diseases Directorate. “We are unmistakably committed to exploring newer and better ways to improve the readiness of our Sailors and Marines who operate in areas of the world where potentially mission-aborting infectious diseases exist.”

During workshops, poster presentations, meetings, and lectures the researchers discussed their work on sepsis, dengue, multidrug resistant bacteria, malaria, and other infectious diseases, and were joined by colleagues from across the entire Navy Medicine research and development enterprise. They highlighted their innovative work and discussed how current research improves

mission readiness. Topics included:

“Countering the threat of antibiotic-resistance: bacteriophage based approaches”

“Prevalence of Dengue virus, Chikungunya virus, and Zika virus determined through Enhanced Surveillance of Emerging Infectious Diseases in Malaysia”

“A study on field testing insecticide-treated barrier screens for protection from host-seeking, exophilic mosquitoes in the northern Peruvian Amazon”

Lt. Cmdr. Nicholas Martin, deputy director, Defense Malaria Assistance Program, Naval Medical Research Center – Asia traveled from Singapore. He delivered an update to research being achieved on the epidemiology of imported malaria cases in Vietnam among returning nationals.

“Resistance to anti-malarial drugs threatens to shrink the arsenal of treatments available to the Department of Defense (DoD),” Martin said. “Malaria, invisible to rapid diagnostic tests, presents a direct threat to the warfighter and to the many tools used by the DoD to detect malaria.”

A key contributor to NMRC’s success in tropical medicine and hygiene is its Infectious Diseases Directorate (IDD). The directorate consists of four research departments: Malaria, Enteric Diseases, Viral and Rickettsia Diseases, and Wound Infections.

“In IDD, we are working to find better preventive measures, diagnostics, and treatments for the infectious diseases that have the greatest impact on the military. The pathogens we are working on have the potential to



Compliments of Medical News Today

disable a large number of deployed forces in a very short time, and seriously impact mission readiness and execution. Most of them are major tropical public health concerns, such as malaria, dengue, and other arthropod-borne viruses, and bacterial diarrhea, which is also called traveler’s diarrhea,” said Cmdr. Stockelman, deputy director, Infectious Diseases Directorate. “We also have a program to address the antibiotic resistance crisis in wound infections. Because these are global diseases, it’s really valuable for us to come to ASTMH and bring together the investigators from across our Enterprise and the whole tropical medicine field.”

As the largest scientific organization of experts dedicated to reducing the burden of infectious disease, the ASTMH Annual Meeting draws more than 4,000 attendees from around the world and provides an opportunity for tropical medicine and global health professionals, military personnel, researchers, industry leaders, and academics to exchange scientific knowledge and information.

About Naval Medical Research Center

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

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

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

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



Chief of Naval Operations (CNO) Adm. John Richardson visits with leadership in the Philippine navy and Armed Forces of the Philippines (AFP) to discuss opportunities to further strengthen security cooperation in the Indo-Pacific region. Richardson's visit focused on U.S. and Philippine maritime domain awareness and naval capabilities, and the importance of the U.S.-Philippine alliance to peace and stability in the Indo-Pacific region.

Photos by MCC Elliott Fabrizio

Chief of Naval Operations visits Philippines, highlights importance of U.S.-Philippine alliance

From Chief of Naval Operations Public Affairs

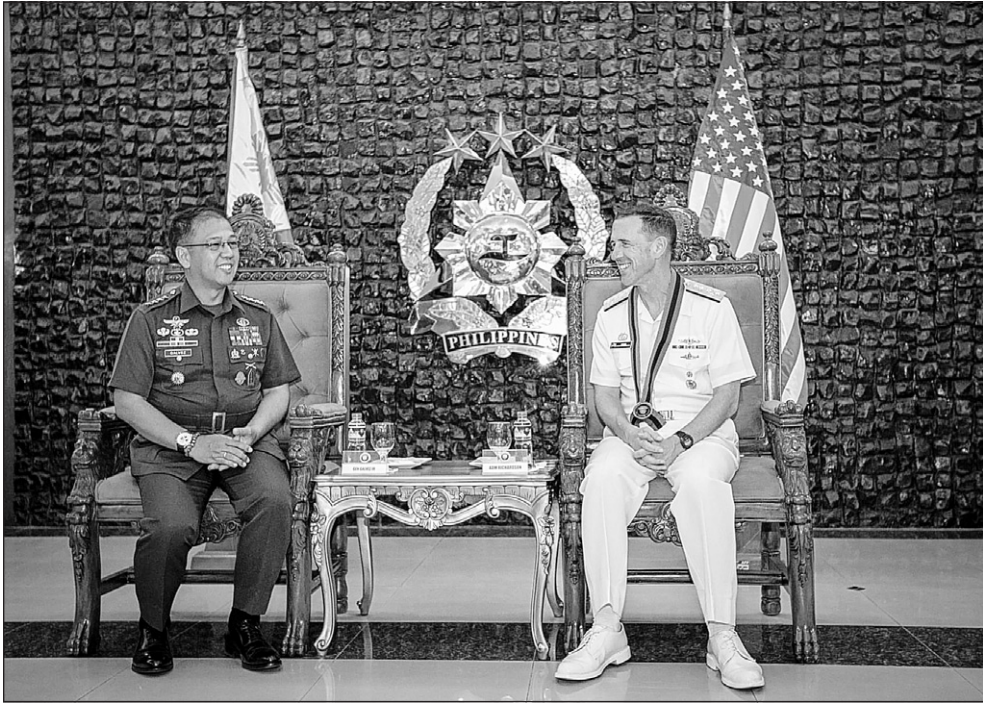
MANILA

Chief of Naval Operations (CNO) Adm. John M. Richardson visited the Republic of the Philippines Oct. 28 and 29, highlighting the importance of the U.S.-Philippine alli-

ance to the Indo-Pacific region. While in the Philippines, Richardson met with Chief of Staff of the Armed Forces of the Philippines (AFP) Gen. Carlito Galvez and Flag Officer in Command of the Philippine navy Vice Adm. Robert Empedrad. Richardson also traveled to Palawan, where he received an update on the security situa-

tion in the South China Sea from Lt. Gen. Rozzano Briguez, Commander of the AFP's Western Command. "The work the U.S. Navy does with the Philippines every year is critical to the peace and stability of the region and the development of both our militaries," said Richardson. "It's important that we continue to col-

laborate with our partner and ally. We look forward to further strengthening our long-standing security cooperation." Richardson's visit focused on U.S. and Philippine maritime domain awareness and naval capabilities, and the importance of the U.S.-Philippine alliance to peace and stability in the Indo-Pacific region.



Chief of Naval Operations (CNO) Adm. John Richardson visits with leadership in the Philippine navy and Armed Forces of the Philippines (AFP) to discuss opportunities to further strengthen security cooperation in the Indo-Pacific region.



Chief of Naval Operations (CNO) Adm. John Richardson visits with leadership in the Philippine navy and Armed Forces of the Philippines (AFP) to discuss opportunities to further strengthen security cooperation in the Indo-Pacific region.

U.S. and Japan kick off Exercise Keen Sword

From U.S. Pacific Fleet Public Affairs

PEARL HARBOR, HAWAII

Units from the U.S. military and Japan Self-Defense Force (JSDF) began exercise Keen Sword at military installations throughout Japan and surrounding waters, Oct. 29. The biennial exercise is the latest in a series of joint/bilateral field training exercises since 1986 designed to increase combat readiness and interoperability of U.S. forces and the JSDF. "Keen Sword will give U.S. and Japanese forces an opportunity to

practice critical air, maritime and amphibious capabilities essential for Japan's defense and for regional security," said Lt. Gen. Jerry P. Martinez, commander of U.S. Forces Japan. "Just as important, the exercise is a visible demonstration of the strength and durability of the U.S.-Japan alliance and our shared pursuit of a free and open Indo-Pacific region." Approximately 10,000 U.S. service members from commands such as U.S. Pacific Fleet, U.S. Forces Japan, 7th Fleet, 5th Air Force, 374th Airlift Wing, 18th Wing, 35th Fighter Wing, and III Marine Expeditionary Force will take part. Two Royal Canadian Navy ships will participate in the maritime portion of the exercise for the first time, along with observers from several

other partner nations. Martinez said, "These developments are a positive sign of our shared interest in expanding partnerships and increasing multilateral cooperation in the Indo-Pacific." The U.S.-Japan alliance has been the cornerstone of regional peace and security in the Indo-Pacific region for nearly 60 years, and events like Keen Sword ensure that we will remain ready for the next sixty years," Martinez added. Exercises like Keen Sword provide the JSDF and U.S. military opportunities to train together across a variety of mission areas in realistic scenarios to enhance crisis response capabilities. "On behalf of the 54,000 men and women of U.S. Forces Japan, I am proud to be a part of this alliance that



A B-1 bomber from the 34th Expeditionary Bomb Squadron leads a formation with fighters in front of U.S. Navy and Japanese surface vessels during Exercise Keen Sword 17.

is so essential to our two nations' shared interests," Martinez said. "We look forward to working side by side with our Japanese allies to make this important bilateral exercise a success." For more news from U.S. Pacific Fleet, visit www.cpf.navy.mil.

3RD FLEET | 2nd fleet visits for talks

Continued from B1

C2F was previously disestablished in September 2011 and many of its personnel, assets and responsibilities were merged into United States Fleet Forces. Headquartered in Norfolk, Virginia, will exercise operational and administrative authorities over assigned ships, aircraft and landing forces on the East Coast and the North Atlantic. Additionally, it will plan and conduct maritime, joint and combined operations and will train and recommend certification of combat ready naval forces for maritime employment and operations

around the globe. Chief of Naval Operations, Adm. John Richardson, announced the re-establishment of C2F May 4. "Our National Defense Strategy makes clear that we're back in an era of great power competition as the security environment continues to grow more challenging and complex," said Richardson. "That's why today, we're standing up Second Fleet to address these changes, particularly in the north Atlantic." For more news from Commander, U.S. 3rd Fleet, visit www.navy.mil/local/c3f/.

HSC-3 | 300,000 mishap free hours

Continued from B1

HSC-3. "From all rates and paygrades, our culture of safety first and by-the-book procedures was vital to the success of the HSC-3 team and there is not one Merlin who was not a contributor to this milestone. I look forward to the continued success of the Mighty Merlins!" Lt. David Murphy, N7 at HSC-3 mentioned 44 years of flying without a Class A mishap is an outstanding accomplishment. Helicopter Combat Squadron (HC) 3 was established in 1967. The squadron originally flew the H-46 Sea Knight. The squadron cel-

ebrated 50,000 Class A Mishap-free hours in 1981. They started flying the MH-60S Sea Hawk in 2002 and transitioned into HSC-3 in 2005. HSC-3 is currently the largest helicopter Fleet Replacement Squadron (FRS) in the Navy, training pilots to fly the MH-60S, SH-60F, and the HH-60H. In 2012, Helicopter Anti-Submarine Squadron (HS) 10 decommissioned and most of the Sailors from the command transferred to HSC-3 along with many of the helicopters. This increased the number of Sailors stationed at HSC-3 from 625 to more than 800, and the number of helicopters from 22 to 32. For more news from Commander, Naval Air Forces, visit www.navy.mil/local/airpac/.

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SLT

\$5,998

STK# 26159



2008 Honda
Accord LX 2.4

\$8,131

STK# 26183



2009 Honda Pilot
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VIRGINIA BEACH
GIRL SCOUT WINS
GOLD AWARD

Maylea Beasley has earned the Girl Scout Gold Award, the highest honor and achievement a girl can earn in Girl Scouts.

» See C2

SECTION C | FLAGSHIPNEWS.COM | 11.1.18

FREE TO BREATHE

RUNNERS
HIT THE STREET
TO FIGHT LUNG CANCER



Members of the Virginia Beach Community Join the Lung Cancer Research Foundation in the Fight Against Lung Cancer. Hundreds of Local Residents Will Hit the Pavement for the Lung Cancer Research Foundation’s Virginia Beach Free to Breathe Run/Walk

From DJD/Golden

Virginia Beach residents are taking a giant step forward in the fight against lung cancer, participating in the Lung Cancer Research Foundation’s Virginia Beach Free to Breathe Run/Walk. On Saturday, November 3, 2018, hundreds of local residents and members of the lung cancer community will hit the pavement for a run/walk down the ocean-front boardwalk, all in an effort to help raise lung cancer awareness and increase research funding for this deadly disease.

“Lung cancer is the number one cause of cancer death not only here in the US, but around the world,” says Brendon M. Stiles, MD, Lung Cancer Research Foundation

Board Chair. “This is the fourteenth year we’ve gathered in Virginia Beach to fight lung cancer as a community. And together, we are making a difference by funding research that has the potential to improve outcomes for those affected by lung cancer.”

Event day registration and check-in begins at 9 a.m., with the walk portion of the event beginning at 10:30 a.m.

Funds raised from the Virginia Beach Free to Breathe Run/Walk benefit the Lung Cancer Research Foundation and its mission to improve lung cancer outcomes by funding research for the prevention, diagnosis, treatment and cure of lung cancer. This support directly impacts the Lung Cancer Research



Foundation’s ability to fund lung cancer research through its Scientific Grant Program.

The Lung Cancer Research Foundation funds basic, clinical and transitional lung cancer research, all aimed at improving lung cancer outcomes. To date, the organization has awarded 348 research grants, totaling \$31 million.

There is no fee for walkers and untimed

runners to register for the Lung Cancer Research Foundation’s Virginia Beach Free to Breathe Run/Walk; Timed runners will pay a \$35 registration fee. Anyone who raises \$100 or more will earn an official event t-shirt. To register and begin fundraising, visit lcrf.org/virginiabeach.

Toto guitarist, Steve Lukather, celebrates 40 year career with tour and book release

The band brings its 40 Trips Around The Sun tour to Sandler Center Tuesday night

By Mike Doyle

Toto guitarist, and long-time session ace, Steve Lukather has stories. . . Lots of stories – and after 40 years of writing, recording and performing with Toto, he’s compiled them into a book to share with us all. “The Gospel According to Luke” released last month, is an entertaining, inside look at the Los Angeles music scene in the 70s and 80s, as well as a great window into Lukather’s life journey. Pair that with the fact Toto will be performing in Virginia Beach on Nov. 6 at the Sandler Center, and you’ve got somewhat of the perfect storm.

Obviously, Toto is known for a string of hits including “Africa,” “Rosanna,” and “Hold The Line,” however the band’s story goes much deeper than their own music. The band, and its members were and integral part of the musical fabric of the 70s and 80s, as studio players in the LA music scene, playing on thousands of records.

As a studio guitarist, Lukather was ‘the guy’ on so many hit records in the late 70s and 80s, that it’d be almost impossible to have never heard his talents. . . whether you realized

it or not. He traded solos with Eagles guitarist, Joe Walsh, on Don Henley’s “Dirty Laundry.” His guitar solo on Lionel Richie’s “Running With The Night” was recorded while Luke was literally warming up, playing to the track in the studio. After playing over the changes, and getting a feel for the song, Luke told the engineer he was ready to record. . . however the engineer informed him that he was already recording, and got the solo he needed! Remember The Tubes (band from the 80s)? Steve wrote and recorded the guitar parts on the hit “She’s a Beauty.” He’s recorded guitar parts for Cher, Richard Marx, Chicago, Kenny Loggins, Kenny Rogers, Boz Scaggs, Quincy Jones, and literally thousands of others. It would almost be easier to list the artists he *hasn’t* played with than the ones who he *has* played with.

Undoubtedly, the most famous session Lukather (and Toto) is known for, is his contributions to the most successful album of all time — Michael Jackson’s “Thriller.” Most music aficionados know that it was Eddie Van Halen who played the guitar solo in Jackson’s “Beat It,” however most aren’t aware that Lukather played all the other guitar parts on the song. . . as well as the majority of the rest of the album.

To say that his contribution to recorded music was massive would be an understatement.



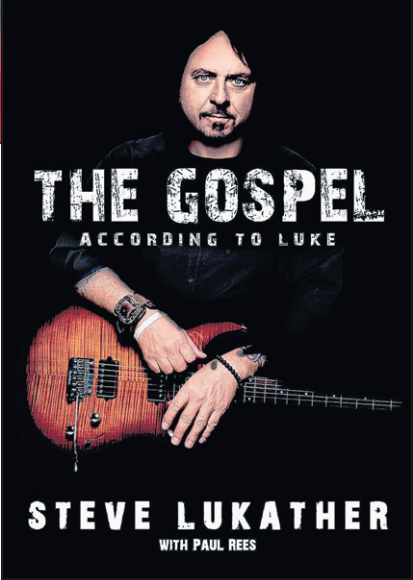
Photos courtesy SKH Music

“How many bands collectively (all members past to present) can say that they have played on 5,000 albums, had around 225 Grammy nominations, and were pretty much the house band on the biggest album in history?” writes Lukather.

Now, in celebration of the band’s 40 year career, Toto is bringing their 40 Trips Around The Sun tour to Hampton Roads. Few ensembles in the history of recorded music have individually or collectively left a larger imprint on pop culture than the members of Toto. The band has sold over 40 million albums and have over half a billion streams worldwide as of 2018.

“Myself, David, Steve and Joseph are humbled and thrilled at the long lasting success of the band,” Steve Lukather remarked. “This 40th Anniversary tour is going to be a special one for us and all of the fans that come out.”

With literally thousands of credits, including the biggest selling album of all time: Michael Jackson’s Thriller, and accolades to their names, Toto remains one of the top selling touring and recording acts in the world.



They are the benchmark by which many artists base their sound and production, and they continue to transcend the standards set by the entire music community, being simply synonymous with musical credibility.

Be sure to catch Toto Tuesday night at Sandler Center. Pick up a copy of “The Gospel According To Luke” at your nearest book store. . . maybe consider the audio version, as Luke is a funny guy. . . it’s well worth it to hear him tell these stories.

Calendar

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

Commander, Navy Region Mid-Atlantic Annual Retiree Summit and Job Fair

- Nov. 2. 9 a.m.–1:30 p.m. Free
- JEB Little Creek-Fort Story
- (757) 462-2640

The annual event brings together a full range of guest speakers, vendors, medical representatives and prospective employers to one location to give transitioning service members, military retirees, family members, and surviving spouses the most up to date information on pay, benefits and legislative initiatives.

The summit kicks off with remarks at 10 a.m. from Naval Medical Center Portsmouth, Veteran’s Affairs (VA), DFAS and TRICARE. A town hall style panel discussion will follow providing information on policies and issues affecting retirees.

Naval Medical Center Portsmouth will staff a health and information fair and administer free flu shots to retirees. Participants can also expect more than 40 employers, colleges and universities supporting the Job and Educational Fair. Representatives from military, federal and community organizations will be on site to provide information about topics of interest to the retiree community to include the Defense Finance and Accounting Services (DFAS).

Patrons will also be treated to an MWR Showcase, to include informational tables, interactive displays and coupons from Community Recreation Programs, Marinas & Sailing, Navy Getaways, Movie Theaters, Golf, Bowling and more! MWR Food & Beverage programs will be providing a wide sampling of refreshments, as well!



Courtesy The Norva

The Psychedelic Furs

- Nov. 3. 8 p.m. \$23, \$26 day of show
- The Norva, 317 Monticello Ave., Norfolk.
- www.thenorva.com

If you were to dissect today’s alternative rock music, you’ll find that much of it pays homage to The Psychedelic Furs. Led by vocalist and songwriter Richard Butler, and his bass-wielding brother Tim, the Furs scored major hits with “Love My Way,” “Pretty In Pink,” “Heaven,” “The Ghost In You,” and “Heartbreak Beat” in all releasing seven studio albums, spawning several compilations, a boxed set, and a live concert DVD. Born out of the post-punk UK rock scene, the Furs quickly developed as one of the premiere bands on US College and Modern Rock radio scoring a multitude of #1 singles. With the advent of MTV in the early 80’s the band took off into the stratosphere, and when John Hughes’ approached the band with his film built around the Furs’ song “Pretty In Pink”, the band’s legacy was cemented.



Courtesy SKH Music

Toto: 40 Trips Around The Sun Tour

- Nov. 6. 8 p.m. \$55–\$95
- Sandler Center For The Arts, 201 Market St., Virginia Beach
- www.sandlercenter.org

As a band, TOTO has sold over 40 million albums, and today continue to be a worldwide arena draw staging standing room only events across the globe. With over 39 years together and thousands of credits and accolades to their names, TOTO remains one of the top selling touring and recording acts in the world. They are the benchmark by which many artists base their sound and production, and they continue to transcend the standards set by the entire music community, being simply synonymous with musical credibility. Their repertoire continues to be current via high profile usage on both broadcast television and in films. They are pop culture, and are one of the few 70s bands that have endured the changing trends and styles to a career enjoy a multi-generational fan base.

Free layaway kicks off at Navy Exchange

- Now through Nov. 21
- Navy Exchange locations in Hampton Roads
- www.mynavyexchange.com

To kick off the holiday season, NEX customers will pay no fee when opening a new layaway account through Nov. 21, 2018.

The NEX Layaway Policy states that clothing, accessories, shoes and general merchandise can be placed on layaway for up to 90 days with three equal payments required 15 days apart. Any single jewelry or watch item over \$500 may be put on layaway for 180 days with equal payments required every 15 days from creation until paid in full.

Check with your local NEX for other specific details relating to layaway. Some NEX locations must limit the type or number of items permitted on layaway due to space constraints.

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/.



Courtesy Mayela Beasley

Virginia Beach Girl Scout Earns Gold Award

From Courtney Herrick

Maylea Beasley has earned the Girl Scout Gold Award, the highest honor and achievement a girl can earn in Girl Scouts. Maylea is the daughter of John and Shari Beasley and is currently a junior at First Colonial High School Legal Studies Academy.

Maylea let her imagination soar when she created her plan for her Gold Award project, “Education on Aviation.” She recognized that in her community there was not enough children who were educated on aviation and the role that it has played in history. With the help of her mentor, Stan Bialas, Maylea was able to create self-guided tour books for children of all ages. The goal of her tour books was to help educate children in the community on the history of aviation when they visited the Military Aviation Museum in Virginia Beach.

When she first toured the Military Aviation Museum, Maylea noticed that a majority of the volunteer staff were older. She felt that caused a communication barrier between the staff and the children that visited the museum. The self-guided tour books made it easier for the volunteers to connect with the children because the books were categorized by grade level.

“Children will always have what they learned from my passports with them,” she said. “I hope that they will tell others to come to the museum to learn about it for themselves!”

The Military Aviation Museum will continue to keep Maylea’s self-guided tour books available for the community to use. The books will be updated as new exhibits are added to the museum.

About the Girl Scout Gold Award

The Gold Award requires girls to identify an issue in the community and carry out a Take Action project to address the matter through leadership work. Nationwide, less than six percent of eligible Girl Scouts earn the Gold Award, which adds this young lady to an elite group of female leaders across the country with the honor.

With the help of the Gold Award, girls can earn college scholarships and even enter the military one rank higher. Girls who earn their Gold Award rate their general success significantly higher than their peers. They also report greater success in reaching their goals in many areas.

Chesapeake company donates glow sticks throughout Hampton Roads to keep children safe on Halloween

From PAIRELATIONS

CHESAPEAKE, VA.

GameWorks, Inc., a full entertainment and dining experience for millennials, teens and families with seven locations nationwide, announced that its Chesapeake, Va. location has donated several hundred glow sticks to a local law enforcement agency to help ensure children remain safe as they trick or treat this Halloween. This is part of the Company’s national campaign, whereby nearly 20,000 glow sticks were donated throughout the seven markets it serves nationwide.

“Community service is an important corporate-wide initiative at GameWorks, and this glow stick giveaway is another

example of how important our local guests are to us and how we strive to positively impact the communities in which we operate. The glow sticks are designed to help illuminate and identify children at night to aid in keeping them safe and visible,” noted Philip Kaplan, chief executive officer at GameWorks.

“At GameWorks, we are all about fun. By distributing glow sticks throughout the communities we serve, we are helping ensure children have a fun night while they trick or treat safely in their local neighborhoods. If our guests choose to visit GameWorks anytime on Halloween, they can also enjoy special offers and promotions while remaining safe indoors,” explained Susan Turkell, spokesperson for GameWorks of

Restaurant chain and guests donate \$1.8 million to summer camps for military children

From 919 Marketing

Golden Corral, the nation’s largest grill-buffet chain, announced it raised more than \$1.8 million to help support Camp Corral, a nonprofit corporation that provides free, one-of-a-kind summer camp experiences for children of wounded, injured, ill or fallen service members.

Golden Corral President and Chief Executive Officer Lance Trenary made the check presentation to Camp Corral at Golden Corral’s annual convention in San Francisco on Sunday night. The company also welcomed a family from Crystal Lake, IL whose daughter was a camp counselor at Camp Corral earlier this summer.

Donations for Camp Corral were collected from Golden Corral restaurants and their guests across the country, as well as a partnership with DAV (Disabled American Veterans). This year they collected \$1,820,658 to support Camp Corral and sent 3,771 children to camp this summer. Now in its eighth year, Camp Corral hosted 24 camp weeks in 2018 and served families from 47 states. The camp provides kids, ages

8 to 15, a unique, weeklong experience where they are free to escape the challenges they face as military children.

“We are thankful to our military members for the sacrifices they make for our country and we believe in supporting their families,” said Lance Trenary. “Through the tremendous generosity of our guests and restaurant teams and our partnership with DAV, we were able to exceed our annual fundraising goal in support of Camp Corral.”

Golden Corral is a long-standing supporter of American veterans. The company became a founding sponsor of Camp Corral in 2011, and continues to provide generous support to the organization, a 501© (3) tax-exempt, nonprofit corporation. Since 2011, Golden Corral and its guests have provided nearly \$11 million to Camp Corral. Through its annual Military Appreciation Night, Golden Corral has also raised more than \$14.3 million for the DAV over the past 17 years and has served has served 5.4 million complimentary meals to military personnel.

Military Times ranks TCC the best two year college for vets in Virginia

From TCC

Tidewater Community College has been recognized as the top-ranked two-year school in Virginia for its support of veteran and military students, according to 2019 rankings released by Military Times on Monday.

Rankings are based on the results of Military Times' Best for Vets: Colleges annual survey – a comprehensive school-by-school assessment of veteran and military student services and rates of academic achievement – as well as a detailed review of public data collected by federal agencies.

TCC, which has a Center for Military & Veterans Education (CMVE) on each of its four campuses, ranks fifth overall and is one of two Virginia Community Colleges in the top 10. Southwest Virginia Community College checks in at No. 9.

"Our priority at the CMVE continues to be serving military-related students, whether they be active-duty, transitioning military, veterans or their family members," said Batanya Gipson, interim director of the CMVE. "We strive to make the CMVE a one-stop shop, where our military-related students can receive help with academic and career advising and learn how to use their GI Bill® funding and other college and community resources that can help

them achieve their education and career goals.”

About 35 percent of TCC's enrollment is military-related students.

The CMVE continues to work to secure approval for students to use GI Bill® benefits and SkillBridge funding. The college offers a digital court reporting program geared specifically toward military and their families. TCC was recently recognized for its partnership with Virginia Natural Gas, which provides training for transitioning military.

The college's Solar Ready Vets program, which prepares sailors for careers in the solar industry, is in its third year. TCC also introduced a Career Studies Certificate in Inside Machinist last year that provides opportunity in the manufacturing and maritime industries, an ideal fit for former military members.

Military Times Best for Vets: College survey is an editorially independent, objective and rigorous news project in its ninth year. This feature evaluates the many factors that help make colleges and universities a good fit for service members, military veterans and their families. About 500 colleges took part in this year's survey, and less than half received recognition in the survey.

The survey asks colleges and universities to disclose academic outcome and input data, describe many aspects of veteran culture on campus and meticulously document a wide array of services, special policies, accommodations and financial incentives offered to students with military ties. Military Times also factors in data from the Veterans Affairs and Defense departments, as well as three Education Department sources: the IPEDS Data Center, College Scorecard data and the Cohort Default Rate Database.

Sports

Madsen heads to Tucson; Admirals add goaltender Brad Barone

From Norfolk Admirals

The Norfolk Admirals have announced that the Arizona Coyotes (AHL) have reassigned goaltender Merrick Madsen to the Tucson Roadrunners of the American Hockey League (AHL). In a related move, the Admirals have agreed to terms with goaltender Brad Barone.

Madsen, 23, heads to Tucson after posting a 2-0-0 record with one shutout, a 0.50 goals-against-average and 0.985 save percentage with the Admirals this season. Madsen has stopped 66 of 67 shots faced this season.

Madsen logged a 10-10-3 record, with a 2.27 goals-against-average and a .918 save percentage during his senior season at Harvard University last season. The 6-5, 190-pound rookie net-minder had posted 28-6-2 record during the 2016-17 season and concluded his collegiate career with a 56-23-8 mark. The Acton, California native was originally drafted by the Philadelphia Flyers in the sixth-round of the 2013 NHL Entry Draft. Madsen is under



Sarah Hobday Photography

contract with the Arizona Coyotes (NHL).

Barone, 27, joins the Admirals from the Roanoke Rail Yard Dawgs of the Southern Professional Hockey League (SPHL) where he has posted a 1-1-0 record in three games this season. The 5-11, 180-pound netminder posted a 15-15-2 record with a 2.93 goals-against-average and a .917 save percentage in 36 appearances with Roanoke last season. The Medfield, Massachusetts native has appeared in five career ECHL games in stints with the Greenville Swamp Rabbits, Atlanta Gladiators and Florida Everblades.

Here are a few previews of special military offers for Veterans Day

From 919 Marketing

Golden Corral Hosts Military Appreciation Night

Golden Corral, the nation's #1 grill buffet franchise, will thank thousands of active-duty and retired U.S. military personnel for their service with a free dinner buffet and beverage, while raising donations for the Disabled American Veterans (DAV). At all its restaurants nationwide, Golden Corral will serve free dinner buffets with beverage from 5PM to 9PM on Monday, Nov. 12 to any person who is serving or has served in a United States Military branch, including the National Guard and Reserves – identification is not required.

SweetFrog Gives Veterans a Free Frozen Yogurt

On Sunday, November 11, sweetFrog Premium Frozen Yogurt, the nation's leading frozen yogurt chain, will provide a free 12 oz. frozen yogurt on Sunday, November 11 to all veterans and active duty personnel with a valid military ID.

Kolache Factory Thanks Veterans with a Free Kolache and Drink

Kolache Factory, the largest specialty kolache bakery in the world, will offer a free kolache (any kind) and a free coffee (any size) at all its locations to all veteran and active military with government-issued military photo ID on Sunday, November 11. (Croissants and Polish varieties excluded).

American Family Care Free Flu Shots for Veterans

American Family Care (AFC), the nation's leading provider of urgent care, accessible primary care, and occupational medicine, will offer military veterans free flu shots on Veterans Day, Sunday, November 11. Veterans interested in obtaining a free flu shot are encouraged to visit AFCUrgentCare.com to find the nearest American Family Care clinic.

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Brandpoint image

From Brandpoint

A cup of steaming rich coffee is one of life’s simple pleasures, especially if you have some extra time to linger over those roasty aromas and flavors at your favorite coffee shop.

The good news is you don’t have to be a barista to achieve the same results at home. Apply these expert secrets to unlocking the full potential of your favorite coffee bean to make perfectly balanced yet flavorful java.

Even if you elect to try just one or two of these tips, getting your daily caffeine fix will feel more like a special weekend treat.

Step one: Always go with the freshest beans you can find

Coffee connoisseurs will differ as to whether a light roast or dark tastes best, but all agree on the power of starting with fresh beans. Before you measure and grind, give

them a visual inspection. They should be glossy in appearance, keeping in mind that darker roasts give off more sheen than light roast or decaffeinated beans do.

Step two: Achieve balance with a food scale

As a rule, you’ll need 2 tablespoons of ground coffee for every 6 ounces of water used. However, if you have a food scale, getting into the habit of weighing beans instead of using the scoop ensures more consistent results. As a rule, 2 tablespoons amounts to 10.6 grams; from there, you may adjust up and down slightly until you find the perfect balance that pleases your taste buds. Because freshly ground beans are more flavorful than stale, take care to grind only what’s needed per batch.

Step three: Unlock the magic of spices

To curate your cup with unique flavors

and aromas, try adding Simply Organic Pre-Brew Spice Blends, a pre-cut blend of organic spices, to your ground coffee beans before brewing. Whether you opt for the warmth of ginger and clove in Pumpkin Spices or rise and shine with the cinnamon and anise in Awaken Spices, any brewing method makes a perfectly spiced cup free of sugars and additives. To discover how to create your favorite coffee-shop treat right at home, visit SimplyOrganic.com.

Step four: Not too hot!

If you’re using a coffee maker, you won’t have much control over water temperature. If you’re using a French press or pour-over coffee maker, keep in mind that boiling water makes bitter coffee. When you put the kettle on, use a thermometer to make sure the water gets to a range of 195 to 205 degrees Fahrenheit before it makes contact with the ground

coffee. Finally, if you’re using tap water, consider filtering it first. Things like chlorine and water softening agents can get in the way of those rich, subtle flavor profiles.

Step five: Serving up the perfect cup

Coffee is best when enjoyed freshly brewed. At this point, you can further customize your cup by adding sweetener and dairy. To achieve a more unique flavor, experiment with honey, agave nectar or even maple syrup. To create a latte at home, you don’t need an espresso machine to make frothed milk. Everyday kitchen tools like a blender, a whisk or a mixer can help you achieve the thick, foamy texture you love.

In every coffee bean, rich and complex flavors await. Put these tips into practice and you’ll soon be sipping your way to bliss.



Brandpoint image

From Brandpoint

Mothers are the CEO of the home. Organizing schedules, paying the bills, doing food shopping, managing pick-ups and drop-offs, and making sure everyone is healthy is just part of the job. Unfortunately, because they are so busy taking care of others, many moms often put off taking care of themselves or scheduling their own health appointments.

Making your health a priority can help you stay healthy and keep illnesses at bay. Here are a few tips to help:

Sleep consistency

You harp on the kids about the importance of a good night’s sleep, but when it comes to your own sleep, it’s often the first thing that’s

sacrificed. Sleep deprivation is common among moms for a variety of reasons. Make it a priority to get 7 or 8 hours of quality rest each night. Keeping the bedroom quiet, cool, dark and free from the distractions of devices such as cell phones and tablets can help you relax and sleep.

Annual physicals

Just like with your kids, proactively seeing a doctor every year can help you tackle health issues head on rather than putting them off until they become a bigger problem. During wellness visits, your doctor will use health indicators like weight, blood pressure and heart rate to screen for common conditions such as diabetes and heart disease. Doctors

can then recommend treatments to help you stay healthy and feel your best.

Fill prescriptions

Your doctor’s treatment plan may include a prescription medication. Doctors advise that it’s important to fill and use the medication as prescribed. If you are not insured, or if your health insurance plan doesn’t cover the medication you were prescribed, you can check a free prescription savings program called Inside Rx which can help save an average of 40 percent off brand-name and 80 percent off retail on generic medications. Eligibility requirements and a complete list of the medications offered through the program can be found at InsideRx.com.

Boost nutrition

You meticulously pack your kids’ lunches, but when it comes to your own, sometimes you eat whatever you can grab. Eating well helps fuel the body and mind, so skip the junk and instead eat wholesome meals three times a day with healthy snacks in between. Stock the fridge and pantry with healthy foods that are easy to eat on the go and always have nutrient-packed snacks, such as dried fruit or nuts. Meal planning can help everyone enjoy healthy homemade foods throughout the week.

These simple tips will help you prioritize health as you take care of your family, so you can feel your best today and in the future!

Simple ways to get your budget on track this holiday season

From Brandpoint

Americans will have lots to celebrate this holiday season, with unemployment rates at an all-time low and consumer confidence on the rise. According to The Annual Retail Sales Forecast for the Holiday Season from Deloitte, retailers have their sights on sales of more than \$1.1 trillion.

We all get caught up in the spirit of giving, yet the most wonderful time of year is also one of the most stressful financially. But holiday spending doesn't have to break the bank — a little planning can let you enjoy and be merry.

Here's a checklist to get started:

Budget for big purchases

- Credit cards: Divide up the big-ticket items. Buy them across several off-season months and pay your balance in full.
- Free shipping: Some online retailers offer free shipping with orders over a certain amount. In late December, some retailers

- have been known to offer free shipping days with guaranteed delivery by Christmas.
- Delayed financing: Look for store credit card promotions that offer low interest rates or delayed financing on large purchases. Pay it down over time without incurring interest.
 - Online tools: Struggling to budget alone? Explore online services like Nummo, which can help you consolidate your accounts and keep track of your finances.

Save with coupons and deals

- Save: There's always the old-fashioned way of saving a little money each month throughout the year, and then spending what you've saved. Or save in advance for the more expensive items.
- Credit cards: Redeem credit card points for gift cards you can use for your holiday shopping; alternatively, offer up specific store gift cards as a present.
- Delayed offers: Retailers are tracking what you do online, and often if you leave

- something in your shopping cart, the retailer will come back with a reminder followed by a discounted offer.
- In-store shopping days: Black Friday has always been a big shopping day, so you might want to ask your favorite retailers what they have planned ahead of time. Some big-box retailers begin their Black Friday promotions on the Wednesday before, with extended store hours, and might even be open on Thanksgiving. Also, don't forget to shop local on Small Business Saturday — your favorites stores may have the best bargains yet.
 - Online shopping days: Online retailers offer significant discounts on days like Cyber Monday and Small Business Saturday.

Buy now, pay later

- Credit card rates: If you are going to apply for a new card, check introductory offers for rates, balance transfer opportunities and delayed financing options.
 - Store credit cards: Often when you open a card at checkout, you receive a discount on your entire purchase. Store cards also offer coupons and deals throughout the holiday season if you use your store credit card. That said, make sure not to keep a balance for long, as store credit cards can have higher interest rates.
- Holiday spending still causing you stress? The experts at Nummo can help you manage, maintain and improve your financial health for the holidays and beyond.

Black Friday has always been a big shopping day, so you might want to ask your favorite retailers what they have planned ahead of time. Some big-box retailers begin their Black Friday promotions on the Wednesday before, with extended store hours, and might even be open on Thanksgiving.



Gwilym Lee stars as Queen guitarist, Brian May, and Rami Malek transforms into vocalist Freddie Mercury, in Bohemian Rhapsody, 20th Century Fox

coming to theaters

INSTANT FAMILY (PG-13)

When Pete and Ellie decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child, but when they meet three siblings, including a rebellious 15-year-old girl, they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must try to learn the ropes of instant parenthood in the hope of becoming a family.

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.

OVERLORD (R)

On the eve of D-Day, American paratroopers drop behind enemy lines to penetrate the walls of a fortified church and destroy a radio transmitter. As the soldiers approach their target, they soon begin to realize that there's more going on in the Nazi-occupied village than a simple military operation. Making their way to an underground lab, the outnumbered men stumble upon a sinister experiment that forces them into a vicious battle against an army of the undead.

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 Bros. Pictures

A STAR IS BORN: Seasoned musician Jackson Maine (Bradley Cooper) discovers-and falls in love with-struggling artist Ally (Gaga). She has just about given up on her dream to make it big as a singer - until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons.

JEB Little Creek, Gator Theater – 462-7534

Friday, November 2
6 p.m. Venom (PG-13)
9 p.m. A Star Is Born (R)

Saturday, November 3
1 p.m. The House With A Clock In It's Walls (PG)
4 p.m. Venom (3-D) (PG-13)
7 p.m. A Star Is Born (R)

Sunday, November 4
1 p.m. Night School (PG-13)
4 p.m. Vernom (PG-13)
7 p.m. A Star Is Born (R)

NAS Oceana, Aero Theater – 433-2495

Friday, November 2
6 p.m. Venom (PG-13)
9 p.m. A Star Is Born (R)

Saturday, November 3
12 p.m. Smallfoot (PG)
3 p.m. Venom (3-D) (PG-13)
6 p.m. Hell Fest (R)

Sunday, November 4
12 p.m. Smallfoot (PG)
3 p.m. Venom (PG-13)
6 p.m. A Star Is Born (R)

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

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Announcements

41ST CHRISTMAS BAZAAR
Church of the Ascension, 4853 Princess Anne Road, Virginia Beach, VA 23462. Sat., Nov 3, 9am to 3pm, and Sun., Nov 4, 9am to 2pm. Free entrance. Bake Sale. Lunch food sold. 55 plus crafters and vendors. Something for everyone.

CHRISTMAS BAZAAR - CARFT SHOW
Church of the Ascension, 4853 Princess Anne Road, Virginia Beach. Free Entry. 55 plus local crafter and vendors. Gently Used Toys and Treasures, Baked Good, and Lunch Food. Perfect time and place to start shopping for that someone special. Sat. Nov 3 from 9 am to 3 pm and Sun. Nov 4 from 9 am to 2 pm.

HAPPY BIRTHDAY JULIE FIEL
From Family & Friends
31 Years Old

LOOKING FOR CRAFTERS OR VENDORS

Kempsville High school the Destination Imagination team is looking for crafter/vendor for our December 8th show. Spaces limited. If interested please contact Buffie 757-567-4175

LOOKING TO MARRY ELDERLY MAN. 80 or older. 757-282-1149

SCANDINAVIAN CHRISTMAS BAZAAR - SONS OF NORWAY HAMPTON ROADS LODGE
Sat Nov 3rd, 9 am - 3 pm. At Francis Asbury United Methodist Church, 1871 N. Great Neck Rd. Va Bch. Traditional Foods, Bake Sale., Crafts, Vendors, Gift Items, Viking Re-enactors, Photo-op, 30' Long Boat, Raffle. Call 631-0362 or www.hrsn.org or Facebook



Estate Sales

ESTATE SALE-FINAL SALE
1417 Whittier Rd., Va. Bch (Alantown), Thurs., Fri. & Sat., Nov. 1, 2 & 3, 8:30 AM-3 PM. Over 150 boxes remain, lots of high-end quality items, kitchen, furniture, whatever is left we have to sell, lots of Fenton, garage, outbuildings & attic contents, lots of high-end kitchen ware, much more. Final Sale, All Must Go! Everything Will and Must Be Sold! Cash or Check Only. House is alarmed and guarded. Larry Zedd, Va. Beach Antique Company, 422-4477.

VIRGINIA BEACH FABULOUS ESTATE SALE. Packed 5200 sqft water front home 1004 Witch Point Trl. Thurs - Sun Nov 1, 2, 3, 4. 9am-3pm. Antiques & high end furn. Sterling, crystal, jewelry, fab art, designer clothes/shoes, military, nautical. Go to ThisNThatCompany.com for pics & more info!

Flea Market/Bazaars

FALL CRAFT BAZAAR Nov 1 and Nov 2 9am-4pm Sentara Virginia Beach General Hospital Lobby. Sponsored by SVBGH Auxiliary, 25+ crafters, and 40 tables. Open to the Public

OLDE TOWNE ANTIQUES FLEA
Mkt. Nov 3, 10-2. Fantastic Finds. New location 200 County. 405-3500. oldetowneporstmouth.com



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PT Day & Eve shifts available at the Chrysler Museum. Must be dependable & able to work weekends. Good cust svc, criminal bkgrnd & drug screening reqd. Prior security exp pref'd. Please submit resume to mbclair@chrysler.org or apply in person, M-Th 9am-3pm at the Museum's staff entrance: 245 W Olney Rd., Norfolk. No phone calls please.

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VIRGINIA BEACH-PENNSYLVANIA
Open House Sun. 10/28 2-4pm., 3901 Dupree Ln. Adorable ranch home with huge fenced backyard in Landstown School District. Stop by and preview with Swanitta Harris this Sunday. 975-6893 Century 21 Nachman Realty

CHESAPEAKE-OPEN HOUSE
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MUST SEE
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CADILLAC 2007 DTS
117k mi., \$4950 firm New Michelin Tires, Clean & Maintained, Exc Cond. Remote Start. 757-588-8175

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Check It Out!
Beautiful Red finish, Good mileage, auto, air, inspected, great cond. \$4990 439-8017. Va. Dir. 481-7777. Process Fee \$375

CHEVROLET 2012 TAHOE
LT, 4WD, loaded, clean, new stkr, 59k mi, \$26,500. 757-439-2260

CHRYSLER 2005 300C
(Hemi) 80,000 miles, Leather, All power assist, Sun roof, New tires. Priced to sell \$6,000 757-927-1133

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Autos for Sale

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3.8 LT. /V-6 (GL) Everything new! \$3300 (Shore Dr) 540-514-8206 Cell

FORD 1997 THUNDERBIRD
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SHO Model, Like New Condition, One Owner, 39,900 miles, Garage Kept, Clean VIN, New Tires, V6 Eco-Boost, All Wheel Drive, Driver Assist Package, Sony Premium Sound, Navigation System, Auto Park Assist, Backup Camera, Heated and Cooled Seats, White. This car is a rare find. \$19,600. 757-404-1190

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EXL, excel cond, leather, sunroof, loaded, inspected. \$3990. 439-8017. Va. Dir. 481-7777. Process Fee \$375

HONDA 2012 PILOT



4WD, leather, back up camera, serviced. 42K, \$19,900. 439-0582, Va dir

HONDA 2013 CR-V
Mountain Mist Blue, AWD, 73,148k, no accidents/issues/flooding, backup camera \$14,400 neg. current inspection & oil change - call 757-495-0200

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EX, 57,000 miles, new brakes, serviced. \$14,900. 439-0582. Va. Dir.

HONDA 2015 ACCORD
EXL, 4 Door, 4 Cylinder, Auto, A/C, Full Power including Sun Roof, Honda Warranty, Excellent Condition, 35k/miles, \$16,500. Call: 443-235-0304

HYUNDAI 2006 ELANTRA
1 Owner, Garage kept, Auto-power, 35,000 Original miles. Silver, \$3,600. Call 757-681-0119

LEXUS 2003 LS 430
85K Miles.Clean.Deluxe Int. Silver w Tan Interior.757-675-4935 \$9,900

LEXUS 2008 LS 460
59K mis., garage kept, leather, sunroof, loaded, looks great. \$19,900. Call for details 675-0288. Va. Dir.

LINCOLN 1998 TOWN CAR
Excellent cond. Fully loaded with sunroof. \$3500 757-567-6764

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Beautiful Grand Touring MX-5, like new. Only 4800 miles. Rarely driven. Meteor Gray with light tan leather interior. Dual airbags. Blindspot monitor. Automatic - Six speed sport. Sirius XM Satellite Radio. Housed in garage.

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S-500, New inspection, leather, mint cond., \$5500. 757-228-6666.

MERCEDES-BENZ 2012 350SL



E350 AWD.37000 MILE.CLEAN,SERVI CED.\$23,900.439-0582.vadlr

MERCURY 2007 GRAND MARQUIS



61000 MILES.LEATHER,CLEAN,SERVI CED.\$5975.439-0582.vadlr

MINI 2007 COOPER S
6 spd yellow w/ black leather, 1 owner, all records, exc cond.garaged, 85,800 miles \$7,999. Call 757-741-2545 [sstefancicj@yahoo.com](mailto:ssstefancicj@yahoo.com)

NISSAN 2007 MURANO



SL, AWD, 67K mis. Serviced, clean, new tires. \$9900. 439-0582 va dir

Autos for Sale

NISSAN 2005 MAXIMA



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

NISSAN 2013 ALTIMA



77K 2.5 S ONE OWNER! LIKE NEW! MUST SEE! LIKE NEW TIRES NEW INSPECTION.\$9900 OBO.757-323-1190.

NISSAN 2014 ALTIMA
SL, Blue, 72,000 Highway miles, \$12,600 1 owner private sale Call 252-395-5343

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XR trim, 82K mi, new trans/timing chain/shifter cable, AM/FM/CD Player, Sirius XM/OnStar capable, \$4,100 OBO, March 2019 Insp.Cash/Cashier check only, (757) 395-7649.

SUBARU 2014 OUTBACK



LIMITED.46000 MILES,CLEAN, SERVICED.\$17,900.439-0582.vadlr

TOYOTA 2005 COROLLA



LE Exc cond., looks & runs perfect, auto, air, loaded, inspected, \$4990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375.

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Z71 4WD leather, sunroof, auto, air, loaded, entertainment center, \$5990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375.

CHEVROLET 2008 TRAILBLAZER

Runs great, Clean inside and out. 162,922mi. \$3000. 757-582-9081

DODGE 2014 RAM 1500



DODGE RAM LARAMIE 4WD. NAVIGATION.SERVICED.CLEAN.54000 MILE.\$27,800.439-0582.vadlr

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Crew cab Lariat 4x4 diesel low miles nice \$16,500 757-544-5755

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HONDA 2006 CR-V



Exc cond, auto, air, loaded, runs perfect, new inspection \$5590 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375.

HONDA 2013 ODYSSEY



EX,57000 MILE,NEW BRAKES,SERVI CED,CLEAN.\$14,900.439-0582.vadlr

HONDA 2015 CR-V



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INTERNATIONAL 2005



200

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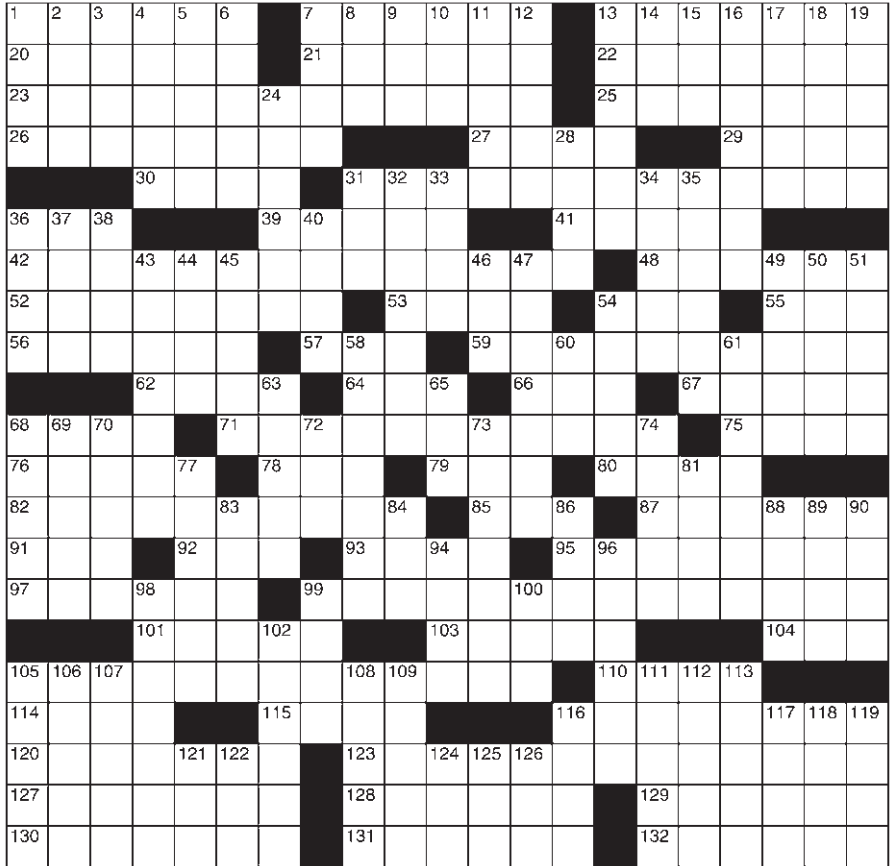
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Fun and Games

Super Crossword

EIGHT
VOCALISTS LEFT

- ACROSS**
- 1 Phase
7 Animals with two legs
13 Eyelash makeup
20 1960s space program
21 Earhart in a cockpit
22 Hires
23 218 or more seats in Congress [BROWN]
25 Simple tunes
26 16th-cen. nun of Avila
27 Bird of New Zealand
29 Magazine for a fashionista
30 "SCTV" bit
31 Heart-tugging facet of a media story [SIMONE]
36 Oral health org.
39 Wed
41 Heighten
42 Verses using visual devices [GABRIEL]
48 Golden Arches sandwiches with barbecue sauce
- 52 Person held in custody
53 — -dieu (prayer bench)
54 Seoul's region: Abbr.
55 King, in Nice
56 Certain Greek
57 "— dare?"
59 2010 Kevin Spacey film [MITCHELL]
62 Sleuth's tidbit
64 Hailed car
66 Bus.
68 Cod or koi
71 Romanian tennis great [SEDAKA]
75 Letters after wyes
76 Artist for a comic book
78 Up — point
79 Dieter's target, often
80 Dr. — (1990s TV therapist)
82 Substantial number [CALLAS]
85 "— iron bars a cage"
87 Salad staple
91 Farm mother
- 92 Solder stuff
93 Gulf republic
95 Switchboard worker
97 Balkan republic
99 Warning message [BENNETT]
101 Lover boy
103 A bit warm
104 Bovine call
105 Setting of hearings for minors [DION]
110 — -tat-tat
114 Algerian port
115 Purim's month
116 Lover's tune
120 Ocelot, e.g.
123 Supporting vocalists (or an apt alternate title for this puzzle)
127 Jack of fitness fame
128 Wisdom goddess
129 Ogle
130 Climbed, as a rope
131 Not so fat
132 Disco effect
- 3 Look sulky
4 Nobody — (only mine)
5 Store assistant
6 Marisa of Hollywood
7 Cabo's peninsula
8 "I believe," to texters
9 — diem
10 Wallach of Hollywood
11 NFL great Mike
12 "Know what I'm —?" ("Get it?")
13 City north of Mecca
14 Vocalist DiFranco
15 USMC NCO
16 Provider of dishes
17 Quick-footed
18 Film rolls
19 Thing of use
24 Sagacious
28 Slim and muscular
31 Mod
32 Idealistic
33 Painter Jan van der —
34 The Bard's "— of Athens"
35 Place in trust
- 36 "Black Ice" rock band
37 Active sort
38 Stud fee?
40 It's a must
43 One behind a batter
44 Oman's currency unit
45 Blah feeling
46 Muscle jerk
47 Wince at, e.g.
49 Mad as heck
50 Lawn bowling game
51 Many Punjabis, religionwise
54 Mall station
58 Nauru and Fiji's area
60 Pirate realm
61 Guy playing bebop, say
63 John at the piano
65 Purse
68 Shrii flutes
69 Dazzled
70 T-bar user
72 Better's slip
73 Less cloudy
74 Diner
77 Allotment
81 Whig's rival
83 Florida city
84 Capote, to friends
- 86 Rice-A- —
88 Thing split in fission
89 Dog in Oz
90 Dunkable treat
94 Aleutian island
96 San Diego ball team
98 Actor Fraser
99 Not single-sex, as a school
100 Decide (to)
102 Jubilant
105 Lower cheeks
106 — the Hittite
107 Vocalist Frankie
108 Rebels' ring
109 Sermonize
111 Seed cases
112 Basic belief
113 Fury
116 Argue (with)
117 Streamlined, for short
118 Uncolorful
119 Punta del —
121 Channel for Jake Tapper
122 Meth-ender
124 Third of a dance move
125 Writer Kesey
126 Article in Arles



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Sudoku

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

CryptoQuip

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

Clue: **O** equals **B**

ETPD H OXGV XB VXNXPDSNK
OIXNVXDY XSB DPBS XD H SGPP,
EQINV KQI FHNN STHS OGHDF
VGPBBXDY?

Last week's CryptoQuip answer

I think I may probably get you that job as a marionette worker if I just pull a few strings.

last week's answers

SARA HAVISHAM POSTBOP
TIED ANATHEMA EROSI
UDDERCONTAMPTACTEDON
FEELOKSOLASCH EIN
FALSEFEEDTHEKIDDI
SCILASSOTROYSOV
WINDOWSHUDDERETHANOL
EDIEAERODARNAME
DENSITYMADDERATHAND
ERGSHAEFREELIONIA
PLODDINGREVENGE
ADFEEARNO DENCHFIR
CADDYCOMMENTROTHIRA
ENIDLOS OCHOIRON
DECLAIMSPORTSBEDDING
ERN EWOKSTENNYE
SAUSAGEPADDY SWUNG
ABSIDIGOLEISOLDE
MOOCHED BIDERENEMIES
MAFIOSI ACCENTEDANNA
STATUTEGUILDEERS DESI

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

Religious Services

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service times, visit:

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