

Warships underway for first East Coast Cruiser-Destroyer SWATT Exercise



MCSN Nikki Custer Guided-missile destroyer USS Nitze (DDG 94) conducts a Mk 45 5" gun shoot as part of Surface Warfare Advanced Tactical Training (SWATT) exercise. USS Abraham Lincoln (CVN 72) Carrier Strike Group (CSG) cruiser-destroyer (CRUDES) units are completing the first East Coast CRUDES Surface Warfare Advanced Tactical Training (SWATT) exercise. SWATT is led by the Naval Surface and Mine Warfighting Development Center (SMWDC) and is designed to increase warfighting proficiency, lethality, and interoperability of participating units.

From Naval Surface and Mine Warfighting Development Center Public Affairs

NORFOLK

Warships from USS Abraham Lincoln (CVN 72) Carrier Strike Group (CSG) and other Norfolk-based cruiser-destroyer (CRUDES) units departed Naval Station Norfolk for the first east coast CRUDES surface warfare advanced tactical training (SWATT) exercise, Nov. 2.

SWATT is the surface force's premier advanced tactical training exercise developed and led by Naval Surface and Mine Warfighting Development Center (SMWDC). SWATT provides multi-ship, multi-platform, multi-warfare area training at sea to increase combat capability, lethality, and interoperability. Staffs and units participating in the exercise are Destroyer Squadron (DESRON) 2, USS Leyte Gulf (CG 55), USS Bainbridge (DDG 96), USS Gonzalez (DDG 66), USS Mason (DDG 87), USS Gravelly (DDG 107), and USS Nitze (DDG 94).

"The establishment of SMWDC in 2015 represented the beginning of an important cultural shift in the surface fleet to rapidly increase surface force tactical proficiency, readiness, and combat capability," said Rear Adm. Dave Welch, commander of SMWDC. "This first east coast CSG SWATT represents our commitment to the entirety of the Surface Force. SWATT provides a critical path



MCSN Nikki Custer

Master at Arms First Class Dominic Outlaw takes a line of bearing to a contact on the bridge of the guided-missile destroyer USS Nitze (DDG 94). USS Abraham Lincoln (CVN 72) Carrier Strike Group (CSG) cruiser-destroyer (CRUDES) units are completing the first East Coast CRUDES Surface Warfare Advanced Tactical Training (SWATT) exercise. SWATT is led by the Naval Surface and Mine Warfighting Development Center (SMWDC) and is designed to increase warfighting proficiency, lethality, and interoperability of participating units.

for warfare and strike group commanders to develop the combat capability needed by our numbered fleet commanders to compete effectively in an era of great power competition."

SWATT exercises provide dedicated in-port and at-sea training periods focused on the development of air defense and sea combat commanders, ships, and watch teams. In particular, SWATTs provide focused training

to support naval sea control including integrated air and missile defense (IAMD), anti-submarine/surface warfare (ASW/SUW), amphibious warfare (AMW), mine warfare (MIW), and information warfare (IW).

"While our headquarters is located in San Diego, we have divisions on both coasts and team members in most fleet concentration areas," said Capt. Joe Cahill, SMWDC sea combat division direction and SMWDC's air defense senior mentor underway for the exercise. "We are committed to increasing the combat power of naval surface forces, with focus on warship cohesion. It is a team-based approach to what a warship is designed to do—fight and win at sea as part of a naval task group. I am proud of the work our SMWDC team does to have an immediate and positive impact on the combat power our warships and warfare commanders bring to the Navy."

SWATT is specifically designed to be a learning environment whereby teams receive over-the-shoulder mentoring throughout events, and where training vice certification or exit criteria are the basis of success.

Senior, post major-command mentors, warfare tactics instructors (WTIs), and technical community experts plan events, brief teams, and embark warships for underway to train and mentor teams. Those teams lead a formalized plan, brief, execute, debrief (PBED)

» See **SWATT** | **A7**



MC2 Joshua Tolbert

Sailors, Marines, Civilians, Veterans, and their families participated in the 5th annual Wounded Warrior 5K at Naval Support Activity Hampton Roads Headquarters on Nov. 2.

Naval Support Activity Hampton Roads hosts 5th annual Wounded Warrior 5K

By MC2 Joshua Tolbert

Naval Support Activity Hampton Roads Public Affairs

NORFOLK

Naval Support Activity (NSA) Hampton Roads' Morale, Welfare, and Recreation (MWR) partnered with Navy Wounded Warrior – Safe Harbor to host the 5th annual Wounded Warrior 5K at the installation on Nov. 2.

The Wounded Warrior

5K was hosted as part of Warrior Care Month, established in 2008 by then Secretary of Defense Robert F. Gates. Warrior Care Month is dedicated to increasing awareness of programs and resources available to wounded, ill, and injured service members, their families, and those who care about them.

» See **5K** | **A7**

Navy celebrates American Indian and Alaska Native heritage, contributions

By Yonca Poyraz-Dogan

Navy Office of Information Public Affairs

WASHINGTON

The Navy honors National American Indian Heritage Month in November celebrating achievements of American Indians and Alaska Natives and recognizing the central role they have played in the nation's history. The theme for

» See **HERITAGE** | **A7**



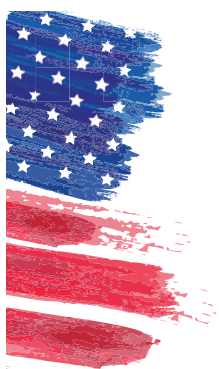
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THE HISTORY OF VETERANS DAY

As we celebrate Veterans Day, it is important to remember how this holiday originated and why we continue to observe it today. Like the people it honors, the holiday was shaped by war.

» see **A6**

NAVY AND VA PARTNERSHIP TO IMPROVE VETERAN HEALTH

Naval Hospital Camp Pendleton (NHCP) and the VA San Diego Healthcare System (VASDHS) are partnering to provide total joint surgeries.

» see **B1**

THE 34TH ANNUAL GRAND ILLUMINATION PARADE BRIGHTENS DOWNTOWN

November 17 at 7 p.m. The parade is free and open to the public.

» see **C1**

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HAMPTON ROADS OFF-LIMITS LIST

Updated: Hampton Roads Establishments Placed Off-Limits To Military Personnel

From Commander, Navy Region Mid-Atlantic Public Affairs

NORFOLK

The Hampton Roads off-limits list was recently updated by the Armed Forces Disciplinary Control Board (AFDCB) for South-eastern Virginia and Northeastern North Carolina, formally making 12 business locations off-limits to all military personnel – active duty and reserve – in the Hampton Roads area.

The update is in reference to a modification of several business names and/or business locations that were already placed off-limits. The safety and security of all service members is a priority of the Department of Defense, as such service members are required to refrain from conducting business with and/or entering the premises of the following establishments:

■ **The Vault, Vape and Hoo-kah Shop, formerly known as The Vault**, 15435-B Warwick Blvd., Newport News, Virginia 23608

■ **The Vault, Vape and Hoo-kah Shop, formerly known as Unwind**, 731 J. Clyde Morris Blvd., Suite B, Newport News, Virginia 23601

■ **The Vault, Vape and Hoo-kah Shop, formerly known as Unwind**, 389 West 21st Street,

Norfolk, Virginia 23518

■ **Mellow Smoke Tobacco Shop**, 201 East Berkeley Ave., Suite C, Norfolk, Virginia 23523

■ **Outer Edge Gifts**, 760-B J. Clyde Morris Blvd., Newport News, Virginia 23601

■ **7 City’s Custom & Design, also known as Envy Car Audio & Design and Unique Auto Design**, 1062 37th Street, Norfolk, Virginia 23508 or 117 Princess Anne Rd., Norfolk, Virginia 23510; Autoworks, 6100 Tidewater Dr., Norfolk, Virginia 23509; and D Motors, 881 East Little Creek Rd., Norfolk, Virginia 23518

■ **Best Price Auto Sales, also known as U.S. Auto Excellence**, 3336 Holland Rd., Virginia Beach, Virginia 23452

■ **Prime Auto, also known as Skyline Auto**, 4114 East Indian River Rd., Chesapeake, Virginia 23325

■ **Tyku Bar**, 1910 Atlantic Ave., Virginia Beach, Virginia 23451

The AFDCB is an investigative committee composed of members from each military service and civilian advisers who work with local law enforcement agencies and local businesses to prevent unfair, dangerous or criminal practices against military members. The AFDCB works closely with businesses that are considered being placed off-limits to avoid these actions. Mitigation efforts demonstrated by area businesses and communication to the board by the business often have favorable results.

+

Open Enrollment

TAKE COMMAND:

TRICARE OPEN SEASON BEGINS NOV. 12



Stock photo

From TRICARE.mil Staff

Do you want to make enrollment changes to your or to a family member’s TRICARE health plan for 2019? Your chance is around the corner during TRICARE Open Season. However, if you want to keep your current health plan, you don’t need do anything during TRICARE Open Season. Your current coverage will continue automatically as long as you remain eligible.

Open season is an annual period when you can enroll in or change your health care coverage plan for the following year. TRICARE beneficiaries will experience open season for the first time between Nov. 12 and Dec 10, 2018. TRICARE Open Season will happen each year from the Monday of the second full week in November to the Monday of the second full week in December. Enrollment choices made during this period will take effect on Jan. 1.

During TRICARE Open Season, you may enroll in or change your TRICARE Prime or TRICARE Select health plan. Any changes you make will be effective Jan. 1, 2019. If you remain eligible and make no changes during TRICARE Open Season, then you’ll stay in the same plan for 2019. You may also change your type of enrollment during open season, for example switching from individual to family coverage.

Outside of the TRICARE Open Season period, you may still enroll in or change between TRICARE Prime, a managed care option available in Prime Service Areas in the United States; you have an assigned primary care manager who provides most of your care and TRICARE Select.

Starting on January 1, 2018, TRICARE Select replaces TRICARE Standard and Extra.

TRICARE Select is a self-managed, preferred provider network plan. TRICARE Select is a fee-for-service option in the United States that allows you to get care from any TRICARE-authorized provider. Enrollment is required to participate. TRICARE Select plans within 90 days after you or a family member experience a Qualifying Life Event (QLE). A QLE is a certain change in your life, which may mean different TRICARE options are available to you. If you want to change your coverage to TRICARE Prime or TRICARE Select, and you’re eligible, a QLE allows you to do that.

Whether during TRICARE Open Season or following a QLE, you have three ways to make an enrollment choice:

- **Online:** Go to the Beneficiary Web Enrollment website (stateside only)
- **By phone:** Call your regional contractor
- **By mail:** Mail your enrollment form to your regional contractor

TRICARE Open Season doesn’t apply to the premium-based plans listed below. These plans offer continuous open enrollment throughout the year:

- **TRICARE Retired Reserve**
- **TRICARE Reserve Select**
- **TRICARE Young Adult**
- **Continued Health Care Benefit Program**

Also, TRICARE Open Season doesn’t apply to TRICARE For Life. TRICARE For Life doesn’t require enrollment.

Sign up on the TRICARE website for updates about TRICARE Open Season. Look for more information this fall at www.tricare.mil/openseason.

This is your benefit. Take command of your health and prepare for TRICARE Open Season.

NAVFAC Mid-Atlantic personnel recipients of 2018 Federal Energy Management Program awards

By Jeffrey C. Doepp

Naval Facilities Engineering Command Mid-Atlantic Public Affairs

NORFOLK

Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic Lt. Cmdr. J. David McLeod, CEC, and John Breckner, P.E., were recognized for their contracting work supporting energy management programs during the 2018 Federal Energy and Water Management Program (FEMP) awards ceremony at the U.S. Institute of Peace in Washington, D.C., Oct. 23.

McLeod, the Facilities Engineering and Acquisition Division Parris Island director, and Breckner, the Public Works Renewable Energy Program manager, were members of two separate contracting teams that helped enhance Navy Shore Readiness with two important energy security and resiliency projects.

“On behalf of the U.S. Department of Energy, I would like to congratulate your team on being selected to receive a 2018 Federal Energy and Water Management Award,” said U.S. Department of Energy, Energy Programs Manager Terry Reid, in an email initially announcing the winners.

Reid went on to add that, the awards, which are in the contracting category, recognizes a team’s outstanding contributions related to energy and water cost savings, optimized energy and water use, and, or the use of advanced and distributed energy technologies at federal facilities in fiscal year (FY) 2017.

McLeod’s five-member contracting team from Marine Corps Recruit Depot (MCRD) Parris Island, South Carolina, awarded a \$91.1 million energy savings performance contract (ESPC) in FY 2017. Once complete, the site will be a near-net zero electricity purchase installation, enhancing energy resili-

ence and readiness with its own reliable source of heat and power, combined with advanced controls and energy storage technology.

The ESPC will install a 3.5 megawatt combined heat and power plant and 6.7 megawatts of solar photovoltaic panels integrated with a battery energy storage system, and a microgrid control system capable of fast load shedding. These and other equipment upgrades will reduce energy consumption by almost 385 billion British thermal units and water consumption by 75 million gallons, with annual reductions of 88 percent and 25 percent respectively.

“I was proud to accept this award on behalf of a team that went above and beyond to fast track the award of our ESPC and meet the Navy’s annual goal for financed energy projects,” said McLeod, who has served in the Navy for 20 years and has been a member of the NAVFAC organization since 2007. “In addition to supporting presidential goals for investments in energy efficiency, this project will leave a legacy of increased resiliency and sustainability at MCRD Parris Island for years to come.”

Breckner was a member of the Naval Submarine Base New London, Groton, Connecticut team that developed and executed a plan that enhances energy security and aligns Department of Navy resources to include a pending State of Connecticut Microgrid Grant Program, third-party energy financing, Connecticut Municipal Electric Energy Cooperative in-kind considerations, and an auxiliary power purchase agreement to pair highly-efficient fuel cells with an advanced microgrid system.

Contract modifications were implemented to overcome project barriers and bring a stalled generation project to fruition. This integrated approach is a win for all parties, with the partnerships paving the way for future ESPCs at the installation.

“Receiving this award is hugely satisfying because it ultimately represents future energy security and resiliency for the critical mission Submarine Base New London carries out for the Navy in defense of our country,” said Breckner, who has been with NAVFAC since 1993. “The teamwork I’ve seen on this project from those at New London and NAVFAC, including the leadership from LANT and HQ, has been instrumental in successfully moving this effort forward.”

The Federal Energy and Water Management awards were founded in 1981 by the U.S. Department of Energy and the Federal Interagency Energy Policy Committee to recognize

outstanding achievements related to energy and water cost savings, optimized energy and water use, and the use of advanced and distributed energy technologies at federal facilities.

FEMP holds its annual competition to honor federal employees, along with their private-sector partners, who have developed and implemented outstanding cost-effective projects and programs that help to cut energy waste and advance America’s progress toward energy independence, resiliency, and security, while also helping their agencies achieve mission-related goals.

NAVFAC Mid-Atlantic is the Systems Command that delivers and maintains quality, sustainable facilities, acquires and manages capabilities for the Navy’s expeditionary combat forces, provides contingency engineering response, and enables energy security and environmental stewardship across an area of responsibility that spans from Georgia to Maine and as far west as Illinois. As an integral member of the Commander, Navy Region Mid-Atlantic team, NAVFAC Mid-Atlantic provides leadership through the Regional Engineer organization to ensure the region’s facilities and infrastructure are managed efficiently and effectively.

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.

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NEWS FROM NAS OCEANA



Suzanne Still, domestic violence survivor and women's rights activist, shares her personal story during a Domestic Violence Awareness Month event at the Naval Air Station Oceana Chapel of Good Hope in Virginia Beach, Va., Oct. 30. Naval Air Station Oceana Fleet & Family Support Center organized the event to commemorate Domestic Violence Awareness Month and provide an opportunity to learn of different resources for those affected by domestic violence.

MCSN Mark Mahmod

NAS Oceana holds Domestic Violence Awareness Month event

By MCSN Mark Thomas Mahmod
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Naval Air Station Oceana Fleet and Family Support Center held a Domestic Violence Awareness Month event Oct. 30 at the Chapel of Good Hope to educate personnel on the topic of domestic violence and provide an opportunity to learn of resources for those affected by it.

The focus of this year's domestic violence awareness education centered around building healthy relationships.

Toni A. Fox, FFSC counseling, advocacy and prevention program supervisor, spoke at the event and provided information about the family advocacy program.

"Domestic violence is not something that just effects other people in other places," said Fox. "It happens to our sisters, brothers,

mothers, loved ones and our friends that we care about."

Fox said domestic violence affects people of all genders, races and socioeconomic backgrounds.

One out of every three women and one out of every four men who attended the event were given a purple paper at the door. Those who received this paper were asked to stand during the event to show a visual representation of the percentage of people in the United States who have experienced domestic violence.

On each paper was an excerpt from a real domestic violence report. One person at a time read the excerpt for the crowd.

After seeing a visual representation of the amount of people who are affected by domestic violence, attendees heard the personal story of Susan Still, domestic violence survivor and women's rights activist who, after

suffering years of abuse from her husband, escaped from the relationship, and her husband was sentenced to 36 years in prison.

Still spoke of the countless times she was verbally, emotionally and physically abused by her husband, stating that sometimes, domestic abuse begins under the guise of love. In her situation, it began with her husband refusing to let her go out at night without him, because he was "worried about her."

Still said this event is especially important for Sailors at NAS Oceana because being in the military can cause a lot of family trauma because of very intensive days, deployments and other struggles.

"You have families that spend a lot of time apart," said Still. "Military members are gone for extended periods of time, and when they get back home, things don't always fall right back into place."

Still said it's very important to remember

that women aren't the only ones that can fall victim to domestic violence.

"This happens to people regardless of color, income bracket or gender, said Still. "It's sad to me that men have that stigma put on them. They feel like people will think poorly of them if they were to come forward."

Still said even though some men don't want to report domestic violence, they should look past the stigma and speak up.

"This is not just a women's issue," said Still. "Many men experience domestic violence as well. A lot of them feel ashamed to come forward because they feel like it's not a manly thing to do. That shouldn't be the case at all."

For more information on domestic violence or for reporting resources, visit https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/family_advocacy/resources_and_links.html.

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Retiree Summit & Career Fair

From Joint Expeditionary Base Little Creek-Fort Story Public Affairs

Commander, Navy Region Mid-Atlantic held the annual Retiree Summit & Career Fair at Joint Expeditionary Base Little Creek-Fort Story's Rockwell Hall Gym Friday, Nov. 2.

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 included remarks from Naval Medical Center Portsmouth, Veteran's Affairs (VA), DFAS and TRICARE. A town hall style panel discussion followed providing information on policies and issues affecting retirees.

Naval Medical Center Portsmouth staffed a health and information fair and administered free flu shots to retirees. Job seekers were able to meet with more than 40 employers, colleges and universities supporting the Job and Educational Fair.

Patrons were also treated to an MWR Showcase, that included informational tables, interactive displays and coupons from Community Recreation Programs, Marinas & Sailing, Navy Getaways, Movie Theaters, Golf, Bowling and more!



U.S. Navy photos



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USS Winston S. Churchill completes busy deployment

MC2 Justin Wolpert

The guided-missile destroyer USS Winston S. Churchill (DDG 81) returns to Naval Station Norfolk after completing a seven-month deployment to the Navy's U.S. 5th and 6th Fleet areas of operation.

From USS Winston S. Churchill Public Affairs

NORFOLK

The guided-missile destroyer USS Winston S. Churchill (DDG 81) returned to Naval Station Norfolk today, completing a seven-month deployment to the Navy's 5th and 6th Fleet areas of operation. During deployment, the ship traveled more than 40,000 nautical miles and navigated the Straits of Gibraltar four times, the Straits of Sicily four times, the Bab al-Mandeb four times, and the Danish straits twice, among other transits. "I am extremely proud of everything the crew has accomplished during our time in 5th and 6th Fleet," said Cmdr. Tom Van Scoten, Winston S. Churchill commanding officer. "Although tasking often shifted rapidly, we remained strategically dependable as well as opera-

tionally adaptable. The strength of this ship truly is the crew." The crew also conducted nearly 20 underway replenishments, 26 sea and anchor details, and 600 hours of helicopter operations in support of various missions across both areas of operations. Foreign ports visited include Tallinn, Estonia; Brest, France; Souda Bay, Greece; Faslane, Scotland; Palma de Mallorca, Spain; and Rota, Spain. The ship operated separately with the USS Iwo Jima (LHD 7) Amphibious Ready Group and with the USS Harry S. Truman (CVN 75) Carrier Strike Group. Churchill also conducted presence operations with other NATO maritime units from Canada, France, Netherlands, and Spain. While in U.S. 5th Fleet, the ship participated in a passing exercise with the Egyptian navy, conducted realistic training scenarios

“... we remained strategically dependable as well as operationally adaptable. The strength of this ship truly is the crew.”

Cmdr. Tom Van Scoten, Winston S. Churchill commanding officer



MC2 Justin Wolpert

Cmdr. Tom M. Van Scoten, commanding officer of the guided-missile destroyer USS Winston S. Churchill (DDG 81) speaks with local media after returning to Naval Station Norfolk.

aimed at increased interoperability and mutual tactical proficiency in the Red Sea. The Arleigh Burke class destroyer is named in honor of Sir Winston Spencer Churchill (1874-1965), best known for his courageous leadership as Britain's Prime

Minister during World War II. It is the fifth U.S. warship to be named in honor of an Englishman and the 16th warship to be named after a foreign national – the only one in

active service today. Churchill is the only U.S. Navy ship to have a Royal Navy officer assigned as part of the ship's crew.



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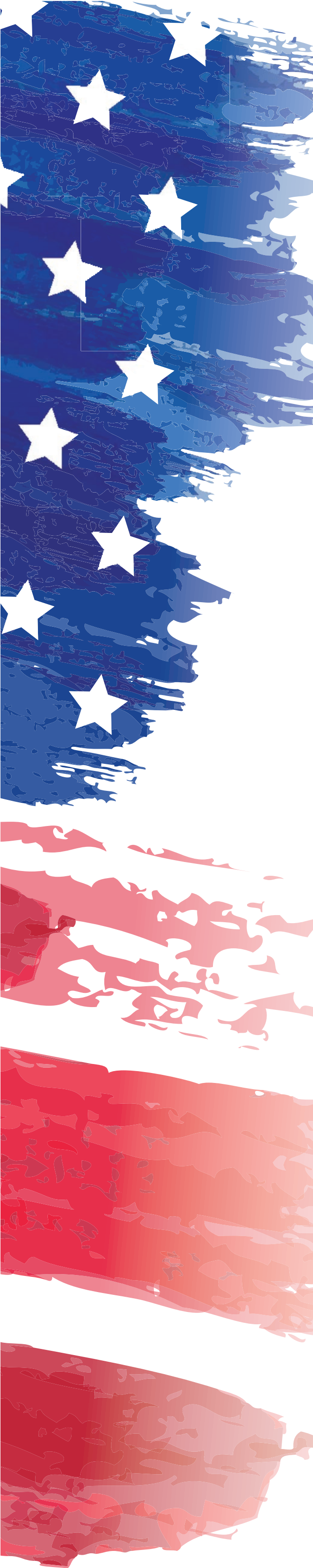
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^{*}Offer is valid in-Club or at [BJs.com/military](https://www.BJs.com/military) only, may not be combined with other offers, not redeemable for cash, nontransferable and only good for new Members who are active or retired military personnel. One offer per household. Plus sales tax where applicable. Valid military ID required. Offer is contingent upon your enrolling in BJ's Easy Renewal, and you authorize BJ's to charge the debit/credit card first used at BJ's after accepting this offer, an annual recurring charge in the amount of the then-current Membership fee for all active Memberships on your account, plus tax where applicable, on the first day of the month your Membership expires. Coupon will be emailed, thus requiring your email address at enrollment. **Expires: 12/31/18.**
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^{††}Orders placed 2 hours prior to Club closing or later will be available our next business day. Visit [BJs.com/PickUp](https://www.BJs.com/PickUp) for details.



The history of Veterans Day

By Annalisa Underwood
Naval History and Heritage Command Communication and Outreach Division

Veterans Day is a special time of year for many Americans who, in some way, have formed a connection with a veteran or who are veterans themselves. It is a day that brings about a great sense of pride in our country, a day when we are especially thankful for the service and sacrifice of those who chose, and those who continue to choose, to wear the cloth of the nation.

As we celebrate Veterans Day, it is important to remember how this holiday originated and why we continue to observe it today. Like the people it honors, the holiday was shaped by war. More on that in a moment, but first this public service announcement...

Veterans Day vs. Memorial Day

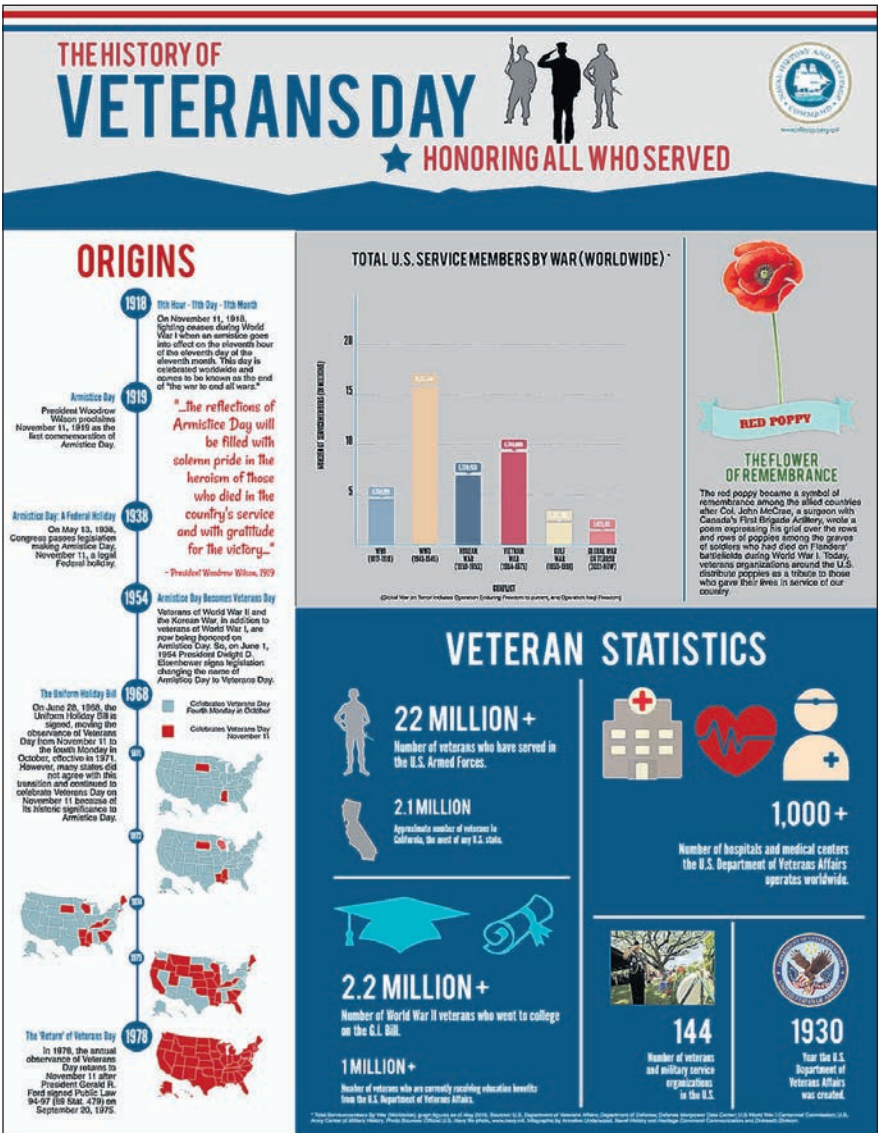
First, you may be asking yourself, “But what’s the difference between Veterans Day and Memorial Day?” That’s a great question that many people may be wondering. In short, the difference is this: we celebrate Veterans Day to thank and honor all the men and women who served honorably in the military, in times of war and in times of peace. Memorial Day, observed on the last Monday in May, is a day for remembering the members of our military who died in the service to our country, particularly those who died in battle or as a result of wounds received in battle. In fact, according to the U.S. Department of Veterans Affairs, “Veterans Day is largely intended to thank living Veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served—not only those who died—have sacrificed and done their duty.”

The Origin of Veterans Day

Why do we celebrate Veterans Day on Nov. 11? Well, during World War I, on the eleventh hour of the eleventh day of the eleventh month in 1918, an armistice went into effect and all fighting between the allied nations and Germany ceased. This moment is generally regarded as the end of World War I, though it officially ended when the Treaty of Versailles was signed June 28, 1919. Later in 1919, President Woodrow Wilson proclaimed the first commemoration of Armistice Day on Nov. 11, a day on which the nation celebrated the end of “The Great War” with parades and public gatherings. On May 13, 1938, Congress passed legislation (52 Stat. 351; 5 U. S. Code, Sec. 87a) and Armistice Day became a legal federal holiday.

Armistice Day Becomes Veterans Day

As time went on and our nation became involved in World War II and the Korean War in the 1940s and 1950s, millions more veterans were honored on Armistice Day in addition to veterans from World War I. So, on June 1, 1954, President Dwight D. Eisenhower signed legislation changing the name of Armistice Day, a day whose origins were tied to World War I, to Veterans Day, in order to



U.S. Navy graphic

officially recognize veterans who served our country in all wars.

Veterans Day Moves to October

On June 28, 1968, the Uniform Holiday Bill [Public Law 90-363 (82 Stat. 250)] was signed, and four national holidays—Washington’s birthday, Memorial Day, Veterans Day, and Columbus Day—were to be observed on Mondays. The intent of this bill was to ensure three-day weekends for federal employees, the idea being that the three-day weekends would encourage Americans to travel and partake in cultural and recreational activities. Many states did not agree with this move as Nov. 11 still held significance as the origin of Veterans Day. Nonetheless, in 1971, when the new law took effect, Veterans Day was celebrated on October 25, the fourth Monday in October. Most states followed suit with the new observance, but because states retained the right to designate their own holidays, Mississippi and South Dakota continued to celebrate Veterans Day on Nov. 11. As the years went by, other states moved Veterans Day back to Nov. 11 and finally, legislation was passed in 1975 that returned the federal observance of Veterans Day to its original date. The law took effect in 1978 and since then our nation has continued to celebrate Veterans Day on Nov. 11.

What Can I Do To Celebrate Veterans Day?

There are many ways to get involved in celebrating Veterans Day. For starters, simply thank a veteran for his or her military service. With more than 22 million veterans in our country, it is likely that someone you know served in the military.

You can also wear a red poppy. Did you know that red poppies have become a symbol around the world for remembering veterans? The significance of the red poppy dates back to World War I when Col. John McCrae, a surgeon

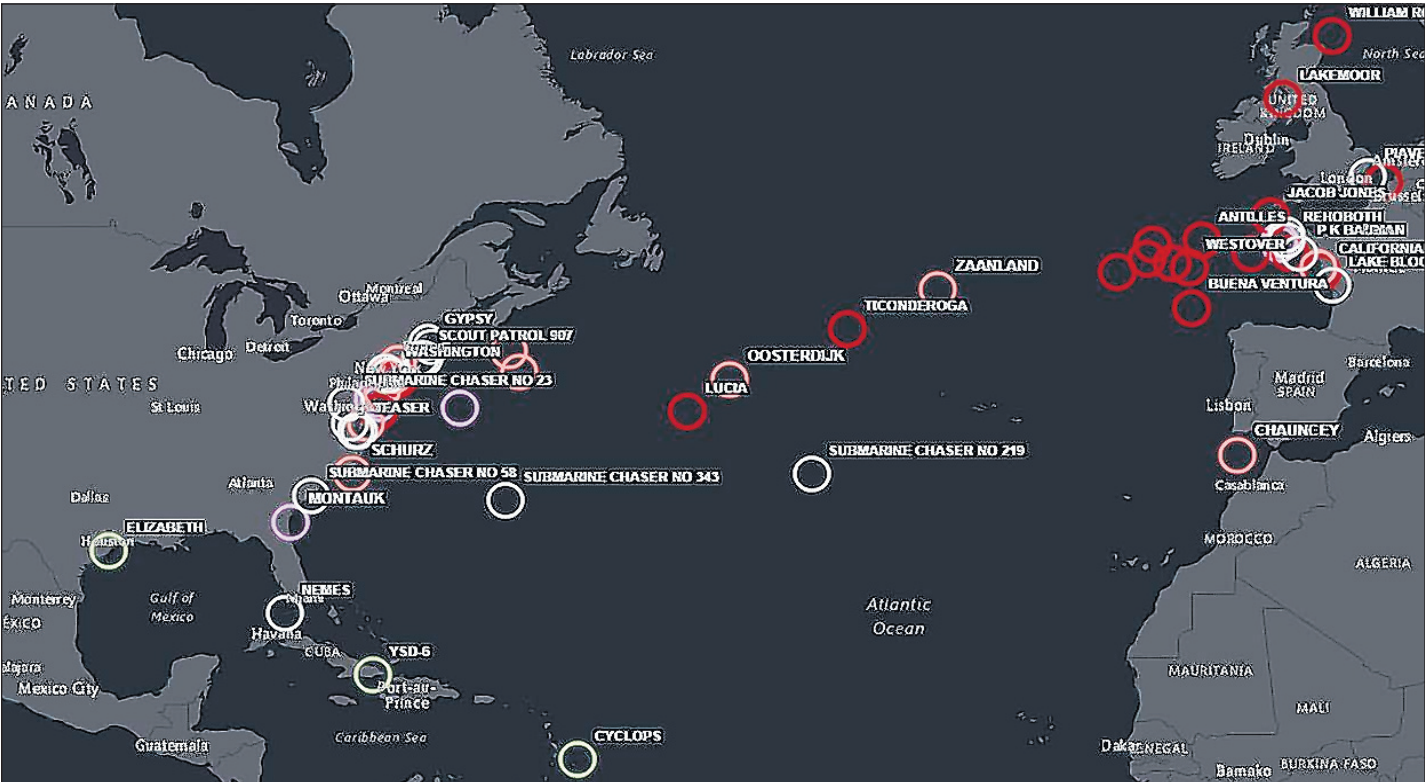
with Canada’s First Brigade Artillery, wrote a poem called “In Flanders Fields” expressing his grief over the rows and rows of poppies among the graves of soldiers who had died on Flanders’ battlefields. Two women, Anna E. Guerin and Moira Michael were so touched by his poem that they started a fundraiser selling artificial poppies to help orphans and others affected by the war. In 1920, with the help of the American Legion, Guerin brought the sale of artificial poppies to the U.S. Michael joined forces with Guerin and the Veterans of Foreign Wars to further promote this symbol. It became so popular that a poppy shortage in France prompted the construction of a poppy-making factory in Pittsburgh, Pa. which provided a reliable source of poppies and a means of assistance to veterans. Today, veterans at Veterans Affairs facilities continue to help assemble the red poppies, which are distributed by veterans organizations around the country.

Did you know that there are 144 veterans and military service organizations in the United States? If you’re so inclined, you can contact any of these organizations and get involved. You can also invite a veteran to speak at your event, or record a veteran’s story through the Library of Congress’ Veterans History Project (VHP). There are already more than 85,000 personal recollections of veterans in the VHP, 11,000 of which are accessible online.

If you are in the D.C. area, you can attend the Veterans Day National Ceremony which is held each year at Arlington National Cemetery at the Tomb of the Unknowns on Nov. 11 at 11 a.m.

For more ideas on how to observe Veterans Day, the U.S. Department of Veterans Affairs has some excellent resources.

No matter where you are on Nov. 11, don’t forget to take the time to reflect upon the sacrifices that our nation’s veterans have made for our country.



Compliments of Naval History and Heritage Command

U.S. Navy Losses in World War I

The Naval History and Heritage Command’s Underwater Archaeology Branch is responsible for the management, preservation, research, and interpretation of the U.S. Navy’s sunken military craft. The Navy oversees one of the largest collections of submerged cultural resources, which includes over 2,500 shipwrecks and more than 14,000 aircraft wrecks dispersed globally.

Depicted to the left are the primary casualties suffered by the U.S. Navy following the nation’s entrance into World War I and up until the signing of the Treaty of Versailles on June 28, 1919.

The locations of losses are purposefully approximated. Sunken military craft under the jurisdiction of the Department of the Navy remain government property regardless of their location or the passage of time and are afforded protection from unauthorized disturbance under the Sunken Military Craft Act.



MC2 Joshua Tolbert
Sailors, Marines, Civilians, Veterans, and their families participated in the 5th annual Wounded Warrior 5K at Naval Support Activity Hampton Roads Headquarters on Nov. 2.

5K | Safe Harbor hosts the 5th annual Wounded Warrior 5K at Naval Support Activity Hampton Roads Headquarters

Continued from A1

“It is extremely important for us to show what we offer Wounded Warriors and their families in partnership with the Safe Harbor team,” said Kelley Harkins, NSA Hampton Roads MWR Director. “We strive to recognize the physical, mental, and emotional strength and resilience of our wounded, ill, and injured service members and show our appreciation to them for sacrificing so much.”

Approximately 649 runners participated in the event honoring the sacrifices made by wounded warriors, disabled veterans, and their families.

“It was exciting to see everyone come and show their support for wounded warriors,” said Chief Aviation Boatswain’s Mate (Equipment) Harry Sanders, a participant in the Wounded Warrior 5K. “It kept me motivated to keep going during the run, and it felt good to cheer others on at the finish line afterwards.”

The Navy Wounded Warrior – Safe Harbor Program supports not only combat wounded, but ill and injured service members, and helps them to coordinate non-medical care through Non-Medical Care Managers located at Military Treatment Facilities throughout the continental United States.

“The positivity that this event fosters is remarkable, there is an energy of hopefulness, support and triumph,” said Harkins. “So many overcome such great adversity every day and for us to be a small part of sharing that success or providing resources to a service member who was unaware of the support available to them is the most rewarding part.”

For more information on Navy Wounded Warrior – Safe Harbor, call 855-NAVY-WWP (628-9997), visit <https://www.navywoundedwarrior.com>, or e-mail navywoundedwarrior@navy.mil.

SWATT | provides a critical path to develop the combat capability needed to compete effectively in an era of great power competition

Continued from A1

process to develop the training audience during the underway. After planning and completing a training event, as part of the PBED process, mentors and WTIs leverage technical community expertise to provide rapid debrief using replay tools enabling watch teams to critically assess their own performance and improve. The most significant benefit to watch teams is they learn from the most accurate information and develop the critical thinking skills to continue learning throughout the integrated phase of training and deployment.

“One of the highlights of my job is working with and training USS Leyte Gulf (CG 55) as the air and missile defense commander to harness the combat potential of the Abraham Lincoln CSG CRUDES assets and watch the whiskey team transition that capability to combat power,” said Lt. Cmdr. Kris Tester, an Integrated Air and Missile Defense (AIMD) WTI and lead IAMD planner for the SWATT.

SWATT events provide high-fidelity system, tactics, and human performance data needed by the surface warfare community to improve combat power at and from the sea. After SWATT concludes, data recorded during the events is further extracted through a partnership between SMWDC and Naval Surface Warfare Center (NSWC) Corona. There the data is reviewed in a data analysis working group, which analyzes system, operator, and tactics performance. The results are parsed out to appropriate entities within SMWDC and the surface warfare community to refine doctrine and tactical guidance, provide capabilities assessments, define future



MC3 Garrett LaBarge
The guided-missile cruiser USS Leyte Gulf (CG 55) departs Naval Station Norfolk. USS Abraham Lincoln (CVN 72) Carrier Strike Group (CSG) cruiser-destroyer (CRUDES) units are completing the first East Coast CRUDES Surface Warfare Advanced Tactical Training (SWATT) exercise. SWATT is led by the Naval Surface and Mine Warfighting Development Center (SMWDC) and is designed to increase warfighting proficiency, lethality, and interoperability of participating units.

requirements, and to inform future training events.

SMWDC has four divisions focused on MIW, AMW, IAMD, and ASW/SUW. SMWDC is a subordinate command of Commander, Naval Surface Forces and exists to increase the lethality and tactical proficiency of surface force across all domains.

For more news from Naval Surface and Mine Warfighting Development Center, visit www.navy.mil/local/SMWDC/.

HERITAGE | Celebrating achievements of American Indians and Alaska Natives

Continued from A1

the month this year is “Sovereignty, Trust and Resilience.”

American Indians and Alaska Natives serve in all branches of the military, and their contributions have been critical to the nation’s defense. As of June 2018, they comprise 2.3 percent (8,689) of the Navy’s total force, 1 percent (600) of the officer ranks and 2.8 percent (1,206) of enlisted Sailors. More than 22,000 American Indians or Alaska Natives serve in the U.S. military.

American Indians and Alaska Natives have a legacy of honorable service that permeates naval history through every major armed conflict for more than 200 years. The Navy takes pride in highlighting Native Americans who blazed trails and changed the course of history forever.

In 1924, voting rights were extended to all American Indians after the Snyder Act was passed. In World War II, 44,000 fought with distinction, including 1,910 in the Navy. Two Oklahoma Cherokees distinguished themselves in the Navy. Rear Adm. Joseph J. “Jocko” Clark commanded aircraft carriers and later a task force. Cmdr. Er-

nest E. Evans was posthumously awarded the Medal of Honor for his actions during the Battle off Samar, Philippines.

Approximately 15,000 American Indians fought in the Korean War and more than 42,000 during Vietnam. In 1966, South Carolina Cherokee Boatswain’s Mate 1st Class James E. Williams, while serving at South Vietnam’s Mekong Delta, killed an unknown number of enemy forces while destroying 65 vessels and disrupting an enemy logistic operation. Williams was awarded the Medal of Honor for his actions during the three-hour battle against Viet Cong guerrillas with the two riverine patrol boats he commanded.

The Navy had the highest proportion of American Indians in uniform as of March 2012. A recent example is Master Chief James d. Fairbanks, a Chippewa from Northern Minnesota. He served in the Marine Corps and in the Navy as a Seabee. In 2005, Fairbanks was selected as the 13th force master chief of the Seabees.

U.S. Navy ships named in honor of American Indians include USNS Red Cloud (T-AKR-313), USNS



Pastor William M. Reid, a member of the Meherrin Indian tribe of North Carolina, presents handmade Native American wardrobe items during Naval Medical Center Portsmouth’s (NMCP) Native American Heritage Month celebration. NMCP’s Diversity Committee hosts the annual Native American Heritage Month celebration to honor the history and culture of Native Americans nationwide.

MC2 Kris Lindstrom

Residents can help protect our local waterways

By Amy E. Hardy

PWD NSA Hampton Roads, Water Program Manager

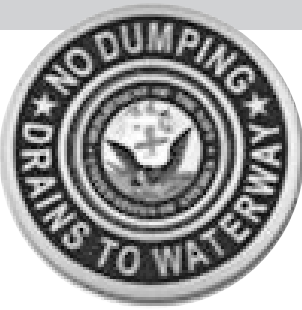
This article serves as part one in a four article-series on everyday habits residents can adopt to prevent pollution from storm-water runoff and to protect our local waterways.

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



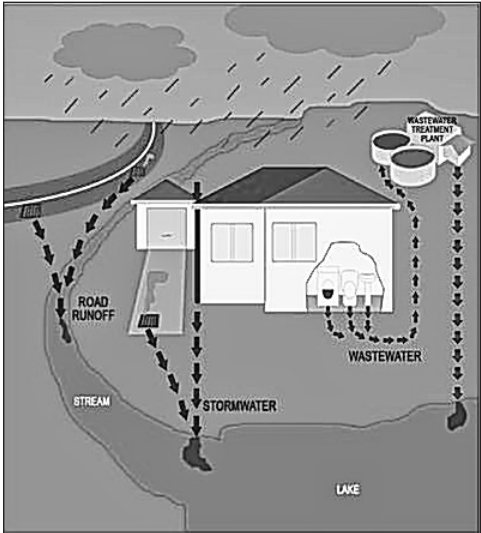
U.S. Navy graphic

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 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 gut-



Compliments of Amy Hardy

ter. 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.

Now, you can search "jobs for veterans"
and enter your MOS code to find
civilian jobs that match your skills.



jobs for veterans | 

Google Search

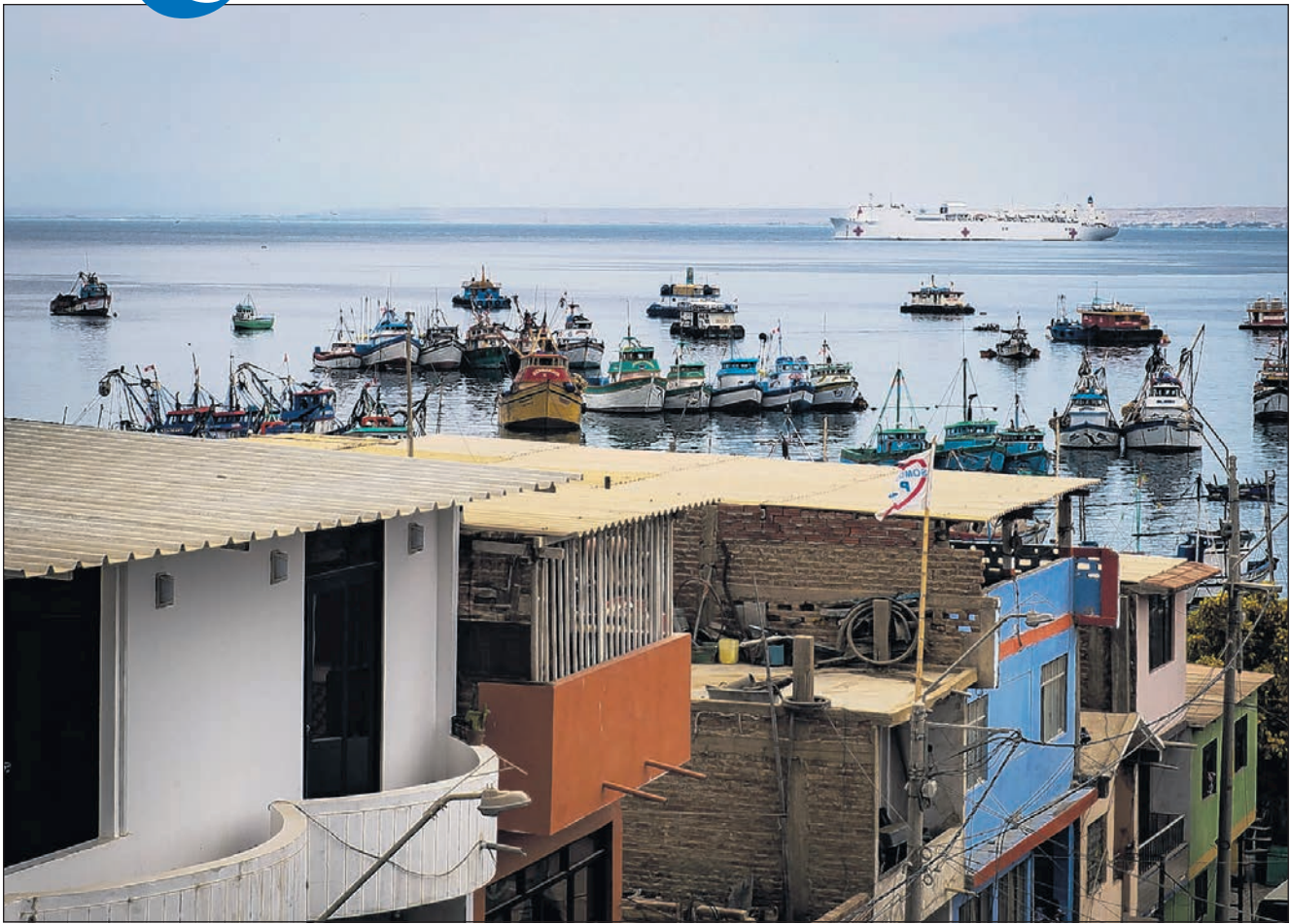
I'm Feeling Lucky



Shipyard plays important role during World War I

Puget Sound Naval Shipyard was integral to the success of Allied forces in World War I, as it will be in future conflicts, continues to build on its legacy of support to the nation's warfighters. » see **B5**

SECTION B | FLAGSHIPNEWS.COM | 11.08.18



MC3 Patrick Morrissey
The hospital ship USNS Comfort (T-AH 20) is anchored off the coast of Peru during an 11-week medical support mission to Central and South America as part of U.S. Southern Command's Enduring Promise initiative. Working with health and government partners in Ecuador, Peru, Colombia and Honduras, the embarked medical team will provide care 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.



MC3 Devin Alexondra Lowe
Hospitalman Hannah Sullivanford, from Shrewbury, Mass., welcomes a patient at one of two medical sites. The hospital ship USNS Comfort (T-AH 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. 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.

USNS Comfort begins mission in Peru

By MCSN J. Keith Wilson
4th FLT, SOUTHCOM Public Affairs

PAITA, PERU

A team comprised of more than 900 personnel, embarked aboard the hospital ship USNS Comfort (T-AH 20), commenced their second mission stop, in Paita, Peru, as part of U.S. Southern Command's Enduring Promise initiative, Oct. 30.

"This first day has been incredibly busy with setting up the site, unpacking equipment and conducting pre-surgical screenings, which were organized by the Ministry of Health," said Lt. Cdr. Peter McIntyre, officer-in-charge of the San Alfonso Medical Site. "Our partners, the Peruvian police, have been stellar in assisting with patient coordination at the site, and we have been working alongside Peruvian contractors to get both sites prepared for medical care later this week."

Medical personnel, including military, non-governmental organization volunteers and members from partner nations, began screening surgical patients Tuesday, Oct. 30. The two medical sites will be fully operational beginning, Nov. 1 and will continue seeing patients for five days.

"We have an incredibly robust team with a wide ranging portfolio of medical service offerings," said Capt. Kevin Buckley, commanding officer, Medical Treatment Facility aboard Comfort. "While Comfort is here in Paita this week, medical units will provide preventative medicine treatments, optometry, dermatology, women's health, adult

medicine, pediatrics, and dental and surgical screenings to thousands of patients. Our medical team is organized, ready and always eager to help others in need."

This is the sixth time that Comfort has deployed to the region. Past missions have provided medical treatment to more than 390,000 patients, including 6,000 surgeries.

"Medical missions are inherently complex by nature," said Capt. William Shafley, commander, Task Force 49. "We have a longstanding partnership with the Peruvian government that I am confident will facilitate a smooth and safe mission execution over the coming week."

Comfort is on an 11-week medical support mission to Central and South America as part of U.S. Southern Command's Enduring Promise initiative. Working with health and government partners in Ecuador, Peru, Colombia and Honduras, the embarked medical team will provide care 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/NAVSOU4THFLT, 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/.

Navy and VA partnership to improve veteran health and maintain Navy Surgeons' readiness

By Regena Kowitz
Navy Medicine West

SAN DIEGO

In a joint initiative to improve access to care for San Diego veterans and sustain the clinical skills of active duty Navy orthopedic surgeons, Naval Hospital Camp Pendleton (NHCP) and the VA San Diego Healthcare System (VASDHS) are partnering to provide total joint surgeries, Navy Medicine West (NMW) announced today.

Surgeons from NHCP have begun seeing patients at the VA's Oceanside clinic on a weekly basis and the first surgery is scheduled to take place at NHCP later this month.

A total joint surgery is a procedure in which parts of a damaged joint are removed and replaced with a prosthesis designed to function like a healthy joint. According to the American Joint Replacement Registry, there are more than 1 million such total joint procedures performed each year in the U.S. and nearly 33,000 performed annually in

California.

These types of surgeries are relevant to Navy Medicine's orthopedic surgeons and operating room staff because they require managing major vessels and nerves in entire limbs, and repairing bone and joints, essential skills for treating combat-related injuries. Another benefit is the exercise of team skills required for managing the aftercare of a patient who has undergone major surgery during their inpatient stay.

"This is the result of a tremendous collaborative effort between the VA and Navy Medicine," said Capt. Frank Pearson, NHCP commanding officer. "This venture meets a number of high level missions. It moves Navy Medicine's readiness mission forward by leaps and bounds by providing surgeons and operating room staff a mix of patient case load and complexity to hone their clinical skills and remain current so they are always at the ready to provide life and limb-saving care to our warfighters."

» See **CARE** | B7



MC2 Joshua Mortensen

Boatswain's Mate 3rd Class Nayyaamunhotep Stubbs signals landing craft utility 1633 to approach the well deck of the amphibious dock landing ship USS Ashland (LSD 48) to receive equipment for Defense Support to Civil Authorities (DSCA) efforts off the coast of Okinawa, Japan, Oct. 29, 2018. Sailors and Marines from Ashland, part of the Wasp Amphibious Ready Group and 31st Marine Expeditionary Unit, are preparing to provide Department of Defense support to the Commonwealth of the Northern Mariana Islands' civil and local officials as part of the FEMA-supported Typhoon Yutu recovery efforts.

USS ASHLAND, CLB 31 BEGIN DSCA SUPPORT FOLLOWING TYPHOON YUTU

By MC2 Joshua Mortensen
USS Ashland Public Affairs

PACIFIC OCEAN

Amphibious dock landing ship USS Ashland (LSD 48) with embarked Marines from Combat Logistics Battalion

(CLB) 31 arrived in vicinity of the Commonwealth of the Northern Mariana Islands (CNMI) to provide Department of Defense support to the Federal Emergency Management Agency (FEMA) and civil and local officials as part of the FEMA-supported Typhoon

Yutu recovery effort Nov. 3.

"Our main priority is to work with our leadership and local officials in alleviating as much suffering as possible in CMNI," said Cmdr. Patrick L. German, Ashland's commanding officer. "Our advance party has surveyed the area and identified a safe debarkation point for Marines, Sailors and equipment going ashore via our landing craft."

Sailors from Naval Beach Unit (NBU) 7 will be using Landing Craft,

» See **SUPPORT** | B7



Stock photo

ENDING VETERAN HOMELESSNESS TAKES MORE THAN SPARE CHANGE

By Lisa Smith Molinari

In 2010, when President Obama pledged to end veteran homelessness in ten years, I cynically thought it was an empty political promise during a time when it was popular to support military issues. But don't you know, he nearly did it.

By the time Obama left office, veteran homelessness had dropped from 74,087 in 2010 to 39,471 in 2016. Many feared that Trump's pledge to end Veterans' Administration corruption and wrongdoing might disrupt the progress. However, despite an uptick in veteran homelessness figures in 2017 attributed to rising housing prices in key states, Housing and Urban Development announced last week that veteran homelessness decreased in 2018 to 37,878, a 5.4 percent drop from the previous year.

Is it really possible to solve this tragic issue once and for all?

Week after week, rain or shine, I see homeless people, some claiming to be veterans, in the streets begging for money.

The weathered woman in the median with a far-away stare, holding a dirty Dunkin Donuts cup. The deeply creased man at the end of the off-ramp, who uses a rusty can for collections. The thirtyish African American man leaning against the sign at the traffic stop, who peers with blood-shot eyes through my windshield, his calloused hand outstretched.

Something about the regularity of the woman's presence, the ruddiness of her face, and her same sad expression week after week, makes me suspicious that she panhandles to feed

an addiction. I witness the man at the off-ramp put his cardboard sign down to stash a gift card that someone gave him behind a nearby shrub, where I spy a surprising stockpile of hidden items. Is he really a veteran as he claims, or a scam artist? The African American man appears so young and capable. Why doesn't he have a job?

As I avert panhandlers' eyes, I know that I could easily quell my guilt by simply handing them a few dollars. But would that merely perpetuate their desperate situations? Isn't there a more effective way to help?

UK journalist and activist, Matt Broomfield, argues that we should "give cash directly and unconditionally" to people who beg in the streets because it's none of our business what they do with the money. "Those who think begging is a shortcut to easy money should try humiliating themselves daily in front of thousands of total strangers who won't even look at them or acknowledge their existence. It is grueling, soul-destroying work. If people are desperate enough to beg, they need it."

Good point. But the most chronic homeless veterans are those who are drug-addicted or mentally ill. Over the years, HUD has learned that trying to get veterans to sober up or treat mental illnesses before giving them housing doesn't work. Now HUD partners with the VA to house homeless veterans first, then provides follow-up care for the underlying issues. This strategic order — housing first, followed by clinical services and case management —

seems to be the key to ending chronic homelessness among veterans.

But this still begs the question — Should we give to the person in the street claiming to be a homeless veteran or not?

Bloomfield says give them the cash regardless: "Wouldn't you want to drink if you were in their position?... Who are you to tell them what to do with their bodies?" But others opine that by putting change in a beggar's hand, "we're acting to relieve our guilt rather than [addressing the] underlying crisis."

Although it doesn't provide the instant altruistic rush we gravitate toward this time of year, donating money or time to organizations dedicated to getting homeless vets off the streets is the right answer. The VA advises that community-based, veterans-helping-veterans programs are most effective. Stand Down, a grassroots community intervention program is one such organization in need of volunteers and money. The National Coalition for Homeless Veterans also suggests donating to local shelters; volunteering as mentors, counselors and legal aides; and helping to raise funds from veterans' service organizations, churches, schools and businesses.

Spare change provides a "quick fix" for both giver and receiver. But smart giving is what homeless veterans truly need.

www.themeatandpotatoesoflife.com

“Those who think begging is a shortcut to easy money should try humiliating themselves daily in front of thousands of total strangers who won't even look at them or acknowledge their existence. It is grueling, soul-destroying work. If people are desperate enough to beg, they need it.”

Matt Broomfield, UK journalist and activist

The tears finally came

By Amanda-Lee Pitzer

I was leaving my office and I saw my son in the hallway with his teacher. My oldest boy never has behavior problems so when I saw him I knew it was something else. I try very hard to stay out of classroom things since I work there so I kept walking. Later on I just had a feeling in my gut something was wrong; I couldn't shake it. A couple of hours later, I saw him coming to see me with a look on his face that said it all. He had reached his breaking point.

He walked into me and buried his face in me and sobbed for the first time since daddy left. He has tried so hard to be my little man and be strong for us, just like he said when we pulled away from the pier. But on this day, he was done. Two months in and he couldn't hold it back any longer. He missed his daddy. It's days like this that I am SO grateful that I changed careers and can work in the same school that my boys attend. With this crazy navy life,

they need mommy close just in case. Those just in cases are few and far between — but when they show up, they show up hard.

I wish I was as strong as my boy — waiting two months to cry? I mean, really my husband has been gone almost continuously for four years. I feel like I'm always missing him and shedding a tear. I learn so much from my kids about this life. We all cope differently. I have one that takes care of us and the other one acts out and is downright angry that daddy is gone. I do my best to try to steer both of them a little more towards the middle so that my oldest knows he can break if he needs to and that my youngest doesn't need to break all the time. I keep reminding everyone it's almost over and we can do this — but it's hard to comprehend that on days that seem to drag on. Yes, maybe we don't have much left but it's still hard. Whether it be day one or day 101. But I'm so thankful for this life even with these breaking points. It is teach-



Courtesy of Amanda-Lee Pitzer

ing my boys (and sometimes, still teaching me), that life is tough, but we can overcome anything together. We're allowed to be strong, allowed to be sad, and allowed to be angry sometimes. Those feel-

ings won't last forever. The next time my oldest boy cries? It will be tears of joy when he wraps his arms around his daddy for his last homecoming. And those are tears we will all welcome.



Q. My lease does not mention the “military clause” am I still protected if I have to break my lease.

A. Yes...The VRLTA (Virginia Residential Landlord Tenant Act), and the SCRA (Service-men's Civil Relief Act) protect you even if they are not mentioned in your lease.

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DoD

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(Outside the U.S.)

Navy Sailor awarded for saving Coronado man's life



MC2 Jacob Allison

Lt. Bryan Gordon, of the Commander, Naval Surface Force, U.S. Pacific Fleet (CNSP) staff, was awarded a Navy and Marine Corps Achievement Medal for his actions in saving an elderly man's life at the Hotel Del Coronado on October 10, 2018. As Gordon was riding his bike near the hotel, he saw an elderly gentleman lying on the ground with his wife trying to assist him. Gordon conducted CPR on the man until emergency services arrived.

By MC2 Joseph Millar

Commander, Naval Surface Force, U.S. Pacific Fleet

CORONADO, CALIF.

The Navy recognized a local Sailor for his quick thinking and actions to save the life of a man having a heart attack on Coronado Island.

Lt. Bryan Gordon, the homeport change coordinator at Commander, Naval Surface Force, U. S. Pacific Fleet (CNSP), was riding his bike near the Hotel Del Coronado, Oct. 10, when he saw the man lying on the ground

with his wife trying to assist him.

"It was apparent that it just happened," said Gordon, who is from Falmouth, Mass. "I stopped and asked the woman what was happening. She told me that her husband was having a heart attack."

Gordon hopped off his bike to assist the ailing man. There were no signs of breathing or pulse. Recalling training given at the expeditionary combat skills course in Gulfport, Mississippi, Gordon began CPR.

"I yelled as loud as I could 'Help!, Help!, Help!' as I was pushing on his chest," said

Gordon. "I tried breathing in his mouth, but I couldn't get any air in. I knew from my training that air was not nearly as important as compressions, so I kept doing compressions."

After a couple of minutes of continuous CPR, other bystanders arrived and identified themselves as doctors, relieving Gordon until emergency services arrived.

"The fire department called me back and said that the man did live, and my quick actions increased his chances of survival significantly," said Gordon.

CNSP awarded Gordon with the Navy and

Marine Corps Achievement Medal for his efforts, which, according to the citation, "demonstrated the sustained superior performance expected from Sailors and were in keeping with the highest traditions of the United States Naval Service."

For more news from Commander, Naval Surface Force, U.S. Pacific Fleet, visit www.public.navy.mil/surfor. Also follow on Facebook: www.facebook.com/SurfaceWarriors and Twitter @surfacewarriors.

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U.S. Navy photo

NMRC researchers present groundbreaking scrub Typhus study at ASTMH Annual Meeting

From Naval Medical Research Center Public Affairs

NEW ORLEANS

Naval Medical Research Center (NMRC) scientists presented their groundbreaking scrub typhus study during the 2018 American Society of Tropical Medicine and Hygiene (ASTMH) Annual Meeting in New Orleans, Oct. 28 – Nov. 1.

The scientists worked with researchers at the National Taiwan University to determine Leptotrombidium mites have unique genes, distinctly different from disease carriers, such as the yellow fever mosquito (Aedes aegypti). The first of its kind study, held in Taiwan, sequenced two common scrub typhus carriers.

According to Dr. Chien-Chung

Chao, research chemist, Infectious Diseases Directorate, NMRC, and a principal investigator on the study, warfighters are at a greater risk for infection due to the growth in geographic distribution of the disease.

“Scrub typhus has caused significant disruption in military operations throughout World War II, the Korean War, and the Vietnam War,” said Chao. “This study provides the molecular basis to investigate the transmission of Orientia tsutsugamushi from mites to mammalian hosts so that proper vector control protocol can be implemented to prevent any negative impact on deployed troops and future military operations.”

Scrub typhus, also known as Tsutsugamushi disease, is a mite-borne, fever-inducing illness, common in

eastern and southern Asia, northern Australia, and far-eastern Russia. The study involved sequencing the DNA of engorged chigger-mites (larval form). The researchers concluded the average length of mRNA was shorter and number of exons was less in these chigger-mites than those of mosquitoes, which gives them a better understanding of chigger-mites and how to characterize their salivary secretions.

“It’s important to have a better understanding of this disease,” Chao said. “It recently expanded into the Middle East, South America, and Africa, and has been a causal factor in the development of encephalitis syndrome in India and sepsis in Cambodia.”

As the largest scientific organization of experts dedicated to reduc-

ing 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, biologi-

cal 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/.

NMCSD celebrates grand opening of Comprehensive Women’s Health Clinic

By MC2 Indra Beaufort

SAN DIEGO

Naval Medical Center San Diego celebrated the grand opening of the Comprehensive Women’s Health Clinic (CWHC) with a ribbon cutting ceremony held at Naval Branch Health Clinic, Naval Training Center, Nov. 1.

According to ceremonial host Cmdr. Paulette Cazares, who is also the director for mental health and chair of BUMED women’s health clinic community, CWHC is a pilot program aimed at serving the unique health needs of women who are active duty Sailors and Marines. The clinic is also the only women’s health clinic within the Department of Defense.

“We see women’s health as more than well-woman exams and contraception, and we are proud to say this is the first clinic within DoD that addresses these needs in a comprehensive manner,” said Cazares.

Some of the 70 medical professionals who attended and participated in today’s ceremony say that specialized medical care for active duty women has been long overdue.

“I feel like this is shining a light on health problems that may not go away,” said 18 year-old Hospital Corpsman Carley Deatley. “Some females are too apprehensive to come forward and take care of themselves and they do not have enough of a support system,” said Deatley.

Another attendee, Cmdr. Leah Gaslinger, director for clinical support services at Naval Medical Center San Diego, said that the



MC2 Indra Beaufort

Naval Medical Center San Diego commanding officer Capt. Bradford Smith, executive officer Capt. Shannon Johnson, Command Master Chief Patrick Mangan, and Cmdr. Paulette Cazares, associate director for mental health and chair of the BUMED women’s health clinic community, participate in a ribbon cutting ceremony in front of hospital staff during the grand opening celebration of the Comprehensive Women’s Health Clinic (CWHC) at Naval Branch Health Clinic, Naval Training Center. CWHC is a pilot program aimed at serving the unique health needs of active duty Sailors and Marines. The clinic is also the only women’s health clinic within the Department of Defense.

new women’s health clinic has long-term benefits.

“It’s a one-stop shop,” said Gaslinger. “If you are thinking of the whole word ‘comprehensive’ a woman can come here and not just be seen for their gender but their health too. It’s a holistic approach to mind, body, and medicine.”

According to Cazares, CWHC’s primary care team is dedicated to active duty women to address diagnoses as wide-ranging as migraines and back pain, to both preventive and treatment-oriented mental health needs, and to more traditional needs within women’s health such as contraception, family planning, and pregnancy. The pilot program also

includes a meditation group and a processing group to increase the comfort of service members who are in need of such services.

Cazares also said that future services also include plans for a walk-in contraceptive clinic.

Medical research on women’s health is an ongoing topic of study, which leads to further development of techniques in providing improved care for active duty women.

“We are constantly evolving to meet the needs of our patients, fellow providers and operational commands,” said Cazares. “Our mission is to help service members manage life stressors, access the appropriate mental health resources and maintain operational

readiness.”

The Comprehensive Women’s Health Clinic hours of operation are Monday through Friday, 7:30 a.m.-4 p.m.

To make an appointment at the CWHC, please call Women’s Primary Care at (619) 881-9001. For other appointments, please call Women’s Mental Health: (619) 524-6195; OB/GYN: (619) 524-619; and Health and Wellness: (619) 532-7764.

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

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

SHIPYARD PLAYS IMPORTANT ROLE DURING WORLD WAR I

From Puget Sound Naval Shipyard
BREMERTON, WASH.

November 11, 2018, marks 100 years since the armistice was signed ending World War I, known at the time as “The War to End All Wars.” The armistice also brought to an end a period of extraordinary effort at Navy Yard Puget Sound, the Navy’s Pacific Northwest ship construction and repair facility that would later come to be known as Puget Sound Naval Shipyard and Intermediate Maintenance Facility.

The hostilities among more than

two dozen countries began in 1914 at a time when the United States was unprepared militarily and staffing and supplies were at the lowest level since the Civil War. During this period, the Army was kept at peacetime levels, but the Navy was expanded. For example, between 1914 and the end of the war, the Navy Yard Puget Sound took on a hefty workload of building, repairing and maintaining hundreds of vessels.

Public sentiment changed as the war dragged on, with President Woodrow Wilson’s reframing of the



Courtesy of Puget Sound Naval Shipyard



Courtesy of Puget Sound Naval Shipyard

war’s purpose as “a war to make the world safe for democracy.” The president declared war on the German Empire on April 2, 1917, with Congress following suit April 6. A declaration of war against Austria-Hungary overwhelmingly passed in December. The nation then ramped up to equip the 4.7 million Americans who would serve, 2 million of whom fought overseas. All told, about 25 percent of American men between the ages of 18 and 31 served, with 116,000 of them making the ultimate sacrifice and another 200,000 wounded.

The number of people needed to support the war effort was enormous; by the summer of 1918, the U.S. was sending 10,000 men per day to France. This need ultimately led to policy changes that turned the course of history. Officer training camps were created to fill the need for military leaders, which in turn revealed that a large number of African-Americans were qualified for commissions. The African-American school established in Fort Des Moines, Iowa, graduated 639 students leading thousands of African-American enlisted men who were limited to segregated ranks

and units.

In addition, shortly before war was declared, Puerto Ricans were granted U.S. citizenship, which led to 236,000 registering for the draft and 18,000 Puerto Ricans ultimately serving. Although most Native Americans were not considered citizens, thousands enlisted anyway, including those who became Code Talkers, using traditional languages such as Choctaw to transmit secret messages.

Women were also a vital part of the effort. Secretary of the Navy Josephus Daniels authorized women to serve as yeoman, popularly known as “Yeomanettes” over their objections. By war’s end, more than 11,000 female yeomen, along with 1,713 female nurses and 269 Marines (Marinettes) had served. It was the first time women had the same rank, respect, pay and promotion potential as their military male counterparts. Some of the yeomen even served aboard ships, and scores of them served in the shipyard. Later as civilians, 12 went on to work at the shipyard during World War II. This groundbreaking program was implemented three years before women were granted

the right to vote and blazed the trail for other women to follow in their footsteps.

At the shipyard, only six women were employed in 1917, but by the end of the war, the number had increased to 200. Women filled new positions supporting the war as well as positions previously occupied by men who had gone to war.

Some of these women continued to work after the war, throughout the second World War and beyond. This included Fay Turpin, wife of John “Dick” Turpin, one of the first African American chief petty officers and master divers, and Esther Bielmeier, who is immortalized in a statue in the park outside of the PSNS & IMF Bremerton gate.

The shipyard was integral to the success of Allied forces in World War I, as it will be in future conflicts, continues to build on its legacy of support to the nation’s warfighters.

Learn more about Puget Sound Naval Shipyard and Intermediate Maintenance Facility by reading Salute at <https://www.dvidshub.net/publication/1101/salute>.

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Rear Adm. Joey Tynch, Commander Task Force 73, speaks with explosive ordnance disposal technicians from the U.S. and Bangladesh Navy during Cooperation Afloat Readiness and Training (CARAT) 2018. CARAT Bangladesh 2018 marks the 24th iteration of the maritime exercise series and reflects the strong and mature partnership between the U.S. and Bangladesh Navy.

MC3 Tristin Barth

US, Bangladesh commence CARAT Exercise

From Commander, Logistics Group Western Pacific

CHITTAGONG, BANGLADESH

The U.S. and Bangladesh Navy kicked off exercise Cooperation Afloat Readiness and Training (CARAT) in Chittagong, Bangladesh, Nov. 4.

Sailors and Marines across five ships including a guided missile frigate and patrol craft from the Bangladesh Navy, and a maritime patrol aircraft and dry cargo ship USNS PFC Dewayne T. Williams (T-AK-3009) from the U.S. Navy, will conduct a series of cooperative evolutions ashore and at-sea. Joint evolutions are designed to highlight the ability for both navies to work together in ensuring maritime security, stability and prosperity.

“The long-standing partnership between Bangladesh and the United States has contributed to peace, stability, and prosperity in the Indo-Pacific region,” said Rear Adm. Joey Tynch, Commander Task Force 73. “These engagements reflect our shared belief that regional challenges increasingly require cooperative solutions by capable naval forces.”

“We all understand the complexities of the maritime domain, and we need collaborative initiatives for all like CARAT,” said Rear Adm.

M Abu Ashraf, Commander, Chattogram Naval Area. “Our bond between our two navies will continue to develop; mutual cooperation will further enlarge.”

The sea phase will encompass complex scenarios in the Bay of Bengal to include a tracking exercise aimed at increasing both navies’ ability to together track and pursue targets through the coordinated deployment of surface ships and maritime patrol aircrafts, division tactics designed to enhance communication as ships sail together in complex maneuvers, and a screening exercise to increase proficiency of ships to defend from potential threats.

“Bangladesh is highly privileged to host CARAT,” said Rear. Adm. Mohammad Nazmul Hassan, Commander, Bangladesh Navy Fleet. “Like previous years, I’m sure CARAT 2018 will be a great source of learning for all of our officers.”

The shore phase will involve symposiums across the full spectrum of naval capabilities that provide opportunities for both navies to share knowledge and experiences with each other ranging from gas turbine maintenance and aviation warfare to medical and legal subject matter exchanges. Marines will also conduct joint training such as techniques in house clearing and raid operations.

“CARAT Bangladesh scenarios are tailored with inputs from the U.S. and Bangladesh Navy to meet evolving threats through exchanges such as in explosive ordnance disposal, Marine tactics and dive operations, in addition to being a venue to improve best practices in information sharing and maritime domain awareness,” said Lt.j.g. Ben Ralen, U.S. lead planner of CARAT Bangladesh.

Along with the annual CARAT exercise, the U.S. and Bangladesh Navy continue to participate in a growing number of bilateral and multilateral maritime exercises including this year’s 17th annual Southeast Asia Cooperation Training (SEACAT) and 26th biennial Rim of Pacific (RIMPAC) exercise. Maritime exercises conducted between both partner navies are designed to address the full spectrum of maritime operations with CARAT focusing on maritime security operations and SEACAT on information sharing and maritime domain awareness.

“We value the Bangladesh Navy’s persistence in increasing the sophistication and complexity each year — a direct result of the strong and mature partnership that our nations and our navies share,” said Capt. Ann McCann, deputy commodore for Destroyer Squadron 7. “We look forward to conducting more



MC3 Tristin Barth

Rear Adm. Joey Tynch, Commander Task Force 73, Capt. Ann McCann, deputy commodore of Destroyer Squadron 7, Rear Adm. M Abu Ashraf, Commander, Chattogram Naval Area, and Rear Adm. Mohammad Nazmul Hassan, Commander, Bangladesh Navy Fleet share a laugh during the opening ceremony cake-cutting at Cooperation Afloat Readiness and Training (CARAT) 2018. CARAT Bangladesh 2018 marks the 24th iteration of the maritime exercise series and reflects the strong and mature partnership between the U.S. and Bangladesh Navy.

exercises, more frequently, in more complex and sophisticated scenarios that incorporate an even wider range of maritime capabilities and address more shared interests and goals.”

With nearly a half century of diplomatic relations between the U.S. and Bangladesh, this year marks the 24th anniversary of the CARAT exercise

series with bilateral engagements between a dozen ally and partner nations including Bangladesh, Brunei, Indonesia, Malaysia, the Philippines, Singapore, Sri Lanka, Thailand, Timor-Leste and Vietnam.

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MC1 Daniel Barker

The amphibious dock landing ship USS Ashland (LSD 48) transits behind the amphibious assault ship USS Wasp (LHD 1) in preparation for a replenishment-at-sea.



MC2 Joshua Mortensen

Marines attached to the 31st Marine Expeditionary Unit (MEU) offload equipment and personnel into the well deck of the amphibious dock landing ship USS Ashland (LSD 48) for Defense Support to Civil Authorities (DSCA) efforts, Oct. 29, 2018.

SUPPORT | *Sailors and Marines support local relief efforts*

Continued from B1

Utilities (LCU) to deliver Sailors and Marines along with trucks and supplies to support local relief efforts. They will assist in the clearing of debris and protecting property for the people of CMNI.

“We have over 120 Sailors and Marines going ashore to provide assistance,” said Staff Sgt. Denzel Youngblood, assigned to CLB 31. “In addition we will be providing over 4,800 gallons of water, 5,400 gallons of fuel, tents, generators, air conditioning units, vehicles, and equipment to help with cleaning and moving debris.”

Ashland, part of the Wasp Amphibious Ready Group, is forward deployed to Sasebo, Japan. CLB 31, part of the 31st Marine Expeditionary Unit, is forward deployed to Okinawa, Japan.

For more news from Commander, Amphibious Force, U.S. 7th Fleet, visit www.navy.mil/local/ctf76/.



MC2 Joshua Mortensen

Landing craft utility 1633 departs the well deck of the amphibious dock landing ship USS Ashland (LSD 48) near Okinawa, Japan, Oct. 29, 2018. Sailors and Marines from Ashland, part of the Wasp Amphibious Ready Group and 31st Marine Expeditionary Unit, are preparing to provide Department of Defense support to the Commonwealth of the Northern Mariana Islands' civil and local officials as part of the FEMA-supported Typhoon Yutu recovery efforts.

MyNavy Career Development Symposium lands at NAS Lemoore

From Navy Personnel Command Public Affairs

LEMOORE, CALIF.

Approximately 800 Sailors at Naval Air Station Lemoore got an up-close and personal look at new and future personnel changes impacting their Navy careers—including a prototype of the new performance evaluation counseling tool currently under development—at the MyNavy Career Development Symposium (CDS) Nov. 1.

CDS, hosted by Navy Personnel Command, brought to NAS Lemoore subject matter experts and senior leaders including Chief of Naval Personnel Vice Adm. Robert Burke, Master Chief Petty Officer of the Navy Russell Smith, and Commander, Navy Personnel Command, Rear Adm. Jeff Hughes.

The symposium demonstrates to Sailors how personnel modernization initiatives, known as Sailor 2025, can help Sailors manage their Navy careers and showcases new ways Sailors will be able to more easily conduct administrative tasks in the near future.

“We are here to make things better for what we truly believe to be the Navy’s most important asset – the Sailor,” said Vice Adm. Burke. “We want to keep you in the know as to all the changes we’ve brought about so far and what we’ve been doing internally for the entire organization.”

During the event Burke explained how the Navy’s personnel infrastructure is evolving to become more efficient and less burdensome on Sailors, and he also hosted a Q&A session to allow Sailors to voice their concerns and ask questions about the changes.

“There’s a lot of good information and conversation going

MYNAVY CAREER DEVELOPMENT SYMPOSIUM

The symposium will demonstrate to Sailors how personnel modernization initiatives, known as Sailor 2025, can help Sailors manage their Navy careers and showcases new ways Sailors will be able to more easily conduct administrative tasks in the near future.

“The visibility and transparency of it all is so much better than just reading NAVADMIN updates. We can directly ask how these changes would affect us, and even voice our concerns about other issues we’ve come across.”

Yeoman 2nd Class Kevin Rodriquez

on here,” said Yeoman 2nd Class Kevin Rodriquez, assigned to Strike Fighter Weapons School Pacific. “The visibility and transparency of it all is so much better than just reading NAVADMIN updates. We can directly ask how these changes would affect us, and even voice our concerns about other issues we’ve come across.”

Sailors also learned about the new MyNavy Career Center, the

new Performance Evaluation, and a variety of other topics and opportunities directly from senior Navy leadership.

“I’m relieved to hear about all these changes the Navy’s been making,” said Aircrew Survival Equipmentman 3rd Class Tyra Williams, assigned to Fleet Readiness Center West. “It’s good to see that they’ve been listening to us when we fill out surveys about what we would like to see happen in the Navy and that they’re actually taking action on it.”

Detailers and community managers were also available to discuss the detailing process, provide career advice and 63 PACT (Professional Apprenticeship Career Track) Sailors received ratings on the spot.

“The chance to meet face-to-face is invaluable,” said Master-at-Arms 2nd Class Chris Payton, assigned to NAS Lemoore Security Detachment. “Instead of just trying to figure things out second hand, I get to discuss and learn directly from the source.”

Sailors who attended MyNavy CDS at NAS Lemoore are encouraged to provide input on the event here: <https://survey.max.gov/498225>.

For videos, stories and information about MyNavy CDS visit: <https://www.public.navy.mil/bupers-npc/career/talentmanagement/Pages/CDS.aspx>.

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

CARE | *NHCP and VASDHS partner to provide total joint surgeries*

Continued from B1

For the VASDHS, which currently has a high demand for total joint surgeries constrained by their current operating room capacity, this collaboration would allow them to refer patients to NHCP instead of sending patients to civilian medical facilities.

“This partnership with Navy Medicine West in providing total joint surgeries expands our ability to serve Veterans more quickly in a high demand area with effective sharing of government resources. This is one of many successful sharing projects we have with Naval Hospital Camp Pendleton,” said VASDHS Director Robert M. Smith, MD.

Patients referred for total joint surgery will have their initial evaluation and post-surgical care by NHCP orthopedic surgeons at the VASDHS outpatient clinic in Oceanside. The surgery will be performed at NHCP, which has capacity for additional procedures while still providing priority care for primary military beneficiaries such as active duty, active duty family members and retirees.

“Our partnership with the VA here in San Diego not only allows us to maintain a ready medical force, it also allows us to take care of our veterans right in their own backyard as many reside in north San Diego County,” said Pearson. “We are extremely proud of the partnership we’ve forged with the VA San Diego Health System.”

Navy Medicine West leads (NMW) Navy Medicine’s Western Pacific health care system and global research and development enterprise. Throughout the region, NMW provides medical care to nearly 700,000 beneficiaries across 10 naval hospitals, two dental battalions, and 51 branch clinics located throughout the West Coast of the U.S., Asia, and the Pacific. Globally, NMW also has oversight of eight research laboratories across the U.S. and overseas that deliver high-value, high-impact research products to support and protect the health and readiness of service members.

The VA San Diego Healthcare

“This partnership with Navy Medicine West in providing total joint surgeries expands our ability to serve Veterans more quickly in a high demand area with effective sharing of government resources.”

Robert M. Smith, MD,
VASDHS Director

System (VASDHS) provides comprehensive inpatient and outpatient services at the medical center in La Jolla; and six community clinics located throughout San Diego and Imperial counties. They provide medical, surgical, mental health, geriatric, spinal cord injury and advanced rehabilitation services to more than 83,000 Veterans. VASDHS has 296 authorized hospital beds including skilled nursing beds and operates several regional referral programs including cardiovascular surgery and spinal cord injury care. They are affiliated with the University of California, San Diego School of Medicine and provide training for 1,383 medical interns, residents and fellows as well as 738 other health profession trainees. VASDHS has one of the largest VA research programs with a budget of \$42.9 million, 205 principal investigators and 686 projects.

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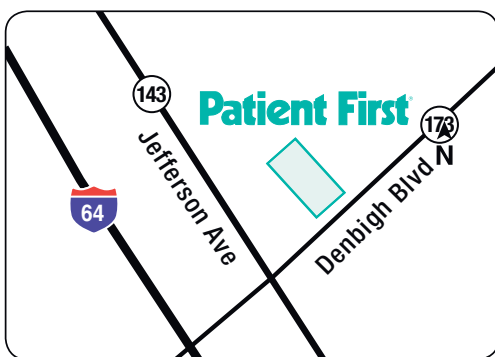


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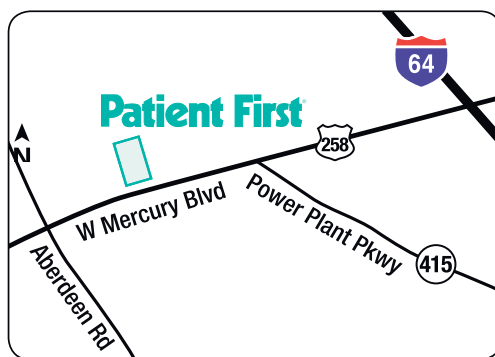
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Courtesy photo

WARRIOR-SCHOLAR PROJECT: PREPARING MILITARY VETERANS FOR HIGHER ACADEMIA

From Shortt Communications
Intensive academic “boot camp” helps veterans transition from military to university success

Washington D.C. – For some military veterans, the first day of school at a new college or university is as challenging as a deployment to a foreign country. The majority of enlisted personnel exiting the military have not been in a classroom setting for several years and find it hard to transition. Immersion into a new culture and reintroduction to a demanding academic environment can make the transition from military to higher education difficult. To ease the transition, the Warrior-Scholar Project (WSP) hosts a series of intensive one- or two-week academic boot camps across the country at the some of the nation’s most prestigious universities each summer.

“Most veterans are ideal college candidates but may still carry baggage with them from previous experiences and have limited belief in themselves,” said Dr. Sidney Ellington, Executive Director of WSP. “Warrior-Scholar Project courses tap into the immense potential of Post-9/11 veterans and reduce obstacles to success, addressing veterans’ misperceptions about college and building their confidence through an intense academic reorientation.”

The Warrior-Scholar Project coordinates immersive academic preparation courses for enlisted military veterans or transitioning service members of any skill level at America’s top universities. The program is designed to help veterans develop and rediscover the skills and confidence necessary to successfully complete four-year undergraduate degrees.

Because veterans are non-traditional students with unique experiences distinguishing them from their college peers, WSP also uses the boot camps to help prepare participants for the emotional and cultural adaptations required to succeed in a higher education setting, unlocking their educational potential and transforming the way veterans view themselves as students.

“Warrior-Scholar Project did more than just give me college level work to cut my teeth on; it gave me a sense of belonging and equality in the classroom,” said James Thyden, WSP alumnus. “Throughout the program I watched a community of veterans, faculty, and university staff rally behind each Warrior-Scholar to help all that possessed drive and a passion for education to succeed. This community championed our success, not just in the classroom, but beyond. I graduated with a BS in Interdisciplinary Studies and have begun law school. None of this would have happened without the Warrior-Scholar Project team; they are truly cultivating the next great generation of veterans to be both agents of change, as well as exemplary citizens.”

WSP launched its first program at Yale University in 2012 with nine participants. Since then, WSP has expanded to encompass 17 top schools, and hosted 225 veterans and transitioning service members at boot camps across the country in 2018. WSP graduates have gone on to enroll at schools including Yale University, Cornell University, Harvard University, Princeton University, the University of Notre Dame, Georgetown University, the University of Arizona, Syracuse University, the University of Chicago, the University of Oklahoma, Massachusetts Institute of Technology, the University of Southern California, Texas A&M University, the University of Michigan, and Amherst College.



Courtesy photo

“The Warrior-Scholar Project is an incredible program that helps prepare military veterans who have served their nation transition to programs in higher education,” said Michael Klarman, constitutional law scholar and Kirkland & Ellis Professor — Harvard Law School. “I have taught in the program the last three summers, and it has been among the most rewarding teaching experience of my thirty years as a law professor. The vets are smart, prepared, engaged and appreciative.”

Each WSP boot camp is run by a team of WSP alumni student veterans and taught by university professors and graduate students. An intensive syllabus composed of both classic and modern scholarly works guides participants as they learn how to frame their ideas in an academic context, think critically, and formulate scholarly arguments. Participants not only learn the subject-matter material; they learn how to learn. Since 2015, WSP has

also offered a STEM program which includes an additional week for students who intend to pursue a science, technology, engineering or mathematics-related major.

“The Warrior-Scholar Project serves as a catalyst for veterans succeeding in higher learning,” said Luke Opyd, Cornell University and WSP program alumnus, and former President of the Cornell Undergraduate Veterans Association. “Whether they have considerable academic experience or are starting their first class, veterans at WSP will take away a multitude of critical skills and resources which will greatly assist them during their academic journey.”

WSP funders, private donors, and host-institutions cover the entire cost of the program for participants, excluding travel. To learn more about the program, visit www.warrior-scholar.org.



Courtesy of the Virginia Museum of History and Culture
Head Quarters of Genl. Heintzelman, 3rd Army Corps, amid the ruins of Hampton, Va. March 24th 1861.

Exhibit of Civil War watercolors and maps opens at the Hampton History Museum

From Hampton CVB

Hampton, VA- Civil War Journey: The Maps and Sketches of Private Robert Sneden, a touring exhibition organized by the Virginia Museum of History & Culture, opens to the public at the Hampton History Museum THIS Saturday, November 3, 2018.

Eyewitness accounts and images from the Civil War memoir of Union soldier, cartographer, and Confederate prisoner of war Robert Knox Sneden are showcased in an exhibition of 45 watercolor maps and drawings with views of battles, battlefields and military life that provide a unique and mesmerizing perspective on the Civil War. Local imagery includes a rendering of Hampton after its 1861 destruction by fire, a depiction of Fortress Monroe, as well as maps and views of the 1862 Peninsula Campaign, along with other extraordinary scenes.

The entire Sneden collection, a 5,000-page mem-

oir, four scrapbooks and 1,000 watercolors, represents perhaps one of the largest collections of Civil War soldier art ever produced. Several of the images are the only known depictions of lesser-known locations and events. The collection forms one of the premier treasures of the Virginia Museum of History & Culture (formally known as the Virginia Historical Society). His scrapbooks came to light in 1993 after having lain for more than 60 years in a bank vault. Research on them led to the discovery in 1997 of the five-volume diary-memoir in a mini-storage unit outside Tucson.

The collection is also the basis of the bestselling books Eye of the Storm: A Civil War Odyssey (Free Press, 2000) and Images from the Storm(Free Press, 2001). More information about the collection and

» See **WATERCOLORS** | C2

Calendar

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

Ezra Wube: Tales of Home
■ Thursday, Nov. 8th, 2018
■ Chrysler Museum of Art
■ Free

A group of stop-motion animation videos of New York-based, Ethiopian artist Ezra Wube.



Courtesy of Nathanael Miller

Million Bulb Walk 2018
■ Friday, Nov. 9th, 2018, 4:00 pm – 9:00 pm
■ Norfolk Botanical Garden
■ \$0-17

Walk through 2-miles of spectacular holiday light displays with family and friends. It's a great way to kick off the holiday season... with a few new surprises.

Tickets are \$17(not yet members); \$15(military); \$13(Garden members); \$10(children 3 to 17); children 2 & younger are Free.

VLM Oyster Roast
■ Saturday, Nov. 10th, 2018, 3:00 pm – 6:00 pm
■ Virginia Living Museum
■ \$55 in advance, \$65 beginning Nov. 6
■ <http://thevlm.org/events/museum-events/oyster-roast/>

Enjoy all-you-can-eat fresh local Chesapeake Bay oysters, fried seafood, chowder, dessert buffet, craft beers, wine, full bar, DJ/live music, commemorative glass, raffles & more at the Virginia Living Museum's seventh annual Oyster Roast!

Advance tickets \$55; beginning November 6, \$65; available though website. Age 21 and up. Tickets include commemorative glass and two beverage tickets for beer or wine!

Star Party & Laser Light Shows
■ Saturday, Nov. 10th, 2018, 7:00 pm – 11:55 pm
■ Virginia Living Museum
■ planetarium shows 6 each, 10 for two
■ <http://thevlm.org/events/planetarium-shows/evening/>

Free sky observing (weather permitting) through the Virginia Living Museum's telescopes begins at 7 p.m. Also, take a tour of the current night sky in the VLM planetarium show "Virginia Skies" at 7:30 p.m. Then stay for a trio of planetarium laser-light-and-music shows: "Hypnotica" at 8:30, "Laser Metallica" at 10 and "Pink Floyd's Dark Side of the Moon" at 11:30. (Note that the 10 and 11:30 shows will feature high volume and intense imagery, and may contain lyrics some parents may find objectionable. These two shows are not recommended for children under the age of 15.) Planetarium shows are \$6 each, or \$10 for two. The Wild Side Cafe will be open 6-8:30 p.m.

Windscape with the Norfolk Chamber Consort
■ Monday, Nov. 12th, 2018, 7:30 pm – 9:30 pm
■ Chandler Recital Hall, Diehn Center
■ \$10-15
■ <https://oduartstix.universitytickets.com/w/event.aspx?id=1533&p=1>

Created in 1994 by five eminent wind soloists, Windscape has won a unique place for itself as a vibrant, ever-evolving group of musical individualists, an "unquintet" which has delighted audiences throughout the U.S., Canada, Mexico, and Asia. As Artists in Residence at Manhattan School of Music, the members of Windscape are master teachers, imparting the secrets of instrumental virtuosity while presenting concerts hailed for creative energy and musical curiosity.

Free parking is available in Garage E, 49th Street and Bluestone Avenue, or in the circular lot between the F. Ludwig Diehn Center for the Performing Arts.

DIY Crafts Workshop
■ Wednesday, Nov. 14th, 2018, 6 pm – 9 pm
■ Coast DIY Bar
■ \$25 – \$60
■ <http://www.coastdiybar.com>

Join us at the new Coast DIY Bar for Friendsday Wednesday! Bring a friend and get 10 % off the entire menu. Make a board sign, a wooden tray or a wrap bracelet. Locally owned!!

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 MacArthur Center

The 34th Annual Grand Illumination Parade brightens downtown for the holidays on November 17

From MacArthur Center

The 34th Annual Grand Illumination Parade kicks off on November 17 at 7 p.m. in Downtown Norfolk. The parade, presented by MacArthur Center, starts at the corner of St. Paul's Blvd. and Main Street and follows a two-mile course. The theme "The lights are bright on Broadway" will come alive through marching bands, animal brigades, motorized units, walking units and floats. The parade is free and open to the public. The finale, per tradition, brings Santa to Downtown on a spectacular float.

The parade immediately follows the Grand Illumination that lights up the Downtown skyline at 7 p.m. The lights will continue to adorn Downtown Norfolk throughout the holidays.

"This is a nationally recognized holiday tradition that brings thousands of people to Downtown," said Mary Miller, president and CEO of Downtown Norfolk Council. "We are especially proud of the quality of the parade and innovations that we bring each year."

This October, DNC received a Merit Award from the International Downtown Association in the category of marketing and communication for the Facebook Live and television broadcast of last year's parade. Those innovations increased viewership and engagement with the parade and decreased the cost to reach more than 116,652 people. The Grand Illumination Parade has been a Southeast Tourism Top 20 Event, since 1985.

Parade Tips & Extras
General admission Street Seats offer the option to reserve a seat on Granby Street or Main Street for the ultimate parade experience for \$10. VIP seats are SOLD OUT. Service fees apply. Children 4 and under who can sit on a lap of an

adult do not need a reserved seat. Tickets may be purchased online here or at the Downtown Norfolk Council office, 223 E. City Hall Avenue on Monday through Friday from 8:30 a.m. to 5 p.m.

Waterside District VIP Experience \$40
■ Waterside District offers a reserved outdoor VIP seating area. Enjoy food and drinks inside and then have a front-row view during the parade. Each ticket includes: \$25 Waterside District gift card, reserved VIP viewing area along Waterside Drive (bring your own chairs, no seating provided by Waterside District), one hot cocoa ticket. Children 10 and under are FREE limited to three children. Click here to purchase Waterside District VIP Experience tickets.

■ Waterside District gift cards can be used at Blue Moon Tap House, Guy Fieri's Smokehouse Norfolk, PBR Norfolk and The Market.

Miracle on 34th Street – Exclusive Screening

Regal MacArthur Center will show the original Miracle on 34th Street movie exclusively on parade day at 1 and 3:30 p.m. Tickets are \$3.34. Click here for tickets and more information.

Come Early and Enjoy the Fun
Spectators are encouraged to arrive before 5 p.m. to avoid traffic. There's plenty to do for the whole family including Dickens' Christmas Towne at Nauticus, ice skating at MacArthur on Ice and plenty of shopping and dining options. Various entertainment options will also be available at Waterside District and on the parade route starting at 5:30 p.m.

Special Event Parking Prices
All city garages, including MacArthur Center, are collect-on-entry and accept CASH or CREDIT. The garage at Norfolk Hilton The Main Hotel will NOT

be collect-on-entry. Regular hourly rates apply. Dominion Tower is \$5 collect-on-entry from 3 p.m. – 6 p.m. CASH or CREDIT. For all garage locations click here.

See the Parade Online or on Television
The Grand Illumination Parade will be on Facebook Live @DowntownNorfolk on November 17 at 7 p.m. Just like the televised live broadcast in the past, you will be able to see the parade's marching bands, giant balloons, floats and walking units along with colorful commentary from our hosts. And, you will be able to interact with them in real time. On your mobile device, follow @DowntownNorfolk on Facebook. If you don't have Facebook, you can still watch live on your laptop or desktop at holidaysinthecity.net. The Facebook Live broadcast will be available after the parade on Facebook and holidaysinthecity.net. The edited version of the parade, complete with behind-the-scenes footage, new interviews and never-before-seen action, will be broadcast on WVEC Cox Channel 13 on Saturday, December 8 at 7 p.m. and Saturday, December 16 at 1 p.m.

The Grand Illumination Parade, produced by Downtown Norfolk Council, kicks off the annual Holidays in the City celebrations in both Downtown Norfolk and Olde Town Portsmouth. It's a magical time to visit with holiday music, festive lights decorating the streets and special creations at nearby restaurants. Greenery and holiday displays adorn doorways and windows of shops and hotels, and there are special events and festivities scheduled for people of all ages. For a complete list of activities and events, visit holidaysinthecity.net.

WATERCOLORS | *watercolor maps and drawings provide a unique and mesmerizing perspective on the Civil War*

Continued from C1

can be found in the Guide to the Robert Knox Sneden Diary, 1861–1865 at www.virginiahistory.org/arvfind/snedenillist.htm.

Robert Knox Sneden (1832–1918) was born in Nova Scotia and later moved to New York City, where, in the summer of 1861, he enlisted in the 40th New York Infantry Regiment. Sneden served with the Army of the Potomac in Virginia during the Peninsula Campaign and the Seven Days' Battles and in Washington, D.C., as a topographical engineer on the staff of Maj. Gen. Samuel P. Heintzelman. In November 1863 he was captured by Mosby's Rangers and spent the next thirteen months as a prisoner of war in various Confederate prisons including Andersonville in Georgia. After his exchange in December 1864, he was discharged and returned to New York City where he compiled a diary/memoir and a scrapbook of images documenting his service in the Civil War. He died at the Soldiers Home in Bath, N.Y., in 1918.

Civil War Journey: The Maps and Sketches of Private Robert Sneden Continues through Sunday, April 21, 2019

The Hampton History Museum is located at 120 Old Hampton Lane in Downtown Hampton. There is plenty of free parking in the garage across from the museum. Open Mon-Sat,



Courtesy of the Virginia Museum of History and Culture
View of Yorktown, Va., from rear of Howe's Sawmill, Head Quarters., 3rd Corps, A.P. April 1862.

Hampton History Museum

Mon-Sat: 10 a.m. – 5 p.m. | **Sun:** 1 p.m. – 5 p.m.

\$5 for Adults | **\$4** for Seniors, Active Military, active NASA, AAA, Children 4-12 | **Free** for children under 4

120 Old Hampton Lane | Hampton, VA 23669
FREE Parking

10 a.m.-5 p.m. Sun 1 p.m.-5 p.m. Closed major holidays. Admission is \$5.00 for adults, \$4.00 for seniors, active military, active NASA, AAA, children 4-12, free to children under 4. *For more information, call 757-727-1102.*

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VETERANS DAY 2018

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coming to theaters

DR. SEUSS' THE GRINCH (PG)

Academy Award® nominee Benedict Cumberbatch lends his voice to the infamous Grinch, who lives a solitary life inside a cave on Mt. Crumpet with only his loyal dog, Max, for company. With a cave rigged with inventions and contraptions for his day-to-day needs, the Grinch only sees his neighbors in Who-ville when he runs out of food. Each year at Christmas they disrupt his tranquil solitude with their increasingly bigger, brighter and louder celebrations. When the Whos declare they are going to make Christmas three times bigger this year, the Grinch realizes there is only one way for him to gain some peace and quiet: he must steal Christmas. To do so, he decides he will pose as Santa Claus on Christmas Eve, even going so far as to trap a lackadaisical misfit reindeer to pull his sleigh.

THE GIRL IN THE SPIDER'S WEB (R)

Fired from the National Security Agency, Frans Balder recruits hacker Lisbeth Salander to steal FireWall, a computer program that can access codes for nuclear weapons worldwide. The download soon draws attention from an NSA agent who traces the activity to Stockholm. Further problems

arise when Russian thugs take Lisbeth's laptop and kidnap a math whiz who can make FireWall work. Now, Lisbeth and an unlikely ally must race against time to save the boy and recover the codes to avert disaster.

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.

THE FRONT RUNNER (R)

Oscar® nominee Hugh Jackman stars as the charismatic politician Gary Hart for Academy Award®-nominated director Jason Reitman in the new thrilling drama The Front Runner. The film follows the rise and fall of Senator Hart, who captured the imagination of young voters and was considered the overwhelming front runner for the 1988 Democratic presidential nomination when his campaign was sidelined by the story of an extramarital relationship with Donna Rice. As tabloid journalism and political journalism merged for the first time, Senator Hart was forced to drop out of the race – events that left a profound and lasting impact on American politics and the world stage

base theaters \$3 Movies



Courtesy of Sony Pictures

JEB Little Creek, Gator Theater – 462-7534

Friday, November 9
6 p.m. Goosebumps 2: Haunted Halloween (PG)
9 p.m. First Man (PG-13)

Saturday, November 10
1 p.m. Smallfoot (PG)
4 p.m. Goosebumps 2: Haunted Halloween (PG)
7 p.m. First Man (PG-13)

Sunday, November 11
1 p.m. Smallfoot (PG)
4 p.m. A Star Is Born (R)
7 p.m. Venom (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, November 9
6 p.m. Goosebumps 2: Haunted Halloween (PG)
9 p.m. First Man (PG-13)

Saturday, November 10
12 p.m. Smallfoot (PG)
5 p.m. **Advance Screening** - Fantastic Beasts: The Crimes of Grindelwald (PG-13)

Sunday, November 11
12 p.m. A Star Is Born (R)
3 p.m. Vernom (PG-13)
6 p.m. First Man (PG-13)

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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Photos courtesy of Feld Entertainment

DISNEY ON ICE WORLDS OF ENCHANTMENT TO PLAY AT THE HAMPTON COLISEUM

By Yiorgo

Get ready to be captivated, to be enchanted, as the much anticipated, ever popular, Disney On Ice, returns with it's newest production of Disney On Ice Worlds of Enchantment this Thursday through Sunday, November 8th-11th at the Hampton Coliseum.

Yiorgo: With us today is Kyle Shropshire. Kyle, you play Woody from Toy Story 3. What is it like playing such an iconic Disney Character?

Kyle Shropshire: When I was a kid, Woody was one of my favorite characters. This is such a thrill for me. To have been playing with Woody as a doll when I was a kid, to now being Woody is just amazing. I love my job.

Y: What should people expect to see with this production of Disney On Ice presents Worlds of Enchantment?

KS: In this production, we tell the four stories of Disney's: Toy Story 3, The Little Mermaid, Cars and Frozen. Mickey and Minnie off course appear and they go in and out of all four stories. I feel like because we tell only four stories, we

are able to dive into the stories and the people attending will see Disney characters on ice that they have not seen before. It has such a variety and so much fun for everyone.

Y: Where are you from and why did you choose ice-skating as a form to entertain the masses?

KS: I'm from Algonquin, Illinois witch is just north of Chicago and my mom was in the Ice Capades back in the day, and then she became a skating coach. I grew up skating and I always knew I wanted to do professional shows at some point. This opportunity came up and I went with it.

Y: I saw many Ice Capades shows a child so I am sure I saw your mom perform. They were such spectacles for me. Tell us about your early life and your ice skating competitions and being a 4 time National Competitor, Double gold medalist in moves in fields and freestyle.

KS: I learned how to skate at two years of age and growing up I started competing at age 8 and progressed through the sport. At the time we had Junior Nationals that is like the Intermediate level. The first

time I got there I was 12 years old. I got to go there three times and when I was in the novice level I went to the Nationals, held every year in January, I was 17, and did that once. That double Gold Medalist is your actual testing, because in order to get into those levels to compete, you have to take a test and you keep progressing in order to be at that level.

Y: This is really amazing. How did you juggle a demanding training, competing schedule on this high level wile being a student in Middle and later High school?

KS: It's definitely tough. This sport is not easy. It takes a lot of one's time. When I was in high school, I was fortunate to not have to take gym class and could leave early to go to the ice skating ring to skate. I would try to do my homework before and after, whenever I had a chance and I did it.

Y: How and why did you get into gymnastics?

KS: I grew up doing the gymnastics side by side with the ice-skating. It was a nice balance for me. I also competed in gymnastics until the age of 12. Finally, I decided to put all of my focus into skating.



Kyle Shropshire stars in Disney on Ice as Woody from Toy Story 3.

The fearlessness, strength and flexibility of gymnastics helped me in ice-skating.

Y: When did juggling get into the picture?

KS: I was always fascinated by it and got pretty into it when I was a kid. I taught myself how to juggle when I was seven or eight. I started having fun with it and eventually incorporated it with some ice stuff. It's a fun little activity to do on the side.

Y: You joined Feld Entertainment out of high school what was that process like?

KS: After I graduated High School I competed for a year and at the end of that year I compiled a tape and sent in an audition video to Disney, just to see if it was an option for the future, to see if they had any interest. I got an offer sooner then I thought and I joined Disney on Ice in January when I was 19 years old. This is now my 5th year. When you put in all this time in your sport and you and your family sacrificed a

lot of time and money and you get to live out your dream and do your sport for a living, through Disney on Ice and Feld Entertainment to bring joy to so many children and adults that makes it so much better.

Y: What does your mom think of your work? As a coach, is she a critic or a proud mommy?

KS: That's a hard question to answer. As a coach who has seen me grow as a person and as a performer, along with the fact of doing this show life, this live entertainment where anything can happen and anything can go wrong, I think she is more of a proud mom and reliving those old days as well. She really loves to watch the show and take plenty of pictures and videos.

Y: You have traveled all over the US and the world. Are you able to get that feel, that vibe that you know you have them in the palm of your hand?

KS: Yes, last year we took the show to Eastern Europe. Luckily with this show, Disney On Ice Worlds of Enchantment we get to play those characters that kids love so much. When we come to life on ice all the kids lite up. I am fortunate enough to play Woody from Toy Story, a character that kids really connect with and enjoy.

For more info go to: <https://www.hamptoncoliseum.org/events/detail/disney-on-ice-presents-worldsofenchantment>

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

“Something Rotten” Broadway’s newest smash hit musical comes to Norfolk this weekend

By Yiorgo

Broadway’s hilarious new smash, Something Rotten that the New York Post calls “Broadway’s big, fat hit!” arrives in Norfolk at the Chrysler Hall November 9th – November 11th as part of SevenVenues Broadway In Norfolk Series.

Set in the ‘90s, the 1590s that is, Something Rotten tells the story of Nick and Nigel Bottom, two brothers who are desperate to write a hit play while the “rock star” Shakespeare keeps getting all the hits. A local soothsayer, Thomas Nostradamus (The nephew of the famous soothsayer Nostradamus), foretells that the future of theatre involves singing, dancing and acting at the same time.

Nick and Nigel take it upon themselves to write the worlds very first musical. What transpires after that is what the New York Magazine calls “The Producers + Spamalot + The Book of Mormon. Squared!”



TimeOut NY said that “Something Rotten has established itself as Broadway’s funniest, splashiest, slap-happiest musical comedy in at least 400 years...tremendous care and showbiz savvy have gone into making a sophisticatedly silly rom-com that has it all: laugh-out-loud lyrics, catchy music, jaw-dropping sight gags and a powerhouse cast.”

Associated Press said that Something Rotten “...is fresh and hysterical and irrever-

ent. It’s easily the funniest thing to arrive on Broadway since “The Book of Mormon”...the song “A Musical,” in which the writers get to goof on such shows as “Rent,” ‘Pippin,’ ‘Les Miserables,’ “On the Town,” ‘Annie” and the Rockettes. It’s one of the highlights of a show.”

For the Hollywood Reporter “This is a big, brash meta-musical studiously fashioned in the mold of Monty Python’s Spamalot, The Producers and The Book of Mormon, loaded

with crowd-pleasing showstoppers, deliciously puerile gags and an infectious love of the form it so playfully skewers.

For more info, go to: <https://www.sevenvenues.com/events/detail/something-rotten>

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

“Broadway’s big, fat hit!” arrives in Norfolk at the Chrysler Hall November 9th – November 11th as part of SevenVenues Broadway In Norfolk Series.

Courtesy of Something Rotten

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Announcements

**** EASTERN EUROPEAN FOOD FESTIVAL ****
Saturday, Nov. 10 - 10am-4pm - Our Lady of Perpetual Help Byzantine Catholic Church - 216 S. Parliament Dr., Va Beach - kielbasa, pirohi, halupki, haluski, soups and baked goods - religious gifts also available.

VETERAN'S DAY MILITARIA AUCTION
10 AM, SUN, NOV 11
500+ Lots Focus of the 29th & 80th Divisions. Uniforms, Weapons; 84 Trapdoor, 03 Springfield, M-1, 98 Krag, Knives and Bayonets, Medals & Insignia, Photographs; Letters, Boots, Military Headgear, Personal Items & War Trophies, Military Books.
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CATHOLIC DAUGHTERS BIZZARE
Saturday November 10th 9am-2pm
5345 Virginia Beach Blvd. Admission free, Crafts & Door prizes.

CHESAPEAKE RE TAX SALE
Nov 29 @ 6pm - 18 Properties
VAF 662 VaAuctionCo.com 538-0123

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Portsmouth area. Church and Community in Action & Portsmouth Pan-Hellenic Counsel is providing rides to the polls. Call 822-4749

HOLLY CRAFT SHOW
St. Matthew's School hosts Holly Craft Show November 3rd 8am-2pm in the gym. Admission is free. Come support small business, local crafters, vendors, food and start shopping for Christmas! St. Matthew's School is located at 3316 Sandra Lane, Virginia Beach, VA 23464 (757)420-2455

PORTS RE TAX SALE
Nov 15 @ 6pm - 8 Properties.
VAF 662 VaAuctionCo.com 538-0123



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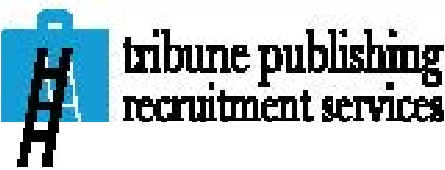
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ACROSS

1 Not rough
7 Small digital images expressing ideas
13 Bus schedule abbr.
16 Bouquet-bringing co.
19 Oahu greetings
20 Extreme eccentricity
21 Ivy — (Yalie, e.g.)
23 Diamond events
25 Any of 13 Catholic leaders
26 Experts at CPR
27 Prefix with gauge
28 On — streak (winning big)
30 Was in need of restocking
31 Strong Italian cheese
34 They're over gables
36 Lakota's language family
38 Liling, syllable
40 Parris Island mil. branch

41 Sticky, chewy candy
42 Shelters for backpackers
45 Sash for Cio-Cio-San
47 Texter's "As I see it ..."
48 Election day, often: Abbr.
49 Hold fast (to)
52 "Pieces of Me" singer
57 They often include
60 LuPone who played Evita
63 Bygone autocrat
64 Grimm bully
65 "Dash it all!"
66 The "A" of ACLU: Abbr.
67 Mu — beef
69 Some NFL linemen
71 With 83-Down, like Rudolph
72 "Behold!", in Latin
73 Dirt-dishing
74 Dear old dad
76 "— dog's life"
78 Super-angry
79 Orchestral array

84 Reply to "Am sol!"
85 More chancy
86 Mauna —
87 Prefix with angle or fold
90 "Not impressed"
92 Thrown-away items
95 Tricky pool shot
99 Kosovo native
102 Norse god of battle
103 PC-sent holiday greetings
104 Some paved arteries
107 "Phooey!"
109 Capital of Albania
110 New attempt
111 Palmtop device, for short
112 "— yellow ribbon ..."
115 Salon colorant
117 Theme of this puzzle
121 Whole number, e.g.
122 Writer Waugh
123 Tackled energetically
124 Niger-to-Zambia dir.

HAVING A FLING

125 Tram rock
126 Beat back
127 Luanda's country

DOWN

1 Mr. Kotler
2 Jack of old Westerns
3 Spaceship in "Alien"
4 2004-15 sarcastic recap series on E!
5 R&D room
6 Sofia's "that"
7 "E.T." boy
8 Steins, e.g.
9 Bump — log
10 Actor
Malcolm- — Warner
11 Places to store frozen blocks
12 B-board runners
13 Skiing peak
14 Co. shuffling
15 Hip-hop performer
16 Rife with
17 Drive, in golf
18 Half-asleep
22 Largest port in Italy
24 K-O middle
29 Cook with Apple
32 Luau cocktail
33 Make invalid

34 Desert rodent
35 Cpl., or sgt.
36 Ecol., e.g.
37 Sam- —
39 Gets, as profits
43 "No kiddin'!"
44 Declaration while pointing
46 Bleated
50 Car of the early 1900s
51 Memory trace
53 People in concealment
54 Poet Federico Garcia —
55 Sign into law
56 Lauder of perfume
57 Virus variety
58 Half-witted
59 Half of sei
60 City ENE of 22-Down
61 Love, to Luc
62 Wrought up
67 Sudden rush
68 Actor Sparks
70 Curb locales
75 "Shy" singer DiFranco
77 Ill-tempered
78 Lake — (Mississippi River source)
80 Be sporadic
81 Explore a reef, maybe
82 High RRs
83 See 71-Across
87 Become
88 Rustic mail abbr.
89 What- — (conjectures)
91 '48 electee
93 Tending to wear down
94 Adorning tawdrily, with "up"
95 Singer Johnny
96 Mongolians, e.g.
97 Elish one
98 Allotment
100 Require a 110-Across, maybe
101 Movie critic Richard
105 Onion part
106 Is a little too fond
108 "I've — it!"
111 — ed (gym)
113 The same, in France
114 "The Thin Man" dog
116 Afore
118 151, to Nero
119 Old rival of Pan Am
120 She cackles

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

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: X equals P

PZ FS USNBWNYH IKPVG-
HGPSSUA WFWWFT HXUFGH
BFHKTJ, VNYTA JNY HFJ PI
HKNNIH ZBNW IKU KPXXN?

Last week's CryptoQuip answer
When a bird is diligently building its nest in a tree, would you call that branch dressing?

last week's answers

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

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

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