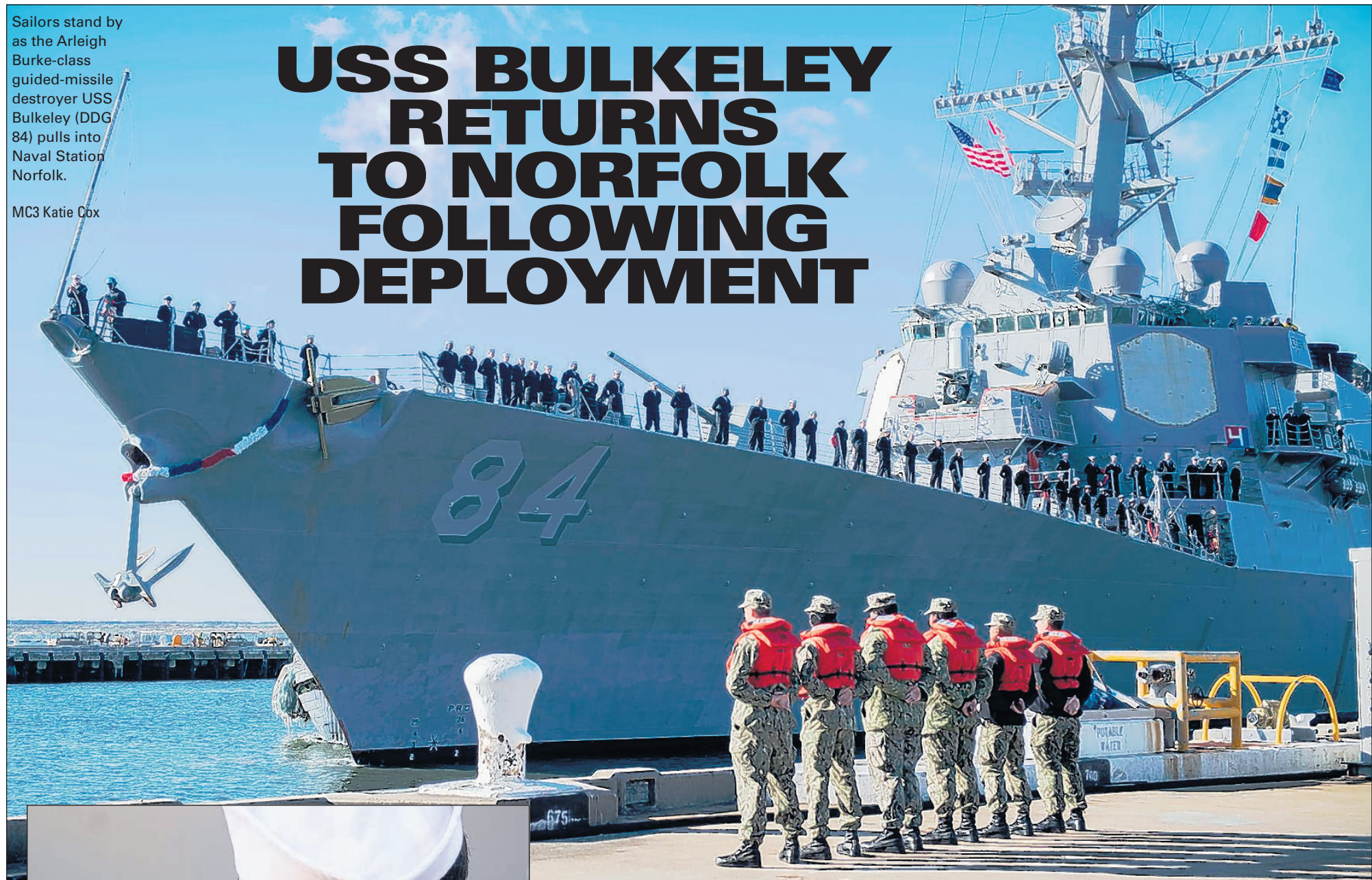
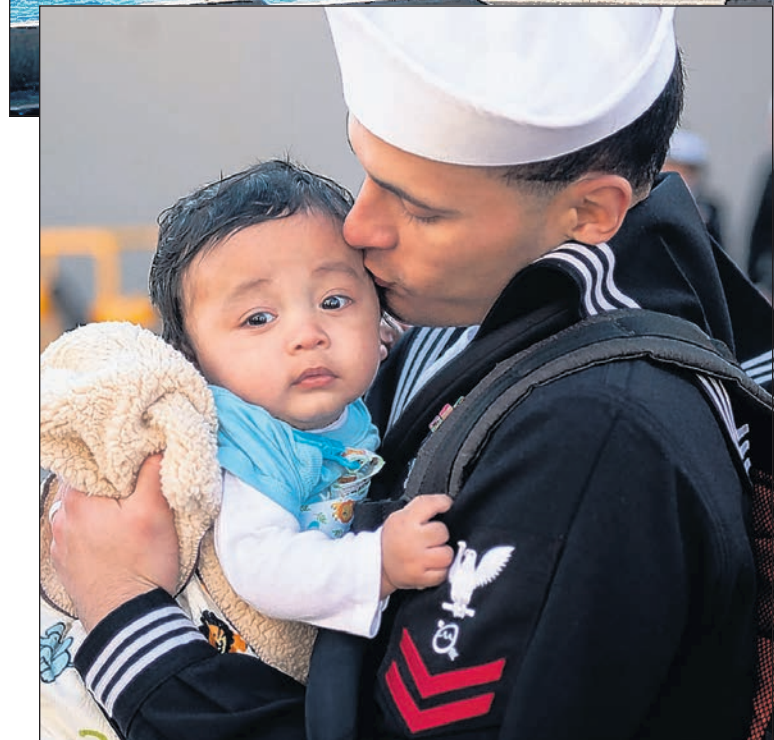




Sailors stand by as the Arleigh Burke-class guided-missile destroyer USS Bulkeley (DDG 84) pulls into Naval Station Norfolk.

MC3 Katie Cox

USS BULKELEY RETURNS TO NORFOLK FOLLOWING DEPLOYMENT



MC3 Katie Cox

Operations Specialist 2nd Class Rivera Caceres, assigned to the Arleigh Burke-class guided-missile destroyer USS Bulkeley (DDG 84), kisses his son at Naval Station Norfolk after returning home from deployment. Bulkeley returns to Naval Station Norfolk after completing a seven-month deployment to the U.S. 6th Fleet area of operation.

From U.S. Fleet Forces Command Public Affairs and Outreach

NORFOLK

Guided-missile destroyer USS Bulkeley (DDG 84) returned to Naval Station Norfolk following a seven-month deployment to the Navy’s U.S. 6th Fleet area of responsibility, Nov. 11.

The ship operated as part of the Harry S. Truman Carrier Strike Group (HSTCSG) and also conducted independent operations in support of 6th Fleet combatant commander requirements.

“I could not be prouder of these naval warriors as they completely bought-in to the mantra of ‘Engaging, Fighting, and Winning’ and established a new standard of excellence,” said Cmdr. John Lucas IV, the ship’s commanding officer. “This incredible team eagerly engaged in unique challenges and fought through adversity to ultimately win by successfully completing all assigned tasking and returning home safely from a seven-month deployment. We, the ‘Wolfpack’ of USS Bulkeley, truly showed our warrior spirit by executing across all mission areas, to include serving as a preferred firing unit for the fleet, while also logging significant hours as a

local anti-submarine commander for allied forces – a true testament to our dynamic capabilities that were realized only due to a deeply-rooted belief in the validity of the missions, as well focused and dedicated training leading up to and through deployment.”

During the deployment, the ship traveled more than 56,000 nautical miles and navigated the Strait of Gibraltar four times. The crew conducted 26 underway replenishments and more than 900 hours of helicopter operations in support of various missions.

The ship conducted port visits to Greece, Norway, Scotland, Spain, and Turkey.

The Arleigh Burke-class destroyer is named in honor of Vice Adm. John Duncan Bulkeley (1911-1996), best known for his extraordinary heroism as commander of Motor Torpedo Squadron 3 in the Pacific theater during World War II. The ship is homeported at Naval Station Norfolk.

For more information about the USS Bulkeley, please visit <https://www.public.navy.mil/surflant/ddg84/Pages/default.aspx> or on Facebook at <https://www.facebook.com/UssBulkeleyddg84/>.

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



From tsa.gov

Don’t stand in line: TSA Precheck open to military, DOD civilians

By Jim Garamone

Defense.gov

WASHINGTON

Service members are trusted to defend the nation, surely they can be trusted when boarding a plane.

This is the thinking of the Transportation

Security Administration, which is pushing to ensure that service members and DOD civilians know they can use the TSA Precheck program.

“Service members are already enrolled

» See TSA | A7

Ready, Aim, Hire! NAVSUP WSS Recruitment Readiness Team wins hiring challenge

From NAVSUP weapon Systems Support Public Affairs

NORFOLK

The NAVSUP Weapon Systems Support Recruitment Readiness Team tied for first place in the U.S. Naval Air Systems Command-sponsored hiring challenge which culminated at a hiring summit in Norfolk, Va. The team’s innovative ideas were selected over 46 other entries from six systems commands and the Office of Civilian Human Resources.

Teams were challenged to redesign the hiring process to reduce hiring cycle time to a goal of 45 days or less, from the time a request for personnel action is initiated

to the time a candidate is on-board. Recent figures showed the average hiring time was approximately 88 days.

When the challenge was issued in July of this year, 46 teams applied to be part of the competition. Through a series of status checkpoints required in the challenge, teams were eliminated based on progress. As teams and ideas were narrowed down, NAVSUP WSS was among an elite group of seven semifinalists. From there, four teams were selected and advanced to the finals.

Finalists were invited to attend a hiring summit in Norfolk, Va., Nov. 7-8. The NAVSUP WSS Recruitment Readiness

» See HIRE | A7



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OAK HILL SAILORS RENOVATE HARLEM GARDEN

Oak Hill Sailors teamed up to renovate an old garden by removing weeds, dead plants and broken flower boxes to beautify it for next spring.

» see A6



REAGAN STRIKE GROUP FINISHES KEEN SWORD

The Ronald Reagan Strike Group finished exercise Keen Sword 2019 with units from the U.S. Air Force, the Japan Maritime Self-Defense Force (JMSDF) and the Japan Air Self-Defense Force on November 8th.

» see B1

2018 HOLIDAY MAILING DEADLINES

Get your letter or package to your loved ones in time for the holidays with these mailing deadlines.

» see C1

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All your Open Season questions answered

From TRICARE

Open season is Nov. 12 to Dec. 10. TRICARE Open Season is for enrollment in a TRICARE Prime or TRICARE Select health plan. Federal Benefits Open Season is for vision coverage or retiree dental coverage through the Federal Employees Dental and Vision Insurance Program (FEDVIP). If you're enrolled in a TRICARE health plan and don't want to make any changes, you don't have to do anything. If you have TRICARE Retiree Dental Program (TRDP), provided by Delta Dental, and want dental coverage in 2019, you will need to choose a FEDVIP dental plan. TRDP ends on Dec. 31, 2018.

Take the time now to learn about eligibility, plan options, and enrollment. Learn more on the Open Season page. If you and your family want to make changes to your TRICARE health benefit, take action during the 2018 open season.

Here are a few frequently asked questions about open season.

Q: Does TRICARE Open Season affect me?

A: TRICARE Open Season affects you if you're eligible to enroll in a TRICARE

Prime or TRICARE Select health plan. The TRICARE Open Season doesn't apply if you're using:

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

Q: What happens if I don't change health plans during the TRICARE Open Season?

A: If you don't change health plans during the TRICARE Open Season and remain eligible, you'll stay in the plan you're in now.

Q: Will I still get eye exam coverage through TRICARE Prime?

A: TRICARE Prime eye exam coverage isn't changing. Routine eye exams are covered as needed for active duty service members, once a year for active duty family members, and every two years for all other TRICARE Prime beneficiaries. Diabetic patients with TRICARE Prime coverage get routine eye exams once a year. For more information, visit the TRICARE Eye Exams page.

Vision plans available through FEDVIP are in addition to TRICARE vision cover-



Courtesy TRICARE

age. If you're eligible and choose to enroll, your FEDVIP vision coverage will be your primary vision insurance. TRICARE will pay second after FEDVIP.

Q: Am I required to enroll in both dental and vision plans with FEDVIP?

A: No. FEDVIP dental and vision plans are optional. However, enrollment in a TRICARE health plan is required in order to enroll in a FEDVIP vision plan.

Q: How do I enroll in FEDVIP?

A: Enroll in a FEDVIP plan online through the BENEFEDS enrollment portal.

Q: If I'm currently paying my premium by allotment to Delta Dental through the TRICARE Retiree Dental Program, how do I transfer my allotment?

A: Delta Dental will terminate your allotment for your 2018 TRDP coverage after your December premium is paid. You don't need to do anything to start an allotment for FEDVIP. When you enroll in a FEDVIP plan, you'll answer questions about your eligibility, payments, and allotments.

Q: Will I have a waiting period for services like orthodontics?

A: Each FEDVIP dental plan is unique. Some plans may have waiting periods for orthodontics or other specialty services. Some plans offer orthodontic coverage without a 12-month waiting period or age limit. Visit the FEDVIP website for more information.

Operation Jingle 2018

From Navy-Marine Corps Relief Society

NORFOLK

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

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

first-served basis.

To participate, commands must designate a representative as the command's single point of contact to coordinate the delivery of applications and confirmation information with the Norfolk Navy Marine Corps Relief Society. The only charge for the room is a non-refundable reservation fee of \$10.00 per room, per night, paid at the time the request is turned in. The entire reservation fee will be donated to the Navy-Marine Corps Relief Society (NMCRS). Reservation fees ensure that all rooms are used. Hotels require 24 hour cancellation in the event rooms cannot be used.

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

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



NAVY-MARINE CORPS
RELIEF SOCIETY

NEX locations closed on Thanksgiving

By Kristine M. Sturkie

Navy Exchange Service Command Public Affairs

VIRGINIA BEACH, VA

Once again this year, NEX locations worldwide will be closed on Thanksgiving Day so customers as well as NEX associates can spend the day with loved ones.

NEX locations will be open early on Friday, Nov. 23 so that customers can enjoy the NEX's annual Navy Blue Holiday sales events. Special savings will be available on myNavyExchange.com on Thursday, Nov. 22. All online orders that are sent to a NEX for pick up will be shipped for free.

"We are excited to continue with our 'We Believe' holiday campaign with our Navy Blue Holiday weekend sales event," said retired Rear Adm. Robert J. Bianchi, Chief Executive Officer, Navy Exchange Service Command. "We know there are many places our customers can shop this holiday season. We appreciate their support of the NEX. The many sales and special events we do is our way of giving back and to recognizing our military members and their families for their selfless contributions to our great nation. On behalf of the entire NEXCOM Enterprise, thank you and happy holidays."

Check with the local NEX for store operating hours for Nov. 23.

For more news from Navy Exchange Service Command, visit www.navy.mil/local/nexcom/.



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NEWS FROM NAS OCEANA

NAS Oceana promotes safety during colder months

By MCSN Mark Thomas Mahmood

VIRGINIA BEACH, VA.

Naval Air Station Oceana held a Fall and Winter Safety Stand-Down during the first week of November to provide base personnel with the appropriate information to promote safety during the coming fall and winter months.

Household fires, carbon monoxide poisoning, and cooking accidents are common during the colder months, and the NAS Oceana Safety Office held a presentation to help prevent these incidents.

NAS Oceana Fire Prevention Inspector, John Cirillo, discussed fire prevention and carbon monoxide safety during the presentation.

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. According to the Center for Disease Control and Prevention (CDC), CO poisoning claims the lives of hundreds of people every year and makes thousands more ill.

Heating furnaces, fireplaces and portable generators all produce CO.

Cirillo said it is important for people to know the symptoms of CO poisoning so they could remove themselves from a potentially deadly situation.

According to the CDC, the most common symptoms of CO poisoning are flu-like, and can include headaches, dizziness, weakness, upset stomach, vomiting, chest pain and confusion.

“If you are in your living room and start



U.S. Navy graphic

feeling the flu-like symptoms, don’t just open a window and sit near it,” said Cirillo. “Leave your house immediately and call 9-1-1.”

Cirillo recommends installing CO detectors near every sleeping area of your home to provide a warning if CO levels rise while you are sleeping.

In addition to installing and testing existing detectors, it is important to have your heating systems inspected and maintained by a professional to prevent CO leaks and fires.

“If you have a fireplace in your home, have your chimney cleaned by a professional and keep a record of it,” said Cirillo. “The cleaning logs you can buy in a hardware store are not enough.”

Though it is important to practice fire prevention and safety when it comes to heating your home, cooking is the leading cause of home structure fires and fire injuries, according to the National Fire Protection Agency.

Unattended cooking is the leading factor contributing to these fires, while frying poses the greatest risk of fire.

Cirillo said to avoid cooking while drowsy or intoxicated, and recommends always staying near whatever you are cooking to monitor for any danger.

If a fire does break out while you are cooking on a stovetop, the NFPA recommends smothering the flames by sliding a lid over the pan and turning off the burner, leaving the pan covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed.

Cirillo said to call the fire department even if you think you extinguished a fire completely.

The winter holidays are a great time to take a break from work to spend time with your family. However, it is important to remember winter safety guidelines to keep yourself and your loved ones safe during the holiday season.

“If you are in your living room and start feeling the flu-like symptoms, don’t just open a window and sit near it. Leave your house immediately and call 9-1-1.”

John Cirillo,
NAS Oceana Fire Prevention Inspector

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NETC employee earns Meritorious Civilian Service Award for Sailor 2025 RRL contributions

From Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

Rear Adm. Kyle Cozad, commander of Naval Education and Training Command (NETC), presented Robert Monette with the Department of the Navy Meritorious Civilian Service Award, during an all-hands call with NETC’s Virginia Beach staff Nov. 6.

As the deputy director of NETC’s Fleet Integration, Learning and Development Division (N7), Monette played a key role as a primary architect for Ready, Relevant Learning (RRL) as part of Sailor 2025, the Navy’s program to more effectively recruit, develop, manage, reward and retain the force of tomorrow.

On any given day, Monette’s leadership and vision improved training and education processes and programs supporting the development and provision of initial skills training to more than 30,000 Sailors.

“Mr. Monette’s ability to process complex information, conduct thorough analysis, and provide senior leadership with actionable information has made him an irreplaceable member of the Manpower, Personnel, Training and Education (MPT&E) team,” said

Capt. John Dye, NETC N7 director. “He is without question the ‘go to’ civilian when it comes to training integration and development, Sailor 2025 Ready, Relevant Learning and Block Learning.”

Monette oversaw the design and implementation of the RRL phase one process of Block Learning, which changes the Navy’s current practice of front-loading individual rating training to a more disbursed, modular delivery that will span across a Sailor’s career-long learning continuum. His team conducted the subsequent meticulous analysis of 77 ratings, 788 training paths and 813 unique courses of instruction. As a result, U.S. Fleet Forces Command, as the executive agent for RRL, approved 54 Block Learning reports, which paves the way for the next steps in the RRL process.

“His efforts laid the foundation for the over-arching goals of Ready, Relevant Learning and the future of Navy modernized training delivery,” said Dye, who explained that Monette’s expertise in the science of learning is also what led to his selection to represent NETC as the training subject matter expert on the Chief of Naval Personnel’s Strategic Integration Group that developed the concept and design of the Sailor 2025



Robin Holland

Rear Adm. Kyle Cozad, commander of Naval Education and Training Command (NETC), presents Robert Monette with the Department of the Navy Meritorious Civilian Service Award. As the deputy director of NETC’s Fleet Integration, Learning and Development Division (N7), Monette played a key role as a primary architect for Ready, Relevant Learning as part of Sailor 2025, the Navy’s program to more effectively recruit, develop, manage, reward and retain the force of tomorrow.

training modernization effort.

Sailor 2025 is comprised of nearly 45 initiatives to improve and modernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow. It is focused on empowering Sailors, updating policies, procedures, and operating systems, and providing the right training at the right time in the right way to ensure Sailors are ready for the Fleet. Sailor 2025 is organized into three main lines of effort, specifically

Personnel System Modernization, RRL and Career Readiness.

For additional information on Naval Education and Training Command, visit the NETC website at <https://www.public.navy.mil/netc> or <http://www.navy.mil/local/cnet/> and follow us on Facebook at <http://www.facebook.com/netcpao>.

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

NAVSUP FLC Norfolk completes transition to new Navy Cash Cards

By Tom Kreidel
NAVSUP FLC Norfolk Office of Corporate Communications

NORFOLK

The NAVSUP FLC Norfolk Navy Cash Fleet Support Group completed a year-long effort to re-card the ships of the Atlantic Fleet to new Navy Cash Cards in October, as part of transferring responsibility for Navy Cash Cards from JPMorgan Chase to the Federal Reserve Bank of Boston (FRBB).

According to Hugh Chin, the effort involved 57 ships in the command’s area of responsibility, with more than 45 thousand Sailors receiving new Navy Cash Cards. He says each ship required a five phase process that included:

1. Coordinating ship availability
2. Conduct an executive brief 30 to 60 days in advance
3. A scrub of the ship’s roster and the placing of a card order 60 days in advance
4. Complete on site re-carding
5. An update each Sailor’s profile and transmission of data to FRBB to complete account update

“Re-carding required a face-to-face process where the team had to confirm full dates of birth and obtain civilian emails from each Sailor in order to comply with federal regu-

lation requirements,” Chin explained. “After a ship is re-carded the team had to update each member’s profile then transfer data to the Federal Reserve Bank for validation and completion of update to each member’s account.”

He added that the process time varied from ship to ship, with a small ship taking two days on average and a large deck ship taking about four.

The Navy Cash card is a branded debit card that looks like a typical debit or check card. Navy Cash combines a chip-based electronic purse (stored-value function) with the traditional magnetic stripe (debit card and ATM function). The electronic purse replaces currency aboard ship.

The process allows Sailors to continue to have the capabilities of the Navy Cash Card, to now include the ability to receive an electronic receipt for each transaction off ship. Additionally, Sailors will now be offered access to several thousand additional ATMs worldwide due to partnership with FRBB and PNC Bank.

Chin explained that approximately three years ago, JPMorgan Chase (JPMC) decided to leave the Navy Cash program. Since that announcement, the Navy Cash Team has been planning for the transition to the



U.S. Navy photo

Members of the NAVSUP FLC Norfolk Navy Cash team and operations department prepare some of the final Navy Cash cards to be provided to shipboard Sailors of the Atlantic Fleet. NAVSUP FLC Norfolk recently completed a year-long re-carding effort that saw nearly 46 thousand Sailors receive new cards.

Federal Reserve Bank of Boston (FRBB), which will take over as the Treasury’s overall operations manager for the Navy Cash program. Additionally, PNC Bank (PNC) has been brought on board to take over as the open-loop provider for the MasterCard pre-paid debit feature on Navy Cash cards.

NAVSUP FLC Norfolk is one of eight FLCs under Commander, NAVSUP. Head-

quartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP’s mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter. *Learn more at www.navsup.navy.mil, www.facebook.com/navsup and <https://twitter.com/navsupsyscom>.*

Oak Hill Sailors renovate Harlem garden

By MC3 Danilo Reynoso

NEW YORK

Sailors from the Harpers Ferry-class amphibious dock landing ship USS Oak Hill (LSD 51) participated in a community relations project at the Frederick E. Samuel Apartments in New York City’s Harlem neighborhood, Nov. 9.

Roughly 45 Oak Hill Sailors teamed up with the complex’s resident association and its president, Dianna Blackwell, to renovate an old garden by removing weeds, dead plants and broken flower boxes to beautify it for next spring.

The visit provided Sailors an opportunity to build positive, impactful, lasting relationships with New Yorkers, while also allowing them to give back to the people who are hosting Oak Hill for Veterans Week New York City.

“I think community relations projects are a great opportunity for the Navy to give back to the community. It’s about showing the public that the Navy helps people. I love the feeling, and I love seeing the smile on people’s faces and showing that we care,” said Culinary Specialist 1st Class Andrew Steven Laroe.

Chief Operations Specialist Reginald Washington said he participated in the COMREL to help prior service members and because of the larger impact it will have on the neighborhood as a whole.

“Being Veterans Day weekend, this is our way of appreciating our communities and those who have served before us,” said Washington. “Community service is key to making this world a better place to live in for our family members, friends and even those we don’t know personally.”

Blackwell said the Fred Samuels Residence Association was exceptionally pleased to have the support and was glad Oak Hill came out to help.

“I’m really grateful with this being Veterans Day weekend and that one day all of these young people I see here will be veterans,” said Blackwell. “How they are serving their country it’s so important to me, and I’m really, really grateful.”

Resident Mary Griffin added that the complex will get to enjoy the fruits of the Sailors’ labor when it is time to plant again.

“Come spring we will feel and look renewed, not only with the season, but also with this garden that they have cleaned up and made available to this community,” said Griffin. “It’s going to be a pleasure to come out here in the spring and see everything cleaned up. It’s difficult for us seniors to do this on our own, but with this help we are going to be gung-ho in the spring, and I thank you.”

Oak Hill is participating in Veterans Week New York City 2018 to honor the service of all our nation’s veterans.



MC3 Danilo Reynoso

Sailors from the Harpers Ferry-class amphibious dock landing ship USS Oak Hill (LSD 51) create a new garden patch during a community relations project at the Frederick E. Samuel Apartments in New York City’s Harlem neighborhood. Oak Hill is participating in Veterans Week New York City 2018 to honor the service of all our nation’s veterans.



The Hampton Roads Naval Museum, in proud partnership with the United States Citizenship and Immigration Services (USCIS), the City of Norfolk and Nauticus hosted a massive naturalization ceremony aboard the USS Wisconsin (BB 64). A record number of service members from the US Navy, US Army and US Air Force received their naturalization certificates on the fantail of the iconic battleship.

Photos by Max Lonzanida

USS Wisconsin (BB 64) hosts a naturalization ceremony for service members

By Max Lonzanida
Naval History and Heritage Command

NORFOLK

On Thursday, Nov. 8, 2018, 29 candidates for US Citizenship crossed the gangway to board the USS Wisconsin (BB 64). It’s a sight that is repeated daily, as the ship hosts re-enlistments, retirements and promotions on her ageless teak decks. But this group of service members crossing the gangway was unique. Twenty-seven of them were in the U.S. Navy, one in the U.S. Army and another in the U.S. Air Force; for a total of twenty nine service members. All 29 were service members in active service. They came from all points in the globe including: the Philippines, Jamaica, Ghana, Nigeria, China, Vietnam, Congo, Kenya, Federated States of Micronesia, Togo and Burkina Faso. Each stopped before the gangway ended, faced aft to render honors to the national ensign and headed aft to the fantail.

They all boarded the Iowa-Class Battleship as immigrants, and they would depart the ship later that day as U.S. Citizens, in an iconic and historic naturalization ceremony for service members. The ceremony was hosted by the Hampton Roads Naval Museum, in

proud partnership with the U.S. Citizenship and Immigration Services, the U.S. District Court of Eastern Virginia, Nauticus and the City of Norfolk. This was the first time in more than a decade that so many service members would earn their naturalization certificates aboard the Wisky.

The naturalization ceremony was presided over by the Honorable Henry Coke Morgan, Jr, U.S. District Court Judge for the Eastern District of Virginia. Morgan provided some opening remarks and noted with eloquence that naturalization ceremonies are “one of the favorite ceremonies that judges in our court have to perform; today, we get to rule in favor of everybody.”

Thereafter, candidates for citizenship stood at attention and rendered a salute as Fotu Misa, an Immigration Services Officer with the Norfolk Office of the U.S. Citizenship and Immigration Services, performed the National Anthem. Virginia Van Valkenburg, Assistant United States Attorney for the Eastern District of Virginia formally presented the candidates for citizenship; and noted that “each candidate has been examined under Oath by a designated official of the U.S. Citizenship and Immigration Services and has been found eligible in all respects.” The Oath of

Allegiance was recited by candidates, and Roberta Gribble, Vice Regent for the Great Bridge Chapter of the Daughters of the American Revolution, led the candidates in reciting the American’s Creed.

Afterwards, the ceremony’s guest speakers, Taneisha Kelly, an Immigration Services Officer, took to the podium. Kelly remarked on her own journey to become an Immigration Services Officer and included some resonating remarks in her speech. Kelly noted that “America is now your land. America needs your fresh perspective, and your cultural contributions.” Thereafter, a folder of naturalization certificates was brought to the podium, and each service member was called to the front. They walked excitedly towards the front, and many fought back tears. The certificates were presented to each candidate, and each returned to their seats with a broad smile across their face. Judge Morgan concluded the ceremony and provided some closing remarks. After a plethora of handshakes, hugs, pictures with family members and members of their respective commands; 29 service members walked forward with their family members and friends in tow, and departed the ship as the nation’s newest naturalized citizens.



US Navy Sailors from commands in the Hampton Roads, Virginia area take the Oath of Allegiance during a naturalization ceremony.

U.S. 2nd Fleet Staff tolls “Bells of Peace”

By MCC Brian S. Finney
U.S. 2nd Fleet Public Affairs

PORTSMOUTH, VA.

Standing in the presence of a historical national treasure at Gosport Park Nov. 9, service members assigned to Commander, U.S. Second Fleet commemorated the 100th anniversary of the signing of the Armistice that ended hostilities in World War I (WWI).

The commemoration took place at the site of a six-inch 40-caliber gun display that was fired in defense by an American merchant ship during the war. The gun, originally attached to the USS Magnolia, was utilized in the first armed action by the U.S. Navy in WWI when it returned fire on a German submarine on Apr. 19, 1917.

“We gather today, 100 years later, to honor those who served, to recognize the cause for which they sacrificed, and to remember those who gave the last full measure of devotion,” said Cdr. David Thames, command chaplain and master of ceremonies.

The sacrifices of the more than 4 million U.S. military personnel who served in support of WWI are woven deeply into the fabric of our nation’s history. On Nov. 11, 1918, after countless hours of combat and a multitude of lost lives, the gunfire on the Western Front of the

war came to a halt. Although fighting continued elsewhere, the armistice between Germany and the Allies was the first step toward ending WWI.

“All of us in uniform owe a great deal of gratitude to our nation’s veterans,” said Capt. Derek Lavan, U.S. 2nd Fleet chief of staff. “Veterans are the foundational architects from which our service is built upon today; we stand on the shoulders of those who have come before us.”

Tolling of bells is the traditional way to mark someone’s passing. On special national occasions, bells are tolled in honor of the fallen. During the ceremony, a bell was tolled 21 times with a five-second interval honoring the 116,516 Americans who died and more than 200,000 wounded in the Great War.

“Historians debate the conduct and meaning of World War I,” said Thames. “For those of us who serve today, it is enough to recognize the courage and dedication of those who answered our nation’s call to arms, to honor those who marched and steamed and flew into harm’s way, and to celebrate the heritage of courageous service, in which we stand to this day.”



U.S. Navy photo



U.S. Navy photo



After more than a month operating in the North Atlantic, including participating in NATO Exercise Trident Juncture 2018, the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) anchored off the coast of Lisbon, Portugal, for a scheduled port visit. Currently operating in the U.S. Sixth Fleet area of operations, Harry S. Truman will continue to foster cooperation with regional allies and partners, strengthen regional stability, and remain vigilant, agile and dynamic.

MC3 Thomas Bonaparte Jr.

TRUMAN ARRIVES IN LISBON, PORTUGAL

By Adelola O. Tinubu
USS Harry S. Truman Public Affairs

LISBON, PORTUGAL

After more than a month operating in the North Atlantic, including participating in NATO Exercise Trident Juncture 2018, the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) anchored off the coast of Lisbon, Portugal, Nov. 10 for a scheduled port visit.

Welcomed by one of the U.S.'s oldest partners and NATO ally, Harry S. Truman will participate in several community outreach events and host a formal reception in the ship's hangar bay to commemorate the 100th anniversary of Armistice Day.

"We are honored to visit and enjoy the friendship and support

of a country with such a proud history, and which so wholeheartedly contributes to the NATO alliance," said Commander, Harry S. Truman Carrier Strike Group, Rear Adm. Gene Black. "As we commemorate the end of the First World War together, we look forward to continuing our tradition of partnership which has stood strong for over 100 years."

Along with being able to explore one of the more culturally diverse cities in Western Europe, Harry S. Truman Sailors will have the opportunity to participate in three different community relations projects, including a visit to a homeless shelter, the Ronald MacDonald house, and a forest restoration project. Furthermore, the crew has several Morale, Welfare and Recreation

(MWR) tours available to a number of surrounding cities as well as many of Lisbon's famous sites.

"I'm very excited to be here in Lisbon, because I've heard it is very rich in culture and has a lot of beautiful art," said Electronics Technician 2nd Class Samantha Winn. "I also love to surf and I saw that when we pull in the swells are going to be 30-35 feet — so I'm excited for that opportunity!"

Harry S. Truman is deployed to the U.S. Sixth Fleet area of operations, and will continue to foster regional allies and partners, strengthen regional stability and remain vigilant, agile and dynamic.

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



MCSN Donovan M. Jarrett

Electronics Technician 3rd Class Breana Cooper, left, and Interior Communications Electrician Seaman Mukhtar Pady standby to raise the national ensign as the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) prepares to anchor off the coast of Lisbon, Portugal.

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.

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.

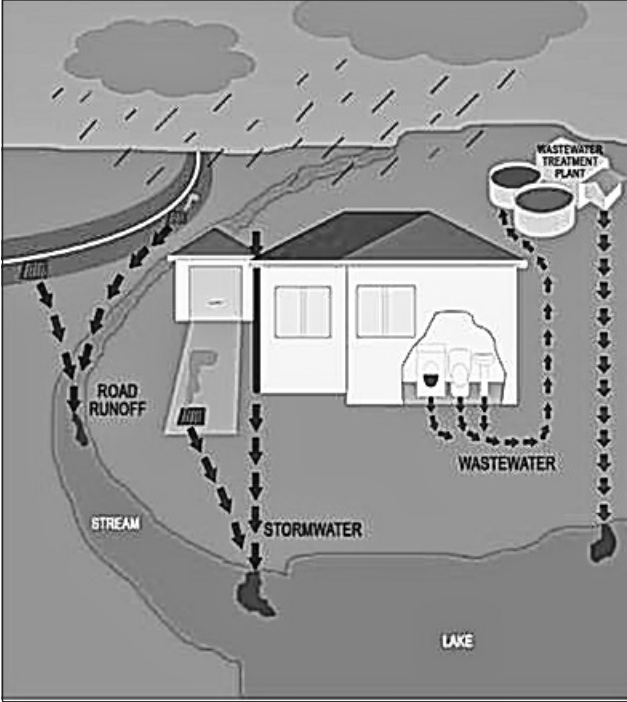
By contrast, storm-water, which runs off our rooftops, driveways, roads, and lawns, enters into the storm drain system and discharges directly to nearby streams, lakes or bays without receiving any treatment.

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 gutter. Remember to collect all used oil and dispose of it properly. When washing a car, it's better to wash on grass, which filters the contaminants, or to use a commercial car wash.

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



U.S. Navy graphic



U.S. Navy graphic

HIRE | Team wins challenge

Continued from A1

Team presented a new and innovative strategy to aggressively lower the hiring process time to less than 45 days Navy-wide through the implementation of an automated dashboard, fingerprint technology and transparency throughout the new process. They tied for first place with a NAVAIR team and are eager to push through barriers to get qualified candidates in ideal positions in a timely fashion with their motto Ready, Aim, Hire!

NAVSUP Weapon Systems Support is one of eleven commands under Commander, NAVSUP. Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP's mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter.

Learn more at <https://www.navsup.navy.mil/public/navsup/wss/>, <https://www.facebook.com/navsupwss/>.

For more news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

TSA | Precheck open to military and DOD civilians

Continued from A1

in TSA Precheck, but many do not know they are," TSA Administrator David Pekoske said in a recent interview. Pekoske, a retired Coast Guard vice admiral, wants all those eligible to use this free program.

Smart Security

All service members of all components of the armed forces and students at the armed forces' service academies are automatically enrolled in TSA Precheck. Their DOD ID numbers – a 10-digit number that should be on the back of your Common Access Card – serve as their Known

Traveler Numbers.

Civilian employees must opt into the program using milConnect website at <https://milconnect.dmdc.osd.mil/milconnect/>. Their DOD ID number is also their KTN.

Again, there is no cost for military members or civilians. For the general public that enrolls in the program, the cost is \$85.

"This is a real benefit for being a member of the armed forces, and it is good for us from a security perspective," Petoske said.

To obtain their positions, service members and DOD

civilians undergo background checks, and most have security clearances. They are trusted to carry weapons in defense of the United States or to safeguard America's secrets. So the TSA decided that there was no need for them to take off their shoes and belts at a checkpoint to get on an aircraft.

Using TSA Precheck

All travelers must add their DOD ID number to their Defense Travel System profiles to access TSA Precheck while on official travel, but eligible service members and civilians can also use it on personal travel, Pekoske said.

"If you go on any airline website, when you are making flight reservations, there is a box for the KTN and that is where they put their DOD

number in," he said. "Once you put the number in – especially if you are a regular flier on that airline – every time you make a reservation, or a reservation is made by the DOD travel service for you, they will automatically pick up that number."

"The effort makes sense from an agency perspective and it is also a way to say thanks to members of the military and the civilian members of DOD and the Department of Homeland Security who sacrifice so much," the administrator said. "It's a really good program and it provides a direct benefit to those who keep us free."

WINE AUTOMOTIVE



STK#25943

2008 INFINITI QX56 Base

\$10,998



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HONESTY
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STK #26184

2013 Kia Optima EX

\$12,573



2004 Dodge Ram
1500 SLT

\$8,065

STK# 26197

2008 GMC Sierra
1500 Work Truck

\$14,489

STK# 26232



2015 Jeep
Renegade Limited

\$16,124

STK# 26043A

2009 Volkswagen
CC Sport

\$7,700

STK# 26171



2014 Ford Fusion
SE

\$11,582

STK# 26190

2009 Mercury
Milan Premier

\$6,675

STK# 26207



2004 Jeep Grand
Cherokee Laredo

\$4,494

STK# 26102

2009 Dodge Ram
1500 SLT

\$10,379

STK# 26178



2012 Chevrolet
Cruze LTZ

\$8,499

STK# 26192

2006 Saturn ION3

\$2,642

STK# 26210



2005 Dodge Dakota
SLT

\$5,998

STK# 26159

2008 Honda
Accord LX 2.4

\$8,131

STK# 26183



2009 Honda Pilot
EX-L

\$8,858

STK# 26194

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PreRunner V6

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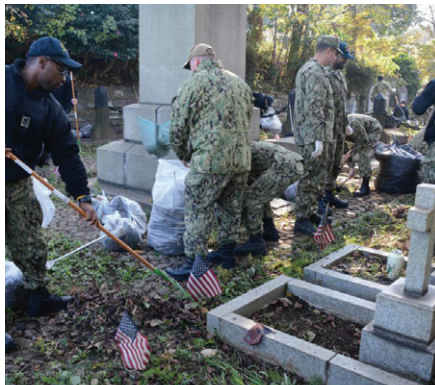
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111 Yokosuka Sailors participate in cemetery cleanup to honor veterans

The Sailors, assigned to U.S. Fleet Activities Yokosuka (CFAY) and 11 forward deployed naval forces commands, cleared overgrown plants, leaves and rubbish that covered the tombstones throughout the cemetery.

» see **B3**

SECTION B | FLAGSHIPNEWS.COM | 11.15.18



RONALD REAGAN STRIKE GROUP CONCLUDES KEEN SWORD 2019

By MC2 Codie L. Soule

Commander Task Force 70, Public Affairs

PHILIPPINE SEA

The Ronald Reagan Strike Group finished exercise Keen Sword 2019 with units from the U.S. Air Force, the Japan Maritime Self-Defense Force (JMSDF) and the Japan Air Self-Defense Force on November 8th.

During the exercise, the Ronald Reagan Strike Group conducted several events over 13 days with the JMSDF including logistics exchanges, replenishments-at-sea, senior leadership engagements, air-defense exercises, anti-submarine warfare exercises and a three day war-at-sea exercise.

“Keen Sword 2019 was a great opportunity to work with a country that has a well disciplined and highly motivated maritime force,” said Cmdr. Kevin Lucas, the Commander, Task Force (CTF) 70 lead planner for Keen Sword 2019.

During Keen Sword 2019, the aircraft carrier USS Ronald Reagan (CVN 76) hosted Rear Adm. Hiroshi Egawa, Commander, Escort Flotilla One and his staff, who acted as naval liaisons to increase the interoperability of the two maritime forces for the sea portion of Keen Sword.

“Although our maritime forces operate differently, Keen Sword 2019 gave us the capability to integrate our strike group with our JMSDF counterparts,” said Lucas.

Approximately 10,000 U.S. service members from commands such U.S. Pacific Fleet, U.S. Force Japan, 7th Fleet, 5th Air Force, 374th Airlift Wing, 18th Wing, 35th Fighter Wing and III Marine Expeditionary Force took part.

Keen Sword is a biennial exercise in a series of joint/bilateral field training exercises since 1980 designed to increase combat readiness and interoperability of U.S. force and the Japan Self-Defense Force.

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

For more news from Commander Task Force 70, visit www.navy.mil/local/ctf70/.

MC3 Erwin Jacob V. Miciano

Sailors assigned to Explosive Ordnance Disposal Unit 5, fast rope from an MH-60S Seahawk helicopter, assigned to Helicopter Sea Combat (HSC) 12, aboard the forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) during exercise Keen Sword 19. Keen Sword is a joint, bilateral field-training exercise involving U.S. military and Japan Maritime Self-Defense Force personnel, designed to increase combat readiness and interoperability of the Japan-U.S. alliance.



MC3 MacAdam Kane Weissman

An F/A-18F Super Hornet launches from the flight deck of the forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) during exercise Keen Sword 19. Keen Sword is a joint, bilateral field-training exercise involving U.S. military and Japan Maritime Self-Defense Force personnel, designed to increase combat readiness and interoperability of the Japan-U.S. alliance.



U.S. Navy photo

Hopper Sailors recognized as EW Module of the Year

From USS Hopper (DDG 70) Public Affairs

PEARL HARBOR-HICKAM

Cryptologic Technicians (Technical) Sailors from USS Hopper (DDG 70) Electronic Warfare (EW) Module attended the 7th annual Association of Old Crows (AOC) Pacific Conference to be recognized as the Association’s 2017 Outstanding Unit, Navy

(Surface).

The Outstanding Unit Award, presented by the Hawaii Chapter President Maj. Michael Noe, recognizes meritorious and distinctive sustained performance by a military unit in advancing or exemplifying the discipline of electronic warfare (EW).

“Hopper and her EW team are humbled and honored to have been considered and to be awarded with this prestigious award from the association,” said Cmdr. Holman Agard, the ship’s commanding officer. “We are proud to be recognized for the incredible hard work our CTTs have accomplished

» See **HOPPER** | B7



Rear Adm. Shoshana Chatfield, commander of Joint Region Marianas, embraces a grieving family member of Steward Mate 1st Class Ignacio Camacho Farfan during his memorial service at the Guam Veterans Cemetery in Piti, Guam, Nov. 8, 2018.

Alana Chargualaf

Guam Son killed during World War II comes home

By JoAnna Delfin

Joint Region Marianas

ASAN, GUAM

The solemnity of Taps and smoke from the rifle volley filled the air as Steward Mate 1st Class Ignacio Camacho Farfan’s casket was lowered into the ground to his final resting place at the Guam Veterans Cemetery in Piti Nov. 8.

Nearly 80 years after the attack on Pearl Harbor on Dec. 7, 1941, and years of temporary internment, Farfan’s recently identified remains were returned to his island of Guam where he was born and raised.

“Petty Officer Farfan, this veteran’s cemetery will welcome you home today to your final resting place, carried on the arms of your Navy brothers and sisters, your coffin swathed in an American flag, escorted by the decedents of your family’s blood line, surrounded today by an entire community,” said Rear Adm. Shoshana Chatfield, commander, Joint Region Marianas. “This is where you belong, where you will be visited, where you will be revered. Petty Officer Farfan, we have the watch.”

Farfan was from the village of Hagåtña

» See **HOME** | B7

The flipside of fall

By Lisa Smith Molinari

November always finds me waxing poetic about the flavor of just-harvested fruits, the earthy aroma of fallen leaves, the nip of imminent winter, and the brilliant hues of flora and sky. But like everything else in life, this lovely season has a flipside.

Nowhere is this more evident than on my own body. Soon after the leaves change color, I begin my own transformation.

It starts with one of those cool, clear, sunny, fall days. I slip into my favorite jeans, throw some chili in the Crockpot, and spend the day outdoors apple-picking, raking leaves or window shopping while sipping a latte. Not wanting to miss a good selfie opportunity, I don cool reflective shades, wrap a bohemian scarf around my neck, and szhuszh my hair off to one side. Smile, click and post!

I zoom in on the photo and notice a deep crease between my brows from squinting and a raccoon-like pattern of windburn on my cheeks. My lips are severely chapped and the cold-weather pallor of my skin makes my teeth look pumpkin spiced. And my hair has the stringy, dehydrated appearance of a witch’s straw broom.

Later, I find that my shins have the scaly appearance of alligator hide, and my torso is so crepe-like, I release a flurry of flakes when tak-

ing off my shirt. I immediately slather myself in moisturizer, but it’s too late. My body has begun to winterize itself, and any effort to delay the process is sadly futile.

Soon, a tiny crack forms in the hardening skin at the corner of my fingernail. For some reason, these minuscule cold-weather lesions are disproportionately painful. One small bump of the affected finger sends deep stabbing pains up my arm, and the agony is only slightly mitigated by Band Aids and ointment.

To make matters worse, my joints begin to ache. Like those cows that lay down when rain is coming, cold weather brings out the bovine in me. Shortly after slurping my first sweet sip of cider, my joints suddenly become a reliable indicator of barometric pressure.

“Lisa’s limping today — must be a cold front coming through!”

And of course, the autumnal air, with its aroma of fermenting fruits and fall flowers, wreaks havoc on my sinuses. Thanks to the seasonal combo of pollen and mold, I inevitably catch a head cold. At first, I believe that it will be just the sympathy-gamering event I need to compel Francis to bring me soup in bed. But instead, it devolves into nothing more than a “sinus situation.” I learn to live with a constant tickle just behind my uvula, requiring me to do that obnox-

ious, sucking throat scratch that keeps Francis up at night. I hack up unmentionable phlegmy things in the bathroom sink. I walk around in a sinus-pressure fog, wondering why my nasal passages are abundantly lubricated while the rest of my body is shriveling like a dried apple.

In an attempt to reverse this most unfortunate seasonal change in my body, I adjust my bedtime ritual. On my nightstand, I stack vitamins, anti-inflammatories, a foam roller for my joints, a callus exfoliator that looks like a parmesan cheese grater, anti-wrinkle cream, moisturizing lip salve and teeth whitening strips. While sitting on the side of the bed, I apply all these products, finishing off by circling a stick of cocoa balm around my mouth, forehead and eyes like I’m buttering a Thanksgiving turkey.

“What the hell are you doing over there?” Francis asks, looking up from his book.

“Whatever it takes,” I respond.

Despite my Herculean efforts, by the time winter arrives next month, my face will probably resemble one of those collapsing jack-o-lanterns you see rotting on front porches, my hair will be so crunchy it’s ready to be baled, my skin will be flakier than pie crust, my joints will be as stiff as week-old road kill, and I’ll have a case of incessant post-nasal drip.

On the upside, the birds won’t dare perch on our windowsills, thanks to my uncanny resemblance to a scarecrow.

www.themeatandpotatoesoflife.com



Q. Can I break my lease because of it being a “high crime” area?

A. No...unless you are the victim of some type of domestic/sexual abuse. Moving into a “bad” neighborhood is not a basis for terminating your lease. Please do your homework and investigate your neighborhood as much as possible before signing the lease.

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

Functions and/or services FFSC provides:

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- Family Advocacy Program
- Deployment and Mobilization Support
- Ombudsman Support
- Relocation Assistance
- Parenting Programs
- Stress and Anger Management
- Command Support
- Crisis Support
- Suicide Prevention
- SAPR Support

The light at the end of the tunnel

By Amanda-Lee Pitzer

My boys wake up every morning and smile as they announce how many days until daddy gets home. I’m pretty sure they asked Alexa one day...but either way every day they tell me what’s left. They don’t focus on his absence; instead they focus on his return. My kids are SO strong. It wasn’t that long ago that the bad days were here, day in and day out. But the corner has been turned. Plans are being made. Their happiness is returning home. Mine too.

All military spouses hear it, “I don’t know how you do it. I could never do what you do. Why do you wait around?” Because he’s worth it. Our time together is so limited, but I can’t imagine wanting anyone else. The waiting doesn’t hold us back, it makes us stronger. Every. single. day. I can handle anything life throws at me because of the kind of training military life has given me. It has taught me not to focus on the things around me going wrong. His truck is acting up,

ahead. Sometimes the crap that seems to keep popping up distracts you from focusing on the right stuff. Light? What light? It’s easy to focus on the fog around us and get angry. Sometimes it’s just so hard to see anything but what’s in our way. It’s easier to break down and be mad. But I know if I let myself go there, it will take me too long to snap out of it. So I push on and I try to find the silver lining. And when there is none to be found? I force myself to look at a calendar and see the light of his next homecoming. And ultimately, his retirement.

Sometimes you can’t see the light

To drink, or not to drink

From health.mil

Parties and special occasions usually involve games, music, and alcoholic beverages. They are times of festivity and fun. For someone concerned about alcohol intake or battling substance abuse, social events may seem threatening. But it is possible to participate in activities that include alcohol.

Get the Facts about Risky Drinking

The first step to understanding your alcohol limits is to know the facts, signs, and symptoms about alcohol abuse. The Psychological Health Center of Excellence (PHCoE) gives examples of alcohol misuse and facts about risky driving:

- Drinking more or for a longer time than you intend
- Continuing to drink even though it makes you feel depressed or anxious
- Experiencing symptoms of withdrawal when you don’t drink
- Experiencing interference with daily activities, family, friends, and work
- Having to consume more drinks than you once did to get the same effect

Set Your Limits

If you’re not practicing abstinence, but want to be mindful of your drinking behavior, there are ways to set limits. Tracking your daily drink intake may be a helpful way to manage substance use, but can be difficult to practice in social situations. Before going to the party, have a plan and remember to be S.M.A.R.T:

- Specific. Set a drink type and number limit for yourself. If you decide to drink a beer, ask yourself what type of beer, stick to that brand and style, and don’t go over your limit. Every alcohol beverage has a different alcohol content, which changes your body’s response.
- Measurable. Understand how your body processes alcohol to determine your specific limitations. Look at the standard drink calculator to see how different types of drinks will affect your body.
- Attainable. Is your goal realistic for your lifestyle? Set a goal that you are confident and positive about achieving.
- Relevant. Ask yourself if your goal applies to your current surroundings. If you are at a wine-tasting event, know how much wine is enough for you.
- Time-based. Set a drinking cut-off time



U.S. Air Force photo

If you are battling substance abuse, consider attending an alcohol-free holiday party or host your own alcohol-free small gathering.

and length of time between each drink. Determine how many drinks is a safe number for you.

Choose Your Surroundings

Choosing your surrounding can be the best way to combat pressure. If you are battling substance abuse, consider attending an alcohol-free holiday party or host your own alcohol-free small gathering. Suggest ideas to the host that don’t involve drinking. Fun ideas include:

- Karaoke
- Board, card and trivia games
- Dance competitions
- Holiday-themed relays
- Arts and crafts
- Gift exchanges

It’s also OK not to go to a party if you feel it could harm your sobriety. When it’s impossible to avoid functions with alcohol, make sure you have a way to leave if you’re feeling uncomfortable. Share that you’re limiting your drinking or not drinking at all. Purposefully voicing your concerns can help eliminate potential peer pressure to join or overindulge in drinking.

On-the-go Support: Mobile Apps

There are several mobile apps that can help you assess and manage your alcohol use. Some mobile apps can help you learn healthier ways to cope with certain triggers, such as stress. Here a few to consider:

- Pier Pressure, developed by Navy Alcohol and Drug Abuse Prevention, offers resources to help practice responsible drinking behaviors in real life to include: a blood alcohol content (BAC) calculator; calorie and alcohol content calculators for beer, wine, spirits and popular cocktails; safe drinking tips; and direct access to local taxi searches and popular ride-sharing apps

- VetChange, developed by the Department of Veterans Affairs, is for veterans and service members who are concerned about their drinking and how it relates to post-traumatic stress after deployment, and for all people who are interested in developing healthier drinking behaviors.
- Learn about more DHA mobile apps, developed by the Connected Health branch, such as Virtual Hope Box, LifeArmor, and Breathe2Relax on the mHealth Clinical Integration webpage.
- Learn More from Online Resources**
 - Defense Health Agency alcohol and drug abuse self-assessment (confidential)
 - TRICARE Alcohol Awareness (featuring “That Guy” public awareness campaign)
 - Military Health Podcast: “Next Generation Behavioral Health,” episode 17, “Substance Use”
 - “Life Without Liquor” one service member’s personal story of how he overcame a drinking problem
 - Military OneSource: Military Policy and Treatment for Substance Use
 - “Rethinking Drinking: Alcohol and Your Health” publication with research-based information from the National Institutes of Health
 - “Harmful Interactions: Mixing Alcohol with Medicines” publication from National Institute on Alcohol Abuse and Alcoholism
- You can overcome substance abuse by knowing the facts, sticking to your goals, informing others of your intentions, having good support, and creating a positive environment for long-lasting change.



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111 Yokosuka Sailors participate in cemetery cleanup to honor veterans

By MC2 Tyler R. Fraser
U.S. Fleet Activities Yokosuka Public Affairs

YOKOSUKA, JAPAN

More than 100 Yokosuka area Sailors from 12 separate commands volunteered to clean the Yokohama Foreign General Cemetery Nov. 8 as part of a community relations (COMREL) cleanup project.

The Sailors, assigned to U.S. Fleet Activities Yokosuka (CFAY) and 11 forward deployed naval forces commands, cleared overgrown plants, leaves and rubbish that covered the tombstones throughout the cemetery.

"It was great to see the high turnout of volunteers this morning," said Master Chief Master-at-Arms David Aguilera, CFAY Negishi and Ikego detachment command liaison. "It was a record high."

Aguilera said the cemetery cleanup was a way to honor the veterans who served our country while giving back to the community.

“It is important to take time out of our busy schedules to give back to the community, especially the Yokohama Foreign General Cemetery,” said Aguilera. “There are U.S. service members laid to rest at this cemetery who died while in the performance of duty in Asia with Veteran’s Day coming up, it is important to honor and remember our veterans who served our country by cleaning up the memorials and graves.”

Sailors who participated in the COMREL said they felt it was great to understand the history of the site while supporting the local community.

"It's important that we came together as ambassadors of the U.S. Navy to support the local community," said Religious Program Specialist 2nd Class Maryann Conley, assigned to CFAY Chapel of Hope. "I learned [about] the long-stand-

ing relations between Japan and the rest of the world.”

Participants also remarked that volunteering at the cemetery was a rewarding experience.

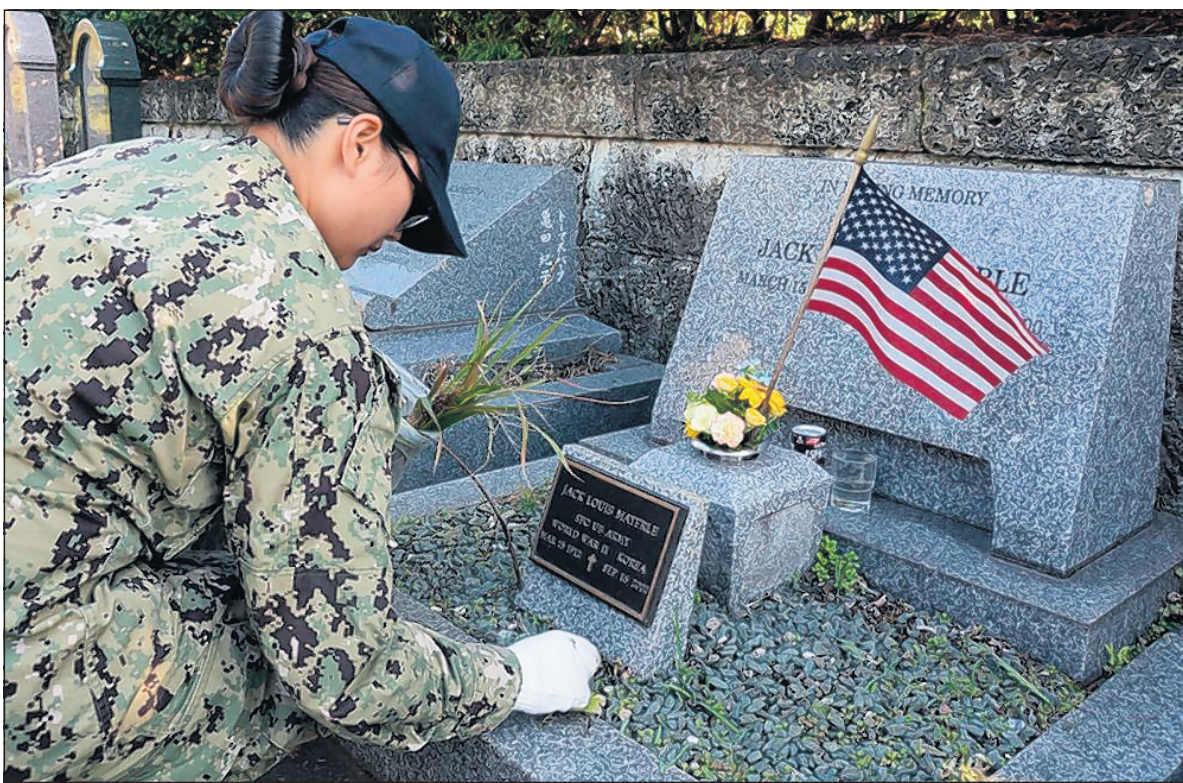
“Today was an amazing and solemn experience,” said Master-at-Arms 1st Class Michelle Marcial, a security operations leading petty officer assigned to CFAY. “It feels great to be able to go out and bring a sense of betterment not only to our nation’s but other [nations] past heroes.”

The cemetery began in 1854 after the death of a 24-year old U.S. Marine on one of Commodore Matthew Perry's ships. Perry, who played a leading role in the opening of Japan to the West, had asked for a piece of land to bury the Marine. Following negotiations, the government offered Perry land within the Zotokuin temple in Yokohama village with a view overlooking the sea.

The cemetery covers more than four acres and consists of approximately 5,000 names and about 3,000 tombstones marking the resting place of foreigners from 41 nations.

In addition to CFAY, the forward deployed naval forces commands in Yokosuka were represented by Sailors assigned to Commander Naval Surface Group Western Pacific, Information Warfare Training Site Yokosuka, Defense Logistics Agency Yokosuka, Commander Submarine Force, U.S. Pacific Fleet Navy Data Center, Naval Computer and Telecommunications Station Far East, Naval Supply Systems Command Fleet Logistics Center, USS Antietam (CG 54), USS Barry (DDG 52), USS Milius (DDG 69), USS Mustin (DDG 89) and USS Shiloh (CG 67).

For more news from Commander Fleet Activities Yokosuka, visit www.navy.mil/local/cfay/.



MC2 Tyler R. Fraser

Religious Program Specialist 2nd Class Maryann Conley, assigned to Commander, Fleet Activities Yokosuka (CFAY), cleans the tombstone of a U.S. Army Soldier during a community relations cleanup event at Yokohama Foreign General Cemetery Nov. 8. CFAY provides, maintains, and operates base facilities and services in support of 7th Fleet's forward-deployed naval forces, 71 tenant commands, and 27,000 military and civilian personnel.



MC2 Tyler R. Fraser

Cmdr. Ryan Leary, commanding officer of the USS Mustin (DDG 89), cleans the area surrounding a World War I memorial during a community relations cleanup event at Yokohama Foreign General Cemetery Nov. 8. Mustin is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.

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Ensign Andrew Kittel, Carolyn Gadboys, Lisa Churchwell, Gary Churchwell, and Ensign Nicholas Sholty gather after a day of work removing debris, furniture, and carpet from the Churchwell home following Hurricane Michael’s destruction. Ensigns Kittel and Sholty, both student aviators from the “Red Knights” of Training Squadron THREE and Gadboys worked several 14-16 hour days providing assistance to nearly 100 people.

U.S. Navy photo

Dedication amidst destruction: CNATRA flight students help with Hurricane Michael recovery

By Anne Owens
Chief of Naval Air Training Public Affairs

CORPUS CHRISTI, TEXAS

When Hurricane Michael hit Florida’s Gulf Coast Oct. 10, Gary Churchwell, a division head at the Naval Surface Warfare Center in Panama City, Florida, and his family evacuated to Mobile, Alabama, to wait out the storm. When it was safe to return, they came home to fallen trees, downed power lines, their roof and ceilings collapsed, and their family home devastated.

Beginning the cleanup process seemed a monumental task; heavy furniture had to be moved, soaking wet carpet had to be ripped out, and all of that in 90 degree weather with limited, if any, emergency services available.

“We were determined to get the work done,” said Churchwell. “I started feeling dizzy and had to take a break. We noticed a few young people working with our neighbors next door, clearing trees in their driveway with a chainsaw. When they were finished, they showed up at my house and said, ‘What can we do?’”

This group of young people consisted of two flight students from Naval Air Station Whiting Field, Ensign Nicholas Sholty, Ensign Andrew Kittel, and their friend, Carolyn Gadboys. Sholty, a Pensacola native, is no stranger to hurricane destruction. He lost his own home in 2004 when Hurricane Ivan made landfall on the Florida coast, just a few days after moving in.

“We had 8 feet of water in our house, and we spent weeks walking from Pensacola pier down to our house and back a few times a

day, salvaging what we could and trying to empty out everything that was ruined,” explained Sholty. “We only had the clothes that we evacuated with.”

After buying a house in Gulf Breeze, Florida, and setting up a new home mere months later, Hurricane Dennis hit.

“Once again, we returned to a totaled house,” said Sholty. “I can relate to all the residents affected by Hurricane Michael.”

Sholty, assigned to Training Air Wing Five, contacted his chief safety officer who gave the go-ahead to collect and distribute supplies.

“I just couldn’t sit back and not help when they were the ones that came here and gave me warm meals, clothes, and helped my family out when we needed help,” Sholty said. “I had to return the favor.”

He sprang into action, sending texts and emails, and making phone calls and Facebook posts asking for supplies and support. Training Air Wing Five helped publicize his efforts and as word got out across the command donations began to flow in. Gadboys’ coworkers made generous donations as well, totaling almost \$2,000. The team collected enough supplies for two truckloads full of water, Gatorade, beer, new socks, new underwear, new shirts, baby wipes, gasoline, toiletries, protein bars, trash bags, assorted tools, chainsaws, gloves, cleaning supplies, 200 hamburgers and cheeseburgers, chips, 100 ham and cheese sandwiches, protein drinks, ice, batteries, backpacks, and other essentials. Kittel, from New Richmond, Wisconsin, responded to the request for help in physical

relief efforts.

“I felt a calling to go there and try to make a difference in people’s lives and show them that people are thinking of them and want to help,” Kittel said.

With that, the group drove toward the destruction and into Churchwell’s life. They removed a significant amount of furniture from his home and cleared numerous driveways and paths so residents could come and go safely.

“They were making sure we were all right, making sure we were hydrated,” Churchwell said. “We sat down at the end of it all and had a cold beer. They worked for hours and gave me a break. We need pilots with character, and these guys have got it.”

Churchwell’s sincere gratitude for their help struck a chord with Kittel.

“He and his wife’s appreciation for our time and effort is something I’ll never forget,” Kittel said. “They were so grateful that someone was there to help them when they needed it. The feeling of knowing you made a difference in someone’s life with simple effort and kindness is truly a blessing.”

Sholty, Kittel, and Gadboys covered a lot of ground. Working 14-16 hour days, they supported five other families, stopped to cut fallen trees off of roadways, put tarps over remaining roofs, and on their breaks, continued to distribute supplies to approximately 100 people.

“I think the thing that made the biggest impact on me was seeing everybody come together to help one another,” Sholty said. “In a world where there is so much negativity, there

were people from all over the country there to lend a hand to complete strangers. We didn’t know any of the people we helped, yet every one of them was like family when we left. We had grown men crying on our shoulders as they went through what was left of their belongings, and that really brought everybody closer together.”

Coming from his own loss, Sholty said he sees hope and perseverance through dark times.

“I saw destruction unlike anything I have ever seen,” he said. “I think that overall the most amazing thing though was that even though these people, the Churchwell’s included, have lost everything, they are all so strong willed that they will push through this and come out stronger than before.”

While Churchwell may have been only one of the hundreds of people who these flight students supported that day, he was deeply touched by their care and attention. They swept in at a time of deep personal loss, chaos, and confusion. He said proudly, “My wife refers to them as ‘the angels’.”

Kittel and Sholty are both students at Training Air Wing Five aboard Naval Air Station Whiting Field, Florida. Kittel started his primary flight training in July and while he hopes for Maritime Patrol, he said would love the challenge of flying jets. Sholty’s training began with Training Squadron Three in March and he plans to select the strike pipeline in the coming months.

For more news from Chief of Naval Air Training, visit www.navy.mil/local/cnatra/

Navy, NASA complete underway recovery test 7

From U.S. 3rd Fleet Public Affairs

SAN DIEGO

The San Antonio-class amphibious transport dock ship USS John P. Murtha (LPD 26) successfully completed test recovery operations of NASA’s mock Orion capsule, Nov. 5.

The Underway Recovery Test-7 (URT-7) is part of a U.S. government interagency effort to safely retrieve the Orion crew module, which is capable of carrying humans into deep space.

This marks the first completion of a URT aboard John P. Murtha. NASA engineers worked alongside Sailors from the John P. Murtha, Special Boat Team 12, and Navy divers from Mobile Diving Salvage Unit 11 and Explosive Ordnance Disposal Mobile Unit 3 to test recovery operations of the Orion test article. Tests were conducted throughout the day and night in varying sea states.

“John P. Murtha was tasked to assist NASA with their seventh Underway Recovery Test. Our

crew executed of every assignment given to them flawlessly and their recovery-at-sea experience and dedication directly contributed to our overall mission success,” said Capt. Tony Roach, commanding officer USS John P. Murtha. “I am continually impressed and proud of the outstanding efforts of my crew members during each and every evolution.”

San Antonio-class ships have distinctive capabilities essential to NASA’s mission. One of the more important capabilities is the ship’s ability to recover the test capsule using the ship’s well deck, designed to launch and recover amphibious craft. John P. Murtha also has the ability to carry and deploy multiple small boats to assist in the recovery process of the capsule, and an advanced medical facility ideal for treating returning astronauts.

The tests allowed NASA and the Navy to continue to demonstrate and evaluate the recovery processes, procedures, hardware and personnel in a realistic open-ocean environment before conducting ac-



NASA photo

USS John P. Murtha recovered the test version of the Orion capsule at sunset in the Pacific Ocean. The Underway Recovery Test-7 (URT-7) is one in a series of tests that the Exploration Ground Systems Recovery Team, along with the U.S. Navy, are conducting to validate procedures and hardware that will be used to recover the Orion spacecraft after it splashes down following deep space exploration missions. Orion will have the capability to sustain the crew during space travel, provide safe re-entry from deep space return velocities, and emergency abort.

tual recovery operations.

“All test objectives were accomplished as planned,” said Melissa Jones, NASA Landing and Recovery director. “The success of this week would not have been possible without the positivity and experi-

ence of the John P. Murtha crew.”

John P. Murtha is homeported in San Diego and is part of U.S. 3rd Fleet.

Commander, U.S. Third Fleet leads naval forces in the Pacific and provides realistic, relevant

training necessary for an effective global Navy. They coordinate with Commander, U.S. Seventh Fleet to plan and execute missions based on their complementary strengths to promote ongoing peace, security, and stability.

CARAT Exercise kicks off with US, Brunei Navies

From CTF73/DESRON 7 Public Affairs

MUARA, BRUNEI

The U.S. and Royal Brunei Navies commenced the 24th annual Cooperation Afloat Readiness and Training (CARAT) maritime exercise at Muara Naval Base, Brunei, Nov. 12.

The sea phase will take place in the South China Sea with ships and aircrafts from both partner navies including the expeditionary fast transport ship USNS Fall River (T-EPF-4) and a P-8A Poseidon maritime patrol aircraft. Evolutions at-sea will include a tracking exercise (TRACK-EX) aimed at increasing both navies' ability to together track and pursue targets through the coordinated deployment of surface ships and maritime patrol aircrafts, anti-air warfare (AAW) exercise to increase proficiency in missile defense, and division tactics (DIVTACS) designed to enhance communication as ships sail together in complex maneuvers.

"The U.S. Navy remains forward and engaged with regional partners by developing mutual capabilities to address shared maritime security priorities and concerns," said Rear Adm. Joey Tynch, Commander Task Force 73. "Our combined ability to effectively operate out at sea in any maritime environment demonstrates our rapidly growing partnership and unwavering commitment to ensuring freedom of navigation and respect for international law."

With the U.S.-Brunei relationship entering its fourth decade, the CARAT exercise reflects the growing relationship between both partner navies to further expand bilateral and multilateral exercises in cooperatively ensuring maritime security, stability and prosperity.

"Partnerships matter and persistent partnerships matter even more," said Capt. Ann McCann, deputy commodore of Destroyer Squadron 7. "As

one of the original CARAT partners, the Royal Brunei Armed Forces have been part of CARAT since the exercise series began in 1995, and we remain committed to further strengthening this vital partnership through more frequent and sophisticated engagements."

Along with the annually-held CARAT exercise, the U.S. and Royal Brunei Navies 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. In August, the U.S. and Brunei Armed Forces held their first-ever army exercise in an effort to expand military engagements between both partner nations.

"The expeditionary fast transport ship, USNS Fall River, enhances our ability to build and strengthen maritime partnerships by being able to train and operate with regional navies including the Royal Brunei Navy and to enter previously inaccessible, shallow-water foreign ports," said Lt. j.g. Tabitha McAdams, U.S. lead planner of CARAT Brunei.

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.

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.

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

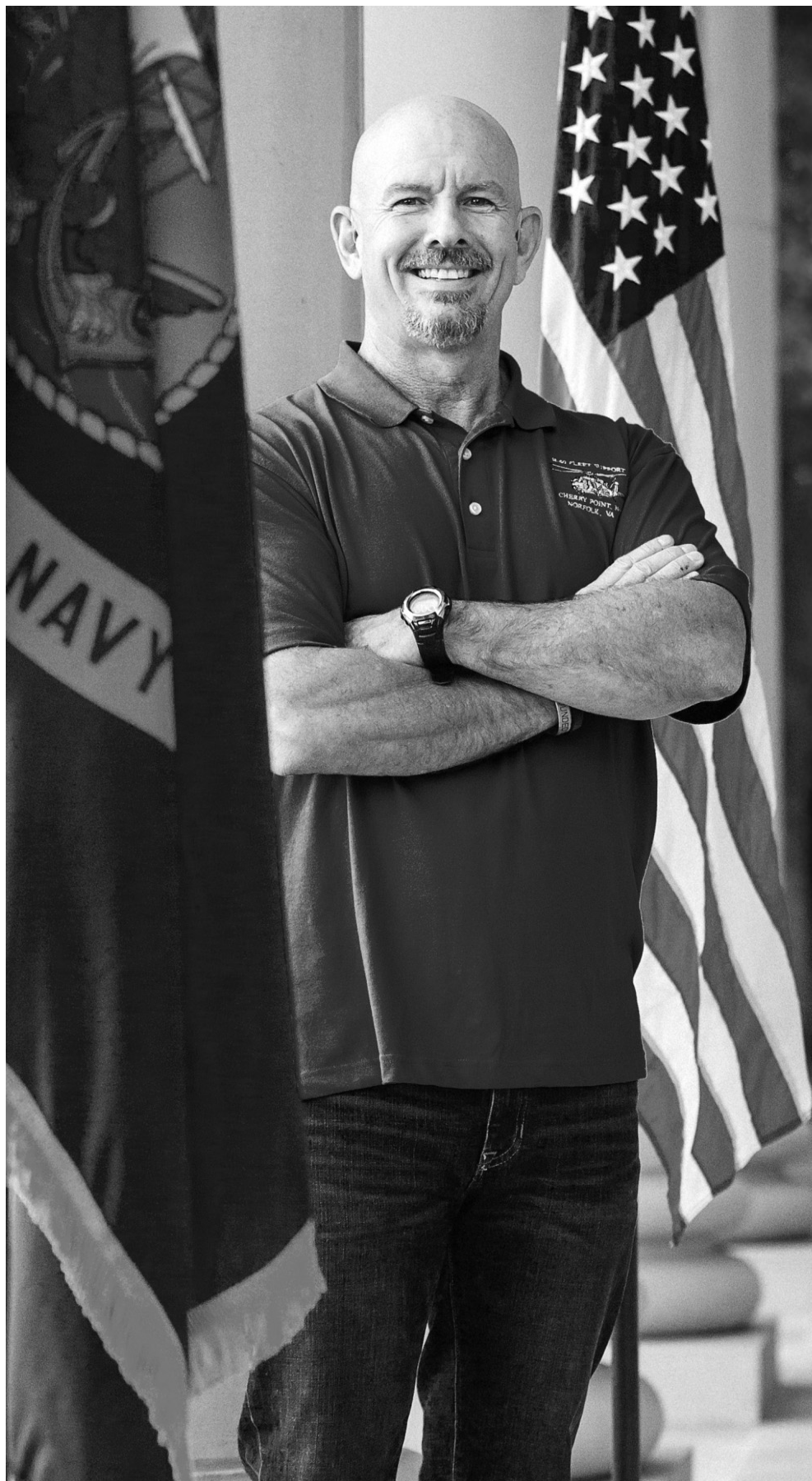


Photos by MC1 Greg Johnson

Capt. Charles Black, master aboard Military Sealift Command's expeditionary fast transport ship USNS Fall River (T-EPF 4), speaks to media on a bridge wing during a ship tour as part of Cooperation Afloat Readiness and Training (CARAT) Brunei 2018. CARAT Brunei 2018 marks the 24th iteration of the maritime exercise series and reflects the growing relationship between the U.S. and Royal Brunei Navy to further expand bilateral and multilateral exercises in cooperatively ensuring maritime security, stability and prosperity.



Capt. Ann McCann, deputy commodore of Destroyer Squadron 7, meets with Capt. Yusuf Masron, Royal Brunei Navy Acting Joint Force Commander, before the opening ceremony for Cooperation Afloat Readiness and Training (CARAT) Brunei 2018. During the meeting, the two leaders talked about the opportunity to enhance interoperability between the U.S. and Royal Brunei Navies during this year's exercise.



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Photos by Glenn Sircy

Information Warfare Training Command Corry Station staff and Sailors participate in the 100th anniversary of the signing of the Armistice, that ended hostilities in World War I, Navy-wide bell-ringing ceremony at 11:00 a.m. local time onboard Naval Air Station Pensacola Corry Station, Florida. To mark this anniversary, the U.S. Navy tolled bells at 11:00 a.m. across the world in remembrance of those who served in World War I. The tolling of bells is a traditional expression of honor and remembrance, and the Bells of Peace is a national event to honor the 116,516 Americans who died and more than 200,000 who were wounded in the Great War.

IWTC Corry Station honors the 100th Anniversary of the end of World War I

From Center for Information Warfare Training

PENSACOLA, FLA.

Information Warfare Training Command (IWTC) Corry Station staff and students participated in a bell-ringing ceremony to commemorate the 100th anniversary of the end of World War I, Nov. 11.

On Nov. 11, 1918, 100 years ago, the armistice that was signed between Germany and the Allied nations went into effect, marking the end of World War I.

The tolling of bells is a traditional expression of honor and remembrance.

Information Systems Technician (IT) 1st Class Sophereath Sao, an IT “A” School instructor, began the ceremony by welcoming those in attendance.

“Thank you for joining us on this solemn day of remembrance to honor those who lost their lives during World War I,” shared Sao.

At 11:00 a.m., Information Systems Technician 1st Class Dustin Wilkins, an IT “A” School instructor, tolled the bell 21 times to remember the 116,516 Americans lost and the over 200,000 wounded during the Great

War. “Today we gathered to not only remember the close of our world’s first Great War,” shared Lt. Mike Smith, one of IWTC Corry Station’s chaplains. “But we also gathered to remember all veterans that have fought and served our great nation.”

IWTC Corry Station’s celebration was one of many held across the nation as part of a partnership between the U.S. Navy and the United States World War I Centennial Commission. All participating units tolled their bells at 11:00 a.m., Nov. 11, to remember those who served in World War I.

The ceremony helped instill in Sailors the significance of and a sense of pride in our Navy’s history and heritage; celebrate our victory in WW I; and honor all veterans who stand and have stood the watch and served.

IWTC Corry Station, as part of the Center for Information Warfare Training, provides a continuum of training to Navy and joint service personnel that prepares them to conduct information warfare (IW) across the full spectrum of military operations.

CIWT is recognized as NETC’s top learning for the past two years with four school-



Information Warfare Training Command Corry Station staff and Sailors participate in the 100th anniversary of the signing of the Armistice, that ended hostilities in World War I, Navy-wide bell-ringing ceremony at 11:00 a.m. local time onboard Naval Air Station Pensacola Corry Station, Florida. To mark this anniversary, the U.S. Navy tolled bells at 11:00 a.m. across the world in remembrance of those who served in World War I. The tolling of bells is a traditional expression of honor and remembrance, and the Bells of Peace is a national event to honor the 116,516 Americans who died and more than 200,000 who were wounded in the Great War.

house commands, two detachments, and training sites throughout the United States and Japan. Training over 21,000 students every year, CIWT delivers trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

For more news from Center for Information Warfare Training organization, visit <http://www.navy.mil/local/cid/>, <http://www.netc.navy.mil/centers/CIWT/>, <http://www.facebook.com/NavyCIWT/>, or <http://www.twitter.com/NavyCIWT>.

HOME | Soldier killed in WWII returns home

Continued from B1

and worked for Capt. Henry B. Price Elementary School in Mangilao before enlisting in the U.S. Navy in September 1939 at 19-years old.

He was killed in action at the age of 21 while serving aboard the battleship USS Oklahoma (BB 37) during the attack on Pearl Harbor. He was interred with 429 of his shipmates in unknown graves at the National Memorial Cemetery of the Pacific in Honolulu.

“Our lost sheep has been found,” said Guam Gov. Eddie Calvo said in reference to Biblical scripture. “It is now time to celebrate and welcome him home, and to give thanks to him and to so many who’ve paid the ultimate sacrifice for the paradise we live in. Eternal rest be granted onto Ignacio.”

Following remarks from military and local leadership, Sen. Therese Terlaje, speaker of Guam’s 34th Legislature, and her colleagues presented a legislative resolution to Farfan’s family, and a final salute was rendered by the Guam Air Force Veterans Association.

As the memorial service ended, six Sailors from the JRM honor detail donned in dress whites carried Farfan’s casket to his final resting place as a Chamoru blessing was of-

fered. The Guam National Guard funeral detail rendered military honors with a 21-gun salute and a bugler who performed the eight notes of Taps.

Machinist’s Mate (Weapons) 1st Class Niels Gimenez, assigned to the Los Angeles-class submarine USS Oklahoma City (SSN 723), held the national ensign to his heart as he approached Farfan’s niece Julia Farfan Tedtaotao, to present her with the American flag as a symbol of gratitude for her uncle’s service and sacrifice.

“This is where he belongs,” Tedtaotao said. “God knows that he served his country well. He died for his country because he loved his country. He’s really a brave man. All the good ones go first. When the time comes, we’ll be there. We love you.”

Farfan’s remains were identified earlier this year as part of a Defense POW/MIA Accounting Agency project, which sought to identify the service members who died during the Dec. 7 attack.

He returned home on the evening of Nov. 5, escorted by Tedtaotao, and her son and daughter.



JoAnna Delfin

The Joint Region Marianas honor guard escorts the remains of Steward Mate 1st Class Ignacio Camacho Farfan into the chapel at the Guam Veterans Cemetery in Piti, Guam, Nov. 8, 2018. Farfan died on Dec. 7, 1941, aboard the battleship USS Oklahoma (BB 37) during the attack on Pearl Harbor, Hawaii.

HOPPER | Electric warfare module of the year

Continued from B1

over the last two deployments.”

The crew’s unrelenting approach to EW ensured sustained superior performance through two deployments in the Indo-Pacific and Arabian Gulf, and continual readiness to excel at all assigned missions throughout the award period.

Hopper maintained the highest level of mission success and tactical performance,

earning the praise of Commander, U.S. Central Command.

The EW module earned its joint tactical terminal – maritime certification from Commander, Third Fleet, and was used as the model for displaying and integrating data.

“Our team has worked hard over our past two deployments and we are very humbled in receiving this award as it reassures us that

we indeed made a positive impact in the EW community,” said Cryptologic Technician (Technical) 2nd Class Daniel Hedler.

The AOC is a legacy group within the EW community, known throughout the rating as the standard-keepers for the EW discipline as it evolves with today’s threats and technologies.

During World War II, allied electronic countermeasures (ECM) officers, tasked to disrupt enemy communications and radars, were given the code name of “Raven” to provide a degree of security to their existence.

After World War II, a group of Raven operators were directed to establish a strategic air command flying course in ECM operations at then-McGuire Air Force Base, New Jersey. From all accounts from those present at the time, the students changed the name to “Crows” and those engaged in the profession became known as “Old Crows.”

For more news from Commander, Navy Region Hawaii, visit www.navy.mil/local/cnrh/.

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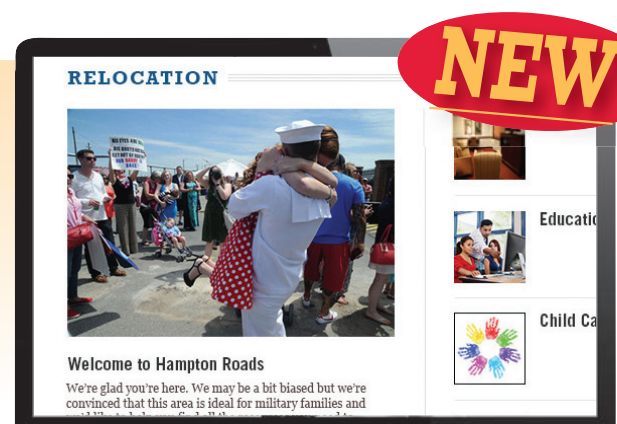


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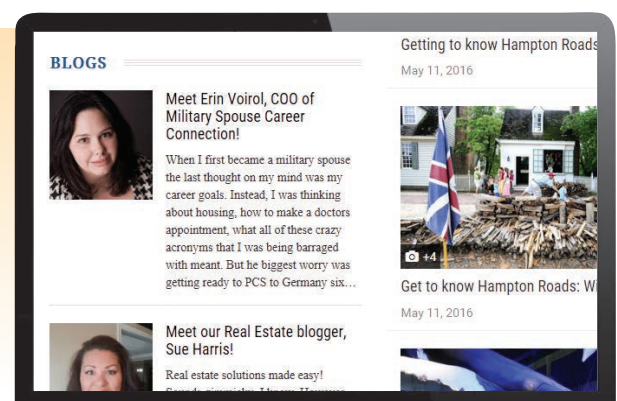
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Courtesy of USPS



From NAVSUP Office of Corporate Communications

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- Space Available Mail: Nov. 27 APO/FPO/DPO AE ZIP 093
- Priority Mail Express Military Service: N/A (Not available for 093 ZIPs)
- First-Class and Priority Mail (letters, cards and packages): Dec. 4
- Space Available Mail: Nov. 27

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- not including APO/FPO)
- **First-Class Mail:** Dec. 20
 - **Priority Mail:** Dec. 20
 - **Priority Express Mail:** Dec. 22
- International First-Class Packages and Priority Mail addressed to Africa and Central and South America should be mailed no later than Dec 1.
- International First-Class Packages and Priority Mail addressed to Asia/Pacific Rim; Australia/New Zealand; Canada; Caribbean; Mexico, Europe; and the Middle East should be mailed no later than Dec. 8.
- All classes of mail addressed to FPO addresses must contain the New Navy Standardized Address format, which includes ship or mobile unit number, (or PSC number for ashore FPOs), virtual or actual mail box

number, and five-digit ZIP code to ensure delivery. Mail not addressed correctly could be returned to sender as undeliverable.

Priority Mail Express Military Service (PMEMS) is available from selected military post offices. If mailing to an APO/FPO/DPO address, check with your local post office to determine if PMEMS service is available and specific delivery service standards.

Space Available Mail (SAM) refers to parcels mailed to APO/FPO addresses at parcel post rates first transported domestically by surface, then to overseas destinations by air on a space available basis.

It is recommended that customers check with local civilian or military post offices for information regarding size restrictions and customs declaration form requirements. Customers are advised mailing restrictions apply and some items cannot be mailed. Examples of non-mailable items are: alcohol, switchblade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt, contact your local civilian or military post office.

As a final note, customers should ensure articles are packaged properly for mailing and packages do not display markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by U.S. Postal Service with such markings or labels on the outside of the box will not be processed.



Courtesy Sandler Center For The Arts

Daughtry brings the rock to Sandler Center Friday night

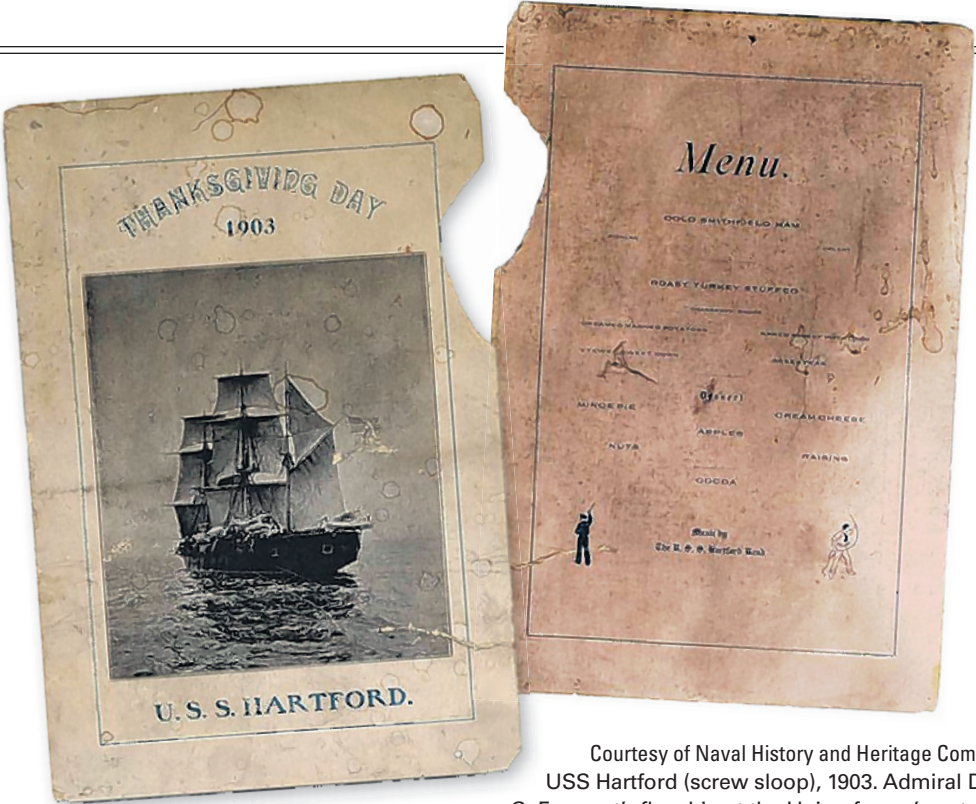
From Spectra

Grammy nominated and multi-platinum selling band Daughtry will bring their Cage to Rattle tour to the Sandler Center for the Performing Arts this Friday night at 8 p.m.

Daughtry, named after the front man of the band, Chris Daughtry, has become one of the most visible and consistent rock & roll bands of the 21st Century. Since Chris performed on the fifth season of American Idol, Daughtry has released four albums, all of which reached the Billboard Top Ten and have combined sales of over 8 million copies in the U.S. The band has also been nominated for four Grammy’s, six Billboard Music Awards and five American Music

Awards, of which they have won eleven.

Their self-titled debut was the best-selling album of 2007, which contained four Top Twenty hit singles including the Grammy-nominated smash “It’s Not Over.” Daughtry and his band have been performing together for over a decade. “Like anything with a ten year relationship, you know more about each other than you do most of your family,” says Chris Daughtry. “It’s a love-hate thing—you get sick of being around them, but after two weeks at home you’re ready to get back out on the road and do it again. The fan base really keeps us alive. That’s the key ingredient to keeping a band together—that’s the gasoline, and without it you can’t run.”



Courtesy of Naval History and Heritage Command

USS Hartford (screw sloop), 1903. Admiral David G. Farragut’s flagship at the Union forces’ capture of New Orleans in April 1862, the aged Hartford was still serving as a midshipman training and cruise ship on the Atlantic coast during this period.

Navy Thanksgiving

A sampling of Holiday menus through the eras

From Naval History and Heritage Command

The U.S. Navy has celebrated Thanksgiving in one fashion or another since before it

became an official American holiday. Arrayed below are selected Navy Thanksgiving menus from NHHC’s collections that span the first half of the 20th century. Although some dishes (“Mayonnaise Salad” on battleship Arizona in 1917; “Baked Spiced Spam à la Capitaine de Vaisseau”

on cruiser Augusta in 1942) have not transcended time and post-dinner cigars and cigarettes have also been left pierside, roast turkey, baked ham, and pumpkin pie have been the anchors of nearly every Thanksgiving feast at sea or on shore to the present day.

For more historic menus, visit FlagshipNews.com.

Calendar

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



Courtesy of Nathanael Miller

Million Bulb Walk 2018

- Friday, Nov. 9 – Dec. 15
- 4 p.m. – 9 p.m.
- Norfolk Botanical Garden
- \$0-17

Grab your walking shoes and join Norfolk Botanical Garden (NBG) for the 8th annual Million Bulb Walk where guests will enjoy a leisurely walk through the Garden’s spectacular holiday lights. This magical holiday walking experience lasts through December 15, 2018 from 4 p.m. to 9 p.m. Immerse yourself in more than a million twinkling lights-an experience like none other in Coastal Virginia. In 2017, nearly 50,000 guests kicked off the holiday season by experiencing the Million Bulb Walk! This year there are 15 extra nights!

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

The 22nd Annual Mayflower Marathon

- Friday, Nov.16, 5:30 a.m. — Sunday, Nov. 18, 3 p.m.
- 4 Locations

This ‘round-the-clock food drive takes place simultaneously on both sides of the water at four (4) separate locations. On the southside, the locations are: Pembroke Mall in Virginia Beach and First Team Subaru Kia, 4834B Bridge Rd. in Suffolk. On the Peninsula, the locations are Coliseum Marketplace at Coliseum Central in Hampton and new this year, Kroger at 5007-2 Victory Blvd. in Tabb.

All food and monetary donations collected in Virginia Beach and Suffolk go to the Foodbank of Southeastern Virginia and the Eastern Shore. All donations made at the Hampton and Tabb locations benefit the Virginia Peninsula Foodbank.

Portsmouth Olde Towne Farmers Market

- Saturday, Nov. 17, 9 a.m.–1 p.m.
- Corner of Court & High St., Portsmouth

The Farmer’s Market returns with seasonal fruits, vegetables, baked goods, meats, eggs, flowers and hand-crafted gifts to the corner of Court & High St. The market will continue at this site through December 22, 2018.

Coastal Virginia Auto Show

- Saturday, Nov. 17, 10 a.m. - 9 p.m.
- Sunday, Nov. 18, 10 a.m. - 6 p.m.
- Corner of Court & High St., Portsmouth

The 4th Annual “Coastal Virginia Auto Show” will roll back into the Virginia Beach Convention Center as the largest car show of its kind in the Mid-Atlantic with all the makes, models, clubs and cultures gathered under one roof to celebrate a shared passion, the love of these machines. Imports, classics, customs, antique, trucks, motorcycles, after-market, and even bicycles, will be on display at this indoor show.

The 2018 Coastal Virginia Auto Show is going to be bigger and better with celebrity appearances, displays and demonstrations, live entertainment, lots of giveaways, prizes, a children’s area and so much more. This family friendly event has something for everyone!

J&A Racing Run with the Mermaids Norfolk Harbor 5K

- Saturday, Nov. 17, 8 a.m.
- Waterside, Norfolk
- \$50

This fun 5K starts in front of Town Point Park and then takes runners on a tour of Downtown Norfolk before finishing along the waterfront. This race is an event for the whole family! To register visit NorfolkHarborHalf.com/5K.

34th Annual Grand Illumination Parade

- Saturday, Nov. 17, 7 p.m.
- Downtown Norfolk
- Free

The 34th Annual Grand Illumination Parade, “The Lights Are Bright On Broadway,” will take place in Downtown Norfolk on Saturday, November 17 at 7 p.m., bringing thousands of spectators out to take in the beauty, magic, and electric holiday spirit. Let us help you get ready for and plan out your day. Consider us the headquarters for all things holidays! From getting here and parking, what to do before the parade and where to sit for the best viewing, we’ve got an answer for everything, just check it out. For more information visit HolidaysInTheCity.net.

Community

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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 Portsmouth Naval Shipyard Museum/

U.S. Navy Yard, Norfolk Va. Dry Dock #4, September 4, 1919.

Portsmouth & the first world war

From Portsmouth Naval Shipyard Museum

The 2018 Friends of the Portsmouth Naval Shipyard Museum’s Lecture Series will conclude on Thursday, November 15, 2018, at 4:00 p.m., at the Churchland Branch of the Portsmouth Public Library (Coleman Room). The Friends are pleased to present Diane L. Cripps, Curator of History for the Portsmouth Museums. She will discuss the enormous effects that World War I and Portsmouth had on each other. This lecture has been rescheduled, having been cancelled due to the approach of hurricane Florence in September.

“This November we will observe the centennial of Armistice Day, the end of World War I, now known as Veteran’s Day. For Portsmouth, the war spurred growth that still shapes our city today, in our neighborhoods and our shipyard,” said Cripps. “There were war-related events that were unique to Portsmouth, and local efforts to support the war that

“For Portsmouth, the war spurred growth that still shapes our city today, in our neighborhoods and our shipyard.”

Diane L. Cripps, Curator of History for the Portsmouth Museums

had direct effects overseas,” she added. Come see period images of monumental shipyard construction projects, hear about Portsmouth’s wartime expansion, and view a few antique artifacts from the collection of the Portsmouth Naval Shipyard Museum that illustrate the war’s effects here at home.

The lecture will take place at 4 p.m. in the Coleman Room of the Churchland Branch of the Portsmouth Public Library, 4934 High Street West, Portsmouth, VA 23703. Admission is free. Free parking is available in the library parking lot.

This program is presented by the Friends of the Portsmouth Naval Shipyard Museum, in conjunction with the annual meeting of the Portsmouth Historical Association.

The Portsmouth Naval Shipyard Museum researches, preserves, and promotes the history of the City of Portsmouth, Norfolk Naval Shipyard, and the armed forces in Hampton Roads. The museum accomplishes its mission by offering exhibitions, publications, lectures, and educational programs. Three times a year, the Friends of the museum present lectures on relevant topics for the general public.

LARCHMONT BRANCH LIBRARY CELEBRATES 50 YEARS

From Norfolk.gov

The Larchmont Branch Library opened its doors in November of 1968. For 50 years, it has been a destination for generations of families that reside in the area. Every day, you will find the branch bustling with patrons of all ages. Military families in particular are a big piece of the patron base. Each day, the branch issues several new library cards for service members who are moving back to Norfolk.

Uniquely situated on a beautiful wetlands area, the branch serves as an access point for the Elizabeth River. Throughout the day, you will see people jogging, cycling or taking nature strolls. Larchmont Branch is also the inaugural stop for the War at Home Memorial, on exhibit through May 2019.

Medical organizations honor two CHKD-affiliated doctors

From CHKD

National medical organizations recently honored two CHKD physicians, one for his advocacy in the ear, nose, and throat field, and the other for his service in radiology:

Dr. David H. Darrow, who performs ear, nose, and throat surgeries at CHKD, will receive the 2018 Otolaryngology Advocacy Award from the American Academy of Pediatrics.

Dr. Darrow was co-author of the first online AAP course on ear infections, and he has lectured and developed guidelines for treatment of birthmarks, ear infections, and tonsillectomies. He is also co-editor of the AAP textbook Pediatric Otolaryngology, a publication for primary care practitioners.

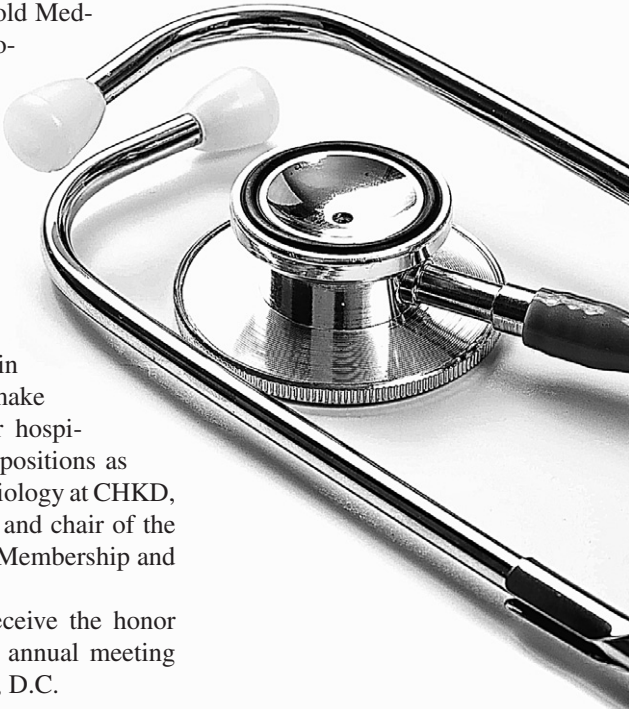
Dr. Darrow will receive the award at the American Academy of Pediatrics National Conference & Exhibition in Orlando, Florida, in November.

Dr. David C. Kushner, who helps en-

sure the quality and safety of our children’s care at CHKD, was recently named one of three Gold Medalists for 2019 for innovative service to the American College of Radiology.

Dr. Kushner is the associate medical director for quality and safety at CHKD, a role in which he helps develop and maintain safety protocols that make CHKD a high caliber hospital. He formerly held positions as medical director of radiology at CHKD, president of the ACR, and chair of the ACR Commission on Membership and Communications.

Dr. Kushner will receive the honor during the ACR 2019 annual meeting in May in Washington, D.C.



Home&Garden

SMART WAYS TO SAVE AROUND THE HOUSE

A few quick fixes can add up to significant energy savings

By Good Housekeeping

10 Simple, Eco-Smart Swaps

Switch to premium LED bulbs
They use less energy and last 25 times longer than standard bulbs. Plus, they produce less heat and give off true and natural light.
Savings: Uses 82% less energy than an incandescent

Wiser Window Treatments
Trade your blinds for cellular and honeycomb to help you keep heat in during winter – and out during summer.

Go Low-Flow
Taking a shorter shower is a good move, but a smarter showerhead is an easier switch.
Savings: Up to \$70 a year on your water bill!

Shut the Fridge Door
Know before you go. An open door wastes cool air.
Savings: 7% of your fridge's total energy use!

Aim for 78
Switch to a programmable thermostat and set it to that magic number.
Savings: 40% on cooling costs!

On-Demand Lights
Add a motion sensor to your outdoor fixtures and any less-visited places in your house.

Fix a Drip
A drop per second wastes 192 gallons per month! First, try tightening all. No luck? Replace gaskets and O rings. If all else fails, call the plumber.

Power Down
When not in use, electronics still draw electricity. Plug your biggest gadgets into a UL-certified power strip – then flip the switch before bed.
Savings: Up to \$100 on your energy bill annually!

Cool It
A typical heater is set to warm household water to 140° F, but 120° F is just fine.
Savings: \$12 to \$30 a year!

A Cold Cycle
Washing clothes in cold water can slash water-heating costs – and don't worry, everything will still get clean.
Savings: Up to \$40 a year!

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Courtesy WNOR FM99
FM99 morning jock, Rick Rumble, carries donated food during the 2017 Mayflower Marathon.

106.9 The Fox and FM99 to host Hampton Roads' largest food drive

The 22nd Annual Mayflower Marathon Friday, Nov. 16 – Sunday, Nov. 18

From KBD Group

Classic Rock 106.9 The Fox and FM99 host the 22nd Annual Mayflower Marathon Food Drive from 5:30 a.m. Friday (11/16) until 3 p.m. Sunday (11/18).

This 'round-the-clock food drive takes place simultaneously on both sides of the water at four (4) separate locations. On the southside, the locations are: Pembroke Mall in Virginia Beach and First Team Subaru Kia, 4834B Bridge Road in Suffolk. On the Peninsula, the locations are Coliseum Marketplace at Coliseum Central in Hampton and new this year, Kroger at 5007-2 Victory Blvd. in Tabb.

All food and monetary donations collected in Virginia Beach and Suffolk go to the Foodbank of Southeastern Virginia and the Eastern Shore. All donations made at the Hampton and Tabb locations benefit the Virginia Peninsula Foodbank.

Rick Rumble and the entire FM99 team along with Mike Arlo and the Fox staff will be broadcasting live from the event. For

complete details about the food drive, visit FM99.com or 1069theFox.com.

Brand Manager for FM99 and 106.9 The Fox, Mike Beck: "Thousands of people have benefited from the donations at the Mayflower Marathon over the years, thanks to the generosity of our listeners and clients. In good times and bad, they have opened their cupboards and their wallets to help the Foodbanks in their mission to end hunger. We appreciate the support of the entire community in Mayflower Marathon 22!"

"As we continue to look for ways to recoup from the decline in donations due to recent shifts in funding from longstanding partners like Farm Fresh, the Annual Mayflower Marathon is more important than ever," said Ruth Jones Nichols, CEO, Foodbank of Southeastern Virginia and the Eastern Shore. "This event provides us with an opportunity to galvanize the community around our efforts to eliminate hunger through contributions of food and funds during the holiday season, which is an especially difficult time for the families we serve."

"The holiday season is typically a time of togetherness for families across our region, but it is also a time of increased need for so many local individuals and families," says Karen Joyner, chief executive officer of the Virginia Peninsula Foodbank. "We are amazed each year by the generous outpouring of the community and their desire to help individuals and families struggling with food insecurity. As a result of the food and funds collected at this incredible annual food drive, our neighbors in need can gather around family tables that are filled with hearty meals. And that brings us all joy."

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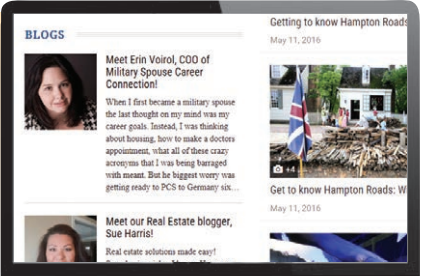
★ EVENTS & CALENDAR

Looking for fun, military friendly events for the whole family? Check out our events and calendar pages for all the military happenings.



★ MILITARY NEWS & BLOGS

Find information for military families by military families. Our slate of bloggers are all connected to the military and want to help you make the most of your time in Hampton Roads.



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coming to theaters

COLDPLAY: A HEAD FULL OF DREAMS

One of the world’s biggest bands share their story, in their own words, for the first time. Charting Coldplay’s incredible journey from humble origins to stadium-filling superstardom, it is the definitive Coldplay film. Director Mat Whitecross showcases live performances and backstage footage from the momentous global stadium tour A Head Full of Dreams, alongside unprecedented and unseen archive material captured over 20 years. The film juxtaposes spectacular performances of iconic tracks like Fix You and Viva La Vida with intimate, behind-the-scenes moments that reveal the depth of the band’s friendship and brotherhood. A one-night-only global cinema event not to be missed.

IMMORTAL LIFE

In the past, Christopher was a star of theater and cinema, now he is an animator in a resort town. But the former actor does not despair - he lives here and now. And let the ex-wife intrigue, and his son avoid him, Christopher stubbornly moves on. After a scandalous dismissal, fortune gives him a fabulous present - a beloved woman. Will a fateful encounter help to change the life of an eternal loser?

BURN THE STAGE

Burn the Stage: the Movie is the first movie from BTS, going behind-the-scenes of the BTS WINGS TOUR to reveal the full story of the band’s meteoric rise to fame. This unmissable cinema event provides an intimate look at what happens when the most successful global boyband of all time breaks down barriers and invades the mainstream music scene. Exclusive tour footage and brand-new one-on-one interviews with BTS members give fans an unprecedented glimpse into their lives and an opportunity for everyone to celebrate together in movie theaters worldwide.

12 ROUND GUN

A washed up, alcoholic ex-prizefighter, Joe Romano (Writer-Director, Sam Upton), makes a comeback to boxing after the tragic death of his son. With the help of his friend (Mark Boone Junior, “Sons of Anarchy”), Joe faces his darkest moment of truth. With newfound sobriety and hope, Joe finally takes action and challenges his rival to a 12 ROUND GUN rematch.

JINN

Summer is a 17-year old carefree black girl, whose world is turned upside down when her mother, a popular meteorologist named Jade Jennings, abruptly converts to Islam and becomes a different person, prompting Summer to reevaluate her identity.

base theaters \$3 Movies



Courtesy of Fandango

JEB Little Creek, Gator Theater – 462-7534

Friday, November 16

- 6 p.m. Goosebumps 2: Haunted Halloween (PG)
- 9 p.m. Halloween (R)

Saturday, November 17

- 1 p.m. Smallfoot (3-D) (PG)
- 4 p.m. First Man (PG-13)
- 7 p.m. Halloween (R)

Sunday, November 18

- 1 p.m. Venom (PG-13)
- 4 p.m. Goosebumps 2: Haunted Halloween (PG)
- 7 p.m. A Star Is Born (R)

NAS Oceana, Aero Theater – 433-2495

Friday, November 16

- 6 p.m. Venom (PG-13)
- 9 p.m. Halloween (R)

Saturday, November 17

- 12 p.m. Goosebumps 2: Haunted Halloween (PG)
- 3 p.m. Smallfoot (PG)
- 5 p.m. Halloween (R)

Sunday, November 18

- 12 p.m. A Star Is Born (R)
- 3 p.m. Hell Fest (R)
- 6 p.m. Halloween (R)

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

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Photo by Jonathan McLarty

Current WWE United States Champion Shinsuke Nakamura, pictured here at a past Norfolk event, will battle WWE Intercontinental Champion Seth Rollins this weekend at Survivor Series.

Brands battle for supremacy this weekend at WWE Survivor Series

By Jonathan McLarty
Contributing Writer

Broadcasting live on the WWE Network, World Wrestling Entertainment (WWE) will present WWE Survivor Series on November 18. Members of the Monday Night Raw and SmackDown Live rosters will battle against each other for bragging rights amongst the two brands.

Former Universal Champion Roman Reigns made a shocking announcement to the WWE Universe on October 22 that he would be vacating his title due to illness. Reigns noted that for the past 11 years, he has been living with Leukemia. In a prior bout with the disease, he was able to force the cancer into remission. With the disease returning and forcing him to step away from in-ring competition, Reigns made it known that he is not announcing his retirement. With the title vacated, Brock Lesnar defeated Braun Strowman at WWE Crown Jewel to become

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the new WWE Universal Champion.

Several Champion versus Champion bouts will take place at Survivor Series, but these titles are not on the line for either competitor. The aforementioned WWE Universal Champion Brock Lesnar will take on SmackDown Live’s WWE Champion AJ Styles. In what is to be a duel of the arm bar submissions, SmackDown Women’s Champion Becky Lynch will compete against Raw Women’s Champion “Rowdy” Ronda Rousey. Newly crowned Raw Tag Team Champions AOP (Authors of Pain) will square off with SmackDown Tag Team Champions The Bar (Sheamus and Cesaro). WWE Intercontinen-

tal Champion Seth Rollins will also compete for the first time against WWE United States Champion Shinsuke Nakamura at this event.

As is tradition, the event will feature several Survivor Series elimination tag team matches. Five male members of Monday Night Raw will take on five individuals from SmackDown Live, just as there will be a five –on-five Women’s match as well. The respective team captains are still putting their finishing touches on the team members at the time of this writing, but five tag teams from Raw will have an elimination match against five of the best tag teams from SmackDown Live in an elimination bout. In the sole title defense taking place at Survivor Series, WWE Cruiserweight Champion Buddy Murphy will defend his title against Mustafa Ali.

There have been numerous successful WWE Network special events broadcast from outside the United States in recent weeks, including WWE Super Showdown and WWE

Crown Jewel. For fans of WWE’s Attitude Era of the late 1990s and early 2000s, I recommend watching these last two events if you want to see some familiar faces. Multi-time champion Rey Mysterio has returned to WWE full-time, creating the potential of many first-time dream matches against the newer crop of stars in the company. Additionally, WWE Hall of Famers Kurt Angle and Shawn Michaels have each stepped back into the ring as of late. In Angle’s case, he has transitioned back to in-ring competition after Raw Commissioner Stephanie McMahon sent him on vacation from his General Manager duties. Shawn Michaels teamed with his Degeneration X partner Triple H at Crown Jewel to take on The Brothers of Destruction (The Undertaker and Kane) in a winning effort.

To sign up for WWE Network and take advantage of their free one-month trial for new subscribers, visit WWE.com for more details.

Jonathan McLarty is a contributing writer for The Flagship, as well as a local sports and event photographer. Connect with him on Twitter (@JonathanMcLarty) and view his photography at McLartyPhoto.Zenfolio.com.

Health&Fitness

Keeping Your Health on Track During the Indulgent Holiday Season

By StatePoint

The holiday season can be an indulgent one, full of cookies, candies, heavy meals and eggnog. While no one wants to rein in the fun during the merriest time of year, there are simple ways to keep your health on track during this indulgent holiday season.

■ **Stick to Routines.** To the best of your ability during this hectic time of year, attempt to stick to routines that promote wellness. Set a bedtime and honor it. Hit the gym. Meditate. Do whatever it is that keeps you grounded and feeling your best.

■ **Drink Up.** Many people associate dehydration with the warmer months. But in winter weather it can be especially easy to forget to stay well-hydrated, especially when you’re indulging in alcoholic beverages at all those holiday parties.

Remember, water doesn’t need to be the only source of hydration you think about this season. Soups and purees made from hearty winter vegetables, as well as citrus fruits do the trick, too, and their nutritional properties can help keep you healthy in winter.

■ **Keep Things Organically Sweet.** Staying on track doesn’t



Mikhail Malyugin (stock.adobe.com)

mean you can’t enjoy the sweetness of the season. Instantly boost the flavor of your favorite meals with organic honey. One great option is Organic Honey In The Raw. USDA Organic Certified and Non-GMO Project Verified, it’s made from pure nectar collected from exotic wildflowers found in the remote Caatinga region of northeast Brazil. The hand-harvested, sustainable honey is raw (never heated above 117 degrees) and unfiltered, so it retains the benefits of bee pollen.

And just one tablespoon of organic raw honey provides the right amount of sweetness and flavor for any dish or drink, including year-round staples like oatmeal, yogurt, tea, and more. You can also consider giving a honey makeover to all your favorite holiday recipes, including glazes and sauces for meat and poultry, cocktail recipes, and of course baked treats.

■ **Make Substitutions.** Other healthful substitutions you can

make this holiday season include topping pies with Greek yogurt instead of cream, using apple sauce in place of oil and nut flour instead of white flour in baking, and serving vegetable mash as an alternative to mashed potatoes.

■ **Be Mindful.** The holiday party circuit can be dangerous when it comes to making nutritious choices. When you enter a party with a buffet set-up, it can be tempting to reach for the richest foods first. Before indulging in the canapes and Swedish meatballs, try filling up a plate with crudité first. While you’re doing so, get a good look at all the options available. This way, you’ll be more likely to savor choice items you’ll truly enjoy.

A joyful holiday season doesn’t mean you must pack on pounds or feel under the weather. By keeping your health on track throughout this indulgent time of year, you can start 2019 with your best food forward.

WILL YOUR DENTIST SCREAM OR BEAM AFTER HALLOWEEN?

By TRICARE

After Halloween, you may be left with a mound of candy to tempt your sweet tooth. But Halloween is just the beginning. With the holiday season right around the corner, the next few months will likely include even more treats. It’s important to be mindful of your dental health and not let healthy habits slip during this annual time of celebration. TRICARE dental coverage, combined with good dental habits will help you keep your teeth healthy year-round.

Follow these American Dental Association tips to help you and your family keep your teeth healthy:

Remove any excess Halloween candy from the house.

■ If you choose to eat candy, try to eat it or any other sugary foods with meals or shortly after meal-time.

■ Stay away from hard candy that stays in your mouth for a long time. The longer sugary foods stay in your mouth, the more at risk you are for tooth decay.

■ Avoid sticky candy such as gummy bears. Stickier candies take longer for saliva to rinse away, increasing the possibility for tooth decay.

■ Say “no” to sugary beverages, like soda, sports drinks, and flavored waters. Choose to drink more water to help prevent tooth decay.

■ Eat healthy saliva producing and teeth strengthening snacks, such as raw vegetables, hard

cheeses, and nuts. These foods help to clean your teeth and get rid of harmful acids, as well as prevent tooth decay.

■ Brush your teeth two times a day for two minutes. Floss at least once a day to help remove plaque and food particles where toothbrush bristles can’t reach.

■ Keep up your regularly scheduled dental appointments, and inform your dentist of any concerns.

If you need to find a dentist, it depends on which TRICARE dental plan you have. TRICARE offers three dental options that are separate from TRICARE health care options. The dental plans include Active Duty Dental Program, TRICARE Dental Program, and TRICARE Retiree Dental Program (TRDP).

And remember, if you’re enrolled in TRDP, your plan will end on Dec. 31, 2018. For dental coverage in 2019, retirees and their eligible family members can enroll in the Federal Employees Dental and Vision Insurance Program (FEDVIP), offered by the U.S. Office of Personnel Management. If you want to enroll in FEDVIP, you must do so during the Federal Benefits Open Season, which runs from Nov. 12 to Dec. 10, 2018.

Take command of your dental health this holiday season. Keep in mind ways to protect your teeth while enjoying your favorite treats. For more details on TRICARE dental options, visit the TRICARE website and refer to the TRICARE Dental Options Fact Sheet.

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Announcements

ANNUAL COX CRAFTS BIZARRE
Nov. 17th 9-3, 2425 Shorehaven Dr, VB. 9th Annual event, Food, Drawings, Fun!

CRAFT/VENDOR/ARTIST EVENT
9-3/DEC-1//SAT//860ChurchillRD/KvilleMS/Open2Pub/Drawings/FUN/holidaycraftkms@gmail.com/3008632/4SpRental

RELEASE FROM DEBT
I, Belton Taylor, because of a pending divorce am no longer responsible for any debt made by Vanessa T. Effective Today: November 9, 2018.

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VIRGINIA BEACH
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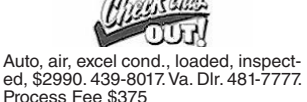
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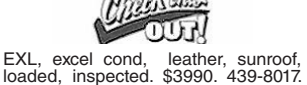
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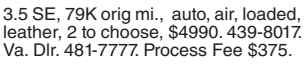
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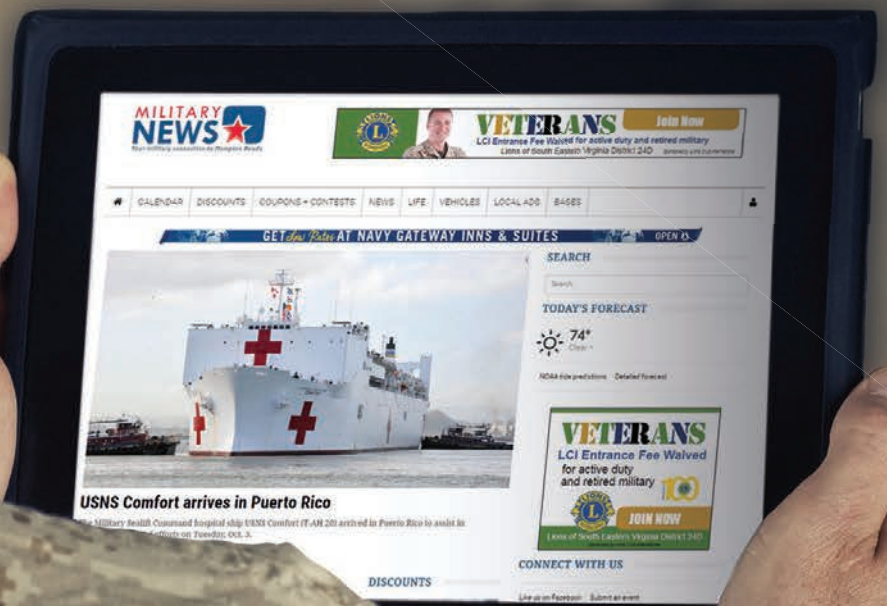
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