

MC2 Anthony Flynn

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TRICARE PRIME VERSUS TRICARE SELECT: SHOULD YOU CHANGE OR KEEP YOUR PLAN?

From [tricare.mil](#)

TRICARE Open Season is from Nov. 12 through Dec. 10, 2018. This is the annual period when you can enroll in or change your TRICARE Prime or TRICARE Select plan. If you miss open season, you'll only be able to make enrollment changes within 90 days of a Qualifying Life Event or during the next TRICARE Open Season in fall 2019. If you don't want to change your plan, you don't need to do anything during TRICARE Open Season.

To help you pick the program that's right for you during TRICARE Open Season, here's an overview of the differences between TRICARE Prime and TRICARE Select.

TRICARE Prime: A Managed Care Plan

TRICARE Prime is a managed care option, similar to a health maintenance organization program, which offers affordable and comprehensive health care coverage. You will be assigned a provider who is your primary care manager (PCM). Your PCM will:

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- Refer you to a specialist when you need it
- File your medical claims

Active duty service members (ADSMs) must enroll in TRICARE Prime. Active duty family members (ADFMs) may choose to enroll in TRICARE Prime or TRICARE Select. There are a few TRICARE Prime plans. TRICARE Prime plans include: TRICARE Prime, TRICARE Prime Remote, TRICARE Prime Overseas, TRICARE Prime Remote Overseas and TRICARE Young Adult-Prime available:

- TRICARE Prime for eligible beneficiaries that live in or near a Prime Service Area (PSA) in the U.S.
- TRICARE Prime Remote for eligible ADFMs who live outside of a PSA
- TRICARE Overseas Program Prime and TRICARE Overseas Program Prime Remote for ADSMs and their command-sponsored family members living overseas
- US Family Health Plan for beneficia-

ries who live in one of six areas in the U.S. where it's offered

TRICARE Select: A Preferred Provider Plan

TRICARE Select is a self-managed, preferred provider option. You manage your own health care without a PCM and choose which TRICARE-authorized providers you see. You don't need referrals, but your regional contractor must authorize some services. Network providers will file claims for you. You may have to file your own claims if you get non-network care. For help with filing claims, visit the Filing Claims page.

You may enroll in TRICARE Select anywhere in the U.S. if you aren't an active duty service member. If you live overseas, you may enroll in TRICARE Overseas Program Select.

TRICARE Prime Costs

There are no out-of-pocket costs if you're an ADSM. And there are no costs if you're an ADFM, unless you use the point-of-service option. All other beneficiaries pay:

- An annual enrollment fee
- Copayments

For more information, visit the TRICARE Costs page.

TRICARE Select Costs

When you receive care within the TRICARE network, you have fewer costs if you use TRICARE Select. When you use TRICARE Select, you can expect to pay:

- An annual enrollment fee (for certain beneficiaries)
- An annual deductible
- A fixed fee for some outpatient services
- A cost-share (a part of the total cost of each service you receive)

For more information, visit the TRICARE Costs page.

What Do I Need to Do During Open Season?

There are a few things you need to do during open season if you want to change your plan.

- Make sure your information is up to date in the Defense Enrollment Eligibility Reporting System.

- Compare TRICARE Prime and TRICARE Select using the Compare Plans tool.

- If you want to enroll in TRICARE Prime or TRICARE Select, you can enroll online, by mail, or by phone.

For more information about TRICARE Open Season, visit the Open Season page on the TRICARE website. Find more about TRICARE Prime and TRICARE Select under Health Plans. Take command of your benefit this fall, and make any changes to your TRICARE health coverage before TRICARE Open Season ends on Dec. 10, 2018.

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®

Courtesy image

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.



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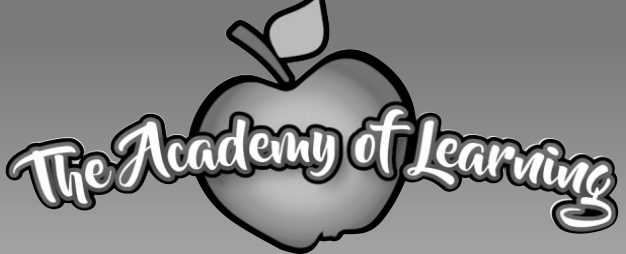
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NEWS FROM NAS OCEANA



Sailors serve themselves food during the Naval Air Station Oceana Chapel's Lone Sailor & Marine Thanksgiving Dinner at the Shifting Sands Beach Club on board Dam Neck Annex. The Naval Air Station Oceana Chapel hosts this event each year to provide Sailors and Marines who might not be able to return home for the holiday with an opportunity to have a Thanksgiving dinner with their peers and leadership.

MCSN Mark Thomas Mahmood

NAS Oceana Chapel holds Lone Sailor, Marine Thanksgiving dinner

By MCSN Mark Thomas Mahmood

Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Naval Air Station Oceana and Dam Neck Annex Sailors and Marines gathered Nov. 19 at the Shifting Sands Beach Club on board Dam Neck Annex for the Lone Sailor and Marine Thanksgiving Dinner, hosted by the NAS Oceana chapel.

Each year, the NAS Oceana chapel holds the event to provide an opportunity for those who may not be going home this holiday to have a Thanksgiving meal with their peers and leadership.

Approximately 200 people were in attendance for the Thanksgiving dinner; 175 "Lone Sailors and Marines" and about 25 volunteers and staff, including a variety of senior

personnel who sat at each table to encourage conversation and share knowledge during the meal.

Lt. j.g. Michael Crandall, a chaplain on Dam Neck Annex, said this event helps out a lot of junior Sailors and Marines during their first Thanksgiving holiday as service members.

"Most of our Sailors and Marines here on Dam Neck won't be leaving for the holiday; they'll be here for Thanksgiving," said Crandall. "Many of the people I've talked to this week said this is their first holiday away from home."

NAS Oceana and its facilities, including Dam Neck Annex, are home to an abundance of Navy and Marine Corps students, training at various commands for their jobs in the fleet. Many of these students may not have the opportunity to go home for the holidays.

Crandall said having this event helps all of those Sailors

and Marines feel less alone during the holiday season.

Similarly, Lt. j.g. Timothy Lee, a chaplain at NAS Oceana, said this event is a way to bring a sense of family to the Sailors and Marines in attendance.

"Each year, we hold this event to extend a hand to our service members who don't get to enjoy the holidays as they normally would if they were home with their families," said Lee.

Lee said it's important for everyone to remember that the Navy is about more than just naval warfare. There's a human side to it.

"One of the main reason we hold this is to bring the family aspect to all of our Sailors and Marines," said Lee. "You have your family, but this is your family away from home."



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Explosive Ordnance Disposal (EOD) Technician 1st Class Skyler Gronert (center), an instructor at Naval School Explosive Ordnance Disposal (NAVSCOLEOD), supervises high-risk EOD SCUBA while conducting Limpet Naval Mine detection and removal training on a U.S. Coast Guard ship at Naval Air Station Pensacola, Nov. 15, 2018. NAVSCOLEOD, located on Eglin Air Force Base, provides high-risk, specialized, basic and advanced EOD training to U.S. and partner nation militaries and selected U.S. government personnel each year.

U.S. Navy photo

Navy EOD Technician earns military leadership award

By Billy Martin
Public Affairs Officer, Naval School Explosive Ordnance Disposal

EGLIN AIR FORCE BASE, FLA.

A Naval School Explosive Ordnance Disposal (NAVSCOLEOD) instructor will be presented with the United Service Organization (USO) of Metropolitan New York George Van Cleave Military Leadership Award at their 57th annual Armed Forces Gala and Gold Medal Dinners in New York City, Dec. 12.

This award recognizes Explosive Ordnance Disposal (EOD) Technician 1st Class Skyler Gronert and four other active-duty military members from each service “who have demonstrated bravery and leadership in the course of their service, enhanced the morale and welfare of others, and inspired those around them.”

“Each year, the USO of Metropolitan New York presents the George Van Cleave Military

Leadership Award in an effort to publically honor the outstanding commitment, exceptional service, sacrifice and achievements of service members across the globe,” said Jessica McAndrews, vice president, Programs, Services and Operations, USO of Metropolitan New York.

Gronert, an Inverness, Florida native and 2003 graduate of Lecanto High School, expressed his gratitude for his nomination and selection.

“I am humbled that the USO of Metropolitan New York would choose me from all the more deserving service men and women,” said Gronert. “This award makes me feel truly valued; so often guys in the EOD community break their backs for this work and it goes unmentioned because that’s just the job. That my command and the USO of Metropolitan New York took the time to notice and nominate me means a great deal to validating my contributions to this community.”

Gronert has been an EOD technician for more than seven years and credits his successes to the support of his family.

“My wife is always there for me, motivating me to keep pushing myself and those around me,” said Gronert. “Despite the hardships this career puts us through, it has actually brought our family closer together because I couldn’t do it without them.”

Gronert received the Bronze Star in 2018 for his support for Special Forces Operational Det. Alpha from January to July 2017. He was cited for his “personal courage and tactical proficiency enabling successful combat operations by supporting 46 combat patrols resulting in 55 enemy positions destroyed and the reclamation of 300 square kilometers of enemy territory.”

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

U.S. government personnel each year.

“Gronert passes his unique combat experiences and professionalism to EOD students daily,” said Capt. Charles Andrews, NAVSCOLEOD commanding officer. “As a high-risk instructor in underwater ordnance division, he leads classes through a myriad of EOD underwater ordnance tactics, techniques and procedures and infuses lessons learned from combat.”

EOD technicians have expertise in the most conventional and unconventional explosives to ensure the secure disposal of explosive weaponry. They are on call to respond to any type of ordnance, and they receive specialized training to handle chemical, biological and nuclear weapons. They investigate and demolish natural and man-made underwater obstructions, prepare coastal regions for amphibious landings, and warn about potential threats at home and abroad.

NSN celebrates National Native American Heritage Month

By GM2 Imani Jordan
Naval Station Norfolk Public Affairs

NORFOLK

The Naval Station (NAVSTA) Norfolk Heritage Committee held an informative ceremony to celebrate National Native American Heritage Month, Nov. 15.

The ceremony, held at NAVSTA Norfolk’s Galley, celebrated the history and traditions of Native American people, tribes and clans. The gathering kicked off with the singing of the national anthem in the Navajo Indian Language, Dine, by special guest speaker Damage Controlman First Class Louchelle Loretto. The guest speaker then presented Native American garments hand made for her daughter and herself.

“This day has given me the opportunity to broaden the awareness of our tribe and what happens in our lives” said Loretto.

The guest speaker informed the attendees

of a traditional Native American Ceremony “Kinaalda.” The ceremony is held to celebrate the transition from being a young girl to a woman. Loretto also discussed how Native Americans use natural resources to create shampoo, jewelry, shoes, clothing, food and belts from the land they reside on.

During the ceremony Culinary Specialist Second Class Jasmine Francis gave fun facts about Native American history.

“James E. Williams, a Cherokee Indian Native, was the most decorated enlisted man in navy history. During his last seven months in the Navy, Williams received every sea-service award for heroism including the Legion of Merit with “V,” two Navy Commendation Medals for valor and three Purple Hearts.”

The ceremony later concluded with a poem by Ms. CeCee Gaines, Tour and Information Center Director and a strawberry cake baked by NSN galley staff.



U.S. Navy photo

Native Americans and their legacy of military service dates back to the American Revolutionary War when George Washington began enlisting them in the Army, Navy and Marines. They have contributed their fighting spirit and warrior ethos to help U.S. military forces defend America’s national

interests. Both past and present, these members have made remarkable contributions to our Navy’s legacy.

For more news from around the fleet, visit www.navy.mil.

Camp Elmore rededication ceremony honors Korean War hero

From MARFORCOM Public Affairs

NORFOLK

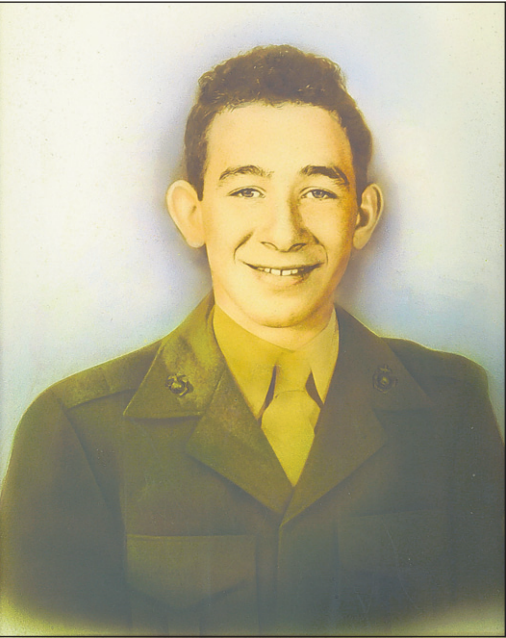
Commanding Officer, Headquarters and Service Battalion, U.S. Marine Corps Forces Command, Col. Thomas Campbell, rededicated Camp Elmore in honor of Korean War Navy Cross recipient, Pfc. George Elmore, in a ceremony Nov. 27 at 10 a.m. at Hopkins Hall Gym.

The camp was originally commissioned on February 11, 1953 and is the first Marine Corps Installation to be named for an enlisted Marine. Elmore’s niece and her family will also be in attendance.

“In 1953, Lt. Gen. Graves Erskine, former Commanding General of U.S. Fleet Marine Forces, Atlantic, honored Pfc. Elmore’s heroic achievements and his ultimate sacrifice by naming the land that accommodated Fleet Marine Forces Atlantic Marines and personnel for him,” said Campbell. “Today the spirit of that naming lives on as we have a unique opportunity to name all historical spaces and buildings

on what was formerly part of Camp Allen for Pfc. Elmore alongside his family, friends, and the community in which our command has worked and lived for more than 70 years. The Corps’ commitment to remember its fallen comrades is unfortunate in its necessity, however, events like this remind us that brotherhood is timeless and that slogans like “never forget” are not just words, they are time-honored calls to action.”

Located at Naval Support Activity, Norfolk, MARFORCOM is one of three major Marine Corps commands (along with U.S. Marine Corps Forces Pacific and U.S. Marine Corps Forces Reserve) that generates operating forces to support Unified or Joint Task Force Commanders. Commander, U.S. Marine Corps Forces Command serves as a principal adviser to the Commander, U.S. Fleet Forces Command, on Marine Corps matters.



Courtesy of U.S. Marine Corps

USS Abraham Lincoln CSG assets flex their muscles

From Carrier Strike Group 12 Public Affairs

ATLANTIC OCEAN

Warships from the USS Abraham Lincoln (CVN 72) Carrier Strike Group (CSG), including the guided-missile cruiser USS Leyte Gulf (CG 55) and guided-missile destroyers USS Bainbridge (DDG 96), USS Mason (DDG 87), and USS Nitze (DDG 94), participated in a proficient Live Fire With a Purpose (LFWAP) exercise in the Atlantic Ocean Nov. 19, piercing the morning sky with Standard Missile (SM) 2 Block IIAs.

LFWAP is a reinvigorated missile exercise (MSLEX) program designed to increase fleet lethality and tactical proficiency. It is more robust than a traditional MSLEX in that it provides a more intensive tactical training experience to the watch team.

“Having previously been on the exercise-development side of LFWAP, as the operational commander I’m extremely pleased to see how our CRUDES ships flexed their capabilities and strengthened how we operate as a team — as opposed to individual units — throughout this event,” said Rear Adm. John Wade, commander, CSG 12. “The LFWAP exercise is extremely valuable training for the entire strike group, and I look forward to incorporating lessons learned into our operations and seeing the result of the hard work these ships put in to increase our lethality during future missions.”

Since early 2016, when the Naval Surface and Mine Warfighting Development Center (SMWDC) was designated as the executive agent for commander, U.S. Pacific Fleet and commander, U.S. Fleet Forces Command’s MSLEX program, over 80 surface combatants from the East and West Coast have completed LFWAP exercises. Earlier this month, Leyte Gulf and guided-missile destroyers USS Gonzalez (DDG 66) and USS McFaul (DDG 74) participated in a LFWAP exercise off the Eastern seaboard.

As combat systems technology improves, and in order to increase lethality, capability and readiness of U.S. Navy assets, LFWAP events continue to grow more complex. Each exercise enables crews to enhance their own tactics, techniques, and procedures, while improving operations with other guided-missile platforms and within the CSG construct. Taking lessons from previous iterations and completing tactically relevant and challenging LFWAP scenarios drive further success for the

crews.

“The benefits will serve this crew well during Composite Training Unit Exercise (COMPTUEX) and deployment,” said Cmdr. Patrick Murphy, commanding officer of USS Bainbridge (DDG 96). “It elevated our proficiency and identified numerous shipboard processes that required improvement.”

Helping to identify and improve those processes are individuals known as Warfare Tactics Instructors (WTI). Embarked on each ship during Surface Warfare Advanced Tactical Training (SWATT) and LFWAP events, WTIs lead a formalized plan, brief, execute, and debrief (PBED) process, and provide rapid debrief following completion of events. The tools and expertise they provide enable watch teams to critically assess their own performance and improve.

“[LFWAP] provided practical and effective training to the crew,” said Capt. William G. Musser, Commanding Officer aboard USS Leyte Gulf (CG 55). “WTIs were very professional in their mentorship and provided us with knowledge to improve our lethality on established tactics and procedures.”

Leyte Gulf’s Combat Systems Officer, Lt. Cmdr. Anthony R. LaVopa, echoed those sentiments. “Working with WTIs provided the ship and opportunity to increase our tactical proficiency in a realistic environment,” said LaVopa. “Through the preparation and execution of this event, Leyte Gulf learned a lot about our combat systems capabilities and furthered our proficiency in a tactical environment.”

The components of CSG 12 embody a “team-of-teams” concept, combining advanced surface, air and systems assets to create and sustain operational capability. This enables them to prepare for and conduct global operations, have effective and lasting command and control, and demonstrate dedication and commitment to become the strongest warfighting force for the Navy and the nation.

The Abraham Lincoln CSG is comprised of Carrier Air Wing (CVW) 7, Destroyer Squadron (CDS) 2, associated guided-missile destroyers, flagship Abraham Lincoln, and the Ticonderoga-class guided missile cruiser USS Leyte Gulf (CG 55).

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.



MCSN Darcy McAtee
The Arleigh Burke-class guided-missile destroyer USS Bainbridge (DDG 96) launches a Standard Missile (SM) 2 Block IIIA.



MCSN Darcy McAtee
The Arleigh Burke-class guided-missile destroyer USS Mason (DDG 87) fires live rounds from its Mark 15 Phalanx close-in weapons system (CIWS). Mason is underway with Norfolk-based cruiser-destroyer (CRUDES) units from Carrier Strike Group 12 conducting a Live Fire With a Purpose (LFWAP) event.

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The guided-missile destroyer USS Jason Dunham (DDG 109), front, steams alongside the French frigate FS Courbet (F712) and a French AS-565 Panther helicopter as part of a three week integration of the Courbet with Task Force 55. Jason Dunham is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

MC3 Jonathan Clay

U.S. Navy, France team up in U.S. 5th Fleet

By PO3 Jonathan Clay
USS Jason Dunham (DDG109)

ARABIAN GULF

The guided-missile destroyer USS Jason Dunham (DDG 109) and the French frigate FS Courbet (F712) participated in training during a three-week interoperability period, Nov. 8. While conducting routine operations in the Arabian Gulf, Dunham and Courbet, under tactical control of U.S. 5th Fleet Task Force (TF) 55, rendezvoused to perform a variety of integrated training that included a liaison naval officer (LNO) exchange, a low-slow flyer (helicopter) drill and deck-landing qualification (DLQ) for a U.S. helicopter aboard Courbet.

“Working with the FS Courbet was a perfect chance to demonstrate our ability to integrate with other countries,” said Cmdr. John Hamilton, Dunham’s commanding officer. “It allows France to see how we operate and learn from our methods but it also allows our crew the chance to learn from them.”

The main evolution during the day was a DLQ. Dunham launched an MH-60R Sea Hawk helicopter, assigned to the “Vipers” of Helicopter Maritime Strike Squadron (HSM) 48, to practice landing on the flight deck of Courbet.

“The purpose of a DLQ is to build up proficiency for a landing environ-

ment,” said Lt. Jonathan Marie, HSM-48’s pilot who flew during the evolution. “Each ship has its own unique characteristics, and getting used to that takes time and repetition.”

Marie said there may differences between how different ships and counties operate but the net result is the same.

“The goal is to land safely,” said Marie. “We make sure we are following their procedures appropriately and communicate intentions effectively so that the deck is ready for us to land.”

Marie said the evolution went well and was another opportunity to reinforce the bond between U.S. and France.

Dunham has also worked with other countries including the Egyptian Naval Force and the Indian Navy during the ship’s current deployment.

“I am honored that the Jason Dunham is often selected to build U.S. relations overseas, and I look forward to what the rest of deployment will bring,” said Hamilton.

Jason Dunham is on deployment in the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



MC3 Jonathan Clay

Lt. Jonathan Marie, right, a pilot assigned to the “Vipers” of Helicopter Maritime Strike Squadron (HSM) 48 attached to the guided-missile destroyer USS Jason Dunham (DDG 109), meets with French Marine Nationale sailors aboard the French frigate FS Courbet (F712) to discuss helicopter landing procedures as part of a three week integration of the Courbet with Task Force 55. Jason Dunham is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

SAVE LIVES & CAREERS: “GIVE THE GIFT OF A DD” CAMPAIGN GOING ON NOW

From 21st Century Sailor Office
Public Affairs

MILLINGTON, TENN.

Navy Alcohol Abuse Prevention (NAAP) promotes responsible alcohol use year-round for Sailors who are of age and choose to drink, but no time is more important than the holidays.

According to the National Highway Traffic Safety Commission, the holiday season sees a significant increase in traffic fatalities that involve impaired drivers. With that sobering information in mind, NAAP’s Keep What You’ve Earned campaign’s Give the Gift of a Designated Driver (DD) pledge is up and running.

“Pledging to serve as a designated driver can be the perfect one-size-fits-all present to keep friends and loved ones safe,” said Ms. Dorice Favorite, NAAP director. “It only takes a minute to complete the pledge online and make a real difference this holiday season.”

Sailors, their friends and family can go to <https://go.usa.gov/xnj86> to make the quick and anonymous pledge to serve as a DD. After taking the pledge, participants are encouraged to visit the KWYE webpage at <https://go.usa.gov/xPWP> to print a gift card that can be given to a shipmate, friend, or family member to be used in exchange for a safe ride home. The pledge runs through Dec. 31.

“The consequences of impaired driving can be devastating,” Favorite said. A Driving Under the Influence (DUI) conviction can wreck not just a vehicle, but also a career and a bank account. In the first six months after a DUI, fees like bail, fines, court costs, DUI class, and attorney’s fees can total nearly \$10,000 or more. Long-term, increased insurance rates and lost income due to reduction in rank can have a significant impact on financial stability. “It’s not worth the risk,” she added. “If you or your friends choose to drink, make sure you have a DD and a plan.”

For more information or links to other resources, including tips on how to have a stress-free DD experience, check out the KWYE website. Download Pier Pressure, the campaign’s free mobile application, for tools to help you plan ahead, find a safe ride home and keep what you’ve earned. Available on the App Store and Google Play.

If you think you may be struggling with alcohol use, or if drinking interferes with your work and/or relationships, visit the Substance Abuse Rehabilitation Program located at your base’s clinic or military treatment facility. For more information, contact your base Alcohol and Drug Control Officer.

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



U.S. Navy graphic

TRUMAN | Crew celebrates Thanksgiving

Continued from A1

a highlight for many Sailors but was particularly special to one of the Navy’s newest additions.

“It made me feel special,” said Seaman Domnique Wilkinson, Harry S. Truman’s Bluejacket of the Year. “I definitely never thought that I would ever be sitting at the table with CNO. That was something spectacular to me. It was a good time for me to sit back and listen to the conversation, [the senior petty officers] had some really good questions, and I learned a lot about the Navy and the things [CNO] implemented...it was a good for me to see my next steps toward where I need to be in my career.”

Since deploying in April, the crew aboard Harry S. Truman has flown combat operations in support of Operation Inherent Resolve, conducted numerous bilateral training events, operated above the Arctic Circle, and participated in Exercise Baltic Operations 2018 and Trident Juncture 2018 – all while

flexing the U.S. Navy’s dynamic force employment strategy. And, despite not being home for the holidays, this Thanksgiving was full of good cheer and high morale.

“I’m thankful for the opportunity to spend time with our Sailors who are operating forward, where the nation needs them,” said Smith. “I’m eager to talk to them about what’s on their minds. I want to make sure they understand I don’t take for granted the fact that they are standing the watch each and every day. I’m humbled and honored to share that experience with them, even if it’s for just a bit.”

Currently operating in the U.S. Sixth Fleet area of operations, Harry S. Truman will continue to foster cooperation with regional allies and partners, strengthen regional stability, and remain vigilant, agile and dynamic.

For more information about Truman, visit www.facebook.com/USSTruman or www.navy.mil/local/cvn75/.



MC2 Thomas Gooley
Chief of Naval Operations (CNO) Adm. John Richardson speaks with Sailors aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).



MC1 Sarah Villegas
Master Chief Petty Officer of the Navy Russell Smith poses for a photo while serving Sailors a Thanksgiving meal aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75). Smith and Chief of Naval Operations Adm. John Richardson visited to collect feedback and express their gratitude for the crew's warfighting readiness.



MC2 Thomas Gooley
Chief of Naval Operations (CNO) Adm. John Richardson serves Thanksgiving dinner to Sailors aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).

CNRMA | Sailor of the Year

Continued from A1

During his time in the Navy, Thurston has demonstrated a selfless attitude, which has seen him become more concerned about the junior Sailors as his responsibilities have expanded. One of his bosses, Naval Station Great Lakes Security Director Scott Kaphingst, said he brings a professional attitude to the job, which rubs off on fellow Sailors.

“I handpicked MA1 Thurston to fill the Navy Security Forces Master-at-Arms Senior Chief billet when the position fell unexpectedly vacant. Matt subsequently inherited duties and responsibilities far above his rank; yet he always completed required tasks with ingenuity and proficiency, and set a new

standard of excellence.” Kaphingst wrote the Bulletin in an email. “His value to Naval Station Great Lakes; to our Navy, and our Nation are 2nd to none. Matt has a ‘can-do’; ‘never quit’ attitude that sets the standard for both peers and subordinates, and is clearly his strongest attribute.”

One reason for Thurston’s rise is that ‘can-do’ attitude. He said, as a junior Sailor transitions to becoming a senior, you learn be enterprising to complete more difficult tasks. He points to the idea that a Sailor needs to do his job in an aggressive fashion.

“It is initiative, to go seek out jobs that others don’t want to do,” he said. “Go get what

you want instead of waiting for it to come to you.”

Further, he admits that for most Sailors, it takes an evolution of attitude and that doesn’t come easy. He points to three mentors who have helped him on the way. The first two are Sailors whom he spent time serving under on the USS Kearsarge (LHD 3), where he spent time from 2012-15. Before he went to the ship, he was part of the U.S. Marine Corps Security Force Battalion in in Kings Bay, Ga. from 2010-12. After leaving the Kearsarge, he reported to NSGL in 2015.

He credits the Kearsarge’s then-Master Chief Sam P. Salvero and CWO Glen Bednarz as mentors.

“I still talk to them twice a week,” Thurston said. “They both put more on me than I thought I could do. Those duties forced

me to figure out ways to get things done efficiently.”

His other mentor is his wife Mirranda, a Navy veteran. He said her love and support has been invaluable.

“She has helped me probably more than I like to admit,” he said. “She is really good with people and through her, I’ve learned to be really good with people. It is really good to have someone like that who is not only your mentor but also your best friend.”

Thurston has earned Two Navy and Marine Corps Achievement medals, a Navy and Marine Corps Commendation Medal and various campaign and unit awards.

He is scheduled to report to NCIS STAAT Det Naples (Italy) in January 2019.



U.S. Navy photo

COURSE | Financial health for life

Continued from A1

equips Sailors and their families with the tools and knowledge needed to set themselves on that path.”

The course teaches that individuals who make small financial adjustments and start good financial habits in their career can be a millionaire by the time they reach retirement age, or sooner.

The topics covered are spending plans, credit, car buying, house buying, saving, and investing in an easy to understand format. Completing the course helps Sailors financial readiness, but it also helps with the

Navy’s overall readiness.

“If you deploy and are worried about hiding your car so the repo guy won’t find it, your mind is not on the mission,” said Carlyle. “We want to equip Sailors with the tools they need for financial security so they can stay lethal and focused.”

Carlyle also stated that using the skills learned in the MDS course reduces stress, security clearance issues, divorce, and suicide. It increases retention and family support of staying in the military.

“It’s difficult to find any aspect of life that

finances do not somehow affect,” she said.

The Million Dollar Sailor is an integral piece of the PFM (Personal Financial Management) program and many who go through the program often fine tune their plans with other PFM offerings, like the no cost, confidential, one-on-one financial counseling session at our Fleet and Family Support Centers.

The MDS course was originally designed for E4 and E5 ranks, it is extremely valuable and available to all Sailors, their families, and anyone who can log into Joint Knowledge Online. Also, most installations allow government civilians to attend PFM classes that are not full. Active duty personnel have priority. Interested parties can find the on-

line course at <https://jkodirect.jten.mil/>. Once logged in, go to the courses tab and type in “Million Dollar Sailor” to find the course.

The Fleet and Family Support Program promotes self-reliance and resiliency to strengthen the military and its family members, support mission readiness, assist commanders in planning for and responding to family readiness needs, and facilitate building a strong community network of services through community outreach and partnerships.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.



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Seabees work day and night
Seabees assigned to Naval Mobile Construction Battalion (NMCB) 3 worked day and night to complete a 48-hour mount out exercise (MOX) onboard Camp Shields in Okinawa, Japan, Nov. 19-21.

» see **B6**

SECTION B | FLAGSHIPNEWS.COM | 11.29.18



The aircraft carrier USS Ronald Reagan (CVN 76) and the guided-missile destroyer USS Milius (DDG 69), center, conduct a photo exercise with Japan Maritime Self-Defense Force ships. The Ronald Reagan Carrier 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.

MC2 Kaila V. Peters

USS Ronald Reagan Sailors receive presidential Thanksgiving video call

By MC1 Timothy M. Black

USS Ronald Reagan Public Affairs

VICTORIA HARBOR, HONG KONG

Sailors assigned to the forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) received a video teleconference call from President Donald Trump during a port visit to Hong Kong, Nov. 22.

Seventeen Sailors and officers sat in on the VTC with President Trump and other service members from the other branches of the armed forces.

“The president called USS Ronald Reagan and other service components of different branches to wish us all a happy Thanksgiving and to also discuss how happy he was of us,” Legalman 1st Class Keia Greenwood, from West Palm Beach, Florida said. “He knows that we wish to be with our families, but we are out here doing great things.”

The president asked each service, regionally and branch specific questions, requesting the commander’s honest assessment of the mission in their areas of responsibilities.

The commanders responded in kind, wishing the president a very happy Thanksgiving on behalf of their Sailors, Marines, Airmen and Soldiers.

“The president asked good questions about future technology and is very understanding of our naval systems and technology,” said Electronics Technician 2nd Class Michael Syzmanski, from Fort Worth, Texas. “I was very impressed and really enjoyed the overall experience.”

The president remarked that Reagan’s motto “Peace through strength” was a motto they follow at home. Ronald Reagan and its embarked air wing, Carrier Air Wing (CVW) 5, provide a combat-ready force that protects and defends the collective maritime interest of the U.S. and its allies and partners in the Indo-Pacific region.



Shealah Craighead

President Donald J. Trump speaks with military service personnel, Thursday, Nov. 22, 2018, during a Thanksgiving conference call at Mar-a-Lago in Palm Beach, Fla.

4th Fleet commemorates 75th anniversary



MC3 Ian Parham

Brazilian Vice Adm. Alipio Jorge, commander in chief of the Brazilian Fleet, delivers remarks to Brazilian and American officials during a reception aboard the Arleigh Burke-class guided-missile destroyer USS Ramage (DDG 61). Ramage is currently underway in the U.S. 4th Fleet area of responsibility in support of U.S. 4th Fleet tasking.

From U.S. 4th Fleet Public Affairs

RECIFE, BRAZIL

Deputy Commander of U.S. 4th Fleet, Rear Adm. John Schommer, with the leadership of guided-missile destroyer USS Ramage (DDG 61), visited the original U.S. 4th Fleet headquarters in Recife, Brazil, Nov. 19, to commemorate the 75th anniversary since U.S. 4th Fleet was originally established.

The fleet’s history with its oldest regional partner dates back to March 15, 1943, one year and three months after the attack on Pearl Harbor, when the United States officially entered World War II. Command of U.S. 4th Fleet was given to the South Atlantic Force Commander, Vice Adm. Jonas Ingram, who was tasked with protecting the shipping lanes in



U.S. Navy photo

Adm. Craig S. Faller, USN, right, incoming commander of U.S. Southern Command, addresses the audience during the change of command ceremony held at SOUTHCOM’s headquarters in Miami, Fla. Monday, November 26, 2018. Sharing the stage with Adm. Faller are Secretary of Defense James Mattis, left, and outgoing commander of SOUTHCOM, Adm. Kurt Tidd, USN (retired).

Faller assumes command of SOUTHCOM

By Jim Garamone

Defense.gov Public Affairs

WASHINGTON

U.S. Southern Command is dedicated to

bringing the hemisphere together, and the progress made in building secure, stable, growing democracies is encouraging in a turbulent world, Defense Secretary James N. Mattis said Nov. 26 in Miami.

The secretary presided over SOUTHCOM’s change-of-command ceremony, as Adm. Kurt W. Tidd turned over the reins to Adm. Craig S. Faller.

“There is more in this hemisphere that binds us together than drives us apart,” the secretary said at the ceremony attended by many chiefs of defense and senior officials from Central and South America and the Caribbean.

Recent Travel to Region

The secretary noted he recently traveled to the region. “At every stop we made, our partnership demonstrated what I would call a natural fit marked by the innate friendliness between our peoples,” he said. “The friendliness and attentive respect are bolstered by our regions shared values and cultural ties – resilient friendships that buttress us against the usual ups

and downs inherent in international relations and they provide us common ground on which we meet.”

There are naysayers who believe the past two years have been bad for democracy, Mattis said, but they must change their tune when looking at the Western Hemisphere. “From Ottawa to Buenos Aires to Santiago we increasingly find an island of hemispheric opportunity and democratic stability amidst a churning and ever-changing global sea,” he said. “Our fortunate, forward-looking hemisphere has made strides not only demo-



Stock Photo

TAKE A CHANCE ON ME



By Lisa Smith Molinari
My ringtone sounded, right on time. A burning ache gnawed at my stomach, as if acid boiled within. I took a deep breath, and swiped to answer.

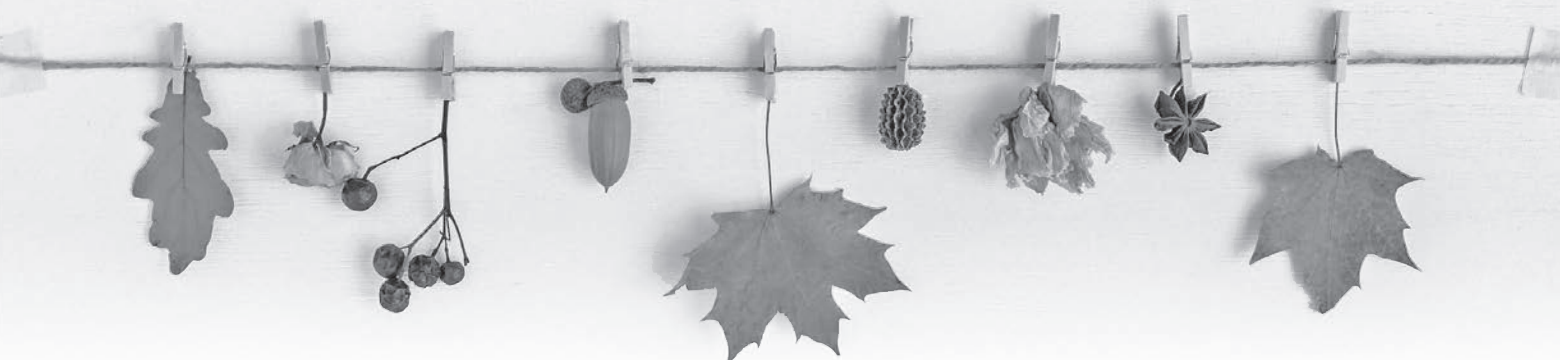
“Hello?”
“Oh, uh, hi! Lisa?”
“Yes. Hi, how are you, Ted?”
“Great! Great, great ... so good to hear from you! Uh, well, I mean, good to talk to you,” Ted chuckled nervously. “How long has it been since you ...”
“Three weeks and four days,” I interrupted, wanting to get to the reason for the call. “Did I get the job or not?” I thought, letting Ted ramble for another minute to cure his jitters. Even though I had been the leading candidate throughout the interview process, I was bracing myself for rejection. Judging by how nervous Ted was to give me the news, it wasn’t looking good.
Finally, Ted elaborately sighed and said, “Well, Lisa, I hate making these calls. I want you to know that we had another candidate come in late to the process ... she had experience that we just couldn’t pass up. And, well, we made her an offer.”
I was silent, but not surprised.

Ted squirmed, filling the awkward silence with more painful prattle, which made me feel worse for him than for me.
“You know, I, uh, we all really loved you here, so this is a hard one, but we’re really hoping that something else will come up in the future. I, we have to look at the way we do work around here, and make some changes. There may be something in six months, three months

down the road, we’re not quite sure. But we all really felt your passion, and would like to see you here one day.”
“I appreciate you letting me know, Ted. Thank you.” I took mercy, allowing him to escape the miserable call.
A week later, a friend sent me a listing for a light, part time job, for which I was educationally overqualified. “I know it’s not what you’re looking for,” she told me, “but it’s a great job.”
“Maybe this is a way to prove myself,” I thought, and fired off my resume.
Two weeks after my interview, I got the rejection call, with an explanation that another candidate came forward who had consistent experience and needed no training.
It was the third rejection in two months of interviewing for jobs as a new empty nester. After each rejection call, I sent a emails asking for “any feedback you might have as I continue my job search.” Each time, the employers offered no criticism of my interviews or resume whatsoever. One even said my interview was “perfect.” However, each employer responded that the winning candidate simply had more experience.
Story of my life.
As a Navy wife who moved many times in 23 years while my husband was active duty, making the fragmented bits of my interrupted work history and volunteer experience look like a “career” takes the kind of creativity that I obviously do not possess. Despite the fact that I have advanced educational degrees that took me seven years and more than \$100k to acquire, and licenses to practice law in two states, I can’t seem to get a job.
I am not alone. Military spouses all over America find it challenging to land good jobs.

- Military spouses all over America find it challenging to land good jobs.
 - Military spouses attend college more than their civilian peers, but face double the unemployment rates.
 - Military spouses earn an average of \$12,000 less annually.
 - Military spouses are underemployed relative to their educations and skills, and are disproportionately affected by occupational licensing requirements.
- 2018 study of Military Spouses in the Labor Market by the White House’s Council of Economic Advisors

According to a 2018 study of Military Spouses in the Labor Market by the White House’s Council of Economic Advisors, military spouses attend college more than their civilian peers, but face double the unemployment rates, earn an average of \$12,000 less annually, are underemployed relative to their educations and skills, and are disproportionately affected by occupational licensing requirements.
The Council concluded that “[f]requent moves, unpredictable hours, rural base assignments, and deployments all take a toll on the labor market outcomes of military spouses [who are] subject to the geographic and temporal constraints imposed by their active duty spouse.” Although new initiatives to hire military spouses were announced earlier this year, the issue soon disappeared from the headlines. National unemployment rates have reached record lows, but the problem for military spouses persists.
When all is said and done, military spouses don’t want lip service. What we really need is a chance.
www.themeatandpotatoesoflife.com



I’m so glad Thanksgiving is over

By Amanda-lee Pitzer
I knew it was coming; I made all these stellar plans for the days off from school. We were going to go do a movie one day, go out shopping another, go to a local place to make ornaments, spend time with family on Thanksgiving day... and yet almost none of it happened. It seemed that every one of my plans was thwarted in one way or another. So there we were, not doing much and counting the days where school would begin again.
We are used to missing Thanksgiving. We have missed it more times than we have actually been together for it. Our tradition has always been

Thanksgiving on New Years – but even knowing that, this year was extra not fun. At one point, my oldest asked me why I kept snapping at them. Granted, most of it was warranted. Toys left out, not following directions...typical kid stuff. But it wore on me extra hard. He was right, even though I didn’t feel upset, clearly I was. And I was taking it out on them. I didn’t realize it until those words smacked me in the face. I apologized. I hugged them, I explained that mommy missed daddy more than usual, and we moved on with new plans.
Used to it or not, the longer we do this sometimes those feelings of just plain missing him hit

me out of nowhere. I’m tired. However, tired or not, the journey is not quite over yet. The older my boys get the more aware I have to be of my actions and feelings because they pick up on it now. And they call me out on it! I have to lead by example. If mommy is struggling, they will struggle. I feel like I do just fine most days—but I have to be on guard of those feelings that creep up without warning. Missing your spouse doesn’t always mean tears and staying in bed wishing he were home – sometimes it just means your skin is thin and the little things irritate you. What’s nice is that the minute you realize it, it takes all the power out of those little irritations and you’re ready to finish tackling the rest of your time apart. Either way, I’m glad Thanksgiving is behind us, and we have much better things on our horizon.



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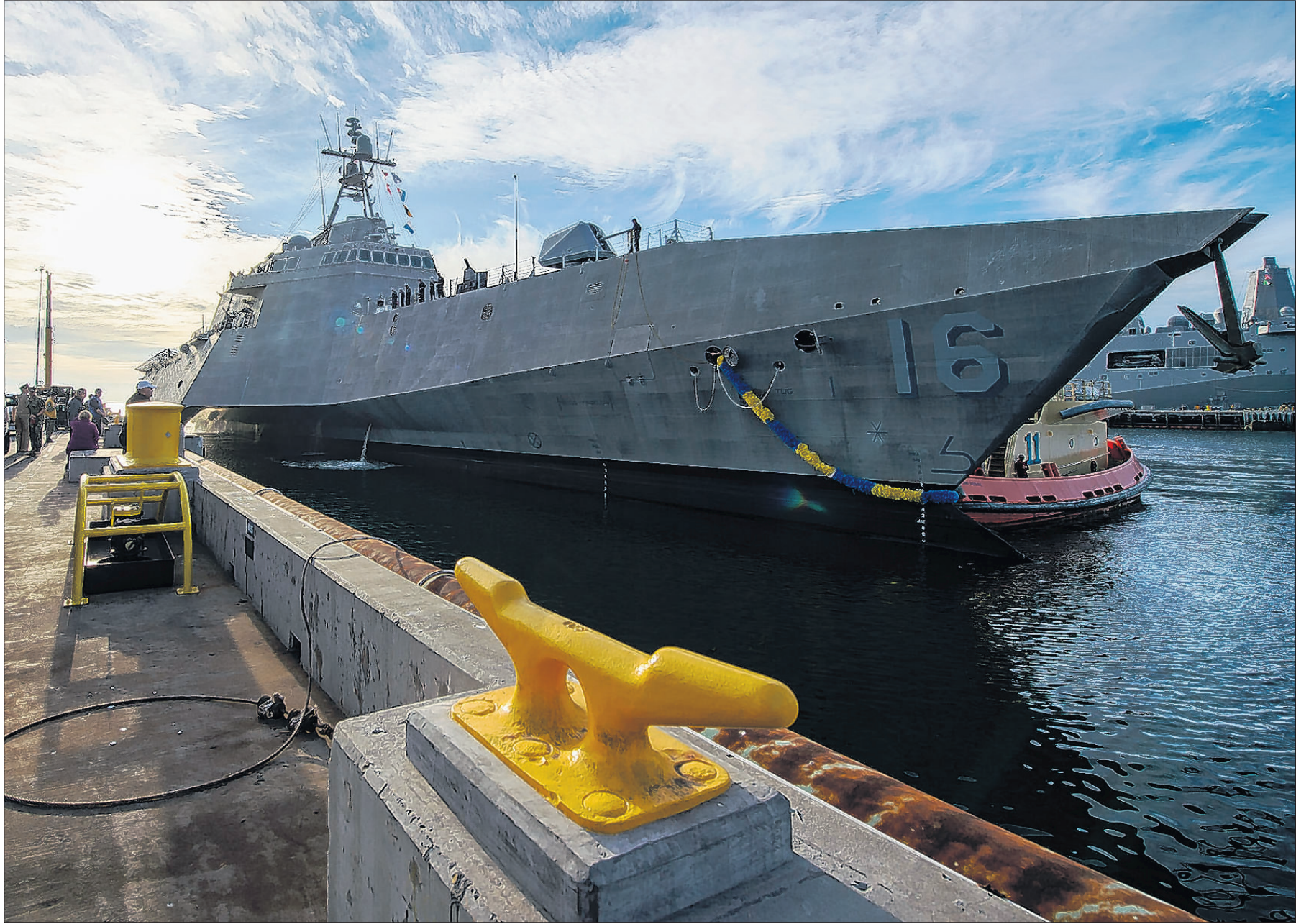
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The future littoral combat ship USS Tulsa (LCS 16) arrives at its new homeport at Naval Base San Diego after completing its maiden voyage from the Austal USA shipyard in Mobile, Alabama. Tulsa is the eighth ship in the littoral combat ship Independence-variant class and is scheduled for commissioning Feb. 16, 2019 in San Francisco.

MC3 Jason Isaacs

FUTURE USS TULSA ARRIVES IN SAN DIEGO

From Commander, Littoral Combat Ship Squadron One Public Affairs

SAN DIEGO

The Independence variant littoral combat ship Pre-Commissioning Unit (PCU) Tulsa (LCS 16) arrived at Naval Base San Diego, Nov. 21, after completing the ship's maiden voyage from the Austal USA shipyard in Mobile, Alabama.

Prior to arriving at its new homeport of San Diego, Tulsa made several port calls and completed a successful transit through the Panama Canal.

"Every day at sea, sailing across the Atlantic, the Caribbean and the Pacific, we trained together as a team, conducting a myriad of drills while getting to know our ship even

better," said Cmdr. Drew Borovies, Tulsa's commanding officer. "I am so proud of the professionalism and experience displayed by the Tulsa crew as we safely navigated from Mobile to San Diego. We feel truly lucky to be entrusted with one of the Navy's newest warships."

Tulsa is scheduled to officially join the fleet Feb. 16, 2019, during a commissioning ceremony in San Francisco. The Navy accepted delivery of Tulsa during a ceremony in Mobile, Alabama, April 30. Delivery marks the official transfer of Tulsa from the shipbuilder, an Austal USA-led team, to the Navy. It is the final milestone prior to commissioning.

"The [mine countermeasures] is vital to ensuring continued access and maneuverability in the littoral battlespace," said Capt.



MC3 Jason Isaacs

Mineman 1st Class Derek Smith, assigned to the future littoral combat ship USS Tulsa (LCS 16), is greeted by his family during a homecoming at Naval Base San Diego. Tulsa arrived to its San Diego homeport after successfully completing the ship's maiden voyage from the Austal USA shipyard in Mobile, Alabama. Tulsa is the eighth ship in the littoral combat ship Independence-variant class and is scheduled for commissioning Feb. 16, 2019 in San Francisco.



MC3 Jason Isaacs

The future littoral combat ship USS Tulsa (LCS 16) arrives at its new homeport at Naval Base San Diego after completing its maiden voyage from the Austal USA shipyard in Mobile, Alabama. Tulsa is the eighth ship in the littoral combat ship Independence-variant class and is scheduled for commissioning Feb. 16, 2019 in San Francisco.

“I am so proud of the professionalism and experience displayed by the Tulsa crew as we safely navigated from Mobile to San Diego. We feel truly lucky to be entrusted with one of the Navy's newest warships.”

Cmdr. Drew Borovies

Matthew McGonigle, commander, COMLC-SRON ONE. "Tulsa is our second LCS slated for the newly forming MCM division. We are excited to welcome her and her crew home to

San Diego, and just in time to spend Thanksgiving with their families and friends too."

Tulsa crewmember Mineman Seaman Calvin Reed said he was excited to be home. This is his first ship, and he said he appreciated the camaraderie, experiences and challenges he faced during his first sailround.

"As a part of this crew, especially weapons department, [this underway] really helped me understand what the Navy is about," said Reed. "Also, I can't wait to commission Tulsa. I'm looking forward to the ceremony."

LCSs are high speed, agile, shallow draft, mission-focused surface combatants designed for operations in the littoral environment, yet fully capable of open ocean operations. As part of the surface fleet, LCSs have the ability to counter and outpace evolving threats independently or within a network of surface combatants. Paired with advanced sonar and mine hunting capabilities, LCSs provide a major contribution, as well as a more diverse set of options to commanders, across the spectrum of operations.

For more news from Littoral Combat Ship Squadron 1, visit www.navy.mil/local/lcs-ron1/.

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Gunnery Sgt. Zachary Dyer
U.S. Navy Adm. Kurt W. Tidd, commander, U.S. Southern Command, gives his input to U.S. Marine Col. Michael Oppenheim, commander, Special Purpose Marine Air-Ground Task Force — Southern Command, during a brief on the upcoming deployment of the MAGTF to Latin America in Doral, Florida, May 16, 2018. The Marines and Sailors of SPMAGTF-SC will soon deploy to conduct security cooperation training and engineering projects alongside partner nation military forces in Central and South America. The unit will also be on standby to provide humanitarian assistance and disaster relief in the event of a hurricane or other emergency in the region.

Central, South American nations demonstrate power of democracy

By Jim Garamone
Defense.gov

WASHINGTON

The power of democracy is increasingly on display in Central and South America, the commander of U.S. Southern Command said during a recent interview.

Navy Adm. Kurt W. Tidd also said the bonds among the nations of the Western Hemisphere are strong and that nations are cooperating and working together. A consistent and long-term strategy in the region has helped to foster this outcome.

The admiral will turn over the reins of the Miami-based command to Navy Adm. Craig Faller Nov. 26.

The classic example of progress in the region is Colombia, Tidd said. In the 1980s, Colombia was beset by drug cartels and a rebellion. The government was under siege and terrorists with the Revolutionary Armed Forces of Colombia — known as FARC — ran rampant. The people of Colombia were the ones who suffered.

Fast-forward to 2016. The FARC negotiated peace with the government and laid down its arms the following year. The Colombian military is one of the most respected institutions in the nation, and the nation itself is an “exporter of security” in the region and the world.

The Colombian military benefitted from internal controls and training provided by Southcom. “This is a part of our four military imperatives — the hallmarks of a 21st-century military force,” Tidd said.

FOUR IMPERATIVES

The four imperatives are: The institutionalization of respect for human rights, development of a professional non-commissioned officer corps, joint operations and working with nations to ensure they take advantage of all of the talent available in their populations.

Today, the Colombian military is capable and professional, and is in the process of shifting from a force focused almost exclusively on a counterinsurgency to a more rounded force. “They are working in Central America to help these militaries to deal with internal security challenges, and at the

same time incorporating this fundamental respect for human rights,” Tidd said.

This changes in Colombia demonstrate the power of a long-term investment. “We have worked side by side with them for decades, and now our Colombian partners are shoulder to shoulder with us, very capable and mature in their leadership,” he said. “They are able to play important security roles helping other countries develop their own capabilities. It really has become what folks hoped for and dreamed about years ago.”

It has not been a smooth path. The FARC insurgency morphed into a dangerous transnational criminal gang. But the Colombian government remained steadfast and the nation held several elections during that period. “We’ve all gone through the inevitable ups and downs,” Tidd said. “No one has perfected democracy — it is messy and challenging. But all of the countries are bound together by this belief, and democracy ties together the Americas in ways that are fundamentally unique.”

SURMOUNTING CHALLENGES

Particularly, the militaries in the region understand their place in democracies. Some nations have been through challenges that in years past would have resulted in military coups, the admiral said. That hasn’t happened, he noted. Military leaders respect their constitutions and the role they need to play.

Is there the possibility this may change? Tidd posited. “Yes. But the fact that we work together and stand with each other allows us to reinforce and support each other’s commitment to respecting the rule of law and trying to improve governance,” he said.

Southcom is one of the smaller combatant commands. Many people call it an “economy of force mission” but Tidd has banned that term from the vocabulary because, the admiral says, it sounds like whining. In his view, being small and having a small footprint forces the command to be creative.

“I like to think of us an elite welterweight punching above our weight class and able to go after problems as they present themselves,” Tidd said. “We will take advantage of creativity and we are liberated to try non doctrinal experimental solu-

tions. We can try things to see if they work. If they do, we certainly share that with the broader security community. If they don’t work, we continue to move out. It’s okay to fail.

“When you study science of learning organizations and creative organizations, if you are not pushing right up to the edge of the envelope, you are not going to advance or change,” he said.

TESTING IDEAS

The command has made a conscious effort to be the “try-it-first-here” theater. “We work closely with the services and industry and allies and other government agencies to test ideas and give them meaningful feedback,” he said.

Trying a new process or idea at Southcom is real; it is not an exercise in a controlled environment, Tidd said.

Above all, working at the command requires “an opportunistic mindset” from all members, the admiral said. “They take new things and push,” he said. “It is an exciting place to work. These folks know doctrine, but they are confronted with issues that aren’t covered by the book. I feel like this is a culmination of 40 years of being allowed to push the envelope, and try some new and exciting things and work with creative people.”

BUILDING PARTNERSHIPS

The command goes way past the Goldwater-Nichols Act of 1987’s definition of jointness in its operations. “It is no longer enough to be part of a team that’s made up of all the branches of the military; you’ve got to be able to work within a team and create trust with teammates from the intelligence community, the law enforcement community, diplomats and with partner nations,” the admiral said.

The problems confronting the command — drug interdiction, uncontrolled migration, trafficking in people and more — are complex. “No individual branch of the armed forces can solve them on their own, no individual department or agency can solve them alone, and no individual nation can solve them on their own,” Tidd said. “Trust underpins everything we do. For the interagency to work you have to get past the stovepiped perspectives.”

Military-to-military contacts are the glue that cements together the force elements required to make things happen, the admiral said.

“I think this was the true intellectual breakthrough and genius of people like Dwight Eisenhower. His boss — George Marshall — understood we were going to have to fight as part of a coalition to succeed in World War II. How do you build them?” he said. “Eisenhower truly embraced and perfected the multitude of negotiations and compromises that were necessary and established relationships that we continue to benefit from.”

US Navy ships train with western hemisphere partners

From U.S. 4th Fleet Public Affairs
MAYPORT, FLA.

In support of U.S. Southern Command’s (USSOUTHCOM) Enduring Promise Initiative, amphibious transport dock USS Somerset (LPD 25) and guided-missile destroyer USS Wayne E. Meyer (DDG 108) will conduct interoperability and partnership exercises in Ecuador, Peru and Chile.

Somerset has approximately 300 U.S. Marines and Sailors with Special Purpose Marine Air-Ground Task Force-Peru that will conduct humanitarian assistance and disaster relief training with Peruvian naval forces.

Wayne E. Meyer will conduct an interoperability and information sharing exercise with the Ecuadorian navy to increase capacity in countering illegal, unreported and unregulated fishing. After the exercise is complete, Wayne E. Meyer will navigate to Chile with Somerset to participate in celebrations of the Chilean navy’s 200th anniversary and EXPO-NAVAL 2018.

EXPONAVAL 2018 is the 11th Chilean International Naval & Maritime Exhibition and Congress for Latin America. It will take place Dec. 4-7 at Base Aeronaval Concon, Valparaíso in Chile. Sponsored by the Chilean Ministry of Defense and the Chilean navy, it

is the major naval exhibition for Latin America on the Pacific coast. The four-day event comprises an exhibition, conference, senior staff delegations and visiting warships and will focus exclusively on naval defense and maritime security issues and equipment procurement. Eighty-two nations from across the globe have been invited to attend the event.

The Enduring Promise initiative reaffirms U.S. Southern Command’s longstanding commitment to the nations of the Western Hemisphere with a series of operations, activities and events to increase partner nation capacity and build interoperability. Southern Command’s engagement in the region re-

■ EXPONAVAL 2018:

The 11th Chilean International Naval & Maritime Exhibition and Congress for Latin America. It will take place Dec. 4-7 at Base Aeronaval Concon, Valparaíso in Chile.

flects the United States’ enduring promise of friendship, partnership and solidarity with the Americas — united in shared responsibility as defenders of the Inter-American values of human rights, freedom, respect for the rule of law and commitment to peace.

For more information, visit www.public.navy.mil/comusnavso-c4f, on Facebook at www.facebook.com/NAVSOU4thflt, or on Twitter at [www.twitter.com/navsous4thflt](https://twitter.com/navsous4thflt)
For more news from U.S. Naval Forces Southern Command & U.S. 4th Fleet, visit www.navy.mil/local/cusns/.

Pain alleviation sees alternative approach

By Dave Marks
NHTP Public Affairs Officer

TWENTYNINE PALMS, CALIF.

Alleviating pain on the battlefield is an enduring problem. Drugs have evolved; yet yesterday’s tincture of opium is not vastly different from today’s fentanyl, morphine and oxycodone. With addiction and dependency rates soaring, it makes sense to investigate other means for pain alleviation.

Navy Lt. Ryan Hollins, a physical therapist assigned to Naval Hospital Twentynine Palms (NHTP), became interested in battlefield acupuncture (BFA) after seeing an Air Force physical therapist use it during his physical therapy internship. Hollins weighed attending an acupuncture course versus bringing an acupuncturist to his remote Navy hospital. Located aboard the Marine Corps Air Ground Combat Center, Naval Hospital Twentynine Palms supports medical readiness on the largest air-ground live-fire training facility in the country. Hollins reached out to providers in multiple disciplines — physicians, chiropractors, physician’s assistants, nurse practitioners, dentists, physical therapists, nurses, independent duty corpsmen and corpsmen.

Hollins endeavored to get Dr. Richard Niemtzow, who invented and developed the protocol for Auricular Therapy (ear acupuncture), to teach the seminar at NHTP. Dr. Niemtzow being unavailable, Hollins found former Navy corpsman,

“Battlefield acupuncture allows for the potential of decreased pain without having to take medication; plus there’s the added benefit of minimizing limitations.”

Navy Lt. Ryan Hollins

physician’s assistant and acupuncturist, John Howard, who had trained under Dr. Niemtzow. With 35 medical personnel attending the course on Sept. 10, Howard treated one volunteer patient to demonstrate the technique, and course participants then practiced on volunteer patients.

Howard demonstrated the use of auricular therapy using tiny needles not much larger than a bee’s stinger. The single-use needles are designed to stay attached to the outer ear for a few days or until they naturally fall out.

“When I had battlefield acupuncture performed, I saw an immediate reduction in pain,” said NHTP physical therapist assistant and

former Navy corpsman, Ben Clark. “The process was not really painful, especially compared to injections that give the same results.”

Hollins noted he has many patients who don’t like to take pills, at all. “They would rather be in pain than use pain medication,” Hollins said. “Battlefield acupuncture allows for the potential of decreased pain without having to take medication; plus there’s the added benefit of minimizing limitations. Medications restrict a patient’s ability to operate vehicles or handle firearms. Battlefield acupuncture imposes no such restrictions and thereby contributes to readiness.

Family-practice provider, Cmdr. Marddi Rahn, NHTP Primary Care

Medical Home Port, said she likes having an alternative to pain meds and feels the treatment is beneficial. She uses battlefield acupuncture to treat chronic pain, headaches, back pain, knee and foot pain.

Lt. Cmdr. Ben Ruddick, NHTP anesthesiologist, said he uses it with a post-operative patient in the post-anesthesia care unit under the supervision of a BFA-credentialed physician. “The patient was a post-hysterectomy and experienced moderate pain relief from the BFA application,” Ruddick said.

Hollins reiterated the benefit of having another option to treat pain. “Especially with the opioid misuse epidemic that has been in the news lately, I’ll use it with patients expe-

riencing severe pain to help tolerate their physical therapy; or I’ll use it post treatment if their pain increases to severe levels,” Hollins said.

While not a mandated program in Navy medicine, battlefield acupuncture is widely recognized as a viable option for pain alleviation. Navy providers who are certified in BFA are adding to the growing amount of data hospital administrators and medical professional can use to make informed decisions regarding alternatives to opioids and other pain-reducing medications.

For more news from Naval Hospital Twentynine Palms, visit www.navy.mil/local/nh29p/.



Joseph Eddins

Students practice the application of Battlefield Acupuncture on each other and their instructor, former Air Force Colonel, Dr. Stephen Burns, during a Battlefield Acupuncture training session at the Air Force Acupuncture Center at the Malcolm Grow Medical Clinic, Joint Base Andrews, Md.

CSCSU Great Lakes Petty Officer Association donates to food pantry



Brian Walsh

Center for Surface Combat Systems Unit Great Lakes Petty Officer Association held a week long food drive gathering three pallets of boxed and canned goods to donate to Warren Township Food Pantry Nov. 21. In addition, they collected over \$300 to purchase additional food items.

By Brian Walsh

Training Support Center Public Affairs

GREAT LAKES, ILL.

Staff at Center for Surface Combat Systems Unit (CSCSU) Great Lakes concluded their week-long collection event to benefit Warren Township Food Pantry, Nov. 21.

Organized by CSCSU’s Petty Officer Association (POA), the command collected three pallets of boxed and canned food.

“Our command Petty Officer Association decided to get involved to help our local community who may not be as fortunate during the holiday period,” said Gunner’s Mate 1st Class Bryan Lopez, leading petty officer of CSCSU Great Lakes GM A School and president of the command’s Petty Officer Association. “We are always searching for ways to get involved and make a difference in our community. Assisting the Warren Township Food Pantry helping those less fortunate is always a worthy endeavor.”

Various canned goods and non-perishable items ranging from green beans, corn, mashed potatoes and stuffing have been donated. The POA will be delivering the items collected on

Wednesday afternoon.

“We have the entire Petty Officer Association organizing the event but it wouldn’t have been possible without the entire command’s support and generous contributions,” Lopez said. “With the items collected all around the command, we ensure families who are in need are able to provide a meal for their families.”

Assisting the Warren Township Food Pantry is only one of many community related events the command gets involved with throughout the year.

“The Sailors of CSCSU Great Lakes dedication for volunteering and their commitment to supporting our local civilian community is extremely commendable,” said Chief Gunner’s Mate Brandon Gomes, leading chief petty officer of CSCSU Great Lakes Training/Learning Standards and vice president of the command’s Chief Petty Officers Mess. “Giving back to those who have gone above and beyond to support our staff and military personnel here in Great Lakes is, and will continue to be, a primary mission for our command.”

For more news from Training Support Center, Great Lakes, visit www.navy.mil/local/tscgl/.



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Photos by MC2 Michael Lopez

Construction Electrician Constructionman Taylor Frederick and Equipment Operator 2nd Class Marisela Allen, both assigned to Naval Mobile Construction Battalion (NMCB) 3, place scales under a tricon storage container during a 48-hour mount out exercise (MOX) onboard Camp Shields in Okinawa, Japan.

By MC2 Michael Lopez
Naval Mobile Construction Battalion 3 Public Affairs

OKINAWA, JAPAN

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 3 worked day and night to complete a 48-hour mount out exercise (MOX) onboard Camp Shields in Okinawa, Japan, Nov. 19-21.

A MOX simulates one of the core capabilities of an NMCB; the ability to deploy an 89-person air detachment within 48 hours to support any mission required by a supported commander. Missions could range from major combat operations to humanitarian and disaster relief.

The scenario for this exercise was a major combat operations response to a threat in the Indo-Pacific Command area of operations.

The mount out required robust communication and attention to detail within the embarkation team; the department that provides the expertise and muscle behind any major movement.

ing on this exercise in which they have to work outside of their rate skill sets to make this happen as a battalion.”

After identifying the appropriate materials to support the mission, the Seabees can’t simply load them as-is into an aircraft. Getting the equipment ready for liftoff consists of several evolutions and meticulous attention to detail.

“Every little detail and measurement that goes into the preparation of the equipment matters in the end so that accurate information can get to the load planners and we can load the aircraft properly,” said Equipment Operator 2nd Class Monica Cervantes, the embarkation leading petty officer and night crew leader. “The chains on the tricon boxes have to be a certain way, everything needs to be accounted for, the weights and measurements that were recorded have to be accurate and match our paperwork; all of these things are inspection items.”

The Seabees built pallets and shoring to load the equipment, washed and measured each piece of CESE to locate its center of balance, and collected data to prioritize the order of shipment in the staging area.

The data, consisting of the total weight, dimensions, hazardous materials, and aircraft compatibility, moves into the hands of the load planners, who input the information into a computer program called Sea Service Deployment Module to determine where each item will be placed in the military aircraft before the Seabees can stage the items. If these steps are not taken and the load is not properly planned, it could unbalance the aircraft and endanger the flight.

“The final push of this exercise was probably the best for me because I got to see everything in its place knowing that I and the rest of the team had a part in loading every unit of CESE and supply materials,” said Builder 2nd Class Valerie Romero, a load planner for the exercise. “It’s a really big deal when you start thinking about how all the weights, measurements, and other data come into play to make sure that the aircraft is loaded with the right gear and will actually be cleared to fly.”

The days and nights of effort culminated in an inspection performed by a representative from the 30th Naval Construction Regiment and subject matter experts from NMCB-3 to determine the accuracy of the information and load plan to get the materials to the mission area, demonstrating that NMCB-3 stands ready to mobilize their air detachment.

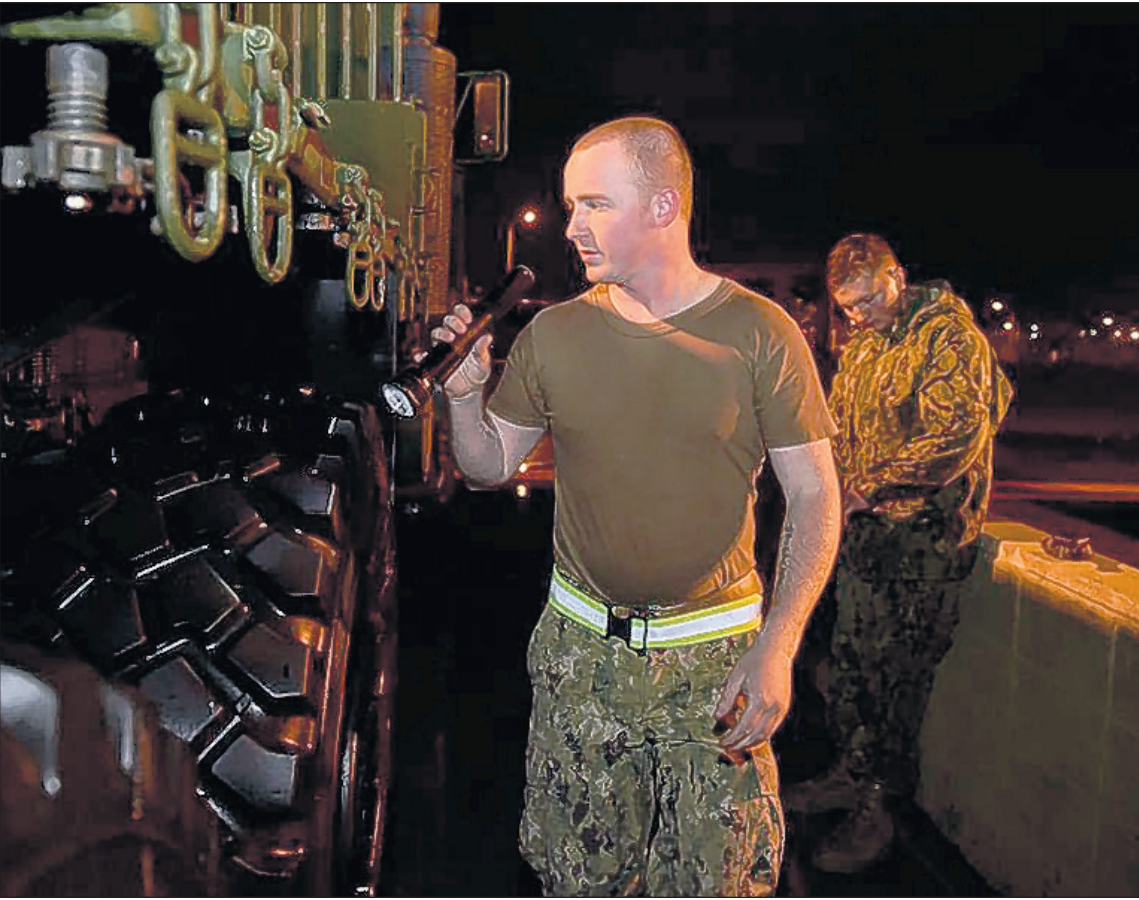
NMCB-3 is forward deployed throughout the Indo-Pacific region and United States ready to support major combat operations, theater security, humanitarian assistance and disaster relief operations. Seabees provide general engineering and civil support to Navy, Marine Corps and joint operational forces globally.

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

For more news from Naval Mobile Construction Battalion 3, visit www.navy.mil/local/nmc3/.

“We have Sailors from every single rate in every company in our battalion working on this exercise in which they have to work outside of their rate skill sets to make this happen as a battalion.”

Senior Chief Equipment Operator
Matthew Kreamalmyer



“Many people would think communication is the most challenging part of the exercise because there are so many moving parts, but I don’t think that’s actually the hardest aspect,” said Senior Chief Equipment Operator Matthew Kreamalmyer, the battalion’s embarkation officer. “When it comes to load planning and exercising the ability to move so many personnel and pieces of equipment, it takes a lot of time to pay attention to the small details that will cause a great deal of frustration for preparing the flight if they’re overlooked.”

The Seabees worked day and night in shifts to move 37 units of civil engineering support equipment (CESE), 20 pallets consisting of tricon storage containers, shoring materials, shower and galley materials, meals-ready-to-eat, and personnel gear issue.

“Our team has been motivated, they’re pushing hard and learning new trades which also helps diversify the battalion,” said Kreamalmyer. “We have Sailors from every single rate in every company in our battalion work-



TOP: Religious Programs Specialist 2nd Class Koby McDonald, assigned to Naval Mobile Construction Battalion (NMCB) 3, inspects a medium tactical vehicle replacement cargo truck during a 48-hour mount out exercise (MOX) onboard Camp Shields in Okinawa, Japan. A MOX simulates one of the core capabilities of an NMCB; the ability to deploy an 89-person air detachment within 48 hours to support any mission required by a supported commander. NMCB-3 is forward deployed throughout the Indo-Pacific region and United States ready to support major combat operations, theater security, humanitarian assistance and disaster relief operations. MIDDLE LEFT: Construction Electrician Constructionman Apprentice Jaden Brevick, assigned to Naval Mobile Construction Battalion (NMCB) 3, washes a high mobility multipurpose wheeled vehicle during a 48-hour mount out exercise (MOX) onboard Camp Shields in Okinawa, Japan. MIDDLE RIGHT: Construction Electrician 3rd Class Michael Hatch and Builder Constructionman Matthew Ridgeway, both assigned to Naval Mobile Construction Battalion (NMCB) 3, track the movement of civil engineering support equipment and materials in the mount out control center during a 48-hour mount out exercise (MOX) onboard Camp Shields in Okinawa, Japan. BOTTOM: Construction Electrician Constructionman Recruit Dylan Thornsberry, assigned to Naval Mobile Construction Battalion (NMCB) 3, replaces a tail light on a piece of civil engineering support equipment during a 48-hour mount out exercise (MOX) onboard Camp Shields.



ANNIVERSARY | Reception held aboard USS Ramage to honor U.S. 4th Fleet’s anniversary

Continued from B1

the South Atlantic from German U-boat and other Axis forces.

From 1942-1944, the United States and Brazil’s coordinated naval efforts resulted in the sinking of 18 German U-boats, one Italian submarine and countless Axis blockade runners operating in the South Atlantic.

“As the two largest democracies and two largest economies in the Western Hemisphere, Brazil and the United States are natural partners,” said Schommer. “[This is] a partnership that we can trace back 75 years when our naval forces fought in the South Atlantic, where our fleet found a home amongst our ally, Brazil.”

In the decades following World War II, Brazil and the United States navies have maintained a close partnership through participating in annual exercises such as UNITAS and PANAMAX.

The admiral capped off his visit with a reception aboard Ramage to honor U.S. 4th Fleet’s anniversary and the friends and contacts of the U.S. Consulate. Consul General John Barrett said he was honored to participate.

“The U.S. Consulate in Recife is proud to

welcome and support the visit of the USS Ramage to Recife,” said Barret. “They represent an important and visible symbol of our unique historical connection, and our continued commitment to partnership with Brazil.”

Ramage’s visit was supported by the U.S. Consulate General in Recife. U.S. Naval Forces Southern Command/U.S. 4th Fleet (USNAVSO/FOURTHFLT) fulfills the maritime role within U.S. Southern Command’s joint and combined military operations. USNAVSO/FOURTHFLT employs maritime forces in cooperative maritime security operations to maintain access, fortify the ability of U.S. forces to work together with partner nations, and build enduring partnerships with the ultimate goal of enhancing regional security and promoting peace, stability, and prosperity in the Caribbean, Central, and South American regions.

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



MC3 Ian Parham Cmdr. Isaac Harris, executive officer of the Arleigh Burke-class guided-missile destroyer USS Ramage (DDG 61), gives a tour of Ramage to Brazilian navy sailors assigned to the Brazilian navy patrol vessel NPa Macau (P 71) during a port visit in Suape, Brazil. Ramage is currently underway in the U.S. 4th Fleet area of responsibility in support of U.S. 4th Fleet tasking.

Pax River F-35 ITF leaves HMS Queen Elizabeth after ‘eclipsing aspirations’



Dane Wiedmann

The F-35 Pax River Integrated Test Force carried out phase two of the First of Class Flight Trails (Fixed Wing) aboard HMS Queen Elizabeth. Test events included external stores, minimum performance short-takeoffs, shipborne rolling vertical landings and night operations. A third phase followed by operational testing is scheduled for 2019. Together the events will help the UK ministry of Defence reach IOC(M) in 2020.

From HMS Queen Elizabeth Communications Team

NORTH ATLANTIC OCEAN

F-35 Lightning jets have left HMS Queen Elizabeth after eight weeks flying on and off the 65,000-tonne warship, helping to write the ‘operator’s manual’ so the jets can fly from her deck on front-line operations.

The success of the Westlant 18 deployment – which has also included a very high-profile visit to New York – allows the Portsmouth-based ship to move on to operational trials next year with British-owned F-35s flown by Naval and Air Force aviators based at RAF Marham.

Two F-35B test jets, four test pilots and nearly 200 personnel based at the F-35 Integrated Test Force (ITF) at Naval Air Station Patuxent River in Maryland, joined the carrier in late September.

Since then they have performed 200 short take-offs, 187 vertical landings, and 15 ‘rolling’ landings – a technique unique to the UK which allows a Lightning to return to the carrier with a heavier payload – and dropped 54 dummy bombs into the Atlantic.

“This has been one of the most comprehensive flight trials at sea ever conducted,” said Royal Air Force Squadron Leader Andy Edgell, FOCFT(FW) lead test pilot with the F-35 Pax River ITF. “I am very proud to have professionally executed every aspect of this trial and deliver for the UK a capability that can be exploited for years to come.”

Royal Navy Commander Nathan Gray, test pilot at the F-35 Pax River ITF and the first person to land a jet on HMS Queen Elizabeth, added: “It has been phenomenal to get through a high profile with such success. This is due to the skills of the designers of both the F-35 and the ship herself.

“It is beyond question that without the vision of the Royal Navy and the unfailing support of the ship’s company we would not have achieved what we have done today,” he said. “I am proud to have delivered this future and enduring operational capability.”

Weapons experts loaded various configurations of bombs and missiles on to the Lightnings, making use of HMS Queen Elizabeth’s unique automated munitions magazine.

ITF scientists recorded masses of data from the

ship and the jets; that data will determine the limits (weather, humidity, pitch and roll of the ship, aircraft weight) at which the Lightnings can safely launch from and land back on HMS Queen Elizabeth and her sister Prince of Wales.

“It goes without saying that this was a phenomenally successful shipboard detachment,” said Andrew Maack, F-35 Pax River ITF Chief Test Engineer and Site Director. “I could not be more proud of the collective team effort between the ITF and the HMS Queen Elizabeth crew to make this happen.”

U.K. Captain Nick Cooke Priest, HMS Queen Elizabeth’s new Commanding Officer who was in command for the second phase of this current set of F-35 trials said this autumn’s trials had marked “a significant milestone on the Royal Navy’s journey back to big deck carrier operations.

“The schedule has been busy and challenging and the results have eclipsed the aspiration; this success is largely due to the exceptional relationship that exists between the ship and her embarked staff, and the scientists, engineers and pilots of the F-35 Integrated Test Force, all of whom have shown exceptional professionalism, dedication and drive,” Cooke Priest said.

He continued: “This deployment has however delivered far more than the initial integration of fixed wing aircraft with the ship.

“It has re-introduced the true value that carrier capabilities bring to the UK and her allies, it has deepened our relationship with our closest ally, demonstrated our nation’s engineering prowess and cemented our commitment to the future as a global navy.”

The carrier is now spending time in Norfolk, Virginia, offloading the ITF team and their equipment before heading back to Portsmouth in time for Christmas.

She will come home, said U.K. Carrier Strike Group Commander Commodore Michael Utley, with a real buzz on board.

“This is positive time to be a Royal Navy sailor, a positive time to be Royal Navy aircrew and a positive time for the UK-US partnership in providing a greater depth of security across the globe.”



U.S. Navy photo U.S. Secretary of Defense James Mattis, left, passes the U.S. Southern Command guidon to Adm. Craig S. Faller, USN, incoming commander of SOUTHCOM, during the change of command ceremony held at SOUTHCOM’s headquarters in Miami, Fla. Monday, November 26, 2018.

SOUTHCOM | Adm. Kurt W. Tidd turns over the reins to Adm. Craig S. Faller

Continued from B1

cratically, but also economically and militarily.”

This sets up well for the future. “As the political dimension matures and political headwinds are encountered, our hemispheres militaries can be stabilizing forces, especially when we collaborate to protect our peoples from Mother Nature’s storms and man-made insults to civilization – whether they be terrorism, drug trafficking or other security threats,” he said.

Work with neighbors is based on mutual respect, Mattis said. The United States works to build teamwork and stable military relationships with all the nations in the region “except for those suffering under the unfortunate and irresponsible leadership in Cuba, Nicaragua and Venezuela with their anti-democratic, autocratic domination of their citizens who deserve better,” he said.

He pointed to the mission of the Navy hospital ship USNS Comfort, to aid Venezuelan refugees fleeing their crisis-racked nation, as an example of SOUTHCOM’s mission. “Alongside 10 partner nations and six nongovernmental organizations, we are sending doctors, not bombers, to help limit human suffering,” Mattis said. “We are all better for this partnership. In supporting this effort and other initiatives, Admiral Tidd has proven himself a trusted partner to our neighbors.”

40 Years of Service

The secretary lauded Tidd’s 40 years of service capped by his SOUTHCOM efforts to foster relationships and to build foundations for those relationships to enhance mutual understanding throughout the region.

“He recognized that people-to-people ties are the true bridge to effective military cooperation, but-tressing our nation’s regional diplomacy through his tireless efforts as he acted in concert with many of you who honor us with your presence here today,” Mattis said of Tidd.

He also praised Tidd’s embrace of new ideas. “His flexibility, willingness to experiment and constant quest to learn and improve served the command well, as he strove to make it more integrated, more

“... Admiral Tidd cultivated, and strengthening our ties with our respected partners who we live alongside. I have every confidence you will do just that, carrying out your duties with the honor, grit, teamwork and skill you have demonstrated every day throughout your career.”

Defense Secretary James N. Mattis

responsive and more focused on building trust between our militaries – for trust is the coin of the realm among military leaders in our hemisphere,” the secretary said.

Thanks to Tidd’s work, Southern Command is better positioned to counter transnational threat networks, prepare and respond to natural disasters, and promote military professionalism and military-to-military exchanges across the region, Mattis said.

The secretary welcomed Faller to command, praising his 35 years of service. Mattis tasked Faller to build on his own experience with foreign partners “from the Middle East to the Indo-Pacific to the Atlantic – as you assume your duties as helmsman of U.S. military efforts to our south.”

Mattis charged Faller “with taking this command to the next level, building on the trusted relationships Admiral Tidd cultivated, and strengthening our ties with our respected partners who we live alongside. I have every confidence you will do just that, carrying out your duties with the honor, grit, teamwork and skill you have demonstrated every day throughout your career.”

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Organization gives kids who’ve lost a parent in the line of duty, a push towards greatness

Children of Fallen Patriots Foundation raises \$2.6 million to support military kids who have lost a parent in the line of duty » see C4

Matt Beard Photography

CIRQUE DU SOLEIL
CRYSTAL

A BREAK
THROUGH ICE
EXPERIENCE!

Cirque du Soleil’s first ever on-ice production ‘CRYSTAL’ performs in Norfolk this weekend

Interview with publicist
Julie Desmarais: An
insider’s view of Cirque
du Soleil’s Crystal

By Yiorgo
Yiorgo: Where were you born, how long have you been with Cirque du Soleil and what is your experience working with them?
Julie Desmarais: I was born and raised in Montreal, Canada. I have been with Cirque du Soleil for eight years. I did two arena tours prior to Crystal: Dralion for 5 years and then Varekai for 2 years. I was interested in working on something new because Crystal is the first Cirque du Soleil adventure on ice and I wanted to bring some creativity and ideas through this wonderful show for everybody.
Y: I have enjoyed all the Cirque shows that I have seen and love the huge cast and the international flavor all the shows bring. Can you talk about that?
JD: We have on tour, cast and crew combined, 90 people from 21 nationalities and that includes 43 cast members. We have a combination of ice skaters, acrobats, musicians and a comic character. English is our main form of communication. We have artists who come to us with limited English but as the tour progresses so does their English language.

Y: It must be fascinating working with an international cast.
JD: What makes us very special is everybody brings his or her unique experiences to the tour and we all bond together since we spend so much time together and I have never experienced this before. Everyone has a special story, everyone is super unique and it is what creates the essence of who we are on tour.
Y: What is the story of Crystal about?
JD: We follow Crystal into a world of her own. She does not feel like she fits anywhere so she ventures onto a frozen pond and sees her reflection, her alter ego that guides her through a surreal journey to find who she is and to find the strength to be who she wants to be. It is a story that relates with many of us at some moments in our lives.
Y: Why should people see this show?
JD: Crystal is very unique. It is the first time that Cirque del Soleil combines ice skating and acrobatics this way where one artist had to learn the other’s craft and vice versa. There are a lot of “wow moments”, things that you see for the first time ever. Add to that this enchanting character, the story, the lighting, it is an experience for the whole family to experience together.
Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.

Annual holiday concert
brings holiday cheer to Joint
Expeditionary Base Little
Creek-Fort Story

From JEB Public Affairs
It’s that time of the season when families come together and share time with one another and that is exactly the goal at this year’s Holiday Concert featuring the U. S. Fleet Forces Band to be held November 30 at the Base Theater on the Joint Expeditionary Base Little Creek-Fort Story.
This spectacular, family oriented free concert is open to all military families, both active duty and retired and their guests, to come together and share in this festive holiday season.

The Base Theater doors will open by 5:30 p.m. with Children’s Indoor Holiday Activities taking place. The annual Tree Lighting with the arrival of a special guest at 6:45 p.m. followed by the concert beginning at 7 p.m.
So plan to attend and share some festive time together as one military family! This concert and MWR sponsored events will provide fun and be a memorable event for children of all ages.



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

- Through Dec. 15. 4 p.m. – 9 p.m.
- Norfolk Botanical Garden, 6700 Azalea Garden Rd., Norfolk
- \$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.

Cirque du Soleil Crystal

- Nov. 29.—Dec. 2. \$45–\$130
- Scope Arena 201 E Brambleton Ave., Norfolk
- (757) 664-6464

Crystal is not just an ice show - it’s the very first experience on ice from Cirque du Soleil. Watch world-class ice skaters and acrobats claim their new frozen playground with speed and fluidity as they challenge the laws of gravity with never-before-seen acrobatics. A new kind of performance as Cirque du Soleil meets the ice to defy all expectations. Follow Crystal, our lead character, on an exhilarating tale of self-discovery as she dives into a world of her own imagination. Feel the adrenaline as she soars through this surreal world at high speed to become what she was always destined to be: confident, liberated, & empowered.

Dark Star Orchestra in Concert

- Friday, Nov. 30. 8 p.m. \$24.50–\$28 day of show
- The Norva 317 Monticello Ave., Norfolk
- www.thenorva.com

Performing to critical acclaim celebrating over 20 years and over 2700 shows, Dark Star Orchestra continues the Grateful Dead concert experience. Their shows are built off the Dead’s extensive catalog and the talent of these seven fine musicians. On any given night, the band will perform a show based on a set list from the Grateful Dead’s 30 years of extensive touring or use their catalog to program a unique set list for the show. This allows fans both young and old to share in the experience. By recreating set lists from the past, and by developing their own sets of Dead songs, Dark Star Orchestra offers a continually evolving artistic outlet within this musical canon. Honoring both the band and the fans, Dark Star Orchestra’s members seek out the unique style and sound of each era while simultaneously offering their own informed improvisations.

Broadway In Norfolk Presents Rudolph The Red-Nosed Reindeer

- Friday, Nov. 30 (7:30 p.m.)–Saturday, Dec. 1. (11 a.m., 3 p.m. and 7:30 p.m.)
- \$34–\$69
- Chrysler Hall
- www.broadwaynorfolk.com

The beloved TV classic RUDOLPH THE RED-NOSED REINDEER soars off the screen and onto the stage this holiday season. Come see all of your favorite characters from the special including Santa and Mrs. Claus, Hermey the Elf, Bumble the Abominable Snow Monster, Clarice, Yukon Cornelius and, of course, Rudolph, as they come to life in RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL. It’s an adventure that teaches us that what makes you different can be what makes you special. Don’t miss this wonderful holiday tradition that speaks to the misfit in all of us. Based on the animated television special “Rudolph the Red-Nosed Reindeer” and the stage production directed and conceived by Jeff Frank and First Stage. Script adaptation by Robert Penola. Arrangements and orchestrations by Timothy Splain.

USO Home For The Holidays Concert

- Saturday, Dec. 1. 7 p.m. and Sunday, Dec. 2. 4 p.m.
- Virginia Beach Convention Center, 1000 19th St., Virginia Beach
- www.homefortheholidaysconcert.com

Join us for a free, family friendly concert at the Virginia Beach Convention Center as we honor USO and military families! Featuring performances from Guava Jam Band, Letha Holland Deel, and BJ Griffin, and a special appearance from Saint Nick! Each family gets a free photo with Santa and each child gets a free gift while supplies last. You can also enter to win TWO round trip tickets with Southwest Airlines by registering with the form below! See registration form for details. This event is open to the public.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

Please submit **events** here: www.militarynews.com/users/admin/calendar/event/

Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/.

Children of Fallen Patriots Foundation raises \$2.6 million to support military kids who have lost a parent in the line of duty

By Julie Dion

RIVERSIDE, CT

Children of Fallen Patriots Foundation (Fallen Patriots) raised nearly \$2.6 million to support the college education of Gold Star children at the 10th Annual Greenwich Gala. On November 3, 2018, close to 500 people gathered at Riverside Yacht Club in Greenwich to honor Gold Star families and the brave servicemen and women who have fallen defending the United States.

The annual Gala is an opportunity for Fallen Patriots families and supporters to enjoy a cocktail hour, dinner, presentation, live auction, and the unforgettable Fund-A-Scholarship, which allows supporters to see their donations at work contributing to tuition, books, computers and more.

To mark this year’s 2018 Patriot Award, General Raymond A. Thomas III, Commander of the United States Special Operations Command, was honored for his impressive military



career and devotion to the safety and freedom of America. He accepted this award on behalf of all the Soldiers in the Special Operations Community. Fallen Patriots board member Ben Carter and his wife Hillary were honored with the Distinguished Service Award for their continued support of military families.

Featured student speaker Izabel Nelson shared her family’s story and how the foundation has impacted her life. “I am so grateful for all that Fallen Patriots has given me, and with their help I am one step further to graduating from my dream school and favorite place on earth, Virginia Tech,” she said. Izabel is studying Human Development and expected to graduate debt-free in 2019 and has plans to pursue a career at Special Olympics.

Local partnership brings new playground to downtown Norfolk

From Norfolk.gov

Downtown residents expressed a need for a safe play area for children in the Freemason area. Based on community input, Recreation, Parks and Open Space (RPOS) partnered with the Blocker Norfolk YMCA of South Hampton Roads and the Freemason Civic League to develop a public playground on Dunmore Street

“We are excited to introduce another playground for our community to enjoy in the City of Norfolk. We appreciate the opportunity to partner with the Freemason Civic League and the Blocker Norfolk YMCA to serve our families downtown,” said Darrell Crittendon, Director of RPOS.

Located next to the Blocker Norfolk YMCA, 312 W. Bute Street, the Freemason Playground is fully accessible and designed for children ages 5 to 12. The playground features a



Courtesy Norfolk.gov

colorful nautical themed ship sailing on a sea of blue rubberized safety play surface. The design concept integrates with Norfolk’s identity as an urban waterfront city. *For more information visit, Norfolk.gov/play.*

Armed Services YMCA kicks off 24th year of Military Family Month

From ASYMCA

WASHINGTON, DC

Each November, the Armed Services YMCA celebrates Military Family Month to recognize the contributions and sacrifices of America’s military families! Military Family Month was established in 1996 by the ASYMCA with the U.S. Government recognizing the occasion every year since. With hundreds of thousands of service members serving both at home and abroad, the ASYMCA believes that it is important to recognize the daily sacrifices made not only by our military but also the spouses, children, parents and other family members that support them back home.

“Military Family Month is another way that the Armed Services YMCA recognizes the sacrifice and commitment of our brave service members and their families,” said William French, ASYMCA President and CEO. “It is truly an honor to support the families that serve our country.”

The ASYMCA celebrates Military Family month each November by kick off their annual Art & Essay contest for military children. This year, the annual contest launched on Wednesday, November 14th. Co-sponsored by GEICO Military, the contest is open to children grades 1-12 of active duty or retired members of the Army, Navy, Marines, Air Force,

Coast Guard and National Guard/Reserves. Submissions should be received by March 15th, 2019 and winners are announced in April.

Military families face obstacles that many civilian families couldn’t even imagine. Military children move six to nine times during their school careers, making it difficult to build friendships and military spouses are tasked with securing employment with each new change in duty station. Junior enlisted military families struggle to make ends meet and frequent transitions often leaves them feeling isolated. The ASYMCA works closely with military installation commanders to address these issues by providing programming that meets the specific needs of military troops and their families.

The Armed Services YMCA strengthens our military family in spirit, mind and body through relevant programs and services unique to the challenges of military life. ASYMCA tailored no and low cost programs and services include: childcare, day and resident camps, quality child development programs, early learning classes, emergent food support, deployment support, emergency travel support, health and wellness services, and more.

ABOUT ASYMCA:

The Armed Services YMCA is a registered 501©3 non-profit that serves active duty military members and their families. In 2017, we registered more than 250,000 participants and delivered more than 1.3 million points of services to junior enlisted Soldiers, Marines, Sailors, Airmen, Coast Guardsmen and family members at 200 service centers in 18 states. Whether providing respite child care for parents in need, summer camps for kids, or assisting with emergency needs, the Armed Services YMCA is a nonprofit with a mission: Strengthening Our Military Family.

Start planning your new year by checking out TCC’s open house on Dec. 1

From Vicki L. Friedman

Even though the holidays are upon us, it’s the perfect time to plan for next year. Attend Tidewater Community College’s open house on Dec. 1 from 9 a.m. until noon and learn everything TCC. Whether you plan to take a full load or just one class, TCC offers a range of options to prepare you for the next step.

The college offers short term certificates –phlebotomy, trucking and numerous information technology options among them – in addition to transfer programs and full associate degrees. Love the fine arts or tinkering with cars? TCC has a center dedicated to the arts and its own automotive training facility.

Find your favorite among 150 programs and apply for admission onsite at open house. You’ll also be able to receive help with financial aid and tour the campuses.

Open house is for all prospective students and their families at the following locations:

- Chesapeake Campus: 1428 Cedar Road, Chesapeake
- Norfolk Campus: 300 Granby St., Norfolk
- Portsmouth Campus: 120 Campus Drive, Portsmouth
- Virginia Beach Campus: 1700 College Crescent, Virginia Beach
- Regional Automotive Center: 600 Innovation Drive, Chesapeake
- Visual Arts Center: 340 High St., Portsmouth

We’d love to know you’re coming, so email us at enroll@tcc.edu, and feel free to ask a question there, too. Walk-ins are welcome as well.

Sports

Champion Phil Brown to defend against famed Superstar Carlito this weekend

By Jonathan McLarty

On Saturday, December 1, Vanguard Championship Wrestling (VCW) will present their final event of 2018 at Norfolk Masonic Temple. Titled “Tidings of Destruction,” the event will be headlined by the returning former World Wrestling Entertainment (WWE) Superstar Carlito competing for “Platinum Icon” Phil Brown’s VCW United States Liberty Championship in the main event.

In other title action, current VCW Tag Team Champions “The Bite Club” will defend their titles against The Hell Cats. The Bite Club, consisting of former WWE Superstars Kevin Thorn and Gangrel, defeated The Hell Cats in July for the titles in a surprise contest. Now that the former champions have had time to prepare for this rematch, only time will tell if The Hell Cats will fare longer than their previous minute-long losing effort.

2018 Liberty Lottery winner “The Latin Heartthrob” Gino will compete against second-generation wrestler Big Sean Studd on December 1. Gino is in line to compete for any VCW title of his choosing, thanks to his victory at Liberty Lottery. While that decision has not been made public, Gino will have shift his focus to Studd. Son of WWE Hall of Famer Big John Studd, Sean Studd is continuing his father’s legacy and has

logged victories of his own within VCW during 2018.

The ever-growing faction of The Sanctuary, lead by Timmy Danger and managed by Neil Sharkey, will be in action against “Diamond” Victor Griff. In what is described as a “Sanctuary’s Sleigh Match,” Griff will have to face two members of The Sanctuary in back-to-back singles matches. Should Griff be victorious in his two matches, he will then compete one-on-one against Timmy Danger. The identity of the two men that will potentially compete against Griff on December 1 is still a mystery, but Griff’s partner Benjamin Banks will be at ringside to even any odds.

Also scheduled for Tidings of Destruction: Simply Safeish versus Noise Pollution, Irvin Legend versus Colby Corino, and Chris Silvio versus the debuting Kyler Khan. Norfolk Masonic Temple is located at 7001 Granby St, next to Granby High School. For advance tickets and for information on how to subscribe to the VCW Network streaming service, visit VCW-Wrestling.com.

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



Jonathan McLarty
“Diamond’ Victor Griff (L) and Benjamin Banks (R), known as The Golden Pinky Society, will appear at Vanguard Championship Wrestling’s “Tidings of Destruction” in Norfolk on December 1.

ADMIRALS ACQUIRE FORWARD AVERY PETERSON; ANNOUNCE ADDITIONAL ROSTER MOVE

Admirals add 2018 NCAA National Champion Avery Peterson.

From Norfolk Admirals

The Norfolk Admirals, ECHL affiliate of the Arizona Coyotes, announced Sunday that the team has acquired forward Avery Peterson from the Idaho Steelheads in exchange for future considerations. In addition, forward Kevin Klima was recalled by the Tucson Roadrunners and was later released by Tucson from his American Hockey League contract.

Peterson, 23, was scoreless in two contests with the Steelheads this season. The 6-3, 215-pound forward won an NCAA National Championship last season with the Univer-

sity of Minnesota-Duluth. Peterson wrapped up his two seasons with the Bulldogs where totaling 26 points (13g, 13a) in 55 games played from 2016-2018. Peterson also registered 22 points in two collegiate seasons at the University of Nebraska-Omaha from 2014-2016.

In 2014, the Grand Rapids, Minnesota native was the recipient of the USHS Mr. Hockey Award which is given to the best Minnesota high school hockey player. Peterson was selected by the Minnesota Wild in the sixth-round of the 2013 NHL Entry Draft.



Action Sports Photography

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From Brandpoint

Whether you absolutely love shopping for gifts over the holidays or see it as a major source of stress, most people ultimately find gift giving rewarding.

It's true that 51 percent of consumers worldwide get stressed over holiday shopping crowds and 49 percent feel frazzled deciding which gifts to buy, as informed by a recent Harris Poll commissioned by Amazon. Still, there's nothing like bestowing well-chosen presents to make your loved ones feel happy and appreciated; Pew Research shows 83 percent of Americans feel joyful at the thought of buying and receiving gifts, while 78 percent feel generous.

"As stressful as holiday gift giving can be, it might be a socially enforced tradition precisely because it makes people feel good in the end," advises Bourree Lam in The Atlantic. "Psychologists have argued gift giving might benefit the giver more than the gift receiver, and result in important non-material emotional gains. One study found spending money on others results in more happiness than spending on oneself."

Luckily, smart shopping can easily put the fun back into your gift searches this season. Consider the following suggestions:

- Take the guesswork out of gifting. Discover the best item for everyone on your gift list with curated gift guides online from sites like Amazon. Amazon helps shoppers pick the perfect present with its home, fashion, tech, business and toy gift guides. There are also guides at various price points. Know your budget and browse a selection of top gifts under a certain spending amount. Amazon shoppers can also give the gift of reading with Prime Book Box, a subscription service that delivers curated, hardcover children's books every 1, 2 or 3 months. The box is ideal for readers (and future book lovers) from baby to 12 years old. Now \$19.99 per box,

Prime members can save up to 40 percent off List Price.

- Shop deals online. No need to battle crazed shoppers in person; most retailers now offer the same deals online, while many offer free Black Friday shipping to boot. That means you can still save massive money while shopping from the comfort of your couch. Americans clearly love that option; Shopify research indicates U.S. online sales this November and December will reach \$123.4 billion, a 16 percent boost over last year. Plus, shoppers can find many early Black Friday deals online now. Amazon's Black Friday deals store already offers big discounts across categories. Get ahead of the chaos and plan early. Set "Watch a Deal" alerts on the Amazon App to receive notifications when a specific deal is about to go live. That way, you never miss a deal.
- Look to Amazon first. The leading one-stop online shopping destination offers millions of different products, frequently at the best prices available anywhere, with consumer reviews included to help with purchase decisions. Amazon shipping has always been reliable, but in an unprecedented move this holiday season Amazon removed its minimum purchase threshold for all shoppers to receive free shipping on hundreds of millions of items.
- Choose automatic gift wrapping. For a small fee, many online retailers can send your gift choices to you (or straight to the recipient) already beautifully wrapped. Save yourself time by opting in, and include a personal message that makes your gift even more meaningful.

Holiday shopping doesn't have to be just another task to cross off your list. Have more fun with the time-honored tradition of gift giving by planning your strategy ahead and using technology to help you make wise choices.

TESTIMONIALS

of HOPE



“I wanted to respond to your email once I arrived home and got situated. I had a wonderful trip. Everything couldn't have gone better if I had planned it. Every interaction that I had with staff, my time with my daughter... just everything. I can't thank you enough for the care you have given her and our family.”

- Parent of BRC Resident



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Arts & Entertainment



Jason Momoa as Aquaman in Warner Bros. Pictures' action adventure "Aquaman" a Warner Bros. Pictures release.
Courtesy of Warner Bros. Pictures/™ & © DC Comics

coming to theaters

AQUAMAN

Aquaman finds himself caught between a surface world that ravages the sea and the underwater Atlanteans who are ready to revolt.

MOWGLI

The story follows the upbringing of the human child Mowgli raised by a pack of wolves in the jungles of India. As he learns the often harsh rules of the jungle, under the tutelage of a bear named Baloo and a black panther named Bagheera, Mowgli becomes accepted by the animals of the jungle as one of their own, except for one; the fearsome tiger Shere Khan. But there may be greater dangers lurking in the jungle, as Mowgli comes face to face with his human origins.

THE MULE

Earl Stone, a man in his 80s who is broke, alone, and facing foreclosure of his business when he is offered a job that simply requires him to drive. Easy enough, but, unbeknownst to Earl, he's just signed on as a drug courier for a Mexican cartel. He does well - so well, in fact, that his cargo increases exponentially, and Earl is assigned a handler. But he isn't the only one keeping tabs on Earl; the

mysterious new drug mule has also hit the radar of hard-charging DEA agent Colin Bates. And even as his money problems become a thing of the past, Earl's past mistakes start to weigh heavily on him, and it's uncertain if he'll have time to right those wrongs before law enforcement, or the cartel's enforcers, catch up to him.

ANNA & THE APOCALYPSE

A zombie apocalypse threatens the sleepy town of Little Haven - at Christmas - forcing Anna and her friends to fight, slash and sing their way to survival, facing the undead in a desperate race to reach their loved ones. But they soon discover that no one is safe in this new world, and with civilization falling apart around them, the only people they can truly rely on are each other.

INTO THE SPIDERVERSE

Miles Morales comes across the long-dead Peter Parker. This Peter Parker is not from his world though; he's from somewhere else in the multiverse. With Parker's guidance, Miles will become Spider-Man: and through that he will become part of the ever-expanding 'Spider-Verse.'

MARY POPPINS RETURNS

Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.

base theaters \$3 Movies



Courtesy GK Pictures/TriBeca Productions

Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn Freddie, surrounded by darker influences, shuns Queen in pursuit of his solo career. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music. Queen cements a legacy that continues to inspire outsiders, dreamers and music lovers to this day.

JEB Little Creek, Gator Theater – 462-7534

Friday, November 30
5:30 p.m. **Holiday Concert & Tree Lighting:** Free childrens activities, Tree lighting ceremony, Santa arrival and U.S. Fleet Forces Band Holiday Concert

Saturday, December 1
1 p.m. The Nutcracker & The Four Realms (PG)
4 p.m. Bohemian Rhapsody (PG-13)
7 p.m. Nobody's Fool (R)

Sunday, December 2
1 p.m. First Man (PG-13)
4 p.m. Bohemian Rhapsody (PG-13)
7 p.m. Hunter Killer (R)

NAS Oceana, Aero Theater – 433-2495

Friday, November 30
7 p.m. The Nutcracker & The Four Realms (PG)

Saturday, December 1
12 p.m. The Nutcracker & The Four Realms (PG)
3 p.m. Nobody's Fool (R)
6 p.m. Bohemian Rhapsody (PG-13)

Sunday, December 2
12 p.m. Goosebumps 2: Haunted Halloween (PG)
3 p.m. Hunter Killer (R)
6 p.m. Bohemian Rhapsody (PG-13)

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

3 easy ways to illuminate your home for the holidays

From Statepoint

(StatePoint) 'Tis the season of friends, family and entertaining! If you're planning on hosting guests — whether for an entire week of family fun or a one-night celebration — now's the time to get your home in the holiday spirit.

"Preparing a home for the holidays doesn't have to require adding extensive decorations or undergoing a total remodel to update favorite spaces," says Jennifer Kis, director of marketing communications for Progress Lighting. "Small changes through lighting can create a festive and comfortable environment with minimal effort and investment."

Here are three easy tips to try:
Update Entryways and Foyers. Your entryway is your opportunity to make an exceptional first impression and set the tone for the rest of the interior. Add drama to your foyer with a grouping of striking, oversized pendant lights in lieu of a traditional chandelier.
Pay Attention to Shared Spaces. Popu-

lar spaces where friends and family are likely to gather most during the holidays include great rooms, living rooms and dining areas. A large statement chandelier in a common living space creates a focal point and also ensures there is enough illumination for card games, movies and coffee and cocoa by the fireside.

Illuminate Walkways to Enhance Curb Appeal. Simple outdoor lighting techniques can improve a home's appearance and also offer functional features during the holidays and beyond. Added illumination will improve safety and enhance security, while bringing a new bold look to the front of your home. To create instant curb appeal, hang a large lantern on either side of your front door, or install a post lantern at the front of your walkway.

For more design inspiration and to view on-trend lighting collections, visit progresslighting.com.

In a few easy steps, you can light up your home for a warm and welcoming holiday season.



Statepoint image

TO PLACE AN AD:
Visit placeanad.pilotonline.com

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Announcements

CHURCH OF THE ASCENSION JINGLE BELL BAZAAR
Saturday, December 1, 2018 from 9am - 3pm. Free entry. 55 local crafters and vendors, bake sale, lunch food for purchase, crafts by Ascension's Seniors, and gently used Toy and Treasures for sale. Come support local vendors. Church of the Ascension, 4853 Princess Anne Road, Virginia Beach, VA 23462 --In the Ascension Community Center.

DCHS CRAFT SHOW
Deep Creek High will be having a craft show on Dec 15 from 9-4. Vendors may sign up by visiting www.myvlink.org/dchspsta.

HOLIDAY CRAFT SHOW
Kings Fork Women's Club Saturday November 24th, 9a-1p, 1600 Kings Fork Rd, Suffolk VA 23434. FREE admission!! Come shop LuLaRoe trailer & more! Something for everyone!

NOTICE OF CLOSING
Colonial Meadows Counseling has closed. Patients may request a copy of their records by emailing: colonialmeadowscounseling@yahoo.com for a fee of up to \$20.

QUIETLY RADIANT PSYCHIATRIC SERVICES IS CLOSING

After three years in practice, Quietly Radiant Psychiatric Services will be closing December 31, 2018. Our physical location will close December 1st, but we will remain available through phone and email contact. Our providers will be relocating to alternate locations, these are provided on our website, Facebook page, and letters have been mailed to every patient. Medication refills will be sent for all current patients for ninety days to ensure continuity of care. We will still be available via email and voice-mail for contact regarding medication questions and record requests for one year. We sincerely apologize for the significant disturbance this will cause in your lives, and will continue to do all we can to ensure all of our clients are successfully transitioned to other providers. Thank you for having chosen Quietly Radiant as your mental health provider. We have been grateful for your dedication and trust over the past three years. It has been our pleasure and honor to serve you.

SULLIVAN HOUSE CRAFT SHOW AND BAKE SALE Saturday, Dec. 1, 12-2 pm at 2017 General Booth Blvd, Va Beach. Shop handmade crafts and home baked goods!



Garage/Yard Sales, etc.

NORFOLK-INDOOR MOVING SALE! WEDNESDAY -12/5 8am-6 RainORShine 1053 Georgetown Rd

Estate Sales

BLACK FRIDAY SALE
25% OFF ENTIRE PURCHASE!
FRI 11/23 & SAT 11/24, 10AM-6PM
SUN 11/25, NOON-5PM
2ND ACT 110 W 21ST ST.
IN NORFOLK'S HISTORIC GHENT
757-622-1533

CHRISTMAS ESTATE SALE + VINTAGE TOY & CAR SALE
Sat, Sun, & Mon, Dec 1-3, 9am-4pm. (Next Weekend Too!) 1621 Donna Dr. Virginia Beach; Decorations, Dept. 56 Christmas Collectibles of All Types, Vintage & New, For More Info & Pics go to ThisNThatCompany.com

ESTATE & MOVING SALES
We Offer On-Site Tag Sales With A Knowledgeable & Courteous Sales Team. Over 45 Yrs. Exp. In Handling Antiques, Estates & Moving Sales. Ref's Avail. We Do It All For You! Call Larry Zedd 422-4477.



Misc. Merchandise For Sale

BIKES/TOYS
Girl Jamis Star Light \$125 Boy Mon-goose \$70, Boy Next \$70, All bikes 20" good cond. Doll stroller \$10 Call 583-2013 or 377-0809

HOUSEHOLDS ITEMS
2 cabinets with mirrors, doors and storage compartments. \$250/ea. Dolls and Home-made ruffle curtains. Call for prices. 757-420-4992

Misc. Merchandise For Sale

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good condition, asking \$150. Heavy duty rollator, asking \$75, never been used. Bedside Commode, asking \$25. 757-965-2436

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757-474-1303
Coin Collections
STAMP COLLECTIONS

DECOYS WANTED



Highest CASH prices paid
Old wooden ducks or Canvas geese
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Old Dominion University is seeking candidates for an Equipment Service & Repair Technician II position. This position will perform a high level preventative maintenance, warranty work, troubleshooting, and repairs on a large inventory of commercial food and beverage equipment across the ODU campus. This position closes December 7, 2018. To review position requirements and submit an application, please visit <http://jobs.odu.edu/postings/9060> and follow the online instructions. AA/EOE

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4 door, 48K original mis., 6 spd, new inspection, alloys. \$12,900. Call for details 675-0288. Va. Dir.

CHEVROLET 2009 MALIBU

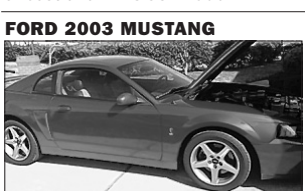
Beautiful Red finish, good mileage, auto, air, inspected, great cond. \$3990 439-8017. Va. Dir. 481-7777. Process Fee \$375

CHRYSLER 2007 TOWN & COUNTRY

Ltd. Leather capt. chairs, auto, air, loaded, \$2990. 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

DODGE 2000 NEON
Runs good, 4 door, good tires. \$1,100 or best offer. 248-982-2655

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Mustang Cobra SVT 2003, 13,500 original miles, one owner, garage kept, red fire metallic paint, cat back borla exhaust, Accufab oval throttle body & power inlet plenum combo, car is in immaculate condition. \$22,000 firm, contact craig_srs@hotmail.com 732-664-3302 - leave a message.

FORD 2013 FOCUS
Titanium, 1 owner, 37K original mis., auto, \$10,900. Call for details 675-0288. Va. Dir.

FORD 2013 TAURUS



SE Loaded, 50k mi., \$11,490. VA Dealer 757-717-1715 757-963-2299

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EX, 2 door Coupe, looks & runs great, 5 speed, loaded, sunroof, \$2650. 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375.

HONDA 2004 CIVIC



EX, 4 dr, 109,000 miles, clean, serviced. \$4000. 439-0582. Va. Dir.

Autos for Sale

HONDA 2005 CIVIC

Civic LX, auto, air, runs great, new inspection, \$2990. 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

HONDA 2007 CIVIC

LX exc cond, auto, air, loaded \$5850 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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HYUNDAI 2012 SONATA HYBRID



Gas saving Hybrid! Excellent Condition, 96K miles, Venetian Red, Camel-colored Heated Leather seats (F&B), Panorama (retractable) roof, remote start, Navigation, back up camera, auto everything, Satellite Radio, CD, Cruise.

INFINITI 2005 G35

G35X. Runs perfect, beautiful vehicle, auto, air, sunroof, loaded \$3650. 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375.

LEXUS 2003 LS 430
85K Miles.Clean.Deluxe Int. Silver w Tan Interior.757-675-4935 \$8,500

LEXUS 2013 IS 250



Loaded, 30k mi., \$20,895 VA Dealer 757-717-1715 OR 757-963-2299

LINCOLN 1978 MARK V
Diamond Jubilee Series, 56k orig mi, exc. cond! \$5300 757-672-5024

MAZDA 2011 MAZDA3



A/T AC pwr wind/locks \$6,750 VA Dealer 757-717-1715 757-963-2299

MERCEDES-BENZ 1988 300SE
Has exc. motor & rebuilt trans. Needs left fender. \$900 OBO 757-672-5024

MERCEDES-BENZ 2002
S-500; New inspection, leather, mint cond, \$5500. 757-228-6656.

MERCEDES-BENZ 2012 350SL



E350 AWD.37000 MILE.CLEAN,SERVICED.\$23,900.439-0582.vadir

MERCURY 1997 GRAND MAR-QUIS

33K original mis., senior citizen car, garage kept, loaded, new insp, like new. \$6300. Call for details 675-0288. Va. Dir.

SUBARU 2005 OUTBACK

AWD Exc Cond, auto, air, loaded, inspected, runs perfect \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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Autos for Sale

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TOYOTA 2002 SEQUOIA
In great running condition, brand new tires, brakes, radiator, inspection. 276k mil. \$5000 obo. 757-651-1005

TOYOTA 2007 CAMRY
Color Black mileage 149K \$2500 as is where is basis 757-319-6278

TOYOTA 2009 COROLLA



LE, 74,000 miles, clean, serviced. \$6900. 439-0582. Va. Dir.

TOYOTA 2012 CAMRY



LE. 40k mi., clean - \$12,675! VA Dealer 757-717-1715 OR 757-963-2299

TOYOTA 2014 PRIUS C
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TOYOTA 2016 CAMRY
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Trucks and SUVs

CHEVROLET 2001 S-10

LOW MILES - 84k. Mint condition, auto air, inspected \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

CHEVROLET 2003 TRAILBLAZER EXT

LT 1 owner. synth oil. 170k miles. new inspection \$3500 OBO Call: 757-718-8880

CHEVROLET 2006 SUBURBAN

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

CHEVROLET 2009 TRAILBLAZER

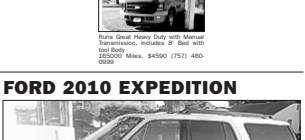
LT 4WD, Exc Cond, auto, air, loaded, inspected \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

CHEVROLET 2015 SILVERADO 1500



LT. 4x4 4 door loaded, \$26,995 VA Dealer 757-717-1715 757-963-2299

FORD 2010 EXPEDITION



Eddie Bauer Edition, auto, clean, ac, new inspect, 131,285 mi \$9,900 call 757-478-0525

GMC 2008 SAVANA 2500



Refrigerated Van 125K miles Cold Unit Drives good No dents No scratches No longer needed 13000 757-630-8370

HONDA 2015 PILOT



4x4 fully loaded. \$17,980 VA Dealer 757-717-1715 OR 757-963-2299

Trucks and SUVs

HONDA 2005 PILOT

LTD Exc cond, beautiful burgundy finish, leather, sunroof, loaded, inspected \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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HYUNDAI 2016 SANTA FE



LTD. Leather, 3rd row \$18,900 VA Dealer 757-717-1715 757-963-2299

INTERNATIONAL 2001



26' box truck, good condition, extra body, Tom 757-718-9460

INTERNATIONAL 2006



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JEEP 2010 WRANGLER



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JEEP 2014 GRAND CHEROKEE



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NISSAN 2008 PATHFINDER

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NISSAN 2014 PATHFINDER
4WD, 3rd row seat, 50K mis., loaded, new insp. \$15,900. Call for details 675-0288. Va. Dir.

TOYOTA 2003 4RUNNER

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TOYOTA 2015 VENZA
LE, 59K mis., AWD, loaded, \$18,900. Call for details 675-0288. Va. Dir.

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Fun and Games

Sudoku

ACROSS

1 Temporarily trendy things

5 Huge chasm

10 Nile serpents

14 Navajo neighbors

19 "Oh, gotcha"

20 Flip (out)

21 Mets' old home

22 Blue color of the clear

23 Eau de vie applied to a head injury to reduce swelling?

25 Having the same figure as Sheriff Wyatt?

27 Verb suffix in London

28 Vast age

29 Average golf scores

30 Kindhearted

31 Clutch, e.g.

33 Sets of two

37 Gyro holder

39 "Fish Magic" painter Paul

40 Drink you can only get by contacting someone by beeper?

43 See 8-Down

45 Her cow was notorious

46 Bite slightly

47 Q-V linkup

49 Designer Schiaparelli and others

54 Jethro — (rock band)

56 Strong Dutch gin that's inexpensive?

59 "The gloves are off!"

62 Like alfresco events

64 Obedient dogs, maybe

65 Rival of HBO

66 Male bud

67 Bert's bud

69 14th-century Russian ruler

70 Golf club for extremely long shots?

74 Unit for measuring the force of some PC picture files?

77 "I pass," in cards

78 Cantina cooking pots

82 Chast of cartoons

83 The sun, e.g.

84 Negatively charged, as an atom

86 Banned diet-drug combo

88 Major alarm

90 Pie topping that originated in Edison's lab?

92 Base for poi

94 Lung, for one

95 Mail, e.g.

96 Lacerate

98 Taking the middle out of

102 Santa — (some hot winds)

104 Surrounded by a spicy condiment?

107 Grungy sort

111 Fierce whale

113 Tatum with an Oscar

114 Post office gizmo

115 Sushi condiment

117 Like hand-me-downs

119 Altar vow

121 Vitamin no.

122 Gusto shown by a wild Asian ass?

124 Apt alternate title for this puzzle

128 Did a fall yard chore

129 "I concur!" an atom

130 Circus site

131 Concept, in Soissons

132 Clock parts

133 Org. against dogfights

134 Shindig

135 Unhip type

DOWN

1 Painter Fra Lippi

2 Predictably

3 Split up, as a corporation

4 Summer and fall mo.

5 "Hair" hairdo

6 Marlon of movies

7 Appetite

8 With 43-Across, tear-jerking tune

9 Pilot's milieu

10 Far offshore

11 On the ball

12 Soldiers on

13 Undermine

14 Taunting cry

15 County in Missouri

16 Iris part

17 Dunne of old Hollywood

18 Bog plant

24 Trip during a kegger, say

26 Eye care/fully

29 Chi-omega link

32 1954-77 treaty gp.

34 Over there, old-style

35 Wonderland visitor

36 Wife of Niles on "Frasier"

38 Feel

41 1995-2013 Arizona senator Jon

42 Free of fluid

44 Capital of Suisse

48 Bit of parsley

50 Onetime TV legal drama

51 Shelled out for

52 Deduced, not observed

53 Mil. draft inits.

55 British noble

57 Stirrup site

58 Big name in ketchup

59 Suffix with capital

60 Paint diluter

61 Going it alone

63 — stick

66 Obfuscate

68 St. Pat's isle

71 Virus in 2014 news

72 Ryder of "Black Swan"

73 Puckish

75 Courier, e.g.

76 "Grimm" network

79 — helping hand

80 Film director Lee

81 Goad

84 "Ti —" (Italian "I love you")

85 French film award

87 Poet Heinrich

88 Bragging about

89 Vena cava neighbor

91 Cry for help

93 Wilhelm's "Woe is me!"

97 Links org. since 1916

99 Trespass

100 Less well-off

101 Whirled

103 Film genre

105 In vogue, in the '60s

106 Customer

107 Fencing tool

108 Oahu porch

109 Port in Japan

110 Deli nosh

112 Good thing

116 Nap spots

118 Peak

120 Attack time in WWII

123 Tase, e.g.

124 Road guide

125 Nest egg inits.

126 Reagan-era teen, e.g.

127 — Tin Tin

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

CryptoQuip

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

Clue: U equals L

MO C URJRFNCDA XRC VDRCZGDR

YRJCF GXMFJ ZKR NSSDYRUU

WSDR SOZRF, M'N XCA MZ'X ZKR

QFSVQ URXX WSFXZRD.

Last week's CryptoQuip answer

That guy doesn't eat nearly as much roughage as he claims. He's definitely a fiber fibber.

last week's answers

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

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

Religious Services

For your installation's religious
service times, visit:

[www.flagshipnews.com/
base_information/
religious_services](http://www.flagshipnews.com/base_information/religious_services)



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CASH BACK FROM TOYOTA²

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CASH BACK FROM TOYOTA²

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\$1500
CASH BACK FROM TOYOTA²

2018 Sienna

\$3500
CASH BACK FROM TOYOTA²

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¹\$1000 REBATE OFFERED BY TOYOTA MOTOR NORTH AMERICA, INC. AND MAY BE APPLIED TOWARD FINANCE OR LEASE CONTRACTS ON NEW TOYOTA VEHICLES, DATED FROM **NOVEMBER 1, 2018 THROUGH DECEMBER 3, 2018**. TO QUALIFY FOR THE REBATE, AT THE TIME OF PURCHASE OR LEASE YOU MUST (1) BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE, SELECTED RESERVE AND INACTIVE NATIONAL GUARD; OR A MILITARY VETERAN OR RETIREE OF THE U.S. MILITARY WITHIN ONE YEAR OF THEIR DISCHARGE/RETIREMENT DATE; OR A HOUSEHOLD MEMBER OF AN ELIGIBLE U.S. MILITARY PERSONNEL, INCLUDING GOLD STAR FAMILY MEMBERS; AND (2) PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE; (3) RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENT FOR YOUR NEW VEHICLE; AND (4) RECEIVE CREDIT APPROVAL FROM AND EXECUTE A FINANCE OR LEASE CONTRACT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. NOT ALL APPLICANTS WILL QUALIFY. ON LEASE CONTRACTS, REBATE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, REBATE MUST BE APPLIED TOWARD THE DOWN PAYMENT. LIMIT ONE REBATE PER FINANCE OR LEASE TRANSACTION PER ELIGIBLE U.S. MILITARY PERSONNEL OR ELIGIBLE HOUSEHOLD MEMBER. OFFER NOT COMBINABLE WITH THE COLLEGE GRADUATE REBATE PROGRAM, THE IFI PROGRAM, AND THE LEASE-END REF PROGRAM. VEHICLE MUST BE TAKEN OUT OF DEALER STOCK. TERMS, CONDITIONS AND RESTRICTIONS APPLY. PROGRAM IS NOT AVAILABLE IN AL, FL, GA, HI, NC, AND SC. REBATE TERMS MAY BE MORE GENEROUS IN YOUR LOCAL AREA. ASK YOUR PARTICIPATING DEALER ABOUT THE MILITARY REBATE TERMS IN YOUR AREA. MUST PAY SALES TAX. VOID WHERE PROHIBITED BY LAW. NOT REDEEMABLE FOR CASH. TOYOTA FINANCIAL SERVICES IS A SERVICE MARK OF TOYOTA MOTOR CREDIT CORPORATION (TMCC). TMCC IS THE AUTHORIZED ATTORNEY-IN-FACT AND SERVICER FOR TOYOTA LEASE TRUST. ²PURCHASERS CAN RECEIVE \$1000 CASH BACK FROM TOYOTA ON CAMRY, 4RUNNER (**EXCLUDES TRD PRO**) OR TACOMA (**EXCLUDES TRD PRO**), \$1500 CASH BACK FROM TOYOTA ON COROLLA (**EXCLUDES HATCHBACKS**), \$2000 CASH BACK FROM TOYOTA ON HIGHLANDER (**EXCLUDES HYBRIDS**), \$3000 CASH BACK FROM TOYOTA ON RAV4 (**EXCLUDES HYBRIDS**) OR TUNDRA (**EXCLUDES TRD PRO**), \$3500 CASH BACK FROM TOYOTA ON SIENNA OR CAN APPLY CASH BACK TO DOWN PAYMENT. ³1.9% APR FINANCING UP TO 72 MONTHS AVAILABLE TO QUALIFIED BUYERS THRU TOYOTA FINANCIAL SERVICES. TOTAL FINANCED CANNOT EXCEED MSRP PLUS OPTIONS, TAX, TITLE, LICENSE AND DEALER FEES. 72 MONTHLY PAYMENTS OF \$14.71 FOR EACH \$1000 BORROWED. **NOT ALL BUYERS WILL QUALIFY. ⁴LOW MILEAGE LEASE.** TAX, TITLE, LICENSE, DEALER FEES AND INSURANCE ARE EXTRA. DUE AT SIGNING INCLUDES \$3,410 DOWN, FIRST \$289 PAYMENT, AND NO SECURITY DEPOSIT. DOES NOT INCLUDE \$350 DISPOSITION FEE DUE AT LEASE END. EXAMPLE BASED ON 2018 HIGHLANDER LE MODEL 6948, MSRP \$35,785 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$34,167. CAPITALIZED COST IN EXAMPLE INCLUDES \$650 ACQUISITION FEE AND ASSUMES DEALER PARTICIPATION. YOUR PAYMENT TERMS MAY VARY BASED ON FINAL NEGOTIATED PRICE. OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$.15 PER MILE IN EXCESS OF 30,000 MILES. **NOT ALL CUSTOMERS WILL QUALIFY. ALL OFFERS:** OFFERS MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED. OTHERWISE, DEALER FEES ARE EXTRA. VEHICLE SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. ACTUAL MODEL MAY VARY. DELIVERY MUST BE TAKEN FROM DEALER STOCK BY 12/3/18. ⁵TOYOTACARE COVERS AVAILABILITY, LEASE, APR AND CASH BACK OFFERS MAY NOT BE COMBINED. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS. **OFFERS END 12/3/18.** ⁶TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.