



MC2 Jessica Paulauskas
Aviation Ordnanceman Airman Recruit Martin Jimenez, right, and Aviation Ordnanceman Airman Apprentice Deion Woody lower the national ensign to half-mast in honor of former President George H. W. Bush during morning colors on the flight deck aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Bush died Nov. 30, 2018.

NAVY JOINS THE NATION IN MOURNING LOSS OF FORMER PRESIDENT, SAILOR GEORGE H.W. BUSH

From Yonca Poyraz-Dogan
Navy Office of Information Public Affairs

WASHINGTON

Among America’s few seafaring presidents, former President George H.W. Bush passed away Nov. 30 at his Houston, Texas home at the age of 94.

“Today, I join the Navy-Marine Corps team, our Nation, and the world in mourning the loss of President George H. W. Bush. Navy Pilot. Congressman. Ambassador to the United Nations. CIA Director. Vice President. President. Father. Husband,” Secretary of the Navy Richard Spencer said in a statement from Washington. “To paraphrase his own words, President Bush’s life is a shining example of service ‘like a thousand points of light in a broad and peaceful sky.’ I offer my deepest condolences to the Bush family, their friends, loved ones, and all who had the privilege of knowing President H. W. Bush.”

Bush enlisted in the US Naval Reserve June 13, 1942 on his 18th birthday after the attack on Pearl Harbor in December 1941. He had preflight training at the University of North Carolina at Chapel Hill and became one of the youngest naval aviators. He was commissioned as an ensign in the US Naval Reserve June 9, 1943, days before his 19th birthday.

Bush was assigned to Torpedo Squadron (VT-51) as photographic officer in September 1943. As part of Air Group 51, his squadron was based on USS San Jacinto, part of Task Force 58 which participated in operations against Marcus and Wake Islands in May, and then in the Marianas during June 1944. The task force triumphed in one of the largest air

battles of the war. Returning from the mission, his aircraft had to make a forced water landing, and he was rescued by the destroyer, USS Clarence K. Bronson. On July 25, Ensign Bush and another pilot received credit for sinking a small cargo ship.

Chief of Naval Operations Adm. John Richardson said in a statement that the country lost “a great leader” and the Navy “a true shipmate.”

“A Statesmen. A Public Servant. A Sailor. The country has lost a great leader and we have lost a true shipmate. He epitomized integrity, accountability, initiative, and toughness in the service of our Nation. A Naval Aviator during WWII, a Congressman, Ambassador to the United Nations, CIA Director, Vice President, President, husband and father. His memory will continue to inspire us through the service of the aircraft carrier bearing his name. USS George H. W. Bush (CVN 77) will continue to deploy around the world, protecting America from attack and securing the freedoms President Bush fought so hard to safeguard. Fair winds and following seas, Mr. President.”

During his service as a Navy pilot, Bush’s aircraft was hit and he was rescued by a submarine. According to Naval History and Heritage Command archives, after Bush was promoted to Lieutenant Junior Grade Aug. 1, San Jacinto commenced operations against the Japanese in the Bonin Islands, 600 miles south of Japan. Bush piloted one of four aircraft from VT-51 which attacked the Japanese installations on Chi Chi Jima in Sept. 1944. Although Bush’s aircraft was hit and his engine caught fire during the attack, he was able to complete the mission and bail out successfully. He was rescued by a Navy submarine,

» See **BUSH** | A7



Vice Adm. Scott Stearney, commander of U.S. Naval Forces Central Command, U.S. 5th Fleet and Combined Maritime Forces, speaks on the 1MC shipboard intercom to welcome the crew of the guided-missile destroyer USS Jason Dunham (DDG 109) to Manama, Bahrain, and share words of appreciation for their hard work on the ship’s current deployment.

MC3 Jonathan Clay

U.S. Navy statement on death of Vice Adm. Scott A. Stearney

From the Office of the Navy Chief of Information

WASHINGTON

Chief of Naval Operations Adm. John Richardson released the following statement Dec. 1, 2018, on the death of Vice Adm. Scott A. Stearney who served as commander

of U.S. Naval Forces Central Command / U.S. 5th Fleet.

Team, it’s my sad duty to inform you that today the Secretary of the Navy Richard V. Spencer and I were told that Vice Adm. Scott Stearney, our commander of U.S. Naval

» See **STEARNEY** | A1



HMS Queen Elizabeth

The first F-35B aft-facing vertical landing on HMS Queen Elizabeth (R08) was achieved Nov. 16, 2018, during the second phase of first of class flight trials (fixed wing) testing being carried out by the F-35 Pax River Integrated Test Force.

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

From HMS Queen Elizabeth
Communications Team Public Affairs

NORTH ATLANTIC OCEAN

F-35 Lightning jets from the Pax Riv-

er Integrated Test Force left HMS Queen Elizabeth, Nov. 19, 2018, 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

» See **F-35S** | A7

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NMCP SAFE PROGRAM MANAGER RECEIVES IAFN PIONEER AWARD IN FORENSIC NURSING

The 2018 Virginia A. Lynch Pioneer Award in Forensic Nursing was awarded to Michelle Ortiz, the forensic healthcare coordinator and Sexual Assault Forensic Examiners (SAFE) Program manager at Naval Medical Center Portsmouth (NMCP).



» see **A6**

FLEET SURGICAL TEAM SAVES LIFE ABOARD USS SOMERSET

Inside the fleet surgical team attached to Amphibious Squadron (PHIBRON) 3, currently embarked on USS Somerset as part of LCG-1.

» see **B1**

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The illumination experts at Busch Gardens’ Christmas Towne share their tips for making your home shine bright this season.

» see **C1**

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WASHINGTON

Each installation has a personal financial manager that service members can contact. There is also a handy site at <https://militarypay.defense.gov/BlendedRetirement/>. The site includes a calculator that service members can use to

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Eligible students include dependent children of active duty members, reservists and military retirees as well as U.S. civilian Department of Defense employees stationed outside the continental United States and U.S. civilian employees of firms under contract to the Department of Defense outside the continental United States. Students must be enrolled in 1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter

plug in their information and compare the two systems. Military OneSource is also available 24 hours a day to service members and their families as they face this crucial decision.

“Most junior service members may think they can’t afford to contribute to retirement, but I say in today’s environment the average worker – including our service members – can’t afford not to save for retirement,” Busch said.

For some service members opting into BRS is clearly the right choice for them, she said. For others, staying with the

DOD has “stress-tested” the site that allows service members to sign up for the new system, Busch said, and even if tens of thousands wait until Dec. 31 to opt in, there is still the capacity to accommodate them.

The Navy Exchange Service Command (NEXCOM) oversees 100 Navy Exchange (NEX) facilities and nearly 3000 stores worldwide, 39 Navy Lodges, the Ships Store Program, the Uniform Program Management Office, the Navy Clothing and Textile Research Facility and the Telecommunications Program Office. NEXCOM's parent command is the Naval Supply Systems Command. NEXCOM's mission is to

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NEWS FROM NAS OCEANA

NAS Oceana hosts rugby game

By MC2 Jacob S. Richardson

VIRGINIA BEACH, VA.

British Sailors attached to HMS Queen Elizabeth participated in a rugby match with local team the Virginia Beach Falcons at Naval Air Station Oceana, Nov. 27.

Currently Visiting Norfolk, the Queen Elizabeth is participating in a U.S. tour. Having already visited Naval Station Mayport, the tour is scheduled to finish with a stop in New York.

While in Norfolk, the Queen Elizabeth conducted her first fixed-wing aircraft flight operations, using the F-35B joint strike fighter.

“To have the opportunity to represent the HMS Queen Elisabeth and the Royal Navy, to play American teams and see how the sport of rugby is played here, this has been a really good experience for myself and this team,” said Lt Jon Laverick. “It’s great to see how many have turned out for this game and to see different players and play

styles.”

Just as the United States Military has a proud tradition of participating in many sports, specifically football, the Royal Navy has rugby as a center of national pride. The Royal Navy Rugby Union (RNRU) was formed in 1907 to administer the playing of rugby union in the Royal Navy.

“Our team is comprised of mostly active duty military and veterans. We establish our rugby club over 15 years ago to promote the sport in the Virginia Beach area and assist other Rugby clubs, including youth and high school teams, develop and grow,” said John Brown, Virginia Beach Falcons team president. “For myself, the appeal of rugby is the responsibility each player has on the team, there are no quarterbacks, receivers, or linemen. Everybody needs to tackle, pass, and run, we do everything together. After leaving the Marine Corps, this team and the rugby community has become my new brotherhood.”



MC2 Jacob S. Richardson
British Sailors assigned to HMS Queen Elizabeth scrummage with the Virginia Beach Falcons during a rugby match at Naval Air Station Oceana., Nov. 27.

NAS Oceana holds Frocking Ceremony, promotes 31 Sailors



MC2 Jacob S. Richardson
Naval Air Station (NAS) Oceana Leadership stands with recently advanced Sailors during a frocking ceremony at NAS Oceana Chapel of the Good Shepard, Nov. 29.

By MC3 Mark Thomas Mahmood

Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Naval Air Station Oceana advanced 31 Sailors to the next paygrade during a frocking ceremony Nov. 29 in the base chapel.

Naval Air Station Oceana Commanding Officer Capt. Chad P. Vincelette presented the promotion certificates.

Advancement to the next paygrade comes with the privilege to assume more positions of leadership and greater responsibility. The Navy’s tradition of frocking a Sailor is an opportunity for them to wear the uniform and take on the responsibilities of their new rank before they are formally advanced.

Air Traffic Controlman 3rd Class Christopher Henderson, one of the Sailors promoted, said he feels relieved to finally become a petty officer 3rd class.

“I’m glad I’m going to have more responsibility with my job now,” said Henderson. “When you first start off as an air traffic controller, things move slow when it comes to qualifications. I’m hoping this will help speed things up.”

Vincelette, before presenting Sailors with their promotion certificates, said one of his favorite things to do is promote the Sailors at Oceana. “I consider Oceana my family, and these Sailors as my family members” said Vincelette. “To see them succeed is fantastic.”

Vincelette offered a word of encouragement for those who took the advancement exam but were not promoted this cycle.

“Keep working hard, keep studying, and take advice from the ones promoted today and your leadership, ensuring that you are prepared for the next exam,” said Vincelette.

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A file photo taken in 1944 of Navy pilot George H. W. Bush in the cockpit of his Grumman TBF Avenger torpedo bomber.



U.S. Navy photo
A file photo taken in 1944 of Navy pilot George H. W. Bush in his Grumman TBF Avenger torpedo bomber.



U.S. Navy photo
An undated file photo of Navy pilot George H. W. Bush.

Bush’s legacy includes decisive military action

By **Jim Garamone**
Department of Defense Public Affairs

WASHINGTON

His background was a little different than most who join the military at the age of 18, but his warmth, love of country and drive to serve made him a leader respected up and down his chains of command.

Service members who worked with former President George H.W. Bush, first as Ronald Reagan’s vice president and, later, during his presidential term, spoke of the way he remembered their names and would ask about their families. They were loyal to him and he was loyal right back.

Bush himself said it best in his inaugural address on Jan. 20, 1989: “We are not the sum of our possessions. They are not the measure of our lives. In our hearts we know what matters. We cannot hope only to leave our children a bigger car, a bigger bank account. We must hope to give them a sense of what it means to be a loyal friend, a loving parent, a citizen who leaves his home, his neighborhood and town better than he found it.

“What do we want the men and women who work with us to say when we are no longer there? That we were more driven to succeed than anyone around us? Or that we stopped to ask if a sick child had gotten better, and stayed a moment there to trade a word of friendship?”

Bush, who died Nov. 30 at age 94, was born June 12, 1924, in Milton, Massachusetts. He graduated from Phillips Academy in Andover, Massachusetts, on his 18th birthday in 1942 and immediately joined the Navy. With World War II raging, Bush earned his wings in June 1943. He was the youngest pilot in the Navy at that time.

Flew torpedo bombers

The future president flew torpedo bombers off USS San Jacinto in the Pacific. He was awarded the Distinguished Flying Cross for a mission over Chichi Jima in 1944. Even though his plane was hit by antiaircraft fire, he completed his bombing run before turning to the sea. Bush managed to bail out of the burning aircraft, but both of his crewmen died. The submarine USS Finback rescued him.

On Jan. 6, 1945, Bush married Barbara Pierce of Rye, New York. They had six children: George, Robin (who died of leukemia in 1953), Jeb, Neil, Marvin and Dorothy Bush Koch.

After the war, Bush attended Yale and

graduated Phi Beta Kappa in 1948. He and his wife moved to Texas, where he entered the oil business. Bush served in the U.S. House of Representatives from 1966 to 1970.

In 1971, then-President Richard Nixon named Bush as U.S. ambassador to the United Nations, where he served until becoming chairman of the Republican National Committee in 1973. In October 1974, President Gerald R. Ford named Bush chief of the U.S. liaison office in Beijing, and in 1976, Ford appointed him to be director of central intelligence.

Vice president, then president

In 1980, Bush ran for the Republican presidential nomination. Ronald Reagan won the primaries and secured the nomination, and he selected Bush as his running mate. On Jan. 20, 1981, Bush was sworn in for the first of two terms as vice president.

The Republicans selected Bush as presidential nominee in 1988. His pledge at the national convention – “Read my lips: no new taxes” – probably got him elected, but may have worked to make him a one-term president.

Bush became the 41st president of the United States and presided over the victory of the West. During his tenure, the Berlin Wall – a symbol of communist oppression since 1961 – fell before the appeal of freedom. The nations of Eastern Europe withdrew from the Warsaw Pact and freely elected democracies began taking hold.

Even more incredible was the dissolution of the Soviet Union itself. Kremlin hardliners tried to seize power and enforce their will, but Boris Yeltsin rallied the army and citizens for freedom. Soon, nations long under Soviet domination peeled away and began new eras.

Military action

In 1989, Bush ordered the U.S. military in to Panama to overthrow the government of Gen. Manuel Noriega. Noriega had allowed Panama to become a haven for narcoterrorists, and he subsequently was convicted of drug offenses.

But Bush is best remembered for his swift and decisive efforts following Saddam Hussein’s invasion of Kuwait on Aug. 2, 1990. The Iraqi dictator claimed that Kuwait historically was his country’s “19th province.” His troops pushed into Kuwait and threatened to move into Saudi Arabia.

Bush drew “a line in the sand” and promised to protect Saudi Arabia and liberate Kuwait. He put together a 30-nation coalition that liberated Kuwait in February 1991. Op-



U.S. Navy photo
A file photo taken in 1942 of George H. W. Bush during his Navy service.

eration Desert Storm showed Americans and the world the devastating power of the U.S. military.

At the end of the war, Bush had historic approval ratings from the American people. But a recession – in part caused by Saddam’s invasion – and having to backtrack on his pledge not to raise taxes cost him the election in 1992. With third-party candidate Ross Perot pulling in 19 percent of the vote, Bill Clinton was elected president.

Bush lived to see his son – George W. Bush – elected president, and he worked with the man who defeated him in 2006 to raise money for millions of people affected by an Indian Ocean tsunami and for Hurricane Katrina relief.

‘Freedom works’

In his inaugural address, the elder Bush spoke about America having a meaning “be-

yond what we see.” The idea of America and what it stands for is important in the world, he said.

“We know what works: freedom works. We know what’s right: Freedom is right. We know how to secure a more just and prosperous life for man on Earth: through free markets, free speech, free elections and the exercise of free will unhampered by the state,” he said.

“We must act on what we know,” he said later in the speech. “I take as my guide the hope of a saint: in crucial things, unity; in important things, diversity; in all things, generosity.”

It was the mark of the man.

ALLIES IN ACTION: HAMPTON ROADS SAILORS ENGAGE IN FRIENDLY COMPETITION WITH SAILORS FROM HMS QUEEN ELIZABETH

By MC2 Cat Olaes
USS Gerald R. Ford Public Affairs

NORFOLK

USS Gerald R. Ford (CVN 78) Sailors competed in a 4-day sports competition against Sailors from USS Dwight D. Eisenhower (CVN 69), USS Abraham Lincoln (CVN 73), USS George H.W. Bush (CVN 77), USS Kearsarge (LHD 3) and the Royal navy aircraft carrier HMS Queen Elizabeth (R08). Competing commands squared off in softball and soccer tournaments, and a cross-fit competition.

Like Ford, HMS Queen Elizabeth is the newest and a first-in-class carrier for the Royal navy and is wrapping up her maiden voyage. Norfolk is the second stop on a tour the Royal navy has labeled “WESTLANT 18”, in which Queen Elizabeth has been undergoing developmental trials. While in port, a bit of friendly competition was brought up between the Fit and Fun Bosses in the Norfolk area.

“Showing our competitive skill, while participating with good sportsmanship at the same time, represents the U.S. Navy as the competitive, fair and strong organization that it is,” said Stephen Prince, Ford’s fit boss. “Building a reputation for being a good host port will have other ships from other nations excited when they visit.”

Prince said the idea was initiated as a way to build morale, comradery and pride for Sailors throughout the fleet via healthy competition and having a carrier from another country added a level of excitement.

“It’s brilliant,” said Petty Officer Matt Bonner, a Sailor assigned to Queen Elizabeth. “For the last four months, we’ve been operating with U.S. aircraft in the U.S. Navy, so it’s brilliant to take out the battle atmosphere and the training atmosphere, and bring it out onto the soccer field.”

Bonner also expressed how all the ships

coming together for a week to play sports was a good experience for him and his fellow shipmates.

“It’s good meeting people from different atmospheres and different influences, and engraining it all together,” said Bonner. “It’s good just to get out and away from the ship, and interact with our American cousins on the soccer field.”

Although Ford lost the soccer match against Queen Elizabeth, the point of the game still came across loud and clear for Ford.

“It didn’t go the way I hoped, but I liked the competitive edge our team had and it allowed for international cohesion in a friendly way,” said Cryptologic Technician (Collection) 2nd Class Matthew Micone. “Everyone likes to come out to have fun, and soccer is popular in Europe, so we wanted to show we could play with them as well.”

Interacting with and hosting ships from other countries provides a way to represent how Sailors from the U.S. Navy are on and off the ship.

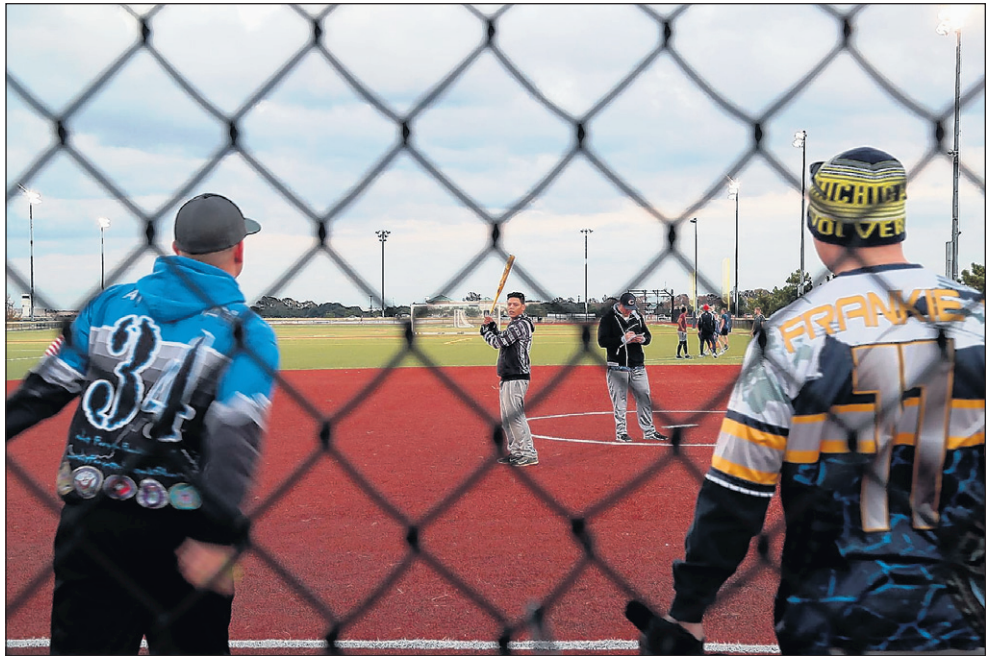
“Being competitive in team sports is good for learning accountability, dedication and leadership, among many other traits relevant to the line of work our Sailors are in,” said Prince. “Putting it all together having fun and competing in a sport is a winning combination. It allows us to come together as a community and as the allies we are.”

Gerald R. Ford is a first-in-class aircraft carrier and the first new aircraft carrier designed in more than 40 years. Ford is currently undergoing its post-shakedown availability at Huntington Ingalls Industries-Newport News Shipbuilding.

For more news from USS Gerald R. Ford (CVN 78), visit www.dvidshub.net/unit/CVN78 or www.facebook.com/USSGeraldRFord



MC3 Ryan Carter
Naval Airman Richie Ward, assigned to Royal navy aircraft carrier HMS Queen Elizabeth (R08), makes a save in the final match against USS Gerald R. Ford (CVN 78) during a multi-national aircraft carrier soccer tournament.



MC2 Cat Campbell
USS Gerald R. Ford (CVN 78) Sailors warm up before playing a softball game with British Sailors assigned to the Royal Navy aircraft carrier HMS Queen Elizabeth (R08) and other Navy carriers stationed at Naval Station Norfolk. Ford is currently undergoing its post-shakedown availability at Huntington Ingalls Industries-Newport News Shipbuilding.

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Theory and practice: Joint Forces Staff College students earn German proficiency badges

By Cmdr. Michael Cody

NORFOLK

Five students from the Joint Forces Staff College in Norfolk, along with Soldiers and Sailors from local units, earned the German Armed Forces Proficiency Badge in their free time during the final resident phase of their 40-week, primarily online course.

Lt. Col. Robert Wagner, a student in Joint and Combined Warfighting School-Hybrid Class 18-3 at the staff college and a full-time Army Reserve Soldier with the Army’s 377th Theater Sustainment Command in New Orleans, organized the qualifying events and a Nov. 11 ceremony at VFW Post 3160 in Norfolk.

By earning the badge, which can be authorized for wear as a foreign award, his classmates demonstrated their commitment to joint and combined warfighting principles, he said

“It’s about interoperability and personal accomplishment,” Wagner said. “Interoperability comes from working with not only other services but working with our allies.”

Col. Mabry Sumner, the commander of the 1st Brigade (Engineer), 102nd Training Division, an Army Reserve unit at Fort Leonard Wood, Missouri, and Cmdr. Nan Silverman-Wise, assigned to the Coast Guard Reserve unit at U.S. Southern Command in Miami, earned silver badges.

Brig. Gen. Lisa Doumont, the commanding general of the Army Reserve’s Medical Readiness and Training Command in San Antonio; Col. Eric Bullock, the director of reserve affairs for the U.S. Army Surgeon General in Falls Church, Virginia; and Maj. Brian Muellenbach, an Air National Guard member who serves as the policy branch chief on the National Guard Bureau joint staff in Arlington, Virginia, earned bronze badges.

Soldiers from the 11th Transportation Battalion at Fort Lee, Fort Eustis and Fort Story, and Sailors from the Naval Aviation School’s Command Swim Site Norfolk and Naval Medical Center Portsmouth, also participated, with four of those service members earning gold badges.

To qualify, participants completed a



Cmdr. Mike Cody

Lt. Col. Ingo Beisse, left, the German liaison to the U.S. Army Training and Doctrine Command at Fort Eustis, stands at attention as Coast Guard Cmdr. Nan Silverman-Wise, right, prepares to step off on Nov. 11, 2018, in a German Armed Forces Proficiency Badge award ceremony at VFW Post 3160 in Norfolk, Va. Silverman-Wise, assigned to the Coast Guard Reserve unit at U.S. Southern Command in Miami, was among five students in Joint and Combined Warfighting School-Hybrid Class 18-3 at the Joint Forces Staff College in Norfolk who earned the badge in their free time over a multiple-day period by meeting standards for combat-related tasks.

110-meter shuttle run, an arm hang and a 1,000-meter sprint, a 100-meter swim in uniform, nuclear-biological-chemical and first-aid drills, a pistol shoot, and a 12-kilometer march while carrying 35-pound rucksacks.

The assessment – which each German Soldier must complete every year – simulates basic combat, said Lt. Col. Ingo Beisse, the German liaison to the U.S. Army Training and Doctrine Command at Fort Eustis, who supervised the local events with Sgt. Maj. Marco Kramer of his staff.

“Every Soldier is a warfighter first and specialist in his respective occupation second,” Beisse said.

In a typical battle, a Soldier could begin by carrying ammunition to someone else, Beisse said. He could climb a wall to reach a better position and then retreat quickly, running 1,000 meters or so and swimming across a river. Once he reached the other side, his opponent might use chemical weapons against him, and he might need to treat a fellow Soldier for an injury. After that, he could get into a firefight at close range and finally march toward another objective, perhaps 12 kilometers away.

“As some of you found out, it’s not that easy,” Beisse said at the ceremony.

The idea is to do better the next time.

“That’s what it’s all about: finding your weakness and improving,” he said.

Bullock said he signed up for the German Armed Forces Proficiency Badge events because he wanted to challenge himself. At his rank, he has few opportunities to do Soldier tasks.

Despite their difficulty, he felt rejuvenated, he said.

“It was nice to do that with a bunch of enlisted Soldiers and feel that camaraderie again,” Bullock said.

Silverman-Wise’s training in a port-security unit came back to her as she completed the shuttle run.

“We learn, ‘I’m up; they see me; I’m down,’” she said. “Mentally for me, there was a correlation. I could see why we did that.”

Understanding the purposes of the tasks was one thing. Doing them was another.

During the arm hang, Silverman-Wise was aiming for the minimum score when Sumner appeared.

“He said, “No, you will get 45 seconds,” and she did, remaining eligible for the silver badge.

“The ruck – everyone helped me through that,” Silverman-Wise said. “The ruck is not something I’ll do in a Coast Guard assignment.”

Know-how makes a difference, Bullock said. For instance, the Soldiers jogged down the hills at Joint Expeditionary Base Little

Creek-Fort Story rather than jogging up them, to save time and energy.

The JCWS-H course prepares national security professionals to plan and execute joint, interagency, intergovernmental and multinational operations, and aims to instill a commitment to joint, interagency, intergovernmental and multinational teamwork, attitudes and perspectives. It includes approximately 252 hours of collaborative distance learning, research and writing for publication, as well as 136 hours of face-to-face time in two phases at the staff college.

Bullock and Silverman-Wise agreed that in some ways the course and German Armed Forces Proficiency Badge events were alike.

“There were individual skills everyone was doing,” Bullock said. Yet, where the mission was concerned, “We did it as a team.”

In presenting the badges, Beisse noted the significance of Armistice Day in Europe and Veterans Day in the United States.

“One hundred years ago, the end of the first world war – the war to end all wars – was about to happen,” he said.

In the next generation, Germans and Americans were enemies again.

“Sometimes, history is a strange thing,” Beisse said. “Some 80 years later, we are here together, training together, and have been allies for some time.”

NMCP SAFE Program Manager receives IAFN Pioneer Award in forensic nursing

By Rebecca Perron

Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

The 2018 Virginia A. Lynch Pioneer Award in Forensic Nursing was awarded to Michelle Ortiz, the forensic healthcare coordinator and Sexual Assault Forensic Examiners (SAFE) Program manager at Naval Medical Center Portsmouth (NMCP). Ortiz received the award from the International Association of Forensic Nurses, Oct. 24.

This is the highest award the association bestows to honor an individual who has made exceptional contributions to the field of Forensic Nursing. These contributions may be made through clinical program development, scientific achievement, legislation changes, or educational activities, and has been awarded since 1995.

“It was quite an honor and quite unexpected,” Ortiz said. “I was nominated by someone who used to be in our program here. The association had more nominees this year than they’ve ever had before and mine was chosen as the superior nomination.”

Ortiz said she received the award due to her incorporation of hospital corpsmen into the SAFE Program at NMCP, her efforts to teach forensic nursing within NMCP and the Department of Defense (DoD), and the reputation she has helped build within NMCP’s SAFE Program as to the quality of forensic work by the exam team.

“We have built a reputation here of doing things well, partly because of my high standards for the examiners and the quality of work that is expected of them,” Ortiz said. “As a team, we are continually looking for new ways to apply this scope of practice to helping our patients and helping the command go forward in this practice.”

Ortiz saw the incorporation of hospital corpsmen in the exam room as a key to the

success of the program.

“We were the first program in the DoD to do that, which I saw as a good retention tool and a wonderful way to support the providers,” Ortiz said. “Most programs have two licensed personnel in the room – either a doctor and a nurse or two nurses – and I thought that was unnecessary. Just as our corpsmen do a fantastic job supporting nurses on the wards, I thought they could support us in this work, too.”

Ortiz said they are from all clinical areas within the medical center and are on 12-hour watches for a week at a time. They help with evidence collection, evidence labeling and organizing evidence.

“With everyone’s interested in forensics these days, and as an additional way to ignite their love for health care, it’s a really smart way to do business,” Ortiz said. “Since we started, I have never been disappointed – the corpsmen have been amazing as they assist us in the room and stand call with us.”

Ortiz was also recognized for the amount of teaching that she has done, not only of the fleet providers before the military had a Sexual Assault Medical Forensic Examiner course, but also for helping nurses become nationally certified Sexual Assault Nurse Examiners – Adult/Adolescent (SANE-A).

“We’ve had more nationally certified SANE-A’s than any other program in the DoD,” Ortiz said. “Right now on my team of 11 examiners, seven are SANE-A certified. It’s nice to have a mix of seasoned and new examiners because everyone has a different perspective to bring new things to the program – to learn from each other and learn together. The day I come to work and stop teaching something or learning something is the day I’ll retire. I don’t see that happening anytime soon because I absolutely love this work.”

Quality is another important aspect, be-



Rebecca A. Perron

Michelle Ortiz, Naval Medical Center Portsmouth’s (NMCP) forensic healthcare coordinator and Sexual Assault Forensic Examiners (SAFE) Program manager, will receive the 2018 Virginia A. Lynch Pioneer Award from the International Association of Forensic Nurses. This is the highest award the association bestows to honor an individual who has made exceptional contributions to the field of Forensic Nursing.

cause according to Ortiz, the quality of the work must be high because justice is on the other side.

“Both the accuser and the accused deserve justice,” Ortiz said. “Going into the exam room, there are expectations that the providers are going to do their best work. I can’t guarantee a conviction, and I never would say that, but I can guarantee that the patient will get the absolute best work we can do for them based on what is presented to us at the time of the exam.”

Ortiz said she fell in love with forensics in 2002 after reading a book. She then sought a way to combine her love of nursing with her love of forensics. The answer – forensic nursing. Ortiz completed a master’s program and began working in various areas in the civilian community and within the military to further her knowledge and to find her niche, which is adult sexual assault and strangulation.

Seeing the importance of her work within the local community, NMCP’s command leadership approved the initiation of the SAFE Program in 2011, which was then overseen by Ortiz.

“This is by far the best job I have ever had – I am meeting amazing people and we are doing amazing work,” Ortiz said. “Every time I go to trial, I learn something new to make our program stronger. It’s unusual to have someone who is an expert witness of my caliber who is still clinically active. I think that is what makes me valuable in a courtroom as an expert witness who can help the jury interpret the evidence that has been presented. It gives me relevancy on the stand and credibility with the jury. I take a lot of pride in that.”

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

BUSH | *Country in mourning*

Continued from A1

the USS Finback. Tragically, his two crew members were killed.

Naval History and Heritage Command archives also state that Bush returned to San Jacinto in November 1944 and participated in operations in the Philippines. When San Jacinto returned to Guam, the squadron, which had suffered 50 percent casualties of its pilots, was replaced and sent to the United States. Throughout 1944, Bush had flown 58 combat missions for which he received the Distinguished Flying Cross, three Air Medals, and a Presidential Unit Citation.

Bush was reassigned to Norfolk and put in a training wing for new torpedo pilots. Later, he was assigned as a naval aviator in a new torpedo squadron, VT-153. With the surrender of Japan, he was honorably discharged in September 1945. He then entered Yale University.

A social media message from USS George H. W. Bush (CVN 77), the aircraft carrier named for Bush and commissioned Jan. 10, 2009, read:

“Avengers, it is with a heavy heart we join the nation in mourning the passing of our namesake and 41st President, George H.W. Bush. A World War II Navy pilot, statesman, and loving father, he is a true example of selfless service to the country, and his legacy will remain a guiding light to all those who serve aboard our great ship that bears his name. In this time of sorrow, we are reminded of one of his life long principles, “Ceiling and Visibility Unlimited,” or CAVU, which as the president described, is meant to wish the best of weather and unlimited possibilities in one’s own life. We will forever honor his memory

by carrying on his legacy of service. Fair winds and following seas, Mr. President.”

From the Pacific skies during World War II to the Oval Office at the fall of the Berlin Wall, Bush was most remembered for his successful offensive against Iraqi dictator Saddam Hussein’s 1990 invasion of its oil-rich neighbor Kuwait. At the end of Operation Desert Storm, Bush’s approval ratings skyrocketed.

In 1990, Time magazine named him the Man of the Year. In 1991, the U.S. Navy Memorial Foundation awarded Bush its Lone Sailor award for his naval and subsequent government service.

Bush was born June 12, 1924, in Milton, Massachusetts. On Jan. 6, 1945, he married Barbara Pierce of Rye, New York. They had six children: George, Robin (who died of leukemia in 1953), Jeb, Neil, Marvin, and Dorothy Bush Koch. Bush lived to see his son George W. elected as the 43rd president in 2000.

Following his graduation from Yale, Bush worked in oil industry in Texas. Following an unsuccessful bid for a Senate seat in 1964, he was elected to the U.S. House of Representatives in 1966 from Texas’ 7th District. He was reelected to the House two years later without opposition.

He held a number of important leadership positions in the 1970s. In 1971, he was named U.S. Ambassador to the United Nations. He served there until 1973, when he became Chairman of the Republican National Committee. In 1976, he was appointed Director of the Central Intelligence Agency.

In 1980, Ronald Reagan selected George



U.S. Navy photo

A file photo taken Nov. 2, 1944 of Navy pilot Lt. j.g. George H.W. Bush, center, with X-2 flight crew, radioman Joe Reichert, left, and turret gunner Leo W. Nadeau.

Bush to be his running mate, and Bush was sworn in for the first of two terms as Vice President in 1981.

Seven years later, Bush became the Republican Party’s nominee and the American people’s choice to be the 41st President of the United States. He served as President from 1989 to 1993.

Bush and his wife, Barbara, who died in April 2018, remained prominent public figures.

George H.W. Bush had expressed the meaning of the Navy for him in an address aboard USS George H.W. Bush (CVN 77):

“My Navy days taught me the true meaning of friendship and of freedom. And looking back, I love my time serving in the Navy, the three years, aboard the San Jacinto, CVL 30, flying in Torpedo Squadron 51. And they made a man out of a scared kid.”

CAVU Mr. President, C-A-V-U, ceiling and visibility unlimited.

F-35S | *Leave Queen Elizabeth*

Continued from A1

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 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



Photos courtesy HMS Queen Elizabeth

Since late September, the F-35 Pax River Integrated Test Force carried out phases one and two of first of class flight trials (fixed wing) testing aboard HMS Queen Elizabeth (R08), performing 200 ski short take-offs, 187 vertical landings, 15 shipborne rolling vertical landings--a technique unique to the UK which allows an F-35B to return to the carrier with a heavier payload--and dropped 54 test bombs into the Atlantic. A third phase followed by operational testing is scheduled for 2019. Together the events will help the UK ministry of Defence reach initial operating capability (maritime) in 2020.

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.”

For more news from Naval Air Systems Command, visit www.navy.mil/local/navair/.



The F-35 Pax River Integrated Test Force completed the first two phases of first of class flight trials (fixed wing) testing aboard HMS Queen Elizabeth (R08), Nov. 19, 2018. A third phase, followed by operational testing, is scheduled for 2019. Together the events will help the UK ministry of Defence reach initial operating capability (maritime) in 2020.



STEARNEY | *Statement from Navy*

Continued from A1

Forces Central Command / U.S. 5th Fleet, was found deceased in his residence in Bahrain today. This is devastating news for the Stearney family, for the team at 5th Fleet, and for the entire U.S. Navy.

Scott Stearney was a decorated naval warrior. He was a devoted husband and father, and he was a good friend to all of us. The Naval Criminal Investigative Service and the Bahraini Ministry of Interior are cooperating on the investigation, but at this time

no foul play is suspected. Rear Adm. Paul Schlise, the deputy commander of 5th Fleet, has assumed command and is maintaining continuity in our responsibilities and posture in the U.S. 5th Fleet.

I ask that you keep the Stearney family in your prayers and respect their privacy as they navigate through these very difficult times. We will keep you informed as we learn more. Thank you very much.



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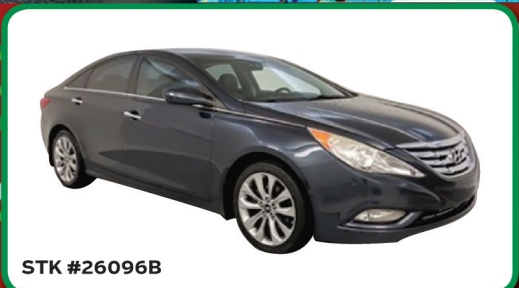
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Sustainment Data Challenge: Crowd-sourcing analytic solutions for readiness

The Navy is launching its first Navy-wide Sustainment Data Challenge and is seeking Navy workforce volunteers to form a challenge team that will develop solutions impacting the future of Navy readiness.

» see **B6**

SECTION B | FLAGSHIPNEWS.COM | 12.06.18

FLEET SURGICAL TEAM SAVES LIFE ABOARD USS SOMERSET

By **MC2 Kyle Carlstrom**
Littoral Combat Group One Public Affairs

PACIFIC OCEAN

Electrician's Mate Fireman Samuel Guidroz was more than 4,500 miles away from home when he was awakened by a sharp pain in his abdomen on the morning of Nov. 27, 2018.

The 20-year-old Sailor, assigned to the San Antonio-class amphibious transport dock ship USS Somerset (LPD 25), tried to treat the day like any other day spent underway in the Pacific Ocean. But the discomfort in his stomach soon drove him to the ship's medical bay.

"I had a nauseating feeling in my lower abdomen," said Guidroz, from his bed in the ship's recovery ward. "They ran some x-rays and a few additional tests."

"Fireman Guidroz came to us, and we were able to determine he had acute appendicitis," said Cmdr. Jeffery Chao, the surgeon for Littoral Combat Group One (LCG-1).

Chao said it was fortunate that the fleet surgical team happened to be there on the Somerset to augment the ship's capabilities. The fleet surgical team is attached to Amphibious Squadron (PHIBRON) 3, which is currently embarked on USS Somerset as part of LCG-1. If they had not been there, surgery aboard USS Somerset would not have been an option.

But not everything was working in Guidroz's favor.

"The sea state at the time was a bit rough, so it made me nervous," Guidroz said. "The doctors eased my mind though, assuring me it was the right thing to do."

The LCG-1 fleet surgical team and the Sailors aboard USS Somerset acted immediately. The officer of the deck turned the ship to the steadiest course available. The maneuver significantly lessened the ship's motion in the water, allowing the medical personnel to do their work with precision. Then they prepared for surgery.

When Guidroz awoke, he felt groggy but relieved.

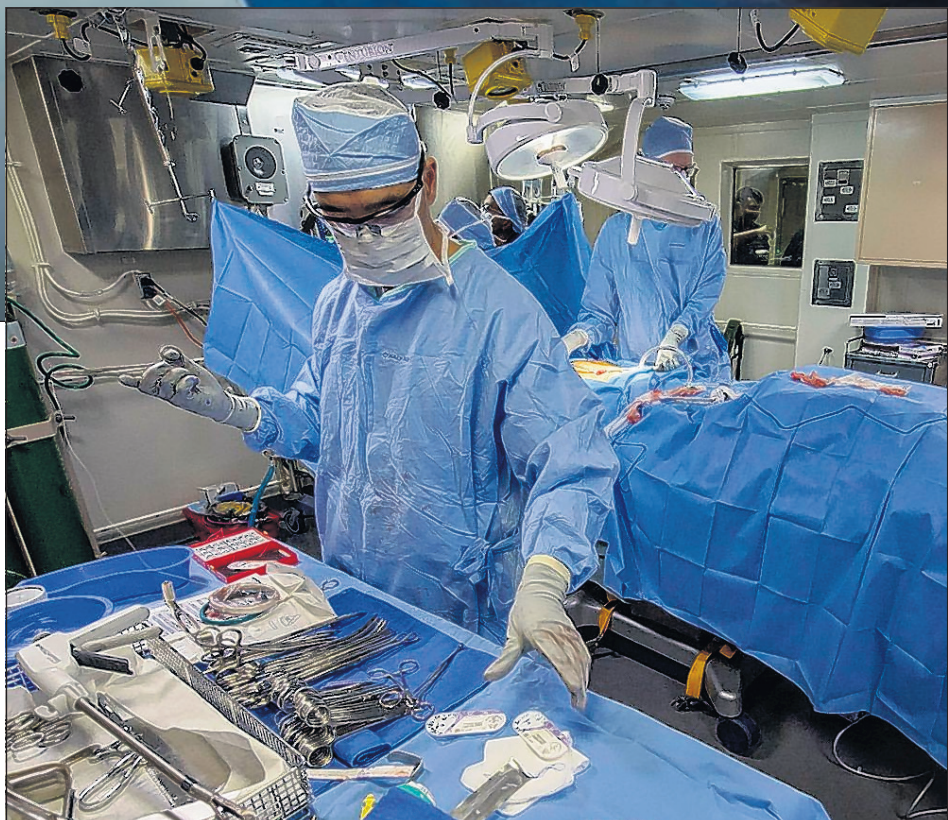
"Everything went great. Just like it would have if I had been back at a regular hospital," Guidroz said.

Chao says he expects Guidroz to make a full recovery in the next few days.

"This was a great learning experience to know the medical capabilities out here are far greater than my initial expectations," Guidroz said. "It feels good knowing and having that assurance that something like this can be taken care of out here at sea. I can't thank the medical team enough for what they did."

Since the surgery, Guidroz has been in contact with his family at their home in Baton Rouge, Louisiana.

"They were happy this was able to be done



Photos by MC1 Andrew Brame

Cmdr. Jeffrey Chao, the Littoral Combat Group One (LCG 1) surgeon, performs an emergency appendectomy as other medical team members assist aboard the San Antonio-class amphibious transport dock ship USS Somerset (LPD 25), Nov. 27, 2018, while underway in the Pacific Ocean. Somerset is part of LCG-1, which is deployed in support of the Enduring Promise Initiative to reaffirm U.S. Southern Command's longstanding commitment to the nations of the Western Hemisphere.

here on the ship, and even a bit surprised," Guidroz said. "Being away from them was different at first, but I've made some new friends out here. And it's important, I think, having people close to you when you're away from home."

USS Somerset is a San Antonio-class amphibious transport docking ship, based out of San Diego. LCG-1 is deployed to the U.S. 4th Fleet area of operations in support of the Enduring Promise Initiative to reaffirm U.S.

Southern Command's longstanding commitment to the nations of the Western Hemisphere.

For more information, visit www.public.navy.mil/comusnavso-c4f on Facebook at www.facebook.com/NAVSOUS4thft or on Twitter at www.twitter.com/navsous4thft.

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



U.S. Navy photo

AG333 Brandon Vanbuytene (left) and AG1 Jason Quinn with Naval Oceanography Mine Warfare Center prepare unmanned underwater vehicles for deployment from two combat rubber raiding crafts in the Gulf of Mexico on Aug. 7, 2018, during the Gulf Coast portion of Naval Undersea Warfare Center's Advanced Naval Technology Exercise.

Navy readiness: Scientists and Sailors participate in operational exercises, produce rapid results

By **Jonathan B. Holloway**
Strategic Communication Office, U.S. Naval Research Lab Public Affairs

STENNIS, MS.

Scientists from the U.S. Naval Research Laboratory — Stennis Space Center, Marine Geosciences Division, have increased participation in recent Naval exercises and operational demonstrations, realizing the effects of Navy research scientists and engineers work-

ing alongside Sailors and Marines.

Department of Defense and Department of Navy leadership have encouraged Naval scientists and engineers to speed up their innovation and transition timelines by testing prototypes in real-world Naval exercises.

According to U.S. Defense Secretary Jim Mattis in the unclassified 2018 National Defense Strategy, "We must anticipate the

» See **READINESS** | B7



Marines assigned to Naval Station Rota, Spain, stand in formation during the 30th anniversary ceremony of U.S. and Spain's Agreement on Defense Cooperation, November 29th, 2018.

MC1 Benjamin A. Lewis

NAVSTA Rota marks 30 years of Spanish Defense cooperation

By **Lt. Jack Georges**
Naval Station Rota, Public Affairs

ROTA, SPAIN

American and Spanish service members marked the 30th anniversary of the Agreement of Defense Cooperation between the Kingdom of Spain and the United States during a ceremony held aboard Naval Station Rota, Spain, Nov. 29.

Capt. Michael MacNicholl, commander, U.S. Naval Activities Spain, and Spanish Vice Adm. Torres Piñero, admiral of Lo-

gistics Support Bay of Cadíz, presided over the event held on the base's airfield before a formation of Spanish and American service members.

"As we mark the 30th anniversary of the Agreement of Defense Cooperation we are reminded of the common values that unite us: respect for the principles of democracy personal freedom and the rule of law," said MacNicholl. "Our shared values and goals will continue to guide our course as we

» See **SPAIN** | B7



Lisa Smith Molinari

The shame on the shelf

By Lisa Smith Molinari

When it comes to trends, I operate on a standard five-to-ten-year delay. Hence, I refer to ink cartridges as “printer ribbons,” I’ve always wanted that hairstyle Jennifer Anniston had on “Friends,” and I still own a pair of dark-washed jeans. So, it’s no surprise that I never picked up on The Elf on the Shelf craze.

I didn’t even hear about that particular holiday phenom until 2009 while our family was stationed in Germany. Anyone who’s ever been to Germany knows that an elf doll that sits on a shelf is a real snoozer compared to the wonder and Old World charm of festive Christmas markets, sparkling glass-blown ornaments, elaborately-carved wooden nutcrackers, real reindeer-drawn sleigh rides, and the spicy aroma of hot Glühwein. The arguably superior German Christmas traditions left no need to supplement the celebrations with a silly book about an elf

on the shelf.

However, I couldn’t resist the guilt trip.

I learned that another Navy wife in our base stairwell apartment building was keeping the magic of Santa alive for her three children by secretly hiding a posable elf doll around the house every day between Thanksgiving and Christmas. Apparently, the elf was Santa’s spy, flying to the North Pole every night to report back on who’s been naughty or nice, and returning to a new location each morning, in increasingly funny scenarios that delighted her children. Making snow angels in rainbow sprinkles on the countertop, splashing in a mini-marshmallow bubble bath with Buzz Lightyear, and catching goldfish crackers in the toilet with a candy cane fishing pole.

This was the same mom who also baked a different cookie for her kids every day for “The Twelve Cookies of Christmas” and who surprised her kids with a green glitter and chocolate coin leprechaun ransack of their house every St. Patrick’s Day — so I should have known better. But instead, I felt terrible.

“How did I miss this Elf on the Shelf thing?” I wondered. “Am I just too lazy to be a good mother? Do my kids feel deprived of their rightful share of holiday fun? Will they grow up so full of resentment that they will lead lives of crime and end up in prison making license plates and eating contraband Honey Buns with plastic sporks?”

Like I said, I just can’t resist a guilt trip.

After moving back to the states, I broke down and bought a knock-off elf, but by that time our kids were old enough to know that Santa didn’t come down the chimney, much less have spies. Regardless, as an act of Christmas contrition, I wrapped the doll’s felt and wire arms around the ceiling fan blade, fully intending to finally teach my children the timeless tradition of the Elf on the Shelf.

And that is where he stayed for the entire month.

Rather than alleviate my guilt, bringing that damned elf into our home only brought me more parenting disgrace. I found it impossible to remember to move the elf at night, much less pose him in witty scenarios to entertain the kids. When I checked the internet for ideas, I only ended up feeling worse about myself for getting sucked into perusing Pinterest boards with titles like “The 100 Most Inappropriate Elf on a Shelf Ideas for Adults Only.”

Childish giggling only amplified my shame.

After Christmas, I plucked our elf from his fan blade confinement, brushed off a month’s worth of dust before storing him away, and wallowed in self-loathing.

This year, while sorting through our boxes of Christmas decorations, I found the elf crumpled against a snow globe, one leg bent at an unnatural angle. I took him out and hooked his felt and wire arms over the bannister garland, and that is where he will probably stay until the New Year.

I have come to accept the irony that, although I lack the discipline it takes to move a tiny elf from shelf to shelf, I always manage to drag a load parental guilt around with me everywhere I go.

Is it any wonder I’m a Catholic?

www.themeatandpotatoesoflife.com

TRICARE Open Season: Picking a plan for 2019

By Katie Lange

Department of Defense

As with private-sector health care, there’s now a yearly open enrollment “season” for TRICARE Prime and TRICARE Select planholders. TRICARE open season runs from Nov. 12 to Dec. 10. The changes you make will take effect Jan. 1, 2019.

During open season, beneficiaries can:

- Enroll in a plan. Beneficiaries eligible for TRICARE Prime or TRICARE Select can enroll in either plan for 2019 coverage.
- Change plans. Beneficiaries already enrolled in TRICARE Prime or TRICARE Select can switch plans for 2019 coverage. In other words, if you are in TRICARE Prime and want to switch to TRICARE Select, open season is the time to make this change. Beneficiaries may also change their type of enrollment from individual to family coverage.
- Do nothing. Beneficiaries will keep the same coverage through 2019 or as long as they remain eligible.

For more on TRICARE open season, visit www.tricare.mil/openseason.

Outside of TRICARE open season, you can only make enrollment changes when you or your family experience a Qualifying Life Event. QLEs are certain life events like getting married, having a baby or retiring from active duty. When a QLE happens to you or family, you have 90 days from the QLE to make any enrollment changes. Your coverage is effective on the day of that life event.

How do I enroll during open season?

Enrollment is the same process as previous enrollment actions. The easiest way to do so is online at the Beneficiary Web Enrollment website (stateside only). But you can also call your regional contractor or snail mail them your enrollment form.

I’m a new active-duty service member. How does this work for me?

If you joined the military this year, you were automatically enrolled in TRICARE Prime. If you live in remote areas of the U.S., you’ve been enrolled in TRICARE Prime Remote.

When it comes to your eligible family members:

- If they live stateside, they’ll automatically be enrolled in TRICARE Prime if they live in a Prime Service Area. If they live outside of a PSA, they’ll be enrolled in TRICARE Select. Family members have up to 90 days to change their plans if they want to.
- If your family is in the TRICARE Overseas Program, they’ll be enrolled in TRICARE Se-

WHAT YOU NEED TO KNOW

for Coverage Beginning In

2019

2018 Open Season:

November 2018

12

Monday

December 2018

10

Monday

[NOV. 12 – DEC. 10]

TRICARE® is implementing an open season for enrollment. You can only enroll in TRICARE Prime or TRICARE Select or switch plans during TRICARE Open Season or after a Qualifying Life Event (QLE). The TRICARE Retiree Dental Program (TRDP) is ending on Dec. 31. Many TRICARE-eligible beneficiaries will qualify for the Federal Employees Dental and Vision Insurance Program (FEDVIP).

I am a(n)...	I Want to Change My TRICARE Plan	I Want to Enroll in a FEDVIP Vision Plan	I Want to Enroll in a FEDVIP Dental Plan
Active Duty Service Member	You can only change plans if you're retiring. At retirement, coverage ends. Learn about your options and what to do at www.tricare.mil/retiring	You do not qualify to purchase a FEDVIP vision plan. You will continue to get care as you do now.	You do not qualify to purchase a FEDVIP dental plan. You will continue to get care as you do now.
Active Duty Family Member *Not including adult children enrolled in TRICARE Young Adult	You can change plans during the 2018 TRICARE Open Season.	You must enroll during Federal Benefits Open Season.	You do not qualify to purchase a FEDVIP dental plan. You can get your dental care through the TRICARE Dental Program.
Reserve Component Member or Family Member enrolled in TRICARE Reserve Select*	No action needed. This doesn't apply to you.	You must enroll during Federal Benefits Open Season.	You do not qualify to purchase a FEDVIP dental plan. You can get your dental care through the TRICARE Dental Program.
Retired Service Member or Family Enrolled in TRICARE Prime®, TRICARE Select™	You can change plans during the 2018 TRICARE Open Season.	You must enroll during Federal Benefits Open Season.	TRDP ends Dec. 31, 2018. You must enroll in a FEDVIP dental plan during Federal Benefits Open Season to maintain coverage.
Retired Service Member or Family Member using TRICARE For Life	No action needed. This doesn't apply to you.	You must enroll during Federal Benefits Open Season.	TRDP ends Dec. 31, 2018. You must enroll in a FEDVIP dental plan during Federal Benefits Open Season to maintain coverage.

To learn more about TRICARE Open Season, visit www.tricare.mil/openseason.
For a full description of FEDVIP plans and coverage options, visit tricare.benefeds.com.

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From health.mil

lect. They also have 90 days to change their plans, if they’re command-sponsored.

If you have one of the other premium-based plans:

TRICARE open season doesn’t apply to you. Tricare Retired Reserve, Reserve Select, Young Adult and the Continued Health Care Benefit Program offer continuous open enrollment all year long. Tricare For Life doesn’t require enrollment.

Enrollment Costs

Enrollment fees are based on whether you choose TRICARE Prime or TRICARE Select, and whether you fall into Group A or Group B. Group A refers to active-duty members and their families who have been in before Jan. 1, 2018. Group B includes those who joined the military (and their families) after Jan. 1, 2018.

When it comes to TRICARE Select, there are also slightly different copays for Group A and B.

“Instead of paying cost-shares, we’re now go-

ing to [fixed] copays,” said Vice Adm. Raquel Bono, director of the Defense Health Agency. However, those copays only apply to network providers. Non-network providers in TRICARE Select will still have cost-shares.

With TRICARE Select Group A, the fixed copay will be based on the type of care you need and where you live. “For the Group B people, those copays actually came directly from Congress,” Bono said.

Currently, active-duty military, their family members, and retirees and their families in TRICARE Select Group A do not have to pay enrollment fees, but that’s expected to change in a few years.

You can read more about the costs of your specific plan here. You can also use the cost comparison tool to get a side-by-side view of the plans you’re considering.

We’re sure you have more questions. The best way to get answers is to visit TRICARE.mil.



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

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

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Sustainment Data Challenge: Crowd-sourcing analytic solutions for readiness

From Research, Development and Acquisition Public Affairs

WASHINGTON

The Navy is launching its first Navy-wide Sustainment Data Challenge and is seeking Navy workforce volunteers to form a challenge team that will develop solutions impacting the future of Navy readiness. The application period is open through Jan. 8, 2019.

“Creativity is authorized and highly encouraged. Get involved to develop innovative solutions so that we can build and sustain the Navy the Nation Needs,” said Assistant Secretary of the Navy for Research, Development and Acquisition James F. Geurts.

“The Sustainment Data Challenge is focused on leveraging our combined talents to radically improve how we use data and modelling to improve readiness in support of our National Defense Strategy,” said Geurts. “This new approach to solving these complex problems accelerate the pace of positive change and leverage new sources of innovation and talent.”

Sponsored by Assistant Secretary of the Navy, Research, Development and Acquisition (ASN RDA), Chief of Naval Operations (OPNAV) and the Office of the Chief Management Officer (DON OCMO), the challenge is to develop prototype predictive system-of-systems analytical model(s) to identify future program sustainment requirements and resources that consider dynamic operational scenarios to achieve Navy readiness goals. The ability to apply, scale and extend the solutions to additional Navy programs is anticipated.

Modeling future sustainment needs for a weapon system from a variety of disparate systems is no trivial challenge. The Navy has a wealth of historical sustainment data, and a workforce willing and able to solving complex problems.

This Sustainment Data Challenge will use crowd-sourcing to leverage

historical data, existing structures and workforce experience to tackle the disparate data sources that generate Navy program sustainment resource plans. It brings together data scientists and data engineers to get hands-on experience predicting sustainment resources by generating models and candidate solutions over the course of four months.

If interested in participating, organize and apply as a team by Jan. 8, 2019. Teams will attend a virtual kickoff event to gather context, rules, starting data sets and will have access to subject matter experts. Teams will submit checkpoint progress briefs as scheduled and one of the checkpoints may be used to down-select amongst the teams. Finalist teams will present proposed solutions and demonstrate a data model at the May summit. The summit location is still being finalized.

Judges will name a winner(s) at the summit conclusion. The incentive for teams to participate is an opportunity to inform future sustainment planning models and data science within the Navy.

Travel costs for finalist teams to attend the May summit will be covered by the challenge event sponsors. The summit provides a number of learning and networking opportunities. Senior leaders in ASN(RDA) and OPNAV will be among the judges for the summit. Winning and finalist teams have the potential for their prototype solution to result in funding and follow-on tasking.

Key Data Challenge Dates:

- Applications due: Jan. 8, 2019
- Kickoff: Jan. 30, 2019
- Checkpoint 1: Feb. 28, 2019
- Checkpoint 2: March 28, 2019
- Project submission: May 2, 2019
- Summit start: June 3, 2019

For more information, visit <http://go.usa.gov/xPm7y> or email NAVAIR_IBC.gm@navy.mil.



SUSTAINMENT CHALLENGE

Sponsored by
• OPNAV N8 • OCMO
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Challenge Statement

The USN seeks to leverage historical program data to model out-year sustainment requirements and investments to increase readiness. The objective is to develop a predictive system of systems data model to identify future program sustainment and resource requirements that can incorporate varying operational scenarios and operational readiness level goals.

Process & Team Expectations

**Self-Form Teams**
Gather members & expertise

**Work Challenge**
Generate Solutions

**Project Submission**
Teams submit solution

1

2

3

4

5

6

**Attend Kickoff Event**
Learn about:
• Context • Rules
• SME Access • Starting Data

**Submit Checkpoints**
• Report progress
• Down-select may occur

**Attend Summit**
• Demonstrate solutions
• Name winners

Key Dates

Applications Due

Kickoff

Checkpoint #1

Checkpoint #2

Project Submission

Summit Start

08 JAN 19

30 JAN 19

28 FEB 19

28 MAR 19

02 May 19

03 JUN 19

FORM A TEAM NOW

MORE INFO

Go to - <http://go.usa.gov/xPm7y>
Contact - NAVAIR_IBC.gm@navy.mil

Challenge Working Group NAVAIR, PMA-231, NAVSUP, COMFRC, NCCA, BUPERS, COMAIRPAC, FMB, OCMO, ASN RDA, OPNAV N4, CNAF

Challenge open to Military and Civilians working in the USN, USMC or DON

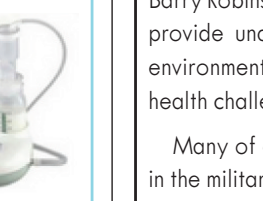
Data Challenges are a crowd-sourcing approach to rapidly prototype data models applying workforce expertise in the problem domain, analytics and data engineering. Developed solutions and insights can then be extended to additional Navy efforts.



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SURFACE WARFARE OFFICERS SCHOOL RECOGNIZES TOP CIVILIANS FOR 2018

From Surface Warfare Officers School Public Affairs

NEWPORT, R.I.

Surface Warfare Officers School (SWOS) announced its top civilians for fiscal year 2018, Nov. 28.

Capt. Scott F. Robertson, SWOS commanding officer, expressed his sincere admiration and appreciation for the outstanding efforts of Jeff Waechter and Percival Dacanay, the SWOS senior and junior civilians of the year (COY) respectively.

“SWOS is fortunate to have a staff of outstanding civilians and military personnel,” said Robertson.

“The knowledge and experience of individuals like Jeff and Percival are what makes the entire SWOS team able to effectively turn our officer and enlisted students into highly skilled, confident, combat-ready warfighters.”

Waechter joined SWOS in December 2016 as the instructor development program manager, and was recognized for spearheading the SWOS Instructor Development Course

(SIDC) and managing the Instructor Certification and Evaluation program, which have been critical in developing and improving the skills of SWOS instructors.

“The SIDC feedback and results have been phenomenal,” said Robertson. “Jeff’s efforts have had a far-reaching effect on other learning standard offices across the NETC [Naval Education and Training Command] domain.”

Waechter, a Virginia Beach, Virginia native, was surprised and humbled by his selection as SWOS senior COY.

“It’s a great honor to be selected,” said

Waechter. “However, there are a number of my peers whom I look up to as mentors, and they’re certainly more deserving of this recognition.”

Dacanay, a SWOS financial technician, was recognized as the command’s junior COY for his exceptional management of the Defense Property Accountability System (DPAS), which resulted in SWOS attaining a perfect score in all assessment areas. He was specifically credited by the audit team for his quality of work and attention to detail administering a multi-million-dollar program.

Dacanay, a Seekonk, Massachusetts native, started working at SWOS in early 2010.

He shared that he has enjoyed being part of SWOS and is extremely proud of his role.

“SWOS is one of the most prestigious schools in the Navy,” said Dacanay. “We teach future admirals, and I get to be part of it.”

SWOS readies sea-bound warriors to serve on surface combatants as officers, enlisted engineers and enlisted navigation professionals to fulfill the Navy’s mission to maintain global maritime superiority.

For information about SWOS visit <https://www.public.navy.mil/netc/centers/swos/Default.aspx>.

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



Lt. Christopher Lee stands under instruction as the tactical action officer aboard the Whidbey Island-Class Dock Landing Ship USS Gunston Hall (LSD 44).

MC3 Colbey L. Livingston

CNSF signs new Surface Warfare Watchstander Proficiency Requirements Instruction

From Commander, Naval Surface Force, U.S. Pacific Fleet Public Affairs

CORONADO

Vice Adm. Rich Brown, commander, Naval Surface Force (CNSF), approved the new Surface Warfare Watchstander Proficiency Requirements Instruction, Nov. 13.

The purpose of the instruction is to establish minimum requirements for individuals to maintain proficiency in the tactical action officer (TAO), officer of the deck (OOD), combat information center watch officer (CICWO), engineering officer of the watch (EOOW), junior officer of the deck (JOOD),

conning officer (CONN), and combat systems officer of the watch (CSOOW) watchstations.

The instruction, which is effective immediately, meets requirements set out in the U.S. Fleet Forces (USFF) Comprehensive Review.

Highlights of the instruction include the following:

- Watchstanders must stand minimum time requirements for designated watches to maintain proficiency. Exceeding maximum time period between watches requires a refresh to re-establish proficiency.
- Controlling stations have assigned peri-

odicities of either one watch every 45 days (OOD, TAO, CICWO) or one watch every 30 days (CSOOW, EOOW).

■ JOODs and CONNs are required to be graduates of Basic Division Officer Course (BDOC) and OOD phase I courses of instruction.

There are a few exceptions in the instruction, such as:

- Nuclear-qualified surface warfare officers (SWO-N), while assigned to a CVN, are exempt from the surface warfare watchstanding proficiency requirements.
- Currently serving chief engineers are exempt from the surface warfare EOOW

watchstanding proficiency requirements.

■ Commanding officers (COs) and executive officers (XOs) are exempt from watchstanding proficiency requirements.

■ Pre-commissioning units are exempt from maintaining these proficiency requirements until the conclusion of builder’s trials.

The fleetwide proficiency instruction is part of the foundation on which commanding officers can increase readiness and enhance the lethality of their warfighting teams. The full instruction can be found at <https://cpf.navy.mil/sites/cnsp/directives/1412.6.pdf>. It is CAC-enabled; use the email certificate when prompted.



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NAVSUP reform improves customer presence



By Joe Yanik

NAVSUP Office of Corporate Communications Public Affairs

MECHANICSBURG, PA.

In order to improve business processes and improve warfighter readiness and lethality, Naval Supply Systems Command (NAVSUP) is reforming to better align with its customers in delivering supplies, services and quality-of-life support to the Navy and Joint warfighters stationed around the world.

Customer Presence is one of the core pillars that NAVSUP's reform program is structured around. "The goal of NAVSUP's Customer Presence team is to identify and address critical deficiencies in coordinating and communicating with stakeholders and customers across the Navy to help them accomplish their mission," said Capt. Raymond Bichard, the team's sponsor.

"From conducting deep dive surveys and implementing immediate, high impact pilots, we learned from our customers that they've been unable to reliably convey their supply needs and priorities to us and track deliverables along the supply chain," Bichard said. "This lack of communication and transparency into the supply chain process causes them a great deal of frustration, particularly when it comes to delivering time-sensitive repair parts and forecasting their supply needs."

The team came up with one solution to help resolve issues with communication and transparency: it involves a framework for mapping NAVSUP's key customers and entire customer base.

"As NAVSUP maps its custom-

ers, the enterprise can improve its presence where it is needed the most," said Capt. Blake Kent, leader of the Customer Presence value team responsible for the mapping effort. "Once we have a better understanding of where and who our key customers are, we can designate representatives to best serve as coordinators and process enablers between us and our customers."

Kent stated that another solution to improving the command's alignment with its customer base will be to empower key customers with improved escalation strategies for their critical requisitions.

These strategies are currently being tested with six ships in San Diego. The strategies involve working with the NAVSUP Weapon Systems Support supply planners to improve background information on parts delays that appear in One Touch Support, encouraging shipboard supply officers to use the Global Distance Support Center (GDSC) for detailed requisition information, and leveraging the expertise of the logistics support representatives from the nearby Fleet Logistics Centers.

"These strategies will aid customers by giving them increased visibility and understanding of what is causing their requisitions to be backordered and assist with planning maintenance efforts based on the arrival of parts," Kent said.

Since the Customer Presence team began working to align NAVSUP closer to its customers, Kent said there has already been some measurable success.

"We're already seeing the progress we were hoping for in certain

One Touch Support: One Touch Support is the Navy's research and procurement website that enables Fleet Sailors, industrial activities, and other support providers the capability to perform integrated technical screening, stock checks, requisition input, requisition status checks, and shipment tracking from more than 20 government and commercial data sources.

target areas," said Kent. "An example of progress includes improved information directly available to the six pilot ships through One Touch Support without having to call a given supply planner, thereby making the planners more efficient. We have also seen a seven percent increase in the use of GDSC as an escalation path for additional clarification on backorder status."

One Touch Support is the Navy's research and procurement website that enables Fleet Sailors, industrial activities, and other support providers the capability to perform integrated technical screening, stock checks, requisition input, requisition status checks, and shipment tracking from more than 20 government and commercial data sources.

Even with this forward momentum, Kent said it will take time to align NAVSUP closer to its customers. "The reform we need in terms of improving customer presence won't occur overnight, but we have great people who are dedicated to bolstering warfighter lethality and readiness. Our team of supply chain managers is fully engaged in imple-

menting solutions to improve how we do business."

The overall goal of the reform program is to improve business processes, increase the speed of support, and rally with other key players in Navy sustainment. Over the next year, the results of the reform initiatives will evolve the organization's operating model to adapt to the changing environment and remain always ready, resourceful, responsive!

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

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

“As NAVSUP maps its customers, the enterprise can improve its presence where it is needed the most. Once we have a better understanding of where and who our key customers are, we can designate representatives to best serve as coordinators and process enablers between us and our customers.”

Capt. Blake Kent

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CARRIER STRIKE GROUP THREE

By MCSN Angelina Grimsley
Carrier Strike Group 3 Public Affairs

SINGAPORE

More than 120 Sailors from Carrier Strike Group (CSG) 3 participated in community service projects at the Tanglin Salvation Army and the Chai Chee Willing Hearts Soup Kitchen in Singapore, Nov. 26-27.

Sailors who volunteered at the Tanglin Salvation Army sorted donated clothing, electronics, toys, and a variety of assorted household goods.

Lt. Ryan Albano, divisional officer in the Command Religious Ministries Department aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74), and one of the event coordinators, said community service is a part of the mission and legacy of the Navy.

“This is perhaps one of the most

important things I get to do in the Navy,” said Albano. “We set a high standard everywhere we go that the United States Navy does not simply come to consume. We also show up to give back.”

The Sailors volunteered on Monday and Tuesday, which are the days the Tanglin Salvation Army receives the bulk of its weekly donations.

“We are really happy to have extra help on our busiest days. It was a big help to us,” said Benjamin Sim, the location’s human resources manager.

Sailors also volunteered at Willing Hearts Soup Kitchen by breaking down over 300 pounds of fish for stocks and stews and helping to organize the dry storage of more than 500 pounds of rice.

“It’s important to show our host nation that we’re allies and represent ourselves and our nation in a



Carrier Strike Group (CSG) 3 Sailors pose for a group photo at the Tanglin Salvation Army donation center in Singapore following a community outreach event. The Sailors volunteered at the center during a scheduled port visit to the island nation.

positive light,” said Aviation Administrationman 2nd Class Javon Wilkerson, a volunteer at the soup kitchen.

Willing Hearts cooks, serves lunch, packages, and delivers an average of 6,000 meals a day from sunrise until after sunset to those in need. The meals are distributed to over 60 locations to feed Singaporeans who are unable to leave their homes.

The community service projects were conducted during a scheduled port visit to the island nation by John C. Stennis, the Ticonderoga-class guided-missile cruiser USS Mobile Bay (CG 53), and the Arleigh Burke-class guided-missile cruiser USS Spruance (DDG 111).

The ships moored at Changi Naval Base following a high-end dual carrier strike force exercise in the Philippine Sea with the Ronald

Reagan Carrier Strike Group, providing Sailors the opportunity to explore the island and the city.

For more news on John C. Stennis, visit www.stennis.navy.mil or follow along on Facebook at www.facebook.com/stennis74, Twitter @stennis74, or Instagram @stennis-CVN74.

For more news from USS John C. Stennis (CVN 74), visit www.navy.mil/local/cvn74/.



Yeoman Seaman Adrian Gonzalez, from Merced, California, sorts donated toys, clothes, and electronics at the Tanglin Salvation Army donation center in Singapore during a community outreach event. Carrier Strike Group (CSG) 3 Sailors volunteered at the center during a scheduled port visit to the island nation.



Carrier Strike Group (CSG) 3 Sailors sort donated toys, clothes, and electronics at the Tanglin Salvation Army donation center in Singapore during a community outreach event. The Sailors volunteered at the center during a scheduled port visit to the island nation.

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READINESS | *Exercises produce rapid results*

Continued from B1

implications of new technologies on the battlefield.”

Pairing Navy research scientists and engineers with military personnel and their training exercises can be critical when identifying strengths, weaknesses and other opportunities before real-time operations.

“During exercises, not only can we showcase NRL involvement in the development of critical technologies, but we can also learn first-hand where we can improve,” said Dr. Todd Holland, head of the NRL-SSC Marine Geosciences Division. “The things you discover getting your hands and feet wet with the Sailors you support cannot be adequately captured from discussion of a PowerPoint slide.”

Recently, Holland and his team participated in the Advanced Naval Technology Exercise (ANTX-2018) in the Gulf of Mexico.

Typically hosted by Naval Undersea Warfare Center, ANTX is a specialized exercise that features future Naval technologies that are still under development, with this year’s focus on unmanned underwater, aerial and surface systems.

NRL oceanographer Dr. Meg Palmsten also participated in ANTX-2018, working with Sailors training on completed and developing unmanned systems that collect vital environmental data where military operations will take place.

“Feedback from Sailors on the tools we are developing is important,” said Palmsten. “Interactions at exercises like ANTX help me adapt my research questions to better

meet their needs.”

Earlier this summer, computer scientist James Dickens from NRL’s Marine Geosciences Division, participated in the Rim of the Pacific Exercise, or RIMPAC, the world’s largest international maritime exercise.

Dickens oversaw the unified integration of experimental capabilities with shipboard data and systems during RIMPAC. The goal of this integration of capabilities into the exercise, like machine learning and artificial intelligence (AI), is to effectively calculate operational impacts.

“While aboard USS Carl Vinson I was able to experience challenges Sailors face with limited bandwidth and how that impacts tools and capabilities downstream,” said Dickens. “It was abundantly clear that software and infrastructure reliability are more important than what the software is doing ... as we develop great capabilities for the Fleet, we can often lose sight of the fact if our capabilities don’t always work, they won’t be useful.”

Dickens and others credit their involvement in exercises like RIMPAC with positively affecting their long-term research and development goals while understanding the need for rapid development.

Holland shares the same notion, understanding the importance of protecting America’s military service-members.

“Participating in exercises like ANTX and RIMPAC are invaluable ways to influence future Naval capabilities,” said Holland. “Meeting and collaborating with others in



U.S. Navy photo
Divers from Naval Undersea Warfare Center Division Newport’s Engineering and Diving Support Unit recover an unmanned autonomous underwater vehicle.

Naval research and development also allows us to more quickly develop and transition technology to the Sailors and Marines who need it.”

Holland’s determination to include Naval researchers in training exercises is welcomed by leadership throughout the Navy, according to a 2015 Navy Inspector General Report, citing Navy leadership’s desire to increase direct interaction between NRL and the fleet.

“We’re going to continue to participate in as many Naval exercises as we can,” said Holland. “NRL science and technology gives the Navy and Marine Corps an edge and

keeps them safe. Discovery of new science and technology doesn’t always take place in a lab. We go wherever it takes us.”

The U.S. Naval Research Laboratory is a scientific and engineering Navy command dedicated to comprehensive knowledge of the earth, sea and space to enable Navy and Marine Corps success through science. Based in Washington, D.C., with field sites throughout the United States, NRL employs approximately 2,500 civilian scientists, engineers and support personnel.

For more news from Naval Research Laboratory, visit www.nrl.navy.mil or www.navy.mil/local/nrl/.

SPAIN | *Thirty years of defense cooperation*

Continued from B1

ensure peace, security and prosperity for many years to come.”

The agreement, signed Dec. 1, 1988, governs the defense partnership between the Kingdom of Spain and the United States, though the military relationship is actually much older having been originally established in 1953.

“It has been 65 years since the construction of the U.S. stations in Spain and 30 years since the signing of the current agreement,” said Piñero. “I wish for the future to bring us at least as many more years serving together for the peace, stability and the security of our towns and the international community.”

Today, Spanish and U.S. forces cooperate on numerous operations across Naval Station Rota including base security, airfield operations, port operations as well as facilities and infrastructure maintenance. Speaking at the event, MacNicholl said cooperation between the two countries is critical to both countries shared goals.

“Together we conduct far-ranging operations that enable us to project power when needed and ensure our mutual safety and security. We can only do this through trust, practiced teamwork and commitment to one another,” said MacNicholl.

The event included a wreath-laying and salute to service members who have given their lives in the line of duty as well as a traditional Spanish military song in tribute to the fallen. A parade of the military formations concluded the event.

Naval Station Rota sustains the fleet, enables the fighter and supports the family by conducting air operations, port operation, ensuring security and safety, assuring quality of life and providing the core services of power, water, fuel and information technology.

For more news from Naval Station Rota, Spain, visit www.navy.mil/local/rota/.



Photos by MC1 Benjamin A. Lewis
Vice Adm. Torres Pieyro, left, Adm. of logistics support, Bay of Cadz, and Capt. Mike MacNicholl, commanding officer of Naval Station Rota, Spain conduct a review of forces during the 30th anniversary ceremony of U.S. and Spain’s Agreement on Defense Cooperation, November 29th, 2018.



LEFT: U.S. and Spanish service members participate in a fallen comrades ceremony during the 30th anniversary ceremony of U.S. and Spain’s Agreement on Defense Cooperation, aboard Naval Station Rota, Spain, November 29th, 2018.

Future USS Michael Monsoor departs Naval Station Guantanamo Bay

From PCU Michael Monsoor Public Affairs

GUANTANAMO BAY, CUBA

The future USS Michael Monsoor (DDG 1001), the second Zumwalt-class guided-missile destroyer, departed Naval Station Guantanamo Bay after completing a port visit Nov. 19-21.

“I have been coming to Naval Base Guantanamo for nearly three decades and I’ve always been impressed with the level of commitment and service of the Sailors, Marines, Soldiers, Airmen, and Guardsmen here,” said Capt. Scott Smith, commanding officer of Michael Monsoor. “It’s only in later years that I’ve come to appreciate the logistical and strategic importance of our oldest overseas base. This is a maritime forward operating location that serves the joint force and partner nations well and I am pleased that we could be part of its rich history.”

While inport, Michael Monsoor utilized the base’s gun range by holding an M500

gunshoot, took advantage of the many Morale, Welfare, and Recreation facilities, and facilitated key leader engagement by providing tours for area leadership. Capt. John Fischer, Commander, Naval Station Guantanamo Bay and Command Master Chief Nicholas Messina, Naval Station Guantanamo Bay visited the ship while pier-side and joined Capt. Smith and Michael Monsoor’s Command Master Chief, Master Chief Petty Officer Patrick A. Tummins, on air at American Forces Network (AFN) Guantanamo Bay, the radio station on base, the following day.

The ship is named for Master-at-Arms 2nd Class Michael A. Monsoor. Monsoor was a Navy SEAL who was posthumously awarded the Medal of Honor for his heroic actions in Ramadi, Iraq, Sept. 29, 2006, when, to save the lives of those around him, he threw himself onto a grenade that had been lobbed onto the rooftop where he was positioned.



MC1 John Philip Wagner, Jr.
Sailors assigned to Pre-Commissioning Unit (PCU) Michael Monsoor (DDG 1001) heave around on mooring lines while pulling into Naval Station Guantanamo Bay for a scheduled port visit.

The Zumwalt-class features a state-of-the-art electric propulsion system, a wave-piercing tumblehome hull, stealth design and the latest war fighting technology and weaponry available.

Michael Monsoor is currently transiting to San Diego, and, upon arrival, will begin a combat availability and then undergo a com-

bat test period. The ship is scheduled to be commissioned into the Navy Jan. 26, 2019, in Coronado, Calif.

For more news from PCU Michael Monsoor (DDG 1001), visit www.navy.mil/local/ddg1001/.



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Get the whole family involved with DIY Holiday activities!

From tasty snacks to arts & crafts, we've got you covered if you're looking for Holiday activities to do with the family. » see C4

SECTION C | FLAGSHIPNEWS.COM | 12.06.18



Courtesy Busch Gardens

Holiday decorating tips from the experts at Busch Gardens' Christmas Towne

From Busch Gardens Williamsburg

Millions of Christmas lights, hundreds of wreaths, thousands of ornaments and preparing a holiday feast for the masses may sound daunting, but the experts at Busch Gardens have Christmas decorating down to a science. Over the past ten years, the world's most beautiful theme park has been transformed into Christmas Town™, one of the largest holiday displays in the country.

This year, more than 10 million lights – the most ever – will adorn nearly every building and tree in the 100-acre theme park. It takes a 100-person team thousands of hours to install and transform the park to a winter wonderland. More than 1,500 fresh-cut Christmas trees are placed throughout the park's pathways and hills, 700 wreaths decorate doors and windows, and 20,000 ornaments are carefully placed on trees.

"Christmas is a magical time of year, and decorating your own home should be part of the festivities and fun," said Peter Dunklee, senior leader of entertainment for Busch Gardens. "Imagine decorating a small city every year. That's what we do to prepare the park for Christmas Town. Hopefully some of our easy lighting advice will take the stress out of decorating your home," added Dunklee.

Dunklee and his team oversee the park's transformation each holiday season. Here are their steps to alleviate Christmas light hanging hassles and get everyone on a path to holiday bliss.

1. HOW MANY LIGHTS WILL I NEED?

Wire length is the key in this step. Christmas lights are traditionally categorized by the number of bulbs per strand, typically 50 to 100 per count. What is sometimes difficult to find is the length of the overall wire. Christmas lights are spaced six inches apart, which means the overall length is half as long as the quantity of bulbs. For example, a 100 count strand, with lights spaced six inches apart, will yield about 50 feet of lights. Ensure the spacing matches the area to be decorated by checking the lights' packaging first.

For Christmas trees, the spacing is less important, and the amount of lights added is your preference. As a general rule, the CTT recommends a 100 count strand per foot of

tree. An eight foot tree would require eight strands of 100 count lights.

2. DON'T TOSS A BURNED OUT STRAND OF LIGHTS.

One of the most frustrating things about hanging Christmas lights is the one burned out bulb that results in half a strand of lights in the dark. The best remedy for this is to take preventative measures. Always lay out Christmas lights when they are removed from storage, shake them a bit and look for any flickering. If flickering occurs, gently push each bulb back into the socket. This will reduce the chance of the bulbs loosening during the hanging process. Also look for darker bulbs with a burnt-out filament.

Many of today's Christmas lights contain several circuits, meaning that a bulb will only make part of the strand go out which can help to pinpoint the location of the bad bulb. Most strands come with spare fuses and bulbs, but it's a good idea to keep a strand of lights on hand just to use for spare bulbs. It is often cheaper than buying a box of bulbs.

3. ARE THERE ANY OTHER TIPS FOR CHECKING FOR BAD BULBS?

A bulb tester may be the next best step for your holiday decorating kit. Bulb testers detect changes in current and can help to pinpoint the general area of the bad light. As a general rule, consumer incandescent Christmas lights have a 3-year lifespan.

4. WHAT IS THE BEST WAY TO STORE LIGHTS?

Always coil the strand on the ground. Winding of strands and coiling them around your arm can cause internal breakage to the wires. The best way to store them is on a spool, which also makes the next year's installation tangle-free. During the holidays, many companies sell spools custom-designed for Christmas lights, but a spool designed for electrical cable, a garden hose or even a 2 foot by 6 inch piece of cardboard to wrap around will work, too.

5. WILL WEATHER-RELATED ISSUES DAMAGE LIGHTS?

It is always important to use UL-listed outdoor-rated Christmas lights for outdoor

applications. Most Christmas lights are relatively water-resistant, but problems typically arise if they get water inside the sockets and connectors, which often trips a breaker. A good preventive step is to wrap electrical tape over the female end on the back of the plug and connection points. This will help prevent water from seeping through to the electrical components. It is also a good idea to raise the connectors off the ground to avoid water saturation. The CTT uses wooden stakes to float the connectors off the ground to keep them dry.

6. WHAT'S THE DIFFERENCE BETWEEN INDOOR AND OUTDOOR LIGHTS?

There is a definite difference between the two. Always check the rating on the lights tag, usually located by the plug. Lights listed for indoor-use are not designed for the outdoor elements, while outdoor lights are rated to withstand adverse weather conditions.

7. EFFICIENT WAYS TO USE LIGHT TIMERS.

Timers for Christmas lights come in many different types, but digital models seem to be the most reliable. In some cases, a grounded timer can handle the electrical requirements of light displays.

8. ARE THERE COST SAVINGS WITH LED LIGHTS?

Busch Gardens uses LED lights to decorate Christmas Town. LED lights are now considered the standard for today's light technology. Energy savings is the big take-away for LED lighting and on a large-scale installation, the savings can be evident.

In addition to being long-lasting and brighter than traditional incandescent lights, LED lights often have molded or screw-on tips which will reduce the chance of a bulb becoming loose.

9. HOW MANY STRANDS CAN SAFELY BE STRUNG TOGETHER?

Stringing strands together depends on several factors, including the number of lights, wire gauge, amount of power available among other things. It's best to read the instructions on the Christmas light package for more information or call the manufacturer.

The bottom line is to make it safe.

10. WHITE LIGHTS VS. COLORED LIGHTS

It all depends on your décor. For a more traditional Christmas look, white lights should be the first choice. Colored lights can give a more whimsical feel to a theme. Always remember, balance and detail are key with Christmas lights. Just because multi-colored lights are used, outlining a building and tree trimming still need to be done with precision.

Busch Gardens believes in "critical mass" or using a large quantity of items in a controlled area that is designed to give a sense of scale. For example, each area of the park has its own unique Christmas light color palate. Mixing colored and white lights can be confusing to the eye; however it can still be done. Decorators need to create balance and ensure the lights are hung in a specific way so the pattern makes sense. The park's Polar Pathway is a great example of this technique, which is covered with more than two million white and blue lights, and trees covered in purple and teal. The color mixing is successful because of the separation of colors.

Christmas Town by the Numbers

- 10 MILLION Christmas lights
- 20,000 Christmas ornaments
- 1,500+ fresh-cut Christmas trees
- 900 window candles and luminaries
- 800 lit snowflakes & twinkling stars
- 700+ wreaths and artificial trees decorate inside areas, doors and windows
- 100-person decorating team,
- 10,000+ hours of decorating time
- 40 MILES of power cables
- 3 MILES of garland

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.

Seussical The Musical

- Dec. 7–9. 8 p.m. \$20–\$65
- Sandler Center for the Performing Arts 201 Market St., Virginia Beach
- www.vmtheatre.org

Some of the most recognizable Dr. Seuss characters are brought to life in this vibrant, colorful and energetic musical from the composer of Ragtime and Once on This Island. It’s the perfect outing for the whole family! “Oh the thinks you can think” when you see The Cat in the Hat, Horton the Elephant, Gertrude McFuzz, Lazy Mayzie, Jojo and more. Join us and be transported from the Jungle of Nool to the Circus McGurkus to the invisible world of the Whos. Don’t be a Grinch this holiday season. Come see this fantastical, magical, musical extravaganza!

FFSC Norfolk Guest Speakers: Mei Shan Josephine Kammer and Damien Robertson—Federal Retirement Thrift Investment Board

- Dec. 13. 8 a.m. Free
- BLDG C9 Auditorium, Naval Station Norfolk
- 757-444-2102

This is a great opportunity for Military personnel and Civilian personnel to learn more about their TSP accounts and ask questions of the experts. Come for one session or all. No registration is necessary.

8:00 to 9:30 a.m. TSP in BRS - Contributions/ Traditional vs. Roth
10:00 to 11:30 a.m. TSP Investment & Managing TSP Accounts
12:30 to 2:00 p.m. TSP Loans & Financial Hardship Withdrawals
2:30 to 4:00 p.m. TSP Withdrawal Options & TSP Modernization Act 2017

The Ghent Market Shops Holiday Party

- Friday, Dec. 14. 5–9 p.m.
- 22nd St. & Colonial Ave. in Norfolk
- www.The-Muse.org/Holiday

Everyone is welcome to enjoy complimentary Holiday Refreshments, a Neighborhood Jam Session, Entertainment (including musical performances by Skye Zentz), an Art Exhibition, a visit from Back Bay Amateur Astronomers, a Street Taco Cart, Raffles & Silent Auctions, a Book Swap, Tours & Open Houses, and Unique Gift Ideas.

The event will happen in at 22nd Street and Colonial Avenue in Ghent and will take place at The Muse Writers Center, Plaza del Sol, Pitbull Tobacco & More, Coast DIY Bar, Norfolk Stationery Company, and the Foot Treatment Spa.



Courtesy Nauticus

Dickens' Christmas Towne at Nauticus

- Through Dec. 31.
- Decker Half Moore Center
- www.dickenschristmastowne.com

Celebrate family, art and literature during six magical weeks in this delightful holiday village. In recognition of the 175th anniversary of Charles Dickens’ A Christmas Carol, this season will feature the first-ever U.S. exhibition of original book sketches by Christmas Carol illustrator P.J. Lynch. Let your imagination soar with magical fairies, carousel horses, weekend tea parties, a second giant train display, carolers, new entertainment, shops and more! Returning to this year’s experience are Father Christmas, Geoffrey the Talking Christmas tree, puppet shows, magicians, a children’s crafts corner, and lots of free family activities!

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/.

Virginia Film Office announces 2018 Virginia Screenwriting Competition winners

From The Virginia Film Office

RICHMOND

The Virginia Film Office has announced the three winners of the 2018 Virginia Screenwriting Competition, an annual event founded in 1989 as a way to promote Virginia’s in-state talent and give exposure to aspiring screenwriters.

The winners and their screenplays are Caroline Hoover (Richmond) for The Long, Black Veil; Ramona Taylor (Midlothian) for Blind Justice;and Eric Carlson (Williamsburg) for The Audition. Both Caroline Hoover and Eric Carlson are repeat winners of the competition.

The Virginia Screenwriting Competition was created by the Virginia Film Office to celebrate the accomplishments of Virginia writers, as well as to promote the future of filmmaking in Virginia. It provides screenwriters with a forum for their work and an opportunity to present their scripts to decision makers in the film industry. Three years ago, the competition began accepting hour-long pilot episode submissions as a reflection of the changing content-creation landscape.

The competition is one of the few in the nation requiring no entrance fee. Well-known past winners include Breaking Bad and Better Call Saul cre-



Courtesy Virginia Film Office

ator Vince Gilligan, who won in 1989 for his screenplay Home Fries and went on to produce the aforementioned shows with frequent competition judge Mark Johnson; and 2003 winner Megan Holley, who won for her screenplay Sunshine Cleaning.

Each writer submits a screenplay for evaluation by a panel of Virginia judges. Final scripts from the first round of judging are then sent to a second panel comprised of professionals active in the film or television industry. Virginia Film Office director Andy Edmunds presented the winners with their awards during the 2018 Virginia Film Festival in Charlottesville on Saturday, November 3rd, prior to a screening of Alfonso

Cuarón’s feature film Roma at the Paramount Theater.

Finalists in the competition were: Dan Hennicke (Charlottesville), Megan Fox (Lynchburg), Lauren Paul (Virginia Beach), Ali Moussavi (Reston), Armin Haracic (Alexandria), Jimmy Nguyen (Beaeton), and Terry Gau (Richmond).

The Virginia Screenwriting Competition is held annually and is open to Virginia residents. The majority of the script must take place in Virginia or at locations that could reasonably be filmed in Virginia. For further information on the competition, contact the Virginia Film Office at (804) 545-5530 or visit www.filmvirginia.org.

Celebrate “A Christmas Carol’s” 175th anniversary

From Norfolk.gov

The City of Norfolk is celebrating the 175th anniversary of Dickens’ A Christmas Carol in a festive way! Several arts and culture organizations are partnering to bring special events to the community during the holiday season.

Slover Library

Winter Wonderland – Dec. 15, from 10 a.m. to 2 p.m.

Enjoy festivities throughout Slover Library for the entire family and visits with Santa Claus! (Family)

At 2:30 p.m. in room 650, families are invited to watch “The Concise Dickens’ Christmas Carol,” a fabulous one man, one hour, show featuring 22 characters as part of Slover Library’s Winter Wonderland day-long holiday festival. True to Dickens in character and spoken word, talented actor D.D. Delaney will portray the social views of Dickens’ including Scrooge and seedy characters like Marley, Old Joe, and the Washer Woman! This show is free and open to the public, and is suitable for children, ages 6 and up, and adults. Receive a discount coupon to Nauticus’ Dickens’ A Christmas Towne at the Half Moone Terminal in Norfolk!

A Christmas Carol Film Festival – Dec. 16, from Noon to 5 p.m.

Spend the afternoon at the Slover Library watching different versions of A Christmas Carol. Choose between A Muppet Christmas Carol, the 2017 animated version starring Jim Carrey or the 1938 live action version starring Gerald Owen. Escape the hustle and bustle and bring your family and friends to enjoy popcorn and snacks in a calm and peaceful atmosphere! This event is free and open to the public. Receive a discount coupon to Nauticus’ Dickens’ A Christmas Towne at the Half Moone Terminal in Norfolk. (Room 305) <http://www.sloverlibrary.com/>

Virginia Stage Company

A Christmas Carol – through Dec. 23

It wouldn’t be the holidays without Dickens’ A Christmas Carol at the Wells Theatre. Experience the childlike wonder of this heartwarming storm that follows the Ghosts of Christmas Past, Present, and Future as they take Ebenezer Scrooge on a journey of redemption where he learns the power of kindness and compassion. This play is recommended for all ages and, in our opinion, is better the more kids you bring. <http://www.vastage.org/acc2018/>

Find a TCC-inspired unique gift at NEON Holiday Market on Dec. 8

From Tidewater Community College

Tidewater Community College will bring its homemade gingerbread houses and student-created artwork to the NEON Holiday Market, a holiday shopping event sponsored by the Downtown Norfolk Council.

Come to the newly named TCC Pat & Douglas Perry Glass Wheel Studio, 128 W. Olney Road in Norfolk, between noon and 5 p.m. on Dec. 8 to bid on a house or artwork by silent auction. Enjoy hot chocolate and cookies while you browse indoors.

TCC’s culinary arts students created the gingerbread delights loosely based on a Dickens theme. Assorted confections, colorful icing and other edible goodies make each

home unique.

The artwork includes prints of paintings, graphic design, printmaking and photography.

All proceeds benefit TCC’s Studio Arts and Culinary programs.

The larger NEON Holiday Market is a short walk away, at The Plot at Granby Street and Olney Road. More than 30 creative vendors will participate. Live music and food trucks will be part of the afternoon festivities. For information, visit downtownnorfolk.org and neonnfk.com.

TCC@NEON had its debut in October at the NEON Festival. The TCC Glass Wheel will house the college’s public art gallery and ceramics and sculpture programs.

Professional soccer comes to Virginia Beach

From Nexus Street Sports

Virginia Beach City FC has announced it will upgrade its current semi-professional men’s soccer team to field a professional men’s soccer team in the National Premier Soccer League (NPSL) in 2019 joining Richmond Kickers and Loudoun United as the only other professional soccer teams based in Virginia competing on a national stage. Virginia Beach City FC is the first soccer club in Hampton Roads to provide the full player development pyramid from youth and amateur to professional on a year-round basis.

“We are excited to be launching a professional soccer team in Hampton Roads, Virginia under the Virginia Beach City FC banner,” said Steven Wagoner, VB City FC President and Owner. “This is another step

forward in the Hampton Roads Metro region to have the full player development pathway and also give fans their very own professional team.”

The NPSL is one of the most successful adult leagues in the United States with over 100 teams nationwide wide. NPSL teams averaged up to 5,250 in attendance in 2017 (Ex. Detroit City FC 5,255 and Chattanooga FC 4,400). Chattanooga FC drew a league record of 18,227 fans in attendance on August 8, 2015 for the NPSL Finals.

As a professional team, VB City FC will deliver a longer season of top-tier soccer to Hampton Roads soccer fans, along with increasing national media awareness for soccer in the community. In addition, the club is expected to create additional jobs, plus event-related staff for home matches and

community events. VB City FC plans to further enhance the game day experience for fans.

VB City FC has consistently been one of the most successful NPSL teams regionally during the regular season over the last 5 years and has also earned a Lamar Hunt US Open Cup Berth competing against local professional club Richmond Kickers in the 2nd round (2015).

The club has had players drafted in the MLS SuperDraft (e.g. Sidney Rivera, 2014; Michael Nelson 2015) and promoted youth players within the VB City FC Academy to MLS Development Academy programs (Samuel Jones and Julian Barrios, 2018 to D.C. United Academy).

On February 2, 2018 VB City FC announced a multi-year agreement with D.C. United of MLS exclusively in Hampton Roads, VA to provide coaching education opportunities, friendly matches as well as to identify and help develop talent for D.C. United. Brian Hinkey, VP of Soccer Operations and Head Coach, was named as the D.C. United Head Scout of the Hampton

Roads, VA Metro Region. Coach Hinkey will also lead VB City FC’s professional side in 2019.

“We are now able to take the next step in our development and provide a viable professional platform and full developmental structure from our grassroots level to our professional level,” said Brian Hinkey, VB City FC Head Coach and Vice President of Soccer Operations. “We are excited for the challenge and are committed to creating platforms for players to excel both in our youth academy and pro level.”

Virginia Beach City FC, founded in 2013, has operated a semi-professional soccer team signing top collegiate and professional athletes to amateur contracts and competing in the NPSL. The club will offer a similar program branded as Virginia Beach City FC U-23 moving forward in addition to the professional team. The league and competition platform for the U-23s will be announced at a future time.

Are we just going to keep pretending Drew Brees isn’t a top 2 all-time quarterback?

By Joey Boats

www.couchguysports.com

Real Talk: Drew Brees has to be the most underrated athlete of all time. Last week, he extended his MVP campaign to the tune of yet another 300+ yd/4 TD/0 int performance and I think it’s time we start reevaluating the pantheon of NFL arms.

Over the last couple decades, whenever anyone discusses their all-time quarterback list, names like Brady, Montana, Manning, and even Rodgers get thrown around like a cheap prostitute before Brees even gets a mention.

Now, I’m not here to argue he’s the GOAT—that designation’s pretty clear unless you spent your formative years inhaling paint fumes—but the dude’s already steam-

rolled his way to the most yardage in league history and, if everything goes according to plan, he’ll eclipse Manning for the touchdown record after all’s said and done as well.

Understandably, statistics don’t tell the entire story because conversations like this are heavily predicated on hardware. That said — if Brees continues on this pace and manages to win another Lombardi trophy this season, would crowning him second-in-command even be an argument?

I mean, with a win this upcoming February, it’ll give him two. That puts him one ring above Rodgers, as well as Manning and Papa John—who both deserve equally no credit for 2016. Not to mention, he has a winning postseason record that, with a Super Bowl win this season, would improve to



Courtesy Couchguysports.com

10-6. Furthermore, he’s only missed 8 workdays in 18 years. Pair that with the fact New Orleans’ defense over that time would struggle to impede my D2, intramural flag football team from breaching the goal line and you

have yourself a pretty convincing argument. As I mentioned, all of this is contingent upon Brees winning another ring but that’s just what next level journalists like myself do—deliver manufactured narratives predicated on manufactured circumstances.

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From Brandpoint

’Tis the season for baking and crafting — the perfect ways to feel festive and bond with loved ones of all ages. From trying new recipes to creating crafts that will be cherished for years to come, plan a date for some holiday fun and let the memory-making with friends and family begin!

These five festive projects will inspire laughter and good cheer while helping you mark the season with togetherness:

PEEPS Snowy S’mores

Classic s’mores get a holiday makeover with a tasty and adorable twist thanks to PEEPS marshmallow and its fun seasonal shapes. Just follow the simple instructions and everyone will enjoy a delicious treat. Don’t forget to make a few extras to give away! See instructions below:

Servings: 3 Prep time: 5 minutes Cook time: less than 1 minute

Ingredients

- 9 ct. pack of PEEPS Marshmallow Snowmen
- 9 graham cracker squares
- 1 pack of mini candy canes
- 6 chocolate squares

Directions

1. Turn on the oven broiler and place the oven rack in the center of the oven. Line a baking sheet with foil.
2. Break the graham cracker and the chocolate bars into squares.
3. Arrange six graham cracker squares on the baking sheet and top each with a square of chocolate. Place a PEEPS® Marshmallow Snowman on top of each chocolate.
4. Place the tray in the oven for 35 seconds. Check to see how toasted the Snowmen are — they should be slightly puffed, looked melted around the sides, and begin to form a golden-brown crust on top. If they don’t look melted enough, leave them in for another 5 to 10 seconds.
5. Remove the tray from the oven and immediately begin to build the PEEPS® Snowy S’mores by stacking two melted PEEPS topped graham crackers.
6. Finish off with a clean graham cracker and top off with a PEEPS Marshmallow Snowman. Adhere the Snowman to the top of the graham cracker with a dab of melted chocolate, and then adhere the candy cane to his hand with chocolate — to appear as if the Snowman is holding the candy cane.
7. Break up a candy cane and sprinkle bits to the melted chocolate and PEEPS Marshmallow Snowman.
8. Make sure to enjoy while the treat is still warm!

Gratitude tree

The family tree gets a thoughtful update in this project that serves as a reminder of what matters most during the holiday season. Use cardboard or poster board to cut out a tree trunk and branches to hang on the wall. Then cut out leaf shapes with construction paper and ask each person to write down what they are grateful for. Then share with each other before adhering the leaves on the branches to create a one-of-a-kind family tree. For a holiday theme, place an evergreen tree on the wall and decorate with paper ornaments with notations of gratitude instead.

Hand-print wreath

Every person is unique and so is the size and shape of their hand. Outline each person’s hand on green felt and cut out individually. Then use glue to adhere the hands together in a circle shape to create a wreath, adding in a few red circles for berries or a bow if you desire. Alternatively get a white canvas and green acrylic paint from the local craft store. Gather everyone and paint the palms and underside of fingers and press each family member’s hand firmly on the canvas to create various prints in a beautiful wreath shape.

Cup of joy

Want a simple project that is as much fun to create as it is to give? From neighbors and the mail-carrier to teachers and school friends, it’s easy to show you care when you create a treat that lets everyone enjoy a cup of joy. Simply get packets of classic hot chocolate and PEEPS marshmallow in seasonal shapes like gingerbread men, snowmen and holiday trees. Tie together with a bow and add a tag with a holiday greeting or fun saying like, “You’re our favorite ‘PEEP’le, thanks for being great neighbors!”

Salt-dough ornaments

Kids love to play with clay, so they certainly will enjoy creating salt-dough ornaments. All you need is flour, salt and water to get started. Look up “salt dough ornament recipe” on the internet and you’ll find quick and easy recipes. Traditionally, you’ll roll out dough and cut with cookie cutters before baking and painting. You can also make three-dimensional ornaments like snowmen or people, too. Get creative by using household utensils like a garlic press to create hair or beards.

Spending time with loved ones is the best part of the holidays. Let these five DIY activities inspire your friends and family to get together and feel the joy of the season.

5 DIY holiday activities for the whole family



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Bullying prevention: 5 tips to encourage parent-child conversation

From Brandpoint

If you're a parent, you bring your kids to their annual checkups, get their teeth cleaned twice a year and help them eat well and get enough sleep. You do this to keep them physically healthy, but what about their mental health?

For parents, it can sometimes seem difficult to monitor and gauge a child's emotional well-being, which is affected by a number of things that parents and children may not discuss. Having conversations around these issues is the best way to keep them in check. One issue that is of particular concern is bullying. Bullying is a big problem today — fueled even more in the age of the internet. Often, troubles with classmates are hidden from parents' view, whether they take place in the classroom, on the bus or online.

Nearly half (47 percent) of parents confess that one of their greatest fears is that their child will be bullied, according to a survey by Planet Fitness. And while nearly one-quarter (24 percent) of parents admit their child has been the victim of bullying, only 8 percent have children that talk to them regularly about it.

This is why it's important for parents to

stay in tune to their children's behaviors and talk to them openly. If you notice your child acting differently, it may be because something is happening to them at school or a different setting. You can use your observations as an opportunity to start an important conversation about what's going on.

"Be careful with how you perceive your child's behavior, as the way they are feeling on the inside might not be the emotion they show on the outside," says Marc Brackett, PhD, director of Yale's Center for Emotional Intelligence and lead developer of RULER, a school-based approach to teaching social emotional learning in classrooms that has been adopted by hundreds of schools and districts across the country, as well as adapted for after-school settings such as Boys & Girls Clubs. "If your child is acting out of the ordinary, for example, it's best to speak with them about their day to help you identify the root cause of their actions."

Tips for meaningful conversation with your child

Fostering regular, meaningful conversation with your child helps build trust so that you can hear all about their experiences, both the good and the bad, and can weigh in

with your loving support.

Share common experiences: To show empathy and help your child to understand they aren't alone, Brackett suggests that if you have ever experienced something similar to what your child is going through, such as if you were ever bullied, share that experience with your child. When you relate your experiences to your child's situation, it will encourage them to share what happened and how he or she feels about it.

Brainstorm solutions: Ask your child what they want to do and how you can help, suggests Brackett. Come up with more than one option to deal with the situation. It's important not to dictate, but suggest solutions and encourage them to come up with their own ways of dealing with the situation. Your child needs to feel like a part of the action plan for it to work.

Utilizing proper tools will help you, your child and even your child's school develop these action plans. PACER's National Bullying Prevention Center in partnership with Planet Fitness' Judgement Free Generation, a philanthropic initiative that aims to prevent bullying and spark a pro-kindness movement, has created Bullying Prevention 101,

a free-to-download resource designed to help elementary, middle and high schools build environments defined by kindness, acceptance and inclusion (by way of teachers, counselors and other educators). Experts from PACER's National Bullying Prevention Center also suggest parents:

Listen to kids without judgement: Let kids do the talking and follow their lead. Discuss their experiences with an open mind and open heart. Then discuss their ideas on how they want to handle the situation and let them know that you're there for them and will help no matter what.

Be aware of being bullied and being the bully: Sometimes if a child is being bullied, they are more likely to replicate that behavior elsewhere. First, recognize that children bully for many reasons. Next, help them understand how that behavior affects others and encourage positive solutions.

Encourage kindness: Help your child understand the importance of showing support and being kind to everyone, especially others who might be victims of bullying. Even if the crowd goes one way, it's always important to stand up for what's right.

For more ideas about fostering positive and productive conversations with young people about bullying, as well as to access Bullying Prevention 101 resources, visit <https://www.pacer.org/planetfitness>.

Arts & Entertainment



Nick Nolte as Amadeus and Spohia Lane Nolte as Matilda in Warner Bros. Pictures drama "A Head Full Of Honey," a Warner Bros. Pictures Release.

Photo: Gordon Timpen

coming to theaters

HEAD FULL OF HONEY

Matilda tries to help her grandfather, Lucas, who is suffering from Alzheimer's, to navigate his forgetfulness, and ends up going on a remarkable adventure with him.

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 Universal Pictures

The Grinch tells the story of a cynical grump who goes on a mission to steal Christmas, only to have his heart changed by a young girl's generous holiday spirit. Funny, heartwarming and visually stunning, it's a universal story about the spirit of Christmas and the indomitable power of optimism.

JEB Little Creek, Gator Theater – 462-7534

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9 p.m. Overlord (R)

Saturday, December 8

2 p.m. WHOBILATION Cindy-Lou Who, the Grinch, and Santa are stopping by! There will be a candy cane hunt, performance, meet and greet, and Santa. The weather is calling for snow! This is a FREE event!

Sunday, December 9

1 p.m. Dr. Seuss' The Grinch (PG)
4 p.m. Bohemian Rhapsody (PG-13)
7 p.m. Overlord (R)

NAS Oceana, Aero Theater – 433-2495

Friday, December 7

6 p.m. Dr. Suess' The Grinch (PG)
9 p.m. Overlord (R)

Saturday, December 8

12 p.m. Bohemian Rhapsody (PG-13)
3 p.m. Dr. Suess' The Grinch (PG)
6 p.m. Nobody's Fool (R)

Sunday, December 9

12 p.m. Dr. Suess' The Grinch (3-D) (PG)
3 p.m. Nutcracker and the Four Realms (3-D) (PG)
6 p.m. Hunter Killer (R)

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

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Super Crossword

PUNCH LINES

ACROSS

- 1 Fistfight "souvenir"
- 7 Fish groups
- 14 Yasir of the Middle East
- 20 Actress Mumford
- 21 Fine-meshed nylon cap
- 22 Go to the polls again
- 23 Certain room decor adhesive
- 25 Gives a heads-up
- 26 Baseball's "Georgia Peach"
- 27 Hindu mystic
- 29 Mobster's gun
- 30 Spot's sound
- 33 Ending for plug or play
- 34 It may be worn under a tennis shoe
- 38 Hitchcock film of 1940
- 41 Clichés
- 42 Trickster of Norse myth
- 43 Ramones' debut single
- 45 In the — of (during)
- 46 "— So Shy" (1980 hit)

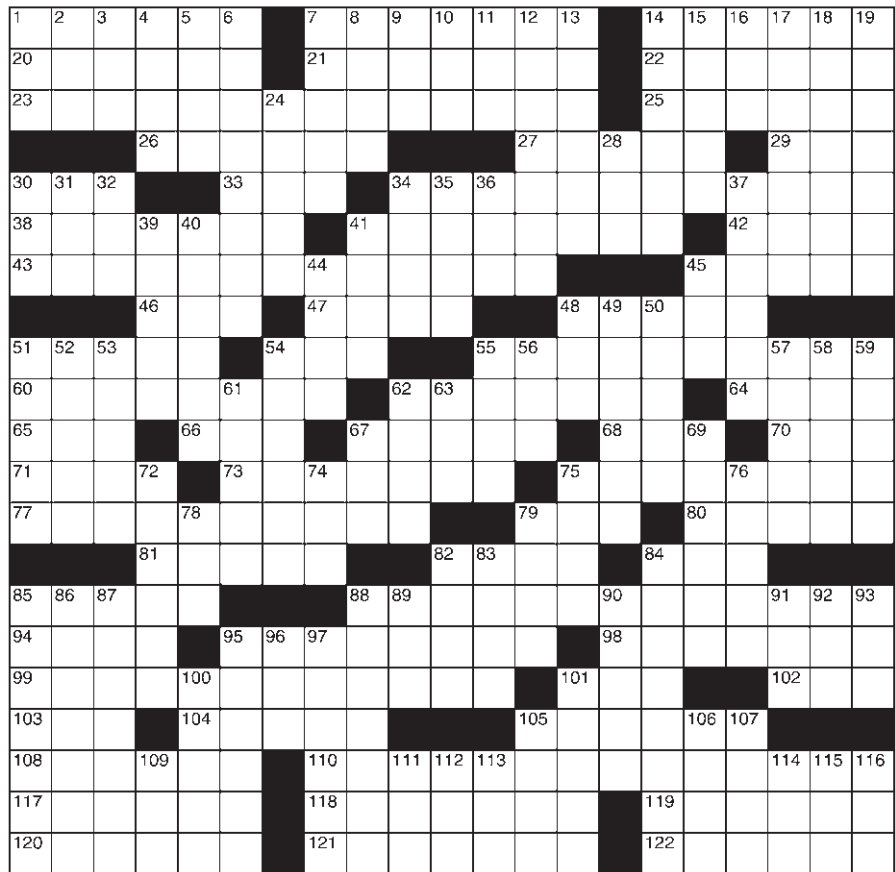
- 47 Bluish-black sour fruit
- 48 Check casher, say
- 51 — boom
- 54 Hurt
- 55 Slimy pest in a flower bed
- 60 Does some needlework
- 62 Penniless people
- 64 Pop singer Turner
- 65 Fracas
- 66 Lead-in to mo or pitch
- 67 Blackjack call that's apt for this puzzle's theme?
- 68 "— the ramparts ..."
- 70 Roker and Pacino
- 71 Nevada city
- 73 Trouser lines
- 75 Hand-held seizing tool
- 77 Sleeve feature with a link
- 79 Transaction in 71-Across
- 80 Wants badly, with "for"
- 81 Eddie — (clothing chain)
- 82 Above

- 84 Luau bowlful
- 85 End In — (go unresolved)
- 88 Innate sense of time
- 94 Pieces of pizza?
- 95 Actor Tatum
- 98 Acorn maker
- 99 Solar system component
- 101 He cried "I pity the fool!"
- 102 Little guy
- 103 Luau accessory
- 104 Perfect thing
- 105 Small river craft
- 108 Messing up
- 110 Ability to influence a campaign, perhaps
- 117 Loath (to)
- 118 Not in time
- 119 Come out
- 120 One hunting
- 121 Appalachian range
- 122 Get canines

- 5 Kids' guessing game
- 6 Tail-fanning birds
- 7 Brand of cat food
- 8 Low- — meal
- 9 In vogue
- 10 Man-mouse middle
- 11 Put- — (hoaxes)
- 12 Disclose accidentally
- 13 Plastered
- 14 Pal of Athos and Porthos
- 15 Antique
- 16 "— Maria"
- 17 Permanently
- 18 Tears into
- 19 Aid in self-diagnosis
- 24 Like icecaps
- 28 Eroded
- 30 Hedge fund whiz
- 31 Roman Cath., e.g.
- 32 DOJ agcy.
- 34 Jason's ship of myth
- 35 "It wasn't meant —"
- 36 Managed care gp.
- 37 Most furtive
- 39 Set of values
- 40 Brno natives

- 41 Tolling thing
- 44 Sister and wife of Osiris
- 45 Guys
- 48 Lead-in to 52-Down
- 49 Clever
- 50 "Pro" replies
- 51 Neck wrap
- 52 Get via Amazon, e.g.
- 53 Not a single person
- 54 Pronto
- 55 Supporters of canines
- 56 Oafish sort
- 57 Fibbing sorts
- 58 Not aflame
- 59 Breathes in quickly
- 61 Yale of Yale University
- 62 Singer Edith
- 63 It spits out bills, briefly
- 67 Pajama-clad mag founder
- 69 Latch again, as a door
- 72 Like some safe runners
- 74 South, in Spanish
- 75 — diagram (math image)
- 76 Remorse
- 78 Raven sound

- 79 Tennis champ Björn
- 82 Electric co., e.g.
- 83 Bottled (up)
- 84 Blood part
- 85 Funnel-shaped flowers
- 86 Merit
- 87 Career completer
- 88 Flowering
- 89 Hanoi-to-Beijing dir.
- 90 Major vessel
- 91 Moon, e.g.
- 92 Co. leader
- 93 B minor, e.g.
- 95 Coot
- 96 Go in haste
- 97 Makes fit
- 100 Light wash
- 101 Middle Ages weapons
- 105 Nosh
- 106 Highest point
- 107 "—'s Gold" (Peter Fonda film)
- 109 Bug a lot
- 111 Brit's John
- 112 Sort
- 113 Mai —
- 114 Leftover bit
- 115 "Blechl"
- 116 Informal shirt



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Sudoku

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

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: A equals Y

QG NMBKMCK BPJKN P VQND

MG LPWWMON, WPVQNDKN PCV

APBN, LMEUV AME LPUU ODPO

WMMO LMLJOPQU?

Last week's CryptoQuip answer

If a legendary sea creature began using the doorbell more often, I'd say it's the Knock Less Monster.

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last week's answers

ANSWERS

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

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



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