



The U.S. Fleet Forces Band performs during a memorial service for Master-at-Arms 3rd Class Oscar J. Temores of Lemoore, California, on Joint Expeditionary Base Little Creek-Fort Story. Temores died after his patrol car was struck while responding to a civilian gate runner Nov. 30, 2019.

MEMORIAL SERVICE HELD FOR OSCAR J. TEMORES

By **MC3 Jordan R. Bair**
 Navy Public Affairs Support Element East

VIRGINIA BEACH

A memorial service for Master-at-Arms 3rd Class Oscar J. Temores was held on Joint Expeditionary Base Little Creek-Fort Story, Jan. 23.

The memorial service honored Temores, a native of Lemoore, Calif., who died after his patrol car was struck while responding to a civilian gate runner on Fort Story Nov. 30, 2019.

Capt. Joey Frantzen, commander, JEBLCFS, offered words of comfort to Temores' friends, family and all in attendance.

"It's important that each of his co-workers and the command have the opportunity to have some closure but also to honor and recognize how much he meant to us," said Frantzen. "Not just in his final act but throughout his life."

Temores' family was presented the Law Enforcement Medal of Honor to recognize his service in the law enforcement community and for making the ultimate sacrifice, said Frantzen.

The memorial included remarks from Master-at-Arms 3rd Class Derek Lopez, Master-at-Arms 1st Class Luke Mathias and Master-at-Arms 1st Class Garrett Williams, all of whom worked with Temores and considered him a friend. Each spoke of the witty and infectious personality he exhibited in and outside of work.

"It was a big loss for my watch team," said Williams, Temores' watch commander. "He was bright and brought a lot of morale into the shop, it's almost unexplainable."

The ceremony concluded with a gun salute and the playing of taps.

Temores is survived by his wife and their 2-year-old son.



Courtesy photo

About MA3 Oscar J. Temores

Hometown: LeMoore, Calif.

Rank: Master-at-Arms 3rd Class

About Temores: Husband, father, son, friend, witty and infectious personality, bright, brought a lot of morale into the shop

More photos from the memorial service, B7

2019 JAG Legalman of the Year and Naval Legal Service Command Sailor/Marine of the Year

From **Navy Judge Advocate General's Corps Public Affairs**

WASHINGTON

Leaders of the Navy and Marine Corps Judge Advocate General (JAG) communities honored the achievements and service of the top enlisted Sailors and Marines during a recognition ceremony at the Washington Navy Yard, Jan. 24.

Navy Legalman 1st Class (Surface Warfare/Aviation Warfare/Information Warfare) Keiana K. Zinnah—who is assigned to the USS Kearsarge (LHD 3) as the Legal Officer and Executive Department Leading Petty Officer—has been named the JAG 2019 Legalman of the Year.

Marine Corps Staff Sergeant Jose L. Roman—who is assigned to Naval Justice School as an instructor, course coordinator, Curriculum Development Chief, and Marines Awaiting Training Platoon Sergeant—has been selected as the Commander, Naval Legal Service Command (CNLSC) 2019 Marine of the Year.

Roman is the first enlisted Marine to be nominated and named CNLSC Marine of the Year.

The Navy's JAG, Vice Adm. John Hannink, was joined at the event by Rear Adm. Del Crandall, CNLSC and Deputy JAG; Maj. Gen. Daniel Lecce, Staff Judge Advocate to the Commandant of the Marine Corps; and Master Chief Legalman Brook Larkins, who serves as the senior enlisted advisor to the

Navy JAG.

"Every one of [the finalists] came in here today a winner—and every single one will leave here a winner—because, at the end of the day, we are all on the same team," said Hannink. "Going forward in the future, given today's complex and challenging national security environment—more so than in the past few decades—the Navy and Marine Corps must be absolutely integrated and tied together."

The six finalists for these prestigious awards were selected from a wide pool of applicants. Twenty-seven enlisted personnel were nominated for the JAG 2019 Legalman of the Year award. Fourteen enlisted personnel were nominated for the CNLSC 2019 Sailor/Marine of the Year award.

The ceremony capped a week of rigorous interviews, as well as visits to the Pentagon, the U.S. Capitol, and the White House. It was attended by the finalists' family members, friends and colleagues.

Zinnah—who hails from Pineville, S.C.—has provided extensive legal support aboard the Kearsarge, such as processing nearly 250 military justice proceedings and 57 administrative separations, and coordinating pre-deployment workshops that resulted in 200 wills, 1,200 deployment letters and 453 powers of attorney.

"To be recognized in a pool of 27 extraordinary Legalman of the Year nominations, means the sacrifices of my family, the trust and guidance of my Sailors, peers and leadership were not in vain," said Zinnah.

Her commanding officer, Capt. Jason Rimmer, calls Zinnah a model Legalman.

» See **YEAR | A7**

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NMCP volunteers at soup kitchen for MLK Day

(NMCP) Diversity Committee, when they volunteered their time to the Oasis Social Ministry in Portsmouth, Va. on Jan. 23, giving back to those in need.

»See **A4**



HSC-5 returns from deployment

Sailors assigned to Helicopter Sea Combat Squadron Five (HSC-5) returned from deployment on following their nearly ten-month deployment as part of Carrier Air Wing Seven (CVW-7) assigned aboard the USS Abraham Lincoln.

»See **B1**

Boatloads of Legos

This year's Lego event returns on Feb. 1, from 10 a.m. to 4 p.m. at the Decker Half Moone Cruise Center for the ninth year in a row.

»See **C1**

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MC3 Zachary Van Nuys
Yeoman 1st Class Angela Cleland, native of Santa Rosa, N.M., receives the Reserve Force Shore Sailor of the Year (SOY) award from Rear Adm. John Schommer, commander, Navy Reserve Forces Command during a ceremony at the Ohio House on Naval Station Norfolk, Jan. 22. Cleland represents the top Full-Time Support first class petty officers in a force of more than 10,000. Cleland will go on to compete for the title of 2019 Vice Chief of Naval Operations (Naval Shore Activities) SOY.

Commander, Navy Reserve Forces Command announces 2019 Reserve Shore Sailor of the Year

By MC3 Zachary Van Nuys
Navy Reserve Forces Command Public Affairs

NORFOLK

Rear Adm. John Schommer, commander, Navy Reserve Forces Command, announced Yeoman 1st Class Angela Cleland as the 2019 Navy Reserve Shore Sailor of the Year during a ceremony at the Ohio House on Naval Station Norfolk, Jan. 22.

Cleland, one of four finalists from the full-time support (FTS) Reserve Force, is a native of Santa Rosa, N.M., and currently assigned to Commander, Navy Reserve Forces Command in Norfolk, Va. The finalists represent the top four FTS petty officers first class in a force of more than 10,000.

“These Sailors are absolutely world-class, representing the best of our Navy Reserve,” said Schommer.

During the event, Cleland expressed her appreciation to her fellow competitors, ranking board members, and distinguished guests.

“It feels amazing, I am still in shock,” Cleland said. “I am very thankful to the Sailors who helped me get to this point, because without them, I would not be here.”

Cleland also gave advice to future Sailor



MC3 Zachary Van Nuys
Yeoman 1st Class Angela Cleland, winner of the Reserve Force Shore Sailor of the Year (SOY) and SOY runners-up pose for a group photo with Rear Adm. John Schommer, commander, Navy Reserve Forces Command during a ceremony at the Ohio House on Naval Station Norfolk, Jan. 22. The Sailors represent the top four Full-Time Support first class petty officers in a force of more than 10,000. Cleland will go on to compete for the title of 2019 Vice Chief of Naval Operations (Naval Shore Activities) SOY.

of the Year competitors from what she has learned through her process so far.

“Work as hard as you can, and never give up,” said Cleland. “We all face challenges, but don’t let those challenges defeat you. Keep on going, keep on moving, and keep on doing your best.”

Each finalist appreciated the recognition, but also expressed a mutual goal to be great leaders and hard workers.

“This is truly humbling, it really is,” Naval Aircrewman Mechanical 1st Class

Justin Montfort, from Commander, Navy Air Logistics Office. “Being celebrated like this, it puts in a position that reminds you of where you came from, where you started.”

The other finalists included:

- Naval Aircrewman Mechanical 1st Class Justin Montfort, Navy Air Logistics Office
- Damage Controlman 1st Class Prudence Crossman, Navy Operational Support Center, Great Lakes
- Yeoman 1st Class Michael Ewing, Commander, Naval Air Force Reserve

Schommer expressed his excitement about the future, looking at the representation of Sailors standing in front of him.

“It’s an honor to pay tribute to these men and women who set the example every day, demonstrating our Navy’s core values of honor, courage and commitment with their words and actions. I’m extremely proud of them,” said Schommer.

Cleland will go on to compete for the title of 2019 Vice Chief of Naval Operations (Naval Shore Activities) SOY.

28th Annual Joint Safety, Environmental PDS looking for sponsors, speakers

By Leslie Tomaino
Naval Safety Center Safety Promotions Public Affairs

NORFOLK

The Naval Safety and Environmental Training Center (NAVSAFENVTRACEN) will host the 28th Annual Joint Safety and Environmental Professional Development Symposium (PDS) April 6-10. The conference planning team is looking for claimant meeting sponsors and breakout session presenters. Last year’s event drew a record-breaking 1,800 participants worldwide with over 100 educa-

tional sessions.

The free annual virtual symposium offers Department of Defense uniformed and civilian professionals an opportunity to share innovative ideas, new trends and information in the fields of safety and occupational health and environmental protection. Offered online since 2013, the symposium has continued to grow.

“As a presenter you get the information out to a lot of people throughout the Navy and DoD. I found that when I present at the conference, the feedback and questions enabled me to make my presentation better,” said Cmdr. Cary Isaacson, commanding officer, NAVSAFENVTRACEN. “When I presented at the conference several years ago, I was able to discuss what the National Center for Medical Intelligence (NCMI) does and what type of products they provide to custom-

ers.”

Consideration is given to presentations from all government, industry and academic agencies. Speakers can present anywhere worldwide using an internet connected device and telephone. Presentations may cover broad topics such as health and safety for disaster response and recovery, general safety, operational safety, occupational safety and health, industrial hygiene, occupational medicine, radiation and laser safety, environmental protection and other trending topics.

For those thinking about participating this year, the symposium is an opportunity to learn about latest trends, technology, best practices and interact with subject matter experts of various specialties. The symposium counts toward continuing education credits (CEUs) from an ever-growing variety of safety and occupa-

tional health, and environmental topics.

“Speakers can gain CEU’s as a presenter at a conference if they have a national certification like a CIH or CSP based on the amount of time presenting at the PDS,” Isaacson said. “You can also gain contacts and network through the conference after presenting when attendees email you during or after the conference to discuss a presentation.”

Those interested in being a presenter for the 2020 PDS can email Amanda Carter, NAVSAFENVTRACEN LSO at amanda.carter@navy.mil.

Presentation Proposal

jointpds.adobeconnect.com/pds2020presenters/event/registration.html

CLAIMANT MEETING PROPOSAL:
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NEWS FROM NAS OCEANA



Naval Air Station Oceana Diversity Committee poses for a photo with commanding officer, Capt. John Hewitt, left, after the Martin Luther King Jr. Day commemoration ceremony. Naval Air Station Oceana serves as the Navy's East Coast Master Jet Base, homeport for four carrier air wings and 17 aviation squadrons.

NASO diversity committee holds Martin Luther King Jr. Day ceremony

By AM3 Lakeisha Tart
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH

Naval Air Station Oceana Diversity Committee held a ceremony Jan. 23 at the Hornet's Nest Galley to commemorate Martin Luther King Jr, the only non-president to have a national holiday in his honor.

Although King's birthday is Jan. 15th, it was formally recognized as a national

holiday in 1983 that would be celebrated on the third Monday of January each year.

Retail Services Specialist 2nd Class Zemario C. Sheppard, who recited King's famous "I Have a Dream" speech at the ceremony, spoke on the importance of recognizing King's legacy.

"It is important to recognize his impact because, a lot of times, people feel like if they try to do something, it won't make a difference," said Sheppard. "Martin Lu-

ther King Jr. was one man who put his pants on one leg at a time like everybody else. That goes to show you that if you do have a dream, if you have a 'why,' then the 'how' will work itself out."

As a civil rights activist, King held numerous inspirational marches and non-violent protests to bring light to racial injustices in the 1950s and 1960s, and changed American society by placing black people and white people as equals

instead of enemies.

King's first major civil rights action was the Montgomery Bus Boycott that was started when Rosa Parks did not give up her seat to a white man on the bus. Parks was arrested and jailed due to her actions.

The Montgomery Bus Boycott lasted for over a year and resulted in King being arrested and his home bombed. Through all obstacles, victory was won and a step toward equality was taken when segregation on the Montgomery buses ended at once.

"It's better to dream big and shoot for that dream, because you will affect a lot of people achieving that dream," said Sheppard, speaking on what Sailors can learn from the ceremony.

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GSM3 Allison Ryan
Lt. Roger Fry, left, a Command Suite executive aide at Naval Medical Center Portsmouth (NMCP), and Hospital Corpsman 2nd Class Evan Dunham, center, assigned to NMCP's Directorate of Professional Education (DPE), assist Tim Farrell, right, a civilian volunteer, packing donated food during a community relations event at Oasis Social Ministry on Jan. 23. NMCP's Diversity Committee coordinates this annual event as a Day of Service, honoring the words and legacy of Martin Luther King Jr. the week of MLK Day.

NMCP volunteers at soup kitchen for MLK Day

By GSM3 Allison Ryan
Naval Medical Center Portsmouth Public Affairs

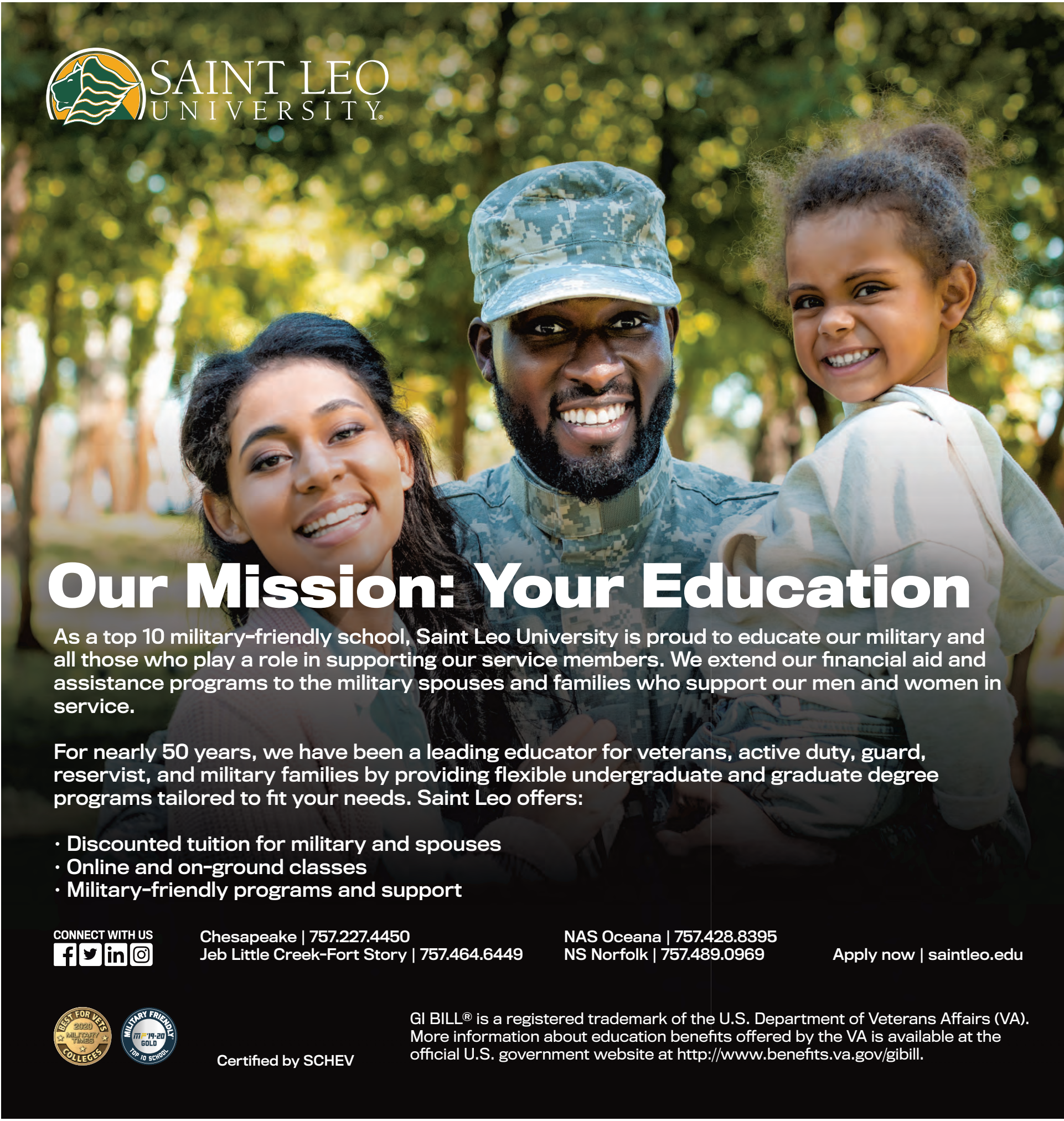
PORTSMOUTH, VA.
In 1957, Martin Luther King Jr. stated “Life’s most persistent and urgent question is, ‘What are you doing for others?’” Those words were taken to heart and quite literally by Naval Medical Center Portsmouth’s (NMCP) Diversity Committee, when they volunteered their time to the Oasis Social Ministry in Portsmouth, Va. on Jan. 23, giving back to those in need.
Lt. Cmdr. Vernon Mackie, chair of NMCP’s Diversity Committee, believes that MLK Day

is not just a holiday, but an opportunity to use free time to do something good for others.
“Typically, it’s not a day off of work, it is a day to help your community,” Mackie said. “We’re here at the Oasis Social Ministry Soup Kitchen to serve food for the homeless, as well as donate clothes. It is our command’s opportunity to help enrich those in need.”
Volunteering at the Oasis soup kitchen was an effort to positively give back to the community of Portsmouth.
“The people who live in Portsmouth know that NMCP hospital is right down the street,” Mackie said. “It’s nice for them to see us in our

uniform, donating food and clothes to let them know that we care.”
Capt. Lisa Mulligan, NMCP’s commanding officer, was happy to see the turnout and very impressed with the people who work at the soup kitchen full time and those who volunteered.
“It’s great to be here, and I think it’s good for Sailors to participate and integrate in the Portsmouth community,” Mulligan said. “Helping those in a tough spot by providing and donating food and clothes is extremely rewarding.”
Many of the volunteers from NMCP have been participating for a number of years at the soup kitchen for MLK Day. Volunteers, such as Hospital Corpsman 3rd Class Kenya Thomas, assigned to NMCP’s Pediatrics Clinic, are passionate about MLK’s legacy and putting his words to action.

“Today we are celebrating who Martin Luther King Jr. was and what he was about; social gestures and equal rights, while serving the community,” Thomas said. “Personally, I enjoy serving while honoring Martin Luther King Jr.”
NMCP had volunteers from departments all over the medical center. The group consisted of Sailors, civilians, and senior leadership at the Day of Service, where everybody enjoyed Chick-fil-a sandwiches, stew and desserts.
“We can only bring 20 people to volunteer, and the spots filled up the first day,” Mackie said. “It was so nice to see our command trying to help out. At the hospital, we take care of people and this is a different method of doing it. People are very appreciative when they see us in our uniform. They are happy to see us and it makes you feel good to help out.”





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NNSY African American-ERG hosts annual MLK celebration

By Kristi Britt
Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

The Norfolk Naval Shipyard (NNSY) African American Employment Resource Group (AA-ERG) hosted its annual Dr. Martin Luther King Jr. Celebration Jan. 16 to honor the life and accomplishments of the late civil rights leader.

Martin Luther King Jr. Day, celebrated on the third Monday of January, coincides with King’s birthday. Known widely as a day of service, the theme observed each year is, “Remember. Celebrate. Act. A day on, not a day off.” The day provides those with an opportunity to not only remember the impact Dr. King had on the world, but also an opportunity to service the community.

“Dr. King was a man who put purpose above self,” said Shipyard Commander Capt. Kai Torkelson. “He gave his time and effort to make a change. And his legacy continues to live on to this day.”

Torkelson continued, “We at America’s Shipyard follow in King’s footsteps to make lasting change. Every problem we face is an opportunity to make lasting change for the community, for the country, and for the world. We can serve others with our actions, our ambitions, and our drive. There is always work to be done and it takes that desire and that dream to make it a reality.”

Dr. Jacqueline Hardy-Harris was the guest speaker for the event. She spoke of King’s dreams and efforts to bring equal rights to the forefront of America.

“King was more than a civil rights leader. He was a prophet for change,” said Hardy-Harris. “He was not afraid to face what would test his faith. His efforts were catapulted into the national gaze. His non-violent campaigns were instrumental in the civil rights movement and ensuring equal rights in our country.”

“Dr. King lived in constant danger for his dreams and actions. He was relentlessly harassed and jailed,” she said. “Yet he persevered. He would not back down from the fight. Because he believed that what he did was right.”

Dr. Hardy-Harris then shared how Dr. King inspired her personally. “When I was nine years old, I had a dream of being a police officer,” she said. “There were no women on TV that were black and police officers and there were no black women on the police force. People would question my dream but I didn’t care. I wanted to be a police officer and help people. Just as Dr. King had a dream and fought to make it happen, so would I.”

She continued, “In 1981 I was the first African American female officer assigned to the Kendall District in Miami. Within a year, I was promoted to detective and worked undercover in vice, narcotics, robbery and homicide. It was dangerous work and there were many days where I was scared for my life. But I enjoyed my career because I was making a difference. I was fulfilling a dream I had since I was a little girl. It was my destiny. Dr. King said I could do whatever I put my mind to. So I accomplished what I set out to do.”

Torkelson said in closing, “At NNSY, our mission is any ship, any time, anywhere. Today’s message from Dr. Hardy-Harris is about turning dreams into reality and working to honor King’s legacy to guarantee equal rights and opportunities for all. In our command philosophy, we speak on the people being at the heart of our mission. We’re trying to build to our fullest potential as a high performing team that treats one-another exceptionally well. By following that philosophy, we build on Care, Ownership, Respect, and Excellence – C.O.R.E. King once said, ‘life’s most persistent and urgent question – what are you doing for others?’ I encourage each of you to think on those words. We are entrusted with continuing the legacy of King and do our part to make positive change.”

The NNSY AA-ERG’s goal is promoting economic opportunities, providing mechanisms for inclusion, and facilitating growth and advocacy by increasing knowledge and appreciation for the historical and cultural heritage of African Americans throughout NNSY and the surrounding communities.



U.S. Navy photo
Shipyard Commander Capt. Kai Torkelson presented a plaque to Dr. Jacqueline Hardy-Harris, Reverend, for her presentation during the annual MLK celebration.



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Naval Station Norfolk: A super-star among the constellation of river stars

By IC3 Kaelyn Hernandez
Naval Station Norfolk Public Affairs

NORFOLK

On Thursday, Jan. 23, Naval Station (NAVSTA) Norfolk’s Environmental Department earned its title as the River Star Businesses Hall of Fame winner for 2020. The installation was chosen by the Elizabeth River Project cooperatives for its accumulation of environmental achievements.

The Elizabeth River Project is a non-profit effort to restore the health of the Elizabeth River to resplendent environmental quality through the partnerships of the government, businesses and community. NAVSTA Norfolk, being one of these partners, took the initiative to improve the installation throughout the years.

“I have found that the Navy base is very proactive in environmental stewardship, especially pollution prevention,” says Pam Boatwright, River Star Businesses Program Manager. “They also often submit the most comprehensive documentation in the River Star program.”

Back in 2011, the base established the first “green roof” in the Navy’s Mid-Atlantic region. The purpose of this project was to improve the water quality that entered into sanitized sewer systems by filtering and retaining



Naval Station Norfolk’s Environmental Department was named the Inside Business River Star Hall of Fame winner for 2020, Jan. 23. The installation was chosen for an accumulation of environmental achievements dating to 1998 when the base was one of the first River Stars to achieve Model Level in the program. Pictured from left to right; Command Master Chief Ben Rushing, Naval Station Norfolk Command Master Chief, Captain Brad Rosen, Naval Station Norfolk Commanding Officer, Governor Ralph Northam, Governor of Virginia, Jennifer Tabor, Naval Station Norfolk Environmental Director and Captain Jason Kranz, Naval Station Norfolk Public Works Officer.

pollutants held in rainwater runoff. As well as provide better insulation for the building, thus reducing heating and cooling needs.

In 2012, the base unveiled the largest solar farm project in Virginia. A 10-acre landscape containing 8,624 solar panels collectively generating up to 2.1 megawatts of electricity. Participation in this project was intended to move the Navy passed its reliance on petro-

leum and increase its use of alternative energy.

With great strives for conservational improvements, the base constructed a 14.9 megawatt combined heat and power plant in 2018. Not only did this substantial installment reduce shore-based energy consumption by 50 percent and decrease greenhouse gas emissions, but it also aided in saving the Navy

PAST HALL OF FAME WINNERS

- 2011 Inaugural Winner – BAE Systems Norfolk Ship Repair
- 2012 Winner – Port of Virginia
- 2013 Winner – Kinder Morgan/Elizabeth River Terminals
- 2014 Winner – Old Dominion University
- 2015 Winner – Wheelabrator Portsmouth
- 2016 Winner – HRSD
- 2017 Winner – Norfolk Naval Shipyard
- 2018 Winner – Naval Support Activity Hampton Roads Portsmouth Annex
- 2019 Winner – General Dynamics NASSCO-Norfolk
- 2020 Winner – Naval Station Norfolk

\$6.5 million in utility costs, yearly.

Recognition is awarded by the Elizabeth River Project annually through strict peer review of all documented results throughout the years. With all of its exceptional accomplishments in pollution prevention and wildlife habitat, NAVSTA Norfolk was able to achieve the utmost recognition: Model Level.

Through a partnership with Inside Business Hampton Roads Business Journal, a special 8-page is printed highlighting the advancing and new River Stars. Ron Crow, Editor of Inside Business, presented the River Star Businesses Hall of Fame 2020 award to Naval Station Norfolk.

“I’ve looked up to prior Hall of Fame winners, listening carefully to learn from them,” stated Jen Tabor, Base Environmental Director, “I’m very proud to be part of that prestigious group and I’m especially proud of the station’s leadership in maintaining its pollution prevention practices over time.”

NNSY breaks ground for \$200 Million renovation of historic Dry Dock 4

By Michael Brayshaw
Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

Norfolk Naval Shipyard (NNSY) held a groundbreaking for the renovation of its historic Dry Dock 4 January 23.

This \$200 million renovation, spanning nearly three years, marks NNSY’s biggest initiative yet in the realization of Naval Sea Systems Command’s (NAVSEA) Shipyard Infrastructure Optimization Program (SIOP). SIOP is a 20-year, \$21 billion program dedicated to completely refurbishing the nation’s four public shipyards by modernizing equipment, improving workflow and upgrading dry docks and facilities.

The Dry Dock 4 renovation will meet the Navy’s needs for submarine overhaul during the 2020s and decades into the future, supporting Ohio, Virginia and Columbia-class boats.

“Today’s groundbreaking will ensure this historic dry dock will continue to serve the Navy and nation for the future Navy, just as it has done for the last 100 years,” said Assistant Secretary of the Navy (Research, Development and Acquisition) James Geurts. “The Navy continues to invest heavily in our naval shipyard workforce and supporting infrastructure to ensure we can continue to support the world’s finest naval force now and into the future.”

First opened in April 1919, Dry Dock 4



U.S. Navy photo

Norfolk Naval Shipyard (NNSY) held a groundbreaking for the renovation of its historic Dry Dock 4 Jan. 23. This \$200 million renovation, spanning nearly three years, marks NNSY’s biggest initiative yet in the realization of Naval Sea Systems Command’s (NAVSEA) Shipyard Infrastructure Optimization Program (SIOP). SIOP is a 20-year, \$21 billion program dedicated to completely refurbishing the nation’s four public shipyards by modernizing equipment, improving workflow and upgrading dry docks and facilities.

was the first of three dry docks built at NNSY during its World War I-era expansion. Approximately 1,012 feet long, 144-feet wide and 40-feet deep, it ranked among the largest concrete structures in the world when it opened. Notable ships that have graced the dock include USS Langley (CV-1), the nation’s very first aircraft carrier; USS Texas (BB-35), a battleship that fought in both World Wars; the battleship USS Arizona (BB-39) that received its modernization at NNSY a decade prior to being destroyed in the attack on Pearl Harbor; and the British aircraft carrier HMS Illustrious, one of many Allied fleet repairs conducted at NNSY during World War II.

“If these walls could talk, they would tell a compelling story of vital service performed right here for the United States Navy in the past century,” said Shipyard Commander Captain Kai Torkelson. “Now, more than 100 years later after it opened, we are upgrading the dock, not only so it can support the needs of the current Navy, but the Navy in the 2050s and 2060s, on all classes of sub-

marines, both present and future.”

During its renovation, two-and-a-half feet of concrete will be replaced from the dry dock’s floor, as well as two feet from the sidewalls. In addition to replacing the dry dock caisson, there will be a complete restoration of the pumpwell while upgrading all mechanical and electrical equipment. To complete the massive overhaul, approximately 2,300 linear feet of mechanical and electrical services in the dock area will be replaced.

In addition to the dry dock renovation, NNSY will also be renovating the adjacent Buildings 261 and 1539, which house a storage area and repair shop, and their surrounding area. A separate \$26 million, two-and-a-half year project, the building renovations will provide new roofing, interior enhancements and other upgrades. In addition, the dock’s Stiff Leg Derrick Crane, that is no longer in service, will be removed.

These projects continue determined efforts in America’s Shipyard to modernize and streamline its work on Navy sub-

marines. In June 2019, NNSY dedicated its Submarine Maintenance Facility, which consolidates submarine maintenance, production and support shops into a single facility adjacent to the shipyard’s submarine dry docks and piers.

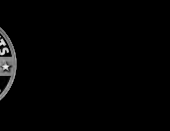
Discussing the importance of renovating NNSY to support both workforce capabilities and Navy needs, NAVSEA Commander, Vice Admiral Tom Moore said, “Your shipyard has been in existence longer than our great nation. It was designed and laid out to build ships powered by the wind and coal. SIOP is our opportunity to rethink the infrastructure of our shipyards to improve workflow, modernize our capital equipment, and execute the dry dock modernization needed to maintain our current and future Navy. As the only public shipyard on the east coast able to dry dock an aircraft carrier, and given your co-location with the largest Fleet concentration in the Navy, we are dedicated to deliver a 21st Century Shipyard to support our amazing women and men who keep our ships in the fight.”



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A1C Elora J. Martinez/

Coronavirus: What providers, patients should know

From Military Health System Communications Office

With news of the contagious and potentially deadly illness known as novel coronavirus grabbing headlines worldwide, military health officials say that an informed, common sense approach minimizes the chances of getting sick.

Many forms of coronavirus exist among both humans and animals, but this new strain’s lethality has triggered considerable alarm. Believed to have originated at an animal market in Wuhan City, China, novel coronavirus has sickened hundreds and killed at least 4. It has since spread to other parts of Asia. The first case of novel coronavirus in the U.S. was reported January 22 in Washington State.

Anyone contracting a respiratory illness shouldn’t assume it’s novel coronavirus; it is far more likely to be a more common malady. “For example, right now in the U.S., influenza, with 35 million cases last season, is far more

commonplace than novel coronavirus, said U.S. Public Health Service Commissioned Corps Dr. (Lt. Cmdr.) David Shih, a preventive medicine physician and epidemiologist with the Clinical Support Division, Defense Health Agency. He added that those experiencing symptoms of respiratory illness – like coughing, sneezing, shortness of breath, and fever – should avoid contact with others and making them sick, Shih said.

“Don’t think you’re being super dedicated by showing up to work when ill,” Shih said. “Likewise, if you’re a duty supervisor, please don’t compel your workers to show up when they’re sick. In the short run, you might get a bit of a productivity boost. In the long run, that person could transmit a respiratory illness to co-workers, and pretty soon you lose way more productivity because your entire office is sick.”

Shih understands that service members stationed in areas of strategic importance and elevated states of readiness

are not necessarily in the position to call in sick. In such instances, sick personnel still can take steps to practice effective cough hygiene and use whatever hygienic services they can find to avert hindering readiness by making their battle buddies sick. Frequent thorough handwashing, for instance, is a cornerstone of respiratory disease prevention.

“You may not have plumbing for washing hands, but hand sanitizer can become your best friend and keep you healthy,” Shih said.

Regarding novel coronavirus, Shih recommends following Centers for Disease Control and Prevention travel notices. First, avoid all non-essential travel to Wuhan, China, the outbreak’s epicenter. Second, patients who traveled to China in the past 14 days with fever, cough, or difficulty breathing, should seek medical care right away (calling the doctor’s office or emergency room in advance to report travel and symptoms) and otherwise avoid 1) contact with others and 2) travel while sick.

CDC also has guidance for health care professionals, who should evaluate patients with fever and respiratory illness by taking a careful travel history to identify patients under investigation (PUIs), who include those with 1) fever,

2) lower respiratory illness symptoms, and 3) travel history to Wuhan, China, within 14 days prior to symptom onset. PUIs should wear a surgical mask as soon as they are identified and be evaluated in a private room with the door closed, ideally an airborne infection isolation room if available. Workers caring for PUIs should wear gloves, gowns, masks, eye protection, and respiratory protection. Perhaps most importantly, care providers who believe they may be treating a novel coronavirus patient should immediately notify infection control and public health authorities (the installation preventive medicine or public health department at military treatment facilities).

Because novel coronavirus is new (as its name suggests), there is as yet no immunization nor specific treatment. Care providers are instead treating the symptoms – acetaminophen to reduce fever, lozenges and other treatments to soothe sore throats, and, for severe cases, ventilators to help patients breathe.

“Lacking specific treatment,” Shih said, “we must be extra vigilant about basic prevention measures: frequent handwashing, effective cough and sneeze hygiene, avoiding sick individuals, and self-isolating when sick.”

YEAR | 27 enlisted personnel were up for JAG award

Continued from A1

“LN1 Zinnah is a mature and gifted leader,” said Rimmer. “Bottom line: She is innovative and caring, and is a recognized leader on our deck plates. Her list of accomplishments, along with her deep dedication to mission accomplishment and Sailors, makes her the ideal candidate for selection.”

Roman – who hails from Houston, Tex. – is an invaluable member of the Naval Justice School staff. He has provided 65 hours of training to 100 personnel, scheduled 400 hours of instruction and created an interactive course calendar. He also contributed to the development of the new curriculum focused on the enactment of the Military Justice Act of 2016.

“Serving has equipped me with a set of intangible skills and traits that have made me a better citizen who cares for my organization, my subordinates and my community,” said Roman.

Naval Justice School provides accession-level and long-term legal training for all Navy, Marine Corps, and Coast Guard lawyers and enlisted legal professionals – both active and Reserve. Capt. Shane Cooper, the school’s commanding officer, offered his strongest possible personal and professional endorsement of Roman.

“He is an outstanding role model for staff and students,” said Cooper. “His performance and professionalism are unmatched. He is proactive, efficient, and innovative.”

The other award finalists were Legalman 1st Class (Surface Warfare/Aviation Warfare/Information Warfare) Keia L. Greenwood, USS Ronald Reagan (CVN 76); Legalman 1st Class (Surface Warfare/Aviation Warfare) Katie G. Holden, USS George Washington (CVN 73); Legalman 1st Class (Surface Warfare/Aviation Warfare) Diandra D. Johnson, Defense Service Office West; and Legalman 1st Class (Seabee Combat Warfare) Charis S. Squire, Region Legal Service Office Mid-Atlantic.

TEMORES | Sailor left behind wife and two-year-old son



MC3 Colbey Livingston

Capt. Joey Frantzen, commander, Joint Expeditionary Base Little Creek-Fort Story, presents the Law Enforcement Medal of Honor to the family of Master-at-Arms 3rd Class Oscar J. Temores of Lemoore, California, during a memorial service. Temores died after his patrol car was struck while responding to a civilian gate runner Nov. 30, 2019.



Capt. Joey Frantzen, commander, Joint Expeditionary Base Little Creek-Fort Story, delivers opening remarks at a memorial service for Master-at-Arms 3rd Class Oscar J. Temores of Lemoore, California. Temores died after his patrol car was struck while responding to a civilian gate runner Nov. 30, 2019.

MC3 Colbey Livingston

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Ford utilizes virtual reality to train Sailors
Sailors assigned to the USS Gerald R. Ford (CVN 78) air department began using virtual-reality to simulate flight deck operations inside the mobile Carrier-Advanced Reconfigurable Training System (C-ARTS) classroom *See B4*



MC1 Theodore Green

A Sailor assigned to Helicopter Sea Combat Squadron (HSC) 5 the “Nightdippers” is reunited with a loved one after a nearly ten-month deployment as part of Carrier Air Wing (CVW) 7 assigned aboard the aircraft carrier USS Abraham Lincoln (CVN 72). While deployed, HSC 5’s assigned MH-60S Sea Hawk helicopters provided sustained rotary wing operations in the U.S. 5th, 6th, and 7th Fleet areas of responsibility and the North Arabian Sea. HSC 5 flew more than 4,000 hours of dedicated operational tasking around the world.

HSC-5 RETURNS FROM DEPLOYMENT

By **Cmdr. Jennifer Cragg**
Commander, Naval Air Force Atlantic Public Affairs

NORFOLK
Sailors assigned to Helicopter Sea Combat Squadron Five (HSC-5) the “Nightdippers” returned from deployment on Jan. 24 following their nearly ten-month deployment as part of Carrier Air Wing Seven (CVW-7) assigned aboard the nuclear powered aircraft carrier USS Abraham Lincoln (CVN 72).
While deployed, HSC-5 provided sus-

tained rotary wing operations in the U.S. 3rd, 5th, 6th, and 7th Fleet areas of responsibility and the North Arabia Sea, ultimately returning to 2nd Fleet in late January after navigating around the world during the deployment. HSC-5 flew more than 4,000 hours of dedicated operational tasking around the world.
HSC-5 embarked six combat ready MH-60S Seahawk helicopters on board USS Abraham Lincoln (CVN 72), and two MH-60S on board the USNS Arctic (T-

AOE 8) with a Combat Logistics Force (CLF) detachment in support of Carrier Strike Group Twelve (CSG-12) operations.
HSC-5 Commanding Officer Cmdr. Matthew Wright discussed his squadron’s accomplishments while deployed stating that the Nightdippers’ accomplishments truly lived up to their mission statement of “Rescue, Protect, Deliver”.
“They set the standard for operational

“ They set the standard for operational mission execution and combat readiness among HSC squadrons over the past year. I’m extremely proud of my 245 service members and the work they accomplished for the entire team.”

See HSC-5 | B7

Cmdr. Matthew Wright

GHWB Sailors receive Stennis Leadership awards

By **MC3 Jennifer M. Kirkman**
USS George H. W. Bush (CVN 77) Public Affairs

VIRGINIA BEACH
The Stennis Center for Public Service honored three Sailors assigned to the aircraft carrier USS George H. W. Bush (CVN 77) with Stennis Leadership Awards Jan. 21 at Robert Steinhilber’s Thalia Acres Inn.
Lt. j.g. Jasper Haywood received the 2019 President George H. W. Bush Leadership Award, Senior Chief Aviation Support Equipment Technician Jamil Ghacham received the 2019 Senior Chief Storekeeper Charles G. Zwierzynsk Leadership Award, and Machinist’s Mate (Nuclear) 1st Class Emanuel Ramirez received the 2019 Aviation Radioman Second Class John L. Delaney Leadership Award.
The Stennis Leadership Awards recognize Sailors who demonstrate strong leadership within their divisions. Winners are nominated by their leadership and fellow crewmembers, and then selected by a group of peers.
“It’s crazy,” said Ramirez, who was standing watch during the announcement of award winners. “I had already made Sailor of the Year for Reactor Department. I heard



MC3 Jennifer M Kirkman

Winners of the Stennis Leadership Awards pose with members of the aircraft carrier USS George H.W. Bush (CVN 77) triad. GHWB is at Norfolk Naval Shipyard (NNSY) undergoing a Docking Planned Incremental Availability (DPIA).

my name and thought ‘What is that award?’ Once I did some research into it, I realized my senior chief had put me in for the award. I felt really humbled. I never thought I would win a leadership award.”
Brian Pugh, the current Executive Director of the Stennis Center of Public Service, began working for the Stennis center 13 years ago as a graduate student.

“The leadership program started with the [aircraft carrier USS John C.] Stennis [(CVN 74)] to promote public service, especially for young people,” said Pugh. “It is an honor for us to host this dinner this evening and recognize their service and leadership.”
The Stennis Center for Public Service arranges an annual trip to Washington, D.C. for both award recipients and their families.

The trip to D.C. is designed to increase understanding of the role Congress plays in setting national security policy in the United States and in the environment in which Senator John C. Stennis served for 41 years.
GHWB is currently in Norfolk Naval Shipyard for its Docking Planned Incremental Availability (DPIA).



Peter Weber

Attention-seeking, #MeToo and the future of ‘The Bachelor’

By Lisa Smith Molinari

On Monday nights, my 19-year-old daughter, Lilly, and I commandeer the television to watch a show that admittedly has no cultural value. Mindless entertainment, this reality show isn’t based on reality at all, but rather, it’s a carefully contrived dating competition, in which 30 women compete for the affections of one man in the midst of sprawling hilltop villas, sequined gowns, helicopter dates, tropical resorts, champagne-fueled cocktail parties, rose ceremonies and ginormous diamond engagement rings.

That show is, of course, ‘The Bachelor.’

When it first aired back in 2002, ABC had no idea that ‘The Bachelor’ would become so popular that it’s now in its 24th season and has spawned several spin-offs — ‘The Bachelorette,’ ‘Bachelor Pad,’ ‘Bachelor in Paradise,’ ‘Bachelor in Paradise: After Paradise’ and ‘Bachelor Winter Games.’ No one could predict that millions of loyal viewers would be known as #BachelorNation, throwing weekly parties, forming fan clubs, and betting on contestants in ‘Bachelor’ fantasy leagues.

Lilly and I aren’t fanatics, but we’ve played

Bachelor Bingo during a few shows, marking squares on cards we printed from the internet with common Bachelor phrases — “my journey,” “not here to make friends,” “can I steal you for a sec” — and common Bachelor scenes — “make out session,” “Bachelor cries,” “jump-and-straddle hug.”

It’s all in good fun, I tell myself. But sometimes I wonder, do ‘The Bachelor’ contestants’ attention-seeking behaviors negatively impact stereotypes of women in the #MeToo generation?

Producers ramp up the drama to satisfy fans who expect host Chris Harrison to make good on his promise that every season will be “the most dramatic yet.” Contestants engage in more and more outrageous antics to win the Bachelor’s heart, or at least to be considered for one of the spin off shows. If they play their cards right, they might even be invited to compete on ‘Dancing with the Stars.’

In early seasons of ‘The Bachelor,’ good looks and stunning formalwear was enough to get viewers’ to notice. But 23 seasons later, contestants willingly humiliate themselves for attention. “Hmm,” they ponder, “perhaps I’ll get more airtime if I step out of the limo with a

humongous windmill strapped on my back, wear a giant paper airplane around my knees, or escort a dairy cow into the mansion on a leash?”

Although coyness was an advantage in the early days of the show, today’s ‘Bachelor’ participants must “open up” and “be vulnerable” on national television in order to progress in the game. Getting dumped by a previous boyfriend, being divorced, or being a single parent is no longer enough. Women must take the Bachelor aside, force crocodile tears, and reveal debilitating insecurities, shocking family dysfunction, incarcerated relatives, or childhood trauma involving amusement park rides.

If a contender is disadvantaged by good mental health, she can still employ the oldest trick in the book — sex. In the irony that is ‘The Bachelor,’ ladies must maintain an air of chastity and virtue while throwing themselves at the Bachelor every chance they get. In the early years, participants didn’t smooch until halfway through the season. But in 2020, competitors lock lips with the Bachelor within hours of entering Villa De La Vina, profess the “L-word” soon thereafter, and willingly have sex in the Fantasy Suites, in the ocean, in a windmill, or anywhere else for that matter. A contestant on the current season walked out of the limo to introduce herself to the Bachelor, but instead, she surprised him with a blindfold and a steamy French kiss. Smart.

What does the future hold for this pop-culture phenomenon? What will contestants do to win five years from now? Dispense with sequin gowns and foreplay altogether, and beckon the Bachelor into the limo for an introductory shag? Will producers add a Pregnancy Testing Group Date for a suspenseful new twist? Would viewers tune in to find out: Will the Bachelor propose to his baby mama?

I’m not sure if ‘The Bachelor’ is irreparably damaging human culture or if it’s just mindless fun, but one thing is for certain — on Monday nights, Lilly and I will be there, pencils poised over our bingo cards, when “the final rose” is announced.

www.themeatandpotatoesoflife.com



Q: I found an apartment online that was available, and when I disclosed that I was a military member the property manager said the property is no longer available. Is this discrimination?

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Mid-season flu activity increase: How to keep healthy

By Military Health System Communications Office

Influenza can affect anyone, from the everyday civilian to the active-duty service member. Current trends show an increase in flu activity at the halfway point of the season. While it’s too early in the season to determine the overall severity of the flu, the Military Health System maintains readiness and resourcefulness to protect the armed forces and their loved ones from effects of the flu.

The U.S. Centers for Disease Control and Prevention (CDC) has found an elevated level of influenza activity earlier in the season than is typically observed around this time. As of Jan. 16, the CDC estimates that there have been approximately 4,800 flu-related deaths and 87,000 hospitalizations nationwide this season. Active surveillance by the Defense Health Agency’s Armed Forces Health Surveillance Division (AFHSD) has also found high levels of influenza activity among military personnel.

Despite the increase in activity, MHS is prepared to sustain the health of service members and their families. All military personnel are required to be immunized against the flu annually to decrease susceptibility to infection.

“Immunization is important given that military personnel live and work in close proximity with other members of the community,” said Navy Cmdr. Shawn Clausen of AFHSD’s Epidemiology and Analysis section.

While involvement in patient-care activities and participation in large gatherings increases the risk of infection, early data and discussions with the CDC show that the risk among military members and the general population ap-

pears to be similar. To get ahead of this risk, the Department of Defense has already distributed more than 3.3 million doses of influenza vaccine throughout the military. As of Jan. 16, approximately 90 percent of all service members have been vaccinated.

Vaccination is recommended not just for military members, but also their loved ones, according to Janet Brunader, a research nurse in the Vaccine Safety & Evaluation section of the Defense Health Agency’s Immunization Healthcare Division.

“The good news is that although seasonal influenza vaccine is not always a perfect match, it is still the best way to provide protection against influenza disease,” she said. Brunader suggests that everyone 6 months or older get a flu shot each year in the fall. Children over 6 months of age but under age 8 years who have never had a flu shot should get two shots – one shot followed by another at least four weeks later. Children who have had at least one flu shot in the past only need to get one flu shot each year.

There are numerous ways in addition to vaccination to keep safe against the flu.

“One helpful suggestion, in addition to washing your hands before eating or handling food, is to avoid touching your eyes, nose, or face with your unwashed hands,” Brunader said. “This will help prevent spreading germs from surfaces to your eyes, nose, or mouth.”

Since flu viruses can also spread through the air, Brunader suggests staying at least six feet away from people who are coughing, sneezing, or blowing their nose. If you already have the flu, coughing into a tissue or the bend of the elbow will reduce the spread of viruses. Those suspecting they have the flu should contact a health care provider within two days of the

symptoms. Early treatment with anti-influenza drugs can shorten the duration of illness.

Beneficiaries can receive flu vaccines through their closest military hospital and retail networks. TRICARE representatives can help determine how to get the vaccine if a person is unable to visit a military hospital. MHS also has an archive of influenza resources for beneficiaries to learn more about the flu and what they need to do to keep safe during the season.

Among the four types of flu, influenza A and B are the main two strains that cause “flu season.” AFHSD has paid close attention to both of these strains this year.

“As reflected in the U.S. among civilian populations [this season], the majority of laboratory-confirmed influenza-positive specimens continued to be influenza subtype B [Victoria lineage],” said Navy Cmdr. Mark Scheckelhoff from AFHSD’s Global Emerging Infections Surveillance section. “In recent weeks, the incidence of influenza A, specifically A(H1N1)pdm09, has increased steadily and appears that it will soon become the most predominant strain.”

According to early data from AFHSD, most of the U.S. is experiencing at least “moderate” levels of flu and flu-like activity, with the exception of a few states. Globally, temperate areas of Europe are also observing increased incidences of the flu, with areas of Central and Western Africa continuing to have elevated activity as well. Most of South and Central America and most areas of South and Southeast Asia are reporting “low” levels of activity, but the World Health Organization characterizes other areas of Asia as either “elevated” or “increasing.”

To monitor progression of the flu through the season, AFHSD produces a tri-service consolidated influenza report weekly to reflect data from military hospitals. The CDC also produces a more wholistic view on how influenza is affecting the rest of the country.

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MC2 Jacob Milham

Rear Adm. Roy Kitchener, commander, Naval Surface Force Atlantic, speaks during the Waterfront Training and Readiness Seminar, Jan. 23.

CNSL holds training, readiness symposium

By LTJG Alyssa La Rosa
Naval Surface Force Atlantic Public Affairs

NORFOLK

Aiming to improve operational readiness across the surface force, Rear Adm. Roy Kitchener, Commander, Naval Surface Force Atlantic, (SURFLANT), hosted a Waterfront Training and Readiness Seminar, Jan. 23.

During the event, commanding officers, executive officers and other local leaders met to discuss maintenance and training practices focused on improving ships material conditions and crew proficiency. The primary focus being to increase the number of ships available during the Basic and Sus-

tainment phase.

A resonating theme at the symposium was routinely conducting proper self-assessments on ships, to “get back to the standing orders,” said Kitchener. He also spoke on the vitality of being able to conduct these assessments to find problems on equipment and get them fixed quickly. To achieve this, he reminded leaders to regularly conduct zone inspections with an operational mindset. Improved readiness is driven by ship’s crewmembers focusing on the standards. “New missions are happening every day; the Navy must be ever ready at any point to act.”

“It is vital to teach our Sailors the correct

way to do maintenance and inspections because it will become muscle memory for them,” added Capt. David Fowler, Assistant Chief of Staff for readiness and assessments.

With roughly 75 in attendance, SURFLANT briefers discussed the revision of the Surface Force Training and Readiness Manual, (SFTRM), changes to the READ-E process, and recent trends that have been seen across all ship classes. The group also discussed how to execute an effective zone inspection program, as facilitated by Capt. John Bub, Board of Inspection and Survey (INSURV) Chief of Staff and lead senior assessor.

Bub reported that, in his inspections, he has observed three major issues. They include ships not having all spaces assigned for zones in accordance with the instruction; no measurable way to determine if the commanding officer trains his crew for inspections; and the required two years of

records not being organized or available. Ships should refer to the type commander’s instructions for help in adhering to requirements.

The manager of Engineering Readiness Assist Team, (ERAT), Sam Lyons offered more advice for solving these problems. His team and the Combat Systems Readiness Assist Team, (CSRAT) are available for training and non-gradable assessments to ships across the waterfront before availabilities, Readiness Assessments, and INSURV. ERAT can provide and bring “A school to the deck plates” with training to any and all Sailors. They are not just trainers but mentors.

Fowler closed out the seminar by saying, “Material condition readiness should be at the top of the Commander’s list every day. SURFLANT is available to support and assist the waterfront leaders and crew with maintaining standards and teaching Sailors to focus on the core fundamentals.”

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MC3 Alan Lewis
Machinist's Mate 1st Class Lauren Blackman, assigned to the aircraft carrier USS Gerald R. Ford (CVN 78), demonstrates features of the Carrier-Advanced Reconfigurable Training Systems (C-ARTS) simulator at the Cape Henry Associates (CHA) corporate office, July 24, 2018. C-ARTS is a mobile learning environment that uses virtual reality as a training mechanism to simulate real-life scenarios, providing support for the realization of the Navy's Ready, Relevant Learning as part of the Sailor 2025 initiative.

Ford utilizes virtual reality to train Sailors for flight operations

From USS Gerald R. Ford (CVN 78) Public Affairs
NORFOLK

The Sailor places virtual reality goggles on and is instantly immersed into a different world. Their perspective changes to that of a Sailor working topside aboard a deployed aircraft carrier. They can see jets taxiing into position, flight indicators flashing and crew members signaling to each other. This no longer becomes a game but training for upcoming operations.

“Right now, you just have a bird’s eye view of what’s happening,” said Lt. Brianne Law as she guides a junior Sailor through a flight deck virtual-reality simulation. “We are watching the aircraft come up. There is our shooter down by center deck. You see him give the retract signal.”

Sailors assigned to the USS Gerald R. Ford (CVN 78) air department began using virtual-reality to simulate flight deck operations inside the mobile Carrier-Advanced

Reconfigurable Training System (C-ARTS) classroom located at Naval Station Norfolk. The trainer allows the Sailors to actively practice the procedures of flight operations in real time while the ship is pier side.

The C-ARTS classrooms have been in operation since December 2018 while Ford was at Huntington Ingalls Industries-Newport News Shipbuilding in Newport News, Virginia.

“Some of these Sailors here, right now, have had zero flight deck experience,” said Law, a Naval Flight Officer, from Pensacola, Florida, serving aboard Ford. “So, one of the great things about the virtual reality simulator is that we can do demonstrations. The Sailors can put on the virtual reality goggles and see exactly what is going to happen.”

The flight deck of an aircraft carrier during flight operations can be very hectic with personnel and equipment moving around constantly. There are many variables to account for. Being able to simulate as many of

these different circumstances in a safe environment is extremely beneficial to Sailors.

“If something is wrong on the flight deck or somebody is giving a suspend signal, here is what I am going to do,” said Law. “You can walk through that scenario and go through the motions. Doing the actual procedures, in a simulated environment. That is a lot safer.”

As Sailors rotate from Ford, so does their base of knowledge. Finding economical ways to train year-round is the primary purpose of the C-ARTS trainers.

“In aviation we have simulators,” said Law. “We have that built into our syllabus and that allows us to save time and money, and allows us to get additional training. We thought it would be a good concept for carriers.”

Sailors are enjoying the training and finding it vital to mission readiness in a multitude of ways. It also provides hands-on training while creating a place for discussion.

“They had us grouped together,” said Aviation Boatswain Mate (Handling) Seaman Matt Costin, an elevator operator assigned to Ford’s air department. “It was like a big meeting. They were teaching us how to use the Gerald R. Ford equipment. Then we got to talk through all the issues we were having. It was nice to get together.”

The C-ARTS trainers can be arranged to facilitate virtual reality training along with augmented reality and mixed reality training. This allowed Ford to meet necessary training requirements for flight operations.

“The aircraft director just behind the shooter in the yellow, he is going to signal off breaks to the pilot,” said Law, walking through a scenario. “Take tension. The deck edge operator is going to hit tension. We are going to watch for good stroke, good hook, the man goes out. Thumbs are up. The shooter takes control of the aircraft. Goes into military power. After mil power, he makes sure the pilot does his wipe out and final checks. Thumbs, thumbs, thumbs. We see the shoot signal and we are off.”

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 underway conducting testing in the Atlantic Ocean.



Upcoming CORE Events



Defense Health Agency Transformation Joint Services Town Hall

LTG Ronald J. Place, Director, Defense Health Agency &
RDML Anne M. Swap, Tidewater Enhanced Multiservice Market Manager,
Commander, Navy Medicine East,
will moderate this event and answer your questions.

Friday, 7 February 2020
1000 -1130

Sponsored by CORE of Hampton Roads and Navy League of Hampton Roads

Open to all Active Duty members
and
Dependents in the Tidewater Area



Naval Station Norfolk
Wind & Sea Rec Center-C9
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Please register for this Town Hall via Eventbrite.

NMCI Computers please use:
<https://www.eventbrite.com/e/defense-health-agency-transformation-joint-services-town-hall-tickets-89593092351?aff=ebdssbdestsearch>

Home computers use:
<http://bit.ly/DHATownHall>

Navy Reserve announces one-stop shop for Reserve order opportunities

By MC1 Arthurgwain Marquez
Commander, Navy Reserve Force Public Affairs

NORFOLK

Commander, Navy Reserve Forces Command (CNRFC) announces the release of ZipServe, a new application that allows Reservists to apply for all Reserve order opportunities.

ZipServe is a complete overhaul of the advertising and application process for mobili-

zations, Annual Training (AT), Active Duty for Training (ADT), Active Duty for Special Work (ADSW) and Definite Recall (DR). It will replace the AdPortal and Mobilization Portal and provide users with a process similar to the private sector.

“ZipServe is one of many applications that are being introduced to Reserve Sailors in an effort to modernize the Reserve Force,” said Rear Adm. John Schommer, commander,

Navy Reserve Forces Command. “These capabilities being introduced are a direct result of listening to input from our Reserve Sailors about issues that affect them the most, and responding with tools to make their lives easier.”

In ZipServe, Sailors can apply for multiple opportunities, view enhanced details about each opportunity, and monitor the status of applications. Users will receive email notifications on their application status, including selection, non-selection and changes or cancelations to their active applications.

“Think of ZipServe as your ‘one-stop shop’ for Reserve order opportunities,” said

Capt. Michael Leachman, deputy chief of staff for CNRFC’s Information Technology department. “Rather than being limited to using an application from a Navy Reserve activity, Sailors are now able to search and apply for orders by opening up ZipServe from the comfort of their home or mobile device.”

ZipServe is accessible on myNRH, <https://www.mynrh.navy.mil>, or as an application optimized for mobile access via R2S (currently iOS only).

If you have questions about ZipServe, contact the help desk at ZipServe_Help@navy.mil.



A T-45 Goshawk, assigned to Air Test and Evaluation Squadron (VX) 23, lands on USS Gerald R. Ford's (CVN 78) flight deck. Ford is currently conducting Aircraft Compatibility Testing to further test its Electromagnetic Aircraft Launch Systems (EMALS) and Advanced Arresting Gear (AAG). MC3 Ryan Carter

Ford collects vital data for the Fleet during Aircraft Compatibility Testing

By Lt.j.g. Nicholas Spaleny
USS Gerald R. Ford (CVN 78) Public Affairs

ATLANTIC OCEAN

The aircraft carrier USS Gerald R. Ford (CVN 78) is bringing vital information to the fleet from its Aircraft Compatibility Testing (ACT), which began off the East Coast Jan. 16.

ACT is allowing the crew of Ford to further test its Electromagnetic Aircraft Launch System (EMALS) and Advanced Arresting Gear (AAG), two Aircraft Launch and Recovery Equipment (ALRE) systems unique to Ford. It also allowing the crew and embarked test personnel to rigorously evaluate the effect of the CVN 78 air wake, or burble, and its compatibility with all types of fleet aircraft the Navy utilizes on an aircraft carrier.

“What we’re doing is validating years of test catapult shots that were done at the EMALS test facility at Lakehurst N.J., and years of arrestments on AAG at Lakehurst, then taking that data, bringing it to sea and using it on installed equipment aboard our

ship, now in an austere underway environment with different wind and environmental conditions to build those safe flight envelopes,” said Capt. John J. Cummings, Ford’s commanding officer.

Ford’s ACT has seen the first arrestment and launching of E-2D Hawkeye, C-2A Greyhound, EA-18G Growler, and the T-45 Goshawk aircraft on these new systems unique to Ford-class carriers.

“Honestly it’s great to be the first ones to fly the E-2/C-2 out on an entirely new class of carrier,” said Lt. Cmdr. Eric Thurber, a test pilot assigned to Air Test and Evaluation Squadron (VX) 20,

“We spent some time up at [Joint Base McGuire-Dix] Lakehurst, New Jersey doing some of the developmental testing for the systems before coming to the ship, so it’s neat to have seen the entire system land based; see some of the issues we have here, then go back and correct it and come out to the ship and test it at sea.”

Cummings reflected on the historical aspect of ACT for the entire Ford class of

aircraft carriers.

“We are pioneers in this new class to figure it out, and we will. We will do this for the Ford-class and then that’s it, done,” said Cummings. “Our crew is extremely proud to be a part of this historic event; to do this testing and get it to the fleet, and then get ready to accept all fleet aircraft.”

Testing also includes an F/A-18F Super Hornet which was also previously used for testing aboard Ford in 2018. Prior to ATC, Ford had 747 launches and arrestments.

“Those four firsts were major milestones, and that’s the payoff of a ton hard work by the engineering teams, and by the test squadrons,” said Cmdr. Mehdi Akacem, Ford’s air boss.

Since getting underway on Jan. 16, Ford has already seen over 70 successful launches and arrestments using the new EMALS and AAG technologies, and will continue to increase the sortie frequency in the second half of testing.

“To see it all come together and see the ship do what it’s designed to do — which

is to launch and recover aircraft — it’s extreme pride for our crew and for the aviators who’ve come out here to support that,” said Cummings. “So I’m extremely proud of the work by the team to get here, and we’ll continue to keep pushing to get a lot of flying in this next year.”

This round of testing is allowing the crew to further test the improvements made during its post-shakedown availability (PSA) at Huntington Ingalls Industries-Newport News Shipbuilding while also allowing the crew to gain experience on these unique systems. The information captured during ACT will continue to inform improvements and modifications for Ford and follow-on Ford-class of aircraft carriers.

“We are clearly seeing improvements and in our knowledge, better reliability,” said Akacem. “We’re out here doing the things the systems are built to do, and we’re learning so much every day.”

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 underway conducting Aircraft Compatibility Testing to further test its Electromagnetic Aircraft Launch Systems (EMALS) and Advanced Arresting Gear (AAG).

NAVY MWR OF HAMPTON ROADS, VA

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MC1 Theodore Green

MH-60S Sea Hawk helicopters assigned to Helicopter Sea Combat Squadron (HSC) 5 the “Nightdippers” return from their nearly ten-month deployment as part of Carrier Air Wing (CVW) 7 assigned aboard the aircraft carrier USS Abraham Lincoln (CVN 72).

HSC-5 | Sailors from the “Nightdippers” returned after a nearly 10-month deployment

Continued from B1

mission execution and combat readiness among HSC squadrons over the past year,” said Wright. “I’m extremely proud of my 245 service members and the work they accomplished for the entire team.”

Wright also thanked the extended Night-dipper family and friends for their support during the deployment.

“I am thankful for our families and friends, whether it was babysitting or mowing the lawn, I am extremely grateful for their continued support over the past ten months,” said Wright.

CVW-7 Carrier Air Wing Commander (CAG), Capt. William Reed, who returned to Norfolk Naval Station with Airborne Early Warning Squadron 121 (VAW-121) on Jan. 19 was on hand to welcome the last squadron who deployed with the air wing to return from their deployment.

“It’s great to have everyone back,” said Reed. “Really proud of their accomplishments and their support to the USS Abraham Lincoln Carrier Strike Group.”

On Jan. 19, Airborne Early Warning Squadron 121 (VAW-121) assigned U.S. Navy aviators returned to Norfolk Naval Station; as well as Strike Fighter Squadron 103 (VFA-103) the “Jolly Rogers” and VFA-143, the “World Famous Pukin’ Dogs” returned to Naval Air Station Oceana flying F/A-18E “Super Hornets.”

The Abraham Lincoln Carrier Strike Group team executed over 1,285 sorties totaling 28,437 hours, to include 392 combat

sorties encompassing 1,140 combat flight hours in direct support of friendly forces in Afghanistan and Syria. The air wing successfully employed 42 precision-guided munitions with a combined weight of over 70,000 pounds, destroying enemy targets and fighting positions in direct defense of coalition forces on the ground.

While deployed, the Abraham Lincoln Carrier Strike Group also participated in numerous interoperability and partnership-building exercises with sister services and allied navies in both the U.S. 5th and 6th Fleets, demonstrating the U.S. Navy’s capability to rapidly aggregate power across combatant commands to meet emerging missions and contingencies. As it transited through U.S. 7th Fleet, the strike group also conducted flight operations in the South China Sea in support of a free and open Indo-Pacific.

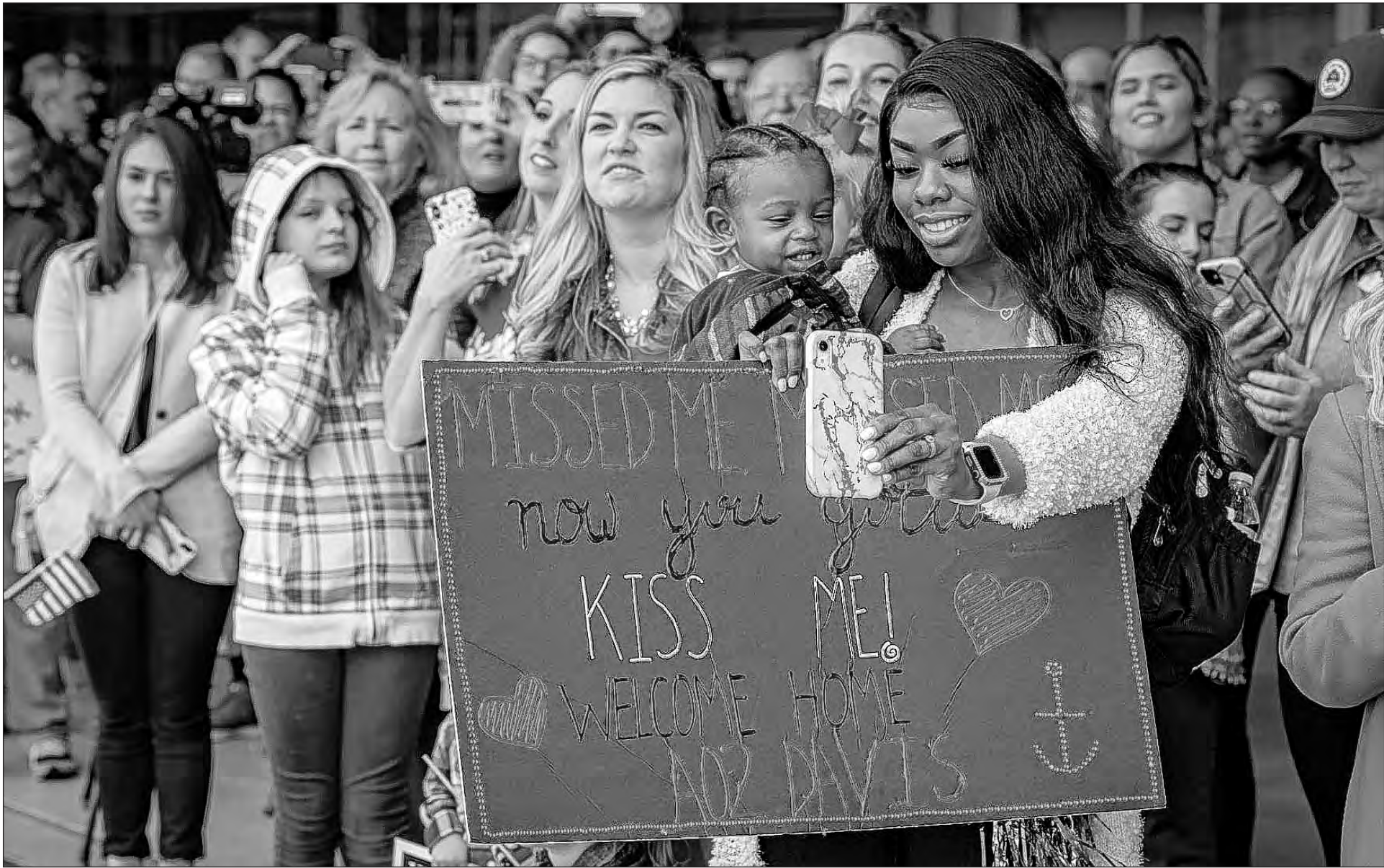
“It’s great to have everyone back,” said Reed. “Really proud of their accomplishments and their support to the USS Abraham Lincoln Carrier Strike Group.”

Capt. William Reed



MC1 Theodore Green

Cmdr. Chandra Newman, executive officer of Helicopter Sea Combat Squadron (HSC) 5 the “Nightdippers,” poses for a photo with her dog Winston after ten-month deployment as part of Carrier Air Wing (CVW) 7 assigned aboard the aircraft carrier USS Abraham Lincoln (CVN 72).



MC1 Theodore Green

A Sailor assigned to Helicopter Sea Combat Squadron (HSC) 5 the “Nightdippers” is reunited with a loved one after a nearly ten-month deployment as part of Carrier Air Wing (CVW) 7 assigned aboard the aircraft carrier USS Abraham Lincoln (CVN 72). While deployed, HSC 5’s assigned MH-60S Sea Hawk helicopters provided sustained rotary wing operations in the U.S. 5th, 6th, and 7th Fleet areas of responsibility and the North Arabian Sea. HSC 5 flew more than 4,000 hours of dedicated operational tasking around the world.



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Star-studdedVCW
maineventsignedfor
thisweekend

Vanguard Championship Wrestling (VCW) re- turns to Norfolk Masonic Temple on Feb. 1. Al- ready signed for the main event is a fatal four- way match to become number one contender to the VCW Heavyweight Championship currently held by Gino Medina.

See C3

SECTION C | FLAGSHIPNEWS.COM | 1.30.2020



U.S. Navy Photo by Max Lonzanida

BOATLOADS OF LEGOS

Area's largest LEGO event provides unique COMREL opportunity

By Max Lonzanida
Hampton Roads Naval Museum

This past week, over a dozen volunteers from Commander, U.S. Second Fleet and other active duty commands converged on the Decker Half Moone Cruise Center in downtown Norfolk for a unique community relations experience. Their mission: augment the Hampton Roads Naval Museum's staff and volunteer corps to set up the region's largest free single day LEGO event at a venue that normally hosts cruise passengers from near and far.

This year's event returns on Feb. 1, from 10 a.m. to 4 p.m. at the Decker Half Moone Cruise Center for the ninth year in a row. Docking at the cruise center will be boatloads of LEGOs for visitors to build, Duplos, a large free play area, a hands-on robotics demonstration, arts and crafts for all ages, and of course a LEGO ship model competition for prizes that draws in creative entries.

See LEGOS | C4

More information

When: Feb. 1, 10 a.m. to 4 p.m.

Where: Decker Half Moone Cruise Center

How much: Free

More information about the upcoming free LEGO shipbuilding event can be found by visiting <http://hrnm.navy.mil>

Flaunt your Bark Jacobs at Fashion
Has Gone to the Dogs competition

From The City of Norfolk

NORFOLK

Sashay, shantay, sashay, shantay and stay: it's the second annual Fashion Has Gone to the Dogs competition.

Bark to the left, bark to the right at MacArthur Center, Center Court on Sunday, February 9 from 1 to 2:30 p.m. You and your fashionista furball can participate in three categories: Best Owner/Dog Costume Combination for adults and kids; Best Dog Fashion; and Celebrity Lookalike contest. (Last year, a French poodle entered as both Cleopatra and Elizabeth Taylor! Genius! Or maybe your dog resembles Tina Spay or Queen Elizabark!)

Our panel of local celebrity judges – players from the Norfolk Admirals! – will award trophies to the grand prize winners in each category.

Every dog should have a chance to work

his Fur Steel look. That's why we invite all canine alumni of the Norfolk Animal Care and Adoption Center to dog-walk the runway!

For the second time, Norfolk Animal Care and Adoption Center has partnered with MacArthur Center to support Friends of NACC. Participants can make their minimum \$5 donation on Eventbrite – or type fashionhasgonetothedogs.eventbrite.com. Walk-up registrations accepted day of for \$5 or a food donation for the Norfolk Pet Pantry.

This event kicks off National Homeless Animal Awareness Week, which runs from Feb. 9-16. NACC will offer a discounted adoption fee of \$50 during this week.

Dogs must be crowd/people/dog friendly and on leashes at all times, and each participant must sign a waiver. All participants should enter through the North 1 Entrance near Kay Jewelers into Center Court.



Fashion Has
Gone to the Dogs

MacArthur Center, 300 Monticello Avenue in Downtown Norfolk
Feb. 9, 1-2:30 p.m.
NACC will offer a discounted adoption fee of \$50

iStock

CalendarCommunity

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

MODERN RESUME WORKSHOP

HOSTED BY HAMPTON ROADS WORKFORCE COUNCIL CAREER ACCESS NETWORK



SLOVER LIBRARY ROOM 115 - FREE AND OPEN TO THE PUBLIC
Courtesy photo

Modern Resume Workshop

- Feb. 5, 5:30 p.m.
- Slover Library
- Info

Discover the most modern strategies for developing a professional resume. In this workshop we will review mock-resumes, suggest edits, and openly discuss what makes a resume stand out in a positive way. First Wednesdays in February and April in Room 115.

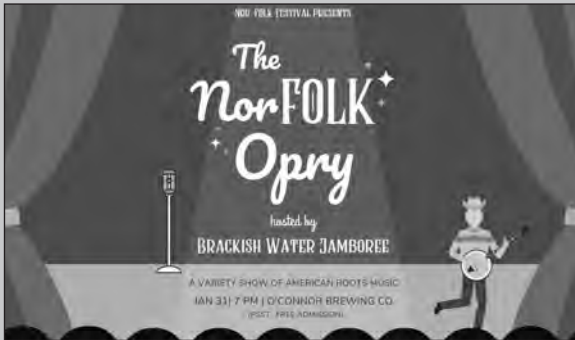


Courtesy photo

One Woman Show "Evolution of a Black Girl: From the Slave House to the White House"

- Feb. 2, 2-4 p.m.
- Slover Library
- <https://www.sloverlibrary.com/african-american-history-month>

"Evolution of a Black Girl: From the Slave House to the White House" is a powerful one woman show where writer/performer Morgan McCoy portrays 12 different characters. Her performance of these women takes the audience on a journey from Africa during the 1600's to present day in America. This journey incorporates rich history, stories of love, and moments of joy and sorrow. Brought to you with support from the Slover Foundation, and in honor of African American History Month.



Courtesy photo

The Nor-FOLK Opry: A Variety Show of American Roots Music

- Jan 31, 7-10 p.m.
- O'Connor Brewing Co.
- <https://www.facebook.com/events/480674092828418/>

The Nor-FOLK Festival presents The NorFOLK Opry: A Variety Show of American Roots Music. Hosted by The Nor-FOLK Festival founders Brackish Water Jamboree, this event will feature three hours of original, traditional, and classical songs of bluegrass, folk, country from local and regional musicians. Free admission.



Courtesy photo

COMPASS Norfolk - January session

- Jan. 30, 6:30 p.m.
- USO of Hampton Roads and Central Virginia
- <https://www.gocompass.org>

COMPASS Norfolk invites all Navy spouses to kick-start the new year during the first session of 2020! Created for spouses by spouses, you'll participate in an interactive, 3-part session designed to help improve the quality of military life through education enabling spouses to understand, experience, and meet the challenges of the Navy lifestyle.

The Norfolk Forum: Amy Webb

- Feb. 4, 7:30 p.m.
- Chartway Arena
- Info

Amy Webb is a quantitative futurist and a bestselling, award-winning author. She is a professor of strategic foresight at the NYU Stern School of Business and the Founder of the Future Today Institute, a leading foresight and strategy firm that helps leaders and their organizations prepare for complex futures.

■ 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/

Group seeks veterans for trip to Washington, D.C.

From Old Dominion Honor Flight

WILLIAMSBURG, VA.

Old Dominion Honor Flight (ODHF) is seeking World War II, Korean War and Vietnam War Veterans for a trip to Washington, D.C. on April 25 to visit the memorials dedicated to honor their sacrifice and service. The trip is free for Veterans.

Veterans who served from December 7, 1941 to April 30, 1975, who have not been on an Honor Flight trip may apply to be part of ODHF Mission 2. Because space is limited, priority is given to World War II Veterans and those who are terminally ill (must be verified by a doctor).

ODHF is also seeking Guardians, who serve as personal escorts for each Veteran and ensure that their day is truly memorable. There is mandatory training and a \$125 fee to serve as a Guardian.

To request an application, send an e-mail to OldDominionHF@gmail.com

ODHF serves Veterans from Elizabeth City, North Carolina up through Hampton Roads and Richmond to Fredericksburg, Virginia (including the Eastern Shore) and west to Farmville, Virginia. ODHF Mission 2 will depart from both the Embassy Suites-Hampton Convention Center in Hampton and American Legion Post 175 in Mechanicsville.

In addition to the World War II, Korean War, and Vietnam War Memorials, ODHF Mission 2 will also visit the National Museum of the Marine Corps in Quantico, the Air Force Memorial in Arlington, and Arlington National Cem-



Courtesy photo

etry. "A trip to Washington, D.C. with Old Dominion Honor Flight is an all-day, immersive event" said Mission Director Matt Hartman. "It is designed to provide our Nation's heroes with honor and closure and is described by many participants as a truly 'once in a lifetime' event."

"Our sole mission is to honor America's veterans for their service," Hartman added. "We took 86 Veterans to Washington, D.C. on ODHF Mission 1 in November 2019, and we want to take even more on Mission 2 on April 25, 2020. We invite our World War II, Korean War, and Vietnam War Veterans to apply to be a part of this amazing experience."

Planning is also underway for ODHF Mission 3, which will be October 10.



Courtesy photo/

Three international Class A Tall Ships coming to Norfolk

From Norfolk Festevents

NORFOLK

A trio of the world's most prestigious Class A Naval sail training tall ships are slated to call on the Downtown Norfolk Waterfront this year.

The visiting ships include the Statsraad Lehmkuhl (Norway) (March 4-13), Bae Guayas (Ecuador) (May 16-19), and Capitan Miranda (Uruguay) (June 2-8).

STATSRAAD LEHMKUHL

The Statsraad Lehmkuhl (321'), hailing from Bergen, Norway, is set to arrive in Norfolk for an extended stay from March 4 to March 13. It marks the second consecutive year that the Norwegian vessel has visited Norfolk and the 15th overall.

Built in 1914 as a training ship for the German merchant marines, the Statsraad Lehmkuhl is a three-masted steel barque sail training vessel. The Statsraad Lehmkuhl is currently sailed by the Royal Norwegian Naval Academy's first-year cadets who participate in leadership and team-building training. While on board, the cadets work together as a team to overcome the timeless challenges and dangers of travelling the seas by sail without modern technology.

BAE GUAYAS

Bae Guayas (221'), from Ecuador, is scheduled to visit from May 16 to May

19. Bae Guayas last visited Norfolk in 2017 during Harborfest and also participated in OpSail 2012 in Norfolk.

Built in Spain in 1976, Bae Guayas is proud to serve as a goodwill ambassador for the Ecuadorian Navy. The three-masted steel barque sail training vessel is named after the Chief of Huancavilcas, a native culture in the Ecuadorian coastal region. During a cruise, considered one semester at the Ecuadorian Naval Academy, midshipmen apply – in a very challenging environment – theoretical principals of navigation, seamanship, and other subjects learned in the classroom.

CAPITAN MIRANDA

Capitan Miranda (198'), from

Uruguay, is scheduled to visit from June 2 to June 8 and will headline 2020 Norfolk Harborfest's (June 5-7) annual Parade of Sail on Friday, June 5. The ship's visit marks the second consecutive year that the Capitan Miranda has visited Norfolk.

Known around the globe for its award-winning spirit, Capitan Miranda serves as a training ship for the Uruguayan Naval Academy at Montevideo. Built in Spain, in 1930, the three-masted schooner was refitted and re-rigged in 1978 and logs 10,000 sea miles annually. With its colorful sunburst sails, Capitan Miranda has won the "Most Spirit" award at many previous tall ship festivals around the world.

All three ships will be open for public visitations during their stays in Norfolk. Specific dates and times for visitations will be announced in the weeks leading up to each ship's arrival. All dates and times are subject to change. Special rates for school group tours are available upon request. Contact Festevents at 757-441-2345 for group tours.



Courtesy photo



Jonathan McLarty

The Golden Pinky Society, "Diamond" Victor Griff (L) and Benjamin Banks (R), will compete for the VCW Tag Team Championships this Saturday at Norfolk Masonic Temple.

Star-studded VCW main event signed for Saturday

By Jonathan McLarty

Vanguard Championship Wrestling (VCW) returns to Norfolk Masonic Temple on Feb. 1. Already signed for the main event is a fatal four-way match to become number one contender to the VCW Heavyweight Championship currently held by Gino Medina. The men participating in this contest are Hall of Famer Billy Gunn, Ken Dixon, "Mr. Xcellence" Brandon Scott, and

wrestling legend "Vampire Warrior" Gangrel. Only one of these four have men have not held the top title in VCW, that man being Ken Dixon. Will that quest for gold be the motivation for Dixon to earn another shot at Gino? Earlier this year in Windsor, Sanctuary leader Timmy Danger weaseled his way out of facing VCW United States Liberty Champion Phil Brown, once again. Tired of his tactics, VCW Owner Travis Bradshaw announced that Danger must face Brown this

weekend, title on the line, and all members of The Sanctuary will be banned from ringside. If Danger does not compete, he will be fired from VCW. Simply Safe-ish will defend their VCW Tag Team Championships against The Golden Pinky Society in Norfolk. Both teams were victorious in their respective matches in Windsor, but only one team will add to their winning streak come Saturday night. Also announced, former VCW Commonwealth Heritage Champion Colby Corino will face Joe Keys this weekend. Following a hit below the belt to Corino behind the referee's back, Jordan Oliver walked out of Windsor as the new Commonwealth Heritage Champion. This battle between Corino and

Keys could help management decide who will next contend for Oliver's title. Also on the Norfolk card: Roc Richards (with Irvin Legend) versus Kyler Khan, and Tracer X versus the debuting KC Navarro. Saturday's pro-wrestling event will be held at Norfolk Masonic Temple, located at 7001 Granby Street in Norfolk. Bell-time is 7:30 p.m. and advanced tickets (including reserved ringside tickets) can be purchased at VCW-Wrestling.com. Jonathan McLarty is a contributing writer for The Flagship, as well as a local sports and event photographer. Connect with him on Twitter (@JonathanMcLarty) and view his photography at McLartyPhoto.Zenfolio.com

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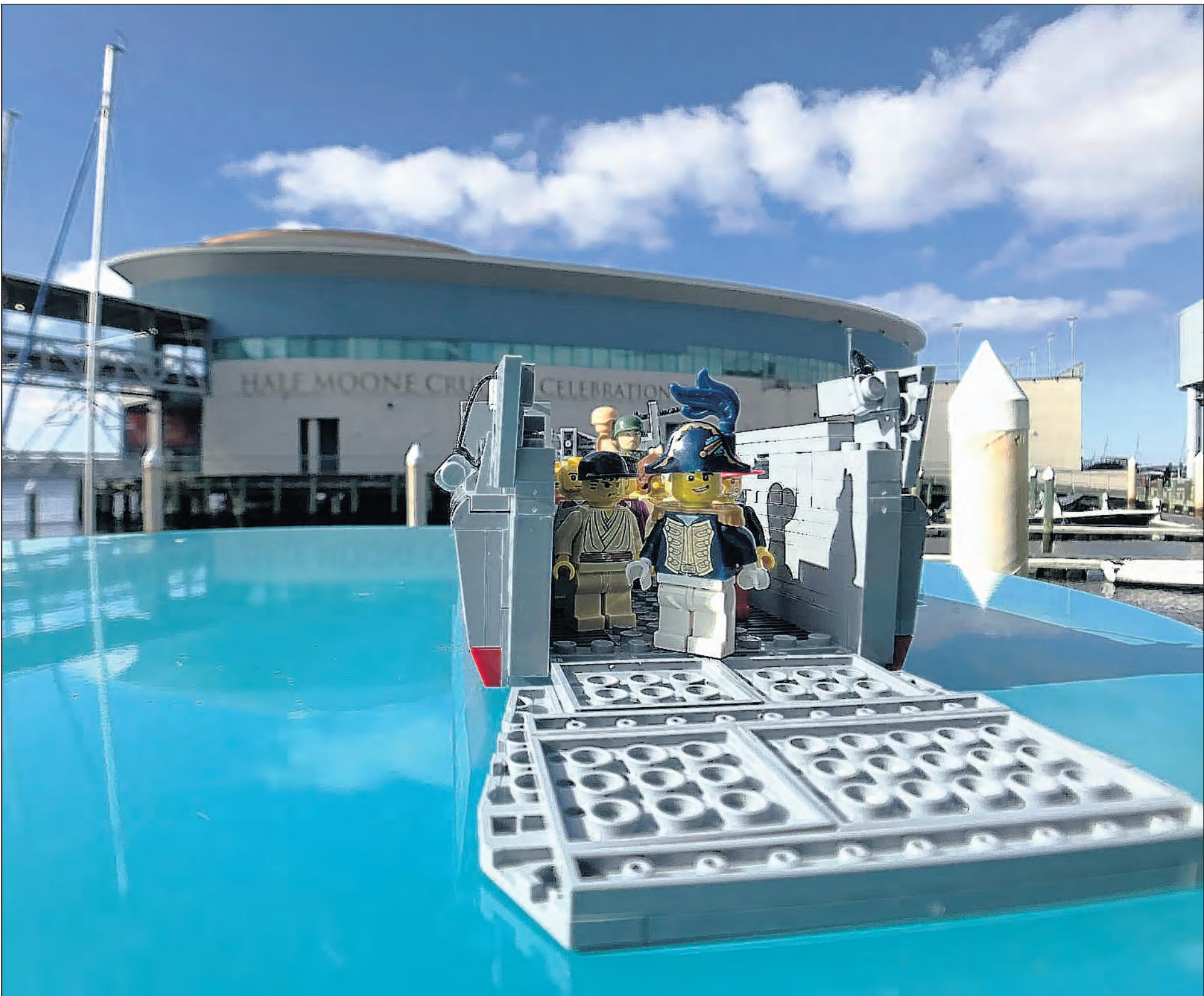


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U.S. Navy Photo by Max Lonzanida

LEGOS | Last year’s event brought 5,272 visitors with over 120 active duty volunteers

Continued from C1

It’s all part of the Naval Museum’s outreach efforts to make Naval History and Science, Technology, Engineering and Math Concepts relevant in a fun and engaging way. But before the event kicks off, active duty volunteers spent several days transforming the Decker Center in anticipation of the large crowds.

Last year’s event brought in 5,272 visitors with over 120 active duty volunteers from area commands staffed the event. In addition, volunteers also conducted a thorough walk through of the event to ensure that everyone is on the same page. In the lead up to this year’s event, volunteers unpacked LEGO totes, set up barriers, placed tables and chairs, and set up directional signage in a COMREL evolution like no other.

According to MC1(SW/AW) Joshua Shephard, LPO with nearby Commander, U.S. Second Fleet, over a dozen volunteers from his command alone helped set up, staff and will take down the event. Active duty volunteers from the Ticonderoga-Class Guided Missile Cruiser USS Gettysburg (CG-64) were also out in force, along with other commands, providing the muscle setting up tables, chairs, and free play areas at the direction of Special Events Coordinator, Tom Dandes.

The Naval Museum’s Volunteer Coordinator, Darcy Sink commented on the con-



U.S. Navy Photo by Max Lonzanida

tingents of both military and civilian volunteers setting up the event, and noted that “when the general public sees active duty sailors volunteering for the Naval Museum, it shows that we are relevant; it helps bring the Navy and the community together.”

Sink noted that thus far, over 120 active duty volunteers have signed up to volunteer

the day of the big event; and will help with the scores of excited visitors to build LEGO ship models of current and historic Naval Warships. Additionally, volunteers will be on hand helping with free play areas, registering LEGO ship model entries, registering participants and of course helping with the crush of visitors both military and civilian

who travel from near and far to take part in a free event like no other.

More information about the upcoming free LEGO shipbuilding event, taking place on Feb. 1 from 10 a.m. to 4 p.m. at the Decker Half Moone Cruise Center in Downtown Norfolk can be found by visiting <http://hrnm.navy.mil>.



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coming to theaters

BIRDS OF PREY (AND THE FANTABULOUS EMANCIPATION OF ONE HARLEY QUINN) [R]

You ever hear the one about the cop, the songbird, the psycho and the mafia princess? "Birds of Prey (And the Fantabulous Emancipation of One Harley Quinn)" is a twisted tale told by Harley herself, as only Harley can tell it. When Gotham's most nefariously narcissistic villain, Roman Sionis, and his zealous right-hand, Zsasz, put a target on a young girl named Cass, the city is turned upside down looking for her. Harley, Huntress, Black Canary and Renee Montoya's paths collide, and the unlikely foursome have no choice but to team up to take Roman down.

THE LODGE [R]

A bone-chilling nightmare from the directors of Goodnight Mommy, The Lodge follows a family who retreat to their remote winter cabin over the holidays. When the father (Richard Armitage) is forced to abruptly depart for work, he leaves his children, Aidan (IT's Jaeden Martell) and Mia (Lia McHugh) in the care of his new girlfriend, Grace (Riley Keough). Isolated and alone, a blizzard traps them inside the lodge as terrifying events summon specters from Grace's dark past.

SONIC THE HEDGEHOG [PG]

Sonic the Hedgehog is a live-action adventure comedy based on the global blockbuster video game franchise from Sega that centers on the infamously brash bright blue hedgehog. The film follows the (mis)adventures of Sonic as he navigates the complexities of life on Earth with his newfound – human – best friend Tom Wachowski (James Marsden). Sonic and Tom join forces to try and stop the villainous Dr. Robotnik (Jim Carrey) from capturing Sonic and using his immense powers for world domination. The film also stars Tika Sumpter and Ben Schwartz as the voice of Sonic.

OLYMPIC DREAMS [PG-13]

Set against the splendor of the Winter Olympic Games, an intimate and unexpected love story develops between two lonely hearts, each at their own crossroads in life. Penelope (Alexi Pappas) is a first time Olympian and introverted cross-country skier, who, after finishing her event early on in the games, finds herself spending time in Athletes Village with the gregarious and outgoing volunteer dentist, Ezra (Nick Kroll). While both are eager to form connections at the Olympic Games, they are held back by the very thing that has propelled them to this point; what do you do once your lifelong dream has come true, and you're faced with taking the next step? As Penelope and Ezra navigate the vulnerable slopes, they push one another to embrace qualities they lost sight of in pursuit of their dreams. Will they be able to help each other take of leap of faith into the unknown?

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Friday | Jan. 31
7 p.m. Little Women [PG]

Saturday | Feb. 1
1 p.m. Little Women [PG]
4 p.m. Jumanji: The Next Level (3-D) [PG-13]
7 p.m. The Grudge [R]

Sunday | Feb. 2
1 p.m. Cats
4 p.m. Star Wars: The Rise of Skywalker [PG-13]

NAS Oceana, Aero Theater – 433-2495

Friday | Jan. 31
6 p.m. The Grudge [R]

Saturday | Feb. 1
12 p.m. Spies in Disguise (3-D) [PG]
3 p.m. Jumanji: The Next Level [PG-13]
6 p.m. Little Women [PG]

Sunday | Feb. 2
12 p.m. Little Women [PG]
3 p.m. Cats [PG]
6 p.m. The Grudge [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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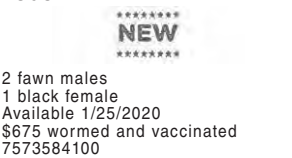
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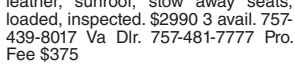
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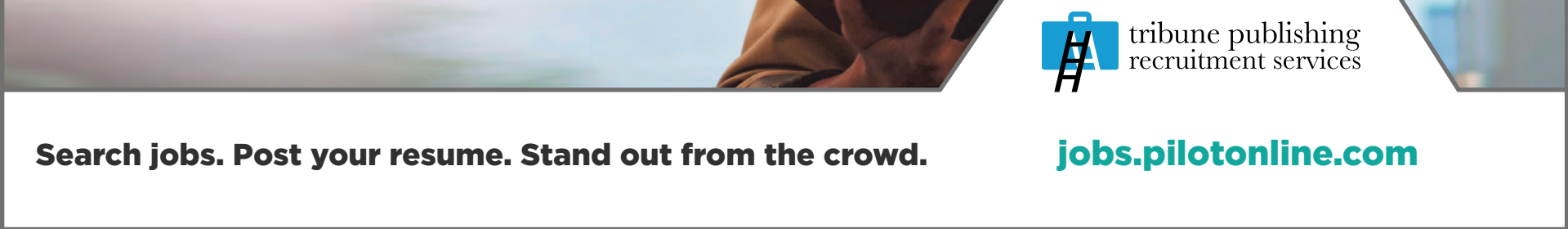
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