



MC3 Zach Sleeper

Sailors and Marines render honors to the Freedom Tower on the flight deck of the amphibious transport dock ship USS Arlington (LPD 24) as the ship transits to New York City for Fleet Week 2018. Now in its 30th year, Fleet Week New York is the city's time-honored celebration of the sea services.

FLEET WEEK NEW YORK RETURNS: 2020 DATES RUN FROM MAY 20-26

**Navy Region Mid-Atlantic Public Affairs
NORFOLK**

The U.S. Navy (USN), Marine Corps (USMC) and Coast Guard (USCG) are proud to announce the dates for 2020 Fleet Week New York (FWNY). The weeklong event runs from May 20-26.

Now in its 32nd year, FWNY is the city's time-honored celebration of the sea services. The week will include free public ship tours, military static displays and performances, and military helicopters landing at public schools and parks to showcase the skilled expertise of today's maritime services.

"We are very excited to be back in the 'Big Apple' to celebrate 2020 Fleet Week New York," said Rear

Adm. Charles W. Rock, Commander, Navy Region Mid-Atlantic. "We welcome the citizens of New York and the surrounding tri-state area to tour our ships and meet the men and women who work tirelessly each day to keep our nation safe."

FWNY officially kicks-off with the annual Parade of Ships on Wednesday, May 20. Five USN ships, two USCG cutters, four U.S. Naval Academy Yard Patrol boats (YPs), one Military Sealift Command ship, and one Royal Canadian Navy vessel are scheduled to participate this year.

Ships will be open for free public tours daily from

“ We welcome the citizens of New York and the surrounding tri-state area to tour our ships and meet the men and women who work tirelessly each day to keep our nation safe.

Rear Adm. Charles W. Rock

» See **FLEET | A7**

DoD releases guidance to protect forces from novel coronavirus

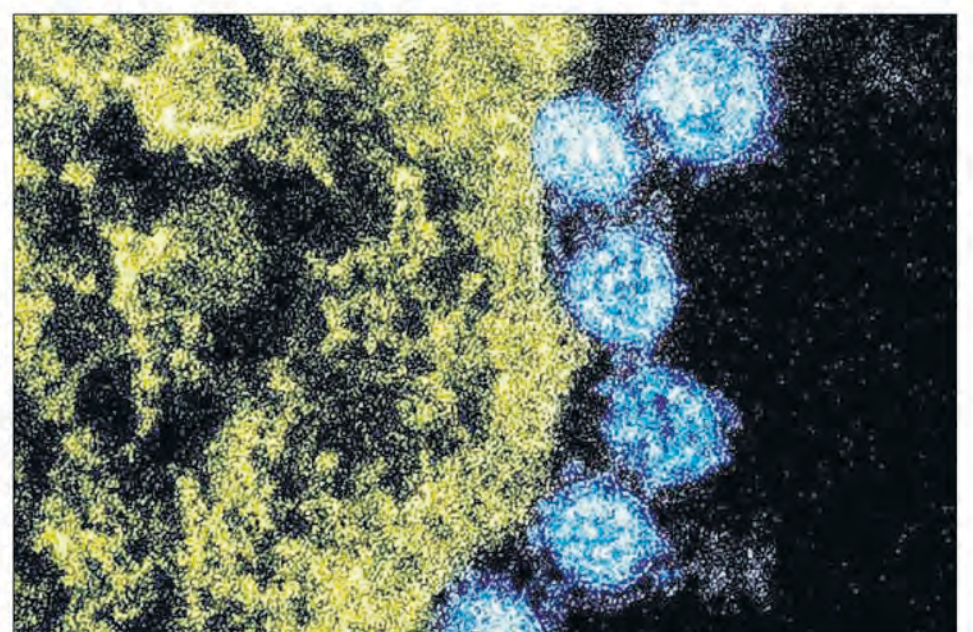
By Military Health System Communications Office

As the novel coronavirus continues to spread, the Department of Defense has established a Spotlight page to disseminate the latest information on the outbreak and to highlight coordination efforts with other organizations throughout the U.S. government. Acting Undersecretary of Defense for Personnel and Readiness Matthew P. Donovan released a guidance letter for force health protection specifically relating to the novel coronavirus. In it, Donovan states that DoD will follow guidance by the Centers of Disease Control and Prevention. While DoD personnel are not specifically at risk of exposure to the novel coronavirus, the fact that service

members and their families travel internationally and throughout the U.S. means they should take additional precautions to avoid risk.

The CDC issued new guidance on precautionary steps health practitioners, service members, and their families should take to avoid contracting the virus. For health care professionals, the CDC has provided guidance to avoid additional risk from patients who may have been exposed to coronavirus. After identifying a person at risk or patient under investigation based on symptoms and exposure history, those suspected of illness should wear a face mask and be evaluated in a private room

» See **CORONAVIRUS | A7**



NIAID

The novel coronavirus is a variant of other coronaviruses, such as this colorized transmission electron micrograph of Middle East respiratory syndrome (MERS) virus particles (blue) found near the periphery of an infected VERO E6 cell (yellow).

CHECK US OUT ONLINE!

www.flagshipnews.com

facebook

www.facebook.com/The.Flagship

twitter

www.twitter.com/the_flagship

USMC Leadership visit USS John Warner

Gen. Gary L. Thomas, Assistant Commandant of the Marine Corps, accompanied by USMC senior leaders and Rear Adm. Jim Waters, Commander, Submarine Group Two, toured USS John Warner (SSN 785)

»See **B1**



USFFC Deputy Commander soars into retirement

Vice Adm. Bruce H. Lindsey, deputy commander, U.S. Fleet Forces Command (USFFC), retired after 37 years of distinguished service

»See **B5**

Chicago coming to Sandler Center

Virginia Musical Theatre is proud to present the longest-running musical revival in Broadway history.

»See **C1**

THE FLAGSHIP'S FREE HOME DELIVERY

South Hampton Roads: Get the convenience of your Navy newspaper delivered right to your door for free!

Sign up today! Call 222-3900

NATIONAL

AFRICAN AMERICAN HISTORY MONTH

Established in 1926 as Negro History Week, President Gerald R. Ford expanded the celebration in 1976 to include the entire month of February. This year, Navy commands are encouraged to celebrate and reflect on the theme "A Century of Black Life, History, and Culture."

THE GOLDEN THIRTEEN



AFRICAN-AMERICAN SAILORS



fought on every every kind of Union warship, accounting for

10 TO 20% of each ship's crew

8 MEDAL OF HONOR RECIPIENTS

CIVIL WAR 1861 - 1865

MAR 12 prior-enlisted black servicemen were commissioned as ensigns AND A 13TH was made a warrant officer

1ST group of black servicemen to complete officer training in the Navy and led the way for future African-Americans.

BY THE END OF THE WAR 64 African-Americans had become officers in the Navy

WORLD WAR II 1939 - 1945

DORIS MILLER



The 1ST African American

to receive the



Navy Cross

for his act of bravery during Pearl Harbor (December 7, 1941)



EDNA YOUNG

The FIRST Black woman

- ★ to enlist in the regular Navy
- ★ to achieve the rank of petty officer

WESLEY A. BROWN



The FIRST Black Graduate of the UNITED STATES NAVAL ACADEMY

CLASS OF 1949

1942

1948

1949

ADMIRAL J. PAUL REASON

The 1ST Black Naval Officer to wear 4 Stars



assumed command of the

AND Atlantic Fleet

- ★ 200 warships
- ★ 1,500 aircraft
- ★ 122,000 men & women based at 18 major shore facilities



CARL BRASHEAR

The FIRST African American

to become a

U.S. Navy Master Diver



DECEMBER 1996

1970



VICE ADMIRAL SAMUEL GRAVELY JR.

34 YEARS OF SERVICE (1965 - 1999)

The FIRST African American

to command a

- NAVY SHIP *USS Theodore E. Chandler (DD 717)*
- NAVY WARSHIP *USS Falgout (DE 324)*
- NAVY WARSHIP UNDER COMBAT CONDITIONS *USS Thurgood (DD 746)*
- NAVY MAJOR COMMAND WARSHIP *USS Jouett (CG 29)*
- NUMBERED NAVY FLEET (Third Fleet)

ADMIRAL MICHELLE HOWARD

The FIRST African American Woman

- ★ to command a U.S. Navy ship
- ★ promoted to two-star and three-star admiral
- ★ to serve as Vice Chief of Naval Operations
- ★ to be a four-star admiral



1982 - PRESENT



USS Gravely COMMISSIONED ON NOVEMBER 20, 2010

AFRICAN AMERICANS

continue to serve with distinction

now comprising more than 17%

of our active duty Navy total force end-strength

PRESENT DAY

The Flagship

Editorial Staff

Managing Editor | Travis Kuykendall
757-322-2853/news@flagshipnews.com

Graphic Designer | Abby Likens, 757-222-3859

Flagship, Inc.

MNV Military Manager | Pam Bullock, 757-446-2795
Advertising Inquiries | Pam Bullock, 757-446-2795

Free Classified Advertising, 757-222-5373
Distribution, 757-222-5629
Home Delivery, 757-222-3900

Commander, Navy Region Mid-Atlantic (CNRMA):
Rear Adm. Charles W. "Chip" Rock
Regional program manager for Navy Region Mid-Atlantic (NRMA):
Public Affairs Director | Beth Baker

The Flagship® is published by Flagship, Inc., a private firm in no way connected with the Department of Defense (DOD) or the United States Navy, under exclusive written contract with Commander, Navy Region Mid-Atlantic. This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the paper, including advertisements, are not necessarily the official views of, nor endorsed by, the U.S. Government, DOD, or the Department of the Navy (DON). The appearance of advertising in this publication, including

inserts and supplements, does not constitute endorsement by the DOD; DON; Commander, Navy Region Mid-Atlantic or Flagship, Inc. of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is edited, prepared and provided by the Public Affairs Department of Commander, Navy Region Mid-Atlantic.

Stories may be submitted via email to news@flagshipnews.com. The Flagship® is published every Thursday by Flagship, Inc., whose offices are located at 150 W. Brambleton Ave., Norfolk, Va. 23510.

©2020 Flagship, Inc. All rights reserved.



MC2 Mark Thomas Mahmood

Volunteers erect the flagpole at the Flame of Hope Memorial Park during the Flame of Hope Rededication Ceremony. The memorial was re-dedicated to POW/MIA after nearly 50 years since its construction.

Not Forgotten: Flame of Hope repaired, rededicated to POW/MIA

By MC2 Mark Thomas Mahmood

VIRGINIA BEACH

After nearly 50 years since its construction, the Flame of Hope Memorial on Oceana Boulevard received repairs and was rededicated during a ceremony, Feb. 3.

Naval Air Station Oceana held the ceremony after necessary repairs were made to rededicate the monument to the Prisoners of War and Missing in Action who still have yet to return home.

Volunteers from Navy Construction Bat-

talions 4 and 5 built the Flame of Hope memorial on May 22, 1972. The Oceana wives of the They're Not Forgotten Committee and the Virginia Beach Jaycees sponsored the memorial's construction.

Members of the Virginia Beach Jaycees gathered to repair the concrete portion of the Flame's sconce and re-stand the park's flagpole, which was toppled during a storm in October 2019.

U.S. Representative for Virginia's 2nd congressional district and U.S. Navy veteran, Elaine Luria, was in attendance and

spoke during the ceremony.

"The Jaycees have made priceless contributions to our community, including, but not limited to, this monument," said Luria. "The Flame of Hope Memorial has stood here since 1972 and remains a sacred landmark for POWs and MIAs, who we have not forgotten, but who have never come home."

Naval Air Station Oceana commanding officer, Capt. John Hewitt, said the Flame of Hope will remain as a beacon to all who remain missing and as a reminder to never

forget their sacrifices.

"This rededication is our moment to bring a renewed attention to the community's commitment to our service members who have fought for the United States and who still remain unaccounted for," said Hewitt.

Flame of Hope restoration chairman of the Virginia Beach Jaycees, Brandon T. Bledsoe, said this project is only the beginning of the park's restoration.

Bledsoe said he's excited for the future of the Flame of Hope memorial park.

"This is 'phase 1' of a much bigger project," said Bledsoe. "We're hoping to turn this park into a much more useable space for the community to celebrate our service members and reflect on those who haven't returned home."

small steps **BIG** **EARNINGS** Imagine the Possibilities

It's easy to start saving toward your retirement, education and future goals with a **CERTIFICATE**.

1

Start with just **\$50**

2

Add money anytime, automatically

3

Earn more than in a basic savings account

It's time to put **YOU** first!

NAVY FEDERAL
Credit Union

ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
VETERANS

Our Members Are the Mission



Visit navyfederal.org/smallsteps to see how much more you can earn.

Federally insured by NCUA. © 2020 Navy Federal NFCU 13764 (1-20)

IS2025: First Intelligence Specialist “A” and GEOINT “C” School Sailors graduate

From Information Warfare Training Command Public Affairs

VIRGINIA BEACH

Information Warfare Training Command (IWTC) Virginia Beach graduated Sailors from updated curriculums of Intelligence Specialist (IS) “A” and Geospatial Intelligence (GEOINT) “C” schools, an effort to modernize material in support of the Navy’s Ready Relevant Learning (RRL) pillar of Sailor 2025 initiative, Jan. 30.

The revised IS “A” and GEOINT “C” school curriculums are the culmination of 18 months of hard work by many dedicated instructors, and training managers with input from fleet personnel. The purpose of the revisions are to ensure Sailors are prepared with the basic knowledge and skills to perform as warfighting Navy intelligence specialists.

Revisions to IS “A” school are based on current fleet requirements and feedback on expectations for newly trained ISs facing today’s problem sets and technologies. With this in mind, the new curriculum combined information from previous IS “A” school fused with select portions of the previous Operations Intelligence, or OPINTEL, “C” school. This consolidation resulted in the initial training timeline being condensed from 18 to 14 weeks.

The updated GEOINT “C” school curriculum originated from a merger of the previous Intelligence Specialist Imagery Interpretation Course with the Strike Warfare Intelligence Analyst Course. Prior to the merger of



U.S. Navy

these courses, students would participate in over 24 weeks of rigorous training before reaching their first duty station. The new curriculum combines the two courses into a single 13-week course while maintaining the demanding standards of training and skills required to perform the tasks of a journeyman intelligence specialist and GEOINT professional.

“We exposed these new analysts to a myriad of the intelligence systems they will utilize in the fleet and provided them with the basic skills they will require,” said Capt. Richard Bosworth, commanding officer for IWTC Virginia Beach. “We are confident these updated curriculums will provide the Navy with more capable intelligence specialists, and I am proud of the dedication and commitment shown by our instructors and the first graduates.”

IWTC Virginia Beach, located in Dam Neck Annex, currently offers 65 courses of instruction in information technology, cryptology, and intelligence with an instructor and support staff of 280 military, civilian, and contractors who train over 6,500 students every year. It is one of four schoolhouses for the Center for Information Warfare Training (CIWT) and oversees learning sites at Jacksonville and Mayport, Florida; Kings Bay, Georgia; and Groton, Connecticut to continue aligning IW community training.

With four schoolhouse commands,

“We are confident these updated curriculums will provide the Navy with more capable intelligence specialists, and I am proud of the dedication and commitment shown by our instructors and the first graduates.

Capt. Richard Bosworth

two detachments, and training sites throughout the United States and Japan, CIWT is recognized as Naval Education and Training Command’s top learning center for the past three years. Training over 21,000 students every year, CIWT delivers trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

IWTC Virginia Beach Sailor trains and prepares ISs to fight and win

From Information Warfare Training Command Public Affairs

VIRGINIA BEACH

Intelligence Specialist 1st Class Amanda Monroe, a native of Vacaville, California, currently serves as an instructor at Information Warfare Training Command (IWTC) Virginia Beach.

Following high school graduation from Vacaville High School in 2014, she enlisted in the Navy and trained and worked as an intelligence specialist (IS). After graduating from the IS training pipeline in July 2015, Monroe reported to the Office of Naval Intelligence and worked as part of Naval Information Forces (NAVIFOR) Fleet Intelligence Detachment (FID).

NAVIFOR supports operational commanders ashore and afloat providing combat-ready information warfare professionals to those forward deployed. She deployed twice as a member of FID providing analytic support to the crew of USS Harry S. Truman (CVN 75) and USS George H.W. Bush (CVN 77).

As an instructor at IWTC Virginia Beach, Monroe is responsible for preparing tomorrow’s intelligence specialists with the skills required to analyze intelligence data, they prepare detailed analysis to support operations around the globe. During her time onboard IWTC Virginia Beach, she has provided 1,200 hours of top-notch instruction to 400 students across 13 convenes. In 2019, through her hard work and steadfast duty as a stellar instructor, she earned and attained the title of Master Training Specialist.

“Being an instructor is one of the most challenging jobs I’ve ever had, but it is also the most rewarding,” said Monroe. “Having the opportunity to teach and impact so many junior Sailors is a tremendous privilege that I will always be grateful for.”

IWTC Virginia Beach, located in Dam Neck Annex, currently offers 65 courses of instruction in information technology, cryptology, and intelligence with an instructor and support staff of 280 military, civilian, and contractors who train over 6,500 students every year. It is one of four schoolhouses for the Center for Information Warfare Training (CIWT) and oversees learning sites at Jacksonville and Mayport, Florida; Kings Bay, Georgia; and Groton, Connecticut to continue aligning IW community training.

With four schoolhouse commands, two detachments, and training sites throughout the United States and Japan, CIWT is recognized as Naval Education and Training Command’s top learning center for the past three years. Training over 21,000 students every year, CIWT delivers trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

- the -

PERFECT WEBSITE

for a military family!

MILITARY NEWS

Your online military connection to Hampton Roads

INTRODUCING MILITARYNEWS.COM

ATTENTION MILITARY FAMILIES: now there's a regional website just for you! **MilitaryNews.com** assists active duty military and their families, both during their transition and throughout their residence here in Hampton Roads. There's an abundance of information at your fingertips!

RELOCATION INFO

All the resources you need to make Hampton Roads your home.

DISCOUNTS & DEALS

Great deals are easy to find with MilitaryNews.com's list of military discounts and military-only coupons and contests!

EVENTS & CALENDAR

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

MILITARY NEWS & BLOGS

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

PLUS SO MUCH MORE. CHECK OUT MILITARYNEWS.COM TODAY!

CNAL Sailor accepts naval commission

From Commander, Naval Air Force Atlantic Public Affairs

NORFOLK

A Canton, Ohio, enlisted Sailor has removed her fouled anchors for that of a gold Ensign rank during a commissioning ceremony Jan. 31.

During the time-honored ceremony, former Chief Aviation Ordnanceman (AW/SW/IW) Alesha McCommon, assigned to Commander, Naval Air Force Atlantic (CNAL) recited the Limited Duty Officer creed, removed her Chief Petty Officer insignia, and passed her fouled anchors to fellow Aviation Ordnanceman prior to reciting the Oath of Office.

After reciting the Oath of Office she rendered her first salute to one of her family members, U.S. Air Force Reservist Tech. Sgt. Jan Almasy.

“Military service is everything to our family given that our grandfather served during the Korean War,” said McCommon. “It is an honor to have a family member able to participate in this ceremony, something that I will remember and treasure.”

In addition to Almasy, family members from Ohio also travelled to Virginia to take part in the rite of passage.

“I wanted to become an officer because I knew my service would make a difference,” said McCommon. “I wanted to continue to make an impact on my community for the next generation of Sailors futures.”

Serving as an Aviation Ordnanceman for the past 12 years, McCommon graduated from Boot Camp in July 2007, and reported to her first duty station on board USS Enterprise (CVN 65), where she learned the basics of her field. After her commissioning she will report to Officer Development School on board Officer Training Command Newport (OTC).



Courtesy photo

Sailors access MyNavy Portal without Common Access Card

ARLINGTON, VA.

Sailors have been asking for it and today the Navy delivered! Sailors can now access MyNavy Portal (MNP) from their personal mobile devices using their mobile web browser without a CAC.

“We know that MyNavy Portal is the primary gateway for our Sailors to accomplish much of their HR needs,” said Vice Adm. John Nowell, Jr., chief of naval personnel. “Today’s Sailors do so much of their daily tasks from their cell phones and tablets that it became a priority to make MyNavy Portal CAC-free. Today, that is now a reality and Sailors can log on from any mobile device, anywhere, anytime as long as they have an Internet connection.”

The Navy’s first venture into CAC-free access started in Dec. 2018 with the release of the MyNavy Portal-MyRecord app. This pilot project pioneered many firsts in the transformation of how Sailors are able to access and interact with their MyNavy HR resources. These firsts included CAC-free access to human resource information in the Navy, the first Navy mobile app to deliver Sailor personally identifiable informa-

tion (PII) data, and the first mobile app to synthesize MNP web resources with a mobile application. While MyNavy Portal-MyRecord app is no longer available for download, its success as a pilot was a significant stepping-stone to the release of MNP CAC-free and the beginning of a greater capability release.

“MyNavy Portal is a robust source of information that is constantly being updated to meet the demands of Sailors,” said Kenneth Johnson, acting program manager for the Sea Warrior Program (PMW 240), which is making CAC-free access to MNP possible. “The most efficient way to provide CAC-free access was to integrate our secure cloud based multi-factor authentication solution into our portal allowing Sailors more flexible access than ever before.”

This initial release provides Sailors access to current MNP features such as MyNavy Career Center ticket submission, ePAR and general inquiry and data from MyRecord, PRIMIS and eLeave. At this time, access to Navy Standard Integrated Personnel System (NSIPS) and BUPERS Online (BOL) will still require CAC access

and will not be accessible from mobile devices without using a CAC.

Here’s how the process works. First, Sailors must log into MNP using their CAC to set-up their CAC-free account. They will be guided through the process by following several steps that will grant them CAC-free access by using Okta Verify, the Navy-approved third party app that verifies the user’s identity. When a Sailor wants to view MyNavy Portal CAC-free on their mobile device, Okta Verify generates a code that is used to complete the log in process. At no time will any Sailor PII be transferred or revealed to Okta Verify.

“This is a game changer for Sailors to manage their careers,” said Capt. David Kemp, director, MyNavy HR Transformation Office. “In the last year, we have introduced CAC-free products to allow Sailors to view and update their personnel records, assist them with their PCS moves with MyPCS mobile, and opened up MyNavy Career Center to provide 24/7 customer support to the fleet.”

By delivering MyNavy Portal access without using a CAC, MyNavy HR is continuing to deliver Human Resources (HR)—personnel, pay and training services to Sailors and their families with increasing speed, accuracy, quality and transparency.

The introduction of MNP CAC-free is just the start of creating CAC-free access to MyNavy HR websites such as BUPERS Online. Once Sailors set-up CAC-free access with MNP, they will not have to do it again when other sites go CAC-free.

ENJOY LIFE
on the water



The 67th Annual
Mid-Atlantic Sports and
BOATSHOW

**HUNDREDS of Boats and Watercraft
TOP brands, ONE location,
3 DAYS ONLY!**

February 7 -9, 2020
Virginia Beach Convention Center
www.vaboatshow.com
(Fishing Expo Sponsored by Ocean’s East)

PRESENTED BY



 LIKE US ON facebook

FOR A CHANCE TO WIN FREE TICKETS

FRI., FEB. 7 NOON-8PM • SAT., FEB. 8 10AM-8PM • SUN., FEB. 9 10AM-5PM
ADMISSION \$10 • KIDS 12 AND UNDER GET IN FREE!

DIVORCE
(Uncontested) \$395.00
+ \$86.00 Court costs.
WILLS \$295.00



No Court appearance required.
Normal completion time
21 days. I serve all of Virginia.
All consultations free, but no
in-person consultation necessary
Se habla español.
Member Better Business Bureau,
A+ rating.

**HILTON
OLIVER**

4856 Haygood Road, Suite 102
Virginia Beach, VA 23455
757-490-0126

hilton@hiltonoliverattorneyva.com
HiltonOliverAttorneyVA.com

Please
see me on
Facebook



OUR FAMILY
TRADITION

**IS TAKING CARE
OF YOURS**

SINCE 1936

757-549-1772 | geico.com/chesapeake
109 Volvo Parkway
Chesapeake, VA 23320
GEICO Local Office

Limitations apply. See geico.com for more details. ©GEICO & affiliates. ©Washington, DC 20076 © 2019 GEICO



FWP's Carlynn Lucas was one of the moderators for focus groups held within the shipyard regarding nursing stations throughout NNSY.

U.S. Navy photo

NNSY wins Silver Rating for Nursing Mother-Friendly Workplace

By Hannah Bondoc
Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

Norfolk Naval Shipyard (NNSY) has been rated silver in the Virginia Breastfeeding Coalition's (VBC) first "Virginia Workplace Breastfeeding-Friendly Awards (VWBF)." The VWBF recognizes work places' ability to support breastfeeding employees.

Led by NNSY Federal Women's Program (FWP) Waterfront Ombudsmen Michelle Johnson and Danielle Smith, in-

spectations and focus groups aimed at identifying new and better ways to serve NNSY's expecting and nursing mothers were held. "We wanted to figure out what locations are heavily used, how long it took for nursing mothers to pump, and if there was anything that could be improved," said FWP Vice President Aiya Williams. "Many of them were just looking for who to talk to for guidance."

After the FWP took this initiative, its Public Relations Chair Ashley Chew heard about the award through a breastfeeding

support group on Facebook. In the light of NNSY's efforts to support its nursing employees, she and the FWP board applied for the award by answering questions based on the insights they gathered during their research. NNSY received notice it won within the month.

Since winning the award, the program has steadily made progress with the help of Facilities Personnel (Code 980) to enhance nursing rooms around the yard. FWP members are also working with Process Improvement (Code 100PI) to make informa-

tion pertaining to women who are pregnant or nursing more centralized and accessible. The FWP hopes to earn gold in 2020. "We're only going to get better," Chew added.

According to the Association of State Public Health Nutritionists' website, every dollar invested in lactation support services saves three more dollars, including annual savings in healthcare and reduced absenteeism rates. Additionally, it increases employee retention, morale and loyalty. "At the end of the day, it's supporting your people," Williams said.

"This award is a result of the efforts made by NNSY to show its nursing employees—both current and potential—that we care," Chew added. "It is important that mothers do not feel like they have to choose between work and taking care of their children."

WINDOWS · ROOFING · SIDING · TRIM · GUTTER PROTECTION



Paramount Builders, Inc.



Show your home some

LOVE

this month...

Reduce Your Utility Bills

Lifetime Warranties

100% Financing Options

Deferred Payment Options

Over 70,000 Satisfied Customers

Low Monthly Payments



Call TODAY

and schedule your

free estimate!

866-723-2063

CLAIM YOUR DISCOUNT

20% off

*all products - must present coupon • Offer expires: 3-1-2020

WWW.PARAMOUNTBUILDERS.COM/PARAMOUNT-PILOT



POP



MC2 Jonathan Clay

Navy Band Northeast's Rhode Island Sound performs at Times Square during Fleet Week New York (FWNY) 2019. FWNY, now in its 31st year, is the city's time-honored celebration of the sea services. It is an unparalleled opportunity for the citizens of New York and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as witness firsthand the latest capabilities of today's maritime services.

FLEET | NYFW offering ship tours

Continued from A1

8 a.m.-5 p.m., Thursday, May 21 through Monday, May 25. Last year, more than 66,000 people had an opportunity to take

ship tours and more than 37,000 people experienced helicopter landings at area parks and schools. While in port, service members will visit area schools, soup kitchens and senior cen-

ters; provide a helping hand through revitalization projects; and interact with the community at local parades and gatherings. It is estimated that nearly 3,500 Sailors, Marines and Coast Guardsmen will take part in various events through Memorial Day. For up-to-date information on all FWNY events, visit the official FWNY website at

www.fleetweeknewyork.com, "Like" FleetWeekNewYork on Facebook, or "Follow" @FleetWeekNYC on Twitter. FWNY photos can be viewed online at www.dvidshub.net/feature/fwny2020 and on Instagram at www.instagram.com/fleetweeknyc. Join the conversation on social media by using #FleetWeekNYC



The United States flag is unfurled by servicemembers during a Memorial Day Ceremony in New York City during Fleet Week New York (FWNY), May 27, 2019. FWNY, now in its 31st year, is the city's time-honored celebration of the sea services. It is an unparalleled opportunity for the citizens of New York and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as witness firsthand the latest capabilities of today's maritime services.

MC3 Roland John

CORONAVIRUS | CDC: Implement standard infection control procedures

Continued from A1

with a closed door or placed in an airborne infection isolation room if available. The best way for most people to avoid getting sick, according to the CDC, is by implementing standard infection control procedures:

- Wash hands with soap and water for at least 20 seconds
- If soap and water is not available, use an alcohol-based hand sanitizer that contains at least 60-percent alcohol
- Avoid touching eyes, nose, and mouth with unwashed hands
- Avoid close contact with anyone who is sick
- Clean and disinfect frequently touched objects and surfaces

The CDC has also warned against all nonessential travel to China. For recent travelers to China, the CDC recommends close monitoring for any changes in their health for at least 14 days after travel. If recent travelers develop a cough or have difficulty breathing, they should avoid contact with others and inform their health care providers about symptoms and recent travel. Anyone currently sick should avoid

HEALTH ALERT: Travelers from Wuhan, China

There is an outbreak of pneumonia in Wuhan, China caused by a new type of coronavirus.

If you have been in Wuhan within the past 2 weeks and develop a fever, cough, or have difficulty breathing, seek medical care right away.

- CALL AHEAD BEFORE GOING TO SEE A DOCTOR OR EMERGENCY ROOM.
- TELL THEM YOUR SYMPTOMS AND THAT YOU WERE IN WUHAN.
- GIVE THEM THIS CARD.

Triage Staff/Clinicians:

- Use standard, contact, and airborne precautions, and eye protection.
- Notify infection control and your state/local health department immediately.

For more information: www.cdc.gov/wuhan

CDC

travel. The World Health Organization has issued a rare public health emergency of international concern regarding the novel coronavirus, while the U.S. State Department issued travel guidance recommending travelers reconsider any plans to visit China. Further, on Jan. 23, the State Department ordered the departure of all nonemergency U.S. personnel and their

family members from Wuhan, China, where the novel coronavirus was first discovered. Please visit the Health.mil coronavirus web page for the latest information.

FREE STUFF & Weekend Plans

Delivered to Your Inbox



Weekend Access offers exclusive contests for the military as well as events you won't want to miss! This weekly E-newsletter is distributed every Thursday to 22,000 opt-in subscribers (and growing) in and around the Hampton Roads region.

Sign Up Today!
<http://bit.ly/2qU1D4D>



Advertise Today!
757.222.3990 or ads@militarynews.com



USFFC Deputy Commander soars into retirement
Vice Adm. Bruce H. Lindsey, deputy commander, U.S. Fleet Forces Command (USFFC), retired after 37 years of distinguished service.



Cmdr. William Wiley, left, commanding officer of USS John Warner (SSN 785) speaks with Gen. Gary L. Thomas, assistant commandant of the Marine Corps and U.S. Marine Corps senior leaders. MC2 Alfred Coffield



Rear Adm. Jim Waters, Commander, Submarine Group Two, speaks with U.S. Marine Corps senior leadership before touring USS John Warner (SSN 785) on Jan. 31.

USMC Leadership visit USS John Warner

From Commander, Submarine Force Atlantic Public Affairs NORFOLK

Gen. Gary L. Thomas, Assistant Commandant of the Marine Corps, accompanied by USMC senior leaders and Rear Adm. Jim Waters, Commander, Submarine Group Two, toured USS John Warner (SSN 785) on Jan. 31, 2020. “Submariners and Marines share a steely eyed focus on lethal capability in the harshest environments,” Rear Adm. Waters said. “This opportunity to share what we each bring to the fight, was a great step in enhancing our integrated Navy-Marine Naval force. Together, we are stronger than the sum of our parts.” The USMC key leadership engagement at Naval Station Norfolk was part of the joint service effort to integrate the U.S. Marine Corps and U.S. Navy in response to great competition that threatens international maritime law and U.S. national security. “Marines share a common bond with U.S. Submarine Force warriors who, like us, strike fear in our adversaries to deter aggression,” Gen. Thomas said. “Together we are ready be first in the fight, and deliver a one-two punch anywhere in the world if deterrence fails.”



Cmdr. William Wiley, commanding officer of USS John Warner (SSN 785), Gen. Gary L. Thomas, assistant commandant of the Marine Corps, Rear Adm. Jim Waters, Commander, Submarine Group Two, Capt. Martin J. Muckian, Commander, Submarine Squadron Six and U.S. Marine Corps senior leaders pose for a group photo.



Cmdr. William Wiley, right, commanding officer of USS John Warner (SSN 785), briefs Gen. Gary L. Thomas, assistant commandant of the Marine Corps, U.S. Marine Corps senior leaders and Rear Adm. Jim Waters, Commander, Submarine Group Two, during a tour of USS John Warner on Jan. 31.

CNO engages with Hampton Roads Sailors; highlights warfighting and readiness

From Chief of Naval Operations Public Affairs

NORFOLK

Chief of Naval Operations (CNO) Adm. Mike Gilday visited the Hampton Roads area, Jan. 29 and 30, and highlighted the importance of warfighting and readiness to Sailors in the region. The theme of Gilday’s visit was readiness. “Mission One for every Sailor – active and reserve, uniform and civilian, is the

operational readiness of today’s Navy,” he said. “I want our ships looking good. I want our Sailors trained well to fight. I don’t want our Sailors walking around with the mindset that we’re not going to have to fight for 15 years. We must be ready.” During the trip, Gilday visited Sailors stationed aboard Naval Station Norfolk, Joint Expeditionary Base Little Creek-Fort Story, Naval Air Station Oceana Dam Neck-Annex, and attended the U.S. Marine Corps executive off-site discussion.

At the Navy Expeditionary Intelligence Command (NEIC), Gilday met with unit leadership and spoke with Sailors about their mission to provide commanders with tactical and force protection intelligence in the operational environment. “NEIC is dedicated to providing the Fleet highly trained and extremely dynamic teams capable of collecting human, signals, cyber, and counterintelligence from a wide variety of platforms,” said Cmdr. James Merchant, NEIC Commanding Officer. “It

is not about intelligence leading operations; it is about intelligence doing operations.” Gilday also visited the MyNavy Career Center (MNCC). Established in 2019, the contact center delivers efficient, reliable, timely, and responsive customer service to the Fleet. Capt. Laura Scotty, MNCC Operations Center Director said she was proud of the work her team has done and welcomed the opportunity to show Gilday the work the center does day-in and day-out. “We were honored to show the CNO how the MNCC Contact Center provides world-class customer service to Sailors, their families, veterans and retirees,” said Scotty.

Ain't no Florence Nightingale

By Lisa Smith Molinari

When I took my husband to the hospital for hip-replacement surgery recently, I envisioned myself playing the part of Florence Nightingale during his post-operative convalescence at home: propping his pillows, retrieving fresh ice packs, delivering steaming bowls of soup and neatly quartered sandwiches, topping off his water with candy-striped bendy straws.

But instead, a few days after Francis' release from the hospital, my inspiration to lovingly nurture began to degrade into the bitter resentment of an indentured servant.

Admittedly, we had both been naïve about what to expect, because Francis' last surgery was a tonsillectomy at age nine. I had had several surgical procedures as an adult, but my husband had not gone under the knife in our entire 27-year marriage.

For years, Francis had always over-dramatized his cold symptoms, sneezes, coughs, aches and pains. And he developed a new tendency to talk too much about the tedious details of his upcoming hip procedure to anyone who would listen. But despite clear signs that Francis would "milk it," I had believed that I would swell with nothing but nurturing

feelings for him during his convalescence.

Uh, not so much. Annoyance had crept into my brain early on, like a slowly infecting virus.

"Achh...unnghf...shhhhoooo," Francis groaned and huffed with the slightest movements. The first few days after hip replacement surgery, this was to be expected. But on day four, the noises became more frequent and dramatic, and were accompanied by more extreme facial expressions. In front of the young nurses in the hospital, Francis had been all smiles and bravery. But strangely, at home, his permanent grimace was only interrupted by face-contorting winces, angry purses, and theatrical flinches.

At home, I offered food, drinks, ice, medications and ambulatory assistance, but ironically, Francis' needs multiplied as his mobility improved. A week after surgery, he started to demand that my daughter or I tuck him into bed nightly. And although he had an entire set of medical assistance tools, elongated shoe-horns, sock-aids, grabbers, and picker-uppers, every day he found new tasks to add to my responsibilities.

"Unghff... can...annnggg...you...ff-fwhooo... get ...shhhhwhoo...the...unghfff... light?" Francis huffed at me, dramatically reaching a quivering hand toward his nightstand, his fingers mere inches from the lamp switch.

Initially, guilt forced me to push annoyance away and press on. But soon, the grunts, groans, grimaces and grievances became too much for even Florence Nightingale to bear. "Isn't he supposed to be getting better?" I thought in secret frustration, dreaming of a tropical escape.

Then one night, the unfiltered observations of our 19-year-old daughter finally addressed the elephant in the room. Francis was emitting his usual cacophony of noises on our family room couch, and in the middle of it all, he belched.

"Ghfff, unngh, ahhhh, hhheee, whooo," he went on like a one-man band, when there came a rumbling from deep in his gut, followed loudly by, "BUURRPP.... tsssseeee," as if the valve had been pressed on a pressure cooker full of cabbage.

"Wow, Dad," Lilly piped up, "you're actually good at beat boxing!" She proceeded to imitate the whole thing with uncanny accuracy and hand gestures. He tried to resist it, but Francis' grimace melted into a chuckle, and I laughed, too.

Lilly, who had sensed the tension between us, offered to take "tuck in" duties for the night. She walked her grunting father up the stairs to our bedroom, while I melted into the couch, blissfully alone.

Soon, I heard creaking floorboards and music emanating from upstairs, followed by shouts and laughter. I walked up to find that Lilly had asked the Alexa on my bedroom dresser to "Play Eye of the Tiger by Survivor" to motivate Francis to remove his own socks and get himself into bed without assistance.

"C'mon Dad! You can do it!" she blared, punching and kickboxing at the air.

A few days and a few more doses of much-needed comic relief later, Francis began showing signs of improvement. Although he now claims to be developing a cough that could prolong our misery, we all know now that laughter truly is the best medicine.

www.themeatandpotatoesoflife.com



Q: Can a Landlord change the rent based on a Service member's rank?

A: No, there is an established RPP rate that is not based on rank.

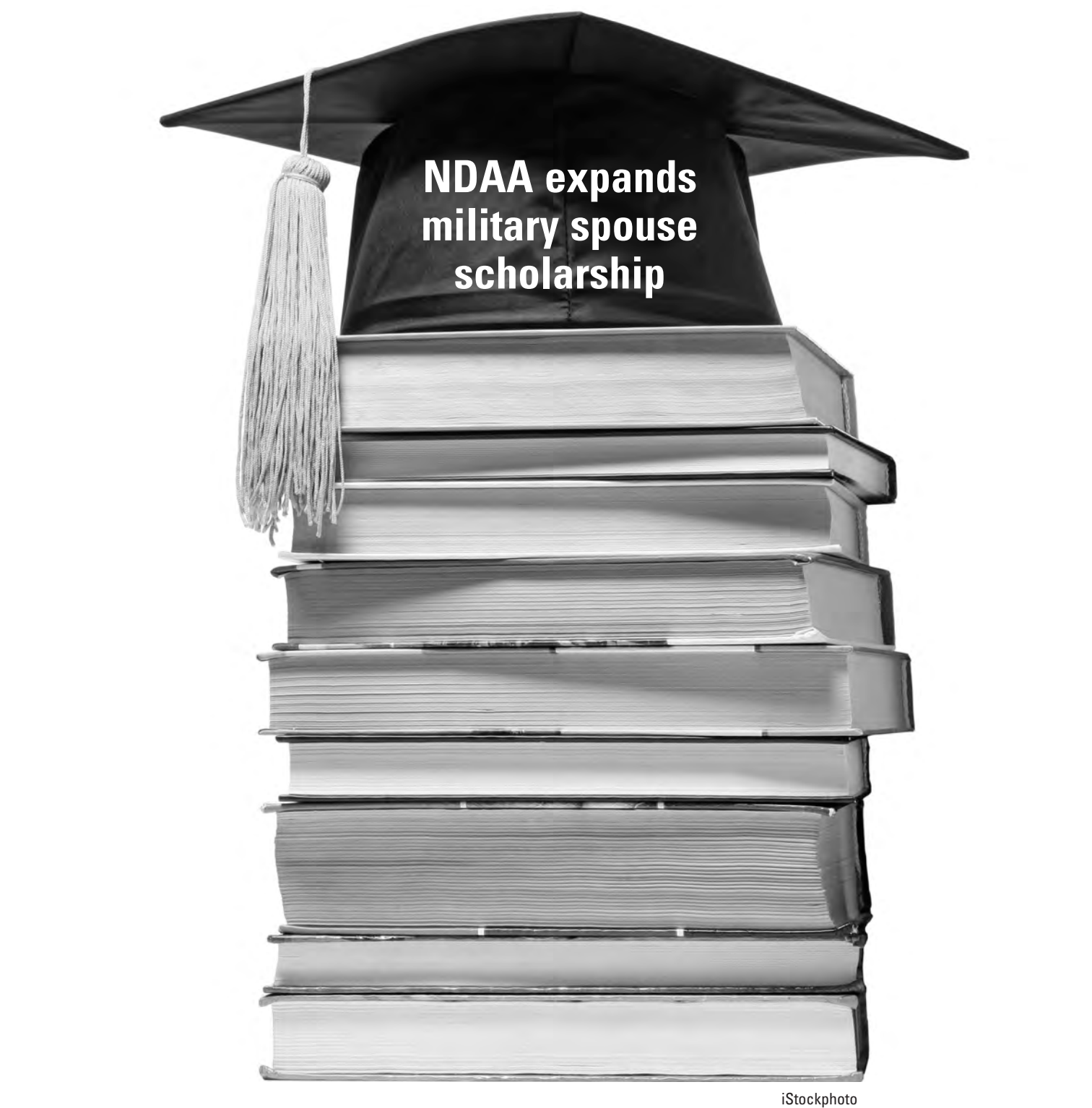
NAVY HOUSING
Norfolk (757) 445-2832
JEBLCFS (757) 462-2792
Oceana/Dam Neck (757) 433-3268
Yorktown (757) 847-7806

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

- Functions and/or services FFSC provides:
- Clinical Counseling- (Individual, Couples and Child Counseling)
 - Personal Financial Management
 - Information & Referral
 - Family Employment Assistance
 - Transition Assistance
 - Family Advocacy Program
 - Deployment and Mobilization Support
 - Ombudsman Support
 - Relocation Assistance
 - Parenting Programs
 - Stress and Anger Management
 - Command Support
 - Crisis Support
 - Suicide Prevention
 - SAPR Support



Little Creek/Fort Story (757) 462-7563
Newport News (757) 688-6289
Norfolk/Portsmouth (757) 444-2102
Northwest (757) 421-8770
Oceana/Dam Neck (757) 433-2912
Yorktown (757) 887-4606
www.cnic.navy.mil/navylifema



By U.S. Department of Defense

Military spouses now have more flexibility to use the My Career Advancement Account Scholarship to pursue education and professional credentials. The FY20 National Defense Authorization Act expands the program to help pay tuition up to \$4,000 for a license, certification or associate degree to pursue any occupation or career. As long as the military spouse, school and a Spouse Education and Career Opportunities career coach work together to define a clear career path, called an education and training plan, the funds can be applied. Previously, MyCAA could only be used toward 13 defined fields and 170 careers.

"These expansions are part of a comprehensive suite of services that connect military spouses to education and employment opportunities, as well as support throughout relocations, deployments and the transitions inherent to military life," said Mr. Joseph D. Ludovici, principal director for military community and family policy.

The Department of Defense Spouse Education and Career Opportunities program offers the MyCAA Scholarship program. Spouses of service members in pay grades E-1 through E-5, W-1 through W-2 and O-1 through O-2 are eligible. Under the new law, spouses will remain eligible for the financial assistance if

their sponsor is promoted above the eligible ranks as long as they have initiated the process and have an approved education and training plan in place.

"MyCAA provides crucial tuition assistance to support spouses in identifying a career path in which they can grow and advance," said Lee Kelley, director of Military Community Support Programs.

Military families move frequently, with as many as one-third of service members moving every year. These moves can make it difficult for military spouses to find work and advance in a career of their choice. MyCAA, and the corresponding support available through the SECO program, are all free resources provided by the Department of Defense to empower military spouses in overcoming employment challenges associated with military moves. SECO career coaches work with each MyCAA spouse to help them define their education and professional goals and decide how best to apply the scholarship funds to support those goals.

A RAND study of the program showed that MyCAA is associated with positive changes in military spouse employment and increased earnings. The same study showed that service members whose spouses use MyCAA were more likely to stay in service.

The best way to get started is to call Military

One Source at 800-342-9647 to connect with a SECO career coach. You can learn more about MyCAA and all of the services available to support military spouses at <https://www.militaryonesource.mil/education-employment-for-spouses/mycaa-scholarship>.

See a list of participating MyCAA schools and detailed information about the scholarship at <https://mycaa.militaryonesource.mil/mycaa>.

The Defense Department established the Spouse Education and Career Opportunities Program to provide education and career guidance to military spouses worldwide, offering free comprehensive resources and tools related to career exploration, education, training and licensing, employment readiness, and career connections. This program also offers free career coaching services six days a week.

Military OneSource is a DOD-funded program that is both a call center and a website providing comprehensive information, resources and assistance on every aspect of military life. Service members and the families of active duty, National Guard and reserve (regardless of activation status), Coast Guard members when activated for the Navy, DOD expeditionary civilians, and survivors are eligible for Military OneSource services, which are available worldwide 24 hours a day, seven days a week, at no cost to the user.

DoD Safe Helpline

Sexual Assault Support for the DoD Community

Live 24/7 Help Confidential Worldwide 24/7

Help is just a Click, Call or Text away!

For confidential victim assistance, visit www.SafeHelpline.org

Live Help 24/7
Call 877.995.5247 (Inside the U.S. or via Defense Switched Network)

Text zip code or installation/base name to 55247 (Inside the U.S.) or 202.470.5546 (Outside the U.S.)



MC2 Kaleb J. Sarten/

Sailors aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) stand by prior to a fueling-at-sea with the fleet replenishment oiler USNS Joshua Humphreys (T-AO 188). Ike is conducting operations in the Atlantic Ocean as part of the USS Dwight D. Eisenhower Carrier Strike Group.

House Armed Services Committee members, VCNO embark IKE underway

From USS Dwight D. Eisenhower Public Affairs

ATLANTIC OCEAN

Members of the House Armed Services Committee (HASC) and the Vice Chief of Naval Operations, Adm. Robert Burke, embarked Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69), Jan. 27, during at-sea operations in the Atlantic Ocean.

Members experienced carrier aviation first-hand and met with leadership, who highlighted the unique capabilities and role of the Navy’s aircraft carriers to national defense.

“The Navy continues to work with Congress to highlight our successes and address our challenges to efficiently maintain and modernize the Navy’s growing fleet,” said Burke. “Observing operations at sea is a great way to demonstrate to Congress what makes us the most capable and lethal Navy in the world. We are grateful for the continuing support of Congress to keep us that

way.”

Four Congressmen, including HASC Seapower Chairman Rep. Joe Courtney (D-CT), HASC Readiness Chairman Rep. John Garamendi (R-CA), HASC Seapower Ranking Member Rep. Wittman (R-VA), and HASC Readiness Ranking Member Rep. Doug Lamborn (R-CO), observed flight operations and received a briefing on overall carrier strike group capabilities, as well Carrier Strike Group TEN-specific readiness, integration, and operations.

Following the briefings with Navy leadership, the visiting Congressmen made time to engage with Sailors from their home districts in California, Colorado, Connecticut, and Virginia in the ship’s hangar bay,

“Monday’s embark to USS Dwight D. Eisenhower was a special opportunity for our bipartisan Congressional delegation to observe some of the at-sea capabilities of our U.S. Navy, and it was an honor to meet with Sailors from Connecticut who are serving and doing outstanding work aboard the aircraft carrier,” said Chairman Court-

ney. “It was especially exciting to see Lt. Charles Peck from Old Lyme, who I nominated to the Naval Academy, as he embarked on his first mission as an air wing pilot. The HASC Seapower Subcommittee is historically one of the most bipartisan panels in Congress, and it was great to witness the capabilities of ‘Ike’ and to hear directly from some of our nation’s top naval leadership about the increasingly important role of the Navy’s aircraft carrier fleet alongside the Ranking Member of our subcommittee, Congressman Rob Wittman. Our Navy is far and away the strongest and most capable the world over, and we’ll keep working together in the Seapower Subcommittee and in Congress to maintain its dominance.”

Rep. Wittman added, “Aircraft carriers remain the nation’s preeminent power projection platform and the cornerstone of the U.S. Navy. It was an absolute pleasure to be a guest on USS Dwight D. Eisenhower to not only meet with the hardworking Sailors aboard, but to see the amazing operations

our men and women in uniform carry out each day to keep us safe.”

Rep. Lamborn echoed this sentiment, “I was grateful for the opportunity to visit and observe a major exercise aboard USS Dwight D. Eisenhower and its carrier strike group. Aircraft carriers are unique and central to U.S. power projection. They serve as the ‘Big Stick,’ which enables U.S. diplomacy, keeping the peace on the global seaways, and securing our prosperity. The unique profile of our Navy’s aircraft carriers stand as a symbol of hope to our friends and allies and inspire fear of American justice in our enemies.” He added, “Standing on the flight deck as our Sailors launched and recovered aircraft reinforced to me that this platform’s strength lies not just in its capabilities and equipment, but in the men and women crewing the ship. They are peerless professionals standing watch every day, around the clock, and the world. I wish them fair winds and following seas.”

“This experience made me proud to be at sea with the men and women serving aboard USS Dwight D. Eisenhower,” said Burke. “The Sailors today are the best we’ve ever had - by any metric.”

Ike is currently conducting operations in the Atlantic Ocean as a part of the Eisenhower Carrier Strike Group.

WHILE YOU ARE AWAY BEING A HERO FOR OUR COUNTRY, THEY REMAIN

LITTLE HEROES AT HOME.

ARMY • NAVY • AIR FORCE • MARINES • COAST GUARD

NOMINATE A DESERVING CHILD

NOMINATION DEADLINE 3/7/20

2020 Little Heroes AWARDS

POST YOUR NOMINATION ONLINE

HEROESATHOMEVA.COM | HEROESATHOMEJAX.COM

Join us in recognizing our local military children for their unending strength, personal sacrifices, support for other military families and for their selfless commitment to our community. The Little Heroes at Home winner will be chosen from nominees provided by active duty personnel from all branches of the military, spouse support groups, charitable organizations, friends and family. The 10 finalists and winner will be announced at a luncheon where they receive their award and prizes. All Little Heroes at Home Nominees must be under 17 years of age.

HEROES COME IN ALL SIZES!

Heroes at Home are accepting nominations for military spouse awards!

Nomination Deadline is 2/22/20.

2020 Military Spouse Awards
HEROES at HOME

Little HEROES at HOME
a partnership with the USAA

Sponsored by

For more information, visit us at

HeroesAtHomeVA.com | HeroesAtHomeJAX.com

The Virginian-Pilot PRESENTS

ONE DAY UNIVERSITY

ONE DAY UNIVERSITY IS DESIGNED FOR PEOPLE WHO THINK EVERY DAY IS A GREAT DAY TO LEARN SOMETHING NEW. With hundreds of fascinating topics taught by the most remarkable professors in the country, One Day U events challenge, enlighten, and entertain - all in a few hours. So come learn with other intellectually curious people who love to explore new ideas, and discover new passions. It's inspiring. And it's fun.

A SEMESTER IN A DAY

NO HOMEWORK | NO TESTS | JUST THE PURE JOY OF LEARNING

The same program will be featured at both the morning session and the afternoon session.

MORNING SESSION: 9:30 AM - 1:15 PM or AFTERNOON SESSION: 2:15 PM - 6:00 PM

CLASS 1:
Hamilton vs. Jefferson: The Rivalry that Shaped America

PROFESSOR:
Louis Masur
Rutgers University
Clive Prize for Teaching Excellence

HISTORY

CLASS 2:
Three Books that Changed the World

PROFESSOR:
Joseph Luzzi
Bard College
Scaglione Prize for Teaching Excellence

LITERATURE

CLASS 3:
The Supreme Court: What's Next? An Insider's View

PROFESSOR:
Alison Gash
University of Oregon
Commendation for Excellence in Teaching

POLITICS

Full price ~~\$159~~

\$119

Use code **Norfolk**

DATE:
SATURDAY, MARCH 7
9:30 AM - 1:15 PM or 2:15 PM - 6:00 PM

LOCATION:
CHRYSLER MUSEUM OF ART
1 MEMORIAL PL | NORFOLK

REGISTER TODAY TO LOCK IN YOUR DISCOUNT FOR THIS REMARKABLE EVENT

REGISTER AT ONEDAYU.COM

OR CALL 800 300 3438

CuriosityStream
is a Proud Sponsor of One Day University



U.S. Navy photo/

The guided-missile destroyer USS Fitzgerald (DDG 62) departs Huntington Ingalls Industries’ Pascagoula shipyard to conduct comprehensive at-sea testing, marking a significant step in her return to warfighting readiness. The underway reflects nearly two years’ worth of effort in restoring and modernizing one of the Navy’s most capable warships after it was damaged during a collision in 2017 that claimed the lives of seven Sailors.

USS FITZGERALD RETURNS TO SEA

From NAVSEA Public Affairs

PASCAGOULA, MISS.

The guided-missile destroyer USS Fitzgerald (DDG 62) is underway to conduct comprehensive at-sea testing, marking a significant step in her return to warfighting readiness. The ship departed Huntington Ingalls Industries-Ingalls Shipbuilding’s Pascagoula shipyard at approximately 6:30 a.m. (CDT) to conduct a series of demonstrations to evaluate that the ship’s onboard systems

meet or exceed Navy performance specifications. Among the systems that will be tested are navigation, damage control, mechanical and electrical systems, combat systems, communications, and propulsion. The underway reflects nearly two years’ worth of effort in restoring and modernizing one of the Navy’s most capable warships after it was damaged during a collision in 2017 that claimed the lives of seven Sailors. “Since we launched the ship this past April our efforts have focused on restoring

ship systems, conducting pier side tests and readying the ship for sea,” said Rear Adm. Tom Anderson, NAVSEA director Surface Ship Maintenance and Modernization and commander, Navy Regional Maintenance Center. “The government and industry team has been working hand-in-hand on this exceptionally complex effort, with a common purpose of returning Fitzgerald to sea and ultimately back to the Fleet.” Upon Fitzgerald’s return to the shipyard, crew training and certifications will commence as final work items are completed in support of the ship’s sail away later this spring. “We are excited to take the next step to get Fitzgerald back out to sea where the ship belongs. My crew is looking forward to

moving onboard the ship and continuing our training to ensure we are ready to return to the fleet,” said Cmdr. Scott Wilbur, Fitzgerald’s commanding officer. After receiving its full complement of basic and advanced phased training, as well as crew and ship certifications, the USS Fitzgerald will return to the Fleet mission-ready with the improved capability and lethality required to successfully support high-end operations. Naval Sea Systems Command is the largest of the Navy’s five systems commands. NAVSEA engineers, builds, buys and maintains the Navy’s ships, submarines and combat systems to meet the fleet’s current and future operational requirements.



MC1 Diana Quinlan/

Damage Controlman 1st Class Veronica Scott, left, from Oceanside, Calif., and Senior Chief Navy Counselor Justin Noble, from Johnson City, N.Y., both assigned to Commander, Navy Recruiting Command, provide training about various digital tools and resources that Navy recruiters can utilize during the Philadelphia Swarm, Dec. 9, 2019. A Swarm event is a large-scale recruiting effort run by the nation’s top Navy recruiters to saturate a specified market with Navy outreach, information and recruiting assets.

Every Sailor is a Recruiter

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy released a reminder regarding the Hometown Area Recruiting Program (HARP), Officer Hometown Area Recruiting Program (OHARP), Blue Jacket Hometown Area Recruiting Program (BJHARP), and Senior Minority Assistance to Recruiting program (SEMINAR) in NAVADMIN 027/20, Feb. 3. These programs play a key role in recruiting tomorrow’s Sailors by returning outstanding Navy personnel to their hometowns to temporarily assist local recruiters in locating and enlisting or commissioning qualified individuals by highlighting the experiences a prospective candidate can gain from the Navy. “Sailors are familiar with schools, peers, teachers, and organizations in their hometowns,” said Terry Black, program manager. “They can help assist local recruiters who do not possess the same familiarity in these areas with recruitment efforts.”

HARP duty allows eligible Sailors 12 days of leave, BJHARP allows eligible Sailors 10 days of leave, and OHARP allows officers 14-90 days of leave. SEMINAR enhances Navy’s recruiting efforts by temporarily returning highly qualified Black, Hispanic, and Asian/Pacific Islander officers and senior enlisted personnel to their home communities for 20 days to meet with local influential community members and to discuss the vast educational, career, and advancement opportunities the Navy offers. Sailors who take advantage of these programs will be required to assist local recruiters in a variety of ways, the most important being relating their Navy experiences to their peers. Sailors will be asked to wear the uniform of the day and visit high schools, colleges, universities, prior places of employment, and popular community locations to discuss Navy opportunities. Some may be asked to go on appointments with recruiters, attend community events, and meet leaders in the community. By sending Sailors on permissive, no-cost Temporary Addi-

tional Duty orders, or allowing them to add additional days of leave to Permanent Change of Station (PCS) orders, the Navy hopes to spread current, relevant information about the Navy and its opportunities to areas outside of major fleet concentrations. “Historically, recruiting duty has always been challenging,” said Black. “Record lows in unemployment and rising wages have made it even more challenging.” Navy Recruiting Command will not approve any requests the week of Thanksgiving, the last two weeks of December, and the first week of January. Members who would like to participate in conjunction with PCS orders need to submit their requests to Navy Recruiting Command six to nine months prior to their transfer date. These are non-funded programs. Sailors will not be reimbursed for travel, transportation, per diem or miscellaneous expenses connected with these programs. “The program has always existed, we just needed to ensure new Navy Sailors ranging from ages 19-22 are familiar with these programs in order to enhance their participation,” said Black.

NAVSUP FLC Norfolk supports Ike CSG COMPTUEX

By Tom Kreidel
NAVSUP FLC Norfolk Office of Corporate Communications Public Affairs

NORFOLK

Personnel from the NAVSUP FLC Norfolk Logistics Support Center (LSC) and Subsistence Prime Vendor (SPV) team recently supported the Dwight D. Eisenhower Carrier Strike Group Composite Training Unit Exercise (COMPTUEX) that started Jan. 7. According to Logistics Support Officer Lt. Cmdr. Chris Sands, USS Dwight D. Eisenhower was joined by USS San Jacinto (CG 56), USS Vella Gulf (CG 71), USS Truxton (DDG 103), USS Stout (DDG 55) and USS Roosevelt (DDG 80). Carrier strike groups conduct a COMPTUEX prior to deployment to assess their ability to conduct military operations at sea though joint planning and execution of challenging and realistic training scenarios. Sands added that the ships received 210 food provisions orders valued at \$5.7 million. To date, more than 3500 pallets have been delivered to the strike group. The logistics support representatives who supported the exercise included Bryan Huskey, Margaret Happer, Jason Bly, LS1 Aaron Wegner, Krystle Watson and LS2 Amanda Wilson, who also provided SPV support to Roosevelt. Sherry Garnett, Barbara Banks, Darnell Jenkins, Leroy McClan and Lisa Mueller provided SPV support to the other ships of the group. “I am extremely proud of the team and the professionalism they display on a daily basis while supporting the warfighter, Sands said. Sands added that planning for the operations associated with the exercise start more than a year in advance. From a strictly logistics standpoint, a pre-deployment conference is conducted with afloat supply department leadership and ashore support entities two months prior to the start of the exercise to ensure supply officers are aware of the support for their upcoming deployment and the COMPTUEX. One month prior to the start, units receive load-out guidance from Military Sealift Command on which combat logistics force unit will be supporting them during COMPTUEX and the respective load-out dates for material and food provisions. He explained coordination between Military Sealift Command, type commanders, Defense Logistics Agency and all afloat units is the key to success. “Throughout the exercise, continued communications between all stakeholders is necessary to ensure a steady flow of logistics support to all Ike CSG units,” said Sands. The LSC will now turn its attention to supporting the units of the strike group as they prepare for their upcoming deployment. “I have the utmost confidence in their ability to get the job done, regardless of the timeline, without compromising the premier level of logistics support the fleet has grown accustomed to receive from the LSC,” Sands concluded.



MC1 Theodore Green/

Vice Adm. Bruce H. Lindsey, deputy commander, U.S. Fleet Forces Command (USFFC), passes through sideboys during his retirement ceremony in the hangar of Carrier Airborne Early Warning Squadron (VAW) 123 onboard Naval Station Norfolk. Lindsey, the son of a naval officer and a 1982 U.S. Naval Academy graduate, retired after 37 years of service.

USFFC Deputy Commander soars into retirement

By MC1 Theodore Green
Commander, U.S. Fleet Forces Command Public Affairs

NORFOLK

Vice Adm. Bruce H. Lindsey, deputy commander, U.S. Fleet Forces Command (USFFC), retired after 37 years of distinguished service, Jan. 31.

Family, friends and staff members of the naval flight officer (NFO) surrounded him as he bid farewell in the hangar of Carrier Airborne Early Warning Squadron (VAW) 123 onboard Naval Station Norfolk.

Guest speaker, USFFC Commander Adm. Christopher W. Grady, praised Lindsey for performing superbly in command at every level and taking his role as a mentor very seriously.

“He succeeded due to his absolute dedication to the mission,” said Grady. He also provided a “constant effort behind the

scenes, working hard to remove barriers for the entire team.”

In addition to being USFFC’s deputy commander, Lindsey also served as director of the Combined Joint Operations from the Sea Center of Excellence (CJOS COE) since Nov. 7, 2017.

“I have been lucky and blessed to have been surrounded by great people throughout my entire career,” expressed Lindsey. “Anything that I may have achieved is due entirely to all of you in the audience today – my team of teams and my family of families.”

Lindsey, the son of a naval officer and a 1982 graduate from the U.S. Naval Academy with a Bachelor of Science in Mathematics, stressed the importance of the saying ‘family comes first’ – not only thanking his wife and their children, but also those

who make up his three concentric circles of immediate family: parents, siblings, and nieces and nephews.

“They have been so instrumental to my success and longevity in the Navy,” said Lindsey. “This ‘immediate family’ represents 168 years of naval service to our nation – and counting!”

As a naval flight officer, Lindsey’s accomplishments are many, including the prestigious Gray Owl Trophy. The Gray Owl honors the NFO (I32X/758X) on active duty who has held that designation for the longest period of commissioned service.

“Your status as our Navy’s Gray Owl perhaps best exemplified your role as a mentor,” explained Grady. “One way of looking at the list of Gray Owls is to see one stalwart professional paying his experience forward to the next.”

With those in attendance looking on, Lindsey passed down the Gray Owl Trophy to Vice Adm. Dee L. Mewbourne, deputy commander of U.S. Transportation Command.

Lindsey served in many capacities at sea

and ashore, at home and abroad. Some of his career milestones included implementing changes from the tragic collisions of 2017 and ensuring the first successful deployment of a carrier strike group under the Optimized Fleet Response Plan in 2016.

In addition to these career highlights, Lindsey stressed how he truly enjoyed the people he met along the way.

“One of the best parts about being in the Navy is that you get to travel to all parts of the world and make new friends,” reflected Lindsey.

Lindsey was humbled with the amount of people who took time out of their day to celebrate his nearly four decades in uniform.

“You honor me with your presence,” concluded Lindsey. “I know that after this ceremony, you will be going back to work to keep the fleet running with precision in order to develop, generate, employ and maintain its readiness to respond to any crisis at any time – at any spot on the high seas!”

Naval Museum hosts mass re-enlistment aboard the Battleship Wisconsin

By MCCS Jayme Pastoric
PCU John F. Kennedy Public Affairs

NORFOLK

Thirty-nine Sailors from Reactor Department stationed aboard Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79) re-enlisted on the deck of the decommissioned Iowa-Class Battleship USS Wisconsin (BB-64) on Friday, January 31, 2020. The sailors held up their right hands and re-enlisted for a combined 232 years, advancing 38 Sailors to Petty Officer Second Class, and received a combined selective reenlistment bonus totaling \$2,388,272.51 in a touching ceremony hosted by the Hampton Roads Naval Museum.

“Conducting a reenlistment ceremony for this many high-quality Sailors is definitely great news for our command and the US Navy,” said Capt. Todd Marzano, Commanding Officer of PCU John F. Kennedy. “I’m extremely proud to see these Sailors continue their naval careers and receive recognition for their hard work and dedication aboard PCU John F. Kennedy.”

Chief Navy Career Counselor Rodney Jones says the Selective Reenlistment Bonus program and Selective Training and Reenlistment programs are excellent ways to highlight a sailor’s hard work and technical expertise. “In keeping with the Navy’s total force integration, these programs further the training of our high-quality Sailors and reward them for their valuable contributions,” said Jones.

Jones says, individual Navy selective re-



Max Lonzanida

CDR Joe Klopfer, Reactor Officer for the Pre-Commissioning Unit (PCU) John F. Kennedy (CVN-79) administers the oath of re-enlistment for thirty-nine sailors assigned to the Kennedy’s Reactor Department. The ceremony took place aboard the decommissioned Iowa-Class Battleship USS Wisconsin (BB-64).

enlistment bonuses vary up to \$100,000 depending on the length of the sailor’s re-enlistment and Navy rating. Selective re-enlistment bonuses for the PCU Sailors are based on a competitive training course in the nuclear program as well as a way to retain highly skilled and talented Sailors.

Master Chief Machinist’s Mate Gerrit Assink, Reactor Department Master Chief says the Sailors standing on the deck of the USS Wisconsin earned the bonuses based on the work they have accomplished and what they are expected to accomplish.

“This program is a good thing because being a nuclear propulsion plant operator is a challenging job which deserves a high level of compensation,” said Assink.

Assink says these Sailors are working long hours and studying around the clock. “Sailors are required to qualify up to seven different watch-stations and participate in a continuing training program that requires three hours per person per week and a

monthly written exam.”

The idea of the mass reenlistment aboard the USS Wisconsin was born from a shared idea says Jones. “A sailor mentioned it in the work space, everyone thought it sounded cool,” said Jones. “A few Sailors wanted to reenlist on USS Wisconsin and talked about it in the work spaces. Master Chief Assink was onboard with the idea and mentioned they could have a mass reenlistment there.”

Machinist Mate (Nuclear) Second Class Miranda Mistalski was one of the first to be pinned and is proud to continue her naval career.

“I get to get some more qualifications on the ship, which gives me more opportunity in the civilian world, so I’ll be able to do more. I can finish my college degree, or get my masters and get more degrees, so it helps me in the long run,” said Mistalski.

CVN 79 is the second aircraft carrier to honor John F. Kennedy for his service to the nation, both as a naval officer and as the 35th

President of the United States. CVN 79 incorporates more than 23 new technologies, comprising dramatic advances in propulsion, power generation, ordnance handling, and aircraft launch systems. These innovations will support a 33 percent higher sortie generation rate at significant cost savings when compared to Nimitz-class carriers. The Gerald R. Ford-class also offers a reduction of approximately \$4 billion per ship in life-cycle operations and support costs, compared to the earlier Nimitz class. The new technology and warfighting capabilities that John F. Kennedy brings to the fleet will transform naval warfare, supporting a more capable and lethal forward-deployed U.S. naval presence. In an era of great power competition, CVN 79 will serve as the most agile and lethal combat platform in the world, with improved systems that enhance interoperability among other platforms in the carrier strike group as well as with the naval forces of regional allies and partners.



MC1 Jonathan Pankau Sideboys render honors to the Honorable Thomas Modly, acting Secretary of the Navy, as he arrives aboard the aircraft carrier USS Gerald R. Ford (CVN 78). Modly embarked Ford after the ship successfully completed Aircraft Compatibility Testing to discuss Ford's progress and to see the ship operate at sea.

Acting Secretary of the Navy visits USS Gerald R. Ford

By MC2 Indra Beaufort
USS Gerald R. Ford Public Affairs

ATLANTIC OCEAN

Acting Secretary of the Navy Thomas B. Modly embarked USS Gerald R. Ford (CVN 78) Jan. 31, following completion of the ship's aircraft compatibility testing.

Modly visited the ship to speak to leadership and receive updates on Ford's progress through post-delivery test and trials, and to see the ship and crew operate at sea.

"Delivering this capability to the fleet as quickly and effectively as possible is one of my highest priorities," said Modly.

According to SECNAV Vector 3, a memorandum on Ford released last month, Modly expressed Ford's readiness effort as one with "all hands on deck, as one team." The memorandum notes Ford's key missions, priorities, and future presence in the fleet.

As part of his "Make FORD Ready" initiative, Modly convened a summit earlier this month to harness the collective expertise of senior Navy and shipbuilding industry leaders to transition the ship into fleet operations as quickly and effectively as possible. Since completing its Post-Shakedown Availability/Selected Restricted Availability

(PSA/SRA) in late October 2019, Ford has performed exceptionally well, during two successful underway test and training evolutions.

"I am proud of what you've been doing these last couple of weeks and contributing to the success of Ford's aircraft compatibility testing," announced Ford's Commanding Officer Capt. J.J. Cummings over the ship's 1-Main Circuit.

USS Gerald R. Ford is the lead ship in the Ford-class of aircraft carrier, the first new class in more than 40 years.

"The USS Gerald R. Ford aircraft carrier represents a generational leap in our nation's capacity to project on a global scale," said Modly.

As Modly's visit ended, he said that the crew's presence sends a positive message to the fleet.

"The ship is amazing but the crew is even more amazing," said Modly. "We're getting ready to be a warship, because frankly, the Sailors who man this ship, that's what they want. They want a ship that's ready and they want to go do their mission."

Modly attributes the hard work and dedication of the crew to the ship's progress.

"I'm pretty confident that with this renewed sense of energy, it's really helping in moving this ship forward."

At-sea periods for this first-in-class aircraft carrier are part of a current 18-month phase of operations known as Post-Delivery Test and Trials (PDT&T), scheduled to continue through mid-2021. During this PDT&T, the crew will certify fuel systems, conduct aircraft compatibility testing, exercises the flight deck, and conduct tests to on-board combat systems.

FREE

HOME DELIVERY

for south hampton roads residents



GET THE PAPER DELIVERED TO YOUR DOOR FOR FREE!

*Some restrictions apply. See newspaper for details. ** Home delivery available in the cities of Norfolk, Virginia Beach, Chesapeake, and Portsmouth

SIGN UP TODAY!

CALL 222-3990

OR VISIT US ONLINE

flagshipnews.com



WHILE YOU ARE AWAY BEING A HERO FOR OUR COUNTRY, THEY REMAIN

HEROES AT HOME.

ARMY • NAVY • AIR FORCE • MARINES • COAST GUARD

NOMINATE A DESERVING SPOUSE

NOMINATION DEADLINE 2/22/20



POST YOUR NOMINATION ONLINE

HEROESATHOMEVA.COM | HEROESATHOMEJAX.COM

Join us in recognizing our local military spouses for their unending strength, personal sacrifices, support for other military families and for their selfless commitment to our community. The Heroes at Home Military Spouse of the Year will be chosen from nominees provided by active duty personnel from all branches of the military, spouse support groups, charitable organizations, friends and family. The 10 finalists and winner will be announced at an awards luncheon.

HEROES COME IN ALL SIZES!

Littles Heroes at Home are accepting nominations for Little Heroes awards!
Nomination Deadline is 3/7/20.

2020 Military Spouse Awards

HEROES at HOME



Sponsored by



For more information, visit us at
HeroesAtHomeVA.com | HeroesAtHomeJAX.com



MCC Nick Brown/
Chief of Naval Operations (CNO) Adm. Mike Gilday speaks to Sailors assigned to Navy Expeditionary Intelligence Command located on Joint Expeditionary Base Little Creek-Fort Story. Gilday is visiting the Hampton Roads area to highlight the importance of warfighting and readiness to Sailors in the region.

CNO | Capt. Jeff Chown told Gilday about what MOC/AOG provides the naval aviation enterprise

Continued from B1

“Customer service matters.” Gilday also visited the Navy’s F/A-18 Maintenance Operations Center (MOC) / Aircraft-On-Ground (AOG) and saw first-hand improvements to naval aviation maintenance.

During Gilday’s visit to the MOC / AOG, he heard from Capt. Jeff Chown, Director, Aviation Materiel Readiness at Commander, Naval Air Force Atlantic about the unique role the MOC/AOG provides the naval aviation enterprise.

“The readiness sustainment efforts in naval aviation coordinated by the MOC/AOG team truly serves to improve the culture of life-cycle acquisition and maintenance best practices both last year, into 2020 and beyond,” said Chown. “This organization of many commands across the naval aviation enterprise is striving to consistently improve aviation readiness. Originally, in 2019, it was launched to maintain this culture of sustainment and restoration of aircraft, but we have seen this sustainment effort being applied to all aviation reforms to recover and sustain readiness and improve safety for each type, model, and series of aircraft. This team directly supports the warfighter.”



Chief of Naval Operations (CNO) Adm. Mike Gilday (center) speaks to Commander, Naval Air Force Atlantic, Rear Adm. Roy Kelley during a tour of the F/A-18 Maintenance Operations Center (MOC) located on Naval Support Activity Hampton Roads. Gilday is visiting the Hampton Roads area to highlight the importance of warfighting and readiness to Sailors in the region.

Gilday also visited one of the Navy’s two Mariner Skills Training Centers (MSTC). Both MSTC facilities provide simulator training and instructional courses designed to improve surface warfare training for Sailors and junior officers.

As part of the trip, Gilday also participated in the U.S. Marine Corps executive off-

site discussion with senior Marine Corps officers in support of achieving integrated American naval power and strengthening the two services’ partnership.

Gilday said that this trip highlighted important steps taken by the Navy to improve personnel customer service, surface warfare training, and maintenance, particularly

improving aviation readiness.

“Our focus must be on Warfighters, Warfighting, and the Future Navy,” said Gilday. “What I saw in Norfolk during this visit was a good representation of readiness improvements that are happening every day throughout the Fleet, which makes us a more ready and lethal Navy.”



MC3 Marissa Vermeulen/
Chief of Naval Operations (CNO) Adm. Mike Gilday meets with Sailors during his visit to Naval Expeditionary Intelligence Command (NEIC). NEIC provides a multi-intelligence, surveillance, and reconnaissance capability through centralized planning, coordination, and integration of expeditionary intelligence capabilities in order to assess, plan, and execute intelligence operations in the expeditionary and maritime domain.



WE GET
YOUR BUSINESS
IN FRONT OF OUR
MILITARY



PRINT | EVENTS | ONLINE

MILITARY NEWSPAPERS OF VIRGINIA is a trusted partner to the active duty military community and the contracted, authorized publisher of on-base newspapers in the area, some for as long as 38 years. Our branch-specific publications, corresponding websites and social media platforms offer the most relevant content for today's service member in Hampton Roads. Choosing to do business with Military Newspapers of Virginia means you are an integral part of the daily lives of area active duty, veterans, retirees and their families.

CONTACT US TODAY TO START ADVERTISING

150 W. Brambleton Avenue | Norfolk, VA 23510
757.222.3990 | MILITARYNEWS.COM





The benefits of dog walking

Did you know that spending time with your pooch is a great way to work on the eight pillars of Total Force Fitness? While National Walk Your Dog Month is over, the health benefits can last all year long. So get up, get moving, and don't let those colder temperatures slow you down.

See **C3**

Chicago the Musical coming to Sandler Center this weekend

By Yiorgo

Virginia Musical Theatre is proud to present the longest-running musical revival and the longest-running American musical in Broadway history 'Chicago' at the Sandler Center for the Performing Arts this weekend.

Nominated for many and the winner of numerous awards, 'Chicago' is also the second longest-running show on Broadway, second only to 'The Phantom of the Opera.' The music is written by John Kennder, with lyrics by Fred Ebb and book by Ebb and Bob Fosse.

VMT's production stars Nathan Cockcroft as Billy Flynn, Taylor Short as Velma and three of Norfolk's own: Amelia Dobbs as Roxie, Ricky Jones as Amos and Sharon Cook as Matron "Mama" Morton.

See **CHICAGO** | **C4**



Courtesy of the Sandler Center

Free "first Saturdays" are back at the Portsmouth Naval Shipyard Museum

From Portsmouth Museums

PORTSMOUTH, VA.

Come "sea" history at the Portsmouth Naval Shipyard Museum at 2 High St. in Portsmouth on "First Saturdays" in 2020!

Saturday, February 8 from 10 a.m-5 p.m., will be the inaugural "First Saturday" of the new year at the Portsmouth Naval Shipyard Museum. Admission is FREE each month on the Saturday of the first full weekend of the month from February through November!

Families and home schoolers take note: On Feb. 8, stop by our activity table in the gallery for an educator-led series of engaging activities about the Underground Railroad in Portsmouth and Hampton Roads! "Make & Take" a construction paper mosaic with symbols of Portsmouth's African American history.

If you've been meaning to connect with local history, want to check out our displays about the history of Norfolk Naval Shipyard, or want to indulge your interest in our rich maritime past, mark your calendar



Courtesy of Portsmouth Museums/

for Feb. 8. We also offer a gallery shop with items like Lightship Portsmouth t-shirts, Naval Shipyard Museum ornaments, in-depth books about local history, Cobi-brand Lego-compatible military model kits, and more!

The Portsmouth Naval Shipyard Museum researches,

preserves, and promotes the history of the City of Portsmouth, Norfolk Naval Shipyard, and the armed forces in Hampton Roads. The museum accomplishes its mission by offering exhibitions, publications, lectures, and educational programs.

CalendarCommunity

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



Courtesy photo

UniverCity Spoken Word Series

- Feb. 12, 6:30-8:30 p.m.
- Cure Coffeehouse
- <https://www.facebook.com/events/2711106972311926/>

Join us as we explore the written and spoken word with our new monthly event: UniverCity Spoken Word Series, hosted by Scholar-In-Residence: Dr. Peter Schulman. We'll be hosting poets, writers, scholars, and beyond who will share their musings based on the theme of the month with a casual open-mic format. This kick-off will be primarily centered around French Romanticism in the spirit of Valentine's week. Come join us as we are captivated by poetry, spoken word, and creative writing and sip on Cure-spun cocktails + mock-tails that are inspired by the theme of the evening!



Courtesy photo

ENGAGE Norfolk

- Feb. 9, 1/5 p.m.
- Norview High School
- www.engagenorfolk.com

The event will include a CivicFair, featuring more than 100 nonprofit, civic and community organizations and opportunities to volunteer. Civic Workshops will provide attendees with information on how government works, how to lobby elected officials and more. Among this year's Civic Workshops will be "Living with Water," a workshop providing an update on Norfolk's work in flood mitigation, green infrastructure, and stormwater management.



Courtesy photo

Pink in the Rink at Norfolk Admirals Game

- Feb. 8, 7:30 p.m.
- Scope Arena
- <https://www.facebook.com/events/423578928354096/>

The Annual Pink in the Rink game is an effort to raise awareness and raise funds for breast cancer research and prevention. Join VWAA and other fans as we wear pink to show our support in the fight against cancer.



Courtesy photo

Daddy Daughter Dance

- Feb. 8, 12 p.m.-9 p.m.
- Sharon Norfolk Waterside Hotel
- <https://www.facebook.com/events/1226000750941006/>

95-7 R&B, 2WD 101.3, Z104, and 94.9 the Point invite all fathers, stepfathers, grandfathers, uncles, and father figures to treat their little sweethearts to an evening of dress-up, light food, dancing, and fun at Daddy Daughter Dance presented by Berkshire Hathaway HomeServices Towne Realty on Saturday, February 8, 2020, at the Sheraton Norfolk Waterside Hotel.

Old Ironsides: The Nation's Ship

- Feb. 12, 7-8:30 p.m.
- General Douglas MacArthur Memorial
- <http://varegency.org/>

Join us as we attend the Norfolk Historical Society's presentation on the USS Constitution ("Old Ironsides"), the world's oldest commissioned naval vessel afloat. Captain Chris Melhuish, USN (Ret.), former Commanding Officer of the Constitution (and RSV member!), will offer up a history of her remarkable journey from her commissioning in 1797 to her place as "America's Ship of State" today. Admission to this event is free but registration is encouraged. Period attire is also welcomed at this event, so feel free to don your early 19th century clothing!

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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



Courtesy photo

Public kayak launch opens in Plum Point Park

From The City of Norfolk

NORFOLK

The first waterfront project on the Elizabeth River Trail gives outdoor enthusiasts an opportunity to enjoy the iconic Elizabeth River by kayak. The new public kayak launch located in Plum Point Park is a \$246,000 project featuring a floating dock system with ADA equipment, 40-foot aluminum walkway leading to the dock and a 66-foot pier connecting to the Elizabeth River Trail.

"Everyone should have the access to Norfolk's parks and waterfront. We are excited that the public kayak launch at Plum Point Park will increase opportunities to enjoy the Elizabeth River. This inaugural waterfront project appeals to the spirit of inclusiveness that is at the heart of the Elizabeth River Trail. Congratulations to everyone involved in the ongoing effort to en-

hance and expand recreation in the City of Norfolk," said Mayor Kenneth Cooper Alexander.

The kayak launch is the first of many amenities planned for Plum Point Park. The park is the first of 11 trailheads planned for development by the Elizabeth River Trail Foundation.

"The river is a vital component of Norfolk's history, economy and environment," said Cheryl White, Executive Director of the Elizabeth River Trail Foundation. "We're thrilled to have new, accessible-for-all access to the water right on the trail."

Free, dedicated park parking is located immediately adjacent to the park entrance accessible from the Fort Norfolk Medical Plaza loop.

The kayak launch is made possible with support from the City of Norfolk and an Aid to Local Ports grant awarded to the city with matching funds from the Elizabeth

River Trail Foundation. The Elizabeth River Trail Foundation was also awarded a \$10,000 grant from the Edwin S. Webster Foundation to help construct the pier access to the kayak launch. Additional project support provided by Work Program Architects, Speight, Marshall, Francis P.C., MHI and the Department of Recreation, Parks and Open Space.

The Elizabeth River Trail Foundation's mission is to promote, enhance and transform the Elizabeth River Trail into the most iconic urban riverfront trail in the country. The ERT runs 10.5 miles and connects businesses, historic attractions and 28 neighborhoods within a five-minute walk. The multi-use trail is designed for walking, running and biking. It comprises 11 sections and 11 trailheads from Norfolk State University to NIT Terminals along the Elizabeth River. Highlights include Harbor Park, Downtown Norfolk, Freemason Historic District, Sentara campus, Fort Norfolk, Chelsea, West Ghent, Lambert's Point, Old Dominion University, Larchmont and Lochhaven. For more information, visit www.elizabethrivertrail.org.

Norfolk Public Library celebrates African American History Month

From The City of Norfolk

NORFOLK

Norfolk Public Library is proud to celebrate African American History Month in February with a series of events that focus on the national theme, "African Americans and the Vote."

The year 2020 marks the centennial of the Nineteenth Amendment and the culmination of the women's suffrage movement. The year 2020 also marks the sesquicentennial of the Fifteenth Amendment (1870) and the right of black men to the ballot after the Civil War. The theme speaks, therefore, to the ongoing struggle on the part of both black men and black women for the right to vote.

NPL encourages you to learn more about the rich and long history of this important topic in America by joining us for more than 30 events planned at libraries throughout the city.

Programs throughout the month include historical theater productions, concerts, a doll exhibit, teen bazaar, local author visit, cooking demonstration with a celebrity chef and more! All events are free and open to the public.

For a complete list of events, visit the Library's website at www.norfolkpubliclibrary.org.

AFRICAN AMERICAN HISTORY MONTH EVENTS

The Right to Vote: African American Doll Exhibit

Feb. 1-28
Jordan-Newby Anchor Branch at Broad Creek
1425 Norchester Avenue, Norfolk, VA 23504
757-664-7328

This exhibit highlights pioneers who paved the way for African Americans to vote. Meet Fannie Lou Hamer, Thomas Peterson, Fredrick Douglas, Shirley Chisholm, Rosanell Eaton, Ida B. Wells and Evelyn Butts. (All Ages)

Bright Star Touring Company presents "Heroes of the Underground Railroad"

Feb. 13, 10:30 a.m.
Little Creek Branch
7853 Tarpon Place, Norfolk, VA 23518
757-441-1751

During one of the darkest periods of American History, thousands of enslaved people undertook a harrowing journey to find freedom. That story comes to life in Heroes of the Underground Railroad. This play highlights several of the heroic stories of the brave men and women who dared to escape slavery, and the abolitionists who risked everything to aid them along the way. You will be amazed at the heroics of Harriet Tubman, Henry "Box" Brown, Frederick Douglass, Levi Coffin, and John Parker in this incredible show of true American Heroes. (Teens & Adults)

Concert of Great African American Song Masters: "From Ella to Whitney and Sam to Luther"

Feb. 15, 3 p.m.
Blyden Branch
879 E. Princess Anne Road, Norfolk, VA 23504
757-441-2852

This concert will take you back in time while also showcasing tunes of today. Included are Ella Fitzgerald, Bessie Smith, Sarah Vaughn, Ruth Brown, Mavis Staples, and Whitney Houston. Also headlining are Billy Eckstine, Smokey Robinson, Sam Cooke, Stevie Wonder, Luther Van-

dross and Donny Hathaway. (All Ages)

Down by the Bayou Mardi Gras Celebration with Chef Jacoby and the MLC Band

Feb. 22, 12 p.m. *Registration required
Park Place Branch
620 West 29th Street, Norfolk, VA 23508
757-664-7330

Celebrate Mardi Gras with Chef Jacoby Ponder and taste the flavors of New Orleans. Dance on down by the Bayou with live music by the MLC Band. Children will have their very own Storytime with Princess Tiana! Please call the Park Place Branch at 757-664-7330 to register. (All Ages)

Pretlow Concert Series Presents: Above & Beyond (Jazz)

Feb. 23, 2 p.m.
Pretlow Anchor Branch
111 W. Ocean view Avenue, Norfolk, VA 23503
757-441-1750

Hampton Roads-based band Above & Beyond plays jazz at a top-shelf level, comparable to anything you'd hear from a national touring jazz outfit. If you love this kind of music, or simply want to try it out in a superb "listening room" environment, then join us as Above & Beyond brings its razor-sharp music back to the Pretlow Concert Series. (All Ages)

Racial Sensitivity and Co-existence: Racist Feelings to Anti-Racist Behaviors

Feb. 29, 2-4 p.m.
Horace C. Downing Branch
555 E. Liberty Street, Norfolk, VA 23523
757-441-1968

This interactive presentation, led by Dr. E. Curtis Alexander, will be guided by a glossary that gives a basis of understanding terms such as bias, prejudice, hate, ethnocentrism, bigotry, cultural grouping and racism. Dr. Alexander says, "This workshop gives an update on how to deal with racism since the 1619 beginnings of the African Holocaust experience in America." (Adults)

The benefits of dog walking

By Amber Kurka
Public Health Command - Pacific

Did you know that spending time with your pooch is a great way to work on the eight pillars of Total Force Fitness? While National Walk Your Dog Month is over, the health benefits can last all year long!

So get up, get moving, and don't let those frigid winter temperatures slow you down. Walking is a great way to keep you and your dog physically, psychologically, and socially fit this winter.

"Don't think of it as a chore," explained Maj. Tselane Ware, director of Public Health Command-Pacific Veterinary Health Services Directorate. "Going for a walk is a good bonding time between you and your dog. It helps with social and physical health, so you and your dog are not couch potatoes."

According to the Centers for Disease Control and Prevention, regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels. Pets can also help manage loneliness and depression by providing companionship.

"Dog walking not only encourages people to get out of their homes and socialize, but pets also benefit. Owners can see if their dog has any health or behavioral issues," Ware explained.

Many pet owners are often unaware of bowel or urinary issues when a pet is only let out in a yard.

"When you walk your dog you can actually see if they are having a hard time going to the bathroom, or have issues like worms," Ware continued. "Often owners don't even know there is an issue until they take their pet for a walk."

Even a short walk around the block on a cold day can make a big difference.

"Certain types of dog breeds really do



Courtesy photo

Spending time with your dog is a great way to work on the eight pillars of Total Force Fitness. According to the Centers for Disease Control and Prevention, regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels. Pets can also help manage loneliness and depression by providing companionship.

require multiple walks throughout the day," explained Maj. Jean Rubanick, chief of Animal Health at the PHC-P VHS Directorate.

According to the American Kennel Club, many dog breeds have been selectively developed for herding, sporting, or working, which means they need to stay active. These types of breeds can get bored or restless and can resort to poor behavior, excessive chewing, digging, and scratching.

"Often pets are cooped up in a home or apartment. So going for a walk provides them needed stimulation," continued Rubanick.

Rubanick warns that not every dog is the same, owners should consider the age and physical needs of the dog before going for a walk.

"Often, older dogs suffer from arthritis," said Rubanick. "While exercise is good, owners should avoid walking arthritic pets

on hard surfaces like cement and concrete, and terrain with hills or loose sand."

Instead, she recommends that arthritic pets walk on softer surfaces like grass.

Rubanick also recommends that owners pay attention to winter weather conditions and make special considerations when walking their pets in the cold.

"If it's something that can affect us it can certainly affect the pet," Rubanick explained. "If the ground is extremely cold dogs can get frostbite on their toes or pads. Owners should avoid walking their dogs in freezing rain or on ice. Some pets may even need little boots or jackets to protect them from the cold. Owners just really need to watch for signs of when their pet is ready to go inside."

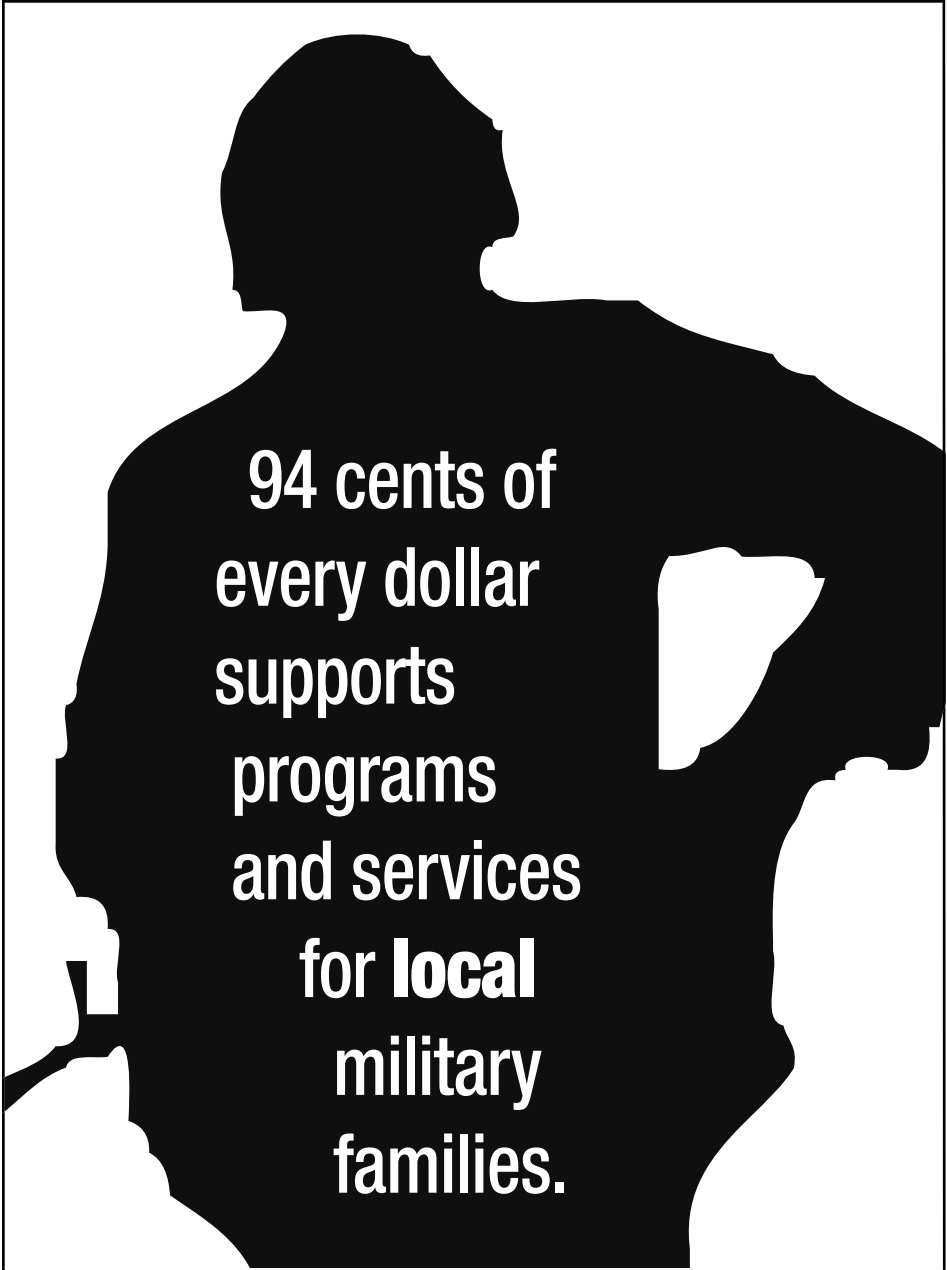
But before you and your pup head out on a walk, the PHC-P VHS Directorate recommends these tips to make your time together

a much more enjoyable experience:

- Incorporate obedience training into the walk.
- Supervise your dog around other dogs and people.
- Know your route ahead of time.
- Consider using a head collar versus a neck collar or harness.
- Keep walks shorter in extreme cold or heat.
- Avoid going for walks in heavy snow or at night.

"The biggest take away that I want military members and their Families to know is that even though it's cold outside, and you may not want to leave your house, walking your dog has really great health benefits for both of you," said Rubanick.

So, put down your phone, grab that leash, and begin this year with a pledge — better health for you and your dog!



94 cents of every dollar supports programs and services for local military families.



Hampton Roads and Central Virginia





LIKE US ON FACEBOOK!

AN ALTERNATIVE WAY TO KEEP UP WITH YOUR COMMUNITY THROUGH THE FLAGSHIP!

GET THE LATEST ON NEWS, PHOTOS AND SPECIALTY PUBLICATIONS



www.facebook.com/The.Flagship



Virginia Zoo
Molly, left, is balled up next to mom, Izel in their habitat at the Virginia Zoo. Molly is three-banded armadillo who was born in November. At her first exam, she weighed 3 ounces and now is nearly 1.5 pounds.

Move over Groundhog Day, it’s Armadillo Day at the Virginia Zoo

From Virginia Zoo

NORFOLK

While most people waited to hear a verdict for “spring” or “more winter” weather on Groundhog Day, the Virginia Zoo celebrated Armadillo Day, and for a special reason: to announce the birth of one!

A female, three-banded armadillo was born to four-year-old mom Izel and 16-year-old dad Vigo in November. The pup, or baby armadillo, was named Malassada, Molly for short, and is the first offspring for her parents. At her first exam, she weighed 3 ounces and now is nearly 1.5 pounds. Her birth is a result of the pairing of her parents as recommended by the

Association of Zoos and Aquariums (AZA) Species Survival Plan (SSP) for three-banded armadillos. Keepers are anticipating an SSP breeding recommendation for Molly one day in the future, but for now she continues to nurse on and explore with mom, play with enrichment items and take naps. Molly and her parents are ambassador animals that live behind the

scenes in the Program Animals Building. Members of the family may be seen in the spring when the weather is warmer and ZooLive! Stage presentations begin at the Zoo.
Three-banded armadillos are native to grasslands in South America. The only armadillo species that can completely roll into a ball, the mammals have unique adaptations to protect against predators, including a hard-outer shell made up of bony plates covered by thick, hard skin. There are around 20 different species of armadillo found in the Americas, including the only species found in North America, the nine-banded armadillo.

Shamrockin’ In Ghent to Benefit Hope House Foundation

From Hope House

NORFOLK

The 2020 Shamrockin’ in Ghent, the St. Patrick’s Day block party, is on Friday, March 6 from 6 to 10 p.m. Ghent goes green, and all proceeds benefit Hope House Foundation.
Presented by Southern Bank, Shamrockin’ in Ghent is free and open to the public. It takes place on Colley Avenue in Norfolk’s historic Ghent district between Shirley and Gates Avenues. The fun includes live music from Tidewater Pipes and Drums,

Lucky 757 and Fighting Jamesons.
Shamrockin’ in Ghent was previously called the Greening of Ghent. Hope House Foundation is proud to keep this long-standing tradition going in our community
Proceeds from Shamrockin’ in Ghent support the programs of Hope House Foundation. Since 1964, Hope House Foundation has worked on the frontlines of the battle for independence, community inclusion and true citizenship for people with developmental disabilities. The organization provides individualized supported-living services for adults exclusively in their own homes or apartments. Currently, serving more than 120 people in Norfolk, Chesapeake and Virginia Beach. Hope House is known as an innovator and leader in the field, and in 2008, it received the American Association for Intellectual and Developmental Disabilities national award for full community inclusion. In 2012, it was named ANCOR Foundation’s Service Provider of the Year. For more information, visit www.hope-house.org.



Fighting Jamesons

Courtesy photo

CHICAGO | Sharon Cook gets to perform with her son Micah Cook in play Chicago

Continued from C1

We had a chance to catch up with Sharon Cook between breaks during rehearsal.

What is ‘Chicago’ about?

The story is about these women arrested and sent to prison for killing their husbands, lovers or boyfriends. They committed crimes of passion where infidelity was going on. The more sensational the story, the more press coverage they get and that keeps them from the death penalty. There is also this awesome lawyer who defends them if the money is right.

Why should people see this play?

The play has an intriguing storyline, great music and musical numbers and even though the story is set in the 1920s the music is timeless. It’s written like Cabaret style. The great Bob Fosse did the choreography so you know you are going to get great jazz dancing and music.

How do you take such an iconic role like Matron “Mama” Morton and make it your own?

Even though “Mama” Morton is like a mentor to the women in prison, she really does not care about them and is only interested in what she can get from them. For



Sharon Cook

Virginia Musical Theatre

inspiration, I pull from different places. I’m a big fan of Jenifer Lewis, a Hollywood actress who always plays different mamas in movies. I see her in this character so I draw from her. I draw from my own grandmother and myself as a mother. I like to

think I’m the mentor of the girls locked up in the pen. So it’s a little bit of the women that have been influential in my life. I also draw from some iconic comic matriarch roles.

As a theatre educator both in public ed-

ucation and in the private sector with the Hurrah Players are there any students you taught that have followed into your footsteps and are involved in the entertainment world?

Raymond Dimaano was my high school student at Maury about 10 years ago. We have worked together since then and sometimes he reminds me that I gave him his start. I cast him in ‘Guys and Dolls’ back then and that role came full circle for him last year because he did it professionally for Virginia Stage Company. He has been in many productions, including the national tour of ‘The King and I.’

Your son Micah Cook is also in ‘Chicago’.

Yes, it is very fulfilling and so much fun for us to be working together. I am very grateful to Chip Gallager and to everyone at Virginia Musical Theatre for making this happen and for giving me the opportunity to nurture my gift and inspire others. I am also very grateful for a patient family and my patient husband Billy who in the middle of the night will run my lines with me.

Tickets can be purchased through the Sandler Center Box Office or by calling Virginia Musical Theatre at 757-340-5446.

‘Chicago’ runs February 7-9. Tickets are still available for Friday and Saturday night. There are discounts available for seniors, military, AAA members, City of Virginia Beach employees and students under 21.

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



Fandango.com

coming to theaters

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.

PORTRAIT OF A LADY ON FIRE [R]

France, 1760. Marianne is commissioned to paint the wedding portrait of Héloïse, a young woman who has just left the convent. Because she is a reluctant bride-to-be, Marianne arrives under the guise of companionship, observing Héloïse by day and secretly painting her by firelight at night. As the two women orbit one another, intimacy and attraction grow as they share Héloïse's first moments of freedom. Héloïse's portrait soon becomes a collaborative act of and testament to their love.

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? The first movie ever filmed on location during the Olympics in Athletes Village, Olympic Dreams offers audiences a never-before-seen side of the Games and the people whose entire lives are shaped by them.

THE KINDNESS OF STRANGERS [NR]

In New York City, six strangers' lives intersect in a modern tale of ordinary people struggling to find help, hope and love. As the unlikely group comes together, they discover that liberation and triumph lie in each other's hands. Starring an ensemble cast including Zoe Kazan, Andrea Riseborough, Caleb Landry Jones, Tahar Rahim, Jay Baruchel and Golden Globe-winner (R) Bill Nighy.

AFTER MIDNIGHT [NR]

A small-time bar owner is stalked by a mysterious monster every night after his decade-long, blissful relationship with his girlfriend disintegrates abruptly (she leaves him without notice because of his stubborn unwillingness to commit to marriage).

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday | Feb. 7
7 p.m. 1917 [R]

Saturday | Feb. 8
1 p.m. Spies in Disguise [PG]
4 p.m. Just Mercy [PG-13]
7p.m. Star Wars: The Rise of Luke Skywalker (3-D) [PG-13]

Sunday | Feb. 9
1 p.m. Star Wars the Rise of Luke Skywalker [PG-13]
4 p.m. 1917 [R]
7 p.m. Just Mercy [PG-13]

NAS Oceana, Aero Theater – 433-2495

Friday | Feb. 7
7 p.m. 1917 [R]

Saturday | Feb. 8
12 p.m. Spies in Disguise [PG]
3 p.m. Just Mercy [PG-13]
6 p.m. Uncut Gems [R]

Sunday | Feb. 9
12 p.m. Cats
3 p.m. Star Wars: The Rise of Luke Skywalker [PG-13]
6 p.m. Just Mercy [PG-13]

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

WE GET YOUR BUSINESS IN FRONT OF OUR MILITARY

PRINTEVENTSONLINE

MILITARY NEWSPAPERS OF VIRGINIA is a trusted partner to the active duty military community and the contracted, authorized publisher of on-base newspapers in the area, some for as long as 38 years. Our branch-specific publications, corresponding websites and social media platforms offer the most relevant content for today's service member in Hampton Roads. Choosing to do business with Military Newspapers of Virginia means you are an integral part of the daily lives of area active duty, veterans, retirees and their families.

TO PLACE AN AD:
Visit placeanad.pilotonline.com

Flagship Values

Hampton Roads Military Classified Marketplace

■ advertise
your business

The Flagship is a weekly publication aimed at military service members, family, and retirees.



announcements

Announcements

\$S COIN SHOW \$S
VA BEACH COIN SHOW!
Feb 8 & 9, 2020, VB Conv. Center,
1000 19th St, Virginia Bch, VA 23451
sp. Tidewater Coin Club, Sat 9-5, Sun
9-4, A Free, T 65. ANACS on site.
BSA Merit Badge Pgm Sat 10 AM.
Visit www.tidewaterclub.org.



garage sale

Estate Sales

CHESAPEAKE ESTATE/TAG SALE
Fri, 2/7 & Sat 2/8 8am-4pm. Sun Feb
9th 9am-2pm. 121 Waterfield Ave.
Vintage Items, Furniture, Clothes,
China, Silver & Lots of Knick-
Knacks,

ESTATE SALE
Wed., Feb. 12, 10:30 AM
3 lg safe deposits full, 14K estate
jewelry, lg Native American jew-
elry, Craftique furniture-modern &
antique furn, 600 lbs vintage jewelry
Randy's Auction Gallery
1300 Monticello Ave., Norfolk
VAAR963 10% Firm340, 626-1919

NORFOLK ESTATE SALE
633 New Hampshire Ave. 2/7-2/9,
Fri 10-5, Sat 10-5, Sun 10-3. Beau-
tiful home in Colonial Place selling:
Natuzzi leather sofa & chair, Ethan
Allen dining set & china cabinet,
Persian rugs, barrister book cases,
Bedroom set, antique dressers, tele-
scope, new hot tub, books, records,
bookshelves, jewelry, art, posters,
plants, tools, pendulum clocks,
hospital bed, outdoor furniture and
much more! Mystic Mermaid Estate
Services. Photos on estatesales.net.



stuff

Misc. Merchandise For Sale

2016 SCOOTER TRANSPORT
With all the extras! \$800
Call: 757-464-3800

OXYGEN CONCENTRATOR
Inogen One with all the extras! \$800
Call: 757-464-3800

Antiques & Collectibles

AMERICAN ANTIQUE BUYER
RAY HIGGINS
BUYING ANTIQUES &
ESTATES, FURNITURE, ETC.
VINTAGE ARTWORK
ALL COINS
GOLD JEWELRY
STERLING FLATWARE
WRIST WATCHES
POCKET WATCHES
25 YEARS EXPERIENCE
LICENSED, WILL COME
TO YOU 24/7
FREE ESTIMATES
757-617-4043
www.raymondsantiques.com

WANTED

ANTIQUES & ESTATES
18th, 19th & 20th Century,
Furniture, Artwork, China,
Crystal & Collectibles.
1 Piece Or Entire Contents.
We Come To You With &
Courteous & Professional
Service. No Obligation
Offers. Please Get My
Offer Before You Sell!
Tag Sales & Estates Settled.

LARRY ZEDD
422-4477
Virginia Beach Antique Co.

Appraisal Service With 40 Years Experience

Wanted To Buy

WE BUY MUSIC RECORDS \$S
Jazz, R & B, Rock, albums & 45's from
the '60's, '70's & '80's. Call Howard
757-717-8945 We'll come to you 24/7!

Good news.

Early home delivery.
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com



pets

Dogs, Cats, Other Pets

BOXER



AKC Boxer puppies. Tails docked,
dew claws removed, de-wormed &
1st shots. Ready to go! \$900
Call / text 910-340-3284.

GOLDEN RETRIEVERS
3 AKC registered puppies. 7 wks.
\$400. 252-336-2666

LABRADOR RETRIEVER AKC REGISTERED PUPPIES



We have some wonderful English &
American puppies available, parents
on premises with Health clearance.
Bred for family companions and ser-
vice dog work. 40 yrs dedicate. \$1200
804-514-8838 dogpro14@gmail.com

MIXED GOLDEN RETRIEVER
UTD on shots & deworming. Both
parents on site. These puppies look
like Black golden retrievers \$350 and
actual goldens 450. 8wks. Call 252-
357-4829 or text 252-548-8327

PITBULL
7 Pitbull puppies for sale \$400/each.
4 boys, 3 girls. They will be ready
Feb. 9th. Call/text for more info-(757)
285-3606

ST BERNARD
CKC 4 month old pups. all shots & de-
worming. Both parents on site. Ready
for forever homes 10/19. \$900; Call
252-357-4829 or 252-548-8327

YORKI-POO PUPPIES
9 wks, first shots & wormed, have
parents. \$550. 421-7708

Jump start your day.

Early home delivery
757-446-9000
PilotOnline.com

The Virginian-Pilot



help wanted

jobs

Engineering/Architecture

TRANSPORTATION ENGINEER
Chesapeake, VA. Collect & analyze
transportation & planning data.
Perform capacity, traffic flow, signal
system, intersection & arterial anal-
yses & travel demand modelling.
Prepare technical reports, presenta-
tions, & short & long range trans-
portation engineering & planning
studies. Research & review local
and regional transportation policies
for compliance with federal guide-
lines & regulations. Provide techni-
cal support to local governments &
other interested parties. Bachelors
degree in civil engineering w/ 2 yrs
transportation engineering experi-
ence or Masters degree in civil engi-
neering w/ transportation engineer-
ing focus required. Send resume to
karledge@hrpdcva.gov or HRPDC,
723 Woodlake Dr, Chesapeake, VA
23320

Ship Building/Ship Repair

SSPC QP AUDITOR
SSPC: The Society for Protective
Coatings is looking for a full time
Technical Auditor to conduct field
and office audits for the QP/PCP
program. The specific needs of
this position will be for audits con-
ducted in Navy shipyards and other
military installations. Minimum of
10 years of experience working on
preservation of critical coated areas
on board Naval vessels plus NBPI,
SSPC or NACE inspector certifi-
cation. Apply at sspc.org/jobs/



FOR RENT

Roommate Wanted

VIRGINIA BEACH - ARAGONA
Shared 2 BR house (1 BR 10x10). W/D
\$400 incl. all util. & cable. 757-717-0129

Room For Rent

VIRGINIA BEACH
Reduced rent in exchange for house-
keeping, errands & cooking. Must
LOVE DOGS 7574240100 Wk number
ask for KIM

NORFOLK
Shoop Park. Furnished room, clean,
quiet, cable TV. \$150/week + deposit.
Call: 757-718-0698.

VIRGINIA BEACH: KEMPSVILLE
Newly Renovated. Nice & Furn'd. \$160/
wk. Cable & Wifi incl. 757-652-2151

BURBAGE GRANT
Master bedroom for rent in 4BR house,
private bath, 2 closets. Full access to
kitchen, dining, office & study area.
\$1000/mo + \$200 deposit. Lv Msg
757-692-6455

HILLTOP - OCEANA
Furnished room. \$600 757-513-4572

Room For Rent

VIRGINIA BEACH
Fully furnished, cbl, WiFi. All utils incl.
Quiet neighborhd. \$550 757-574-2371



drive

Travel/Camping Trailers

CONSIGNMENTS WANTED!
Let us clean, sell, & finance your RV.
Snyders RV 499-8000.

Autos for Sale

BMW 2010 528
528i X-Drive. Ex cnd, AWD, AT, loaded,
115k, new tires \$6900. 588-6328

BUICK 1995 CENTURY
4 dr, automatic, 63k mi, runs good.
\$1600 OBO. 757-228-6656

CHEVROLET 2005 SSR
Rare convertible pickup, garage kept
like new, all options, 35k mi, new tires,
custom paint, \$27,950. 285-2095

CHEVROLET 2007 AVEO



LT, LOW MILES, mint condition, auto,
air, new inspection. \$3990 757-439-
8017 Va Dir. 757-481-7777 Pro. Fee
\$375

CHEVROLET 2011 MALIBU



LT, looks & drives great, auto, air,
loaded, new inspection. \$4990 757-
439-8017 Va Dir. 757-481-7777 Pro.
Fee \$375

DODGE 2007 GRAND CARAVAN
1 owner, 99k mi., stow & go seats, dvd
player, sunfr. \$3,200 757-681-4695

FORD 2003 F-150



2003 F150 XLT. Auto, Air, Power win-
dows, Bedliner
129,000 miles, white w/grey cloth
interior. \$5995
Call 757 773 7021

FORD 2005 F150
FX4, 4WD, 220K M, new inspection,
many new parts, very well maintained.
\$5800 757-777-2810

FORD 2005 FREESTAR
Van. \$1200 (757) 439-3545

HONDA 2004 ODYSSEY



EXL Mint condition, LOW MILES,
leather, sunroof, stow away seats,
loaded, inspected. \$2990 3 avail. 757-
439-8017 Va Dir. 757-481-7777 Pro.
Fee \$375

Autos for Sale

HONDA 1997 CIVIC
LX, Silver, 4 Door Sedan, Manual
Transmission. 203K miles. \$3000.
Call 757-465-2433.

HONDA 2007 ACCORD



Beautiful teal green finish, auto, air,
loaded, inspected. \$4,990 757-439-
8017 Va Dir. 757-481-7777 Pro. Fee
\$375

HONDA 2008 CIVIC



LX, 2 door coupe, custom wheels, ex-
cellent condition, looks & runs great,
5 speed, new inspection. \$4990 757-
439-8017 Va Dir. 757-481-7777 Pro.
Fee \$375

HONDA 2008 ODYSSEY



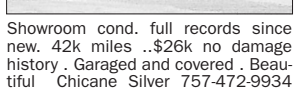
Touring, mint condition, leather, sun
roof, stow away seats, new inspection.
\$4,990. 757-439-8017 Va Dir. 757-481-
7777 Pro. Fee \$375

HONDA 2008 S2000



Showroom cond. full records since
new. 42k miles. \$26k no damage
history. Garaged and covered. Beau-
tiful - Chicane Silver 757-472-9934
private owner - no dealers

LEXUS 2003 SC 430



Great condition, New AC, 96,000 mi,
\$10,995, Reduced 757-435-9680

MERCEDES-BENZ 2008 CLA-CLASS



CLK350. Black coupe w/ black inter-
ior \$11,850. VGC 30.5k 757-625-
2056 Seen@ Westover & Colonial, Nfk

MERCEDES-BENZ 2012 C-CLASS
300. 1 owner, 26K, 4-matic, sunroof,
nav, showroom new. \$14,900. Call
for details 757-675-0288. Va. Dir.

MERCURY 2002 SABLE
LS. Good condition, new tires.
\$2,800. 757-839-0439

MERCURY 2009 MARQUIS
LS: New Tire. 118k/miles. \$4700.
Good Condition Call: 757-636-9899

Subscribe to The Virginian-Pilot today.
Call 757-446-9000 or go to PilotOnline.com

business services

757.622.1455 | placeanad.pilotonline.com



services

Care For The Elderly

HARDWORKING CNA - HONEST, RELIABLE
and excellent references. 757-524-9170

Concrete/Asphalt

CONCRETE SERVICES
48 years experience. Backhoe/grading,
hauling services. Low prices. Free esti-
mates. Call joe 757-297-6698

S & H ENTERPRISE 20 YRS.
Concrete Exp. All type of concrete
work driveways, stamped & exposed.
We accept credit cards. 652-4050.
www.shabazzrva.com

Electricians

ANY ELECTRICAL 498-2653
10% OFF ABSOLUTELY ANY JOB. Free
Estimates \$100 OFF ANY BREAKER BOX.
COLE ELECTRIC - 498-2653

Handyman Services

ACTION ONE FENCE & DECK
Custom wood, alum., chain link, vinyl. Qual-
ity work, great prices. Free Est. 35 Yrs. Exp.
757-438-7057.

BROWNS HOME REPAIRS
Baths, Kitchens, Ceiling Fans, Doors, Locks,
Flooring, Paint, Plumbing, 25 yrs.exp. Lic. &
ins. Call Rob 757-679-4558

GENERAL REPAIRS AFFORDABLE SAME DAY REPAIR
All Handyman, Int & Ext: Flooring, Ba-
throoms, Small Jobs, Remodel, Rot Repair.
30 Yrs. Exp. BBB A+ Rating. 430-2612.

Hauling

(A) FAMILY TRASH MAN-HOUSEHOLD,
Demo inside & out, construction sites,
dumpster drop off, backhoe work. We haul
it all! 20 yrs. exp., lic & ins. 485-1414

B & J MOVING
Reasonable Rates, Licensed & Insured.
bandjmoving.com 757-576-1290

Home/Office Cleaning

MS. PERFECTION CLEANING SERVICES
is offering bathrooms & kitchen cleaning. 2
people. msperfection.net 757-513-1242

Home Improvements

AIR DUCT CLEANING
UNIVERSAL DUCT CLEANING
FREE INSPECTIONS
MEMBER BBB. 757-502-0200

BEST PRICE EXTERIORS 757-639-4692
Siding, Windows, Trim, Roofing & Gutters.
FREE ESTIMATES! Lic. & Insured. Lowest
Prices & Top Quality Work. BBB A+ Rating

BRICK/CONCRETE REPAIRS Steps,
Walls, Foundation Settlement Problems,
Leaning Chimneys Etc. 35 yrs on hand
structural experience. Tidewater Area.
You Won't Find A Better Man. Earl Smith
757-270-0578

D & W GARAGES
20x24' \$15,995; 24x24' \$17,995; 24x30'
\$20,995; w/Slab & Vinyl Siding. 465-0115
or 362-1833. dandwgarages.com

FRANK'S SIDING & REPAIRS

Repairing Siding & Trim. Small & large jobs.
Lic/Ins. Low Prices. BBB A+ RATING
757-227-8964

HOME INSULATION

UNIVERSAL INSULATION DOCTOR
Attic Insulation
Crawl Space Insulation
FREE Inspections. 757-502-0200

PLASTER

Ceilings; Walls, new and old, cracks
(Licensed & Insured) 757-695-7755

Lawn and Tree Service

★ 100% DRAINAGE & YARD CLEANUP ★
Shrub & Tree Removal, Pruning,
Tractor Work & Grading, French Drains,
Mulching, Fences. ★★757-282-3823★★

★★★★AFFORDABLE TREE SERVICE & SEASONED FIREWOOD ★★★★★
Josh 757-998-5327 Theo 757-515-6933

AMERICANTREESERVICE.CO

Free Stump Grinding With Tree Removal.
100% Price Match Guar. 757-587-9568

LAWN/CRAFT LAWN/CARE

757-774-8746 www.lawnnow.com
Buy 3 Mow's and get your 4th free!
Call us today for a free estimate of ser-
vice's for your lawn care needs.

LEAF RAKING & CLEANUP

Yard Work, Weed Control, Mulching, Trim-
ming, Planting, Transplanting of Shrubbery
and Trees. 25 yrs exp. Call 757-918-4152

Painting/Paperhanging

CERTIFIED PAINTING PROS, LLC
Interior & exterior painting - Licensed &
insured. FREE QUOTE 757-401-3783.
10% OFF New Customer Discount

INTERIOR/EXTERIOR PAINTING

Wallpapering, Pressure Washing, Carpentry,
Tile Work, Plumbing and Renovations!
Free estimates! Call: 757-714-4573

Professional Services

UNDERGROUND UTILITIES Conduits, Power,
Water, etc. Run lines to your House, Barn,
Shop or Pet Enclosures. 757-477-1626 Lic
and Ins. Class A buckdugan@yahoo.com

Roofing

CABACAR CONTRACTING LLC
★ Licensed & Insured ★
Roof repair/Replacement,Vinyl siding,
Home Improvements 757-525-0511

ROOF REPAIR Shingles, tar, rubber, slate,
metal, asbestos removal. 757-718-1072

ROOFING SALE

30 Yr. Architect Shingles \$1.99 sq ft.
Labor & Material included, repair, siding.
Class A Lic'd & Ins'd. (757) 345-9983.

YOUR PERFECT
HIRE
IS WAITING





tribune publishing
recruitment services

Extend your reach. Access customized technology. Simplify your search.

jobs.pilotonline.com

Autos for Sale

MITSUBISHI 2003 ECLIPSE



GT, beautiful lipstick red. 5 speed, air, mint condition, new inspection. \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

NISSAN 2007 MURANO



2007 Nissan Murano, SE AWD, mint condition, leather, sunroof, loaded, inspected, \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

NISSAN 2008 ALTIMA



2.5 SE, mint condition, Beautiful Teal Green Finish, Auto, air, loaded, inspected, \$4450 757-439-8017 Va Dir. 757-481-7777 Process Fee \$375

NISSAN 2015 370Z

1 owner, 59K original mis., auto, loaded, new inspection, garage kept, \$17,900. Call for details, 757-675-0288. Va. Dir.

TOYOTA 2008 CAMRY



XLE, mint condition, looks & drives like new, auto, air, new inspection. \$5990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

Autos for Sale

TOYOTA 2008 AVALON



XLE, beautiful teal green finish, mint condition, looks & drives perfect. LOW MILES, leather, sunroof, new inspection. \$6990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

VOLKSWAGEN 2010 TOUAREG

V6, 133k. \$6,000. 757-264-8761

Trucks and SUVs

BMW 2016 X1

25K original mis., 4WD, panoramic sunroof, premium package, cold weather package, leather, new inspection. Just serviced. \$22,500. Call for details 757-620-7570. Va Dir.

CHEVROLET 2003 TAHOE



LS, looks & runs great, auto, air, loaded, new inspection. \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

CHEVROLET 2009 EQUINOX



Excellent condition, auto, air, loaded, new inspection, looks & runs great. \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

Early home delivery. 757-446-9000 or PilotOnline.com

Trucks and SUVs

CHRYSLER 2012 TOWN & COUNTRY

1 owner, low miles, navigation, TV/DVD, leather, Stow & Go seating, new Michelins, all serviced & state inspected. \$9900. Call for details, 757-675-0288. Va. Dir.

DODGE 1993 CARAVAN



February BLOWOUT—wheelchair vans starting at \$4000.00! Call Ken 1-800-420-6470. VA Dealer #12069.

FORD 2008 EXPLORER



XLS, 4x4, mint condition, garage kept, leather, sunroof, loaded, new inspection. \$5990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

FORD 2009 ESCAPE



XLT, looks & runs great, new inspection, auto, air, loaded. \$4990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

Subscribe to The Virginian-Pilot today. Call 757-446-9000 or go to PilotOnline.com

Trucks and SUVs

FORD 2013 F150

52K mis., alloys, new tires, bedliner, p/w, p/l, CD, looks great. \$12,900. Call for details, 675-0288. Va. Dir.

HONDA 2017 RIDGELINE

34K mis., 4WD, leather, sunroof, fiberglass cap, navigation, alloys, warranty, 1 owner. \$29,800. Call for details, 757-675-0288. Va. Dir.

HYUNDAI 2008 SANTA FE 4 Door SUV, Front-wheel drive, 2.7L V6 F DOHC 24 V with 101,200 miles, SiriusXM capable radio, excellent A/C & Heat, 21+ MPG. 7576156812 \$6300

JEEP 2008 LIBERTY



4x4 Looks & runs great, auto, air, loaded, inspected. \$4850 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

JEEP 2008 PATRIOT



Looks and runs great, good miles, auto, air, loaded, inspected \$3990. 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

Subscribe to The Virginian-Pilot today. Call 757-446-9000 or go to PilotOnline.com

Early home delivery. 757-446-9000 or PilotOnline.com

Trucks and SUVs

KIA 2007 SPORTAGE



LX, AWD, LOW MILES, looks & runs great, auto, air, loaded, new inspection. \$4990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

LEXUS 2001 RX 300

White SUV, 220,000 miles, runs great, new transmission, one owner, sunroof, \$4,800. 757-613-7775

LEXUS 2013 RX 350

Local Va. vehicle, 64K mis., garage kept, showroom new. All serviced & state inspected. \$20,900. Call for details 757-675-0288. Va. Dir.

NISSAN 2004 FRONTIER

XE, 5Spd. 162k miles. With Bedliner & Tool Box \$4695 OBO. Call: 757-618-4550

NISSAN 2007 XTERRA



SE, 4x4, mint condition, auto, air, loaded, new inspection, looks & drives perfect. \$5990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

Early home delivery. 757-446-9000 or PilotOnline.com

Trucks and SUVs

TOYOTA 2000 TACOMA



Extra cab pick up truck, lifted, tires-33's, auto, air, loaded, MINT CONDITION, LOW MILES. \$7,990. 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

VOLKSWAGEN 2009 TIGUAN

Low miles, SE pkg, panoramic sunroof, heated seats, alloys, looks & runs great. New inspection. \$8900. Call for details 757-620-7570. Va Dir

Boats & Watercraft

USED TRAILER SALE!!! OVER 100 Avail. For Boats 12'-38' BUDGET BOATS: (757) 543-7595

Good news.

Early home delivery. 757-446-9000

PilotOnline.com

The Virginian-Pilot PilotOnline.com

Don't pay full price!

With The Virginian-Pilot's coupons and sales inserts, shop smart and save big every week!

The Virginian-Pilot PilotOnline.com

Fun and Games

Super Crossword

RIISING TO THE DEBATE

ACROSS

- 1 While away the hours
9 Amorphous, sunken-into seats
17 Book divs.
20 Adopts, as a belief
21 Do a new layout of
22 Marina del —, California
23 Start of a riddle
25 Musician Yoko
26 Fixes a seam, say
27 Drink served with scones
28 Suffix with final or solo
29 Heroic poetry
30 Riddle, part 2
37 7-Eleven drink
41 Isn't on target
42 Contract inker, e.g.
43 "Stones for —" (1988 film)
44 San —, California
46 Most fake

48 Riddle, part 3

- 51 With 57- Across, descent before pulling a rip cord
52 Chilean cheer
53 Praise publicly
54 Margarita glass liner
57 See 51- Across
60 1990s
61 Philippine president
62 Ad entreaty
64 ET of TV
67 Riddle, part 4
71 "Rock and Roll, Hoochie —"
72 Gel
74 Bow rub-on
75 — Cassius — has a lean and hungry look"; Julius Caesar

92 Deliver news about

- 94 Capacious
95 One of Jupiter's moons
96 Rare Italian violins
97 Trial run
98 Watched kids for cash
99 End of the riddle
104 Tip jar bills
105 Mimicker
106 — There Was You"
107 — ghanouj
111 Poetry Out Loud org.
112 Riddle's answer
119 Wind up
120 Tendency to stick together
121 "Casino Royale"
122 Rds.
123 Outburst of wild emotion
124 Tokyo "la-ta"

3 Shoot forth

- 4 Male heirs
5 "Tsk!"
6 "Semi-" suffix
7 Get together
8 Road twists
9 Male sib
10 Always, to bards
11 Astern
12 Feature of a perfect ball game
13 Audacious
14 Just slightly
15 Slender fish
16 Hog home
17 Certain liquid fuel
18 High-tech map subjects
19 Natalie Portman's childhood home on Long Island
24 "Bali —"
29 Most tense
30 Twist
31 Skin cream brand
32 Ensnarers
33 Cookie giant
34 Lead singer
35 Beginning on
36 Have supper
37 Son of Willy Loman

38 Skyscraper beam

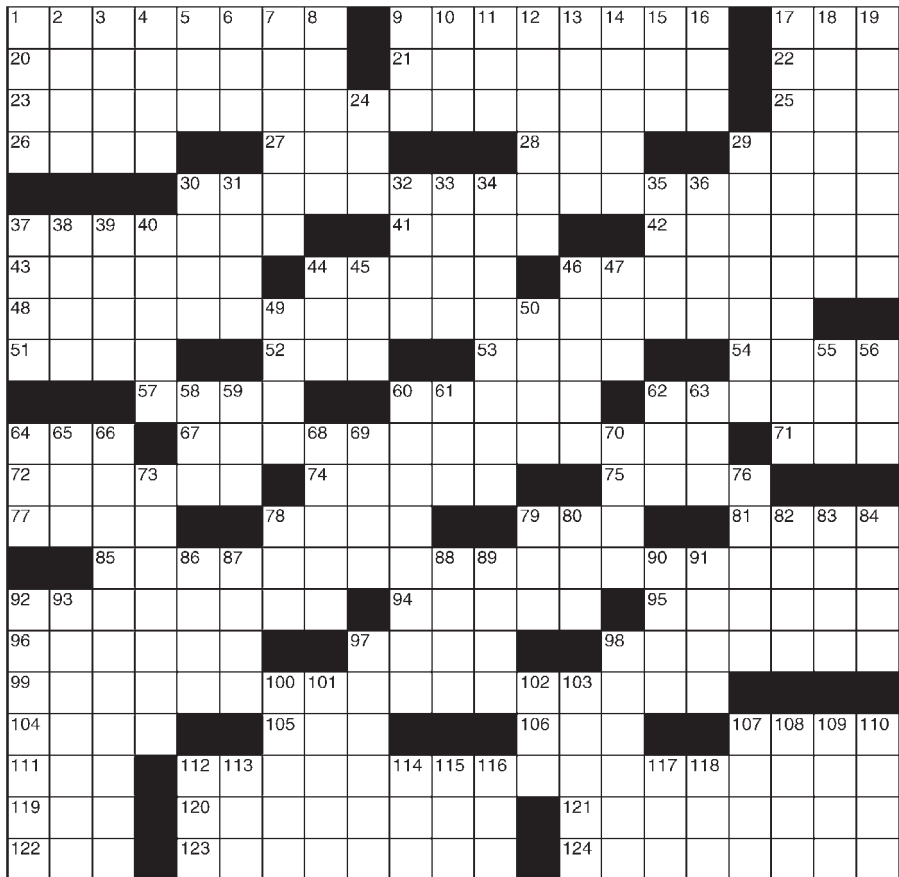
- 39 Many an app
40 Anguish
44 Actor Gibson
45 Had supper
46 Sainted pope
47 FDR follower
49 Hit the links
50 Boxing punch
55 London lav
56 16 eighths
58 Tummy "six-pack"
59 Actor Marvin
60 Interstate stop
61 Pal, in Calais
62 Earlier
63 "No — do!"
64 Rock blaster
65 Mauna — building
66 Big magazine pitches
68 Suze with financial tips
69 Stir up, as silt
70 NASDAQ kin
73 Polishes
76 Bride's belongings
78 Green start?
79 Big Red, e.g.
80 Poet Lowell
82 — calling?"

83 California's — Valley

- 84 TDs, e.g.
86 Fortitude
87 — -bitsy
88 Looking up
89 Attend
90 Imminent
91 Lard holders
92 Seminal punk band
93 Distinquished
97 Feared fly
98 Luxury watch company
100 Vows
101 In a tizzy
102 Dol. divisions
103 Quotes
107 Farm
108 Cruising
109 South African
110 Dutch
112 — bin ein Berliner"
113 Nerf ball, e.g.
114 Make public
115 — will not!"
116 Genetic ID
117 Actor Liotta
118 Swelled head

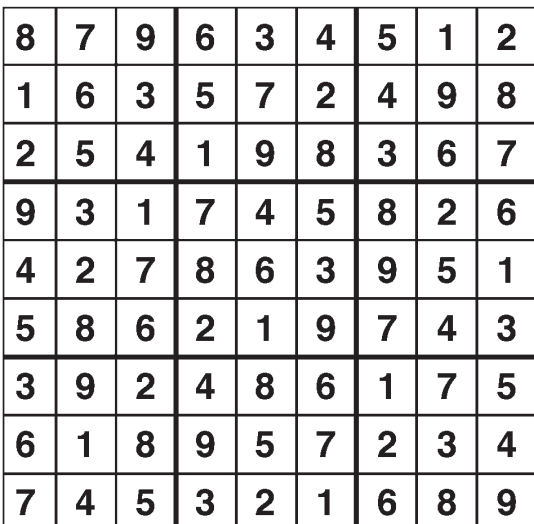
DOWN

- 1 Sunday seats
2 Court champ
Arthur

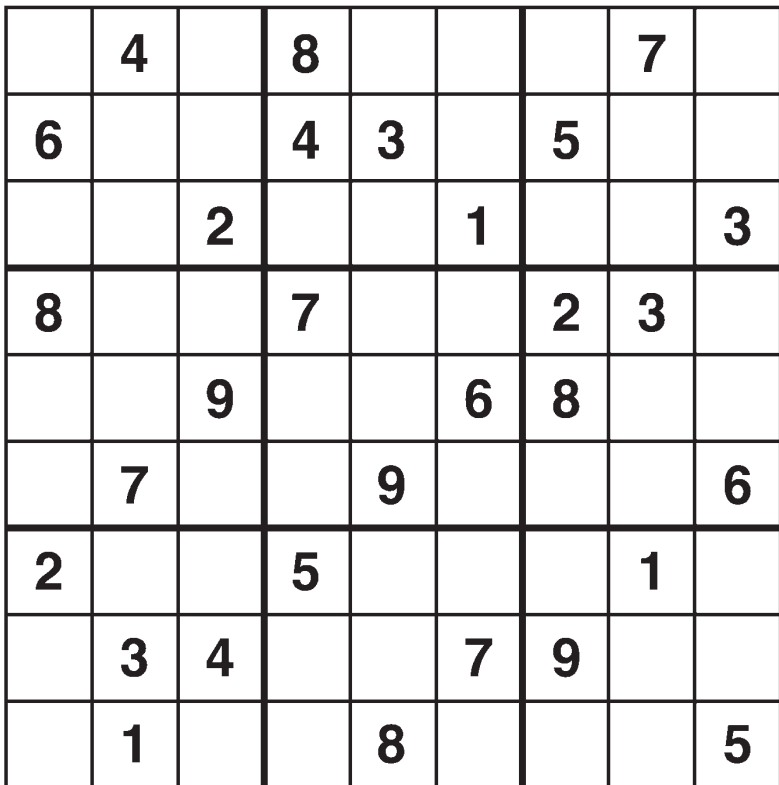


©2020 King Features Syndicate, Inc. All rights reserved.

last week's answers



Sudoku



CryptoQuip

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

Clue: Q equals F

VPYHEW RBCCXWX, VB WPEW-NB

KBVHIGYHUGU IUKHYX GB WXG GB

GNX QBBG BQ GNX RCIUU?

Last week's CryptoQuip answer

If a dog really likes lounging around the wharf, would you call it a dockshund?

Religious Services

For your installation's religious service times, visit www.flagshipnews.com/base_information/religious_services

A GREAT
WEBSITE

dedicated to our active duty
military and their families!

MILITARY
NEWS


Your online military connection to Hampton Roads

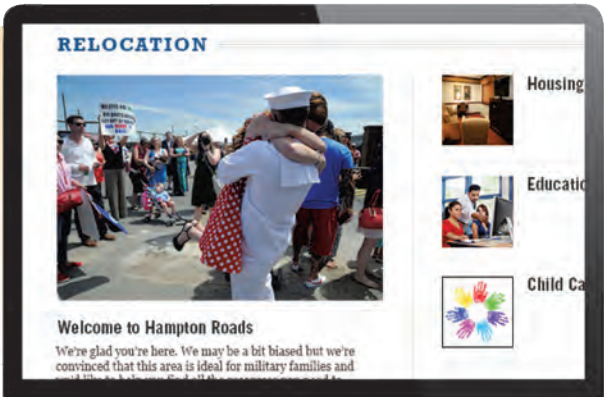


INTRODUCING
MILITARYNEWS.COM

ATTENTION MILITARY FAMILIES: now there’s a regional website just for you! **MilitaryNews.com** assists active duty military and their families, both during their transition and throughout their residence here in Hampton Roads. There’s an abundance of information at your fingertips!

★ RELOCATION INFO

All the resources you need to make Hampton Roads your home.



★ DISCOUNTS & DEALS

Great deals are easy to find with MilitaryNews.com's list of military discounts and military-only coupons and contests!



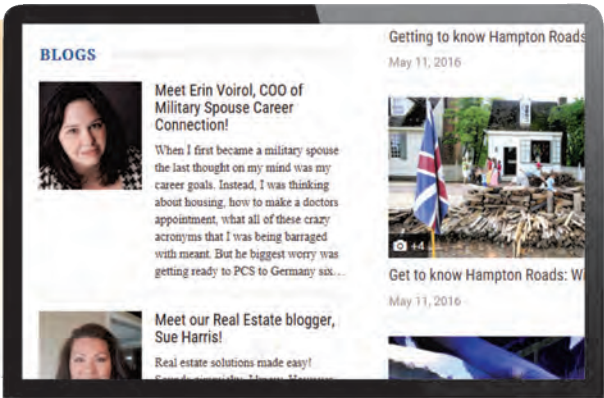
★ EVENTS & CALENDAR

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



★ MILITARY NEWS & BLOGS

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



PLUS SO MUCH MORE.
CHECK OUT MILITARYNEWS.COM TODAY!