



VFA-83 CONDUCTS F/A-18E FLYOVER

As a crowd of more than 70,000 fans prepared to watch Army take on Navy in Philadelphia, five aviators from Strike Fighter Squadron (VFA) 83 conduct the pre-game flyover.

»See **B4**



MCC David Holmes

Vice Adm. Mary Jackson, commander, Navy Installations Command, meets with Naval Security Forces personnel at Naval Air Station Pensacola. The NSF personnel were first on scene during the Dec. 6 active shooter incident on base.

COMMANDER OF CNIC VISITS NSF AT PENSACOLA

From Commandeer Navy Installations Command Public Affairs

PENSACOLA, FLA.

The commander of Navy Installations Command (CNIC), Vice Adm. Mary M. Jackson, on Dec. 12 visited Naval Air Station Pensacola, where she praised the actions of those who responded to the deadly Dec. 6 shooting at the base.

“From the bottom of my heart, I’m so proud of each and every one of you,” Jackson told Navy Security Force (NSF) personnel. “I can’t put myself in your shoes, and I cannot

» See **CNIC | A7**



FBI Jacksonville Assistant Special Agent in Charge Sean Ryan, right, provides a shooting investigation status brief to Vice Adm. Mary Jackson, commander, Navy Installations Command at Naval Air Station Pensacola.

MCC David Holmes

HSC-26 holds change of command ceremony

By Lt. j.g. Nicole Peterson
Helicopter Sea Combat Squadron Two Six Public Affairs

NORFOLK

Cmdr. Kelly Harrison was relieved by Cmdr. Benjamin Foster during a Helicopter Sea Combat Squadron (HSC) 26 “Chargers” change of command ceremony at Naval Station Norfolk, Dec. 5.

Retired Capt. Gabriel E. Soltero (USN), a former H-60 Seahawk pilot who flew over 4,000 hours that include 40 combat missions in support of Operation Iraqi Freedom, served as the guest speaker.

“Being a Skipper is hard. Being a good Skipper is even harder,” said Soltero. “Skipper Harrison demonstrated precisely the type of leadership needed at the time, performing admirably on a large stage and showing what the U.S. Navy – indeed, what the United States – is capable of. That’s something the entire HSC-26 team should

be justifiably proud of.”

Foster relieved Harrison with the traditional exchange of salutes, assuming all duties and responsibilities as the commanding officer of HSC-26 in a ceremony attended by distinguished visitors, family, and HSC-26 crew.

“The Chargers are an elite team and represent the best of what America has to offer,” said Foster. “Their tireless effort and dedication to defend freedom every day is extraordinary. I am honored and excited to lead these fine men and women.”

During the ceremony, Harrison also received the Meritorious Service Medal for consistently demonstrating outstanding leadership, superb managerial skills, unmatched drive, and competency in the performance of her duties as commanding officer and executive officer at HSC-26, May 15, 2017-Dec. 5, 2019.

Through Harrison’s exceptional ability to

motivate and stimulate Sailors, HSC-26 was guided to unprecedented operational success, peak levels of readiness, and a genuine and incredibly positive command climate. HSC-26 completed more than 91,000 maintenance work orders encompassing 170,540 maintenance man-hours, enabling HSC-26 to reach and sustain a 100 percent operational sortie completion rate while flying 13,190 flight hours from May 2017 to December 2019. As a result of the command’s accomplishments and mission readiness efforts, the squadron was awarded the 2017 and 2018 Blue “M” Award for sustained medical readiness, as well as the 2017 and 2018 Retention Excellence Award.

“I’m going to take a page out of our JOPA’s book and tell you: the Chargers are the best squadron in the Navy, but also in the UNIVERSE,” said Harrison. “We have achieved a consistent reputation for greatness, but ultimately, the people are who get the job done. I’m so grateful to have had the opportunity to serve with each and every one of you because there really is no charger like a hard charger!”

HSC-26’s mission is to deploy expeditionary-armed helicopter detachments that execute naval special warfare, amphibious

“The Chargers are an elite team and represent the best of what America has to offer. Their tireless effort and dedication to defend freedom every day is extraordinary. I am honored and excited to lead these fine men and women.”

Cmdr. Benjamin Foster

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NAS Oceana petty officer helps Sailors in need

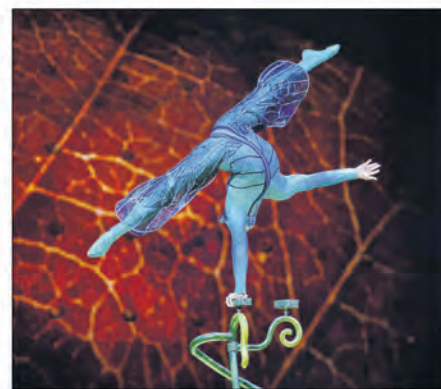
The holidays are a time for tradition, family, and giving. Just in time for Christmas, Electronics Technician 1st Class Ryan Perry embraces all three of those things to help Sailors in need.

»See **A3**

Shooting victims earn Wings of Gold

The Navy posthumously awarded Wings of Gold Dec. 10 to all three Sailors killed during the Dec. 6 shooting at Naval Aviation Schools Command aboard Naval Air Station Pensacola, Florida.

»See **B1**



Cirque du Soleil returns to Scope Arena

After a triumphant tour in South America, the international sensation “Cirque du Soleil” is making its first North American stop with its classic show ‘OVO.’

»See **C1**

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U.S. Navy photo

Navy officials, including Naval Surface Warfare Center Dahlgren Division (NSWCDD) leadership, break ground for the command's new Cyber Warfare Engineering Laboratory, Dec. 12. The facility will provide a robust and flexible software and hardware testing capability for Department of Defense and Navy weapon systems, cyber and network platforms in addition to industrial control systems supporting DoD infrastructure. From left to right: Christopher Keener, NSWCDD cyber engineer; Darren Barnes, NSWCDD acting technical director; Scott St. Pierre, Enterprise Information Technology officer, Naval Sea Systems Command; Capt. Casey Plew, NSWCDD commanding officer; Shellie Clift, NSWCDD Strategic and Computing Systems Department head; and Nancy Fitzgerald, principal, CFM Engineering.

Navy officials break ground for new Cyber Warfare Engineering Laboratory

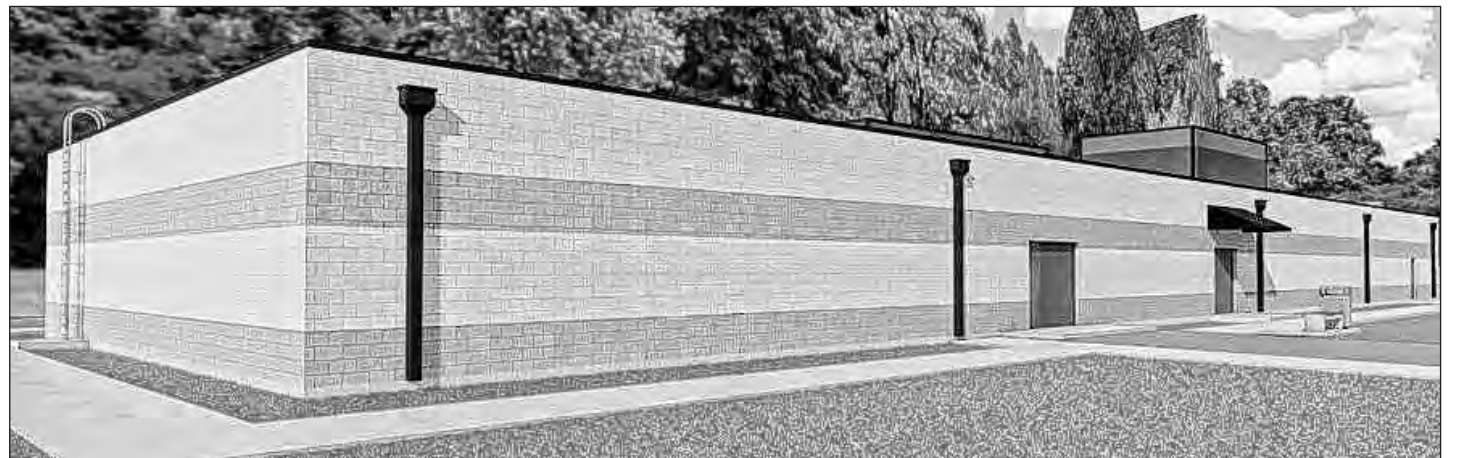
By John Joyce
NSWC Dahlgren Division Public Affairs

DAHLGREN, VA.

Navy officials, including Naval Surface Warfare Center Dahlgren Division (NSWCDD) leadership, broke ground for a new Cyber Warfare Engineering Laboratory, Dec. 12.

Three speakers – Scott St. Pierre, Enterprise Information Technology officer for Naval Sea Systems Command (NAVSEA); NSWCDD Commanding Officer Capt. Casey Plew, and NSWCDD Acting Technical Director Darren Barnes – described the building as crucial to fulfilling the command's cyber warfare vision, mission, and initiative.

"Since 1918, NSWC Dahlgren has been the Navy laboratory that the nation needs and at each turn has evolved to tackle the toughest challenges," St. Pierre told the civilian and military audience, predominantly NSWCDD personnel. "From long range gunnery to cruise missile defense to ballistic missile defense, and just about everything in



U.S. Navy photo

Artist's rendering of the Cyber Warfare Engineering Laboratory to be built at Naval Surface Warfare Center Dahlgren Division (NSWCDD). Navy officials, including NSWCDD leadership, broke ground for the facility, Dec. 12. It will bring together the building blocks of existing capabilities into one place to provide a robust and flexible software and hardware testing capability for Department of Defense and Navy weapon systems, cyber and network platforms in addition to industrial control systems supporting DoD infrastructure.

between, Dahlgren has been on the forefront of naval warfare for over a century. It's only fitting that NSWC Dahlgren be given the conn for cyber engineering and be selected as the site for the Cyber Warfare Engineering Lab."

Plew described the new facility "as a testament to the awesome efforts of our workforce who will continue to effectively innovate, engineer, and integrate cyber warfare technical solutions into naval and joint systems across the warfighter domain by leveraging our competencies in warfare systems research, development, analysis, test and evaluation."

The facility – 10,000 square feet of classified research, development and operational testing space – brings together the building blocks of existing capabilities into one place to provide a robust and flexible software and hardware testing capability for Department of Defense (DoD) and Navy weapon systems, cyber and network platforms, and industrial control systems supporting DoD infrastructure.

"Our technical leadership, scientists, and engineers – especially those who are engaged in the cyber combat domain – envisioned this day long ago," said Darren Barnes, NSWCDD acting technical director.

"I can assure you that we will not waste time after cutting the ribbon to open our new Cyber Warfare Engineering Laboratory. It will host live, virtual and constructive cyber warfare events to enable and empower our cyber experts to develop, build, test, accredit, field and sustain cyber resilient systems."

The facility offers a centralized location for test directors, scientists and engineers to apply visual and interactive resources and tools in accomplishing cyber engineering and test objectives.

"Upon these grounds, our cyber leaders and specialists will collaborate with warfighters on weapon systems, platforms, and cyber infrastructure," said Barnes. "They will leverage the upcoming and awesome cyber warfare engineering capabilities planned for this facility to develop and deploy the ways, means, protocols, and technologies to counter adversary cyber capabilities and identify and mitigate system and infrastructure risks to ensure mission success."

Working with the operational and acquisition communities throughout the lifecycle of Navy and DoD weapon systems, platforms, and cyber infrastructure, the laboratory will continually develop and provide methods to counter adversary cyber capabilities and

identify and mitigate system and infrastructure risks to ensure mission success.

"The Cyber Warfare Engineering Lab is designed to support test and evaluation of the cybersecurity hardening of our warfighting capabilities," said St. Pierre.

In 2015, cyber warfare engineering was declared one of three Dahlgren thrust areas in the five-year NSWCDD Strategic Plan.

Plew described how the command has been busy incorporating cyber warfare engineering in its naval systems ever since.

"We laid out our cyber initiatives that included developing, building and maintaining secure, remotely accessible RDT&E (research, development, test and evaluation) facilities for supporting cyber warfare engineering efforts for current and future combat and weapon systems programs of record," said the NSWCDD commanding officer, while citing the command's other thrust areas – mission engineering and electric weapons.

"We are leading electric weapons design, development and integration. Our scientists and engineers are developing and testing high energy laser systems for deployment in the fleet," said Plew. "Dahlgren Division delivers what our nation's warfighters need and that is awesome."

The Flagship

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NEWS FROM NAS OCEANA



Electronics Technician 1st Class Ryan Perry, ground electronics leading petty officer on board Naval Air Station Oceana, shops for a gift for a child in the Angel Tree program at the Oceana Navy Exchange. The Angel Tree is part of the Holiday Assistance Program, providing help to Sailors who may be struggling financially during the holiday season.

MC2 Mark Mahmood

Spirit of the holidays: NAS Oceana petty officer helps Sailors in need

By MC2 Mark Mahmood

VIRGINIA BEACH

The holidays are a time for tradition, family, and giving. Just in time for Christmas, Electronics Technician 1st Class Ryan Perry embraces all three of those things to help Sailors in need.

Perry, originally from Goose Creek, South Carolina, now serving as ground electronics leading petty officer on board Naval Air Station Oceana, has taken the reigns as a coordinator of the command's Holiday Assistance Program and uses an "Angel Tree" as a way to help those

around him.

Through a partnership with the Oceana Navy Exchange (NEX), the Angel Tree allows NEX shoppers to purchase gifts for Sailors' children, if their parent has entered into the Angel Tree program. Sailors qualify for this program if they are financially struggling due to an endless number of potential circumstances.

Perry's responsibility involves finding the Sailors who need help and enrolling them into the program.

"Some of our Sailors come in to the Navy with their families already established," said Perry. "Some of our Sailors

come in to the Navy with no family, and the Navy becomes their family. Some people join the Navy as an 'out' to whatever situation they were in prior to the Navy. Their situations are not important to me; what's important is that a Sailor needs help."

Perry said helping those around you is an important part of the holidays.

"It makes me feel better knowing that we are able to help Sailors and put them in a better situation moving forward," said Perry.

Perry said he's not the only one helping those in need, as the NAS Oceana Chapel, their congregation, and NEX patrons are a large part of the Angel Tree program.

When NEX shoppers want to help a Sailor, they select an "angel" from the tree, which provides the age and gender of the children, keeping everyone in the transaction anonymous. They then purchase gifts in accordance with the information on the angel, and turn them in to

their cashier. The gifts are then passed to Perry, who delivers the gifts to the Sailor in need.

Applications for the Angel Tree program have ended for 2019, however, Perry said Sailors who need assistance during the 2020 holiday season should ask their chain of command for information on how they could be included.

Overall, Perry said the goal of the program is to make the children happy.

"This entire program is to ensure the children are getting what they need for Christmas: food and presents," said Perry. "We're also making sure their parents stay financially stable."

Perry said the Angel Tree program has allowed people to purchase gifts for approximately 120 children this year. Furthermore, the entire Holiday Assistance Program helped purchase 280 commissary gift cards for Thanksgiving and Christmas meals, assuring everyone has a happy and memorable holiday season.

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MC2 Tyler R. Fraser

Seventeen naturalization candidates from 11 different countries take the Oath of Allegiance during a naturalization ceremony at the main chapel onboard Commander, Fleet Activities Yokosuka (CFAY). CFAY provides, maintains, and operates base facilities and services in support of 7th Fleet's forward-deployed naval forces, 71 tenant commands, and 27,000 military and civilian personnel.

U.S. Navy outlines impacts and mitigations following international immigration office closures announcement

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy outlined citizen support services will continue even as U.S. Citizenship and Immigration Services (USCIS) closes overseas field offices in NAVADMIN 290/19, Dec. 12.

The general guidance is to plan ahead, work with respective Navy Regional Legal Service Offices (RLSOs), and follow procedures outlined by USCIS. Commanding officers are also instructed to provide maximum flexibility for affected service members to get the services needed, should they have to travel to complete required paperwork.

Specific recommendations were directed at Sailors and their families who may be impacted by the closures to plan ahead prior

to conducting a Permanent Change of Station (PCS).

To support service members, USCIS will conduct four quarterly visits at overseas military installations: Camp Humphreys, South Korea; Commander Fleet Activities, Yokosuka, Japan; U.S. Army Garrison Stuttgart, Germany; and Naval Support Activity Naples, Italy, USCIS officials said in a news release and in a background call with defense reporters.

Once the USCIS offices have closed, members who have gained foreign national dependents (though marriage, adoption, etc.) will need to submit immigration applications to the Department of State before their tour ends for their dependents to enter the U.S. as immigrants.

Sailors stationed overseas who receive orders for an assignment back to the U.S.

will not be able to initiate a PCS with dependents unless they have obtained approval for their dependents to enter as immigrants. This process is initiated by filling out a Petition for Alien Relative form (I-130). This form is used if you are a citizen or lawful permanent resident of the U.S. who needs to establish a relationship to certain foreign national relatives who wish to immigrate to the U.S.

When a member enrolls eligible dependents in the Defense Eligibility Enrollment System (DEERS), or updates their Record of Emergency Data/Dependent Application Form (RED/DA), the command should also ensure the member contacts their nearby RLSO and begin the I0130 application process for a non-U.S. citizen dependent. RLSO Command Citizenship Representatives provide legal advice to Sailors and their fam-

ilies regarding immigration and naturalization issues, including any problems that may arise as a result of these closures

Commands are directed by NAVADMIN 290/19 to ensure Sailors assigned overseas with foreign national dependents initiate any immigration paperwork early rather than waiting for PCS orders. Those who are serving in Asia and Europe, in particular, should contact their local RLSO immediately to initiate I-130s. Service members who are not yet naturalized must begin the naturalization process by contacting a U.S.-based USCIS office before embarking on an overseas assignment.

Sailors with overseas orders or pending deployment can expedite the naturalization process by including a cover page with their application stating, "I am deploying overseas." If the applicant has already submitted an application and needs to notify USCIS of an upcoming deployment, they should contact the USCIS Military Help Line at 1-877-CIS-4MIL (1-877-247-4645) as soon as possible.

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Veterans with Veteran Health ID Card can shop at Military Exchange, Commissaries and MWR starting Jan. 1

From Commander, Navy Installations Command Public Affairs

WASHINGTON

Military installations including Navy installations are ready to support authorized veterans and their caregivers who will soon be able to shop at base commissaries, exchanges and enjoy certain Morale, Welfare, and Recreation (MWR) programs.

Starting Jan. 1, 2020, the expanded benefit applies to veterans with a Department of Veterans Affairs (VA)-documented service-connected disability rating, Purple Heart recipients, former prisoners of war, and primary family caregivers for veterans enrolled in the VA's Program of Comprehensive Assistance for Family Caregivers.

This expanded access for authorized veterans and caregivers is specified in the Purple Heart and Disabled Veterans Equal Access Act of 2018 and included in the John S. McCain National Defense Authorization Act for Fiscal Year 2019.

"Navy MWR proudly welcomes our newly eligible veterans, as we honor their service and sacrifice and those who care for them," said Ed Cannon, director, Navy Fleet and Family Readiness, Commander, Navy Installations Command. "Our MWR professionals are excitedly waiting to serve our new customers, and we welcome them to take advantage of the excellent recreational programs and services that Navy MWR offers."

This patronage expansion applies to Navy MWR Category C and B programs at Department of Defense (DoD) and Department of Homeland Security (DHS) installations in the United States and in the U.S. territories and possessions.

These programs include golf, bowling, movie theaters, car washes, arts and crafts centers, auto skills, vehicle storage, marinas, community recreation (outdoor recreation equipment rentals, tickets and travel), RV park rentals, Navy Gateway Inns & Suites (NGIS), Navy Getaways, and special events/entertainment where open to all rate categories. It does not apply to MWR Category A activities that are funded primarily

with appropriations or otherwise restricted, such as fitness centers, liberty, libraries, and child development programs.

"Our newly eligible veterans also can use AmericanForcesTravel.com, MWR's exclusive travel-booking website," added Cannon. Patrons can access the website at www.americanforcestavel.com/?refclidid=navyvetarticle.

Along with some MWR activity use, the benefit expansion includes commissary shopping privileges as well as military resale and Navy lodging. Lodging reservations start on Dec. 31, 2019 for stay dates beginning Jan. 1, 2020 and can be made at www.dodlodging.net or 1-877-NAVYBED. This new initiative is expected to extend eligibility to about 4.1 million new patrons, comprised of nearly 1.5 million veterans who live within an hour of a military installation, of which 406,546 are U.S. Navy veterans.

To access DoD installations and obtain expanded privileges starting Jan. 1, 2020, veterans must present a Veteran Health Identification Card (VHIC) from VA that displays their eligibility category: "Purple Heart, former POW or service-connected." Caregivers must present an eligibility letter from the VA Office of Community Care that indicates they are the primary family caregiver for an eligible veteran under the Program of Comprehensive Assistance for Family Caregivers and are eligible for these privileges, paired with an acceptable identification credential, such as a REAL ID-compliant driver's license or a U.S. passport. These credentials will need to be presented at MWR facilities and point-of-sale locations.

For more information about obtaining a VHIC or a letter from Veterans Affairs, visit your local VA medical facility or call 1-877-222-VETS (8387), Monday through Friday from 8 a.m. until 8 p.m., Eastern Standard Time.

Those who want to learn more about base access requirements should contact or visit the nearest Navy Visitors Control Center, said William Holdren, deputy director for CNIC's force protection program.

Navy Preventive Medicine Unit receives Force Health Protection Award

Navy and Marine Corps Public Health Center

Navy Environmental Preventive Medicine Unit Five (NEPMU-5) was awarded the 2019 Association of Military Surgeons of the United States (AMSUS) Force Health Protection (FHP) Award at the association's annual meeting and dinner event, Dec. 5.

The FHP award recognizes the significant contributions made by an organization to ensure exceptional health services are provided to the men and women of the armed services and veterans, thereby ensuring mission readiness and optimal health functionality at all times. Force health protection extends beyond standard military medicine and includes preventive measures to combat diseases often caused by environmental disasters.

"It was an honor to be present to receive the Force Health Protection Team Award on behalf of NEPMU-5," said Capt. Peter Obenauer, NEPMU-5 officer in charge. "The award is a reflection of the significant, tangible impact the NEPMU-5 team has on the health and readiness of our service members."

"It was humbling to hear the senior leaders of military medicine speak so highly of the NEPMU-5 Sailors and the work they do," said Chief Hospital Corpsman JanMichael Columna, NEPMU-5 senior enlisted leader. "I am proud of our critical role in operational readiness across the fleet, and to hear that pride reflected across the leadership in attendance was one of the most gratifying moments for me personally, because it solidifies the hard work and dedication our Sailors do daily to execute the unit's mission."

Capt. Robert (Bob) Hawkins, commander, Navy and Marine Corps Public Health Center, and NEPMU-5's Immediate Superior in Command (ISIC), was equally proud of the unit and acknowledged the hard work that led to award. "The Navy's preventive medicine units really are the tip-of-the-spear when it comes to meeting the force health protec-

“It was an honor to be present to receive the Force Health Protection Team Award on behalf of NEPMU-5. The award is a reflection of the significant, tangible impact the NEPMU-5 team has on the health and readiness of our service members.

Capt. Peter Obenauer

tion needs of the Fleet. Taking it one step further, I'd say that successfully providing that support hinges on the high quality work performed by our preventive medicine units and supporting expertise," said Hawkins. "The leadership and staff at NEPMU-5 have done an outstanding job helping to ensure the health and readiness of the Sailors and Marines in their AOR. I couldn't be more proud of their efforts. This award is the culmination of the work that they do day-in and day-out."

AMSUS, The Society of Federal Health Professionals, is a non-profit member-based educational and professional development association serving the Department of Defense, Veterans Affairs, Health and Human Services, and Homeland Security, federal health professionals and their families, our industry partners and advocates for advancing health for all - particularly through inter-agency collaboration. AMSUS honors the contributions of outstanding federal health-care professionals through their annual awards program.

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Photo Courtesy of AMSUS, The Society of Federal Health Professionals

Naval Medical Center Portsmouth (NMCP) wins multiple 2019 Advancement Toward High Reliability (HRO) in Healthcare Awards. NMCP™'s awardees are, from left, Cmdr. Jason Longwell, Cmdr. Marilisa Elrod, Cmdr. Stuart Hitchcock, Cmdr. Kerri Browne, Air Force Capt. Garrett Harrison, Lt. Gregory Booth, Lt. Carla Guarini, Cmdr. Christopher Smith, Mr. Johnny Johnson and Lt. Cmdr. Josh Barnhill. The Advancement Toward High Reliability in Healthcare Awards Program aims to recognize those who have shown initiative and commitment to the development of systems and processes that will help advance the Military Health System (MHS) towards its goal of becoming a safer, higher quality system that promotes a culture that encourages learning, sharing and continuous improvement.

NMCP wins multiple High Reliability awards

By Seaman Imani N. Daniels
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

Congratulations are in order for Naval Medical Center Portsmouth (NMCP) for winning multiple 2019 Advancement Toward High Reliability (HRO) in Healthcare Awards. The Advancement Toward High Reliability in Healthcare Awards Program aims to recognize those who have shown initiative and commitment to the development of systems and processes that will help advance the Military Health System (MHS) towards its goal of becoming a safer, higher quality system that promotes a culture that encourages learning, sharing and continuous improvement.

The awards were presented in the following disciplines: Healthcare Quality, Patient Safety, Improved Access and Patient Engage-

ment. NMCP was recognized for two awards in the HRO Healthcare Quality category, two awards in the HRO Patient Safety category and another award in the HRO Improved Access category.

NMCP's Enhanced Recovery after Surgery (ERAS) – Establishment of Institutional Protocol as well as the Sustainment and Standardization of Perioperative Surgical Quality Improvements to Support a Medically Ready Force projects were recognized for the Healthcare Quality award.

For Healthcare Quality, the Surgical Services Safety Subcommittee implemented a standardized methodology for perioperative (PeriOp) process improvements called Responsible, Accountable, Consult and Inform (RACI). This engages front line staff to develop a uniform definition of the improved PeriOp process with accountability documented

and implemented.

“Our Main Operating Room and clinical staff had no standard documented process, so what this project did was help to identify communication problems and patient safety risks which can occur when you have high active duty staff turnover,” said Cmdr. Kerri Browne, Associate Directorate of Surgical Services.

NMCP's Short Term Opiate Prescribing and Intraoperative Therapy (STOP-IT) project and the Tissue Management Process project were both recognized for the Patient Safety award.

A STOP-IT Committee was established to educate, advise and direct patients and staff on opioid minimization strategies. The Tissue Oversight Committee presented a process that was implemented to make sure that tissue management was being handled and used safely.

“This award gives validation to the way that we established the program,” said Cmdr. Christopher Smith, orthopedic trauma surgeon and Tissue Oversight Committee chairman. “It brings to the light the standard of

excellence that NMCP has and the impact on Military Health System; the Tissue Oversight Committee received a best practice from The Joint Commission and was also endorsed by BUMED on safety.”

NMCP's Main Operating Room (MOR) Optimization project was acknowledged for the Improved Access award. The objective of the project was to implement sustainable process improvement changes that would optimize MOR performance. It demonstrated how a focused and determined team can maximize operating room utilization and subsequently reduce the surgical wait time for active duty service members by increasing the number of opportunities for surgeons to schedule cases in the main operating room.

“Receiving the award means that the MHS recognizes the efforts our team is taking toward attaining and sustaining high reliability in healthcare,” said Cmdr. Stuart Hitchcock. “The team is grateful for receiving the honor of this award, but also recognizes it as a charge to continue the initiative and identify new opportunities, which is exactly what we continue to do.”



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MCC David Holmes

Vice Adm. Mary Jackson, commander, Navy Installations Command, meets with Naval Security Forces personnel at Naval Air Station Pensacola. The NSF personnel were first on scene during the Dec. 6, 2019 active shooter incident on base.

CNIC | Jackson assures NSF officers the Navy will support them and their families

Continued from A1

Imagine what you have been through, but I do know for sure: You responded in such a miraculous manner, you saved people's lives."

Three Sailors were killed and eight individuals were injured during the shooting last week.

Department of the Navy police officers and Navy masters at arms were the first to respond, soon joined by deputies from the Escambia County Sheriff's Office, thanks to mutual aid agreements. These are a force multiplier, bringing additional response assets to such incidents. Combined and operating as a unified team, the responders saved lives.

"Our Sailors and Navy Civilians were in this fight from the beginning" Jackson noted later. "They responded as trained, went above and beyond, and did not shy away from danger."

Due to the ongoing investigation led by the FBI, many details cannot be released.

"I am very proud of the incredible professionalism of the Navy Security Forces," Jackson said. "We are indebted to each one of you. Protecting others is in your DNA, and that is why you are heroes."

Jackson said visiting the NSF officers who put their lives on the line was humbling, and she assured them the Navy would support them and their families.

NSF personnel are law enforcement and security professionals who are on watch 24/7 at Navy installations globally. They are armed, qualified, and trained to protect Sailors, families and all those who serve.



MCC David Holmes

Vice Adm. Mary Jackson, commander, Navy Installations Command, receives a brief from FBI Jacksonville leadership at Naval Air Station Pensacola.

Installation Navy Security Forces include both civilian and military personnel, who receive training before arriving at the installation. Navy civilian police officers complete the Federal Law Enforcement Training Course assignment, while Navy enlisted personnel attend the U.S. Navy Master at Arms "A" school. CNIC employs more than 3,600 civilian federal law enforcement officers and has approximately 6,300 Navy Master at Arms security and force protection professionals.

NSF personnel train regularly throughout the year for a variety of emergency situations, and training for an active shooter is embedded in both individual and unit level training. Maintaining the highest levels of proficiency and readiness is a priority for Navy Security Forces who protect our installations and personnel at installations across the country. The NSF also work and

train with local law enforcement and emergency services agencies so they have a coordinated response to any scale of security where minutes matter.

While at NAS Pensacola, Jackson also met with members of the Naval Criminal Investigative Service (NCIS), FBI and other senior Navy leaders during the visit. The FBI is leading the investigation with support from NCIS and the Escambia County Sheriff's Office.

"Our interests in returning to normal operations on NAS Pensacola do not supersede our desire for a complete and accurate investigation. You have our full support," Jackson said to the FBI. She thanked the multiagency investigative team for their thorough work.

In discussions with Rear Adm. Gary Mayes Commander, Navy Region Southeast, and NAS Commanding Officer, Capt. Tim Kinsella, Jackson reaffirmed her com-

mitment to ensuring Navy regional commanders and installation commanding officers have what they need to take care of the fleet, the fighters and their families.

Affected individuals can go to the Military Family Support Center. An Emergency Family Assistance Center has been established at the Fleet and Family Service Center (FFSC). FFSC has counselors to support witnesses, friends, family and base residents, at (850) 452-5990.

Counseling is available through the Chaplain's Office and the Navy Civilian Employee Assistance Program. A Navy special psychiatric rapid intervention team (SPRINT) is also in Pensacola to provide short-term mental health support to a commands.

The NAS Pensacola shooting is an active, ongoing investigation. If you have any information, please call: 1-800-CALL-FBI.

NMCP nurse receives DAISY award

By MC2 Kris Lindstrom
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

Amy McCullough, a Naval Medical Center Portsmouth (NMCP) registered nurse assigned to Inpatient Mental Health, was surprised with NMCP's DAISY Award during a ceremony Dec. 16. Capt. Lisa Mulligan, NMCP's commanding officer, and Capt. Dixie Aune, Directorate for Nursing Services, presented the award.

McCullough was nominated for this award by her longtime colleague, Dr. Gary Munn.

"RN McCullough and I have worked together on the Inpatient Psychiatry Units for about 13 years," Munn said. "She has been the RN assigned to my team with the most consistency. She is my most trusted nursing colleague."

In the award citation, it goes on to say that McCullough consistently incorporates the family's concerns and needs in her presentation of the patients' cases to the medical team. She is a fierce, yet respectful, advocate for them. She keeps family members

updated on their loved one's progress, and does so with finesse and discretion.

The DAISY gifts of appreciation include a certificate, an "Ask Me About the DAISY Award" pin, a daisy flower to put on the name badge, and a serpentine sculpture. The sculpture is hand-carved by the Shona tribe in Zimbabwe. They are especially meaningful, not only because they depict the embracing relationship nurses have with their patients, but also because of the profound respect the Shona people pay their traditional healers. Shona healers are affectionately regarded as treasurers by those they care for and this describes exactly how the DAISY Foundation, and the organization's partners, feel about nurses.

The DAISY Award was established by The DAISY Foundation in 1999 by the family of J. Patrick (Pat) Barnes, a patient who lost his life to the auto-immune disease ITP. Barnes' family wanted to recognize the incredible care that the nurses provided him before his death and created the award now embraced by healthcare organizations around the world.

During Pat's illness, his family was impressed by the clinical care, compassion and kindness his nurses brought to the bedside day in and day out. Following Pat's death, his family created the DAISY (an acronym for disease attacking the immune system) Foundation to say thank you to the nurses for the extraordinary care they pro-



MCC Kris Lindstrom

Amy McCullough, a Naval Medical Center Portsmouth (NMCP) registered nurse assigned to Inpatient Mental Health, was surprised with NMCP's DAISY Award during a ceremony, Dec. 16. Capt. Lisa Mulligan, NMCP's commanding officer, and Capt. Dixie Aune, Directorate for Nursing Services, presented the award.

vide patients and families every day.

As the U.S. Navy's oldest, continuously-operating military hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members and their families. The nationally-acclaimed, state-of-the-art medical center,

along with the area's 10 branch health and TRICARE Prime Clinics, provide care for the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman for future roles in healing and wellness.



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VFA-83 conducts five-man F/A-18E flyover

As a crowd of more than 70,000 fans prepared to watch Army take on Navy in Philadelphia, five aviators from Strike Fighter Squadron (VFA) 83 conduct the pre-game flyover. [See B4](#)

POSTHUMOUSLY AWARDED

NAVAL AVIATOR

ENSIGN JOSHUA KALEB WATSON



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MCI Paul L. Archer

THREE SHOOTING VICTIMS RECEIVE WINGS OF GOLD POSTHUMOUSLY

From Naval Air Training Command Public Affairs

PENSACOLA, FLA.

The Navy posthumously awarded Wings of Gold Dec. 10 to all three Sailors killed during the Dec. 6 shooting at Naval Aviation Schools Command aboard Naval Air Station Pensacola, Florida.

Acting Secretary of the Navy the Honorable Thomas B. Modly proclaimed Ensign Joshua K. Watson as a naval aviator, and Airman Mohammed S. Haitham and Airman Apprentice Cameron S. Walters as naval aircrewmembers, Dec. 10.

"It is my honor today to present the Wings of Gold to the families of these three American heroes who were among the first to respond to

horrific attacks upon our own naval family and tragically, were also our Sailors who made the ultimate sacrifice in protecting their brothers and sisters in arms," said Modly. "Although this authorization pales in comparison to their immense bravery in the line of fire, this winging represents the symbolic achievement of the coveted goal that all three came to Pensacola to accomplish: to join the long line of

naval aviators, flight officers, and aircrewmembers who have served the cause of freedom so valiantly for over a century. Airman Haitham, Airman Walters, and Ensign Watson represent the highest virtues of naval aviation, and undoubtedly belong in that great fraternity of selfless service to our Navy, our Department, and our Nation."

Chief of Naval Air Training Rear Adm. Daniel Dwyer oversees all undergraduate Naval Aviation training and is the designation authority for all naval aviators.

[See WINGS | B7](#)

Navy posthumously advances NAS Pensacola shooting victims

From Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

The Navy posthumously advanced Airman Mohammed S. Haitham and Airman Apprentice Cameron S. Walters to Naval Aircrewman Mechanical 3rd Class Dec. 12.

Haitham and Walters, along with Ens. Joshua K. Watson, were killed during the Dec. 6 shooting at Naval Aviation Schools Command (NAS) aboard Naval Air Station Pensacola, Florida.

"These sailors exhibited the finest warrior ethos and quick decision-making that undoubtedly saved many lives," said Act-

ing Secretary of the Navy Thomas Modly. "They took action when it was needed most, with the same skill and professionalism that they'd exhibited throughout their service to our nation."

Chief of Naval Operations Adm. Mike Gilday expressed similar sentiments: "These young Sailors represent the best of who we are as a Navy," Gilday said. "It is right and fitting that we posthumously advance them to petty officers."

Earlier this week, Modly proclaimed Haitham and Walters as naval aircrewmembers by awarding them their Wings of Gold. He also proclaimed Watson as a naval aviator, and awarded him Wings of Gold as well.

Naval Aircrewmen Mechanical are



U.S. Navy Photo

Airman Mohammad Sameh Haitham



U.S. Navy photo

Airman Apprentice Cameron Scott Walters

members of a fixed-wing integrated-tactical crew who perform primary in-flight and ground duties as aircraft flight engineers/crew chiefs, loadmasters, reel operators and aircraft readiness managers.

NASC provides an educational foundation in technical training, character devel-

opment, and professional leadership to prepare Navy, Marine Corps, Coast Guard and partner nation officers and enlisted students to be combat quality aviation professionals, and deliver them at the right time, in the right numbers, to be the forces their nation needs.

The evolution of gift giving

By Lisa Smith Molinari

Sometime after the Earth cooled – let's just say it was between a gazillion and a bajillion years ago – slimy little amoebas sprouted fins and then legs. And soon, critters of all shapes and sizes roamed the planet. Not too long after that (again, I'm a little foggy on the dates but feel free to Google it if you're a stickler for facts), hairy Homo Sapiens began squirreling away special rocks and animal pelts to present to each other as gifts.

I'm no archaeologist, but I'm pretty sure gift giving back in those days wasn't a holiday ritual. Darwin would probably tell you that exchanging gifts was a way humans ensured reproductive success and perpetuation of the species.

But let's not get into all that tedious history. Suffice it to say that, eventually, human beings and gift giving evolved into the wallet-busting tradition known today as "The Holidays."

While it's true that my husband, Francis, is unusually hairy and has been known to grunt, our gift giving ritual has progressed significantly from that of our cave-dwelling ancestors. However, I must admit that our family's holiday evolution has been marked with periods of barbarism, savagery and other primitive behaviors.

When Francis and I first married, we celebrated the holidays snuggled on our couch, whispering sweet nothings and exchanging meaningful gifts we charged on credit cards with \$1,000 limits, blissfully ignorant of the 23% interest rates.

Soon, I gave birth to our three children. Unable to contain our "Baby's First Christmas" excitement, we bought toys, clothes and tiny little rocking chairs, carefully wrapping them and placing them under the tree.

The rookie mistake we failed to realize was that babies are more interested in pulling ornaments off the tree and taking naps on Christmas. We could have saved ourselves a lot of time and money had we just bought them each a 97-cent bag of Wall-Mart bows to slobber on.

Then, the kids got older. Their developing brains were soon able to contemplate things



Boarding1Now

like St. Nicholas, the Christmas Miracle, and that the Star Wars Jedi Master Lightsaber requires three AAA batteries. Our kids' new level of consciousness meant that we had to hit the streets, elbowing fellow humans in a primitive race for the last Barbie Saddle 'N Ride Horse at Toys R Us.

If we survived the shopping, we nearly died of exhaustion on December 24th. After cookie baking, photos with Santa at the mall, an elaborate prime rib dinner during which the kids whined for boxed macaroni and cheese, church in the itchy outfits Grams sent, and a reading of our "T'was the Night Before Christmas" pop up book, we were forced to stay up until the wee hours wrapping gifts.

By 6:00 am when the kids woke us up, it was all we could do to grab a cup of coffee and witness the mayhem. Wrapping paper flying, we spent our last bit of energy removing hundreds of wires, zip ties and Fort Knox plastic packaging from the kids' new toys.

When our children became teenagers, they had evolved to use their advanced knowledge to take full advantage of the season. To

them, the "Magic of Christmas" was that they could manipulate us into buying them an Xbox One even though they got Cs in Chemistry.

Furthermore, even though they used to hate it when we gave them clothing for Christmas, it became crucial that our teenage children received lots of new clothes. Their entire social life seemed to depend on getting Superga platform sneakers, a puffer jacket, and a Carhartt beanie. Problem was, we never seemed to get them what they wanted. We learned to keep the receipts and braced ourselves for lots of eye rolling.

Despite it all, we know that the holiday is not just a Darwinian gift exchange ritual designed to perpetuate our species. It's a time of selfless generosity, when human beings gather to joyously celebrate with family and friends. And, as we remind ourselves of the ancient miracles that gave rise to our treasured traditions, we will heed the most important lesson of gift giving, which can be summed up in three simple words: Buy gift cards.

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MC2 Daniel Young

How to be healthy through the holidays

By Military One Source

Don't let the hectic holiday schedule and party foods derail your health, nutrition and fitness goals. Sure, you want to have fun, but not so much you regret it come New Year's Day. Stay committed with these tips for a healthier and happier holiday season.

BE COMMITTED

There is nothing more important than your health. Without it, you can't do all you need to for your loved ones so make a commitment to set and maintain your health goals.

- Commit to exercising at least 30 minutes a day, every day.
- Commit to eating a healthier diet.
- Choose to make these commitments a priority over the extra events you plan to attend this holiday season.

BE CHOOSY

Instead of thinking of how to cram in the exercise around your schedule, work your schedule around the exercise. You can choose to add in tons of extra activities and run around stressing about getting it all done, or you can choose to do fewer activities well and stress less.

- Say no to events and requests for help that will make your life too busy for healthy living.
- Say yes to the foods that are best for you and eat those first before selecting the less healthy dishes from the buffet table.
- Say yes to smaller portions of the foods with higher fat content.

BE FLEXIBLE

The holiday season tends to be busier and all the extra events alter your schedule from the norm. If your exercise class is at a specific time and you will miss it because of holiday parties or kid's recitals, then plan for another time and different activity.

- Rework your exercise options. Prepare for the busy times and bad weather with exercise that you can do from home.
- Reshape your workout from your regular 30-minute chunk to two 15-minute exercise sessions.
- Relearn to eat by grazing when presented with a buffet of rich and delicious holiday food. Take small portions of the various dishes so you have a little taste of everything.

BE CREATIVE

Find ways to combine your exercise and time with your friends and family. Get support for creative exercising and dining through your local Morale, Welfare and Recreation office.

- Catch some air. Gather your friends, siblings, parents or kids for a game of basketball, touch football, catch or kickball.
- Take a hike. If the kids or your significant other have a sports practice or music lesson, take that time to walk around the area instead of reading or gaming from your smartphone.
- Clean the house and stay physically active in one step. Imagine you are at the gym as you vacuum and dust. Have fun with your chores.
- Fuel up before you go. Drink plenty of water and eat some fruits or vegetables before you leave for the party. You won't need to eat as much once you're there.
- Trick your stomach. Use smaller plates when eating at a buffet. Bring sugar-free mints to pop as soon as you are finished with your meal. The mint helps curb the urge to munch.

You're not alone when you make the commitment to stay healthy. Contact a Military OneSource health and wellness coach for help developing a plan for exercise and healthy eating during the holidays. You can make an appointment for a phone, online or video session by calling Military OneSource at 800-342-9647. OCONUS/International? Click here for calling options.



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From Department of Defense

WASHINGTON

The Department of Defense has released the 2020 Rates for Basic Allowance for Housing, Basic Allowance for Subsistence, and Basic Pay. These rates will take effect on Jan. 1, 2020. Basic Allowance for Housing rates will increase an average of 2.8%, Basic Allowance for Subsistence rates will increase 0.9%, and Basic Pay will increase 3.1% over the entire force.

For Basic Allowance for Subsistence, enlisted members will now receive \$372.71 per month (an increase of \$3.32) and officers will receive \$256.68 per month (an increase of \$2.29). Specific Basic Pay rates are expected to be released via Executive Order shortly.

Balancing the growth in compensation costs, the 2020 Basic Allowance for Housing program continues the member cost-

sharing element (out-of-pocket expense). An estimated \$22 billion will be paid to approximately one million service members. Based on the authority provided in the fiscal 2016 National Defense Authorization Act, the cost-sharing element was increased to five percent for 2019. For 2020, a typical member will continue to absorb five percent of the national average housing cost by pay grade. The out-of-pocket amounts incorporated in the 2020 Basic Allowance for Housing rates vary by grade and dependency status, and range from \$68 to \$148 monthly. This rate computation change balances the growth of certain military pay and benefits in a fair, responsible and sustainable way. Even with these nominal changes, the overall military pay and benefits package remains robust and healthy.

Housing cost data are collected annually for over 300 military housing areas in

the United States, including Alaska and Hawaii. An important part of the Basic Allowance for Housing process is the cooperation from the services and local military housing offices in the data collection effort. Input from local commands is used to determine in what neighborhoods data is collected, and to direct the data collection effort towards adequate apartment complexes and individual housing units.

Median current market rent and average utilities (including electricity, heat and water/sewer) comprise the total housing cost for each military housing area and are included in the Basic Allowance for Housing computation. Total housing costs are developed for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. Basic Allowance for Housing rates are then calculated for each pay grade, both

with and without dependents.

An integral part of the Basic Allowance for Housing program is the provision of individual rate protection to all members. No matter what happens to measured housing costs – including the out-of-pocket adjustment, an individual member who maintains uninterrupted Basic Allowance for Housing eligibility in a given location will not see his/her Basic Allowance for Housing rate decrease. This ensures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area's housing costs decrease.

The department is committed to the preservation of a compensation and benefit structure that provides members with a suitable and secure standard of living to sustain a trained, experienced, and ready force now and in the future.

For more information on Basic Allowance for Housing, including the 2020 Basic Allowance for Housing rates and 2020 Basic Allowance for Housing rate component breakdown, visit <https://www.defensetravel.dod.mil/site/bah.cfm>. Service members can calculate their BAH payment by using the Basic Allowance for Housing calculator at: <http://www.defensetravel.dod.mil/site/bahCalc.cfm>.



The U.S. Navy's Flight Demonstration Team, The Blue Angels perform at the Blue Angels Homecoming Air Show Nov. 3 onboard Naval Air Station (NAS) Pensacola, Florida. NAS Pensacola, home to the Blue Angels and several aviation training commands, hosts the Blue Angels Homecoming Air Show annually.

BLUE ANGELS RELEASE 2021 SCHEDULE OF 75TH ANNIVERSARY AIR SHOWS

From Blue Angels Public Affairs

PENSACOLA, FLA.

The U.S. Navy Flight Demonstration Squadron, the Blue Angels, released the 2021 air show schedule at the International Council of Air Shows convention Dec. 10.

The Blue Angels are scheduled to perform 55 demonstrations at 29 locations in 2020 and 56 demonstrations at 29 locations in 2021.

The 2021 air show schedule announced is:

announced is:

APRIL

10-11 NAS Jacksonville, FL
17-18 Lakeland, FL
24-25 MCAS Beaufort, SC

MAY

1-2 NAS Corpus Christi, TX
8-9 Fort Lauderdale, FL
26-28 USNA, Annapolis, MD
29-31 Latrobe, PA

JUNE

5-6 Lake Charles, LA

12-13 La Crosse, WI
19-20 Niagara Falls, NY
26-27 Duluth, MN

JULY

3-4 Kansas City, MO
10 Pensacola Beach, FL
24-25 Fargo, ND
31-1 Eielson AFB, AK

AUGUST

7-8 Seattle, WA
14-15 Owensboro, KY
21-22 Chicago, IL
28-29 London, Ontario, Canada

SEPTEMBER

4-5 JB Cape Cod, MA
11-12 Off Weekend
18-19 NAS Oceana, VA
25-26 MCAS Miramar, CA

OCTOBER

2-3 Huntington Beach, CA
9-10 San Francisco, CA
16-17 Loveland, CO
23-24 Alliance Fort Worth, TX
30-31 Rome, GA

NOVEMBER

6 NAS Pensacola, FL

Demonstration sites are selected in support of Department of Defense objectives and in the interest of the armed services, with safety as the primary consideration. Performances greatly assist in recruiting and retention goals

for the military services, enhance esprit de corps among uniformed men and women, and demonstrate the professional skills and capabilities of the naval services to the American public and U.S. allies.

The mission of the Blue Angels is to showcase the precision and professionalism of the United States Navy and Marine Corps by inspiring a culture of excellence and service to country through flight demonstrations and community outreach. Since 1946, the Blue Angels have performed for more than 500 million fans.

For information about individual air shows, please go to each air show's official website. For more information about the Blue Angels, including the 2020 and 2021 air show schedules, visit <http://www.blueangels.navy.mil>.

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Staff Sgt. Erik Estrada

U.S. Naval Academy midshipmen run onto Lincoln Financial Field prior to the Army-Navy football game, Dec. 14, in Philadelphia, Pa. This year marks the 120th game between the military academies.

VFA-83 conducts five-man F/A-18E flyover at the 89th Army vs Navy football game

By MCC Michael Cole
Commander, Naval Air Force Atlantic Public Affairs

PHILADELPHIA, PENN.

As a crowd of more than 70,000 fans prepared to watch Army take on Navy in Philadelphia, five aviators from Strike Fighter Squadron (VFA) 83 conducted the pre-game flyover, Dec. 14.

The five-man F/A-18E flyover was led by Cmdr. Luke Johnson, VFA-83 Commanding

Officer, who is a 2002 graduate of the U.S. Naval Academy and is from Memphis, Tennessee. The storied Army-Navy game returned to Philadelphia for the 89th time in the game's 120-year history.

"While I have conducted many flyovers, this [was] my first time leading a flyover over a football game," said Johnson, who while attending the Naval Academy never imagined 17 years later he would get an opportunity to complete a flyover for such a storied game.

Lt. Timothy Dickson from Cleveland, Ohio and a 2014 graduate of the U.S. Naval Academy said he was honored to participate in the flyover for his alma mater.

"While growing up in Cleveland my dad would take me to airshows every year and I knew that I wanted to grow up to be a naval aviator and to now years later have an opportunity to conduct a flyover for this annual game is truly and honor," said Dickson.

Similar to Dickson, Johnson wanted to

serve in the U.S. Navy to follow in his father's footsteps who served in Vietnam flying an A-7 Corsair II.

"I knew growing up I wanted to follow a similar career path of my father, and to have an opportunity to serve in the U.S. Navy and become an aviator is an honor," said Johnson.

In addition to Johnson and Dickson, three other U.S. Naval Academy graduates participated in the F/A-18E flyover. They are Lt. Cmdr. Adam Mosley, who graduated from the Academy in 2006 and is from Augusta, Georgia; Lt. Cmdr. Sam Rykaczewski, who is a 2008 graduate from the Academy and is from Satellite Beach, Florida; and Lt. Cmdr. Nate Davey, who is a 2008 graduate of the Academy and is from Evergreen Colorado.

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EJ Hersom

U.S. Navy Lt. J.G. Tilman Dunbar drives to the net during the gold medal men's basketball with Lithuania in the 2019 CISM Military World Games in Wuhan, China Oct. 26. The U.S. team won silver.

TRAINING TO WIN

By Seaman Michael Flesch
USS George H.W. Bush (CVN 77) Public Affairs

PORTSMOUTH, VA.

Like many other military athletes, Lt. j.g. Tilman Dunbar, an engineering officer aboard the aircraft carrier USS George H.W. Bush (CVN 77), has been playing basketball so long it's almost a way of life. He trains every day, on and off the court, for that next win. Every time he dons the uniform to play, he does it with honor. When it's time to excel, he rises to the occasion and wins.

Dunbar, a member of the 2019 United States All Armed Forces Team, rose to such an occasion to win the silver medal in basketball at the Military World Games in Wuhan, China, from Oct. 18-27. During the two-week tournament, Dunbar played point guard and led the team as captain, ultimately losing to Lithuania 91-83, but still exceptionally representing the United States.

Started in 1995 by the International Military Sports Council, the Military World

Games consists of 31 sports and roughly 10,000 athletes from around the world. The games are considered the Olympics for the military.

"It was an amazing experience to be able to wear our nation's cloth and go against the world's best," Dunbar said. "We were competing against Olympians and professional athletes. Just being able to go toe-to-toe with those guys and win a silver medal was pretty memorable. We battled, but the ball didn't fall our way in that last game."

Dunbar spoke about his many years of playing basketball, including his achievements in high school where his team ranked top 10 in the country his senior year. He also mentioned his time at the U.S. Naval Academy and the USA team at the SHAPE International Basketball Tournament, where he won a gold medal.

"I've been playing basketball since I was three years old," Dunbar said. "I started point guard at the Naval Academy for four years. I

was able to represent the U.S.A. in Germany in 2016 after I graduated."

Dunbar spoke about the importance of working hard in the Navy and how keeping up with training can open doors.

"It goes hand-in-hand," he said. "You got to be motivated, you got to be dedicated, you got to persevere. There are a lot of times when you don't want to work out, you don't want to get better. If you skip that day, your opponent is probably training. That day could be the difference between winning and losing."

Dunbar understands it can be difficult to find motivation during the ship's current shipyard period.

"It's kind of a slower pace," Dunbar said. "You're not operational, but every day is a step towards us getting ready to get on deployment and be able to protect our nation. Each day we have to take a step in a positive direction and understand that there is a bigger goal in the future. We might not be able to see it now, but you have to work each and every day like that battle or that championship."

His colleague, Lt. Igan Peters, speaks highly of Dunbar and his outstanding work

ethic.

"He's is pretty hard charging," Peters said. "He's always on time, and he's always doing everything. I can always depend on him."

When asked what advice he would give to other Sailors interested in representing the Navy or the United States in sports he encourages any Sailor to make sure their Navy work is taken care of first.

"That's the only way the opportunity will be able to open up to you," Dunbar said. "Make sure you're getting your quals and make sure you're a hard charging Sailor. Those doors will open up to you. If you don't get it on your first try, keep persevering. Make sure you work hard each and every day; sharpening your skills, getting in the gym, and keeping your cardio up. If you really put your mind to it, it's available. Make sure your chain of command understands what your goals are, and put that work in yourself to realize that goal."

Dunbar says he will continue playing basketball and hopes to represent the Navy and the United States teams in future tournaments.



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Heroes of a different kind

By MC2 Russell Rhodes Jr
Naval Special Warfare Group TWO Public Affairs

NEW YORK CITY

“My mother was a warrior in every sense of the word – always sacrificing for her family, friends and the students she taught,” said Adam LaReau, a former Navy SEAL. “She faced her fight in the same way the SEAL Teams did across the globe. Although they were occurring in very different arenas, both battles required teamwork, sacrifice, and resilience in order to be successful.”

It was LaReau’s experience in the teams and his mother’s battle with cancer that inspired him to start One Summit, a non-profit that builds resilience in kids battling cancer through experiential learning with members of the Naval Special Warfare (NSW) community.

“My mom was diagnosed right before I graduated from BUD/S. A year and a half later, while on my first deployment, I got word that she had passed away. Once I returned home, I wanted to learn more about the disease that took my her and do what I could to help others enduring the same challenges. I started volunteering and soon came across a group of young warriors facing similar cancer battles as my mother, yet far too young to have the life experiences to draw upon as they went through treatment. Ultimately, I realized that the skills these kids needed were the very skills the NSW community was built upon. Nine years after my mother passed, I began to transition from the military and act on the idea of bringing these two groups of warriors together. My two worlds finally collided at our first ‘Climb for Courage’ event in Boston in 2013.”

One Summit’s “Climb for Courage” curriculum is focused around a not-so-simple task: rock climbing.

“We do a one-to-one or one-to-two partnership, depending on the family’s interest, and they go through a curriculum of teamwork, problem solving, and various skills of a Navy SEAL,” said One Summit Executive Director Dianne Lynch. “We teach these skills to the kids and try to help build resiliency as they go through their cancer journey and beyond.”

“Rock climbing is pretty humbling and if you spend any time on the wall you’ll understand you fail a lot more than you succeed,” said one active-duty SEAL that has volunteered with One Summit since its inception. “You can take a pretty arduous task, a much larger problem and walk through all the phases of solving a problem. You go from chunking it out, using teamwork, having resiliency, and finally coming out the back end feeling like you’ve accomplished something at the end of the day.”

One trait that the One Summit crew preaches and instills in their participants above all is resiliency.

“Resiliency is the ability to go through something difficult and to be able to bounce back, to recover from a difficult experience,” said Lynch. “That’s really the goal of the whole program: to teach kids to become stronger, regardless of what they’re facing through the really simple idea of climbing a rock wall.”

“Most charities try to provide an experience to these kids to take their minds off of the day-to-day struggle of dealing with cancer,” said Eric Sterling, a father of a One Summit participant from last year. “One Summit is a reminder that the challenges in front of you can be conquered one step at a time.”

For Sterling, the time his children spent with One Summit goes beyond the lessons learned on the rock wall with the SEALs.



MC2 Russell Rhodes Jr

Members assigned to Naval Special Warfare (NSW) participate in the annual “Climb for Courage” by One Summit, a non-profit that builds resilience in kids battling cancer through experiential learning with members of the NSW community, in New York City, Oct. 12. The mission of NSW is to provide maritime special operations forces to conduct full-spectrum operations unilaterally, or with partners, to support national objectives.

“I think that when kids who are of school age go through cancer treatment they feel alienated and different from the other kids,” said Sterling. “When a child gets to participate in an event like this they are given the opportunity to do something healthy kids are doing all the time. I know that doing these activities with the SEALs is completely unbelievable and an opportunity of a lifetime, but for the kids its simply an opportunity to be a kid for an afternoon.”

An aspect that One Summit feels is central to their “Climb for Courage” is that the experience is not limited to just one afternoon. The SEAL’s role as a mentor is meant to continue after “Climb for Courage” and throughout the child’s life.

“With One Summit you’re establishing a relationship with that kid, with his family, with the doctors, so that you’re an outlet; someone else they can go to when they’re struggling with school or treatments,” said a seasoned One Summit SEAL volunteer. “As much as I talk to the kids after these events, I talk as much, if not more, to the parents. A lot of them don’t know how to deal with bad news. A lot of them don’t know how to talk to their kids when they’re struggling. What you give them inside of this program is that long, enduring relationship with their family.”

“My mentee already asked me if I’m coming back next year and his brothers were asking my platoon mates whether or not they’re coming to their birthday,” said a SEAL volunteering for the first time with One Summit. “We spend four hours with these kids and we’re already bonding.”

One Summit has expanded outside of Boston, hosting climbs in New York City and San Diego, in addition to a slew of other events throughout the year for mentors and mentees to help nurture that relationship and sense of community.

“We’ve come a long way since that very first “Climb for Courage” in 2013,” said LaReau. “We’ve added other support initiatives, such as our community engagement program and storytelling pillar. We’ve worked hard to bring in the resources required to enhance our impact. Although we’ve hosted 14 ‘Climbs for Courage’ and impacted more than 350 patients and siblings, and over 200 mentors, we feel we’re just getting started.”

That’s exactly what everyone involved with One Summit feels: that the organization is just getting started. With plans to host a “Climb for Courage” in Virginia Beach,

VA in 2020, LaReau and Lynch are optimistic that One Summit will continue to provide a unique service to two unique communities.

“It’s hard to predict how the needs of the cancer and military communities will evolve over the next three to five years, but our approach will remain the same: to listen and adapt to the feedback we receive from those who are in the trenches each day – whether that is our little warriors, mentors, families, the Child Life Specialists at our partner hospitals, community sponsors or other members of the One Summit community,” said LaReau. “Collectively, they provide a constant stream of ideas and strategies aimed at deepening our impact and success, but they also inspire us to ask ourselves the tough questions. Questions like: ‘Where are the gaps in support?’ and ‘How can we fill in the seams?’

This approach prompted us to begin the process of writing a children’s book and kick-off an independent research study into the ability of our program to facilitate post-traumatic growth across our community of warriors. Moving forward, we’ll continue to listen to our community and ask the tough

questions as we work to identify appropriate avenues for growth.”

With all that One Summit is working on, at the core it is still about the “Climb for Courage” and Navy SEALs committing their time to help kids and families develop a mindset that will help facilitate growth through the various stages that accompany a diagnosis such as cancer.

“For my kids, who have grown up idolizing super heroes, spending time with the team in One Summit gives them the opportunity to meet and spend time with real heroes,” said Sterling.

Through their role as mentors, these “heroes” provide a source of courage and strength when and where it is needed most. But its clear they also get something in return from the opportunity to serve and support “heroes” of a different kind – ones that may be smaller in size, but not in fight.

This desire to “never give up” shared by One Summit’s like-minded warriors has resulted in countless of stories of resilience, with many still waiting to be written.

For more information or to find out how you can get involved, visit www.onesummit.org.

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79 LIVES

By MC3 Class Mitchell Banks

ATLANTIC OCEAN

Suicide is one of the leading causes of preventable death in the Navy and is often only recognized once it's too late. The aircraft carrier USS John C. Stennis' (CVN 74) suicide prevention coordinators (SPC) set up a suicide awareness memorial in the hangar bay, Dec. 5, with a goal to bring awareness to the issue. As a supportive community, all members within the Navy can find value in looking out for one another and maintaining the "ship, shipmate, self" mentality as a way to create a healthy and compassionate environment.

The display consisted of 79 pairs of white boots representing the 79 Sailors who took their own lives 2018. The display remained in the hangar bay to remember our fallen shipmates.

Anyone who has been affected by suicide was encouraged to fill out a note and drop it into a pair of boots, a means to remember victims of suicide.

The SPCs adopted the idea for the display from the Naval Station Norfolk clinic and decided it could be helpful to bring aboard as well.

"We arranged to receive the boots from the base clinic," said Chief Aviation Ordnanceman Robert Ross, one of the ship's SPCs. "We wanted to present a similar dis-

play on our ship to show support and solidarity with our shipmates who are struggling with hard times and as a remembrance to those who have taken their own lives."

Memorials like this can serve as an impactful method to shed some light on the reality of suicide and act as a touch-point of support for anyone who may be going through a stressful period in their lives.

"The purpose of the memorial is two-fold, as a remembrance of the 79 Sailors who took their own lives and also to make others aware of the impact of suicide," said Ross. "Also to help our members understand that there are people out there who care about them and their families, and that there are people who want to listen to their story and what they have to say."

The SPCs have positive expectations for the future and are hopeful to see our Sailors seek out struggling shipmates.

"Our goal is to motivate the crew to be vigilant and to seek out Sailors that may be exhibiting at-risk behaviors and pull them into the fold and get help," said Lt. Bryan Laroche, one of the ship's SPCs. "It is our hope that by reinforcing the crew's unity as a family, it will help those that may be considering suicide feel more comfortable about coming forward and getting help."

The awareness gained from the memorial can prove to be advantageous to the ship's crew by being proactive and seeking out methods and training that they can accrue within their ship and department, such as safeTALK, a half-day class taught every

month aboard the John C. Stennis through the Command Religious Ministries department (CRMD).

"We sought to bring awareness to the safeTALK training program we have offered for our departmental suicide prevention coordinators, and empower them to share their newfound skills and experiences with their respective departmental and divisional leadership," said LaRoche. "As the program continues to grow, we intend to have a designated and trained SPC within every division."

The SPCs also hope to see crew members becoming knowledgeable and well-versed in the Navy's SAIL (Sailor Assistance and Intercept for Life) program, a voluntary program that quickly provides support during the stressful period after a suicide-related behavior (SRB).

"The ship benefits by having a better trained crew able to intervene with proven techniques to help Sailors recover from danger," said LaRoche. "In addition, we have a robust system to aid Sailors that are at risk through the Navy's SAIL program."

The memorial has already received a positive response and a number of notes have been left in boots.

"The turn out and response from the crew has been overwhelmingly positive and supportive. We have collected a lot of notes and plan to display them on the mess decks for the crew to see how suicide impacts others and their lives," said Ross. "This has been a pretty big undertaking, it all looks very

simple but it has taken coordination with several departments to make this a success and we really appreciate the outpouring of support and help with this very important topic."

Although this memorial is highlighting negative experiences, it has shown to be a very encouraging and uplifting involvement that the SPCs can be proud of.

"It is a privilege to be a part of a fantastic team of Sailors," said LaRoche. "We are pushing initiatives to get this program off the ground and keep us busy well into the next year, and we have received an amazing response from the crew in the form of volunteers and individuals reaching out to us just to find out ways they can help or receive training."

The John C. Stennis' SPCs and CRMD have a plethora of outlets and training that Sailors are encouraged to utilize in order to further their knowledge and abilities to respond to at-risk individuals.

The SPCs are also urging Sailors that might be experiencing high levels of stress stress to come forward and speak with someone and to let someone know what's going on in their lives, to give the opportunity to receive the care and help they need.

For more information on how to become a suicide prevention coordinator or to get more training on the topic of suicide contact the CRMD at 7463.

The John C. Stennis is conducting routine operations in support of Commander, Naval Air Force Atlantic.

NSWC Dahlgren engineers mentor students to first place to combat homelessness

From NSWC Dahlgren Division Public Affairs

RICHMOND

How can we shape a better future for everyone? This was the question challenging students at the 2019 FIRST Lego League City Shaper Challenge.

The Robot Engineers – comprised of 10 grade-school students from metro-Richmond – responded by focusing on solutions to combat homelessness at the FIRST (For Inspiration and Recognition of Science and Technology) sponsored event.

Naval Surface Warfare Center Dahlgren Division (NSWCDD) employees, Serita Seright, Joycelyn Josey-Harris and Tiffany Owens, mentored the students as they designed and developed the robot, performed research in support of the innovation project, and created weekly team building activities.

"It's a labor of love working with the team and I enjoy seeing the kids grow and progress throughout the season," said Owens, an NSWCDD engineer who won a Women of Color Magazine Community Service Award for her success with inspiring and mentoring students throughout Virginia. "It's interesting to watch their hesitancy at the beginning of the season – since the robotics team may be something their parents made them do – to later in the season when they look forward to the robotics team meetings and progress in various activities with the new friends they have made. The students gain so many skills out of the FIRST Lego League program that they can apply to so many areas of their life."

Since the community-based team of elementary and middle school students from public and home schools could meet only once a week, NSWCDD mentors gave them homework to help improve their skills and accomplish the team's goals.

"What I've learned from our team is that creativity is the fuel for their passion, and our goal is to provide a place where their ideas are always welcome," said Seright, an NSWCDD engineer who was honored with its Professional Member of the Year award in 2016 for leadership impacting the National Society of Black Engineers' mission.

The students – participating in the Glen Allen Regional Tournament at Deep Run High School in Richmond on Nov. 3 – competed against other grade-school teams in the Robot Game, Innovation Project, and



Members of the FIRST Lego League team called 'The Robot Engineers' are pictured during the Glen Allen Regional Tournament held at Deep Run High School. The team – comprising ten grade-school students from multiple public and home-school districts in metro-Richmond – received the first place Innovation Project Award for their solution to combat homelessness. Naval Surface Warfare Center Dahlgren Division employees Serita Seright, Joycelyn Josey-Harris and Tiffany Owens helped mentor the team.

“Our hope is that we sparked an interest in STEM that continues as the students participate in FIRST Lego League and other STEM oriented programs. The FIRST Lego League is a program that supports children and youngsters in order to introduce them to science and technology in a sporty atmosphere.”

Tiffany Owens

Core Values categories.

The Dahlgren-mentored team received the first place Innovation Project award for their Portable Backpack Shelter or PBS.

As a part of the Innovation Project category, the team presented a five-minute brief, explaining their solution to combat homelessness. The setting of the skit was based on observations at Monroe Park in Richmond, a location that students on the team were familiar with.

"Our hope is that we sparked an interest in STEM that continues as the students participate in FIRST Lego League and other

STEM oriented programs," said Owens. "The FIRST Lego League is a program that supports children and youngsters in order to introduce them to science and technology in a sporty atmosphere."

The FIRST Lego League's objective is to make children and youngsters enthusiastic about science and technology; equip them with the idea of team spirit; and encourage them to solve complex tasks in a creative way.

"When students are engaged in hands-on STEM experiences, they build confidence, grow their knowledge and develop habits of

learning. When adults coach these students, they encourage them to try, fail, and try again, while connecting STEM concepts to real-world examples," according to the FIRST website, <https://www.firstinspires.org>. "FIRST Lego League is the most accessible, guided, global robotics competition, helping students and teachers to build a better future together. The program is built around theme-based Challenges to engage children ages 9 to 16 in research, problem solving, coding, and engineering. The foundation of the program is the FIRST Core Values, which emphasize teamwork, discovery, and innovation. Students emerge more confident, excited, and equipped with the skills they need in a changing workforce."

The Department of the Navy provides learning opportunities from elementary school through graduate school to inspire and cultivate a diverse pool of exceptional STEM talent. Navy programs connect STEM education in the classroom to the excitement, skills, and challenges that come with safeguarding the United States. NSWCDD supports the Navy's STEM efforts by participating in a variety of STEM program areas.

WINGS | Heroism got three Sailors promoted Naval to aircrewmembers after Pensacola shooting

Continued from B1

"The selfless acts of heroism displayed by these young Sailors the morning of Dec. 6 are nothing short of incredible," Dwyer said. "They each embody the warrior ethos we expect and require of all wingmen. There is no doubt in my mind they each would have led

the charge in their respective Naval Aviation careers. We are deeply saddened by this tragedy and our hearts are truly with the families and friends of our Shipmates."

Commander, Naval Air Forces Vice Adm. DeWolfe H. Miller III is responsible for all Naval Aviation units. He expressed his condolences to the families of the Sailors and spoke

of their bravery in the face of mortal danger.

"Ensign Watson, Airman Haitham and Airman Apprentice Walters are heroes," Miller said. "Their actions and sacrifice embodied the competence, courage and character of those who wear Naval Aviation Wings of Gold. These wings were presented in honor of their brave actions and in everlasting memory of their sacrifice."

Student naval aviators are selected based on their aptitude for flight training. A recent U.S. Naval Academy graduate, Watson possessed

the education, skills, and tenacity required of naval aviators and was set to begin the rigorous training toward earning his coveted Wings of Gold. Naval aircrewmembers, often said to be the Navy's "guardian angels," undergo some of the Navy's "most physically challenging training. Candidates must be comfortable in the water, and pass demanding physical fitness standards. Both Haitham and Walters possessed the strength, skill, and determination required of the Navy's aircrewmembers.



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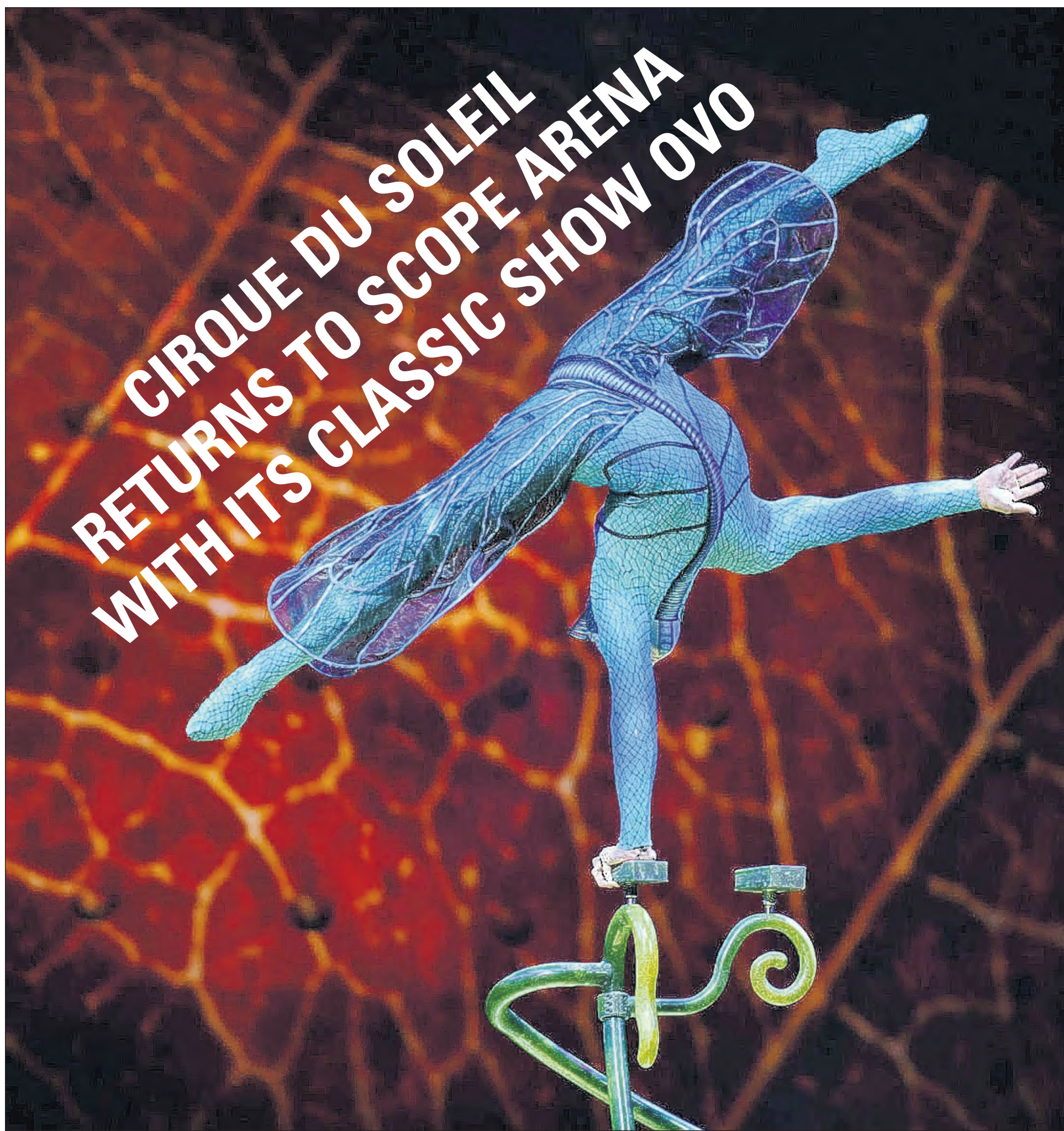


Immigrant son Edred Utomi stars in the Broadway National Tour of 'Hamilton'

Edred Utomi is in his element. Embracing the role of a lifetime, and channeling his Nigerian roots, he brings a fresh interpretation to his role as Alexander Hamilton.

See **C2**

SECTION C | FLAGSHIPNEWS.COM | 12.19.2019



Cirque du Soleil

By Yiorgo

After a triumphant tour in South America, the international sensation “Cirque du Soleil” is making its first North American stop with its classic show ‘OVO.’ It’s scheduled to open in Norfolk at the Scope Arena for five shows Dec. 27- 29.

OVO premiered in Montreal in 2009 as a Big Top Show. Since then, over six million people have seen the show worldwide. In 2016, OVO was adapted as an arena show and has toured in 22 different countries in Europe, North America and South America.

OVO means “egg” in Portuguese and it is about a day in the life of a community of insects. This amazing show is performed by 52 artists from 15 different countries. The show is comprised of 100 seasoned cast and crew

who bring the flavor of the European-style circus to our own back door.

One of those talented “insects” is portrayed to perfection by Dominic Barge. In all, there are 17 different species of insect that viewers will encounter in OVO. Led by the three “principals” — the ladybug, the fly and the beetle, the ensemble includes crickets, scarabs, butterflies, red ants, flies, fireflies, silver spiders, dragonfly, black spider, red spider, white spider, mosquitoes and wood insects.

“I play a cricket with giant cricket legs. I had to learn how to move like a cricket. Once I am on stage I am not a human anymore, I become that cricket,” Barge said.

Barge can trace his roots to Norfolk. Although he was born and raised in

» See **CIRQUE | C3**

Virginia Opera presents Rossini's Cinderella (La Cenerentola)

From Virginia Opera

NORFOLK

Virginia Opera, The Official Opera Company of the Commonwealth of Virginia, is pleased to announce the third opera in the company’s 2019-2020, 45th anniversary season with the main stage production of composer Gioachino Rossini’s Cinderella (La Cenerentola). The two-act opera will enjoy a full statewide run with Friday, Sunday and Tuesday performances (January 31, February 2, 4, 2020), at the Edythe C. and Stanley L. Harrison Opera House (Norfolk); Saturday and Sunday, (February 15 & 16) performances at George Mason University’s Center for the Arts in (Fairfax); and Friday and Sunday performances (February

21, 23) at the Carpenter Theatre at Dominion Energy Center, (Richmond). Last performed by Virginia Opera in 1990, Cinderella is sung in Italian with English Super-titles.

Following the success of The Barber of Seville — and eclipsing its popularity with the public after its premiere in 1817 — Rossini’s unique take on the fairytale of Cinderella (La Cenerentola) is both full of the familiar joys of its namesake, while also being imbued with the singular revelations the then twenty-five-year-old Rossini brought to its storyline, music and staging. Set in Rossini’s vision of eighteenth-century Italy, the downtrodden heroine rises to

See **CINDERELLA | C4**



Jimmy Lawlor courtesy of Virginia Opera

Calendar

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



Virginia Arts Festival

Vienna Boys Choir

- Dec. 20, 7:30 p.m.
- Harrison Opera House
- <https://secure.vafest.org/870/872>

Audiences and critics worldwide have praised the gifted singers of the Vienna Boys Choir for their celestial voices, rapturous harmonies, pure tone, irresistible charm, and, above all, a wide ranging repertoire spanning centuries. Season after season, the sound is unique, with new young voices to discover, and fresh new harmonies to savor. Founded in 1498, this fabled choir served at the pleasure of emperors for centuries, performing for the royal court in Vienna. Today, the Choir includes 100 choristers from 31 nations, all between the ages of ten and fourteen; performing in smaller groups, the boys give 300 performances each year, across Europe as well as Asia, Australia, and the Americas and among the most eagerly anticipated are their holiday concerts. Add this unforgettable event to your holiday calendar.



Courtesy photo

Painting with Baby Goats in Christmas Sweaters

- Dec. 22, 1-3 p.m.
- Waterside District
- <https://www.facebook.com/events/450878119164263/>

Are you looking for a unique Christmas date with that significant other? Are you looking to score major Christmas brownie points with your family, kids or grand-kids? Look No Further! Painting with Baby Goats in Christmas Sweaters @ Waterside!!!!while drinking Beers, Spirits and eating yummy food! (Who could ask for anything more?) The theme for this event is Ugly Christmas Sweaters. Everyone is encouraged to wear their Best Ugly Christmas Sweater! Really Great Prizes will be given out.



Courtesy photo

Handel's Messiah

- Dec. 19-21
- Regent University, First Baptist Church, Harrison Opera House
- <https://virginiasympphony.org/handels-messiah/>

As legend has it, divine inspiration may have played a hand in Handel's 1741 composition of what has become his most famous work. Not only did he write the massive score in just over three weeks' time – there is a long-held story that the popular "Hallelujah" chorus was itself inspired by a vision of heaven and its angels revealed to Handel as he wrote it. The VSO will be joined by our outstanding VSO Chorus and four fabulous soloists for this holiday masterpiece.



Courtesy photo

Garden 2.020 Fun Run

- Jan. 1, 4-7 p.m.
- Norfolk Botanical Garden
- <https://norfolkbotanicalgarden.org/events/garden-2020-fun-run/>

Kick off the New Year in a fun, healthy way. Run through 2.020 miles of spectacular light displays in the most beautiful place in Coastal Virginia – Norfolk Botanical Garden!

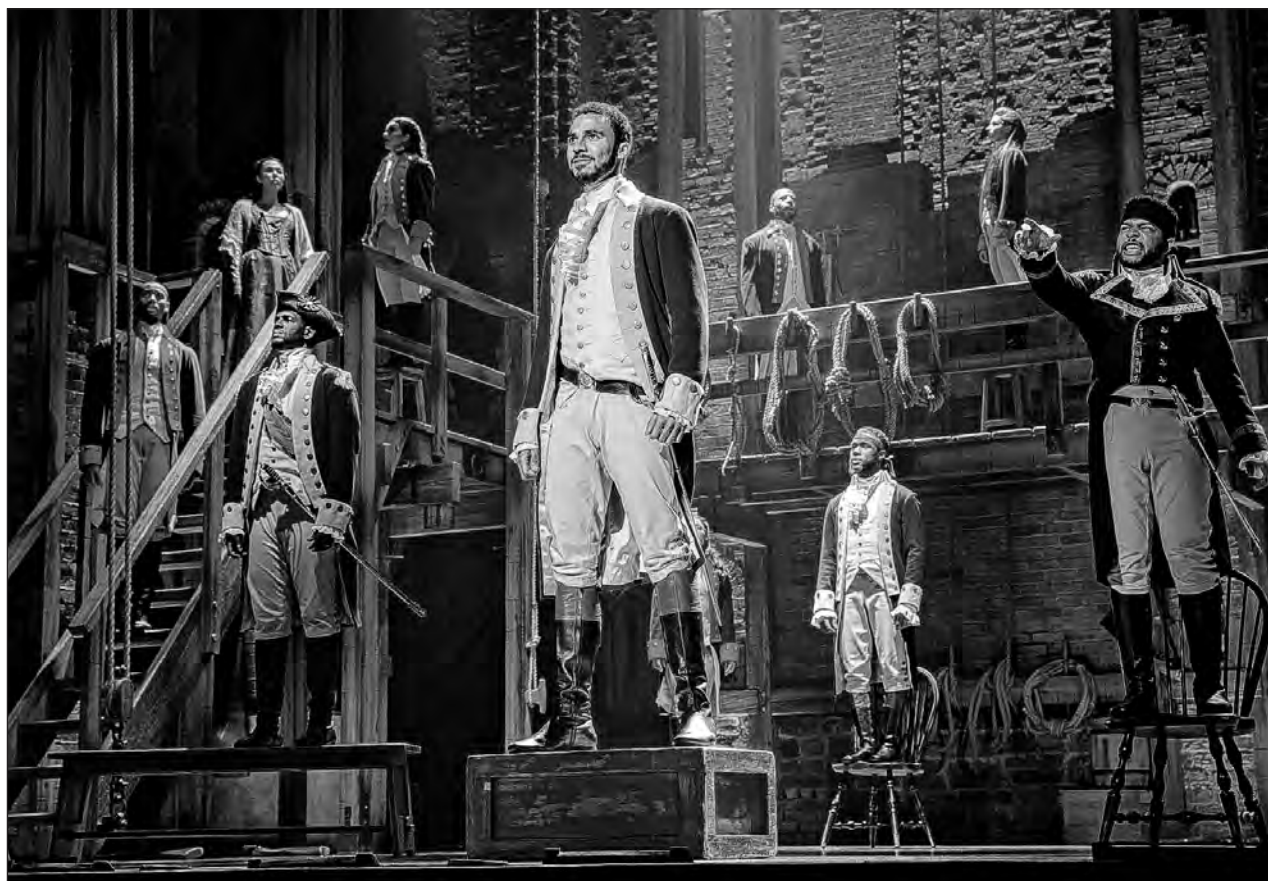
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Courtesy of Hamilton

Immigrant son Edred Utomi stars in the Broadway National Tour of 'Hamilton'

By Yiorgo

Edred Utomi is in his element. Embracing the role of a lifetime, and channeling his Nigerian roots, he brings a fresh interpretation to his role as Alexander Hamilton. Hamilton himself was an immigrant, having been born in the British West Indies and coming to America as a teenager.

"My connection is the immigrant side of it," said Utomi. "My parents are Nigerian immigrants so I draw a lot of my performance on what I saw growing up. I saw my parents going through certain situations. Even the mindset of being in a situation and how my parents would interpret that."

"I also grew up listening to a lot of rap and musical theater. Those were my two worlds. Musically, I draw a lot from that."

At the 2016 Tony Awards, 'Hamilton' received a record setting 16 nominations, winning 11 awards, including Best Musical. Also in 2016 it received the Pulitzer Prize for Drama.

When asked as to why he thought this play is so successful, Utomi was quick to respond, "At the core, this is a rags to riches story. The idea that somebody who comes from nothing makes something of themselves. That

is a universally accepted theme. That's something people connect with especially when they see the show in its entirety."

Although it's hard to believe, when I mentioned to a friend that 'Hamilton' the Broadway National Tour was in town at Chrysler Hall through December 29th, I was surprised to find out that he was not familiar with this masterpiece of musical theater. So I posed this question to Utomi: How would you describe the show to someone who has not seen or heard of it before?

"It's the story of Alexander Hamilton told through the medium of hip hop, theater and some jazz music presented by some non traditional casting. It's the story of America then, told by the people of America now. They were all white, but nowadays in America we have all types of nationalities."

In regards to 'Hamilton', something very exciting is going to happen to over 2200 students from Title I schools. The Hamilton Education Program offered by the Gilder Lehrman Institute of American History is making it possible for some Hampton Roads students and teachers, along with others as far away as

Annapolis, Raleigh and Princeton to attend the matinee performance at Chrysler Hall on December 19th.

The students have spent the last several weeks studying America's Founding Fathers through a special integrated curriculum. It will culminate with an experience of a lifetime. Not only will they see the musical 'Hamilton', but the students will participate in a Q&A with some members of the 'Hamilton' company. If that is not enough, some students will perform on the Chrysler stage an original work infusing rap, songs, poetry and monologues that they created based on their classroom lessons.

For this student matinee performance, creator Lin-Manuel Miranda and producer Jeffrey Seller worked closely with the Rockefeller Foundation to make sure the show is easily accessible by making tickets available for \$70.00, \$60.00 of which is paid for by the Rockefeller Foundation. Thus it costs each student only \$10.00 (or a Hamilton).

The nonprofit Gilder Lehrman Institute of American History is dedicated to promoting knowledge and understanding of American history through educational programs and resources. For more information: www.gilderlehrman.org, www.Facebook.com/gilderlehrman, www.instagram.com/gilderlehrman, and www.twitter.com/Gilder_Lehrman.

For tickets and dates go to <https://www.sevenvenues.com/events/detail/hamilton>

Multi-media personality, Bobby Bones, returns to the Sandler Center with his musical comedy band

From the Sandler Center

VIRGINIA BEACH

Early in the mornings, you can hear Bobby Bones on US 106.1 in Hampton Roads on the nationally syndicated radio show, the Bobby Bones Show. Thanks to his fiercely devoted fanbase, Bobby Bones and his musical comedy band Bobby Bones & The Raging Idiots have hit the road with their brand-new tour "It's Just The Two Of Us (...Sorry)". Bobby Bones and Eddie Garcia are described to "throw one of the best parties" (Sounds Like Nashville). Prepare to be entertained by Bobby Bones & The Raging Idiots on Saturday, January 18 at 7:00 PM.

Tickets are on sale and can be purchased at YnotTix.com, by calling 757-385-2787, or visiting the Sandler Center Box Office located at 201 Market Street, Virginia Beach, VA 23462. Tickets are priced at \$38.50 in advance and \$43.50 day of show. A VIP package priced at \$88.50 is available to purchase which includes a seat and a meet & greet with Bobby Bones. Only 25 VIP tickets are



Courtesy of the Sandler Center

available to purchase, 15 for the pre-sale and 10 for the on sale. To receive the pre-sale code to purchase tickets before the general public, join the Sandler Center Cyber Club at SandlerCenter.org/connect/email-sign-up. The pre-sale for this show will be Thursday, December 12, 10 AM-10 PM.

Bobby Bones & The Raging Idiots hit the stage playing fan-favorites and other new music from their recently released EP. Bobby Bones & The Raging Idiots' most recent release, EP Live From Boston, follows the fan-favorite The Next Episode, #1 debut EP The Raging Idiots presents – The Raging Kidiots, as well as their #1 comedy album The Critics Give It 5 Stars. The Raging Idiots have raised millions for charities and sold out several shows, sharing the stage with Jason Aldean, Dierks Bentley, Garth Brooks, Brad Paisley, and Toby Keith.

Bobby Bones, Vice President, Creative Director of iHeartCountry, is the host of the nationally syndicated radio

show, The Bobby Bones Show, which broadcasts to almost 150 stations and is the #1 Country morning show with millions of weekly listeners. The show recently garnered its third ACM Award for National On-Air Personality of the Year, two Country Music Association awards for National Broadcast Personality of the Year, and earned Bones the title of youngest-ever inductee into the prestigious National Radio Hall of Fame. The "media multitasker" (Billboard) also launched his own podcast, BobbyCast, which features candid long-form interviews with top artists and industry figures. The podcast's overwhelming success has paved the way for Bones to launch the Nashville Podcast Network, an eclectic collection of podcasts from a variety of Nashville-savvy hosts, giving listeners an inside look at the lifestyle and pop culture in Nashville. Bones recently won Season 27 of ABC's Dancing with the Stars has returned to the latest season of ABC's American Idol as the official in-house mentor.



Cirque du Soleil

OVO | Live band dressed as cockroaches features exceptional Brazilian music

Continued from C1

Colorado Springs, Colo., his father, the famed musician Leon “Tiny” Barge of ‘Tiny Barge and The Big Chill,’ was born in Norfolk and some of the family still lives here.

“I’m really looking forward to performing in Norfolk,” said Barge. “Our show is definitely unique. It is still a circus in essence but on a much bigger scale and it’s so much more – a musical theater show with tremendous singers, a dance performance with intricate choreography, high energy acrobatics, juggling, aerial artists and more. It takes the audience into a whole new level, awakening senses that they have never experienced before at all.”

Both the director and composer of the score for the show are Brazilian where Por-

tuguese is the native language. Composer Berna Cappas combines the familiar sound of bossa nova and samba with funk and electronic music. A band of real live musicians, dressed as cockroaches, accompanies the spectacle. As the music is live, the musicians have to adapt to what is happening on stage at every minute. The band features 11 different instruments – the percussionist has a starring role, performing on no less than 30 different instruments.

“The music in ‘OVO’ is Brazilian based and with our main percussionist being Bra-

zilian, we are as authentic as it gets,” Barge said. “The music is really exceptional. Each act has its own original music created for this show. We cannot wait to perform for all the great people in the Hampton Roads area”.

For tickets and info go to <https://www.sevenvenues.com/events/detail/cirque-ovo>

Yorgo 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.

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Something in the Water 2020 announces lineup

By Amy Poulter
The Virginian-Pilot

Post Malone, Chance the Rapper, Tyler, the Creator, Migos, A\$AP Rocky, Pharrell and Friends, and Playboi Carti are headed to Pharrell Williams's Something in the Water music festival in April, organizers announced today.

The announcement was made this morning at Princess Anne High School in Virginia Beach, the alma mater of Pharrell Williams, the festival's organizer.

Also in the lineup: Foo Fighters, Usher, H.E.R., Clipse, Nelly, Trey Songz, Tierra Whack, Gunna, Snoh Aalegra and more.

The festival — which will more than double, from three days to seven — is slated for April 20-26.

The full lineup, thus far, is: A\$AP Rocky, Baby Rose, Bae Worldwide, Banks, Beck, Brittany Howard, Buddy, Chad Hugo, Chance the Rapper, Clipse, EarthGang, Foo Fighters, FriendsWithYou, Global Citizen, Gunna, H.E.R., Jaden Smith, Jozzy, JR, Kali Uchis, KAWS, KP The Great, LANY, Lauren Jauregui, Leon Bridges, Lil Tecca, Lil Tjay, Love Mansuy, Mahalia, Major Lazer, Mereba, Metro Boomin, Migos, Nelly, Nickelus F, Noodles, Pharrell & Friends, Playboi Carti, Pop Smoke, Pop-Up Church Service, Post Malone, Quinn XCII, Rema, Rico Nasty, Sabrina Claudio, Snoh Aalegra, SoSuperSam, Tank and the Bangas, The Head and the Heart, Tierra Whack, Trey Songz, Turnover, Tyler, the Creator, Usher, Venus X, Wale and the Backyard Band, 070 Shake, 6LACK and 99 Neighbors.

Pharrell wasn't at the school for the announcement, but students at all 12 high schools in Virginia Beach were the first to know who will headline next year's festival.

At Princess Anne, students in a senior English class immediately cheered, some jumping up out of their seats, when their principal told them over the school's loudspeaker system that they were getting the info first, and began announcing the lineup.

Connor O'Brien, 17, said he went to last year's festival and despite its rainy start, he had such a good time that he bought tickets for next year. Learning the lineup in this way was icing on the cake.

"We had no idea what was going on. My mom texted me earlier and said Pharrell might be here, but I thought it was for something else, not Something in the Water," he said, sporting a wide grin.

He said he's happiest about Tyler, the Creator returning and getting to see Post Malone. But he's also looking forward to

Something in the Water

If you go

What: Something in the Water
When: April 20-26
Where: Virginia Beach Oceanfront

the surprise guests and hopes maybe Jay-Z will stun fans again with another surprise set.

Mikaylah Brigham, 17, didn't go to the festival last year. She said she was very excited about Thursday's announcement and plans to use some money she saved saved to buy tickets.

Who is she looking forward to the most?

"Post Malone. I definitely want to see him," she said.

Trevor Kimmel, a 17-year-old senior, said he didn't realize there would be a second festival.

"I didn't realize they were bringing it back, because I've been secluded the last few months doing college applications," he said.

Matthew Daughtry, another 17-year-old senior, said he was excited about the artists, but had a few ideas of his own for a future lineup.

"(Pharrell) needs to bring Kanye," he said, adding that Beyoncé would also be a good addition.

Some advice: Don't sleep on ticket sales if you want to go.

The first Something in the Water was praised as one of the year's best by critics and fans around the world.

Tickets for Virginia residents and return attendees for the 2020 festival went on sale on Oct. 19, and sold out before the day ended. General ticket sales resume at noon Saturday, and layaway-like payment plans are available for three-day general admission and VIP packages.

In addition to the music on the beach April 24-26, Pharrell will again bring in people from the culinary world, technology, environmental sustainability, health and more from April 20 to April 23.

Tickets for the 2019 fest went on sale about six weeks before it began. The then three-day festival sold out in 21 minutes with 25,000 three-day passes getting snatched up eager fans who, having no idea who was scheduled to perform, had to trust that the lineup would make the purchase worthwhile.

Organizers soon made another 10,000 tickets available, ultimately sending some 35,000 people to the Oceanfront each day to vibe along with big names like Travis Scott, Snoop Dogg and Pharrell himself.

If you were at the inaugural fest, you already know that anything is possible, and today's lineup announcement is possibly incomplete.

Artists who were not included when the first festival was announced — like Jay-Z and Tyler, the Creator — hit the stage anyway, delighting the thousands of fans packed on the beach.

Musical acts weren't the only surprises peppered into that first event, either. Large-scale art installations covered the Oceanfront, collectible T-shirts were given away to unsuspecting fans at an ice cream truck and aspiring artists were given the chance to impress Pharrell and his most frequent collaborators.

Pharrell also kept the spotlight on talent from his home state, adding Virginia-raised artists Leikeli47, Masego, Dram, Pusha T, Timbaland and Missy Elliott to the mix.

CINDERELLA I Two-act opera will enjoy a statewide run

Continued from C1

meet the more hopeful and promising destiny that only the love of one true prince can bring. The opera is considered one of Rossini's major compositional achievements for voice, and as such, features the timeless arias, "Miei rampolli femminini," and "Nacqui all'affanno... Non più mesta."

Virginia Opera Artistic Director Adam Turner returns to the podium to conduct the Virginia Symphony Orchestra. Among the nation's most acclaimed young conductors, Maestro Turner joined the Virginia Opera in 2010 as Resident Conductor and Chorus Master and served for four years (2014-2018) as Principal Conductor and Artistic Advisor before his appointment to Artistic Director.

Maestro Turner: "Who doesn't love a good rags-to-riches story? Rossini's "Cinderella (La Cenerentola)—also known as "Goodness Triumphant"—is the composer's take on the quintessential fairytale of the oppressed sister finding her way out of the drudgery and humiliation of her workaday world and into the spotlight. It's a romantic tale with which we are all familiar, and yet, in Rossini's version, we still find a refreshing, amusing, and charming vibrance on par with our cinematic expectations, and a score that truly allows its performers to soar vocally and to sweep audiences off their feet with its dazzling visual spectacle. Cinderella represents a perfect opera to appeal to younger audience members looking sheerly for an enjoyable opera experience, one that also carries the potential to initiate an artistic 'first love' for the very form itself."

Virginia Opera President and CEO, Russell P. Allen: "The common parlance for a narrative about anyone who seemingly



Jimmy Lawlor courtesy of Virginia Opera

comes out of nowhere to become the belle of the ball or the star of the show is so often referred to as a 'Cinderella story,' and when one takes in Rossini's Cinderella (La Cenerentola) one easily sees why. It has been thirty years since we have presented this marvelous showcase for operatic exuberance, and its place as the centerpiece of our 45th anniversary year is well-earned; it is at once a classic and a joyful celebration of opera for both cast and audience alike. With it we welcome a host of new talents to our stages across the state, as we encourage those who may be new to our amazing art form to join those who already know Cin-

derella's charms so very well. It is the perfect entrée to usher in the new year with the VO."

The title role of Angelina (Cinderella) will be played by soprano Alyssa Martin, who makes her VO debut with the production. Martin recently made her Kennedy Center debut as the second soprano soloist in Penderecki's Credo with the Indianapolis Symphony Orchestra. Tenor David Walton debuts as Angelina's prince, Don Ramiro, and baritone Joseph Lattanzi returns as the valet Dandini, after his 2017-2018 VO appearances as Sonora in The Girl of the Golden West (La Fanciulla del West) and

Demetrius in A Midsummer Night's Dream. Cinderella's overbearing stepfather (Don Magnifico) is played by bass-baritone Dale Travis, who rounds out the company's many first-time performers for the show.

Cinderella will also see the return of stage director Kyle Lang for his fourth production with the VO. He previously directed L'elisir d'amore, Lucia di Lammermoor, and La Bohème for the company. Among Lang's recent directorial projects are, The Magic Flute (Dallas Opera); Carmen (San Diego Opera); Die Fledermaus (Utah Opera); and, The Pirates of Penzance (Intermountain Opera Bozeman).



rottentomatoes.com

coming to theaters

1917 [R]

At the height of the First World War, two young British soldiers, Schofield (Captain Fantastic's George MacKay) and Blake (Game of Thrones' Dean-Charles Chapman) are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers--Blake's own brother among them.

LITTLE WOMEN (2019) [PG]

Four sisters come of age in America in the aftermath of the Civil War.

SPIES IN DISGUISE [PG]

Super spy Lance Sterling (Will Smith) and scientist Walter Beckett (Tom Holland) are almost exact opposites. Lance is smooth, suave and debonair. Walter is...not. But when events take an unexpected turn, this unlikely duo is forced to team up for the ultimate mission that will require an almost impossible disguise - transforming Lance into the brave, fierce, majestic...pigeon. Walter and Lance suddenly have to work as a team, or the whole world is in peril.

JUST MERCY [PG-13]

A powerful and thought-provoking true story, "Just

Mercy" follows young lawyer Bryan Stevenson (Jordan Peele) and his history-making battle for justice. After graduating from Harvard, Bryan had his pick of lucrative jobs. Instead, he heads to Alabama to defend those wrongly condemned or who were not afforded proper representation, with the support of local advocate Eva Ansley (Larson). One of his first, and most incendiary, cases is that of Walter McMillian (Foxy), who, in 1987, was sentenced to die for the notorious murder of an 18-year-old girl, despite a preponderance of evidence proving his innocence and the fact that the only testimony against him came from a criminal with a motive to lie. In the years that follow, Bryan becomes embroiled in a labyrinth of legal and political maneuverings and overt and unabashed racism as he fights for Walter, and others like him, with the odds-and the system-stacked against them.

CLEMENCY [R]

Years of carrying out death row executions have taken a toll on prison warden Bernadine Williams (Alfre Woodard). As she prepares to execute another inmate, Bernadine must confront the psychological and emotional demons her job creates, ultimately connecting her to the man she is sanctioned to kill.

THE GRUDGE (2020) [R]

After a young mother murders her family in her own house, a detective attempts to investigate the mysterious case, only to discover that the house is cursed by a vengeful ghost. Now targeted by the demonic spirits, the detective must do anything to protect herself and her family from harm.

base theaters \$3 Movies

**JEB Little Creek,
Gator Theater - 462-7534**

Friday | Dec. 20
7 p.m. Frozen II [PG]

Saturday | Dec. 21
1 p.m. Frozen II [PG]
5 p.m. ADVANCE SCREENING- 1917 [R]

Sunday | Dec. 22
1 p.m. Frozen II [PG]
4 p.m. A Beautiful Day in the Neighborhood [PG]
7 p.m. Ford v. Ferrari [PG-13]

**NAS Oceana,
Aero Theater - 433-2495**

Friday | Dec. 20
7 p.m. Frozen II [PG]

Saturday | Dec. 21
12 p.m. A Beautiful Day in the Neighborhood [PG]
5 p.m. ADVANCE SCREENING-1917 [R]

Sunday | Dec. 22
12 p.m. Frozen II (3-D) [PG]
3 p.m. A Beautiful Day in the Neighborhood [PG]
6 p.m. Frozen II [PG]

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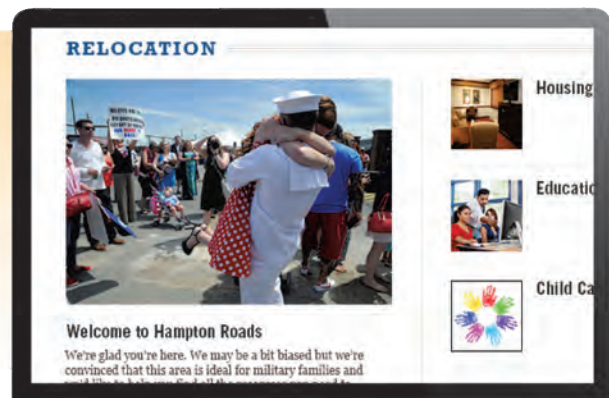


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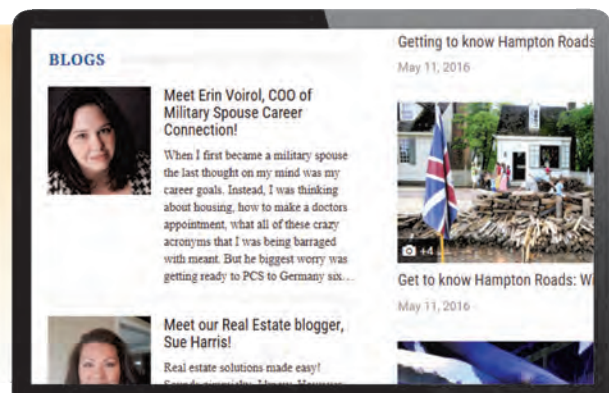
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