

An F-35C Lightning II from the Rough Raiders of Strike Fighter Squadron (VFA) 125 prepares to launch from the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

MC1 Brian M. Wilbur

F-35C LIGHTNING II CONDUCTS OPERATIONAL TEST-1 ABOARD USS ABRAHAM LINCOLN

By MC2 Jacques-Laurent Jean-Gilles
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

F-35C Lightning II aircraft from Strike Fighter Squadron (VFA) 125 are conducting their Operational Test-1 (OT-1) with Carrier Air Wing (CVW) 7 and Carrier Strike Group 12 aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). OT-1 evaluates the full spectrum of the F-

35C's suitability for operation within a carrier air wing and mission effectiveness to the maximum extent possible.

"The F-35C brings stealth, enhanced electronic capabilities and a different sustainment model," said Rear Adm. Dale Horan, director, Joint Strike Fighter Fleet Integration Office. "Operating this new generation of aircraft out on the aircraft carrier brings a different set of tools, techniques and procedures, and we're learning how to integrate them into the battle

group."

The F-35C has the ability to pass on the information it collects not only to other F-35s in the air, but to legacy aircraft, carrier air wings, strike groups and troops on ground, enhancing the warfighting potential of the fleet.

Evaluators have been assessing the suitability of the F-35C aboard carriers by defining how well it performs with other aircraft and incorporates into an air plan, monitoring maintenance and identifying its logistics foot-

print.

"We hope to see how it integrates onboard the ship," said Horan. "Can we maintain it? Can we get the parts? Can we get it airborne? Can we repair it if it has a problem? Those are the kinds of things [we are looking for]."

In addition to assessing the suitability of the F-35C on a Nimitz-class class aircraft carrier, OT-1 evaluators observed the effectiveness of

» See **F-35** | A7



U.S. Navy photo

Aircraft from the Freedom Fighters of Carrier Air Wing 7 fly in formation above the Nimitz-class aircraft carriers USS Abraham Lincoln (CVN 72) and USS Harry S. Truman (CVN 75); the Arleigh Burke-class guided-missile destroyer USS Mason (DDG 87) from Destroyer Squadron 2; the Arleigh Burke-class guided-missile destroyers USS Forrest Sherman (DDG 98) and USS Arleigh Burke (DDG 51) from Destroyer Squadron 28; and the Ticonderoga-class guided-missile cruiser USS Normandy (CG 60) while transiting the Atlantic Ocean.

Truman, Lincoln Strike Groups conduct dual-carrier ops

By MC2 Thomas Gooley
USS Harry S. Truman (CVN 75) Public Affairs

ATLANTIC OCEAN

USS Harry S. Truman (CVN 75) and USS Abraham Lincoln (CVN 72) began dual-carrier sustainment and qualification operations Aug. 29 in the western Atlantic Ocean.

"By training and operating together, the USS Harry S. Truman and USS Abraham Lincoln strike groups enhance combat readiness and interoperability, and also demonstrate the inherent flexibility and scalability of carrier strike groups," said Harry S. Truman Carrier Strike Group Commander Rear Adm. Gene Black. "The opportunity to conduct com-

plex, multi-unit training better prepares us to answer our nation's call to carry out a full range of missions, at anytime, anywhere around the globe."

The operations include a war-at-sea exercise (WASEX), with scenarios testing the readiness of involved units to carry out strike and air operations as well as formation steaming. These evolutions provide both carriers, with embarked air wings and accompanying surface ships, the opportunity to operate in close proximity and coordinate maneuvers cooperatively.

» See **TRAINING** | A7



MC1 Sarah Villegas

Intelligence Specialist 1st Class Anthony Jones, a chief petty officer selectee, places a cover on the 15th Master Chief Petty Officer of the Navy (MCPON) Russell Smith during the USS Constitution CPO Heritage Week.

MCPON Smith pinned aboard USS Constitution

By MC3 Casey Scoular
USS Constitution Public Affairs

BOSTON

Russell Smith, the Master Chief Petty Officer of the Navy, was pinned to MCPON, Aug. 31, during USS Constitution's underway, which concluded this year's Chief Petty Officer Heritage Weeks.

"To be honest, I can't think of a better

place to be pinned," Smith said. "I have a long history with USS Constitution; I'm an honorary crew member. Constitution was the place where I reenlisted the last time. Where I have had so many fun experiences with chiefs and chief selectees."

Chief of Naval Operations Adm. John Richardson announced Smith as the 15th MCPON Aug. 29.

Smith is the first MCPON in the Navy's history to be pinned aboard USS Constitution.

He was pinned by chief petty officer selectees Legalman 1st Class Melissa Whitaker and Damage Controlman 1st Class Ryan Reffitt. "To have two chief selectees pin me who represent the promise and the hope of the mess that I get to very proudly represent,

» See **PINNED** | A7



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ILLICIT ARMS SEIZED IN THE GULF OF ADEN

The guided-missile destroyer USS Jason Dunham (DDG 109), deployed to U.S. 5th Fleet, seized an illicit shipment of arms from a stateless skiff in the international waters of the Gulf of Aden, on Aug. 28.

» See **A5**



NEW PODCAST FROM NAVY'S SENIOR LEADER IN EUROPE & AFRICA

"On the Horizon: Navigating the European and African Theaters," highlights Adm. James G. Foggo III's five focus areas.

» See **B1**

AIR COMBAT ART

Chrysler Museum's new exhibit will display WWII era combat aircraft paintings.

» See **C1**

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Navy holding security hiring event at TCC campus in Virginia Beach



U.S. Navy photo

From Navy Region Mid-Atlantic Public Affairs

NORFOLK

Navy Region Mid-Atlantic (NRMA) is currently hiring for open civilian police officer positions for its Hampton Roads naval installations. In partnership with Tidewater Community College's (TCC) Career Services Center, NRMA is holding a Security Hiring Event at the TCC Virginia Beach Campus Student Center (1700 College Cres., 3rd Floor Multi-Purpose Conference Room),

Sept. 7 from 10 a.m. — 2 p.m. Tentative job offers will be made on the spot for qualified, eligible applicants.

Applicants should bring a current resume (narrative format), a valid U.S. issued driver's license, Social Security card, and a copy of their high school diploma/GED or college transcripts (if applicable, college degree not necessary to apply). Applicants who are given a tentative job offer will be subject to a pre-employment drug screening, background investigation, medical evaluation, and a physical agility test.

Applicants must:

- Be at least 21 years of age
- Have at least 6 months of general work experience
- Be a U.S. citizen
- Have no felony convictions
- Be able to obtain a secret security clearance

Federal police officer salaries for open positions range from \$26,857-\$40,653 with full benefits. Salaries listed may vary based on hired position and potential overtime opportunities.

Directions to event (from Interstate 264 East):

- Take I-264E toward the Oceanfront.
- From I-264E, at exit 18, take ramp for Rosemont Rd. and keep right at the light. Stay on Rosemont Rd. for about 4 miles.
- Turn right onto Faculty Blvd. (at the Joint-Use Library).
- Virginia Beach Campus Student Center is straight ahead, behind the Advanced Technology Center.

RETIRING FROM ACTIVE DUTY? TAKE ACTION, MAKE AN ENROLLMENT CHOICE

By TRICARE.mil Staff

TRICARE Health Program

When you retire from active duty, your TRICARE plan options will change. Retiring from active duty is a Qualifying Life Event (QLE). A QLE allows you to enroll in a new TRICARE plan or change your coverage options within 90 days of the life event. As a retiree, you'll need to take action to enroll in a TRICARE plan if you want to continue to receive coverage for civilian care.

What actions do you need to take to continue TRICARE coverage?

First, update your information in the Defense Enrollment Eligibility Reporting System (DEERS). The next steps depend on which TRICARE plans you are eligible to use.

If eligible, you can reenroll yourself and eligible family members in TRICARE Prime or TRICARE Select. Depending on the plan you choose, you'll pay the single or family enrollment fee. There is no TRICARE Select

A fee-for-service option in the United States that allows you to get care from any TRICARE-authorized provider. Enrollment is required to participate.

TRICARE Select.

Starting on January 1, 2018, TRICARE Select replaces TRICARE Standard and Extra. TRICARE Select is a self-managed, preferred provider network plan.

TRICARE Select enrollment fee for Group A retirees.

Depending on your eligibility, there may be other TRICARE plans for you and your family after retirement. Visit the TRICARE Plan Finder to learn about your options. For dental or vision coverage, you may also be eligible to enroll in the Federal Employees Dental and Vision Insurance Program beginning in 2019.

When do you need to reenroll in TRICARE coverage?

If you want to keep TRICARE Prime

A managed care option available in Prime Service Areas in the United States; you have an assigned primary care manager who provides most of your care. TRICARE Prime or TRICARE Select with no break in coverage, you must enroll within 90 days after your retirement date. If you don't enroll in TRICARE Prime or TRICARE Select within 90 days of retirement, you'll only be eligible for care in a military hospital or clinic on a space-available basis. The effective date of coverage will be your retirement date.

If you enroll in a TRICARE plan more than 90 days after your retirement, your request will be considered a new enrollment. If you have a break in TRICARE coverage, you and your eligible family members can only receive care at a military hospital or clinic on a space-available basis until you have TRICARE Prime or TRICARE Select coverage again.

Active duty service members pay nothing out of pocket and their family's costs are minimal. However, depending on their TRICARE plan, retirees may see an increase in their enrollment fees, copayments, cost-shares, and other fees.

How do you reenroll in TRICARE coverage?

Use the Beneficiary Web Enrollment website (not available overseas).

Call your regional contractor.

Mail your enrollment form. Go to "Forms and Claims" on the TRICARE website to download forms.

Understanding your TRICARE options will help you and your family make the best health care decisions. Learn more about your TRICARE plan options after retiring from active duty.

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NEWS FROM NAS OCEANA



MC2 Jacob S. Richardson

Lt. Jennifer Hesling, naval aviator and staff integrator at Naval Air Station Oceana, speaks during the Women's Equality Day celebration.



U.S. Navy graphic

NAS Oceana celebrates Women's Equality Day

By MCSN Mark Thomas Mahmood
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Naval Air Station Oceana celebrated Women's Equality Day Aug. 22 at the Dam Neck Annex Galley to commemorate the equality of women in the Navy and at Naval Air Station Oceana.

Established by Congress in 1971, Women's Equality Day was designed to commemorate the long struggle of generations of women to gain the right to vote and calls attention to women's continuing efforts today towards full equality.

Capt. Chad P. Vincelette, commanding officer of Naval Air Station Oceana, said it is important for all Sailors to recognize the im-

“Women have made a significant impact on the military and play a significant role in what we do here at Oceana. There are plenty of women in our squadrons here, where they make very important contributions to those squadrons and the Navy as a whole.”

Capt. Chad P. Vincelette,
commanding officer of Naval Air Station
Oceana

portance of women in the Navy.

“Women have made a significant impact on the military and play a significant role in what we do here at Oceana,” said Vincelette. “There are plenty of women in our squadrons here, where they make very important contributions to those squadrons and the Navy as a whole.”

Women first entered Naval service in 1908

with the establishment of the Navy Nurse Corps. Women continued to serve in the Navy throughout World War I and World War II, but it was not until June 12, 1948, with the passage of the Women's Armed Services Integration Act that women gained permanent status in the U.S. armed services. The first six enlisted women were sworn into regular U.S. Navy service July 7, 1948. The first eight female Naval officers were commissioned Oct. 15, 1948.

Lt. Jennifer Hesling, naval aviator and staff integrator at Naval Air Station Oceana, shared her experience with equality in the Navy.

“It was relatively recent when the Navy began allowing women to fly in combat missions,” said Hesling. “In my community (naval aviation), there are very few women compared to men, but the numbers are increasing over time. Everyone is very accepting, and I've had a very positive experience.”

Before 1993, female aviators in the Army, Air Force and Navy were limited to training and other non-combat jobs, and the Marine Corps had no female pilots at all. Partly because of the proven success of the Navy's first women aviators, Defense Secretary Les Aspin authorized women to fly combat missions and serve aboard warships.

Hesling completed flight school with Strike Fighter Squadron (VFA) 106 at Naval Air Station Oceana in 2010, and was then assigned to the “Swordsmen” of VFA-32 where she deployed to Afghanistan for nine months in support of Operation Enduring Freedom.

Hesling said she's had a lot of support throughout her career as a female naval aviator.

“My individual progress has been based on my performance, rather than my gender,” said Hesling. “The women prior to 1993 were probably fighting an uphill battle, but because of them, I don't feel like I'm fighting that battle at all. It's a very even playing field.”

This year, five women made naval history as the first all-female E-2C Hawkeye crew to fly a combat mission Jan. 25.

Today, 54,537 women serve in the Navy on active duty or in the Reserve, comprising 17 percent of the force. Additionally, nearly 50,000 women serve across the Navy in a wide range of specialties as civilian employees.

There are currently 35 female flag officers in the Navy; 21 represent the active duty component, and 14 represent the Reserve component.

For more information on the history of women in the Navy, visit <https://www.history.navy.mil/browse-by-topic/diversity/women-in-the-navy.html>.

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NAVAL STATION NORFOLK HOSTS ANNUAL 'RUN WITH THE CHIEFS' 5K

By IC2 Shea Ray
Naval Station Norfolk Public Affairs

NORFOLK

On Wednesday, Aug. 29th, Naval Station (NAVSTA) Norfolk hosted the 15th annual "Run with the Chiefs" 5k.

Over 2,000 chiefs, senior chiefs, master chiefs, and chief petty officer (CPO) selectees and participants from throughout the region, ran in support of the FY-19 CPO selectees, singing cadence and holding guidon flags high to cel-

brate Navy Chief Pride and unity.

Command Master Chief Marc Puco, NAVSTA Norfolk, proudly stood among participants.

"This has been a Navy Chief tradition for the last 15 years. Chiefs from up and down the eastern seaboard show up to support our selectees and to unify as an entire Chiefs mess. The Run with the Chiefs a good example and demonstrates the importance of physical fitness," said Puco.

This occasion is part of the six-week initiation process, a Navy



U.S. Navy photo

tradition, that chief petty officer selectees go through before being formally pinned with their chief's anchors.

Puco also stated that initiation is a time for network expansion, reconnection and camaraderie reinforcement for all Chiefs and selectees.

Chief Yeoman Soraida Rozell from Strike Fighter Weapon Crew based in Naval Air Station Oceana commented on her third year attending this event.

"This event is extremely motivating. We work together and push each other. It's also a humble reminder of our beginning in the Navy and all the hard work that got you to this point," said Rozell.

After participants completed the run, they were ushered in to McClure field for refreshments and a brief cool down period before gearing up for the "Best Guidon Design" contest. After a hard fought battle, the USS Monterey (CG 61) came out triumphant as the winner.

"This event is a big deal for the chief's mess," said Chief Personnel Specialist Chimere Adams of the USS Gonzales (DDG 66) and a third year attendant of the NAVS-

TA Norfolk CPO 5k.

"We have Navy Chiefs and selectees from all over the region, and to be able to come together to show camaraderie, unity and support is something special. There is also emphasis that this kind of support is not just for today, it's always. One team one fight, we make it happen and we get it done," said Adams.

Command Master Chief Puco extended his sincerest appreciation to MWR, Base Operations, Security and all the volunteers involved with the coordination and set up of the event, saying "We could not have done this without those extra helping hands. Thank you so much."

The Navy-wide pinning of all new Chief Petty Officers is scheduled for September 14, 2018.



U.S. Navy photo

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Ship's Serviceman Seaman Darnell Thomas sells goods in the ship's store aboard the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64).

Culinary Specialist 3rd Class Samantha Masters dresses a cake for Women's Equality Day hosted by the American Diversity Heritage Observance Committee aboard the aircraft carrier USS George H.W. Bush (CVN 77).

Aviation Boatswain's Mate (Fuels) 1st Class Benjamin Owusubokye, from Kumasi, Ghana, examines JP-5 pipes aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69)(lke).

ON THE RADAR

See more of this week's deployment photos & submit your own!

VISIT ON THE RADAR AT **NORFOLKNAVYFLAGSHIP.COM**

JASON DUNHAM SEIZES ILLICIT ARMS IN GULF OF ADEN

From U.S. 5th Fleet Public Affairs

MANAMA, SAUDI ARABIA

The guided-missile destroyer USS Jason Dunham (DDG 109), deployed to U.S. 5th Fleet, seized an illicit shipment of arms from a stateless skiff in the international waters of the Gulf of Aden, on Aug. 28.

The skiff was determined to be stateless following a flag verification boarding, conducted in accordance with international law. Illicit cargo discovered by the Dunham's visit, board, search and seizure (VBSS) team included over 1,000 weapons.

"Our ship routinely conducts maritime security operations with our highly-trained VBSS team incorporating both on and off ship intelligence assets to help locate vessels," said Cmdr. John Hamilton, Dunham's commanding officer. "Ensuring the free flow of commerce for legitimate traffic and securing the sea lanes of communication continue to be paramount to the U.S. Navy and its regional partners and allies, and I am proud of Jason Dunham's Sailors for accomplishing the mission."

Dunham located a dhow transferring covered packages to a skiff on Aug. 27. On Aug. 28, Dunham conducted a flag verification boarding and determined the skiff to be a stateless vessel. Subsequently, the boarding team discovered a cache of over 1,000 AK-47 automatic rifles.

The skiff's engines were inoperable, and the distressed mariners were brought aboard Dunham as part of a safety-of-life-at-sea (SOLAS) operation. The mariners were evaluated by the ship's medical personnel and were uninjured.

The original source of the weapons has not yet been identified. The

weapons are in U.S. custody awaiting final disposition.

The mariners were transferred to the Yemeni Coast Guard.

The U.S. 5th Fleet area of operations encompasses nearly 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The region is comprised of 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab-al-Mandeb at the southern tip of Yemen.

For more news from Commander, U.S. Naval Forces Central Command/5th Fleet, visit <http://www.navy.mil/local/cusnc/>.

For more news from Commander, U.S. Naval Forces Central Command/5th Fleet, visit www.navy.mil/local/cusnc/.



U.S. Navy photo

ABOVE: A visit, board, search and seizure team from the guided-missile destroyer USS Jason Dunham (DDG 109) approach a dhow during a flag verification boarding as part of maritime security operations.



U.S. Navy photo

A visit, board, search and seizure team from the guided-missile destroyer USS Jason Dunham (DDG 109) inspects a skiff as part of maritime security operations. The stateless skiff was found carrying a shipment of over 1,000 illicit weapons.



U.S. Navy photo

A bag of AK-47 automatic rifles seized from a skiff by the guided-missile destroyer USS Jason Dunham's (DDG 109) visit, board, search and seizure team while conducting maritime security operations.



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Pax River ITF to conduct first-time trials onboard partner nation's carrier

From Naval Air Station Patuxent River Public Affairs

NAVAL AIR STATION PATUXENT RIVER, MD.

After years of partnership within the F-35 Lightning II Joint Program Office, U.S. and United Kingdom team members from the F-35 Pax River Integrated Test Force (ITF) eagerly anticipate the First of Class Flight Trials (FOCFTs) onboard the U.K.'s newest aircraft carrier, HMS Queen Elizabeth, this fall.

When the first two fifth-generation F-35Bs – piloted by the ITF's Royal Navy Cmdr. Nathan Gray and Royal Air Force Sqn. Ldr. Andrew Edgell – touch down on the carrier's deck, the historic moment will be a tremendous step in bringing back Britain's ability to launch fast jets at sea after a nearly 10-year hiatus.

"It'll be the return of maritime aviation fixed-wing to the U.K.," said Royal Navy Cmdr. Stephen Crockatt, team leader of UK personnel embedded within the ITF at both Pax River and Edwards Air Force Base, California. "We'll do the [ship] trials and collect the data so next year the U.K. can do an operational trial. Then the U.K. will have jets back at sea — a capability we haven't had in a long time."

HMS Queen Elizabeth is the first of a new class of aircraft carriers that are the biggest and most powerful ships ever constructed for the Royal Navy. It features a flight deck designed exclusively to handle the F-35B, the short take-off and vertical landing variant of the fifth generation aircraft.

The FOCFTs will also mark the first time the Pax River ITF has conducted F-35 flight trials aboard a partner nation's aircraft carrier, and as the event approaches, ITF program leaders sat down to reflect on the evolution of the F-35 program, the dedication of its hard-working team members, and the cooperative partnership between the U.S. and U.K.

Teamwork at core of program
Andrew Maack joined the F-35 program back in 1996 and has been the Pax River ITF Chief Test Engineer and Site Director since 2002.

The F-35 program has played such an important part in Maack's career, that when being interviewed about the years-long effort to bring the aircraft to fruition, there was an emotional catch in his voice as he described the myriad personnel who made it all happen.

"The people in this organization who did all this work were some of the most incredible people I've ever met," he said.

Maack referred to a time when the program was put on probation by the Secretary of Defense in 2011, when the F-35B variant was not performing as expected.

"We were working three shifts seven days a week in those days; flight testing six days a week," he said. "The people involved at all hours of the day, in many cases because of their expertise, was just impressive. While we went through some painful times, the most pleasant for me always was clicking through the gate each day to come work with the team of people I worked with. It's hard to describe them other than that they were dedicated, selfless people who were going to make things happen."

And happen they did.
Maack describes bursting with pride at the first landing of an F-35B on the L-class ship USS Wasp off the coast of Virginia in October 2011 but, surprisingly, he was not onboard to witness the milestone.

"It's really exciting when an airplane is at sea, and I wanted our incredibly talented Air Vehicle Department head at the time, Tom Briggs, now Chief Test Engineer at Air Test and Evaluation Squadron (VX) 23, to be out there instead," he explained.

But the ship was close enough to shore to provide a good telemetry lock which allowed Maack and the ITF team back at Pax River to witness the landing unfold via live feed.

"There was a video camera on the nose of the airplane so we could see the flight and hear [the pilot's] hot mic conversation," Maack remembered. "I had the special job of escorting [the pilot's] wife and we got to watch together, from her husband's viewpoint. That was a big day."

Now Maack can look forward to carrying that seaborne capability onto the deck of the Queen Elizabeth.

Mutual partnership, mutual respect

Royal Navy Lt. Cmdr. Dale Collins, senior engineer managing the U.K. engineers working in the ITF hangar at Pax River, has been with the program just over three years. His fixed wing engineering and test background earned him the position with the ITF where his primary focus is as the U.K. integration



U.S. Navy photo

lead, serving as a conduit for information coming from and returning to the U.K. about the ship.

"Integration is the key word for me," he said. "For the past three years, I've been looking at all the support aspects of getting this aircraft onto U.K. ships and that has involved working with a broad range of people here in the U.S., including contractors, industry personnel, and U.S. military and government personnel. I've been absolutely accepted and integrated into this team and that's been the great joy of working here."

As a Tier 1 high level cooperative partner, the U.K. has been involved with the F-35 program from the start.

"Cooperative partners are those countries who've been an integral part in the decision making within the program from the very beginning, since the contract award to go build the F-35," Maack said. "The U.K. is the only one of the F-35 partners permanently embedded with us here at Pax, and they have been since 2002. They're very aware of F-35 capabilities and they've been part of all the U.S. ship trials."

The Tier 1 designation also highlights the two countries' close relationship going forward.

"From an operations perspective, because of the type of aircraft we've chosen [the F-35B], our relationship with the U.S. Marine Corps will be very strong, especially for the next 25 years or so," Collins added.

The USMC has been operating with the F-35B since July 2015 and currently has four squadrons operating the STOVL variant. They also have two deployments with the fifth generation fighter under their belt.

Uniqueness of QE's flight deck,

testing

"There are going to be unique operations we'll be doing out there; it's going to be exciting testing," Maack said about the upcoming FOCFTs.

Queen Elizabeth's flight deck differs from U.S. L-class ships, which are amphibious warfare ships with small flight decks.

"When you stand on the Queen Elizabeth flight deck, a straight deck, you feel more like you're standing on a CVN-class ship; it's enormous," Maack said. "The U.K., which always operated Harriers, will operate the F-35B with a ski jump off the bow of the ship, unlike the flat decks we have with the Marine Corps operating off L-class."

The uniqueness of the ski jump launch, Maack said, is that it enables the airplane to get more gross weight, more payload, more weapons and more fuel airborne off the bow of a ship.

"In essence, the ramp provides vertical velocity in a ballistic fashion that enables the airplane to accelerate to flying speed at higher gross weights than you can off a flat deck."

What the future holds

Going forward, a small U.K. team will remain embedded within the ITF after the FOCFTs.

"The U.K. aims to keep a small team within developmental test, within the ITF at both Pax River and Edwards AFB, as we have now. We'll also keep an operational test team at Edwards that will do operational tests with other countries involved with the program," Crockatt said.

With operational testing due to begin shortly, the ITF team is expecting additional workload to come their way as a result.

"From our fleet users, we fully expect to face issues that may be

new," Maack added. "They'll discover or identify things as critical to fleet operations that maybe weren't viewed by us as such during developmental testing, so we'll get a bit of correction in terms of what's important. We eagerly look forward to that and I'm pleased to do that future work with a lot of the people who also marched through the tremendous workload of [the system development and demonstration phase.]"

While Maack and Crockatt will be onboard the Queen Elizabeth for the upcoming trials, Collins retires in August and will have to observe from afar.

"The last three years of my career in the Royal Navy have been spent here at Pax River and I wouldn't have wanted to spend it anywhere else," Collins said. "I will be watching with keen interest to make sure all the challenges I've faced in the last few years will hopefully have been successful."

Right now, the goal is to get both F-35Bs to the Queen Elizabeth, get them safely back, and collect a lot of data in between.

Crockatt said he looks forward to the data the ITF has, and continues to collect, being used to help the U.K. declare initial operating capability (maritime) for the U.K. F-35B Lightnings, followed by the return of carrier strike capability for the UK in 2020.

"From there on, the UK F-35B Lightnings can partake in supporting the defense of our realm, or whatever tasks our government decides for us to participate in," he said.

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

ANNUAL FLEET FEST RETURNING TO NAVAL STATION NORFOLK

By MC3 Emily S. Casavant

Naval Station Norfolk Public Affairs Office

NORFOLK

It's that time of year again! Naval Station Norfolk is gearing up to host its' annual Fleet Fest.

This year's Fleet Fest will be held on Friday, October 19th, and Saturday, October 20th. The event is open to the public and kicks off with a free concert on Friday night at 6 p.m. with gates opening at 5 p.m. Gates re-open at 11 a.m. Saturday.

This year's concert headliner is 3 Doors Down and will be following a performance by the Fleet Forces rock band, Four Star Edition. The concert will be held at the Q-Field near Pier 14 and is free admission and family friendly. There will be concessions for purchase at the venue.

"We are so excited for Fleet Fest this year," said Kelly Wirfel, NAVSTA Norfolk Public Affairs Officer. "Along with the opportunity to tour a carrier, destroyer and/or submarine, the guests will have the opportunity to enjoy multiple static displays, food trucks and entertainment. It is going to be a fun-filled event for the entire family."

Saturday's events will be held on piers 12 and 14. The festival will include ship tours,

booths from local programs and organizations, a chili-cook off, a car show, a kid's area with bounce houses, games and activities, military static displays and interactive stations, local food trucks, multiple breweries for adults 21 and up, and plenty of entertainment. This year's entertainers include Hampton Road's popular 80's cover band, The Deloreans, magicians, stilt walkers and more.

"This is a great opportunity for us to open the gates to the Hampton Roads community to see the world's largest Navy base," said Captain Brad Rosen, Commanding Officer NAVSTA Norfolk. "Our Sailors and civilians work hard every single day and take a great deal of pride in what they do. This event also gives our team an opportunity to showcase their hard work and dedication."

Last year's Fleet Fest celebrated NAVSTA Norfolk's centennial year and saw 12,000 guests. The base is hoping to see just as many or more this year.

For security purposes, the following items are prohibited from the concert area: Ice chests or coolers, bags larger than a large purse or diaper bag, all weapons (regardless of permit, including firearms, knives, pocket knives and multi-tools), walking sticks (except for handicap use), alcoholic beverages,



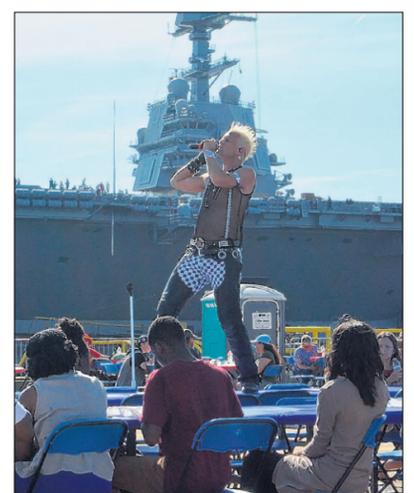
U.S. Navy photo

pets (other than service animals), glass containers, bicycles, roller skates, roller blades or skateboards, and all other items that the security force deems dangerous. Authorized items include cell phones, small fanny packs and purses, cameras and camcorders (camera bags may be searched upon entry), folding chairs or lawn chairs (chairs in bags subject to search), wheelchairs, baby bags and strollers if attending with an infant or small child.

For more information, visit <https://www.navy.mwrmidlant.com/fleetfest> or call 757-322-2576.

Singer Windle McFly, of The Deloreans, entertains the crowd.

U.S. Navy photo



Junior Navy Technologists create autonomous swarm capability for warfighters

By John Joyce

NSWC Dahlgren Division Corporate Communications

DAHLGREN, VA.

What happens when STEM college graduates are tested reality TV style with a situation akin to Survivor, House, The Apprentice, and Shark Tank on a sprawling Naval base on the banks of the Potomac?

The Navy waited patiently for the answer as the stars — within two years of earning their STEM (science, technology, engineering and mathematics) bachelor's degrees — were put to the test over six months.

At first the seven junior scientists and engineers were strangers to each other while put in a room House style with a mission to do what it takes to ensure the survival and success of their Sly Fox Mission 23 team and its mission.

They took time to get to know each other, including their strengths and weaknesses to make an urgent warfighter need for an autonomous swarm capability a reality.

As Mission 23 encountered obstacles, the teammates brainstormed to transform their ideas into a new capability known as the Autonomous Remote Tactical Engagement Multi-Domain Intelligence Swarm (ARTEMIS).

"A major challenge we faced with the mission was going from a UAV (unmanned aerial vehicle) focused project to a UGV (unmanned ground vehicle) focused project," said NSWCDD engineer Philip Costello, recounting the lack of time to meet a sudden requirement related to UAV testing. "That change forced the team to come up with some novel solutions to make the UGVs capable of completing the same mission objectives as the UAVs."

Costello and his teammates persevered through long hours and weekends under high stress while developing the ARTEMIS capability to quickly and effectively search regions of interest to detect enemy targets.

Consequently, the junior scientists and engineers created a monitoring

system that tracked the emotional and social well-being of each team member and the team as a whole. Results of the anonymous, daily survey were discussed among the teammates bi-weekly. The team acted precisely and appropriately during high stress periods of the project to keep team chemistry and morale at optimal levels.

"We encountered many obstacles that had the potential to halt our development had we not adapted to overcome the situation," said Costello in terms of the programmatic and technical predicaments. "Rather than completely stop development and re-plan, we would just roll with it and take the resources we had at the time to come up with a solution on the fly."

The solutions continued to enhance ARTEMIS until the final demonstration where Mission 23 members briefed military and civilian technical leaders.

They showed the audience how UGVs, coupled with artificial intelligence and machine language, can carry out missions in tandem with the warfighter. While their use of UGVs met the requirements set forth by Mission 23, the team envisions a more complex system that expands to the aerial domain.

Specifically, UAVs would provide aerial reconnaissance capability and would communicate with the UGVs within the swarm to deliver situational awareness to the system operator. Collectively, the UAVs and UGVs would be capable of surveying a larger region of interest with greater efficiency. UAVs would scan a region from the sky and relay target locations to the UGVs. The UGVs would then vector to the location provided by the UAVs to detect the target and notify the operator of confirmed target locations.

"As more world powers continue research and development of unmanned systems and swarm behaviors, warfare will become significantly more autonomous and swarm versus swarm oriented," the team predicts in the Sly Fox Mission 23



U.S. Navy photo

Naval Surface Warfare Center Dahlgren Division (NSWCDD) Commanding Officer Capt. Godfrey 'Gus' Weekes holds the USS Arlington (LPD-24) coin that was presented to NSWCDD Sly Fox Mission 23 team members while they were deployed aboard the Arlington for a week via the Scientists, Engineers and Logisticians to Sea program sponsored by NSWCDD Dam Neck Activity and NSWCDD.

brochure they wrote and published. "Components of ARTEMIS serve as a proof of concept for the use of artificial intelligence and machine learning in reconnaissance and combat."

What's more, ARTEMIS is scalable. The machine learning algorithms used for the UGV swarm can be applied to more robust and Navy-specific scenarios.

"In the future, the Navy will use machine learning and artificial intelligence in multi-domain swarms that feature unmanned ground, aerial, surface, and underwater vehicles," the team states in their brochure provided to NSWCDD colleagues and invited DoD officials.

As the young scientists and engineers defined and built this capability, they learned how critical networking, procurement, and acquisition are to making an idea a technological capability for the warfighter.

"I was interested in the unmanned systems and artificial intelligence components of Mission 23," said NSWCDD engineer Ryan Munz, who discovered that the ability to request transportation and purchase items through the procurement process is vital to a successful technical program.

"Learning about the different stages of acquisition in PDFs is not the same as actually practicing the acquisition process," Munz explained. "Sly Fox helped me get very familiar with the engineering process, the acquisition process, and the Dahlgren base with its people, which will help me perform my job better."

After Mission 23 concluded, team

members went back to their respective positions supporting various Navy technological programs with new knowledge and experience impacting their careers — and the warfighter.

"I obtained several new skills and was exposed to countless brilliant scientists and engineers due to the nature of the program," said Melissa Markle, an NSWCDD environmental geologist. "I developed a deeper understanding of mechanical and electrical prototyping, Navy acquisition, risk management, and aspects of program management. My team is stellar. Individually, we are bright, young scientists and engineers. Collectively, we have overcome extraordinary feats and have become inseparable along the way. There is no doubt in my mind that I will carry my Sly Fox experience through the rest of my life, both professionally and personally."

"I had to read scientific and academic papers while taking online classes and networking throughout the command to gather the knowledge necessary to build a successful mission," said Luis Valcourt-Colon, an NSWCDD software programmer without experience in artificial intelligence, machine learning, implementations, or algorithms prior to the mission. "I was obligated to push myself until everything was executed completely and merged for mission success. All the knowledge, sacrifices, networking, and experience is invaluable, and I believe Sly Fox is the best opportunity out there for a young professional to grow here at

Dahlgren."

"Sly Fox became my home, the team became my family, and the mission challenged me to learn things I never thought I would learn, speak to people I never thought I would meet, and acquire an understanding of the entire systems engineering process in a way that I do not think any other program can provide," said NSWCDD engineer Conrad Brown. "Sly Fox is an incredibly dynamic environment. Seven junior engineers who have different skills and interests work together on a predominantly self-managed project. Each team has to overcome programmatic and technical challenges in a way that is totally unique to Sly Fox, however, the skills one acquires during this program are applicable and absolutely necessary in every engineering project."

Throughout their collaboration and challenges to create ARTEMIS, mentors from previous Sly Fox missions advised and encouraged the team.

"I am impressed with the dedication of our newly hired engineers, scientists, and mathematicians," said Albert DeJean, senior mentor of every Sly Fox mission. "The demonstration shows what the team accomplished during their time on this mission. What is not seen is the maturity and dedication of these engineers, scientists, and mathematicians. Their tenure on Sly Fox has provided them with a confidence that they can take on significant challenge and succeed, and I believe they have matured beyond their peers."

F-35 | Lightning conducts operational test

Continued from A1

the F-35C in real-world scenarios.

"The effectiveness piece is what we're doing when we're airborne and executing missions," said Capt. Matt Norris, from the Joint Strike Fighter Operational Test Team. "We've been integrating with the strike group and accomplishing many missions like defensive counter air and anti-submarine warfare, for instance."

Previously, F-35C and F/A-18 Super Hornet pilots have only conducted carrier qualifications together, so OT-1 marks the first time the F-35Cs have joined a carrier air wing to perform in a cyclic operations environment.

During cyclic operations, aircraft simulate missions, practice aerial maneuvers and take off and land continuously with brief pauses to allow for maintenance, fuel and ordnance changes.

Aboard Abraham Lincoln, the F-35C has been flying cyclic operations with F/A-18 Super Hornets, E-2D Hawkeyes and EA-18G Growlers, conducting missions it would execute in combat if required. The addition of the F-35C brings advanced capabilities that transform the way an air wing conducts operations.

Operational Test-1 helps give the Navy an assessment of how the aircraft would perform

on deployment. As adversaries advance and legacy aircraft age, the F-35C is critical to maintaining air dominance.

"This is the first time we really see how the aircraft works on the aircraft carrier; how we do maintenance and sustain it while we're at sea; how it integrates with the ship; how it interoperates with communications, datalinks, the other aircraft; and how we conduct missions and tie in to other aircraft when we conduct missions," said Horan.

And while pilots adapted to the new aircraft, the crew of Abraham Lincoln also adjusted to the F-35s. From Aviation Boatswain's Mates to Air-traffic Controllers, each Sailor learned to manage the aircraft with its unique attributes and capabilities.

"The level of planning that is required to execute an evolution like we did for OT-1 is huge, so everyone aboard Abraham Lincoln should be proud of the level of effort that they put in and how well they executed," said Norris. "We can't fly this aircraft without everything the ship does for us, and the Lincoln has been an impressive ship."

With the successful completion of OT-1, the fifth-generation aircraft is one step closer to be-



MCSN Maxwell Anderson

An F-35C Lightning II assigned to the Rough Raiders of Strike Fighter Squadron 125 lands on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Abraham Lincoln is currently underway conducting carrier qualifications.

coming deployable in the Navy fleet.

"The aircraft looks like a naval aircraft on the flight deck. From that perspective, the big picture looks pretty good," said Horan.

Data and lessons learned during OT-1 will lay the groundwork for future F-35C deploy-

ments aboard U.S. Navy aircraft carriers following the Navy's F-35C initial operating capability declaration.

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

PINNED | Ceremony aboard USS Constitution

Continued from A1

nothing can top that," Smith said.

After the pinning, Smith discussed two of his goals as the MCPON. "One, is to provide transparency and opportunity for everyone that serves in our Navy so that all of us as Sailors recognize that whatever we choose to be, however we choose to apply our talents, is going to improve our U.S. Navy," Smith said. His second goal is to ensure the Navy is ready for an era of great power competition. "There's a storm on the horizon and we have a job in the chief's mess to prepare our Sailors to face those challenges. It's going to take a lot of hard work to get there."

Constitution, America's Ship of State,

actively defended sea lanes against global threats from 1797-1855. The World's Oldest Commissioned Warship Afloat, Constitution embodies 220 years of maritime heritage and unwavering service to her country. Now a featured destination on Boston's Freedom Trail, Constitution and her crew of active duty U.S. Navy Sailors offer community outreach and education about the ship's history and the importance of naval sea power to more than 500,000 visitors each year. Constitution is berthed at Pier One in Charlestown Navy Yard.

For more information, visit www.history.navy.mil/ussconstitution or www.facebook.com/ussconstitutionofficial.

For more news from USS Constitution, visit www.navy.mil/local/constitution/.

For more information on the U.S. Navy visit www.navy.mil, www.facebook.com/usnavy

TRAINING | Dual carrier ops begin

Continued from A1

"We are the best Navy in the world, and given the complex and competitive environment we are in, we can't take anything for granted or settle for the status quo," said Abraham Lincoln Strike Group Commander Rear Adm. John Wade. "Therefore, we have to work hard, train hard and uphold the highest standards and commit ourselves to excellence each and every day. The training conducted with Harry

S. Truman Strike Group enabled us to increase our lethality and tactical proficiency. It also demonstrated our Navy's ability to achieve and maintain sea control."

Participating in the exercise are the embarked air wings of Carrier Air Wing (CVW) 7 and CVW-1, as well as select surface assets from CSG-8 and CSG-12.

Harry S. Truman deployed on April 11, 2018, and is currently deployed conducting operations in the Atlantic Ocean. Abraham Lincoln is underway in the Atlantic Ocean with Carrier Strike Group 12 conducting Operational Test-1 (OT1) for the F-35C Lightning

II Joint Strike Fighter.

For more information, visit <http://www.navy.mil/>, <http://www.facebook.com/usnavy/>, or <http://www.twitter.com/usnavy/>.

For more news from USS Harry S. Truman (CVN 75), visit <http://www.navy.mil/local/cvn75/>, <http://www.facebook.com/CVN75/>, or <http://twitter.com/USHARRYSTRUMAN>. For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/ or www.facebook.com/USSLincoln/.

For more news from USS Harry S. Truman (CVN 75), visit www.navy.mil/local/cvn75/.

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Malaria candidate vaccine proves effective

Capt. Judith Epstein, clinical director, Naval Medical Research Center (NMRC) Malaria Department, presented findings on the malaria candidate vaccine, PfSPZ Vaccine, at the 2018 Military Health System Research Symposium (MHSRS), Aug. 22.

» See **B5**

SECTION B | FLAGSHIPNEWS.COM | 09.06.18

NAVY'S SENIOR LEADER IN EUROPE AND AFRICA HIGHLIGHTS HIS FIVE FOCUS AREAS IN NEW PODCAST



Commander, U.S. Naval Forces Europe-Africa, Adm. James Foggo III speaks to Sailors assigned to Arleigh-Burke class guided-missile destroyers USS Donald Cook (DDG 75) and USS Porter (DDG 78) at an all hands call during his visit to Naval Station Rota, Spain.

U.S. Navy photo

From U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs

NAPLES, ITALY

In the first edition of his podcast, “On the Horizon: Navigating the European and African Theaters,” Adm. James G. Foggo III, commander, U.S. Naval Forces Europe-Africa (CNE-CNA) and NATO Allied Joint Forces Command Naples outlined his five main focus areas in his area of responsibility or AOR.

Foggo, a U.S. Naval Academy graduate who has spent 37 years on active duty, is the grandson and son of Canadian military officers who fought in World War I and World War II respectively. He conceived the podcast as a way to have an ongoing dialogue

with U.S. and allied personnel. His first podcast focused on his five main focus areas, or “big rocks” as he calls them because of the “heavy lifting” they require: theater anti-submarine warfare (ASW), integrated air and missile defense (IAMD), forward-deployed naval forces, countering violent extremism, and enhancing African maritime security.

“These are all very challenging areas that we must be both subject matter experts and experts in execution at the strategic and tactical level,” said Foggo. “This theater goes from... the North Pole down to the Cape of Good Hope in South Africa, and from 45 [degrees] west in the middle of the Atlantic Ocean all the way out to the shores of the Crimea [Ukraine]. With the Arctic Ocean,

the Atlantic Ocean, the Baltic Sea, the Mediterranean Sea and the Black Sea, and parts of the Indian Ocean as part of our theater of operations.”

Theater anti-submarine warfare

Foggo said that in recent speeches and writings, he has emphasized that the United States is immersed in the “Fourth Battle of the Atlantic,” due to the increased activity of the Russian submarine force.

“The activity in submarine warfare has increased significantly since the first time I came back to Europe and since the Cold War. The Russian Federation navy has continued to pump rubles into the undersea domain, and they have a very effective submarine force,” said Foggo. “So theater ASW, big rock, is very important, and a combined

arms game that involves all of us.”

Integrated air and missile defense

Foggo then focused on U.S. anti-ballistic missile and IAMD capability, calling it “the best in the world,” and emphasizing its strategic importance and ongoing efforts to integrate with allies.

“We are defending against any kind of malign influence or launch of Iranian ballistic missiles, but it is a skillset that many navies in Europe would like to have their own indigenous capability. And so when we do these demonstrations, we are not alone. Formidable Shield 17 was an incredible coalition of the willing, who came to the range in the Hebrides off of the coast of Scotland

» See **PODCAST** | B7



MC3 Katie Cox

Members of the Southern Partnership Station 2018 Fleet Health Engagement Team (FHET) pose for a group photo aboard the the Whidbey Island-class amphibious dock landing ship USS Gunston Hall (LSD 44) during Southern Partnership Station 2018.

U.S. Navy Medical Team begins subject matter exchanges in Colombia

From Southern Partnership Station 2018 Public Affairs

SANTA MARTA, COLOMBIA

A team of U.S. Navy medical professionals arrived in Colombia Aug. 25 to begin subject matter expert exchanges (SMEE) and partner capacity building engagements with Colombian medical professionals and security

forces in the town of Riohacha as part of Southern Partnership Station (SPS) 2018.

SPS brings a Fleet Health Engagement Team (FHET) to conduct SMEEs with Colombian representatives including exchanges with medical and non-medical personnel. Specific topics covered in the SMEEs include preventative medicine, tactical combat casualty care, insect-borne disease prevention, and humanitarian assistance and disaster relief response procedures.

“The FHET will conduct subject matter expert exchanges with military and civilian organizations to effectively share U.S. Navy medicine’s best practices and lessons learned,” said Lt. David Cruz, FHET officer

» See **MEDICAL** | B7

NAVSUP BSC recognizes outstanding Navy civil service achievements

By James E. Foehl

Naval Supply Systems Command Business Systems Center, Public Affairs

MECHANICSBURG, PA.

Nine Naval Supply Systems Command (NAVSUP) Business Systems Center (BSC) employees were recognized for their exemplary performance of duties and commitment to Navy civilian service during a ceremony, Aug. 30, in Mechanicsburg, Pa.

During the ceremony, NAVSUP BSC Commanding Officer Capt. Douglas M. Bridges Jr. reflected on the distinguished contributions of more than 580 NAVSUP BSC staff members and presented the command’s annual awards for 2018 to selected recipients.

“Without the great efforts made by every one of you, NAVSUP BSC would not be what it is today,” said Bridges. “I want to personally thank each of you for all your devoted efforts. You bring innovative ideas and products to life in support of the fleet, the Department of Defense, and our international partners.”

Karl D. Larson received NAVSUP BSC’s Senior Leader of the Year award for his leadership as a Supervisory Information Technology (IT) Project Manager at NAVSUP BSC in Mechanicsburg.

Among Larson’s accomplishments, he led 23 employees covering five application project areas; volunteered in the Science, Technology, Engineering and Math (STEM)

program at Central Dauphin School District in Harrisburg, Pa.; and graduated from the Executive Potential Program that included four residential sessions in Washington, D.C.

“It’s all about your resources and your people. They’re the ones that are developing and maintaining the applications. They have obstacles to overcome, and I made sure those obstacles were removed so they could keep moving forward,” said Larson.

Malia Miller received NAVSUP BSC’s Senior Employee of the Year award for her superior performance and leadership as a Data Management IT Specialist at NAVSUP BSC’s regional support site in Puget Sound, Wash.

“The Puget Sound regional site has a great reputation within and outside of our organization. This is a direct reflection of the leadership abilities Malia Miller brings to this region,” said Bridges.

Ryan Crawford received NAVSUP BSC’s Junior Employee of the Year 2018 award for his superior skill, work ethic, selfless dedication, and professionalism while working as an IT Specialist at NAVSUP BSC in Mechanicsburg.

During the year, Crawford spearheaded multiple IT efforts, supporting all applications in Navy Enterprise Web at Defense Information Systems Agency and applying Oracle patches as part of data migration.

“Over the past year, Ryan Crawford has

» See **RECOGNIZED** | B7

THE PAIN IN YOUR THROAT...

By Amanda-Lee Pitzer

"Mommy, you know that feeling when you're sad but you're trying to hold it in and it makes your throat hurt? I feel that right now." This came from my oldest when we were almost home after dropping him off last night. Man do I know that feeling. I told him it was okay to let it out. That sometimes crying for a few minutes gets out all the hurt feelings and then you start to feel better. He told me he knew, but he was trying to be strong. For me. My eight year old transitioned to his new role before it even started. Before I even transitioned to my new role.

After daddy walked away and we were buckled up and ready to go, I went to put the car in gear and I heard, "Mommy I can't be without daddy." I heard the tears take over (and this one doesn't really express himself). I threw it back in park and I was out of the car and holding him and we cried together for a couple of minutes. My oldest one watched, and I saw that glisten in

his eye—but he just smiled. It took him 30 minutes to tell me what he had to tell me. 30 minutes of holding it in in order to support his mom and little brother. I never did see him cry.

I go back and forth on if this little visit home was worth it. Of course, he's always worth it to us. I'd give anything for time with him – but it was harder this time because this time home was so incredibly short and it broke us in a new way. I spent the 48 hours before he left absolutely sick at my stomach over the thought of him leaving again. The only thing I can say about this quick visit is that the predeployment phase only lasted a week-not a month- and for that I am grateful. Short as it was, predeployment is still the worst part of this whole thing.

Either way, I spent day one with a smile on my face and that pain in my throat as I fought back my feelings – as bravely as my boy did last night
NavyLife 101



Compliments of NavyLife 101

“I go back and forth on if this little visit home was worth it. Of course, he's always worth it to us. I'd give anything for time with him – but it was harder this time because this time home was so incredibly short and it broke us in a new way. I spent the 48 hours before he left absolutely sick at my stomach over the thought of him leaving again.”

Tidewater Military Health System (TMHS) is launching a new text message patient appointment reminder service

By Michael Kirschner

Tidewater Military Health System

The AudioCare Text Message Appointment Reminder System is a convenient system that makes it easier for patients to schedule, cancel, or reschedule their appointments via a quick text message using their smart phone. This then allows other patients to then fill the time slot. The system works by sending a text message to patients approximately two days prior to their appointments.

When a patient misses a medical appointment, it keeps another service member or family member from obtaining a medical care appointment slot. Missed appointments not only impact a patient's health, but they directly affect the medical readiness of our military fighting force.

How Do I Opt In?

1. Beneficiaries will receive a telephone call from the military treatment facility (MTF) during the month of September, explaining the new text messaging system's features, along with "opt in" instructions.
2. Beneficiaries can also contact their clinic directly.
3. Beneficiaries can call the Hampton Roads Appointment Center (HRAC) at 866-645-4584. Hours of Operation: 6:00am — 8:00pm (Monday-Friday) and 7:00am — 3:30pm (Saturday, Sunday, and Holidays). Closed on Christmas Day.

New study aims to create an app that helps military families grieve

By Lisa Smith Molinari

It's so easy to be indifferent. I tend to become absorbed in my own daily minutia. Flossing my teeth, walking the dog, checking emails, paying bills, planning vacations, watching my latest shows — I often forget that there are thousands of families in our military community who are grieving.

According to an August 28 update of Department of Defense casualty statistics, nearly 7,000 active duty military members have died while serving in US overseas military contingency operations since September 11, 2001. But war-related casualties only account for about a quarter of all active duty military deaths since that fateful day.

Military service, whether associated with an ongoing American war or not, is dangerous. Many more active duty service personnel — about 920 every year — die in circumstances not directly related to war.

Of the 15,851 active duty military deaths since 2006, 4,510 were war-related, but 7,857 were caused by accidents or were self-inflicted, according to the Congressional Research Service. Another 2,650 deaths were attributed to illnesses or injuries, and 248 were undetermined.

Of course, most military service personnel who die have families — parents, siblings, spouses and children. So regardless of the cause of death, the potential wake of grief left behind is exponential.

Worse yet, bereavement for military families tends to become prolonged and complicated because deceased service persons are likely to be young and their deaths are often violent

and unexpected. Studies have shown that military families can develop chronic, severe grief symptoms that last for years, including "persistent yearning and longing, preoccupation with the deceased or circumstances of the death, difficulty accepting the death, bitterness and anger related to the loss, avoidance of reminders of the deceased or the death, and feeling life is meaningless without the deceased," according to the International Society for Traumatic Stress Studies.

A new study is attempting to help. The Department of Defense Congressionally-Directed Medical Research Program awarded Uniformed Services University (USU) and Columbia University's Center for Complicated Grief a \$3 million, four-year grant to develop and test a mobile and web application to help military families cope with loss of a service member.

The study, "Stepping Forward in Grief," is a follow-up to the National Military Family Bereavement Study (NMFBS), the first large scientific study on the impact of U.S. military deaths after 9/11 on surviving families. Results of the NMFBS indicated that family members experience grief differently than their civilian counterparts.

"Equipping military families with resources that address the unique circumstance of their loss is an important part of honoring their service and sacrifice," said retired Army Col. (Dr.) Stephen J. Cozza, co-principal investigator on the study and professor of Psychiatry at USU.

Cozza and fellow co-principal investigator M. Katherine Shear, M.D., professor of psychiatry at the Columbia University School of Social Work, spent the first two years of the study developing two digital applications — GriefSteps and WellnessSteps — which can be accessed through mobile devices and computers.

Now that the apps have been launched, researchers are now recruiting subjects to participate in testing the applications.

Over 200 participants have enrolled in the study so far, said Cozza. Eligible participants include spouses, ex-spouses, adult partners, children, siblings, or parents (biological, step, or

Frequently Asked Questions

Are there any costs incurred by the beneficiary?

AudioCare Text Message does not cost patients anything except for any text messaging charges associated with the patient's cell phone carrier. Please contact your mobile provider for more information.

What happens if I do not respond to the text message?

If patients do not respond to the text message reminder, the appointment will remain scheduled.

Will Personally Identifiable Information (PII) and/or Protected Health Information (PHI) be included on the appointment reminders?

No. PII or PHI will not be included in text messages.

If I change my mind and no longer want text message reminders for my appointments, how do I stop them?

Patients should request self-help "Opt Out" (text "STOP" or "CANCEL"). This will automatically exclude them from receiving text messages.

Will I receive reminder text messages for all of my scheduled appointments?

Patients will receive text message reminders for all outpatient clinic appointments at the military hospitals and clinics. Patients will not receive text message reminders for civilian community care.

What if I have multiple appointments on the same date?

If a patient has multiple appointments on the same date, the system will send a single text message identifying both appointments individually and providing separate options for confirming or cancelling each appointment individually.

Who can I contact if I have a question about AudioCare Text Messaging?

Patients can contact their primary care clinics for assistance. Questions regarding text messaging charges must be referred to patients' cell phone carriers.

Please note that patients will not receive audio call appointment reminders if they opt in for text messaging.



File photo

foster) of service members who died while on active duty on or after September 11, 2001.

Interested participants are asked to complete an eligibility survey, the link to which can be found on the study's home page, www.stepping-forwardstudy.org.

Since many like me have that tendency to be distracted by daily routines and forget those who suffer silently around us, I'm impressed that the U.S. government has acknowledged the unique problems facing these families, and has financially supported research aimed to help them. With any hope, the "Stepping Forward in Grief" study will find a way for those stuck in despair to break through and find peace.

GriefSteps offers users information and activities based on the Complicated Grief Therapy Model, designed to reduce grief symptoms and risk for long-term problems.

WellnessSteps provides users activities and information related to stress management and health maintenance to reduce overall stress.



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SSC Atlantic's CERF lab trains employees for less

By Maison Piedfort

Space and Naval Warfare Systems Center Atlantic Public Affairs

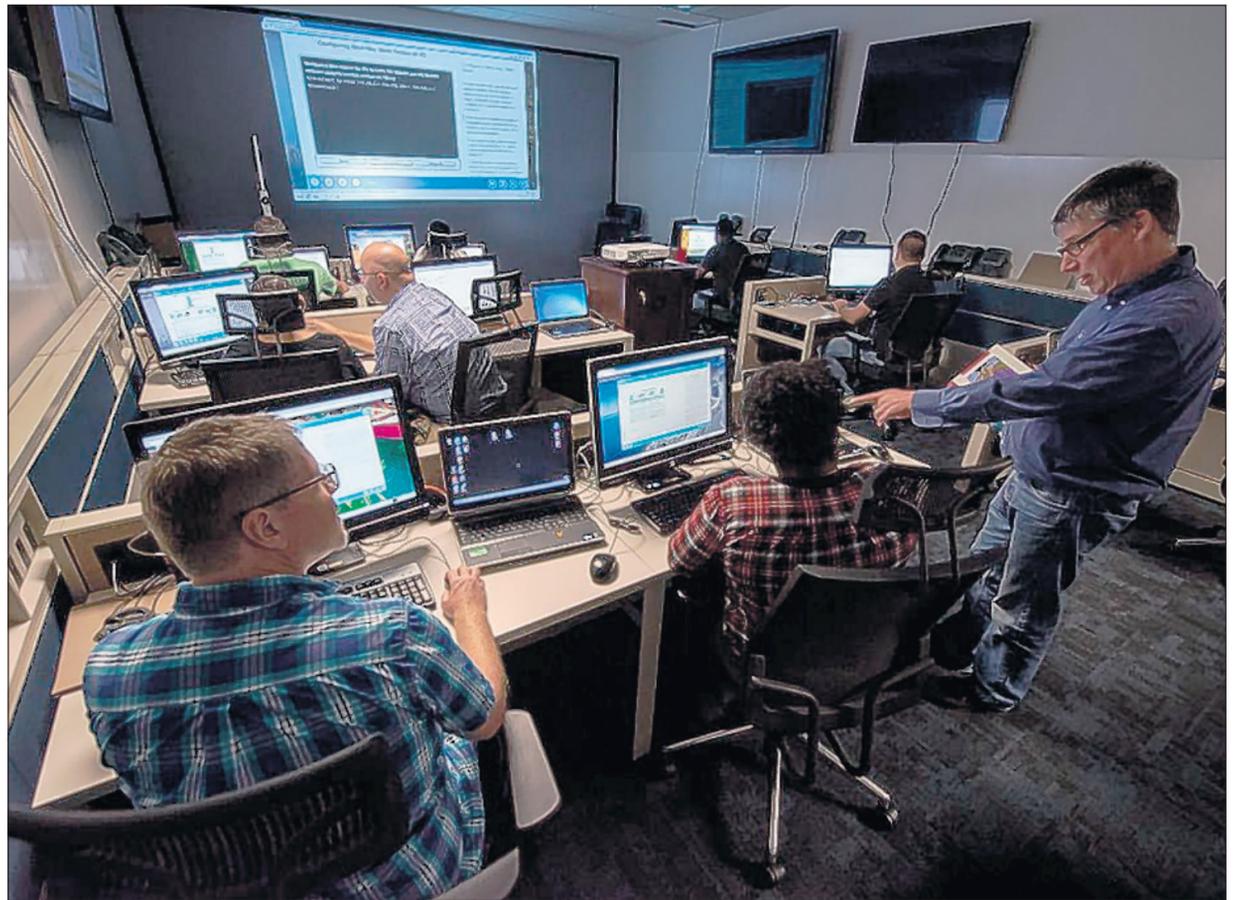
CHARLESTON, S.C.

Since its grand opening a little more than a year ago, Space and Naval Warfare Systems Center (SSC) Atlantic's Cyber Education and Certification Readiness Facility (CERF) Lab is building a more technically proficient workforce and earning accolades for creativity, cost savings and training effectiveness.

The CERF Lab is a collaborative training environment that provides fast-paced, hands-on, in-house training on cyber, networks, routing and operating systems for job enhancement and to prepare employees for various information technology (IT) certification exams. Instructors use current vendor and in-house-developed curriculum and classes include networking and cybersecurity, as well as courses focused on tools like Linux, Red Hat, Juniper and Cisco.

The CERF Lab was assembled and furnished with government equipment which had been designated for the Defense Reutilization Management Office versus a commercial off-the-shelf product. The lab contains workstations for 14 students and includes a total of 170 laptops and personal computers, 54 servers, 84 routers and 315 switches. This allows for plenty of gear to cover the needs of the lab, which includes providing each workstation with two to three computers, shipping gear to other CERF Lab locations and storing gear as backup equipment in case the reused equipment should fail. This reused government equipment represents a total cost avoidance of \$1,100,000 if purchased new.

Because agencies sending students to outside classes must also cover the costs of travel and per diem, it's much cheaper to send students to the classroom next door instead. The cost to attend in-person trainings for network training and exam preparation is roughly \$2,000-\$3,500 per person per class. In the last year, the CERF Lab conducted 17 week-long classes with 236 students, yield-



Joe Bullinger

Space and Naval Warfare Systems Center (SSC) Atlantic employee Fred Bisel, a scientist and Cisco Academy expert instructor teaches students in the Cyber Education and Certification Readiness Facility (CERF) Lab.

ing a cost savings of roughly \$600,000 for a grand total of \$1.7 million in cost avoidance to the command.

"We're a dynamic IT lab focused on providing our employees with practical training on networks in a safe environment and with real equipment," said Fred Bisel, scientist and Cisco Academy instructor.

Some employees take CERF Lab courses to prepare for certification testing, while others take courses to become more well-rounded employees.

"I'm a hardware guy, so when the software guys came in to do their thing, I was lost — and then intrigued," said technician Michael Fortuna. "That's when I decided to take the introduction to networks class."

Students also get the benefit of networking with coworkers assigned to various projects, which is often absent in private, third-party training.

"I'll have people meet in class and say,

"I just met someone in your class who I've been emailing for years!" said Bisel. "It's pretty cool to see people come together."

Finally, a crucial benefit students enjoy with in-house training is safety.

"Here students know they're safe. They know that if they mess something up, it's not going to cost anyone a million dollars to fix," said Bisel, who likened the lab to a risk-free playground for learning networks. "Ultimately, that freedom to play makes for more nuanced learning," said Bisel.

The CERF Lab directly contributes to SSC Atlantic's technical growth area of cybersecurity.

"Programs like CERF are key in building a more technically proficient and certified workforce," said SSC Atlantic Commanding Officer Capt. Scott Heller. "They saved money by building it from the ground up with refurbished equipment and, ultimately, they're saving warfighter lives by ensuring

they've got the back-end proficiency covered."

In the future, the CERF Lab plans to provide video teleconference broadcasts and remote site equipment access for SSC Atlantic employees outside Charleston. The New Orleans and Hampton Roads sites are in the process of establishing CERF Lab at their respective campuses.

SSC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable Command, Control, Communication, Computers, Intelligence, Surveillance, Reconnaissance, Cyber and Information Technology capabilities.

For more news from Space and Naval Warfare Systems Command, visit www.navy.mil/local/spawar/.

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USS Alabama awarded Omaha Trophy

By MC1 Amanda R. Gray

Commander, Submarine Group 9 Public Affairs

BANGOR, WASH.

The blue and gold crews of USS Alabama (SSBN 731) were presented the Omaha Trophy during a ceremony at Naval Base Kitsap-Bangor, Wash., Aug. 28.

The Omaha Trophy, sponsored by U.S. Strategic Command (USSTRATCOM) and the USSTRATCOM Consultation Committee (SCC), is given annually to five outstanding units that represent USSTRATCOM's mission areas, their role in global operations and USSTRATCOM's continued emphasis on strategic deterrence.

SCC member, Mr. Steven Martin, presented the award on behalf of the committee and the citizens of Omaha, Nebraska.

"Each year at this time, the Strategic Command Consultation Committee looks forward to recognizing the excellence demonstrated by the command's finest strategic units," said Martin. "On behalf of my 22 Strategic Command Consultation Committee colleagues, we are honored to join STRATCOM in saluting your outstanding achievements as the command's best unit in the area of ballistic missile submarine operations."

In 2017, Alabama successfully completed three strategic deterrent patrols, totaling 238 days of at-sea operations, while achieving 100 percent strategic and navigation readiness in missions vital to national security. Alabama also received the 2017 Commander, Submarine Squadron 17 Battle Efficiency "E" Award.

"Alabama's fighting spirit, their total dedication to teamwork and their excellent reputation for working well together, has contributed significantly to our successes in the past

and we will leverage them for our future," said Cmdr. Jeffrey Yackeren, commanding officer of Alabama's Blue Crew. "I am incredibly proud of your efforts on the deck plates every single day, at all levels of the chain of command and across all rates. Your desire to rise to the occasion and to knock down all challenges that come your way are motivational to me and I am very thankful to be part of the ship's contribution."

The Omaha Trophy, dating back to the U.S. Air Force's Strategic Air Command, was originally created in 1971 by the Strategic Command Consultation Committee, who were an advisory group comprised of business leaders in the Omaha, Nebraska area.

Gen. John E. Hyten, commander of U.S. Strategic Command, took the opportunity to recognize Alabama's hard work by assisting with the presentation of the trophy.

"Being selected as the finest ballistic missile submarine in the fleet is an awesome accomplishment, roll tide," said Hyten. "When you go to sea, you are the 6th most powerful nuclear power in the world. Every day you go out you defend our rights as a nation and as a people, and I love you for it."

Alabama is one of eight Ohio-class ballistic missile submarines homeported at Naval Base Kitsap-Bangor, providing the most survivable leg of the nation's strategic deterrent forces.

USSTRATCOM has global responsibilities assigned through the Unified Command Plan that include strategic deterrence, nuclear operations, space operations, joint electromagnetic spectrum operations, global strike, missile defense, and analysis and targeting.

For more news from Commander, Submarine Group 9, visit www.navy.mil/local/csg9/.

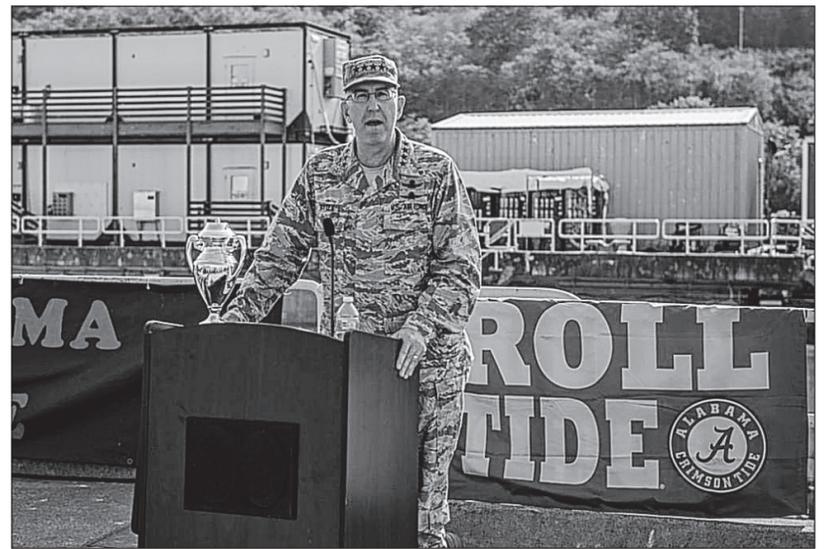


Photos by MC1 Amanda R. Gray

From left to right, Cmdr. Jeffrey Yackeren, Blue crew commanding officer of the Ohio-class ballistic missile submarine USS Alabama (SSBN 731), Gen. John E. Hyten, commander of U.S. Strategic Command (USSTRATCOM), Cmdr. William Filip, Alabama's Gold crew commanding officer, and Mr. Steven Martin, the Strategic Command Consultation Committee representative, hold the 2017 Omaha Submarine Ballistic Missile Trophy following the trophy presentation. The Omaha Trophy, sponsored by Omaha's Strategic Command Consultation Committee, is awarded annually to four outstanding units that represent USSTRATCOM's mission areas, their role in global operations and USSTRATCOM's continued emphasis on strategic deterrence.



Cmdr. William Filip, right, Gold crew commanding officer of the Ohio-class ballistic missile submarine USS Alabama (SSBN 731), gives Gen. John E. Hyten, commander of U.S. Strategic Command (USSTRATCOM), a tour of Alabama following the Omaha Trophy presentation at Naval Base Kitsap-Bangor.



Gen. John E. Hyten, commander of U.S. Strategic Command (USSTRATCOM), delivers remarks during the 2017 Omaha Submarine Ballistic Missile Trophy presentation which was awarded to the Ohio-class ballistic missile submarine USS Alabama (SSBN 731).

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Malaria candidate vaccine proves effective

From Naval Medical Research Center Public Affairs

SILVER SPRING, MD.

Capt. Judith Epstein, clinical director, Naval Medical Research Center (NMRC) Malaria Department, presented findings on the malaria candidate vaccine, PfSPZ Vaccine, at the 2018 Military Health System Research Symposium (MHSRS), Aug. 22.

During the breakout session called “What’s New in Infectious Disease Research in the Tropics,” Epstein gave an update on NMRC’s work with PfSPZ Vaccine, a whole organism vaccine comprised of aseptic, purified, radiation-attenuated, non-replicating, cryopreserved sporozoites. Sporozoites (SPZ) are one of the stages of the malaria parasite, which find their way to the liver after inoculation.

According to Epstein, the parasites induce a protective immune response without making copies of themselves. In other words, the weakened parasites do not replicate or get into the bloodstream, and thus do not lead to infection or disease.

“The studies on PfSPZ Vaccine are important because they bring us closer to having a malaria vaccine to prevent infection and disease in military personnel deployed to malaria-endemic regions as well as vulnerable populations residing in malaria-endemic regions,” said Epstein. “Malaria has consistently been ranked as the number one infectious disease threat facing the military, and the burden of malaria remains incredibly high worldwide.”

Epstein was the NMRC principal investigator (PI) on two PfSPZ Vaccine trials, published in *Science* in 2011 and the *Journal of Clinical Investigation* in 2017, respectively. The former trial was conducted in collaboration with the Center for Vaccine Development (CVD) at the University of Maryland in Baltimore (UMB); both trials were conducted in collaboration with Sanaria Inc. and the Walter Reed Army Institute of Research (WRAIR).

In mid-2017, Epstein also became the PI for the “Warfighter 2 Trial”, conducted be-

tween 2016 and 2017. The trial was conducted at NMRC and CVD-UMB. Thirty subjects were immunized at each site. The participants had their screening visits, immunizations, and follow-up appointments at the NMRC Clinical Trials Center (CTC) in Bethesda, Maryland. Subjects were immunized with PfSPZ Vaccine and then, along with control subjects, underwent controlled human malaria infection by exposure to five bites from malaria-infected mosquitoes. Subjects were then followed closely to determine whether or not they developed malaria through the evaluation of blood smears and polymerase chain reaction (PCR). Infection was treated immediately with anti-malarial medication.

“In all trials, the vaccine has been demonstrated to have a very good safety and tolerability profile and has also been easy to administer,” Epstein said. “Our focus now is to enhance the efficacy and practical use of the vaccine.” Two of the most important parameters for malaria vaccine development are duration of protection and protection against non-vaccine strains.

In the “Warfighter 2” trial, NMRC researchers were able to demonstrate vaccine efficacy of 40 percent against a non-vaccine strain of malaria when assessed 12 weeks after the final injection, a marked improvement from the previous trials.

As the DoD’s premier scientific meeting, MHSRS helps to facilitate the exchange of information between almost 3,000 attendees from around the world on health care topics relevant to the warfighter. This year’s meeting was held at the Gaylord Palms Resort and Convention Center, Aug. 20 – 23, Kissimmee, Florida, and focused on medical innovation as a key factor in operational and mission readiness.

NMRC’s eight laboratories are engaged in a broad spectrum of activity from basic science in the laboratory to field studies at sites in austere and remote areas of the world to operational environments. In support of the Navy, Marine Corps, and joint U.S. warfighters, researchers study infectious diseases; biological warfare detection and defense;



U.S. Navy photo

Hospital Corpsman 1st Class Harold Sylvester, assigned to Naval Medical Research Center Asia (NMRC), sets and baits mosquito traps in Singapore. NMRC is conducting research project to study the different populations of mosquitos in Singapore and their ability to transmit diseases.

combat casualty care; environmental health concerns; aerospace and undersea medicine; medical modeling, simulation and operational mission support; and epidemiology and behavioral sciences.

NMRC and the laboratories deliver high-value, high-impact research products to support and protect today’s deployed warfight-

ers. At the same time researchers are focused on the readiness and well-being of future forces.

For more news from Naval Medical Research Center, visit www.navy.mil/local/nmrc/.



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PODCAST | *Senior leader**Continued from B1*

for a couple of weeks,” he said.

“And we did many exercises in which that flotilla was attacked by anti-ship cruise missiles, and allies and partners fired their own defensive weapons to protect a high-value unit that was looking for the ballistic missile coming over the horizon. So tremendous success, part of what we do, and a big reason for having four guided-missile destroyers in Rota, Spain.”

Forward Deployed Naval Forces

Mention of Rota led to discussion of Foggo’s third focus area, forward-deployed naval forces, which is closely related to ballistic missile defense and other important missions that require steady presence and rapid reaction.

“We couldn’t do all the missions that we do without our forward-deployed forces in Europe and we couldn’t do this without partners, either,” said Foggo. “When I talk about missile defense, let’s not forget the incredible collaboration we get from our Romanian partners with our missile facility in Deveselu, and we are building another missile facility ashore, and it’s like an Aegis-class ship ashore in Redzikowo in Poland.”

Foggo also mentioned ally and partner support to the FDNF forces. “Our FDNF forces afloat are in Rota, Spain. We wouldn’t be there if it weren’t for the incredible generosity and relationship we have from our host nation in Spain. And that is a port facility that is located in an area that gives us access to the North Atlantic, to the Baltic, to the Mediterranean.”

Countering violent extremism

The steady presence provided by FDNF also contributes to Foggo’s fourth focus area, countering violent extremism.

“On countering violent extremism, this is something that we face every day. And we see attacks throughout the European theater and the African theater, and even in our own country and Canada. And we defend forward against that. That’s the reason we’re here. We want to take that fight to the violent extremists and keep them out of our own sovereign countries. And when I say that, I mean all the countries of NATO and the countries of North America that are part of NATO as well,” said Foggo. “The U.S. Navy continues to combat violent extremist organizations by dismantling networks of terrorist organizations in Syria, Iraq, Libya and elsewhere. We’ve done



MC1 Ryan Riley

Adm. James G. Foggo III, commander, U.S. Naval Forces Europe-Africa, participates as a panel member at Chatham House in London, March 12, 2018. U.S. Naval Forces Europe-Africa, headquartered in Naples, Italy, oversees joint and naval operations, often in concert with allied and inter-agency partners, to enable enduring relationships and increase vigilance and resilience in Europe and Africa.

a lot of work off the Somali coast, and I think that’s been very successful at tamping down piracy operations there to a bare minimum.”

For the final “rock,” Foggo emphasized the dramatic progress that has been made in recent years.

Enhancing African maritime security

“On the final big rock, enhancing African maritime security, I’ve been doing this now in this theater since 2009 when I worked at Supreme Headquarters Allied Powers Europe (SHAPE) headquarters, and I saw the Africa partnership stations stand up. I saw the Express series exercise,” he said. “It’s our signature series of exercises around Africa. We do Cutlass Express in East Africa, we do Phoenix Express in North Africa, and we do Obangame Saharan Express in the Gulf of Guinea in West Africa, all with the intent of enhancing the quality of the maritime domain of our African partners. And since 2009 to present, their progress has been like night and day,” Foggo continued.

“We have gone from a time when the Afri-

can partners either did not have the facilities or the capacity, in terms of ships, to go out and operate. They now have a robust series of facilities, radars that can coordinate and collaborate across territorial lines. They have an agreement, called the Yaounde Code of Conduct, in the Gulf of Guinea. And they have vessels that can get under way and challenge nefarious activity in the maritime and counter the pirate activities taking place, whether it be in the Gulf of Guinea, a new surge there, or maintain the status quo where we have beaten piracy on the east coast of Africa, off of Somalia.”

Looking ahead

In challenging times, the hard work put in by the warrior-experts who contribute to Foggo’s five focus area will see those efforts pay off in the form of increased security throughout the vast theater of operations, which covers 105 countries, 20 million square nautical miles of ocean that touches three continents, and a combined population of more than one billion people. The podcast will continue to

be a way for Foggo to communicate to those under his command, and to the world, about his priorities.

“I’m very thankful for the opportunity to discuss what is going on in these two important theaters,” said Foggo. “It is important to connect with great work being done in Europe and Africa by the U.S. Navy, our allies, and our partners.”

“On the Horizon: Navigating the European and African Theaters” will be available for download August 30th, here on Sound Cloud and here on Speaker.com.

U.S. Naval Forces Europe-Africa/U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners in order to advance U.S. national interests and security and stability in Europe and Africa.

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.

MEDICAL | *Team begins subject matter exchanges**Continued from B1*

in charge. “The team will engage in humanitarian assistance and disaster relief, tactical combat casualty care, and public health exchanges to effectively develop strong partnerships across the U.S. Southern Command’s area of responsibility.”

This mission stop in Colombia marks the second FHET engagement for SPS 18, and follows a successful stop in Trinidad and Tobago. FHET members are also scheduled to conduct mission stops in Honduras and El Salvador to work alongside those nations’ military forces, security forces, and civilian health professionals.

“The role here is to share experiences about pre-hospital trauma care so that we can execute best practices and prevent unnecessary deaths,” said Lt. Cmdr. Rachel Carter, a U.S. Navy emergency medicine nurse assigned to the FHET. “By sharing our experiences, we can better prepare to work together and respond to natural disasters.”

Held on an annual basis by U.S. Southern Command and executed by U.S. Naval Forces Southern Command/U.S. 4th Fleet, Southern Partnership Station is a U.S. Navy deployment focused on SMEEs

with partner nation militaries and security forces in the Caribbean, Central and South America.

The SPS mission is normally supported by the expeditionary fast transport ship USNS Spearhead (T-EPF 1), but this engagement will notice teams have arrived in Colombia aboard the Whidbey Island-class amphibious dock landing ship USS Gunston Hall (LSD 44).

Gunston Hall’s visit to Colombia is part of the Southern Seas, and UNITAS missions that are operating simultaneously with Southern Partnership Station. Southern Seas is an annual collaborative deployment in the U.S. Southern Command area of responsibility where a task group deploys to conduct various exercises and multinational exchanges to enhance interoper-

ability, increase regional stability, and build and maintain regional relationships. Southern Partnership Station, Southern Seas, and UNITAS operate under the leadership of Capt. Brian J. Diebold, commodore of Destroyer Squadron (DESRON) 40.

Focused on enhancing cooperative partnerships with regional maritime services, SPS aims to improve operational readiness for all participants. Additionally, the mission will provide an opportunity for U.S. and partner nations to operate in a multinational environment, refine coordination, improve interoperability, and demonstrate flexibility.

SPS is a demonstration of the strong U.S. commitment to partners in the Caribbean, Central and

South America, fostering goodwill and enhancing our collective ability to respond to natural disasters and humanitarian crises. SPS 18 will conclude in October 2018.

For more news about Southern Partnership Station 2018, visit <https://www.dvidshub.net/feature/SouthernPartnershipStation2018>, on Facebook at <https://www.facebook.com/SouthernPartnershipStation/>, on Twitter at <https://twitter.com/NavySPS/>, or on Instagram at <https://www.instagram.com/southernpartnershipstation/>.

Get more information about the Navy from US Navy facebook or twitter.

For more news from Navy Public Affairs Support Element, visit www.navy.mil/local/npasehq/.

RECOGNIZED |*Outstanding Navy civil service achievements**Continued from B1*

demonstrated leadership and produced work at a skill-level well above his current position,” said Bridges.

Josh Edwards received NAVSUP BSC’s Command Support Employee of the Year for commitment to delivering digital solutions, resolving issues, and improving quality of life for employees while serving as an IT Specialist for the Desktop Support Team in Mechanicsburg.

“Josh improved the processes and quality of life by contributing his time, talents, and energy to resolving issues with Navy Marine Corps Intranet (NMCI) and legacy infrastructure,” said Bridges.

The Workforce Management Staffing Team in Mechanicsburg received NAVSUP BSC’s Team of the Year award. Recipients included Juan Nunez, Diane Brown, Vicky Hayes, and Sue Pierce.

During the year, their superior manage-

ment of critical support services positively impacted daily operations in the areas of personnel actions, recruitments, staffing plans, and performance management.

In addition to the annual awards presentations, Robert Hayward received NAVSUP BSC’s Hall of Fame award for his distinguished and visionary leadership and outstanding commitment to the Navy and NAVSUP Enterprise customers at NAVSUP BSC in Mechanicsburg.

Over the course of 34 years, Hayward rose in rank and served in numerous positions including Programmer, Project Manager, Supervisory IT Specialist, Supervisory Systems Analyst, Division Director, and Department Director of four different departments.

Headquartered in Mechanicsburg, NAVSUP BSC delivers IT and information management solutions with specific emphasis on logistics and financial related products

and services. NAVSUP BSC is a part of the NAVSUP Enterprise, which employs a diverse, world-wide workforce of more than 22,500 military and civilian personnel, to provide supplies, services, and quality-of-life support to the Navy and joint warfighter.

“Without the great efforts made by every one of you, NAVSUP BSC would not be what it is today,”

Capt. Douglas M. Bridges Jr.,
NAVSUP BSC
Commanding Officer

Mayor’s proclamation kicks off Navy Week Cleveland

By MC2 Tamara Vaughn

Navy Public Affairs Support Element East Public Affairs

CLEVELAND

Cleveland Navy Week officially kicked off with a Mayoral proclamation at the Soldiers’ and Sailors’ Monument on Public Square in downtown Cleveland, Aug. 28.

The proclamation presented by Cleveland’s mayor, Frank G. Jackson to Ohio native and Navy Surgeon General, Vice Adm. Forrest Faison, highlighted the close relationship and history between the city of Cleveland and the U.S. Navy.

“There is a strong linkage between the Navy and the city of Cleveland,” said Faison. “Whether it is Adm. Kidd, Adm. King or the countless tens of thousands of men and women who wore the cloth of our nation to defend us. Your Navy is on station and on point to be where it matters when it matters.”

The week is packed with dozens of events, including skills demonstrations from the Blue Angels and Navy divers; a ‘Navy Night’ celebration with the Cleveland Indians; free music concerts by the U.S. Fleet Forces Band; Sailor visits to youth centers and non-profits in an effort to give back to the local community and site visits to indus-

tries and universities located throughout the Cleveland metro area.

“Navy week’s gives people a good sense of what we do by interacting with Sailors creating a bond with between civilian and military personnel,” said USS Ohio (SSGN 726) Sailor, Electronics Technician 3rd Class James Walmsley, a Washington D.C. native.

The purpose of Navy Week is to increase awareness by showcasing the Navy to cities that normally do not have a significant naval presence. It also gives local citizens the chance to meet Sailors and learn about capabilities and opportunities in the U.S. Navy.

“Cleveland is one of those cities that is not on a coast. It is important to actually go out and show people what the men and women of the Navy are defending throughout the world and show people the jobs they do, 24/7,” said USS Ohio (SSGN 726) Sailor, Sonar Technician Seaman Madison Glass, a native of Salt Lake City, Utah.

Historically, Navy Week events draw thousands of attendees to participate and create a better understanding between Sailors and local residents.

“Navy week allows us to put a face to the people who are actually defending our freedom,” said Tim Dailey, executive director of Cuyahoga County Soldiers’ and Sailors’ Monument. “To have the crew of the USS Ohio go out and represent the people of Ohio, it puts a face to the people who are out there helping to serve the country.”

Cleveland Navy Week is one of 14 held across America in 2018 to help increase awareness in areas that do not have a significant Navy presence.

PROUDLY



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**Need a new ride?
Don't miss the NAVSTA
Auto Auction on
September 12**

All the details and information regarding the auction, and the list of vehicles are inside!

» See **C4**

SECTION C | FLAGSHIPNEWS.COM | 09.06.18



ART WITH WINGS

Chrysler Museum of Art commemorates the 100th anniversary of WWII with exhibit of combat aviation paintings



Henri Farré (French 1871–1934), **British Handley-Page Bomber**, 1918, Oil on canvas

Images courtesy of Collection of the Military Aviation Museum

From Amber Kennedy
The Meridian Group

The Chrysler Museum of Art will commemorate the 100th anniversary of the end of World War I with Henri Farré and the Birth of Combat Aviation.

On view Sept. 28, 2018–Jan. 27, 2019, the exhibition will include more than 20 paintings by the French combat artist as well as related materials that will educate audiences about the training, combat and equipment used during the early days of combat aviation. The Military Aviation Museum's scale model of a Nieuport 11, the most important French fighter plane of the war, will be

on display in Chrysler's Museum's Huber Court from Nov. 6–10.

The Chrysler will present the exhibition in partnership with the Military Aviation Museum of Virginia Beach, whose astonishing and world-famous collection traces the first 50 years of military aviation. "Besides its extraordinary collection of vintage aircraft, the Military Aviation Museum holds one of the largest collections of war paintings by this pioneer artist. We are proud to partner with them to bring these wonderful paintings to the Chrysler," said Lloyd DeWitt, Ph.D., the Chrysler Museum's Irene Leache Curator of European Art and Chief Curator.

Farré was the first to experience war in the air and depict it on canvas. Born in France, he trained in Paris and was a successful portrait painter in Buenos Aires, Argentina. At the age of 43, Farré left his comfortable and long-established artistic practice to return home and serve his country. He flew with the military air services as often as he could, sometimes daily, and then applied his experiences to the canvas at day's end. Trained by Impressionist artists, his accomplished and atmospheric paintings show his efforts to find the language to communicate his experiences.

"Farré documented the birth of military

aviation with unusual panache. He celebrated the open sky, the drama and gallantry of aerial combat and the escape from the catastrophic carnage of trench warfare below," DeWitt said.

Just prior to the end of World War I, Farré toured his Sky Fighters of France exhibition around the United States to raise money for war widows and orphans. Following the tour, he remained in the United States and established a successful career in Chicago, where he lived until his death in 1934.

7 surprising benefits of doing jigsaw puzzles

From Brandpoint

There's a quiet movement going on in this country, and it doesn't involve apps, data or the latest fad. Following the lead of vinyl record albums, coloring books and traditional board games, jigsaw puzzles are seeing a resurgence in popularity. Perhaps, because it's an opportunity to unplug and give yourself and family an escape from the information overload that is buzzing through the very fabric of our lives 24/7.

Wrestling the kids (or yourself) away from screens, devices, even the television can be a nearly impossible task, but it's vital to our mental and even physical health. A jigsaw puzzle requires your full attention and therein lies the magic. Everyone from tweens and teens to millennials and over-worked parents to seniors are returning to this quiet pastime of childhood. Call it a retro revolution.

Here are some benefits of puzzling that might surprise you.

Jigsaw puzzles exercise the left and right sides of your brain at once

Your left brain is logical and works in a linear fashion, while your right brain is creative and intuitive.

When you're doing a jigsaw puzzle, both sides are engaged, according to Sanesco Health, an industry leader in neurotransmitter testing. Think of it as a mental workout that improves your problem-solving skills and attention span. It's no surprise that Bill Gates admits to being an avid puzzler.

Jigsaw puzzles improve your short-term memory

Can't remember what you had for lunch yesterday? Jigsaw puzzles can help with that. Doing a puzzle reinforces connections between brain cells, improves mental speed and is an especially effective way to improve short-term memory.

Jigsaw puzzles improve your visual-spatial reasoning

When you do a jigsaw puzzle, you need to look at individual pieces and figure out where they'll fit into the big picture. If you do it regularly, you'll improve visual-spatial reasoning, which helps with driving a car, packing, using a map, learning and following dance moves, and a whole host of other things.

Jigsaw puzzles are a great meditation tool and stress reliever

Focusing on one image for a long period of time, without extraneous thoughts entering your mind, is in itself meditation. By doing a jigsaw puzzle, you're

getting the same benefits as if you meditated. The stress of everyday life evaporates and is replaced by a sense of peace and tranquility that lowers your blood pressure and heart rate.

Jigsaw puzzles are a great way to connect with family

Starting a jigsaw puzzle and keeping it on a table in your living room or kitchen is an invitation for the whole family to participate, whenever they have a few minutes to sit down and focus. It's a tactic that parents of teens can use for starting a conversation while working toward a shared goal.

Conversely, jigsaw puzzles are great for some needed alone time

Puzzling is perfect for people who want a quiet, solo break from the bustle and unrelenting stimulus of today's digital lifestyle.

You'll live longer, better if you puzzle regularly

Studies show that people who do jigsaw and crossword puzzles have longer life spans with less chances of developing Alzheimer's disease, memory loss or dementia. Puzzling stimulates the brain and actually wards off the plaque that is the marker of Alzheimer's, according to a recent study published in the Archives of Neurology. The study compared brain scans of 75-year-olds to 25-year-olds. The elderly people who did puzzles regularly had brain scans comparable to the 25-year-olds.

Doing jigsaw puzzles is good for your mind, body and spirit. So, on your next lazy Sunday (or better yet — crazed Monday), unplug, put your phone on "Do Not Disturb," and get swept away by a puzzle.

Calendar

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



Courtesy The Norva

The Connells w/ Roman Spring in concert

- Sept. 7. 8 p.m. \$18, \$23 day of show
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

The Connells are an American band from Raleigh, North Carolina. They play a guitar-oriented, melodic, jangle pop style of rock music with introspective lyrics that reflect the American South. Though mostly dormant, the band continues to play to this day. The band is best known for their song “’74-’75”, which became a Top 20 hit in the UK and made them quite popular in Europe at the time.

Navy Security Hiring Event

- Sept. 7. 10 a.m.–2 p.m.
- TCC Virginia Beach Campus Student Center (1700 College Cres., 3rd Floor Multi-Purpose Conference Room)
- (757) 822-7228

In partnership with Tidewater Community College’s (TCC) Career Services Center, Navy Region Mid-Atlantic (NRMA) is currently hiring for open civilian police officer positions for its Hampton Roads naval installations. Applicants should bring a current resume (narrative format), a valid U.S. issued driver’s license, Social Security card, and a copy of their high school diploma/GED or college transcripts (if applicable, college degree not necessary to apply). Applicants who are given a tentative job offer will be subject to a pre-employment drug screening, background investigation, medical evaluation, and a physical agility test.

Applicants must:

- Be at least 21 years of age
- Have at least 6 months of general work experience
- Be a U.S. citizen
- Have no felony convictions
- Be able to obtain a secret security clearance

Federal police officer salaries for open positions range from \$26,857-\$40,653 with full benefits. Salaries listed may vary based on hired position and potential overtime opportunities.

10th Annual “Opera In The Park”

- Sept. 8. 6 p.m.–10 p.m. Free
- Town Point Park, Downtown Norfolk Waterfront
- www.festevents.org

Enjoy Opera’s favorite Arias and Broadway melodies under the stars! Bring the entire family! Pack up your lawn chairs, blankets and picnic baskets and listen to beautiful music in a relaxing waterfront setting. Stroll through the Artist’s Market where you can browse and purchase paintings, jewelry, hand-crafted items and more! Food and adult beverages will be available for sale.

USO Coffee Connection - Norfolk

- Sept. 13. 11 a.m.–12 p.m.
- Bldg J50 Annex, 3rd floor, USO Pathfinder, Naval Station Norfolk
- Register at: <http://bit.ly/USOHRVSept2018>

Connecting military spouses to new friends or reconnecting with old ones over coffee; coffee and a mug to take home provided. Military spouses and children welcome!

The 2018 Navy Ball is approaching!

- Oct. 13. **TICKETS ON SALE NOW**
- E6 & Below: \$50
- O1-O4/CWO/E7-E9: \$70
- O5-O6: \$80
- O7 & Above/SES: \$90
- Retiree/Other DoD/Civilians: \$90
- Virginia Beach Convention Center, 1000 19th St., Virginia Beach
- www.militarynews.com/navy-ball/
- Follow “Register” link to purchase tickets

The Flagship Inc. invites you to attend the 2018 Hampton Roads Navy Ball. Join us on Saturday, Oct. 13, at the Virginia Beach Convention Center for this time honored tradition. Seating is limited and will be sold on a first-come, first-served basis.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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

94 Year-old Veteran Receives World War II Medals After 72 years

By MC2 Jonathan Jiang

LOUISVILLE, KY.

A 94-year old World War II veteran received his long overdue medals during a ceremony at the Louisville Veterans Affairs (VA) Medical Center in Louisville, Kentucky, Aug. 23.

Rear Adm. Michael Jabaley, former Program Executive Officer for Submarines, awarded William Edward Gilbert, a Kentucky native, the Asiatic-Pacific Campaign Medal, World War II Victory Medal and American Campaign Medal during Louisville Navy Week.

In his opening speech, Jabaley spoke about the importance of honoring our surviving World War II veterans.

“There are not many of them left and the ones that are, we need to treasure, and we need to take every opportunity to make sure they get the recognition that they so richly de-

serve,” said Jabaley.

Gilbert was drafted into the U.S. Navy from January 6, 1943, until his honorable discharge in January 11, 1946. He served as a Steward’s Mate aboard the South Dakota-class battleship USS Indiana (BB 58) in the Pacific Theater, earning the medals he would receive 72 years later.

“He put in a lot of work,” said Bruce Coleman, Gilbert’s son. “I feel really good that they finally recognized him as a veteran.”

VA psychologist, Gina Salisbury, learned about the issue on her initial visit with Gilbert and helped him take action. Salisbury consulted with VA geriatrics and extended care social worker, Tina Strobel, who worked with the National Archives to retrieve the medals.

“It’s probably the coolest day at the VA that I’ve ever had, and I’ve worked here for over 10 years,” said Salisbury. “It just really makes my job meaningful, being able to give back to veterans that have served our country.”

Friends and family were at the ceremony to share in this moment, including his son, Bruce and daughter-in-law, Wanda.

“I’m overjoyed,” said Wanda. “I wish all my children could’ve been here to witness this. I wish that everybody that I know could witness this. I’m just overjoyed.”

After the awards, Gilbert addressed the audience, expressing his feelings at finally receiving the medals and the value of perseverance.

“Never give up,” said Gilbert.

Norfolk Festevents Receives Virginia Tourism corporation grant for tourism marketing

From Norfolk Festevents

Governor Ralph Northam announced today that Norfolk Festevents received \$25,000 from the Virginia Tourism Corporation Marketing Leverage Program grant fund. In total VTC awarded more than \$890,000 for 57 tourism marketing projects across the state to help increase visitation and revenue for Virginia’s localities through tourism.

The grants are designed to help local and regional tourism entities attract more visitors by leveraging local marketing dollars, and will ultimately impact at least 232 other statewide tourism entities. The local organizations match the state grant funds by a minimum of 2:1 in order to support marketing projects. This funding cycle, the local partners will match the VTC grant dollars with more than \$4 million, providing more than \$4.9 million in new marketing to increase visitation to Virginia.

Norfolk Festevents received a \$25,000 grant for the Commonwealth Coastal Classic. Norfolk Festevents partnered with Waterside District, Patrick Evans-Hylton of Virginia Eats + Drinks, and VisitNorfolk to supply \$75,000 in matching funds for the project.

The Commonwealth Coastal Classic held September 13-15, 2018 is a new Virginia Culinary, Artisan, Entertainment and Maritime marketing and tourism special event for the downtown Norfolk waterfront. This new initiative, open to the public, is designed to bring together, in one of Virginia’s largest outdoor public waterfront tourist venues, a collection of many of Virginia’s most popular and trending culinary, artisan, and entertainment experiences, combined with the state’s newest and the region’s largest In-Water Boat Show.

“The Commonwealth Coastal Classic is an exciting celebration of the food, wine, craft beer and music of Virginia. It offers the right ingredients for a fun-filled day for residents

and visitors alike and the centerpiece of a great weekend in Norfolk,” VisitNorfolk’s Interim President and CEO, Sam Rogers says.

The VTC Marketing Leverage Program is designed to stimulate new tourism marketing through partnerships by leveraging limited marketing dollars, resulting in increased visitor spending. A minimum of three entities must partner financially to apply and may consist of Virginia towns, cities, counties, convention and visitors bureaus, chambers of commerce, other local or regional destination marketing organizations, private businesses, museums, attractions, cultural events, and other tourism-related entities.

Research shows that every VTC dollar invested in grants resulted in \$16 of direct visitor spending. Marketing campaigns that received Marketing Leverage Grants increased visitation by 15%.

“The tourism industry continues to be one of the fastest-growing and most innovative industries in Virginia, proving to be an instant revenue generator year after year,” said Governor Northam. “Our tourism businesses from across the Commonwealth recognize the importance of new product. They have created inventive, strategic marketing initiatives to showcase the many lures that Virginia has to offer. These grants will support those initiatives, and will help draw thousands of visitors to the Commonwealth to experience all of the things that make Virginia so special: our scenic beauty, exciting restaurants, historic sites, music venues and festivals, charming small towns, oysters, wine, craft beer and more.”

“The Marketing Leverage Program grants continue to inject critical funds into communities across the Commonwealth, helping to make Virginia the best place to live, work, and raise a family,” said Brian Ball, Secretary of Commerce and Trade. “The tourism industry is an economic engine for Virginia. Last year, visitors spent \$25 billion, which supported 232,000 jobs and contributed \$1.73 billion in state and local taxes. By leveraging these marketing funds and public-private partnerships, the Marketing Leverage Program grants will help to spur even more economic activity, funneling dollars back into our cities and towns across Virginia.”

Tourism is an instant revenue generator for Virginia. In 2017, tourism generated \$25 billion in revenue, supported nearly 232,000 jobs and provided \$1.73 billion in state and local taxes. Dollars invested in tourism are proven to provide a 7:1 return in tax revenue for Virginia, and the grant awards and matching funds provide a stimulus to localities seeking to increase tourism visitation and revenue.

NEED A VACATION? Universal Orlando announces military discount

Military members can enjoy four days for the price of one at Universal Orlando Resort

From Universal Orlando

ORLANDO, FLA.

Active duty and retired military members and their families can experience four days of thrills and excitement at Universal Orlando Resort for the price of one.

Available immediately, military members can purchase a 4-Day ticket for the price of a 1-Day ticket. 2-Park and 3-Park options are also available for use anytime now through December 31, 2018.

They can also enjoy two new nighttime shows – “Universal Orlando’s Cinematic Celebration” at Universal Studios Florida and “The Nighttime Lights at Hogwarts Castle” at Universal’s Islands of Adventure.

With the purchase of a 3-Park ticket, military members and their families can enjoy Universal’s Volcano Bay, a water theme park with a mix of thrill rides and relaxation.

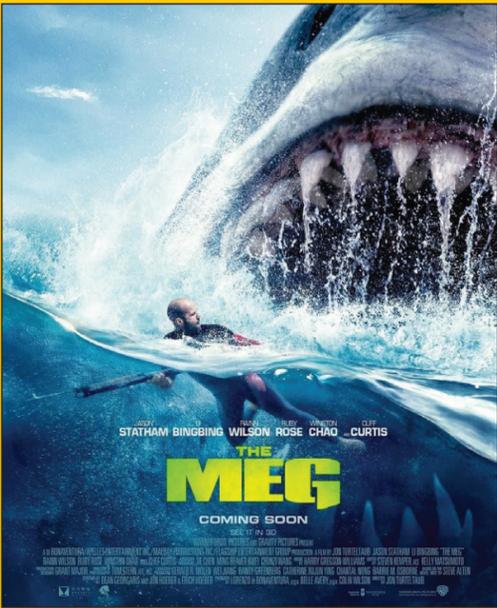
These military offers are only available with valid identification at participating bases at ITT, Leisure Travel Service Offices and the the Shades of Green Resort in Orlando.

Tickets are currently available at the following Virginia bases:

- Camp Allen
- NS Norfolk
- NAS Oceana
- Ft. Eustis
- NSF Dahlgren MWR
- Ft. Belvoir
- Joint Base Langley-Eustis
- Joint Base Myer-Henderson Hall
- Langley AFB
- JEB Little Creek
- NSA Hampton Roads (NMCP)
- NMC Portsmouth
- Norfolk Navy Shipyard
- NSA NW Annex
- NSA South Potomac
- USCG ISC Portsmouth
- USMC Quantico
- USCG Training Center Yorktown
- Ft. Lee
- Naval Security Activity, Chesapeake
- DSCR Richmond

For other participating ITT bases or Leisure Travel Service Offices, or any other information about Universal’s military travel deals, visit www.UniversalOrlando.com/military.

base theaters \$3 Movies



Di Bonaventura Pictures

Five years ago, Jonas Taylor encountered an unknown danger in the unexplored recesses of the Mariana Trench that forced him to abort his mission and abandon half his crew. Though the tragic incident earned him a dishonorable discharge, what ultimately cost him his career, his marriage and any semblance of honor was his unsupported and incredulous claims of what caused it - a mammoth, 70-foot sea creature, believed to be extinct for more than a million years. But when a submersible lies sunk and disabled at the bottom of the ocean - carrying his ex-wife among the team onboard - he is the one who gets the call. Whether a shot at redemption or a suicide mission, Jonas must confront his fears and risk his own life and the lives of everyone trapped below on a single question: Could the Carcharodon Megalodon - the largest marine predator that ever existed - still be alive ... and on the hunt?

JEB Little Creek, Gator Theater – 462-7534

Friday, September 7

6 p.m. The Meg (PG-13)
9 p.m. BlackKkKlansman (R)

Saturday, September 8

1 p.m. Teen Titans Go: To The Movies (PG)
4 p.m. The Meg (3-D) (PG-13)
7 p.m. BlackKkKlansman (R)

Sunday, September 9

1 p.m. Mama Mia! Here We Go Again (PG-13)
4 p.m. Mission Impossible: Fallout (PG-13)
7 p.m. Christopher Robin (PG)

NAS Oceana, Aero Theater – 433-2495

Friday, September 7

6 p.m. The Meg (3-D) (PG-13)
9 p.m. BlackKkKlansman (R)

Saturday, September 8

12 p.m. Christopher Robin (PG)
3 p.m. The Meg (PG-13)
6 p.m. Mission Impossible: Fallout (PG-13)

Sunday, September 9

12 p.m. Christopher Robin (PG)
3 p.m. BlackKkKlansman (R)
6 p.m. The Meg (PG-13)



40 Acres and a Mule Filmworks

Ron Stallworth, an African-American police officer from Colorado, successfully manages to infiltrate the local Ku Klux Klan with the help of a white surrogate, who eventually becomes head of the local branch.

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

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Sept. 7-13

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searching | THE HAPPYTIME MURDERS

Disney Christopher Robin | THE MEG

MISSION: IMPOSSIBLE | MILE 22

FALLOUT

For Show Times and Purchasing Tickets, visit PhoenixTheatres.com
At Naval Station on Norfolk, Across from the NEX Building 1500 Mall Dr., Bldg. CD-12 Norfolk, VA (Additional \$1.50 for 3-D Movies / Movies & Times Subject to change) www.PhoenixTheatres.com



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NAVSTA Norfolk Auto Auction to be held Sept. 12

RULES AND REGULATIONS OF THE AUCTION

THE VEHICLES:

■ All vehicles have been abandoned on the Naval Station and are sold as is. There is no guarantee that the vehicles will run. Vehicles are not guaranteed as to year or state inspection. **SPECIAL ODOMETER NOTE: DO NOT** rely on the odometer reading, as it could be incorrect. Odometer reading could be more or less. Bidders are explicitly advised to closely examine the vehicle they are bidding on. There are no guarantees expressed or implied.

VIEWING OF VEHICLES:

Vehicles may be viewed at SP-123 from 1000 to 1300 on the Monday and Tuesday prior to the day of the auction. There will be a list of vehicles available at the viewing; however, any vehicle may be pulled from the auction up until the close of business Tuesday. Everyone entering the lot must have valid CAC/Military ID card. This auction is only open to our military/CAC card holders. (Active Duty, Retirees, Dependents, Civil Service)

BIDDER REGISTRATION:

All bidders must be registered and have a bidder number. Receipt of a bidder number implies an understanding of the legal obligations to these stated rules and regulations. Registration will start at 1000 on the day of the auction at the auction site. Bidders must register their name and address as they wish them to appear on the Certificate to Obtain Title. The MWR Department reserves the right to refuse to register bidders who have previously failed to follow the rules of their auctions. Registered bidders are responsible for all bids under their number. You, the registered bidder, are responsible for bids tendered, irrespective of the designated purchaser of the vehicle. **i.e. DO NOT BUY A CAR FOR A FRIEND OR RELATIVE UNLESS YOU ARE PREPARED TO ASSUME RESPONSIBILITY FOR THE PURCHASE.** The Certificate to Obtain Title must be made out in the name of the winning bidder. Do not bid on a car and then request that the Certificate to Obtain Title be

YEAR	COLOR	MAKE	MODEL	VIN
1991	BLUE	BMW	325 I	WBACB4319NFF81604
1993	GREY	HONDA	ACCORD	1HGCB7572PA003185
1995	BLUE	CHEVROLET	PICKUP	1GCGC29F7SE265416
1995	BLACK	FORD	RANGER	1FTCR10A7SPA94793
1998	RED	FORD	TAURUS	1FAFP52S4WA220008
1999	SILVE	PONTIAC	BONNEVILLE	1G2HX52K2XH205846
1999	GREY	TOYOTA	AVALON	4T1BF18B8XU311936
1999	GREEN	LINCOLN	NAVIGATOR	5LMPU28A7XLJ23968
2001	BLUE	LEXUS	IS300	JTHBD182110003823
2001	SILVE	FORD	TAURUS	1FAHP58241A288186
2002	BLACK	CHEVROLET	CORVETTE	1G1YY22G225107373
2002	RED	CHEVROLET	SUBURBAN	1GNEK13Z02J318169
2003	BLACK	FORD	F250	1FTNW20PX3EC46171
2003	BLACK	NISSAN	ALTIMA	1N4AL11D73C133608
2003	BLUE	FORD	ESCAPE	1FMCU93103KA07450
2003	GRAY	SUBARU	FORRESTER	JF1SG636X3H747298
2003	WHITE	NISSAN	350Z	JN1AZ34E33T010562
2005	BLUE	AUDI	A4	WAUAC48H75K013799
2005	BLACK	JEEP	CHEROKEE	1J4GR48K05C601703
2005	RED	CHEVROLET	COBALT	1G1AP12P757585179
2005	GOLD	FORD	TAURUS	1FAFP53U55A297632
2006	BLACK	SATURN	VUE	5GZCZ33D36S888306
2008	SILVE	NISSAN	TITAN	1N6AA06CX8N318318
2008	SILVE	DODGE	AVENGER	1B3LC56K98N171923
2009	BLACK	NISSAN	MAXIMA	1N4AA51E69C836549
2009	GREY	HONDA	CIVIC	JHMFA36269S014034
2011	BLUE	FORD	FUSION	3FAHP0KC3BR295755
2011	BLACK	NISSAN	ALTIMA	1N4AL2AP2BN492481
2012	BLACK	DODGE	CHARGER	2C3CDXHG4CH125910
2013	BLACK	HONDA	CIVIC	2HGFG3B55DH508841
2014	BLACK	LEXUS	ES350	JTHBK1GG4E2130594
2015	GREY	FORD	FOCUS	1FADP3F21FL271301
	WHITE	GLOBE STAR	TRAILER	

AUCTION: The highest bidder must pay a minimum of \$20 or 10% deposit, whichever is greater, on the day of the auction. This non-refundable payment may be made by cash or credit card. The remaining balance must be paid with cash or credit card (no checks) within five working days. Payment must be made at the Naval Station Impound Lot office, Bldg SP-314 located at the end of 10th Ave., between the hours of 0900 and 1630. When the complete payment is made within five working days of the auction, the Certificate to Obtain Title will be issued to the buyer. The signed Form 1348-I will act as a bill of sale for removal of the vehicle from the auction site.

FAILURE TO MAKE FULL PAYMENT WITHIN FIVE WORKING DAYS: The failure on the part of the bidder to make full payment within five working days of the auction will make the sale null and void, and result in the forfeiture of any deposits. The vehicle will then be re-offered for public sale at the next abandoned vehicle auction.

REMOVAL OF VEHICLES:

Vehicles must be paid for in full before they are removed from the auction site. All vehicles must be towed off of the lot. Buyers have five working days from the day of the auction to remove their vehicle and may do so from 0900-1600 Monday-Friday. Vehicles may not be worked on in the lot of the new location. You must show a signed Form 1348-I, Form 97, or registration for the vehicle to be released. Buyers who have paid in full for their vehicle and have not removed it within five working days will be assessed a \$15 per day/vehicle storage charge. Vehicles left for two weeks from the auction date will be declared abandoned and will be towed. Buyers will then be assessed a towing charge in addition to the \$15 per day storage charge.

FURTHER INFORMATION:

Call the Impound Lot office at 444-2631, Monday -Friday, 0900-1700.

www.genedanielsauctions.com

prepared in someone else's name.

BIDDING ON VEHICLES:

The auction will normally start at noon on Wednesday at the direction of the auctioneer. The auctioneer will proceed down the row of vehicles taking verbal bids on each vehicle in turn. Bidders who are interested in a particular vehicle should stand near the vehicle so that the auctioneer will hear their bid. All sales are final. Please be sure of the vehicle you are bidding on. Bidders may not participate in the auction

while on their phones or electronic devices. The MWR Department reserves the right to refuse any and all bids and to settle any and all disputes involving bids. This is an absolute auction. There are no extra fees or charges that must be paid. The bid price is the sale price. Once the auctioneer declares a vehicle "sold", the high bidder must sign a Form 1348-I (transfer of government property) acknowledging the bid price.

PAYMENT FOR VEHICLES:

IF PAYMENT IS MADE IN

FULL ON THE DAY OF THE AUCTION: The highest bidder on each vehicle may pay in full on the day of the auction at SP-314. Such payment must be made in the form of cash or credit card (no checks). If payment is made in full on the day of the auction, the Certificate to Obtain Title (Form 97) will be prepared immediately and presented to the buyer. Payments are taken until 1530 auction day.

IN FULL ON THE DAY OF THE



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FALL TIPS FOR A LUSH GREEN LAWN NEXT SPRING

Brandpoint image

From Brandpoint

The days are getting shorter and the nights are cooling off. The kids are back in school. Yes, fall is in the air, and that means it's time to start thinking about prepping your lawn for winter.

"Many homeowners see spring as the most critical season for lawn care," says Bryan Ostlund, executive director of Grass Seed USA, a coalition of American grass seed farmers and turf specialists, "but in reality, at least in the transition and cool zones of the U.S., fall maintenance can have just as much impact — if not more — on the year-round health and appearance of your lawn. Once temperatures are consistently below 60 degrees, your lawn will start storing up nutrients in preparation for winter. That's when you should start your fall lawn care regimen."

Following are three proactive measures you can take in the fall to ensure lush green grass come spring.

Reseed thin or bare areas. At the end of a long, hot summer with lots of outdoor activity, it's not unusual for lawns to show signs of

wear. By reseeding after the summer's heat subsides and before the first winter freeze, you can repair the damage and give your turf an eight- to nine-month jump start on root growth. The longer and stronger the grass's roots are, the less water your lawn will require during drier months and the more resistant it will be to disease and weeds. A thick lawn also helps reduce erosion, which can be particularly important in regions that experience rainy winter weather.

Before you reseed, mow your lawn and remove the clippings, and then prepare the soil by raking with a straight rake. This will remove dead organic matter and loosen up the top half-inch of soil to improve contact with the seed. Then apply a high-quality seed that is appropriate for your local climate conditions and is resistant to currently prevalent pests. Ask your local extension office (see <https://nifa.usda.gov/land-grant-colleges-and-universities-partner-website-directory>) for recommendations of blends that have tested well in your area. You'll want to use fresh seed, so check

the label to confirm that the seed was tested within the past 12 months. After planting, water the reseeded area lightly and regularly to keep it damp until the new grass is established.

Although new warm-season lawns are best planted in the late spring or early summer, if you live in the warm zone you might consider overseeding your warm-season turf with cool-season grass seed in the fall. The cool-season grass will thrive until the warm-season grass turns green again in the spring, ensuring year-round color.

Aerify. Aerifying your lawn combats soil compaction and thatch buildup and enables water, nutrients and oxygen to reach the grass's roots more easily. You can hire a professional to aerify your turf for you, or you can rent a core aerator that uses hollow tines to pull up small plugs of soil at regular intervals throughout the lawn. If you're reseeding, aerify right before you apply the new seed.

Apply fertilizer. Cool-season grass should be fertilized in the fall — even if your lawn looks perfectly healthy and has no bare patches — to promote good root development, enhance the storage of energy reserves and extend color retention. Most of the benefits of fertilization will be seen the next spring and summer, with earlier green-up, improved turf density, greater tolerance to spring diseases and reduced weeds.

Note that new grass and established lawns need nitrogen, phosphorus and potassium in different proportions. So if you're reseeding, apply a starter fertilizer at the time of planting and then follow up with a second application, this time using standard fertilizer, four to eight weeks after germination. Your extension office can help you determine which fertilizers are best for your type of grass and local conditions.

Investing a bit of time and effort in fall maintenance will pay off next year, with greener grass earlier in the spring and a thicker, healthier lawn that is ready to stand up to the rigors of summer wear and tear.



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Announcements

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Public Meeting regarding Grassfield Sun Farm Sept. 18 7PM On behalf of Grassfield Sun Farm LLC, the public is invited to attend an informational meeting regarding a proposed 20 Mega-Watt solar farm under consideration for a 234 acre parcel located on West Road across from the Chesapeake Regional Airport in Chesapeake, Virginia. The meeting is scheduled for Tuesday, September 18th at 7:00 PM at the Chesapeake Airport located at 2800 Airport Drive, Chesapeake, VA 23023. Information will be presented about this project with a question and answer period for the benefit of the local community. If you have any questions prior to the meeting, please feel free to email mark.pearson@solaraccessusa.com

Estate Sale

3012 Red Maple Lane., Sep. 8 & 9, 10am-4pm Classic meets Vintage! Leather sofa & chair, live rm, antique dining rm, bedr., "This End Up" furn., office, patio, bkshelves, China, art, rugs & runners, garden art, lamps, books, comics, Star Wars toys, vinyl, toys, guitars, Christmas, kids, jewelry, clothes, Weber grill, full garage & tools and more. Pics at Facebook Boulevard Treasures.

Colonial Place ESTATE SALE - Sa. 9/8 - Su. 9/9 from 7 am - 4 pm at 407 Pennsylvania Ave, Norfolk. Downsizing and selling furniture, china, antiques, clothing, linens, books, records, magazines, artwork, and other collectibles and household items.

ESTATE SALE

1204 Oleander Ave., Chesapeake (Off Indian River Road) Fri. & Sat., Sept. 7 & 8 8:30 AM-3 PM
Everything Must & Will Be Sold!! Partial List: 100's of items including Lladros, Waterford, Lenox, China, lots of new dolls, crystal, oak double pedestal din rm set, decorative figurines, cherry bedrm set, marble-top furniture, sofas, etc. 1969 15' boat & trailer, wood-burning stove, kit, & gar. items, costume jewelry.
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Flea Markets/Bazaars

FLEA MARKETERS I NEED YOU! At the American Legion on Battlefield Blvd. in Ches. Sept. 8th & Oct. 13th. Wallaceston Runtin Club Oct. 6th. If interested in a space contact me at Jean.Bevins@yahoo.com or 757-646-8069.

THALIA METHODIST YARD SALE/FLEA MKRT 9/9

4324 VA BICH BLVD 2AM-3PM INFO & RESERV. 431-1924 PLEASE DO NOT CALL THE CHURCH

Garage Sale - Norfolk

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Battery Park-At Town Square Condos. 842 Devereaux Dr., Sat., 9/8, 7-3. Jewelry, household goods, clothes, China, etc. Rain date 9/9. No Early Birds Please.

MT Olivet Baptist Church, 1301 Church St. Annual

Fall Yard sale and Fish Fry, Saturday-Sept. 8th, 2018. Tables available \$10.00 (to 1:15) 7:30AM-3:00PM. Info/reservations 757-675-8164

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Dinette Set or Separate: 59x35 Dark Pine table/desk w/trestle legs. High back, dark brown, metal chairs with fabric seats. Like new \$200. Table only \$125. Chairs only \$75. Chesapeake (757)410-4732

DINING - American Signature Solid wood, China Closet, touch light, 60" Glass Top Rd table w/base. 6 Upholstered Chairs, parchment color fluted legs, like new \$850. 757-705-0494

Large Twin Hospital Bed, like new, barely used, \$300. 912-246-0112. Va. Beach.

Good Things To Eat

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For Rent-Norfolk Apts GHEHT-8 Great Locations 1 & 2 bedrooms start at \$730-\$1180. Efficiencies start at \$675 Meredith Mgmt 622-2233. www.meredithmgmt.com

\$300 Moves You In. \$735 Mo. Ingleside Square Apts. 3515 Glatts Ave. 466-8111

Little Creek Rd-2 BR Twmshs. Central heat/air, carpet. \$700-\$730. Credit req. 688-368-5920 Ask About Our Specials Meredith Mgmt. www.meredithmgmt.com

Wards Corner - 1BR, \$650 & 2BR, \$750 Call 460-1992 or 625-8193.

For Rent-Portsmouth Apts CALL ABOUT FREE HALF MO. RENT SPECIAL!! \$250 Sec Deposit. Starting at \$675. 393-2111

For Rent-Portsmouth House Churchilland, W-Branch, Suffolk Homes, apts, twmshs. \$725-\$1800. Kline Realty 484-0123

For Rent-Rooms Alexandria Second floor master suite available to rent with attached fully renovated bathroom. Full access to kitchen and laundry. Must like children and dogs. \$600/month. One-year lease then month by month. No smokers due to property insurance. Contact Eric, 757-759-7484.

CHES., GREAT BRIDGE - Furn'd Rm, Prof., Non-Smoker, Nice Home, Quiet, Cable, W/D, Utills Incl. Sec & Dep. \$160/wk. Mr. B. 757-375-2304

Chesapeake-2 rooms available for rent, near offices, shopping, restaurants & interstate. \$625 mo., with private bath. 757-580-5587.

Chesapeake Sunrise Hills, furn room, central air, washer/dryer, \$150 wk. + dep. 757-718-0698.

Greenbrier/Clearfield-Furnished hr, kit, priv's, cable, utills & Wi-Fi incld. \$150 per wk or \$500 mo. + dep. Avail now. Brian 757-472-3518.

Hilltop/Oceana-Furnished hr, \$550 mo. incl. utills, cable, kit, priv's, avail Sept 1. 757-513-4572.

KEMPSVILLE-Near Rock Church. Lg. rm. Cable, fridge, private bath. \$600 mo. 757-575-2379.

Norfolk Room For Rent 714-3852

Norview-Furn m. Everything incld. Washer/dryer. Close to everything. \$600 mo. 757-235-3630.

Portsmouth-Prentis Park on Piedmont Ave. Central air, bed & dresser incld. \$500. 373-1983.

Walk to Ghent-Beautiful home to share, 2 rms., private balcony, shared bath, all utills. paid. \$625. Call Charles 757-810-7452.

Wards Corner-On busline. \$550 mo. \$600 w/ priv. entrance. All utills incld. 398-7188. 469-4355.

For Rent-Va. Beach Apts OCEANA/HILLTOP AREA Newly renovated throughout, Spacious 2 BR, 1 BA. \$795/mo. 631-1306.

For Rent-Va. Beach House Fully furnished beach homes and condos. Avail Sept-April \$1150-3800 includes phone, cable TV & high speed internet. 6 month min. lease. Online application: photos at siebert-realty.com or call 426-6200 Ext. 701.

1983 Modular Mobile Home, 3 BR, 2 BA, fenced-in yd, well kept, must see, located in Bonney View in Kempsville. \$9500. 252-435-2226

Real Estate Services

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Antiques & Classics

Chrysler Top 1990 by Maserati, 2 for the price of 1, \$4000. Call or text 757-497-9556 before 8/18.

Healthcare/Medical

MENTAL HEALTH SERVICES

District 19 Community Services Board: Come and work for the leader of mental health, intellectual disability and substance abuse services. Salaried positions include excellent benefits with Virginia Retirement System. A flexible work schedule, including 4-day work week, is possible in some positions. Starting salary is commensurate with experience and training. The following positions are available here at District 19 CSB and can be reviewed at www.d19csb.com:

231: PACT Clinician
1086: Access Specialist
1044: Early Intervention Professional
669: ID/DD Case Manager
982: Mental Health Case Manager
1092: Peer Recovery Counselor
1097: Same Day Access Clinical Assessor
521: SUD Therapist-Licensed or Licensed Eligible (Emporia Clinic)

884: SUD Therapist PRNRNG (Not Guilty by Reason of Insanity) Case Manager-PRN
342: SUD Therapist-Licensed Eligible
884: SUD Therapist-PRN
900: Registered Nurse
268: Prevention Specialist
144: Developmental Disabilities Case Manager
992: Emergency Services Therapist
245: Substance Use Prevention Specialist
1026: Peer Support Specialist

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COOK



CLEAN



CHILL



SEPARATE



VIRGINIA BEACH

David Roddy

VIRGINIA BEACH OSCM(SW) David P Roddy passed away August 22nd in his home surrounded by his family. His 30 years of Navy service included USS McDonough; USS Standley; USS California; USS Dahlgren; NRC Troy, NY; FCTCL Damneck; NAVSURFLANT, CSMTT, Norfolk; ATG, CSTG, Norfolk; FTG, Norfolk; FTG, Norfolk and NSGA NW Chesapeake. Memorial Mass will be held at St. John the Apostle, 1968 Sandbridge Road, Va. Beach on September 22nd, 2018.

Trucks

Ford 1993 F150, 8' bed, new windshield/tires. Needs fuel pump. \$1200 obo. 757-319-6662.
Ford 1994 F250, Extra Cab, 8' bed, new tires, 145K mis., \$3800. Snyder's RV 499-8000
Ford 2008 F350 Lariat S/C 8ft 5.4L T/Tow extra clean 1 owner only 38Kmi \$15900 757-373-0000

Vans

Chrysler 2002 Voyager Auto, AC, 7 passenger w/ roof rack, 30,000 mi, \$2100.00 - 757-495-2749
Dodge 2009 Grand Caravan SE Silver/Gray 99800Miles, Runs Good, \$7500 Neg. 681-4268

Wanted Automobiles

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AUTOS ACCEPTED - Any Year, Make Or Model TOP DOLLAR, FAST, FREE TOWING. 757-737-2465 Or 757-754-9675

4-Wheel Drives



Jeep 2006 Commander V-8, leather, sunroof, fully loaded, aftermarket wheels, tires, stereo, \$6000 obo 757-406-0421

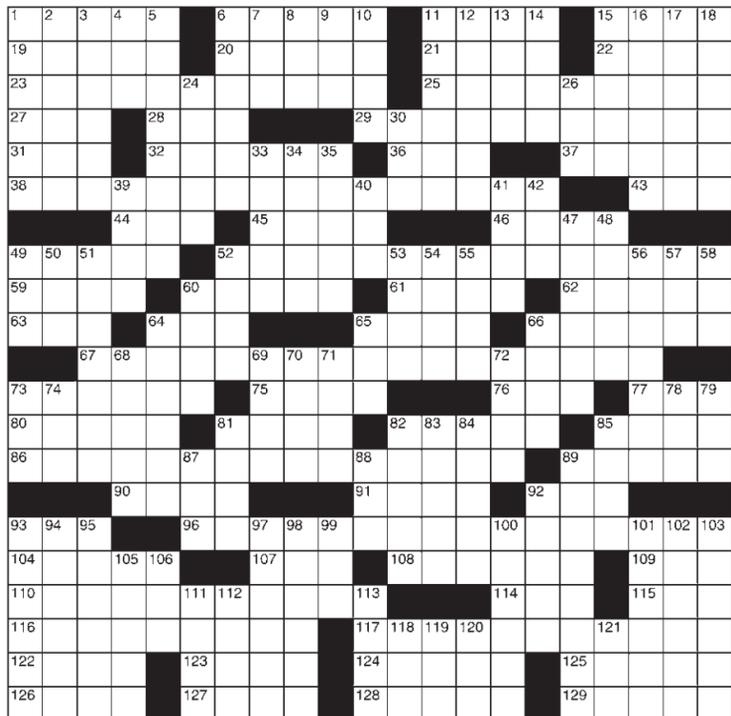
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Fun and Games

Sudoku

Super Crossword "I MISS YOU GUYS"

- ACROSS**
1 After, in Paris
6 Paparazzi target
11 Speedy
15 Close loudly
19 Instant replay mode
20 St. Teresa's town
21 Guthrie of folk music
22 Snow beast of legend
23 Frenetic cartoon marsupial
25 Banging, as a drum
27 Bread type
28 Caviar eggs
29 It's not currently erupting [#2]
31 — distance
32 Capital of Kazakhstan
36 Kia model
37 Fragrant compound
38 "Just name it and I'll do it" [#3]
43 Zine staff
44 Sarcastic laugh sound
45 Dust bit
46 Direction of sunup
49 Real guy?
- 52 House-building charity [#4]
59 Shouts from cheerleaders
60 Recording studio control
61 Watch
62 Concave tummy part
63 Sauna spot
64 — tai (mixed drink)
65 Hive group
66 "Sorority Row" actress
67 Annual publication of Benjamin Franklin [#5]
73 Jonathan Swift's genre
75 Ark crafter
76 Egg case
77 Prefix with con
80 Her "Hello" was a big hit
81 Horror film helper
82 Composer Franz
85 Singer Baez
86 What a green card grants an alien [#6]
89 Dated yet trendy
- 90 Be a vagrant
91 "Oinello" baddie
92 "No kidding!"
93 — -jongg
96 Available again because folks asked for it [#7]
104 Not silently
107 August sign
108 Old office note-takers
109 Ending with ethyl
110 Classic song by Rodgers and Hart [#8]
114 Platform that runs on Apple devices
115 Audiophile's stack
116 Certain shore area
117 1988 film about an old baseball scandal (and what this puzzle has?)
122 Bakery tool
123 Brother of Cain
124 Comic Anderson grants an dinner
125 Passover dinner
126 Cruel emperor
- 127 Simple
128 Bulges
129 Not well-kept
- DOWN**
1 Wandering
2 Seek the approval of
3 Capital of Dominica
4 Record label for Bowie
5 Take off from a high nest, as an eagle
6 Academy students
7 Mother of Cain
8 Ullmann or Tyler of film
9 Yale athlete
10 Dis-tressed?
11 Cloin
12 "Am not!" reply
13 Serb, say
14 Pooch in Oz
15 Matches up, as files
16 Papal envoy
17 Paid (for)
18 Tweens, e.g.
19 Army denial
26 Sicile, e.g.
30 Suffix with access
33 Sportscaster — Rashad
34 Weeper in myth
35 Not lifeless
39 Letters that follow pis
40 Converged
41 Tabby sound
42 — es Salaam
47 City in Iran
48 Tennis top
49 Wifely title
50 Ceiling
51 Book division
52 Brow or lash
53 Say for sure
54 With
56-Down, entwined like shoelace ends
55 Own (up)
56 See
54-Down
57 With
78-Down, tone deafness
58 Pro's vote
60 Cost to cab it
64 Singer Rita
65 Scornful cry
66 Dark mark
68 Gull ship
69 Playwright William
70 Pigeon calls
71 Spy Mata —
72 Timber tool
73 Syrup base
74 Sugary drink
78 See
57-Down
79 1969 Beattle bride
81 "— la Douce"
82 Luitzes, e.g.
83 Bar of gold
84 Range
85 Taunt
87 Eatery check
88 Handy-andy's inits.
89 Evaluate anew
92 Low spirits
93 Remit, say
94 — -Lorraine
95 Schnozz
97 Maker of an exact copy
98 Brewing pot
99 "Sk8er —" (2002 hit)
100 Merges
101 Crack, as a cipher
102 Provided, as with talent
103 "— Rides Again" (old Western)
105 in — (not yet born)
106 "What's the —?"
111 Trolley car
112 Caftan, e.g.
113 Jail division
118 Debt doc
119 Chewed stuff
120 Not square
121 Once named



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

CryptoQuip

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

Clue: P equals S

GLCH QTA FTRVBHE RGH
PVDF RGH BTARASVHS KTPRHE
TF GVP KSVCLRH KSTKHSRQ?:
"FT ESHP KLPPVFD."

Last week's CryptoQuip answer

Because I am a southpaw who happens to be big and strong, do people consider me a hefty lefty?

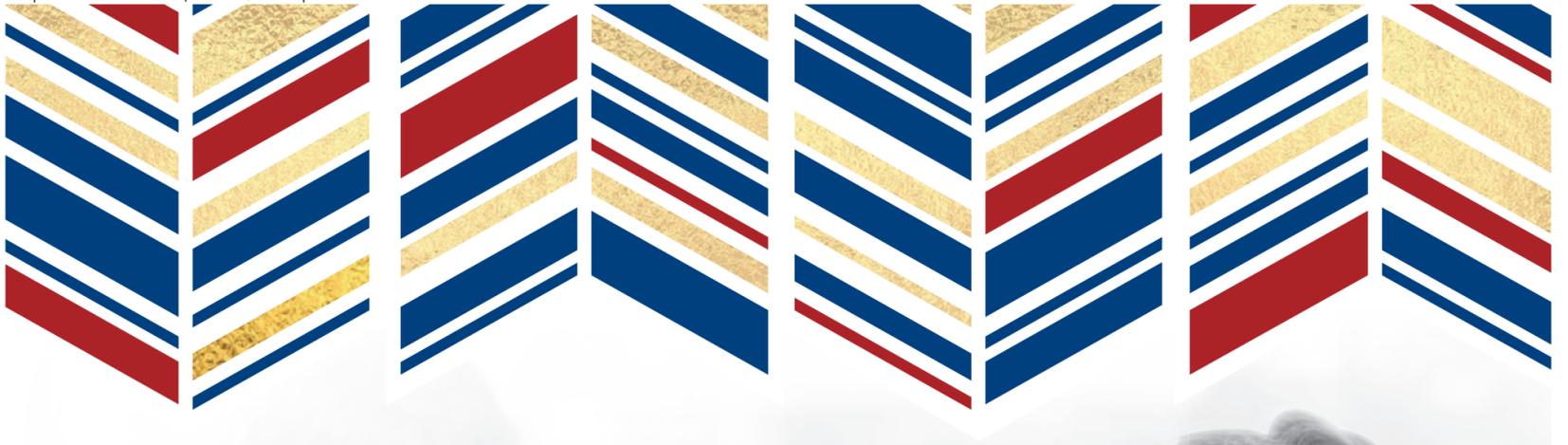
last week's answers

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

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

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10.12.18

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