



THE BUCK STOPS HERE The annual award is in honor of President Harry S. Truman's legacy of leadership. » See **A4**

SAILORS TEE OFF AT TEMBE CARRIER CLASSIC

By MC2 Anna Van Nuys
USS George Washington Public Affairs

VIRGINIA BEACH

Sailors from the aircraft carrier USS George Washington (CVN 73) faced teams of Sailors from the aircraft carriers USS Dwight D. Eisenhower (CVN 69), USS Abraham Lincoln (CVN 72), USS George H. W. Bush (CVN 77) and aircraft carrier USS Gerald R. Ford (CVN 78) in the 7th annual Tembe Carrier Classic Golf Tournament Oct. 12.

Eisenhower hosted this year's event at the Aeropines Golf Course at Naval Air Station Oceana in honor of Capt. Tushar Tembe. The annual tournament is held in honor of Tembe, who passed away unexpectedly while commanding the aircraft carrier Harry S. Truman (CVN 75).

"Each carrier takes turns organizing and hosting the tournament," said Vicky West, the Eisenhower's Fun Boss. "We work with all the fun bosses from all the other carriers so it truly is like this all-carrier project. It was our turn this year but it showed how well communication can be between all the ships."

Capt. J. B. Theriault, the supply officer aboard the Truman in 2011 who served under Tembe at the time of Tembe's death, spoke about their friendship and how the tournament came to be.

"I quickly learned after [Tembe] checked on board that the thing that he loved more than life aside from his family and being an officer in the Navy was golf," said Theriault. "He would take a few of us onto the golf course every now and then.



Lt. j.g. Whitney Maury assigned to the aircraft carrier USS George Washington (CVN 73), golfs on the Aeropines Golf Course at Naval Air Station Oceana during the 6th annual Capt. Tushar Tembe CVN Invitational.

One day I'm out there golfing with him and he turns to me and says 'Suppo, I want to have a tournament. I want to have all the aircraft carriers on the east coast together and we'll call it something like the East Coast Carrier Invitational or something similar, but I want to do this for the Sailors.'"

Theriault said that they planned for the first tournament to be held on Nov. 11, 2011. At 10 a.m. on Nov. 8, 2011, Tembe collapsed from a heart attack on Truman's brow.

"The morning he fell, I was actually on my way down to see him to figure out a name for this tournament because we still hadn't decided on one," said Theriault. "Obviously, after the [executive officer] and I decided to continue with the tournament, we came up with the Tembe Cup in his honor. Today, nearly six years later, here we are, and it seems that every year it gets better and better, and it's just an incredible tribute to Tembe. He

would be so incredibly proud and I think he's looking down on us today and wishing he could tee one off with us."

Theriault joined Sailors from all the ships in the tournament. Sailors were divided into groups of four, with each Sailor getting a chance to score for their team, and the team used the best Sailors' score for each hole for the final score.

One Washington Sailor, Hospital Corpsman 1st Class Vanessa Green, said she was proud to be in attendance.

"I really wanted to support my command for this," said Green. "I really enjoy golf and this seemed like a good opportunity to show comradery with my shipmates. It's a great honor to play with the other carriers. I appreciate the opportunity because the carriers are always in and out of port, so to be able to be with our shipmates from the other carriers who we normally can't and be able to come together as one united front is amazing."



Sailors assigned to the aircraft carriers USS George Washington (CVN 73), USS Dwight D. Eisenhower (CVN 69), USS Abraham Lincoln (CVN 72), USS George H.W. Bush (CVN 77) and USS Gerald R. Ford (CVN 78) wait in golf carts on the Aeropines Golf Course at Naval Air Station Oceana before kicking off the 6th annual Capt. Tushar Tembe CVN Invitational.

The Eisenhower took home the cup, with a score of 336, followed by the Ford with a score of 348 and the Bush with a score of 374. The carriers plan to come together again next year to host the 8th annual tournament.

For more news from USS George Washington (CVN 73), visit www.navy.mil/local/cvn73/.

National Diabetes Awareness Month

By MCSA Adam Ferrero
USS George Washington Public Affairs

NEWPORT NEWS

November is National Diabetes Awareness Month, and for Sailors and civilians, there are plenty of reasons to observe the month; more than 30 million reasons in the United States alone.

According to the Center for Disease Control and Prevention (CDC), 30.4 million adults in the U.S. have diabetes, and about one out of every four don't even know that they have it.

According to Lt. Ruth Cortes, a physician assistant aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73), people who are diabetic or pre-diabetic show several signs.

"Your fingers and toes go numb, or they hurt," Cortes said. "You might be peeing a lot, and your vision starts to kind of fade. What diabetes does is attack all the little blood vessels first. Over time, you start losing vision and kidney function. It slowly takes away your normal functions. That's something people need to recognize."

For Cortes, recognizing diabetes be-

gins with knowledge.

"With diabetes, there's a strong genetic component," Cortes said. "There are two types of diabetes, type 1 and type 2. Type 1 can develop at an early age, and you did nothing wrong other than having some bad luck with your genes."

Cortes said that those with type 1 diabetes can't create insulin, a hormone that helps the body break down sugar. Without it, the body starves for sugar, and begins to break down muscles.

According to the CDC, type 1 diabetes accounts for approximately 5% of all diagnosed cases of diabetes in adults, with type 2 accounting for the remaining 95%. Risk factors can include high blood sugar levels, being overweight, being 45 years of age or older and being physically inactive.

Those who develop type 2 diabetes may have trouble breaking down sugar, but they ingest a lot of it, Cortes said.

"You're eating a lot of things like starchy white breads and sugary drinks," Cortes said. "Over time your pancreas, which is in charge of making insulin,

“There are two types of diabetes, type 1 and type 2. Type 1 can develop at an early age, and you did nothing wrong other than having some bad luck with your genes.”

Lt. Ruth Cortes, a physician assistant aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73)

gets exhausted. It just can't do the work anymore, so the sugar hangs around in the blood. It has nowhere else to go, because the insulin is supposed to pick

» See **DIABETES** | A7

TR, CVW-17 launch in support of Operation Inherent Resolve

From Carrier Strike Group 9 Public Affairs

ARABIAN GULF

The Theodore Roosevelt Carrier Strike Group (CSG) and embarked Carrier Air Wing (CVW) 17 began sorties from the Arabian Gulf in support of Operation Inherent Resolve (OIR).

"The first day of flight operations supporting Operation Inherent Resolve is a highly-anticipated day where the Theodore Roosevelt strike group transitions into combat operations to demonstrate our contin-

ued commitment to this region and our partner nations," Commander of Carrier Strike Group 9 Rear Adm. Steve Koehler said. "Success in this important mission takes every Sailor and Marine on board working as a team. I'm incredibly proud of all the work this team has done throughout their training and preparation, they are ready and now it is time to go to work."

"Our priority is to be ready for any contingency," Commander of CVW-17 Capt. Chris

» See **RESOLVE** | A7



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As our nation changes through time, our military force rises to the challenge of new threats. A heritage in the service of that cause is something that will forever be endowed to us by those who have come before us to defend freedom and democracy around the world.

» See **A6**



LOUISIANA CHEFS VISIT USS LOUISIANA

Two top chefs from New Orleans cooked lunch for the Gold and Blue crews of the ballistic missile submarine USS Louisiana.

» See **B5**

"A COLONIAL CHRISTMAS"

History makes the holidays fun at Jamestown Settlement and the American Revolution Museum at Yorktown during "A Colonial Christmas," December 1-31.

» See **C1**

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PROTECTING THE HOMEFRONT: FAMILY ADVOCACY PROGRAM MAKES IMPACT

By MCSN Marlan Sawyer
USS George Washington Public Affairs

NEWPORT NEWS

Sailors that struggle at home don't have to face it alone. It is important to maintain a healthy, happy personal life so it doesn't affect Sailors' performance in the workplace.

The Family Advocacy Program works to prevent those struggles, including domestic abuse, by providing information and training to Sailors and their families. The ultimate goal is to maintain a Sailor's mission readiness. By teaching each Sailor how to prevent and respond to abuse, the Navy can operate more efficiently.

"There are many signs of domestic violence, with some being harder to detect," said Lt. Travis Kelley, a Family Advocacy Program (FAP) representative aboard the aircraft carrier USS George Washington (CVN 73). "The signs can range from isolation from friends and family to physical injury."

FAP is a Department of Defense (DOD) program that provides domestic and child abuse prevention efforts, early identification and intervention support for victims and treatment for offenders.

"FAP assists the Navy by providing victim advocates," said Deanne Noel, educational services facilitator at the Newport News Fleet and Family Support Center (FFSC). "The primary goals of the FAP are to prevent domestic violence by encouraging people to examine their own behavior. After self-examina-

tion, they then take the steps to learn and practice healthy behaviors.

The FAP provides a variety of treatment services to meet the needs of individuals and families. It provides counseling, case management, treatment groups, and refers families to military or civilian resources, as necessary."

Noel also said that a lot of victims and abusers have witnessed some form of domestic violence in their childhood, most likely from their parents.

"I like helping couples convert their negative energy into positive energy," said Noel.

"Maintaining a healthy relationship is an important domestic violence prevention tactic. The impact that domestic violence can have on a family is unimaginable, especially children," Noel added. "Unfortunately, this results in either one of two things. The child either becomes a victim or abuser, or they make sure to never treat anyone that way because they remember how they felt when it happened to them. It is definitely one of those epidemics that can continue and cycle through multiple generations if not treated quickly and properly."

Noel's coworkers also enjoy helping Sailors and their partners maintain healthy relationships through couples counseling.

"The impact I have on someone's life makes me take pride in what I do," said Bernice Vinson, a counselor for the FAP program at FFSC Newport News. "The FAP is here to give that victim the courage to speak

up and receive support. Victims are not alone throughout their personal struggles. The number of people who have been suffering for days, months or even years would surprise you. All it takes is one deep, personal conversation. People know that we are genuine and that we want the best for them."

According to Navy.mil, "Navy Leader's Guide for Managing Sailors in Distress", Sailors are required to complete annual training on the dynamics of domestic violence and can do so through in-person training from the FFSC or the Domestic Violence Prevention (DVP) mobile application. The Navy's DVP app is a mobile training and resource tool that provides easy access to information and training that satisfies the Navy's General Military Training (GMT) requirements for Domestic Violence Prevention.

"This app makes information regarding domestic violence easily accessible," said Kelley. "Technology is definitely the future, so it's great to see that an app was developed since the majority of Sailors are on their phone throughout the day. The information on the mobile app is very thorough. It benefits Sailors because they can access the information anywhere, anytime. This app could be the very thing that saves that Sailor that is going through a crisis."

Kelley also said that although the app is primarily geared towards active-duty and reserve service members, civilians and dependents can use it.

"The DVP app can be downloaded from several app stores free of charge," said Kelley. "There is no reason that anyone should not have this app. It has had a profound effect on the number of cases that the FAP deals with as well as the severity of the cases. I want all Sailors to reach out to their local FFSC to receive information about the services and reporting options provided. All victims can receive medical treatment from a military provider and disclose abuse to receive confidential support and collaboration with a victim advocate."

Kelley noted that victims have two options when reporting domestic abuse. They can either file a restricted or unrestricted report.

According to Navy.mil, "An unrestricted report may be made to security, an ombudsman, or the service member's chain of command and may be followed by administrative action. A restricted report can only be received by a FAP clinician, victim advocate or healthcare provider, who can then offer a restricted report as an option. (If the report is made to anyone else, including an ombudsman, the report becomes unrestricted.) A restricted report allows the victim to seek medical services, counseling, and access other resources without involving the command or security in the incident. FAP and healthcare personnel will discuss the benefits and limitations of a restricted report with the victim so that an informed decision can be made. The victim can utilize advocacy and counseling to explore

“There are many signs of domestic violence, with some being harder to detect.”

Lt. Travis Kelley, a Family Advocacy Program (FAP) representative

his/her options and can take their time in deciding when or if he or she wants to involve others. A victim always has the option to change a restricted report to an unrestricted report."

According to Noel, the more common classes that Sailors enroll in are Building Effective Anger Management Skills (BEAMS), Building Healthy Relationships, Couples Workshop and Stress Management. Courses are offered daily at each of the eight FFSCs located throughout the Hampton Roads area. The classes also rotate between locations, making it more convenient for those interested.

If interested, Sailors can contact the National Domestic Violence Hotline at 800-799-7233 (SAFE) or visit the nearest installation Fleet and Family Support Center to locate a victim advocate in the nearest area.

For more news from USS George Washington (CVN 73), visit www.navy.mil/local/cvn73/.

NGIS opens new, renovated rooms at three CNIC bases

By Edilene Diehl
Navy Installations Command

WASHINGTON

Navy Gateway Inns and Suites (NGIS) continues to provide high-quality accommodations to military travelers, adding 50 new and 105 renovated guest rooms at three Navy Installations Command bases.

"All new and renovated rooms meet our high quality standards that contribute to mission accomplishment and quality of life for all travelers," Program Manager for Navy Lodging Tamara Davis said. "We offer value, convenience, stellar customer service, quality amenities, a safe environment, and very affordable rates."

The second and third floors of historic Hermann Hall at Naval Support Activity (NSA) Monterey, California, were completely renovated in October now boasts 54 standard queen rooms, 19 executive rooms, and four executive suites, totaling 77 guest rooms. Naval Air Station (NAS) Patuxent River, Maryland, reopened 35 standard queen rooms in August and Naval Air Station Joint Reserve Base (NAS JRB) New Orleans, Louisiana, welcomed the addition of 50 new standard queen guest rooms in June, ensuring all first floor rooms are Americans with Disabilities Act compliant.

Davis said that NGIS is the priority-one lodging program for Navy travelers on official orders and continues to improve lodging services while helping the Navy save money.

"Staying at Navy Gateway Inns and Suites guarantees that travel funds spent provide the opportunity for improvements to DOD lodging and facilities for the warfighting community," Davis said. "We have a responsibility to ensure that federal funds are used for purposes that are appropriate and cost effective."

NGIS guests should expect a business lodging atmosphere. All lodging facility in-room standards amenities include Wi-Fi, air conditioning, safety box, cable television with premium channels, telephone service, microwave, refrigerator, free in-room coffee, and free newspapers. NGIS locations also offer housekeeping services, a business center, vending machines, guest laundry facilities; handicapped access, convenient on-base free parking, and all guest rooms are non-smoking. For guest's convenience and safety NGIS is now operating payments with chip and pin credit card.

DOD travel policy requires military members on official orders to a government installation to stay at government lodging facilities when available and directed in their orders/authorization.

Temporary Duty (TDY) personnel (to include civilians) traveling to select DOD locations are directed to book lodging in the Defense Travel System (DTS).

"When booking lodging for several sequential days in DTS, the system may display no availability due to one room not being available on one of the days selected," Davis said. "We advise travelers to call NGIS central reservations for assistance before requesting a certificate of non-availability. This will ensure government lodging will be utilized as required by policy."

Reservations at NGIS are made on a first-come, first-serve basis without regard to rate or rank in the following order of priority, individual and group TDY travelers, permanent change of station travelers, DOD civilians and leisure (space available) travelers, retirees, and reservists.

TDY reservations can be made at any time using DTS, by phone, or on the website. Group reservations ensure all group arrangements receive individual attention and all mission requirements are met. Non-duty reservations may be made up to 30 days in advance for up to a seven night stay by calling 1-877-NAVY-BED or at jdodlodging.net

Navy Installations Command is comprised of about 53,000 military and civilian personnel worldwide who are responsible for the operations, maintenance and quality of life programs to support the Navy's fleet, Sailors and their families.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.

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MOMENTS IN NAVAL HISTORY

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NEWS FROM NAS OCEANA

MWR hosts holiday tree lighting at Oceana

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

Naval Air Station (NAS) Oceana's Youth Center held its 6th annual Christmas tree lighting event at the Youth Sports Complex, Dec. 1.

The annual event helps NAS Oceana, its families and the community mark the beginning of the Christmas season, celebrating it surrounded by loved ones and Christmas cheer.

"The Youth Center in coordination with Moral, Welfare, and Recreation (MWR) has been holding this event for the past five years," NAS Oceana's Child and Youth Program Manager Nancy Byrne said. "Tonight is all about the military families and providing them with a fun-filled Christmas; we have games, music, free dinner, face painting, crafts, and of course photos with Santa."

To start the event off, NAS Oceana leadership, Sailors, families and their children all counted down the lighting off the tree, marking the beginning of the Christmas season. The children were then allowed to go around the Youth Sports Complex, getting their photo taken with Santa and enjoy the planned activities.

"Being able to see the kids enjoy Santa and all the holiday characters, watching their faces light up as the Christmas tree is illuminated, that's why we hold this event," said Byrne. "It's a great opportunity to provide the children an event to get into the Christmas mood, have fun, and celebrate the holiday festivities surrounded by friends."

The no-cost event provided its guests with hot chocolate and cookies as they waited in line to see Santa, kids were invited to en-



Chief Intelligence Specialist Jason Teelin takes a photo of his children as they pose with Santa at the annual Christmas tree lighting event at the Naval Air Station (NAS) Oceana youth center. The free event helps NAS Oceana, its families, and the community mark the beginning of the Christmas season, celebrating it surrounded by loved ones and Christmas cheer.

joy face painting, hay rides, crafts, dinner, a holiday movie viewing; the event also held a performance by the children from the Oceana Youth Center and Dam Neck Child Development Center at the base Theater.

"This is our second year enjoying this event, the kids have a lot of fun here, it's a great way for them to enjoy the holiday season, get pictures with Santa, and for us as a family to start the holiday season," said Capt. Randy Donaldson and his wife Jessica.

"This is a great way to bring everyone together, especially for myself because my husband is currently deployed; it's nice to be able to enjoy the community and festivities that make this time of year special," said Carry Beth Longo.

"It's a great opportunity to provide the children an event to get into the Christmas mood, have fun, and celebrate the holiday festivities surrounded by friends."

Nancy Byrne, NAS Oceana's Child and Youth Program Manager



Photos by MC2 Jacob S. Richardson
The Naval Air Station (NAS) Oceana youth center Christmas tree stands illuminated for the annual tree lighting event.

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The Buck Stops with Us

By MC2 Anthony Flynn
USS Harry S. Truman Public Affairs

NORFOLK

The Harry S. Truman Scholarship Foundation recognized both the 2016 and 2017 “Buck Stops Here” award winners during a ceremony held in USS Harry S. Truman’s hangar bay Nov. 28.

“If you look at the quote on the Truman flag, it reads, ‘the buck stops here’,” Harry S. Truman Scholarship Foundation’s General Counsel, Mr. Westbrook Murphy said. “That is the same sign that [President] Truman had on his desk, and it meant that he was the one that made the decisions and that he was the one that took responsibility for them. And so, we’re here to recognize members of the crew who have done that themselves.”

Senior Chief Electronics Technician Roger Lutz, Chief Master-at-Arms Thomas Powers, Electrician’s Mate 1st Class Robert Allison, Religious Programs Specialist 2nd Class Devante Marable and Information Systems Technician 3rd Class Madison Dunnegan were all recognized.

The annual award is in honor of President Harry S. Truman’s legacy of leadership and recognizes Sailors who excel as leaders among



From the left, USS Harry S. Truman Commanding Officer, Capt. Nicholas Dienna, Religious Programs Specialist 2nd Class Devante Marable, Mr. Westbrook Murphy, and Command Master Chief Antonio Peryman pose with Marable after he received the “Buck Stops Here” award during an all-hands call in the ship’s hangar bay.

MCSN Kaysee Lohmann

■ The annual award is in honor of President Harry S. Truman’s legacy of leadership and recognizes Sailors who excel as leaders among their peers. The award is presented annually to one enlisted Sailor in three rank categories; E-1 to E-3, E-4 to E-6 and E-7 to E-9.

their peers. The award is presented annually to one enlisted Sailor in three rank categories; E-1 to E-3, E-4 to E-6 and E-7 to E-9.

“Today we recognize members of the crew who have been identified in the same vein [as President Truman] through selfless service and phenomenal leadership,” Commanding Officer of Harry S. Truman Capt. Nicholas Dienna said.

One awardee said that winning the award is a terrific honor, however the award speaks mostly to the effort and accomplishments of the Sailors who surround him.

“To be able to get an award

from the Harry S. Truman Scholarship Foundation is a really awesome thing, especially when it exemplifies leadership, leadership within the community, and what [President Truman] stood for,” Lutz said.

As the ceremony concluded, Dienna reiterated the Buck Stop Award is about the leadership that Truman Sailors embody everyday single day and how they pull all of their skills together to accomplish our mission.

“A comment made by Harry S. Truman to Company D 100 years ago embodies what leadership is all about,” Dienna said. “‘You soldier



MCSN Thomas Bonaparte Jr.

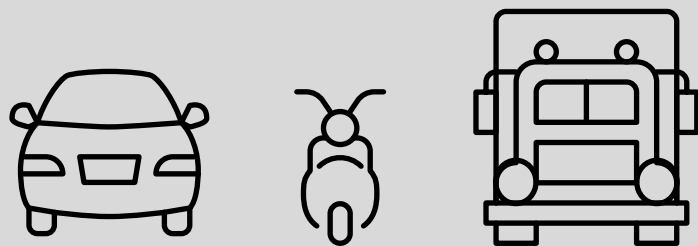
USS Harry S. Truman Commanding Officer, Capt. Nicholas Dienna, speaks to Sailors during the “Buck Stops Here” award presentation in the hangar bay aboard the ship.

for me and I’ll soldier for you.’ I don’t think there is any greater representation of what leadership is all about in a combat environment.”

The Truman Foundation

is the nation’s official living memorial to the 33rd President and the presidential memorial to public service. Created by Congress in 1975, the foundation was President

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



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2:30pm to 7:00pm (PEAK)	\$2.09	\$3.81	\$5.53
7:00pm to 12:00am	\$1.73	\$3.45	\$5.17

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MONDAY – FRIDAY	<i>EZPass</i>	REGISTERED Pay by Plate	UNREGISTERED Pay by Plate
12:00am to 5:30am	\$5.17	\$6.89	\$8.61
5:30am to 9:00am (PEAK)	\$8.33	\$10.05	\$11.77
9:00am to 2:30pm	\$5.17	\$6.89	\$8.61
2:30pm to 7:00pm (PEAK)	\$8.33	\$10.05	\$11.77
7:00pm to 12:00am	\$5.17	\$6.89	\$8.61

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This toll increase is in accordance with Exhibit J to the Comprehensive Agreement between Elizabeth River Crossings OpCo, LLC (ERC) and the Virginia Department of Transportation (VDOT) relating to the Downtown Tunnel/Midtown Tunnel/MLK Extension Project (The Elizabeth River Tunnels Project) as amended October 27, 2016 by Amendment No. 6 to the Comprehensive Agreement.



MC2 Andrew Skipworth

Sailors participate in a frocking ceremony in the hangar bay aboard USS Harry S. Truman. Truman is currently moored at Naval Station Norfolk preparing for future operations.

Truman Frocks 352 Petty Officers

By MC3 Kaysee Lohmann
USS Harry S. Truman Public Affairs

NORFOLK

All hands were in attendance to watch 352 Sailors become the next generation of leaders in the Navy aboard USS Harry S. Truman. In total, 33 first class petty officers, 121 second class petty officers, and 198 third class petty officers were frocked to the next rank.

"I could not be more proud of all the fine men and women who got promoted today," Command Master Chief Antonio Perryman said. "As you assume these new titles you will also assume the added responsibilities that come with it. Remember those you looked to while working towards advancement because junior Sailors will now be looking to you for guidance."

Many Sailors were proud to watch their shipmates take the next step in their Navy careers.

"It's the greatest feeling in the

world getting to watch the future leaders of this ship, and the Navy as a whole, make their climb through the ranks," Chief Aviation Boatswain's Mate (Equipment) Victor Paulino said. "Making rank isn't just about taking an exam every six months, it's an overall reflection of the work these Sailors put in every single day."

According to Naval Administrative Message (NAVADMIN) 252/17, the next Navy-Wide Advancement Exams will be administered Mar. 1 (E-6), Mar. 8 (E-5) and Mar. 15 (E-4).

"For those who didn't promote this fall, don't get discouraged," Aviation Ordnanceman 1st Class Lindsey Smack said. "The next exam is right around the corner and you ultimately have control of hearing your name called for the next advancement cycle."

For more news from USS Harry S. Truman visit www.navy.mil/local/cvn75/.

THE KINGS OF THE TURF: FLAG FOOTBALL TEAM WINS CHAMPIONSHIP

By MCSA Steven Young
USS George Washington Public Affairs

NORFOLK

Maintaining optimal physical fitness is essential to Sailors in both their personal and professional lives. Sailors from the aircraft carrier USS George Washington (CVN 73) and Sailors from Naval Station Norfolk and the surrounding areas have an opportunity to participate in an exciting and competitive flag football league that pits command against command.

This year the George Washington's flag football team emerged from the competition victorious by winning the league championship.

"A lot of teams come from around the area

including Newport News and Portsmouth," said Aviation Boatswain's Mate (Fuels) 1st Class Johnny Penigar, the coach of George Washington's team. "We also play against Marines, Coast Guard and some of the squadrons from all over the area."

The duration of the season and the number of games played is based on the availability of the Sailors on each team.

"It really depends on the schedule," said Aviation Boatswain's Mate (Fuels) 3rd Class Joshua Grajeda, George Washington's team captain. "We schedule our games based on availability. Our seasons begin every fall. The season starts in July and ends in October. We'll get a few practices in before the season starts, and then it's strictly games. We generally do about two games a week."

Like Grajeda, Penigar is passionate about achieving success on the field, and he is cognizant that his players capabilities of handling their professional obligations take precedence over football.

"These guys come out here and they know that we have a standard of how we play, but all shipboard responsibilities come first," said Penigar. "If we have a guy that [is delinquent] in warfare [qualification] or maintenance material management (3M) then he won't play. These guys make sure that they take care of their ship work before they come out here and put in work on the field."

Any George Washington Sailor that is interested in playing on the flag football team can speak with Penigar and begin practicing.

"If you want to play then come on out," said Penigar. "When we first started there were about 25 or so people, but due to limited playing time as the season went on people phased out, but the guys who really wanted to play kept coming."

George Washington defeated Fleet Readiness Center (FRC) Mid-Atlantic from Naval Air Station Oceana 7-0. Grajeda shared a few words following the team's victory.

"I want to say it was too easy," said Grajeda with a smile. "This year there were 16 teams and we were the number one seed. We played 25 games and finished 23-2."

The team may enjoy their triumph for a time, but say they hope to be back to work in an attempt to repeat as champions and defend their title in the following seasons.

For more news from USS George Washington (CVN 73), visit www.navy.mil/local/cvn73/.

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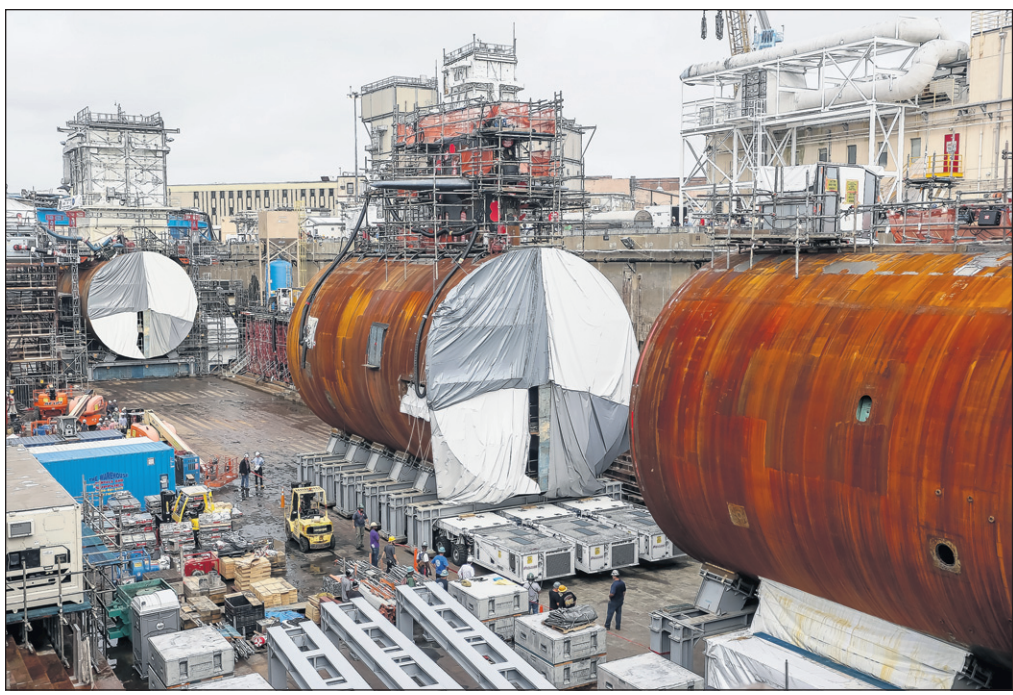
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USS La Jolla (SSN 701) is undergoing conversion from an operational fast-attack submarine into a Moored Training Ship (MTS) at Norfolk Naval Shipyard in Portsmouth, Virginia. With two cuts made and La Jolla now separated into three pieces, three new hull sections will be added to the boat, adding 76 feet in length.

Shayne Hensley

Norfolk Naval Shipyard undocks USS La Jolla

By Michael Brayshaw

Norfolk Naval Shipyard Public Affairs

NORFOLK

Norfolk Naval Shipyard (NNSY) successfully undocked attack submarine USS La Jolla (SSN 701) Nov. 8.

La Jolla will remain pier-side to finish the final leg of its moored training ship (MTS) conversion that began in February 2015. La Jolla is the first of two next-generation platforms undergoing conversion at the shipyard to train nuclear officers and Sailors at the Nuclear Power Training Unit (NPTU) in Charleston, South Carolina. USS San Francisco (SSN 711) arrived at the shipyard for its conversion in January.

The two current MTS subs at NPTU, both commissioned in 1964, have trained nuclear officers and Sailors since their

conversions in the early 1990s.

Since her arrival, La Jolla has undergone two complete hull cuts that separated the boat into three pieces. The center section was recycled, and three new hull sections were added to extend the overall ship length by 76 feet. The new hull sections arrived from Electric Boat via barge and were craned into the dock. In the midst of that, the conversion process that included work typical of the engineered overhauls NNSY conducts on other Los Angeles-class submarines, continued.

“With the complexity of the project, to get it out of dock required the whole shipyard and a focused effort,” said La Jolla Project Superintendent Cmdr. Joe Klopfer. “It feels good that we came together to get it out, and the team is able to see the fruits of its labor.”

Over the next year, La Jolla will undergo further modifications, including electrical systems and engine room work.

“There’s also a significant amount of structural work that needs to be done to the boat to be able to tow it down to Charleston,” said Klopfer.

La Jolla is scheduled to complete its conversion to a full MTS in late 2018.

With La Jolla blazing the trail for MTS conversion at NNSY, the project team has proactively shared lessons learned with the San Francisco project, ranging from ensuring adequate personnel resources to testing equipment earlier to attain certification. Those efforts are seemingly paying off, with NNSY successfully tapping into the SurgeMain program of Reserve Sailors to perform work on San Francisco over the summer. Pearl

Harbor Naval Shipyard employees also assisted with major valve and piping replacement on San Francisco earlier this year, successfully completing the work in 25 days, two weeks ahead of schedule.

“Congratulations on achieving one of the most difficult milestones in NNSY ship repair and construction history,” Klopfer told the La Jolla team. “You accepted my challenge to undock on the 8th and exceeded my expectations in every way. I am very proud to be the La Jolla project superintendent and [am] ready to charge to the next key event and completing this conversion.”

For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.

Infant possibilities the joys of being a new parent

By MC3 Carter Denton

USS George Washington Public Affairs

NEWPORT NEWS

One of the most important events in many peoples lives is the day that they become a parent. It can be a joyful experience, but it also is very challenging, especially for Sailors. According to www.defense.gov, as of 2014, there were 471,834 children under the age of 5 years that had a parent that was active duty in the military. Quartermaster 2nd Class Tyler Vandagriff became one of those parents on July 26, 2017, when his daughter, Nora Grace Vandagriff, was born.

Vandagriff is learning to navigate the waters of being a new parent while in the U.S. Navy.

“Being a new parent is an unexplainable event in one’s life,” said Vandagriff. “You are so overwhelmed with so many feelings, feelings of just happiness and joy. It is just 100 percent pure love and it’s so hard to explain because it’s absolutely amazing. By far the best thing that has ever happened to me.”

Being a new dad has been a unique experience for Vandagriff. He said it’s opened him up to many new experiences.

“My favorite part of being a dad so far has been buying dresses for her,” said Vandagriff. “My wife gets so mad and tells me that she needs to wear other clothes besides dresses, but I don’t think so. They’re just so darn cute!”

Because of the demanding work requirements of Sailors, Vandagriff loses some quality time at home with his daughter.

“I would say for me, the biggest challenge would be at times feeling left out in a sense,” said Vandagriff. “You know, mom is at home all day every day with the baby, feeding her, changing her diaper, and rocking her to sleep.”

Navy parents can miss time with their baby when they have to stand duty on the ship or if they’re sent on a deployment.

“You come home and they have their routine,” said Vandagriff. “Mom has it down packed and knows her inside and out but you’re still trying to figure it out cause you’re at work all day or standing duty so you’re not at home with your baby as much as mom is.”

Though he may have struggled with the schedule at first, Vandagriff eventually figured out his place in the routine.

“You figure it out though and learn their routine and start putting yourself into their routine

and feeding them a bottle, burping them, rocking them to sleep and changing diapers,” said Vandagriff.

Vandagriff has a unique challenge facing him when it comes to raising a daughter.

“The biggest challenges I foresee in the future is just trying to figure out how to have a daughter,” said Vandagriff. “I grew up with all boys and even my closest cousins were boys for the most part.”

Aside from learning how to have a daughter, Vandagriff has work to do in just learning to be a father since Nora is his first child.

“Just being a great parent, friend, and mentor, in general, will be a huge challenge,” said Vandagriff. “Learning not to be too suffocating for a parent and too strict but just the right amount.”

Vandagriff has advice for those who are about to start their journey as new parents.

“I would say to them, have no expectations,” said Vandagriff. “Just go with it and do what feels right to you. You’ll figure it out as you go.”

According to www.cnmc.navy.mil, becoming a new parent is a time of excitement and anxiety.

To help with the anxiety, Fleet and Family Support Center offers the New Parent Support Home Visitation Program (NPSHVP) free to active duty military personnel with children under the age of four. NPSHVP offers a variety of services including prenatal health and nutrition consultation, early child development education and even home visitation services.

As he’s learning how to raise his daughter, Vandagriff makes it a point to stop and enjoy this time with her.

“Don’t blink,” said Vandagriff. “One minute they’re a brand new baby and the next thing you know they’re 7 weeks old. The time flies and you only get them like this once, so sit down, relax, take it in and for all, it is worth and enjoys.”

Vandagriff may just be starting his journey as a father, but he’s looking forward to a lifetime of being Nora’s dad.

The Navy offers many support services and benefits for active-duty parents. From healthcare and on-base childcare to classes for new parents through the Fleet and Family Support Center. For information on support services offered to new parents on the Navy, visit the New Parent Support Program webpage on www.cnmc.navy.mil.

Bull rider Sailor

By MC3 Caleb Strong

USS Bataan Public Affairs

NORFOLK

It’s a place unlike any other; bright lights, the crowd cheering, dust in the air and snorting bulls. Before a single breath can be taken, everything becomes lightning fast chaos. For Electronics Technician 3rd Class Jacob Sulages, it is this chaos that drives him as a bull rider.

A Livingston, Montana native, when Sulages isn’t working on radars or maintaining electronics equipment aboard the amphibious assault ship USS Bataan

(LHD 5), he is in the ring. While it seems unusual, for Sulages riding is a stress reliever, because in the ring all that matters is him and the bull.

“Bull riding is about conquering the fear that’s within you,” Sulages said.

His passion for bull riding began when he was 9-years-old.

“A buddy got me into bull riding,” Sulages said. “I rode mechanical bulls at first, just for fun. Eventually I began riding actual bulls and I’ve been hooked ever since.”

Like anything, preparation and safety are key to

going inside the ring on a bull.

“I try to arrive two hours early,” Sulages said. “I relax and listen to music. I mentally prepare myself and I prep my gear. My wife doesn’t care if I ride, but she makes sure that I wear a helmet when I do.”

It is this attitude and fortitude that embodies Sulages and other bull riders to keep riding.

“In the Navy as an ET, I do a lot of problem solving,” Sulages said. “When I’m in the ring, all my problems go away. I know what I’m doing, I have confidence in myself. It’s hard and easy at the same time. You don’t have to worry about day-to-day stressors when you’re in

the ring.”

Whether he is on the high seas or in the ring, Sulages plans to continue to serve his country and ride as long as he can.

In September, he returned from his second deployment overseas. After spending time with his wife and kids, he was ready to get back in the ring.

“A lot of people see bull riding as grabbing onto the bull and going. It’s not that at all,” Sulages said. “There is a balance to it and it’s very difficult to stay on. I love riding. It’s controlled chaos. I plan on riding for many years to come.”

For more from USS Bataan, visit <http://www.navy.mil/local/lhd5/>.

A NATIVE HERITAGE OF SERVICE

By MCSN Joe J. Cardona

Gonzalez

ATLANTIC OCEAN

A Soldier transfers ordnance during World War II, the most destructive conflict in history. An Electrician’s Mate 3rd Class serves aboard USS Durham (LKA 114) during Desert Shield and Desert Storm. This is the heritage of service left by Russell Loud Hawk, grandfather, and Cy Black Horn, father to Aviation Ordnanceman 3rd Class Cassandra Black Horn.

“I was born and raised in Oglala, South Dakota which is on the Pine Ridge Indian Reservation. I lived there my whole life. And Jacksonville was the first place I lived away from there. I am full blood Lakota. That is my tribe, our language. And that one word defines everything, who we are and where we come from,” said Black Horn.

The past may seem like an event that happened long ago, but this heritage can be passed down throughout generations and embedded in one’s memories. Adapting to new demands in a modern world is a part of history as well.

“Often cultural heritage is lost or forgotten in the passing of time,” said Black Horn. “I come from a strong family that does not waiver from these customs.”

Recognition of these customs can be granted by many means, much like an award earned by a Sailor. Black Horn obtained her achievement in the form of a plume, which is bestowed upon an individual after receiving their Lakota name. Wanbli Ho Waste Win, which means Her Beautiful Voice Eagle Woman, is the tribe name given to her by her grandfather.

“They base it on you, what



MCSN Dary M. Patten

Aviation Ordnanceman 3rd Class Cassandra Black Horn fires a .50-caliber machine gun on the starboard gallery deck of the amphibious assault ship USS Iwo Jima (LHD 7) during a live-fire exercise. Iwo Jima is underway with Amphibious Squadron (PHIBRON) FOUR and the 26th MEU conducting PHIBRON-MEU Integrated Training in preparation for their upcoming deployment.

you have become and how they see you as a person growing up,” said Black Horn. “My grandfather saw his mother in me, and believed that’s what I

was going to be.”

As our nation changes through time, our military force rises to the challenge of new threats. A heritage in

the service of that cause is something that will forever be endowed to us by those who have come before us to defend freedom and democ-

racy around the world.

For more news from USS Iwo Jima (LHD 7), visit www.navy.mil/local/lhd7/.

RESOLVE | maritime security operations reassure allies and partners

Continued from A1

Ford said. “The counter-terrorism mission is one of many reasons why we are here. I’m confident the highly skilled and professional warfighters in this air wing are ready to execute assigned tasking alongside U.S. and coalition forces.”

CVW-17 squadrons include the “Stingers” of Strike Fighter Squadron (VFA) 113, the “Mighty Shrikes” of VFA-94, the “Redcocks” of VFA-22, the “Check-boards” of Marine Fighter Attack Squadron (VMFA) 312, the “Cougars” of Electronic Attack Squadron (VAQ) 139, the “Sun Kings” of Carrier Airborne Early Warning Squadron (VAW) 116, the “Providers” of Fleet Logistics Support Squadron (VRC) 30, the “Indians” of Helicopter Sea Combat Squadron (HSC) 6 and the “Battlecats” of Helicopter Maritime Strike Squadron (HSM) 73.

“Carrier strike groups are a flexible, adaptable and persistent force that help deter potential adversaries, respond to humanitarian crises, reassure partners and enhance security,” Koehler said. “We



MC1 Michael Russell

Aircraft from Carrier Air Wing (CVW) 17, embarked aboard the aircraft carrier USS Theodore Roosevelt (CVN 71), and CVW 5, embarked aboard the aircraft carrier USS Ronald Reagan (CVN 76), fly in formation during flight operations. The coordinated operations in international waters demonstrate the U.S. Navy’s unique operating capability, flexibility, and enduring commitment to regional security, stability and prosperity in the 7th Fleet area of operations.

look forward to building on the success of the strike groups and air wings that have operated before us in 5th Fleet.”

The Theodore Roosevelt Strike Group’s deployment to the U.S. 5th Fleet area of operations supports Operation Inherent Resolve and signals the continued commitment to defeat and destroy ISIS. In addition to anti-ISIS missions, the strike group is conducting maritime security operations to reassure allies and partners, preserve freedom of navigation and maintain the free flow of commerce.

Theodore Roosevelt left its homeport of San Diego, Oct. 6, for a regularly-scheduled deployment to the U.S. 7th and 5th Fleet areas of operations. Roosevelt’s last deployment to U.S. 5th Fleet was in 2015 during the ship’s homeport shift from Norfolk.

For more news from USS Theodore Roosevelt (CVN 71), visit www.navy.mil/local/cvn71/.

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



CENTERS FOR DISEASE CONTROL AND PREVENTION

DIABETES | prevention and treatment starts with diet and exercise

Continued from A1

it up and move it out of the bloodstream. Now, you’re walking around with high blood glucose all day long.”

For someone curious about the glucose levels of their blood, there is a way to find out.

“We do a test called hemoglobin A1C, and that gives us an average of someone’s glucose level,” Cortes said.

If someone has a high enough glucose level, Cortes said that they may be diagnosed as pre-diabetic or diabetic. Cortes said that there is no quick and easy path with prevention and treatment, and although prescribed medication is one common solution, ultimately someone looking to treat diabetes will find themselves turning to diet and exercise.

“Exercising is one of the most natural ways to lower your blood sugar,” Cortes said. “If you’re a very avid exerciser, when you eat sugar it leaves your system because your muscles draw it up during exercise. It has to be rigorous exercise, like good cardio. But, if you’re sedentary and you have a bad diet, then your chances of developing diabetes are much higher.”

The CDC says that healthy eating is an important part of controlling diabetes.

“You want a low-glycemic diet,” Cortes said. “Low sugars. You don’t need to deprive yourself completely of things you like, but don’t indulge in sugary food and drinks every day. If you’re drinking three sodas a day, look at that sugar content. If it’s in the double digits, know you need to be careful, especially if you’re already symptomatic or on medication. A lot of the white, starchy foods;

potatoes, french fries, white bread, pastries. Again, moderation; carbs shouldn’t be a mainstay of your diet. It should be more greens, and fish, and fruits. They have more of a nutritional impact because they have the vitamins and minerals you need.”

Cortes said that, medication or not, maintaining these behaviors is an important part of preventing and controlling diabetes.

“Some people are just like, ‘Oh well, who cares, I’ll take my medication and move on,’” Cortes said. “You can’t just eat whatever you want though; you’ll end up with a lot of indigestion, increased cholesterol, nausea, and other stuff.”

Cortes recommends that people keep themselves educated on diabetes, as well as monitor themselves for warning signs if they feel they may be at risk.

“Look for any signs of change,” Cortes said. “For females, maybe their menstrual cycle has changed. For males, it may be erectile dysfunction. Those are typically clear signs that something is wrong, and they should come in and get seen. Things like frequent urination, night sweats, or blurry vision can be an indicator. If something changes, instead of ignoring it, get seen sooner rather than later.”

For more information on diabetes, visit the CDC website at www.cdc.gov, or call 1-800-232-4636. Sailors can also find more information on the American Diabetes Association website, www.diabetes.org, or call 1-800-342-2383.

For more news from USS George Washington (CVN 73), visit www.navy.mil/local/cvn73/.

Understanding your Profile Sheet

By MC2 Bryan Mai

USS George Washington Public Affairs

NEWPORT NEWS

Thousands of Sailors take the advancement exam twice a year and await the results of those exams twice a year. The results of these exams determine their careers, and thus their intentions. While many Sailors will advance, unfortunately, some will not.

The most important thing for Sailors that did not advance this cycle to understand is why they did not advance, and what areas they can strengthen for the next cycle.

Every Sailor that took an exam will have a profile sheet that they can review.

“A profile sheet is a snapshot of the exam,” Personnel Specialist 1st Class Gilberto Vaz said, a member of the Nimitz-Class aircraft carrier USS George Washington (CVN 73) educational services office (ESO). “It is a breakdown of your score on the exam. It has your performance mark average (PMA), your passed-not-advanced (PNA) points, your standard score, your time in rate and how well you did on various sections on your exam.”

Your PMA uses only the Promotion Recommendation block (Block 45) from evaluations in the current paygrade. For E4, your ESO uses evaluations from the past eight to

nine months. For E5, the past 14 to 15 months are used, and E6, the past 36 months. Block 45 marks are added together and then divided by the number of evaluations used in the computation.

“An ‘EP’ (early promote) evaluation gives you a 4.0, a ‘MP’ (must promote) evaluation gives a 3.8 and a ‘P’ (promote) evaluation gives a 3.6,” Personnel Specialist Seaman Apprentice Langston Hooper said. “With a ‘SP’ (significant problems) evaluation, you wouldn’t be able to take the exam, so with that, you can determine what your PMA is yourself and make sure that it is correct.”

Evaluations are important, but the standard score is weighted more for junior Sailors. The standard score is the score from the examination itself.

“For Sailors taking the second or third class exam, if they score well enough, they can advance even with a ‘P’ evaluation,” Vaz said. “For the first class exam however, their PMA will have a much larger influence on whether or not they will advance.”

Although one may pass the exam, that does not necessarily mean a Sailor will advance to the next paygrade. You will fall under one of three areas: selectee, pass not advance, or fail.

Selectee means that the

■ Sailors who find discrepancies in their profile sheet can go to the ESO department to fix them. These discrepancies can include their PMA, their PNA points, education points, or award points.

Sailor passed the exam and will be promoted. Pass not advance (PNA) means that a Sailor passed the exam, but did not end up with a high enough final multiple score (FMS) to advance. Fail means the Sailor failed this cycle’s advancement examination.

For Sailors with pass not advance, if they scored well enough, they can get PNA points. Sailors will be able to get a maximum of three PNA for each cycle. They can get a maximum of 1.5 PNA points from scoring well and another 1.5 PNA points from having a high PMA.

“That’s why it’s important to be able to read your profile sheet,” Vaz said. “We all make mistakes and you wouldn’t want to miss advancing because of a mistake. Some people will have incorrect information on their profile sheet such as a wrong PMA because the Sailor bubbled in the wrong information, we took in the wrong evaluation, or they just didn’t give us the evaluation. If they knew how to read it, they would be able to spot potential incorrect information and tell us so we can correct it.”

Sailors who find discrepancies in their profile sheet can go to the ESO department to fix them. These discrepancies can include their PMA, their PNA points, education points, or award points.

“We can’t change the stan-

dard score from the test, but we can fix your PMA and award points,” Vaz said. “We don’t deal with the education points either but if you bring in supporting documents such as a transcript or award letters, we can send a correction letter and get it changed.”

Having a clear understanding of one’s profile sheet is a vital step in ensuring all possible points are awarded.

“Being able to read your PMA and award points will be the most important part of understanding your profile sheet,” Vaz said. “As long as you can read those two and potentially get some additional points, you should be good to go.”

Profile sheets also show how well you scored in certain sections pertaining to your rating. Sailors are able to tailor a custom study program for themselves to study what topic or section they scored lowest on based on the information from the profile sheet.

You can find your profile sheet by logging into NSIPS at <https://nsipsprod.nmci.navy.mil/nsipscl/jsp/index.jsp>. In the Training, Education and Qualifications tab, click on “View Training, Education and Qualifications.” Click on “Exam Profile Data.”

For more news from USS George Washington (CVN 73), visit www.navy.mil/local/cvn73/.

USS James E. Williams arrives in Odessa, Ukraine

By MC3 Colbey Livingston

USS James E. Williams Public Affairs

ODESSA, UKRAINE

The Arleigh Burke-class guided-missile destroyer USS James E. Williams (DDG 95) arrived in Odessa, Ukraine, Nov. 29, 2017, for a scheduled port visit.

While in Odessa, the Sailors aboard James E. Williams will be hosting a reception on the ship as well as engaging in a community relations project with the local community.

“I think this project will be a really awesome opportunity to interact with the locals and get a unique experience in the city,” Religious Programs Specialist 3rd Class Joshua Deluca said, from Charlotte, North Carolina.

The Sailors aboard the ship will be allowed free time to take liberty and experience Odessa.

“I think the Sailors will have a great time in Odessa,” Commanding Officer of James E.

Williams Cmdr. Allen Siegrist said. “The crew has always represented the ship well throughout our previous ports and I’m sure that they will enjoy all that Odessa has to offer.”

The ship’s presence in the Black Sea is a demonstration of our continued commitment to the collective security of the European region.

James E. Williams, homeported in Norfolk, is on a routine deployment to the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and inter-agency 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/.



MC3 Colbey Livingston

Sailors aboard the Arleigh Burke-class guided-missile destroyer USS James E. Williams man the rails as the ship arrives in Odessa, Ukraine, for a scheduled port visit. James E. Williams is on a routine deployment to the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe.



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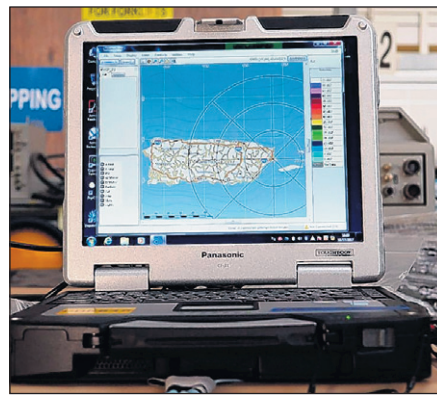
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US Navy weather radars support hurricane relief efforts

This unpredictability is why operational weather radars are so critical following a natural disaster. » See **B3**



A member of Explosive Ordnance Disposal Mobile Unit searches for a limpet mine during a training dive on the JS Uruga in the Sea of Hyuga while participating in the 3JA Mine Countermeasures Exercise on Nov. 21, 2016. 3JA is an annual bilateral exercise held between the U.S. Navy and Japanese Maritime Self Defense Force to strengthen interoperability and increase proficiencies in mine countermeasure operations.

MC2 Daniel Rolston

US, JAPAN COMPLETE 3JA EXERCISE

By MC2 Sarah Villegas
Amphibious Force 7th Fleet Public Affairs

HYUGA-NADA SEA, JAPAN

USS Chief (MCM 14), Mine Countermeasures Squadron (MCMRON) 7 staff, Explosive Ordnance Disposal Mobile Unit (EODMU) 5, Helicopter Mine Countermeasures Squadron 14 (HM-14) Detachment 2A, and Japan Maritime Self-Defense Force (JMSDF) units successfully completed exercise 3JA Nov. 28.

The exercise, which lasted three days, was part of a series of exercises held between U.S. and Japan forces in order to increase proficiency and interoperability in mine counter-

measure operations.

USS Chief hosted JMSDF members aboard to build bonds and share tactics on mine countermeasure operations. EODMU 5 embarked the Uruga class mine sweeper tender JS Uruga (MST-463) and staff members from MCMRON 7 embarked the Uruga-class mine sweeper tender JS Bungo (MST-464) in order to refine command and control functions as a team.

"These opportunities to train with our partners are invaluable," Commodore of MCMRON 7 Capt. James Miller said. "They provide the chance to strengthen our alliance and unite our efforts in protecting

this region. It's imperative that we work together to sharpen our mine countermeasure capabilities since it's a duty and responsibility that we share together."

During 3JA combined forces ran a multitude of bilateral mine countermeasures tactics to increase proficiencies in sweeping, hunting and mine detection.

This was the first exercise in which HM-14 and HM-111, a JMSDF airborne mine countermeasures squadron, simultaneously conducted mine hunting and sweeping operations alongside surface mine countermeasure forces in an exercise.

"Both units conducted successful missions and they were instrumental in the execution of the exercise," Miller said.

USS Chief (MCM 14), with embarked MCROM 7 staff, sailed from its forward-deployed berth in Sasebo, Japan to participate in the exercise with their counterparts.

MCMRON 7 and USS Chief are part of Amphibious Force 7th Fleet, the Navy's only forward-deployed amphibious force, headquartered at White Beach Naval Facility, Okinawa.

For more news from Commander, Amphibious Force, U.S. 7th Fleet, visit www.navy.mil/local/ctf76/.



MC2 Jordan Crouch

The Avenger-class mine countermeasures ship USS Chief departs Sasebo, Japan, to begin the annual bilateral mine countermeasures exercise 3JA. Chief will participate with the Japan Maritime Self-Defense Force to increase proficiency and interoperability in MCM operations.

Navy posthumously awards Bronze Star Medal for Valor at Pearl Harbor

By MC1 Eric Lockwood
Naval History and Heritage Command Communication and Outreach Division

WASHINGTON

The Navy recently authorized the posthumous award of a combat medal to a Sailor who was present at Pearl Harbor during the Japanese attack of Dec. 7, 1941, officials announced Dec. 1.

Secretary of the Navy Richard V. Spencer awarded the Bronze Star Medal with V device for valor to Chief Boatswain's Mate Joseph L. George for heroic achievement while serving aboard the repair ship USS Vestal (AR 4). George, a second class petty officer at the time,

» See **BRONZE STAR** | B7

World War II Veteran Celebrates 100th Birthday

By BM3 Matthew Jones
Navy Region Southwest Public Affairs

SAN DIEGO

Retired Chief Warrant 2 and World War II veteran, Arthur "Art" Roemmich, celebrated his 100th birthday at a ceremony held at Admiral Baker Clubhouse Nov. 27.

During Roemmich's 22 years in the Navy, he was stationed in five different locations and served on seven different ships, his first being USS Northampton, which played a role during the Battle of Midway, a turning point in the war in the Pacific.

While reflecting on his own service,

» See **BIRTHDAY** | B7



MC3 Abby Rader

Retired Chief Warrant Officer 2 Arthur Roemmich blows out candles on his birthday cake during a 100th birthday celebration held at Admiral Baker Clubhouse. Roemmich served in the Navy for 22 years and was a part of several impactful campaigns, such as the Battle at Midway, during his time of service.



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Coming Pearl Harbor Day: 'N is for Never Forget'

By Lisa Smith Molinari

If there's one thing Nancy Polette has learned in her 80-something years, it's how to educate children through reading. In her lifetime, she tackled the task from every angle. As a teacher, she has motivated her students to read. As a librarian, she provided resources for learning through books. As a conference speaker and college professor, she taught other teachers the techniques she employed successfully.

But it was as a writer that Polette made her indelible mark on children's education. As the author of more than 170 books, she developed a knack for detailed research and captivating writing. This skill shines in her most recent middle-grade non-fiction book, *N is for Never Forget*, due for release on December 7, Pearl Harbor Day.

I recently sat down to read Polette's new work, which is a picture book that follows the alphabet from A to Z, each letter referencing an aspect of the history of American prisoners of war and missing in action. I expected an alphabet book to be juvenile. I expected to see simple illustrations in bright colors. I expected that I would not learn anything new.

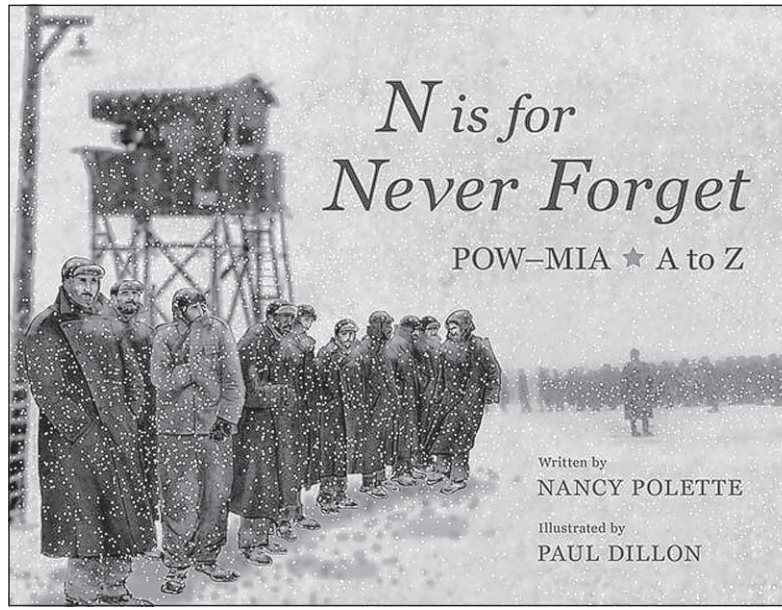
I was wrong.

N is for Never Forget is so packed with riveting real-life stories, fascinating facts about POWs and MIAs, and unique art and illustrations, I found myself lost in its pages.

From the dedication page — which features a digital rendering of the 1943 telegram illustrator Paul Dillon's mother received informing her that her husband, Paul's father, was missing in action — to the alphabetized stories of lost soldiers and sailors, I was riveted.

With each letter, I learned something new, from D for the devotion of the Angels of Bataan in WWII, to J for justice sought by the international courts for war crimes, to O for Operation Homecoming which brought Vietnam POWs home from Hanoi prison camps, to T for the Tap Code used by Vietnam War prisoners to communicate through walls, to Z for Army Air Forces bombardier Louis Zamperini who survived a plane crash and 47 days in a life raft before being held in a Japanese prison camp for two years.

For a moment, I almost forgot that this book was for kids. But Nancy Polette knows how important it is to hook readers with ex-



traordinary stories when they are at the key ages of nine, ten and eleven. She says, children that age need "something to chew on," and intense reading will give them much to think about.

"[I]f kids don't become passionate about reading, they won't be as well-educated as they should be," she said in a 2012 book-makeadifference.com article, noting that it is important to inspire them to read avidly in 4th, 5th and 6th grades because middle school might be too late.

The illustrations in *N is for Never Forget* do their part to grab

readers. Each is a digital painting created by Paul Dillon from surviving artwork and historical photographs of the actual events described. Some of the paintings are purely illustrative, while other like the cover page showing a line of men in a snowy prison camp, are hauntingly thought-provoking.

On Pearl Harbor Day, *N is for Never Forget* will be available through Elva Resa Publishing for \$16.95 www.elvaresa.com/book/never-forget/. Nancy Polette lives in O'Fallon, Missouri, a suburb of St. Louis.

Take command: Improvements in preventive care coverage with TRICARE Select

By TRICARE.mil

On Jan. 1, 2018, TRICARE Select will replace TRICARE Standard and TRICARE Extra. As a result, beneficiaries will notice improved coverage for preventive services with TRICARE Select. Preventive care helps you take command of your health and manage potential issues before you experience symptoms. This type of healthcare allows you to address health problems before they become life-threatening. Examples of TRICARE-covered preventive services include cancer screenings and vaccines, in addition to well-woman and well-child exams.

If you currently use TRICARE Standard and TRICARE Extra, you don't pay anything for certain preventive services. But for all other preventive services, beneficiaries pay between 15-25 percent of the cost after their yearly deductible is met, depending on the plan and beneficiary category.

"With TRICARE Select, beneficiaries won't pay anything out-of-pocket for covered preven-

tive services if they are provided by a network provider," said Valerie Palmer, a health care policy analyst for TRICARE. "However, if they use a non-network provider, fewer preventive services are paid by TRICARE. This is why it is important to see a network provider for your preventive care."

The additional, no-cost preventive services beneficiaries can receive under TRICARE Prime that TRICARE Select will cover beginning in 2018 include:

- One Health Promotion and Disease Prevention (HP&DP) exam: This is covered annually for beneficiaries age 6 and older. In 2018, this exam will no longer require the inclusion of a covered cancer screening or immunization if you see a network provider.
- Lung cancer screening (low-dose computed tomography): This is covered annually for persons ages 55-80 with a 30 pack-per-year history of smoking who are currently smoking or have quit within the past 15 years. Screening should be discontinued once the individual has

not smoked for 15 years or develops a health problem significantly limiting life expectancy or ability or willingness to undergo curative lung surgery.

• Abdominal Aortic Aneurysm (AAA): This is a one-time screening using ultrasonography for men ages 65-75 who have ever smoked.

A new preventive service added this year for both TRICARE Prime and TRICARE Select is aimed at adults with a Body Mass Index (BMI) of 30 kg/m² or higher and children or adolescents with a BMI value greater than the 95th percentile. Intensive, multi-component behavioral interventions to promote sustained weight loss (12 to 26 sessions per year) are covered when rendered by a TRICARE-authorized provider. An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by the national organization, or meets other standards of the medical community and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network. Types of behavioral management interventions include diet and physical activity guidance, strategies to promote and maintain lifestyle changes and more. This addition is a covered benefit regardless of whether the beneficiary uses a network or non-network provider, though costs are typically lower with a network provider.

Quit smoking with support and accountability from the Freedom Quitline

By TRICARE.mil

Have you thought about quitting smoking? Are you tired of the expense, odor, and constant hassle of trying to find a place and time to smoke? Do you want to maximize your chances for a long, healthy life? If so, maybe it's time to quit.

Quitting smoking can be a challenge, but if you think you may be ready, there is help available to make quitting easier. The Freedom Quitline offers nicotine replacement treatment at no cost mailed directly to your home, plus guided telephone counseling and support to maximize your chances of success.

That help from Freedom Quitline

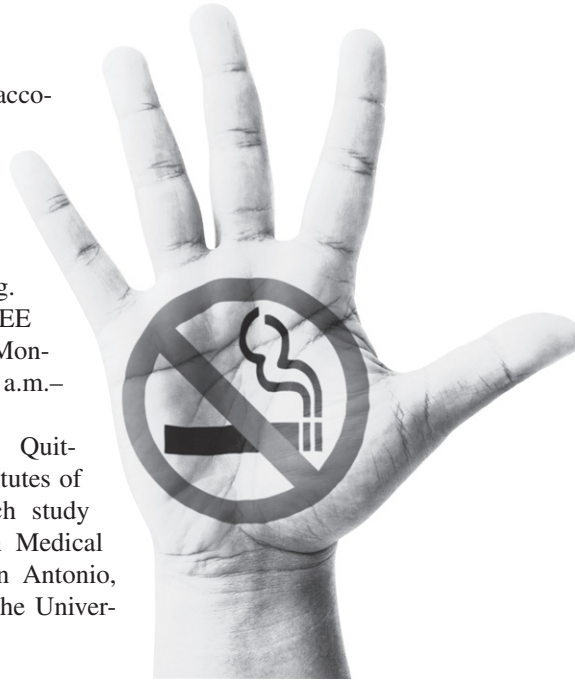
was just what former smoker Tim, from Clio, Michigan, needed when he decided it was time to quit.

"I liked everything about the program," said Tim. "It was very easy to participate, very convenient. The calls were on time and the patches always arrived on time. The counselor was very supportive, always made himself available if I needed any help between sessions. He genuinely cared about my health and my needs."

The accountability of the Freedom Quitline helped Tim, as well: "If I had to do it on my own I would have slipped. My health is better. I have saved a lot of money and my wife is happy."

Imagine your tobacco-free life. Take a deep breath, give the Freedom Quitline a call, and start a life free from the hassles of smoking. Call 1-844-I-AM-FREE (1-844-426-3733) Monday through Friday, 8 a.m. - 5 p.m. (CDT).

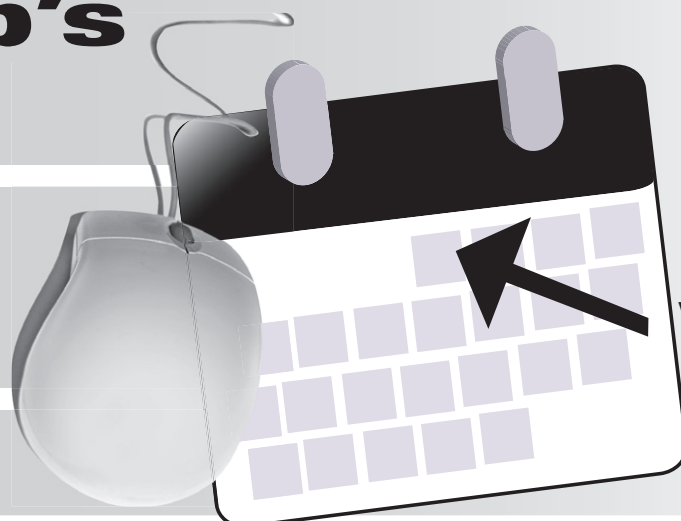
Freedom Smoking Quitline is a National Institutes of Health-funded research study co-sponsored by 59th Medical Wing, Joint Base San Antonio, Lackland, Texas and the University of Virginia.



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US Navy weather radars support hurricane relief efforts

From Space and Naval Warfare Systems Command Public Affairs

SAN DIEGO

Humanitarian assistance and disaster relief (HADR) missions, as well as Defense Support to Civil Authority (DSCA) efforts within the United States and its territories, require selfless volunteers, supplies, portable electricity and efficient transportation in order to reach personnel in need.

Weather radars and weather monitoring efforts are often times overlooked in the HADR and DSCA process, but are essential in order for military members and relief volunteers to complete critical tasks to save lives, safeguard equipment and protect property.

From Oct. 19-30, military and civilian technical experts from Program Executive Office Command, Control, Communications, Computers and Intelligence (PEO C4I) and Space and Naval Warfare Systems Center (SSC) Pacific deployed two portable Doppler weather radars from the Meteorological Mobile Facility (Replacement) Next Generation (METMF(R) NEXGEN) program to support weather monitoring efforts in and surrounding Puerto Rico. On Oct. 31, these radars began providing operational weather surveillance data to the U.S. National Weather Service (NWS) and Department of Defense (DoD).

Paul Anderson, and Gunnery Sgt. Erik Klueber, assigned to PEO C4I, and Vince Barton, assigned to SSC Pacific, accompanied the weather radars to Puerto Rico in order to facilitate the siting, installation and system integration with the NWS and testing of the weather radars on station.

Klueber emphasized that the testing of the weather radars in an environment like Puerto Rico provided a great training opportunity for U.S. Marines who were also in the country assisting with relief efforts.

“Six Marines from Marine Air Control Squadron II joined up with SSC Pacific, PEO C4I and the National Weather Service at Roosevelt Roads,” said Klueber. “We had all

worked together in the past during normal tech assists and site visits, so it was not necessarily a new relationship. The Marines were enthusiastic about helping the people of Puerto Rico recover from Hurricane Maria and wanted to ensure they did their part.”

Although the Marines are proficient in the maintenance required for the weather radars and the overall gear associated with the system, Klueber explained that SSC Pacific and PEO C4I helped verify that the system was set up accurately to integrate with NWS in the unknown environment of Puerto Rico.

“Our role was to ensure the integration with the National Weather Service went smoothly because it had never been done before. Additionally, we wanted to guarantee that we accurately captured any configuration changes that needed to be made to the system at Roosevelt Roads and Aguadilla ... these are the two locations on the island where the weather radars were set up,” said Klueber.

Anderson described the challenges associated with the site surveys at both locations, especially because of the damage caused by Hurricane Maria.

“Transportation to the anticipated sites proved difficult the first day in a vehicle because several side roads were flooded and there was a large amount of traffic on the main roads. Site surveys were easier once we received a little help from an MV-22 Osprey supporting the Defense Support to Civil Authority mission in country,” said Anderson. “The first site survey conducted was at Roosevelt Roads. Our team tried to identify the best spot to place the radar ... everything from an airstrip, to a rooftop, to even in a remote location in the woods that appeared to have greater elevation. The airstrip ended up being where the first radar was set up because it had a clear view to the sky.”

Anderson continued to explain that Aguadilla, the second site, turned out to be a much better location because the majority of the land was positioned on a high plateau alongside



The Meteorological Mobile Facility (Replacement) Next Generation (METMF(R) NEXGEN) weather radar stands fully assembled at sunset.

Vince Barton

“This unpredictability is why operational weather radars are so critical following a natural disaster.

Radars identify winds, rains and water spout formations ... all of these formations could create more challenges in disaster relief missions, so it’s important to identify these hazards early.”

- Vince Barton

the ocean.

“Both sites provided us a real advantage in regards to radar data because they were placed on opposite coasts. Our team could see almost all the way to Haiti on the West and Anguilla on the East ... close to a 400 mile range. This is probably the most radar coverage the island has ever had at this elevation,” said Anderson.

All three SSC Pacific and PEO C4I employees stressed the importance of synergy with the Marine Corps, Army, Air Force and NWS at each site.

“By all of us working together and knowing our part, we were able to set up and configure each radar in under an hour and a half,” said Anderson. “I attribute this to the preparation and coordination with the National Weather Service prior to our arrival in Puerto Rico.”

Barton expressed how rewarding the experience was in Puerto Rico because he was able to work alongside ‘the warfighter’ in a DSCA-focused environment.

“I was impressed with how the Marines, other services and the National Weather Service all came together to support a mission centered on humanitarian-related assistance,” Barton. “I believe that SSC Pacific and PEO C4I validated our worth in these types of missions and set a new precedent if another disaster like Hurricane Maria ever occurs. From day one, SSC Pacific’s and PEO C4I’s knowledge of the weather radar systems helped translate the purpose and significance to the personnel on ground in Puerto Rico.”

Information sharing, education and mentorship are three of Barton’s passions, and he was grateful to share his technical expertise with military members and other weather experts onsite.

“Weather in the tropics can be completely different than what we are used to in the oceans surrounding the East and West coasts of the United States,” said Barton. “This unpredictability is why operational weather radars are so critical follow-

ing a natural disaster. Radars identify winds, rains and water spout formations ... all of these formations could create more challenges in disaster relief missions, so it’s important to identify these hazards early.”

Roberto Garcia, the meteorologist-in-charge for the Weather Forecast Office (WFO) in San Juan, Puerto Rico, made a public statement on Nov. 27 describing the impact of the two weather radars that were installed and configured by SSC Pacific and PEO C4I.

“After the deployment and installation of the two DoD radars in Puerto Rico, the impact on the NWS San Juan’s operations has been enormous. The [full] integration of the DoD radars ... has aided in the preparation of all NWS San Juan’s warnings, advisories and critical aviation forecast as well as daily briefings. These two radars have also helped our staff to better locate areas affected by heavy rain,” said Garcia.

Rear Adm. Carl Chebi, PEO C4I commander, emphasized the combined military and civilian team made this effort noteworthy for the entire information warfare community.

“Information warfare experts, civilian and military alike, are making a difference throughout the globe,” said Chebi. “This is just one example of how our technical professionals are going out into the fight, alongside warfighters, alongside first responders, and providing solutions to challenges. Our employees continue to set an impressive example in the aid and defense of our international partners and the homefront.”

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USS FITZGERALD RETURNS TO FLEET ACTIVITIES YOKOSUKA ABOARD MV TRANSSHELF



MC2 William McCann

The Arleigh Burke-class guided-missile destroyer USS Fitzgerald is loaded onto heavy lift transport MV Transshelf. Transshelf will transport Fitzgerald to Pascagoula, Miss. to complete repairs.

From U.S. 7th Fleet Public Affairs

YOKOSUKA, JAPAN

The Arleigh Burke-class guided missile destroyer USS Fitzgerald (DDG 62) returned to Fleet Activities (FLEACT) Yokosuka Nov. 26, aboard heavy lift transport vessel Transshelf.

Fitzgerald returned to repair two punctures in her hull caused by the heavy lift vessel's steel support

structure during on load at anchorage. Repairs are expected to extend the on load process by a few days, after which Transshelf will transport Fitzgerald to Huntington Ingalls Industries (HII) in Pascagoula, Mississippi, for further repairs and upgrades.

Fitzgerald was towed to deep water to begin the heavy lift process Nov. 24. In the months prior to her departure from Yokosuka,

technicians and shipbuilders at Ship Repair Facility Yokosuka made significant progress in preparing the ship for the journey, including de-watering, defueling, hull and superstructure repairs, and placing key systems in layup maintenance. In

October, she was moved from dry dock to a pierside location in anticipation of the move.

Fitzgerald was involved in a collision with the Philippine-flagged ACX Crystal June 17. Seven Sailors lost their lives and the ship was

damaged on her starboard side above and below the waterline. The Navy released a comprehensive review of the incident Nov. 1.

For more news from Commander, U.S. 7th Fleet, visit www.navy.mil/local/c7f/.

USS John S McCain departs Subic Bay en route to Yokosuka

From Commander, U.S. Seventh Fleet

PHILIPPINE SEA

The Arleigh Burke-class guided missile destroyer USS John S. McCain (DDG 56) departed Subic Bay, Philippines aboard heavy lift transport vessel MV Treasure en route to Fleet Activities Yokosuka Nov. 28.

John S. McCain was diverted to Subic Bay Oct. 22, due to poor weather conditions and to repair cracks in the ship's hull discovered after the ship departed Singapore aboard MV Treasure. While at anchor in Subic Bay, technicians inspected the cracks and determined the ship needed additional blocks under it to support and distribute its weight on the heavy lift vessel.

Upon arrival in Yokosuka, John S. McCain will be repaired at Ship Repair Facility-Japan Regional Maintenance Center (SRF-JRMC) before returning to service in U.S. 7th Fleet. "SRF is making preparations to begin remediation and repair efforts immediately once the ship is dockside," Lt. Cmdr. Sandra Wyman said, assigned to SRF-



Lt. Aaron Van Driessche

The Arleigh Burke-class guided missile destroyer USS John S. McCain departs Subic Bay, Philippines aboard heavy lift transport vessel MV Treasure, Nov. 28. Treasure will transport McCain to Fleet Activities Yokosuka to undergo repairs.

JRMC. "The project will be one of the largest SRF has undertaken."

John S. McCain was involved in a collision with the merchant vessel Alnic MC while underway east of the Straits of Malacca and

Singapore Aug. 21. Following the collision, the ship moored at Singapore's Changi Naval Base. In the weeks prior to departure from Singapore Oct. 5, crew members, technicians and divers prepared

the ship for the journey by patching damaged sections of the hull and placing key systems in layup maintenance.

The Navy released findings from its investigation of the collision as

part of the Comprehensive Review of Surface Force Incidents, published Nov. 2.

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Electrician's Mate (Nuclear) 3rd Class Stephen Ingui, left, assigned to the Gold crew of the Ohio-class ballistic missile submarine USS Louisiana (SSBN 743), from Warwick, New York, prepares bread pudding with Christopher Lusk, executive chef from the New Orleans restaurant The Caribbean Room. Sponsored by the New Orleans Navy League, Lusk traveled from New Orleans, Louisiana, with David Whitmore Jr., the chef de cuisine for Borgne Restaurant, to donate ingredients and cook Louisiana-inspired cuisine for the 300-crew members on board the submarine.

Louisiana chefs visit USS Louisiana

From Submarine Group Nine Public Affairs

BANGOR, WASH.

Two top chefs from New Orleans cooked lunch for the Gold and Blue crews of the ballistic missile submarine USS Louisiana (SSBN 743), Nov. 28.

Christopher Lusk, executive chef of the Caribbean Room, and David Whitmore Jr., the chef de cuisine for Borgne Restaurant, brought in their own ingredients to cook New Orleans-inspired cuisine for the 300 crew members.

"Today we are preparing a lot of local New Orleans fair," said Lusk. "This means a lot to me, I have a six-month-old son and I am going to be able to tell him about being

on a submarine and cooking for the crew. It is such a huge honor because of what these Sailors do for us every single day. This is our way to say thank you."

Over 75 gallons of food, 300 dinner rolls, and 50 pounds of shrimp was provided by the chefs for the meal.

"When I see people volunteer their time and come and cook for two entire crews of almost 300 people, it's a big deal, and it means a lot to me and it means a lot to these Sailors," said Chief Culinary Specialist Carl Smith. "The chefs were pretty inspired by what these Sailors do every single day with the limited space that we have. I believe that the reassurance and respect that the Sailors received from

the chefs gave them even more pride in the jobs that they do."

The executive chefs also provided hands-on guidance and training to culinary specialists from the Louisiana.

"Every day they're doing a lot of work to keep the boats up, to keep everything clean, and to keep everything perfect in a military fashion to protect the country," said Whitmore. "This is what we can do to thank them for everything that they do."

The menu consisted of smoked turkey and sausage jambalaya, shrimp etouffee, red beans and rice, spinach madelaine, smothered okra, turtle soup, remoulade salad, and bread pudding.

"They served us an amazing meal," said Louisiana's Gold crew commanding officer Cmdr. Martin Sprague. "So on behalf of the USS Louisiana, we are grateful for the authentic and amazing cuisine that was served to us today."



Photos by Lt. Cmdr. Michael Smith
Christopher Lusk, executive chef from the New Orleans restaurant The Caribbean Room, serves Louisiana-inspired cuisine to the crewmembers of the Ohio-class ballistic missile submarine USS Louisiana (SSBN 743).

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

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



MC2 Sean R. Morton

Lt. Adam Hunt and Lt. Adam Suwinski, from the "Mad Foxes" of Patrol Squadron (VP) 5, pilot a P-8A Poseidon aircraft during a sea search and rescue operation off the coast of Argentina. Sailors from VP-5 are currently in Bahia Blanca as part of a detachment assigned to Commander, Patrol and Reconnaissance Wing (CPRW) 11 assisting the Argentine military in their search for the missing Argentine submarine ARA San Juan.

VP-5 conducts familiarization flight in Iceland

By Lt. j.g. Mike Raffels

VP-5 Public Affairs

KEFLAVIK, ICELAND

The "Mad Foxes" of Patrol Squadron (VP) 5 hosted Icelandic media, Icelandic military, and other government officials for a tour of the Navy's newest maritime platform, the P-8A Poseidon, and a familiarization flight by Combat Air Crew (CAC) 10, Nov. 16.

The familiarization flight was designed to showcase the wide-ranging mission set of the P-8A. The P-8A Poseidon is a multi-mission capable replacement aircraft for the legacy P-3C Orion. Designed to secure the Navy's future in long-range maritime patrol capability, the P-8A Poseidon has had a large impact on the Navy's maritime patrol and reconnaissance force.

"We enjoyed showing the Icelandic media group the advanced capabilities of our maritime aircraft" Tactical Coordinator for CAC-10 Lt. Ali Hussain said.

The passengers included two Icelandic coast guard members, including the Icelandic coast guard's Commanding Officer of Keflavik, a U.S. Air Force Embassy Liaison Officer, and an American diplomat.

"It was a great opportunity to convey our appreciation of the cooperation Keflavik has had with VP-5," Hussain said.

The "Mad Foxes" displayed the aircraft's state-of-the-art open architecture mission system which allows for easier system reconfiguration and expansion. During the flight, the crew demonstrated different components utilized during an anti-submarine warfare (ASW) pursuit.

Hussain said that VP-5 was happy to

host the interested passengers and media during the flight and it proved to be a positive opportunity to improve relations and cooperation between Iceland and U.S. Navy forces.

The "Mad Foxes" of CAC-10 are conducting operations in Keflavik, Iceland, in support of Commander, Task Force 67. VP-5 conducts operations in U.S. 6th Fleet from Sigonella, Italy.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied 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/naveurl/.

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Initial Japan-Based CVW-5 Jet Squadrons Fly-in to MCAS Iwakuni

From U.S. Naval Forces Japan Public Affairs

YOKOSUKA, JAPAN

The first jet squadrons from Carrier Air Wing FIVE (CVW-5) relocated from Naval Air Facility Atsugi (NAFA) to Marine Corps Air Station Iwakuni (MCASI) Nov. 28 after the conclusion of the Ronald Reagan Carrier Strike Group (CSG 5) patrol.

The squadrons relocating to MCASI include; Strike Fighter Squadrons (VFA) 115 and 195, along with Electronic Attack Squadron (VAQ) 141. Both VFA-115 and VFA-195 fly the F/A-18E Super Hornet, while VAQ-141 flies the EA-18G Growler, an airframe based on the F/A-18F Super Hornet equipped for electronic countermeasure missions.

“The arrival of the first F/A-18 squadrons to Iwakuni is an important step forward in the phased relocation of Carrier Air Wing Five,” Commander of Carrier Air Wing Five Capt. Michael Wosje said. “Today represents years of hard

work and coordination between the U.S. and Japanese governments and we are looking forward to enjoying the hospitality and building new friendships with our Iwakuni hosts.”

Carrier Airborne Early Warning Squadron (VAW) 125, which flies the E-2D, was the first carrier air wing squadron to transition to Iwakuni and arrived in February 2017.

“I would like to welcome Captain Wosje and his entire CVW-5 team to their new home here at MCAS Iwakuni,” Commanding Officer of Marine Corps Air Station Iwakuni Col. Rick Fuerst said. “The arrival of these initial Japan-based elements moves us ever closer to the culmination of years of planning and preparation here under the Defense Policy Review Initiative. This transformation was designed to both fulfill the United States’ strategic vision for its rebalance in the Indo-Asia-Pacific region, and to further strengthen the responsiveness and potency of our role in the U.S.-Japan security alliance. Wel-



Cpl. Joseph Abrego
A young girl runs to greet her family after the arrival of Strike Fighter Squadron (VFA) 115, VFA-195 and Electronic Attack Squadron (VAQ) 141 at Marine Corps Air Station (MCAS) Iwakuni, Japan.

come aboard CVW-5.”

At the completion of the DPRI process, MCAS Iwakuni will have undergone a 77 percent physical transformation which includes the Iwakuni Runway Relocation project, new schools, commissary, Marine Corps Exchange, family and bachelor housing, hangars, gym, child-care center, theater, adminis-

trative buildings, and gas station. These improvements were led by the DPRI program team in close coordination with the regional defense bureau, CSDB, and primarily funded by the Government of Japan to enable U.S. forces to fulfill obligations under the Treaty of Mutual Security and Cooperation. These moves are in accordance

with the Navy’s strategic vision for the Asia-Pacific in which the most advanced and capable units are forward deployed in order to support the United States’ commitment to the defense of Japan and the security and stability of the region.

For more news from Commander, Naval Forces Japan, visit www.navy.mil/local/cnfj/.

THE MAKINGS OF A NAVAJO SAILOR

By MC2 Elesia Patten

Carrier Strike Group 11 Public Affairs

PACIFIC OCEAN

Ya’at’teeh, shi ei Denise yinshye, Kinyaa a’anii nishli, Ta neeszahnii bashishchiin, A’shiinii dashicheii, Ma’ii deshgiizhnii dashinali.

This is how Operations Specialist 1st Class Denise Alamo introduces herself to other people from the Dine or Navajo tribe. It translates to: Hello, my name is Denise. I’m Towering House Clan, born of Tangle Clan, my maternal clan is Salt People and my paternal clan is Coyote Cross Path.

“In Dine culture, you must know what your four clans are because they make who you are,” said Alamo. “For instance, when I introduce myself to another Dine, I would say my clans in the following order: my mother’s clan, my father’s clan, my maternal grandfather’s clan and paternal grandfather’s clan.

A proud Navajo woman, Alamo is also a proud U.S. Navy Sailor, assigned to Destroyer Squadron 9 of Carrier Strike Group (CSG) 11. She’s currently serving aboard the aircraft carrier USS Nimitz (CVN 68) on a six-month deployment to the Western Pacific.

Since 1994, the U.S. Navy has reserved November to celebrate and honor Native Americans and Alaska Natives. CSG11 joins in the celebration by recognizing Alamo, one of its own.

Throughout her 18-year career, Alamo said she has crossed paths with several other Sailors who belong to her tribe. Military service is fast becoming a tradition in her family — her brother is currently serving in the U.S. Marine Corps and her “Shi che”, or grandfather, was a U.S. Navy Seabee. Alamo said her decision to join the Navy was motivated by her “Shi che.”

“Shi che always talked about traveling and

seeing different parts of the world,” said Alamo. “I also wanted to travel. Being a Native American Sailor holds much integrity and pride back on the reservation.”

Alamo grew up on the Dine Nation Reservation, in a city near the Four Corners of the U.S. called “To’Likani” or Sweetwater, Arizona. Alamo’s family owned two houses; one was near the main road in Sweetwater and the other more remotely nestled in the Carrizo Mountains. During the school year, they lived in the house on the main road. Come summer, the family moved to the isolation of the mountain house where they herded livestock and raised crops.

“Our nearest neighbor was about a mile away,” Alamo said. “That house had no electricity or running water. We had a farm that we maintained during harvest season and we planted fruits and vegetables such as corn, apricots, grapes, strawberries, watermelon, cabbage, tomatoes, and avocados.”

Alamo’s Navy life and her life on the reservation share some similarities. While deployed, she trades her life on land for a life in a more secluded environment. Like up in the mountains, the ocean distances her from grocery stores, movie theaters, and other home comforts. The many customs and traditions that are so heavily ingrained in the Navy also mirror Alamo’s way of life on the reservation.

“My grandparents enjoyed attending ceremonies and traditional dances so during my childhood I’d attend many dances such as: Fire, Rain, Squaw, Yei Be Che, Bear, Gourd, Round and pow wows,” Alamo said. “Some ceremonies we attend are: Blessing Way, Protection Way, cleanings and purification (sweat lodge), Journey to the Spirit World, Kinaada (puberty) and other Peyote meetings.”

Just as her grandparents ensured the tra-



MC1 Marcus L. Stanley
Operations Specialist 1st Class Denise Alamo poses for a photograph on the fantail of the aircraft carrier USS Nimitz (CVN 68).

ditions of her people were passed on to her, Alamo proudly passes on Dine tradition to her children.

“I’m proud to be Dine and that I know my language, culture, and tradition,” said Alamo. “Dine people are also called the ‘Holy People’. We have many taboos that we are told to abide by, however that tradition is dying with the younger generation. I tend to pass on the taboos of our tribe on to my kids along with the folktales and many stories of Coyote the trickster. I will also make sure that they know their clans.”

Alamo draws inspiration and strength from her people, and uses them to inspire her throughout her career in the Navy, she said.

“In my tribe we have a saying, ‘Hzhooogo naashaa’, which translates to ‘in beauty I

walk,’” Alamo said. “To me this means, no matter what obstacles are thrown at you, always strive to better yourself professionally and personally.”

Native Americans have been part of Navy history since its inception. Their undeniable strength and impact on protecting the U.S., demonstrates the illustrious legacy of the first inhabitants of our nation.

For more information about contributions by Native Americans in the U.S. Navy, visit www.history.navy.mil/browse-by-topic/diversity/american-indians.html

For more information about Carrier Strike Group 11, visit www.nimitz.navy.mil/csg_11.html or www.facebook.com/carrierstrikegroupeleven or visit www.navy.mil/local/csg11/.

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Photos by MC3 Abby Rader

Retired Chief Warrant Officer 2 Arthur Roemmich discusses his time in service during the a ceremony celebrating his 100th birthday held at Admiral Baker Clubhouse.

BIRTHDAY | Celebrating a century

Continued from B1

Roemmich encouraged the young men and women of our country to seek out the experiences the Navy has to offer.

"If you're interested in seeing the world, the Navy is number one," Roemmich said. "You're going to see it. I saw a lot of places I wouldn't have gotten to see otherwise."

Roemmich said his time in the Navy left him with treasured memories of friends made, bonds shared and experiences he couldn't have imagined before he joined.

Commander, Navy Region Southwest Rear Adm. Yancy Lindsey presented Roemmich with a letter from Secretary of the Navy Richard V. Spencer, commending Roemmich for his years of honorable service during such a difficult time in our nation's history.

"I think it's important to recognize everybody that has served our nation," Lindsey said. "Warrant Officer Roemmich comes from a great generation who served during an incredibly challenging time for our



In celebration of his 100th birthday, Rear Adm. Yancy Lindsey, Commander, Navy Region Southwest, left, presents a letter from Secretary of the Navy Richard V. Spencer, to Retired Chief Warrant Officer 2 Arthur Roemmich during a birthday celebration held at Admiral Baker Clubhouse.

country. It's an honor to be here and thank him for a life filled with service."

While Lindsey felt honored to be the one to greet and thank Roemmich, he wasn't the only one moved by their meeting.

"It almost knocked me out," Roemmich said. "I had never shaken hands with an admiral before!"

After several sea stories, a slide show of photos from throughout

Roemmich's service and life, as well as warm remarks from friends, the ceremony concluded as Roemmich blew out the candles on his cake as the room filled with cheers.

For more news from Commander, Navy Region Southwest, visit www.navy.mil/local/cnrs/.

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

BRONZE STAR | Navy posthumously awards combat medal to Pearl Harbor Sailor

Continued from B1

saved the lives of several Sailors from the battleship USS Arizona (BB 39). He survived the war and retired from the Navy in 1955, but passed away in 1996.

The Bronze Star Medal will be presented by Rear Adm. Matthew J. Carter, deputy commander of the U.S. Pacific Fleet, to George's daughter, Joe Ann Taylor, on Dec. 7 during a 4:30 p.m. (Hawaii-Aleutian time) ceremony at the USS Arizona Memorial in Pearl Harbor.

"The presentation of the medals is not only appropriate but simply the right thing to do," Spencer said. "One of my highest priorities is to honor the service and sacrifice of our Sailors, Marines, Civilians, and family members and it is clear that Lt. Schmitt and Chief George are heroes whose service and sacrifice will stand as an example for current and future service members."

In addition to George's Bronze Star, the Secretary also awarded the Silver Star Medal to Lt. j.g. Aloysius H. Schmitt for action at Pearl Harbor while serving on the battleship USS Oklahoma (BB 37).

In 1942 George was officially commended by his commanding officer following the attack, but he was not awarded any medal. Lauren Bruner and Don Stratton, two of the USS Arizona Sailors saved by George's actions, petitioned for him to be presented a medal.

George's family is happy to celebrate the heroism of their loved one.

In keeping with the tendency of World War II veterans, Taylor says her father never really talked about Pearl Harbor or World War II when she was growing up. But after he retired, he started going to reunions and that is when she began to get the full story.

"It was kind of surreal. You grow up with your dad thinking of him as dad; you're not used to thinking of him as a hero," Taylor said. "But it's a wonderful story and I'm quite proud of him. Plus I've gotten to know the men he saved and have developed a real bond with the Stratton and Bruner families."

As recounted in an oral history interview conducted by the University of North Texas on Aug. 5, 1978, George said on Dec. 7 he was settling down to read the Sunday newspaper when General Quarters (battle stations) was sounded. That's when he realized there was an attack underway. To get a better sense of what was going on, he went outside, and the first thing he saw was a Japanese plane going down. With no time to think, his training kicked in and he began to act.

With Japanese torpedoes passing under his ship then striking Arizona, fires were breaking out everywhere. George recalled that the first thing he did, with help from several of his shipmates, was remove the awning covering the guns so that Vestal could fight back.



U.S. Navy photo Courtesy of Loras College

An undated file photo of Lt. j.g. Aloysius H. Schmitt who was killed during the Dec. 7, 1941 Japanese attack on Pearl Harbor.

Then he ran across the deck from fire to fire to help put them out.

Meanwhile, Arizona was taking a pounding with explosions and fires encircling the Sailors on her decks.

There were "people over on the Arizona that were trying to get off, and there was fire all around," George said. "I threw a line over."

After securing the line as best he could, George returned to fighting fires and controlling damage aboard Vestal. When it became apparent Arizona was doomed, George assisted with getting Vestal underway and away from the burning and fast-sinking battleship. Arizona lost 1,177 crewmembers during the attack. Vestal lost seven.

George went on to serve throughout the war and retired in 1955 as a chief petty officer after twenty years in the Navy.

The Naval History and

Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of U.S. naval history and heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy's unique and enduring contributions through our nation's history, and supports the fleet by assisting with and delivering professional research, analysis, and interpretive services. NHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, ten museums, USS Constitution repair facility and the historic ship *Neutilus*.

For more news from *Naval History and Heritage Command*, visit www.history.navy.mil.



MCSN Dary M. Patten

An MH-60S Sea Hawk helicopter attached to Helicopter Sea Combat Squadron (HSC) 28 takes off from the flight deck of the amphibious assault ship USS Iwo Jima during a vertical replenishment.

Iwo Jima conducts largest replenishment in 2 years

From USS Iwo Jima Public Affairs Office

ATLANTIC OCEAN

Sailors and Marines aboard the amphibious assault ship USS Iwo Jima (LHD 7) conducted their largest replenishment-at-sea in more than two years Dec. 1, receiving 181 pallets of supplies from the Military Sealift Command fleet replenishment oiler USNS Big Horn (T-AO 19).

Previously, the largest replenishment-at-sea for the ship took place during Iwo Jima's last deployment in 2015.

"We had a good idea that this vertical replenishment (VERTREP) was going to be a long evolution, but the team effort led to a very successful, effective, and safe replenishment," Supply Officer for Iwo Jima Cmdr. Richie Jenkins said. "Whenever you have this amount of cargo coming to the ship, it tests the endurance of the entire crew aboard. With that said, this evolution was an across-the-board success in that it provided critical sustainment following a month of operations at sea and gave a glimpse of what we'll likely face on deployment. We are better prepared for what we can expect on deployment, as we may be conducting these as frequently as once a week."

Maneuvering the 181 pallets required significant planning for the personnel on the flight deck, hangar bay, in passageways and in the air.

"The flight deck on a United States Navy ship can be one of the most dangerous places to work," Chief Aviation Boatswain's Mate (Handling) Jerry Pryuer said. "In this type of environment, with all the equipment in the air above you, it's

even more imperative to keep your head on a swivel. Safety played a key part here today, and we didn't lose one pallet or have a single injury. That alone shows that today was a great success."

Jenkins added the VERTREP provided another opportunity for the blue-green team to work together and continue the relationship that has been building since Iwo Jima and the 26th Marine Expeditionary Unit (MEU) began training earlier this year.

"All the supplies, food and mail that came here was for the Sailors and Marines aboard," Jenkins said. "They worked together just as they have over the past few months while performing Defense Support to Civil Authority and executing our pre-deployment training exercises as we prepare for next year's deployment. This really was a team effort, and I'm proud of how they came together to accomplish this major milestone."

Iwo Jima, components of the Iwo Jima Amphibious Ready Group (ARG) and the 26th MEU are conducting a Combined Composite Training Unit Exercise that is the culmination of training for the Navy-Marine Corps team and will certify them for deployment.

The Iwo Jima ARG embarks the 26th MEU and is comprised of Iwo Jima, the dock transport ship USS New York (LPD 21), the dock landing ship USS Oak Hill (LSD 21), Fleet Surgical Team (FST) 8, Helicopter Sea Combat Squadron (HSC) 28, Tactical Air Control Squadron (TACRON) 22, components of Naval Beach Group (NBG) 2 and the embarked staff of PHI-BRON 4.

US NAVY TRANSITIONS TO SEARCH AND RECOVERY IN SEARCH FOR ARA SAN JUAN

By Lt. Lyndsi Gutierrez

U.S. Naval Forces Southern Command/U.S. 4th Fleet Public Affairs

MAYPORT

Two U.S. Navy P-8A Poseidon aircraft, the Submarine Rescue Chamber (SRC) and the Pressurized Rescue Module (PRM) from the Undersea Rescue Command that were assisting Argentina in the search for Argentine submarine, ARA San Juan, completed operations Nov 30.

Continuing with the transition of operations to search and recovery, the U.S. Navy deployed the Cable operated Unmanned Recovery Vehicle (CURV) 21 to support the ongoing Argentine search efforts onboard R/V Atlantis.

The CURV-21 is a 6,400-pound Remotely Operated Vehicle (ROV) that is designed to meet the U.S. Navy's deep ocean salvage requirements down to a maximum depth of 20,000 feet of seawater, was is due to arrive in Argentina, Dec. 1.

The two P-8's, along with

Sailors from the Patrol Squadron (VP) 5, VP-10, VP-45, VP-26, and Commander, Patrol and Reconnaissance Wing 11, arrived in Bahia Blanca, Argentina Nov 17 and Nov 19.

VP-5 will return to El Salvador's Comalapa Air Base and resume the counter-illicit trafficking maritime patrol operations they were conducting prior to responding to Argentina's request for help. VP-10, VP-26, VP-45, and CPRW-11 personnel will return to their home station at Naval Air Station Jacksonville in Jacksonville, Florida.

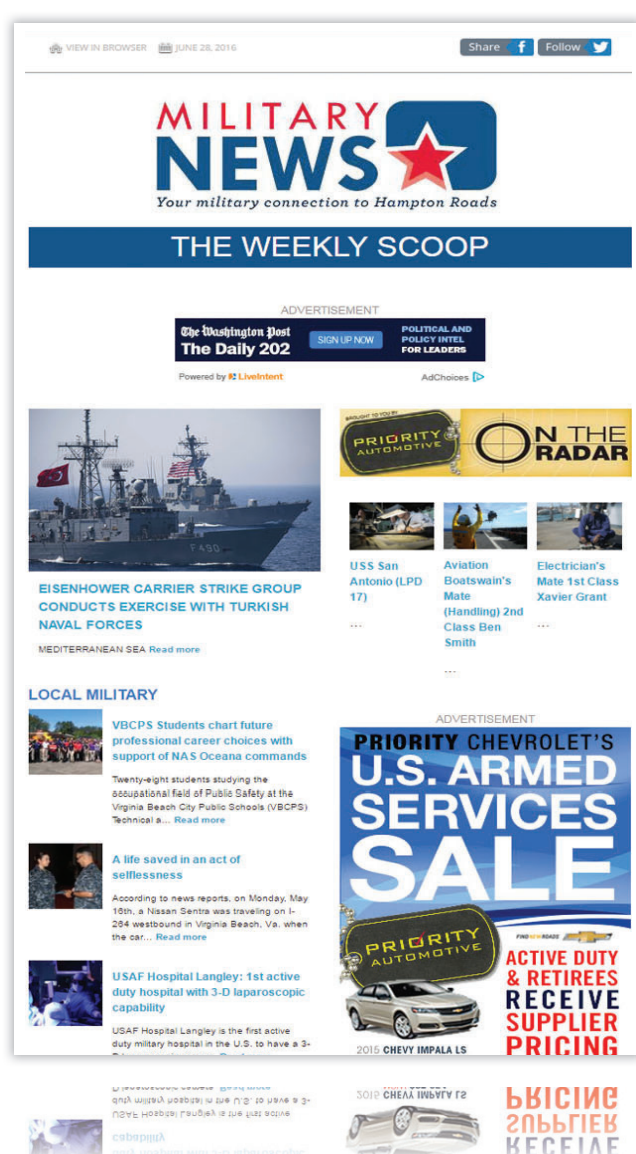
The URC deployed two independent rescue assets, the SRC and the PRM, Nov. 18. URC will return to their home station in San Diego, California.

For more information, visit www.southcom.mil/Media/Special-Coverage/US-Military-Support-to-Argentina-Submarine-Search/

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

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'A COLONIAL CHRISTMAS' EXPLORES HISTORICAL HOLIDAY TRADITIONS AT JAMESTOWN SETTLEMENT & AMERICAN REVOLUTION MUSEUM AT YORKTOWN

Museums present period musical performances and appearances by Jamestown Settlement's Lord of Misrule Dec. 23-31

From James Yorktown Foundation

WILLIAMSBURG

History makes the holidays fun at Jamestown Settlement and the American Revolution Museum at Yorktown during "A Colonial Christmas," Dec. 1-31. Visitors can explore 17th- and 18th-century holiday traditions through interpretive programs and, Dec. 23-31, festivities abound with musical entertainment of the period and daily appearances by Jamestown Settlement's Lord of Misrule.

The two living-history museums tell the story of our nation's beginnings throughout the year with films, immersive gallery exhibits and historical interpretation in recreated outdoor settings — a Powhatan Indian village, 1607 ships and colonial fort at Jamestown Settlement, and Continental Army encampment and Revolution-era farm at the American Revolution Museum at Yorktown.

Jamestown Settlement

"A Jamestown Christmas" holiday film and special interpretive programs compare and contrast English Christmas customs of the

period with how the season may have been observed in the difficult early years of America's first permanent English colony. In England, the holiday season — extending from Dec. 25 to Jan. 6 — was a time of merriment and feasting. While little is known about Christmases in early Jamestown, "A Colonial Christmas" activities reflect the cultural traditions recalled by English colonists.

Visitors to the outdoor living-history areas can learn about the Jamestown colony's early years as well as the English colonists' Christmas at sea in December 1606, and the Powhatan Indian hospitality shown to Captain John Smith's trading party in 1608 during a winter storm. In the re-created Powhatan Indian village, historical interpreters will present ongoing demonstrations on typical winter activities, including food preservation and hunting tools and techniques. In the re-created fort, visitors can see wattle-and-daub buildings decorated with greenery and demonstrations of fancy cooking.

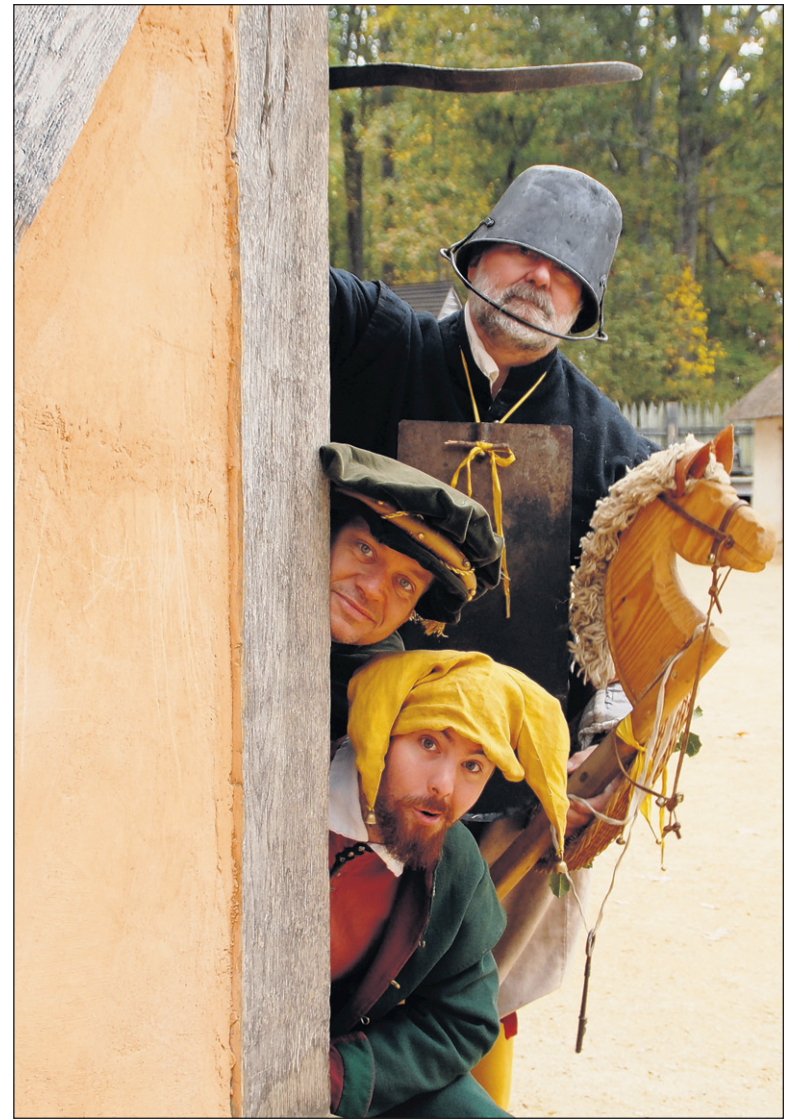
American Revolution Museum at Yorktown

Hear accounts of Christmas and winter in military encampments during the American Revolution and glimpse holiday preparations on a Revolution-era farm. Visitors to the Continental Army encampment can learn about winter camp life and hear accounts of Christmases during the war, assist the quartermaster in preparing military supplies and, at 3 p.m. each day, take part in a Continental Army gun crew and observe historical interpreters fire the artillery piece.

At the clapboard farmhouse adorned with greenery, historical interpreters compare and contrast 18th-century holiday traditions with those of modern times and demonstrate a variety of holiday activities, including setting a farmhouse table for a holiday feast. Visitors can see open-earth cooking in the farm kitchen and take part in periodic candle-dipping activities.

Period Holiday Music & Jamestown Settlement's Lord of Misrule Dec. 23-31

On Dec. 23-31, visitors can enjoy a variety of 17th- and 18th-century traditional holiday music at 11:30 a.m. and 3 p.m. at Jamestown



James Yorktown Foundation

Jamestown Settlement's "A Colonial Christmas" features the 17th Century English tradition of the Lord Of Misrule, whose rabble includes a fort knight and fool.

Settlement and at 11:30 a.m. and 2:30 p.m. at the American Revolution Museum at Yorktown.

Scheduled performances include Barry and Lynn Trott on mandolin, guitar, flute and viola da gamba at Jamestown Settlement on Dec. 23, 28, 30 and 31; and David Gardner on fiddle on Dec. 24, 26, 27 and 29 at Jamestown Settlement and on Dec. 30 and 31 at the American Revolution Museum at Yorktown. In addition, We 3 Strings — comprised of Jack Murray, Jessica Carchic and Joanna Pearson — will perform violin, viola and cello on Dec. 23 at the American Revolution Museum at Yorktown. In addition, We 3 Strings will perform at the American Revolution Museum at Yorktown from 1 to 3 p.m. on Dec. 20 and 29.

In Jamestown Settlement's re-created fort, visitors can experience the 17th-century English tradition of the Lord of Misrule, "grand captain of all mischief," at 11 a.m. and 2:30 p.m. Dec. 23-31.

Tickets & Private Tours

A value-priced combination ticket to both museums is \$23 for adults and \$12 for ages 6-12. Admission to Jamestown Settlement is \$17 for adults and \$8 for ages 6-12 and to the American Revolution Museum at Yorktown, \$12 for adults and \$7 for ages 6-12. Children under 6 are free.

A History is Fun combination ticket — available online only — offers seven days of unlimited admission to both museums at \$23

for adults and \$12 for ages 6-12.

Christmas-themed private tours are available for an additional fee with advance reservations for a party of 14 or fewer people. Reservations can be made online or by calling 757-253-4939.

Holiday Shopping in Museum Gift Shops

In time for holiday shopping, Jamestown Settlement and American Revolution Museum at Yorktown gift shops offer a selection of books, prints, museum reproductions, educational toys, games and souvenirs relating to the 17th and 18th centuries. Admission is not required to visit the museum gift shops, open 9 a.m. to 5 p.m. daily. Shop online at www.shophistoryisfun.com.

How to Get Here

Jamestown Settlement and American Revolution Museum at Yorktown are open 9 a.m. to 5 p.m. daily year-round, except for Christmas and New Year's days. The museums are separated by a 25-minute drive along the Colonial Parkway, a National Scenic Byway. Jamestown Settlement is located on Route 31 just southwest of Williamsburg. The American Revolution Museum at Yorktown is located on Route 1020 in Yorktown. Parking is free. For more information, call 888-593-4682 toll-free, 757-253-4838 or visit www.historyisfun.org/jamestown-settlement/a-colonial-christmas/.



James Yorktown Foundation

Victory Center farm holiday table.

Virginia War Memorial to host 76th Commonwealth's Pearl Harbor Day

2017 ceremony will be held Saturday, Dec. 9 due to expansion construction at Virginia War Memorial

From The Virginia Department of Veterans Services

RICHMOND

Commissioner of the Virginia Department of Veterans Services John L. Newby II, will be the keynote speaker at the 76th Commonwealth's Pearl Harbor Day Remembrance Ceremony, at 11 a.m., Saturday, Dec. 9 at the Virginia War Memorial in Richmond. Co-hosted with the Richmond Council,

Navy League of the United States, the annual ceremony will be held in the Shrine of Memory on the War Memorial grounds at 621 South Belvidere Street. The event is free and the public is encouraged to attend.

This year's ceremony will take place on Dec. 9 instead of Dec. 7 because of limited parking at the War Memorial which is undergoing a major expansion project. Additional parking will be available in the VHDA surface lot on Belvidere Street on Dec. 9.

The son of a retired Army Sergeant Major, Commissioner Newby served in Iraq as an aviator aboard the Boeing B-1B Lancer strategic bomber and commanded an Air Force special operations forward air control unit. He received his commission and B.S. degree from the United States Air Force Academy. Following his military service, Commissioner Newby earned his Juris Doctor degree from the University of Virginia. He was appointed Commissioner by Governor Terry McAuliffe in October 2014.

The Commonwealth's Pearl Harbor Day Re-

membrance Ceremony will also include the laying of wreaths in memory of those Virginians who died on Sunday morning, Dec. 7, 1941 when the forces of Imperial Japan bombed and strafed the U.S. Pacific Fleet and Army airfield at Pearl Harbor, Hawaii.

"The names of each Virginian who perished at Pearl Harbor will be read and remembered with the tolling of the ship's bell from the USS Virginia, which is on permanent display at the Virginia War Memorial," said Milton Owen, Past President of the Navy League's Richmond Council and Master of Ceremonies for the ceremony. "The stirring Navy hymn will also be sung."

More than 2,400 Americans were killed and more than 1,100 wounded during the surprise attack which resulted in the United States declaring war on the Japanese Empire and entering World War II.

For more information about the 76th Commonwealth's Pearl Harbor Day Remembrance Ceremony, please call the Virginia War Memorial at 804-786-2060 or visit www.vawarmemorial.org.



The Virginia Department of Veterans Services

Commissioner of the Virginia Department of Veterans Services John L. Newby II, will be the keynote speaker at the 76th Commonwealth's Pearl Harbor Day Remembrance Ceremony.

Community

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Calendar

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



“Hurrah for the Holidays” performance

- Dec. 8, 7 p.m.; Dec. 9, 3 p.m.; Dec. 10, 3 p.m.
- T.C.C. Roper Performing Arts Center, Downtown Norfolk
- 757-627-5437
- www.hurrahplayers.com

Hurrah for the Holidays is Hurrah Players’ annual musical revue featuring holiday favorites from yesterday and today, precision kick line dancers, and a few seasonal surprises. The maximum ticket price to public shows is \$25, with discounts for children (younger than 18), seniors (60 & older), Military (active or retired), large groups and Hurrah members.

“U.S. Fleet Forces Band Holiday Concert” performance

- Dec. 8, 6:30 p.m., doors open at 6 p.m.
- Gator Theater, Joint Expeditionary Base Little Creek
- 757-462-7952

This spectacular, family oriented free concert is open to all military families, both active duty and retired and their guests, to come together and share in this festive holiday season. The concert, featuring the U.S. Fleet Forces Band, begins at 6:30 p.m. and will conclude with the annual Christmas Tree lighting. This concert and MWR sponsored events will provide fun and be a memorable event for children of all ages.

29th Annual Downtown Hampton Lighted Boat Parade

- Dec. 8, 7 p.m.
- Downtown Hampton waterfront, 710 Settlers Landing Road, Hampton
- 757-727-1271
- www.downtownhampton.com

More than 20 boats are expected to participate in this parade of illuminated power and sail boats that will be visible from anywhere along the Hampton River, however spectators wanting to hear the narration will want to find a spot near the Hampton Maritime Center. Free Admission.

Selfies With Santa

- Dec. 9, 1– 6 p.m.; Dec. 10, 3 p.m.
- Hampton Carousel, 602 Settlers Landing Road, Downtown Hampton.
- 757-727-1102

The historic Hampton Carousel welcomes youngsters of all ages to share their holiday wishes and snap Selfies with Santa, and have their face painted in a holiday motif for free in conjunction with the Hampton Holiday Market at the Hampton History Museum. Tickets to ride the carousel are \$1.

“The Best Christmas Pageant Ever” performance

- Dec. 9, 7 p.m.
- T.C.C. Roper Performing Arts Center, Downtown Norfolk
- 757-627-5437
- www.hurrahplayers.com

Based on the popular book by Barbara Robinson, “The Best Christmas Pageant Ever” is the funny, heartwarming, and mildly irreverent story of what happens when a church play is hijacked by six of the “absolutely worst kids in the history of the world.” A holiday tradition in Hampton Roads, this one-night-only event is presented with “Happy Hanukkah, My Friend,” a short program celebrating the Festival of Lights. The maximum ticket price to public shows is \$25, with discounts for children (younger than 18), seniors (60 and older), Military (active or retired), large groups and Hurrah members.

Tell Me a Story at the Isle of Wight County Museum

- Dec. 14, 10–10:30 a.m.
- Isle of Wight County Museum, 103 Main Street, Smithfield
- 757-356-1223

Children ages 3 to 5 and their families are invited to a monthly program designed to introduce youngsters to the symbols of Isle of Wight County through books, games and crafts. The Dec. 14 theme is gingerbread. Reservations are not required although groups of 10 or more are asked to contact the museum prior to the event.

“Santaland Diaries” performances

- Dec. 15–16, 10 p.m.
- Wells Theatre, 108 E Tazewell St, Norfolk
- 757-627-6998

Virginia Stage Company adds a special late night show for “mature elves only.” “Santaland Diaries” is based on the memoir of award-winning comedic author David Sedaris. This hilarious one-man-show takes us back to yesteryear when he was one of Santa’s Elves at Macy’s Department Store. In this one-act play, the struggling writer, who chooses the elf name “Crum-pet,” weaves an unbelievable tale of drunken Santas, lascivious actors, and combative parents. Come laugh, drink and be merry with your friends at the Wells Theatre. Tickets are \$35.

Portsmouth Native repeats as NOSC Atlanta full-time Sailor of the Year

From Rick Burke

Navy Office of Community Outreach Public Affairs

MARIETTA, GA.

A Portsmouth, Virginia, native who serves as the leading petty officer of the reserve services department at Navy Operational Support Center (NOSC) Atlanta, has been named for the second time as the reserve center’s full-time support Sailor of the Year.

Personnel Specialist 1st Class Ebony Peele was recognized

for her superior performance throughout 2017, just as she was in 2016.

Peele described the award as a confidence-booster – but she gets the most satisfaction from developing others, she said.

“I think that great mentors have prepared me for the success that I have had, and it is key for me to pass those lessons on to my fellow Sailors, so that they can achieve the most out of their Navy careers,” Peele said. “When a task needs to be done, I don’t think about my job as a personnel specialist, I think about being a Sailor first and how can I best lead.”

“She’s a critical element to NOSC Atlanta,” said Chief Personnel Specialist Jon Paul Burkhalter, the leading chief petty officer of the reserve services department.

“She’s a hard worker and takes great care of our junior Sailors,” he added.

Peele, who also is the educational services officer for NOSC Atlanta, is responsible for the oversight of advancement eligibility for more than 1,000 enlisted Sailors in 2016. She said her favorite part of serving in the Navy is having the opportunity to encourage her fellow Sailors’ success and lead them by example.

“I also enjoy being involved in Navy-centric events, such as the Atlanta Navy Birthday Ball, for which I have planned NOSC Atlanta’s participation for the past four years,” she said.

Peele, who said she had not considered the military a career when she was younger, joined the Navy in 2000.

By dedicating herself to service not only at work but at home, she hopes to set an example for her 18-year-old son, Kieonte, a freshman engineering student at Morgan State University in Baltimore, and her 12-year-old daughter, Kieara, a competition cheerleader.



Navy Office of Community Outreach Public Affairs Personnel Specialist 1st Class Ebony Peele was recognized for her superior performance throughout 2017, just as she was in 2016.

“Momma’s doing something that’s for their betterment and the betterment of their country,” Peele said.

The example has had an effect: Kieonte said he wants to become a naval officer.

Although Peele’s time at NOSC Atlanta is nearing a close, her passion for service remains evident.

“I want to go wherever the Navy leads me,” she said.

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JUST GETTING STARTED (PG-13) 10:15, 12:30, 2:45, 5:00, 7:15, 9:35 Mon. Thru Thurs.: 1:00, 3:15, 5:30, 7:50	MARSHALL (PG-13) 5:05, 10:05 Mon. Thru Thurs.: 5:10
COCO (PG) 10:05, 10:40, 1:10, 1:40, 4:30, 6:55, 9:40 Mon. Thru Thurs.: 1:05, 1:40, 4:40, 5:35, 8:30	THOR: RAGNAROK (PG-13) 10:10, 1:05, 4:00, 7:00, 9:55 Mon. Thru Thurs.: 1:10, 4:10, 7:10
JUSTICE LEAGUE (PG-13) 10:00, 10:30, 12:45, 1:15, 3:30, 4:05, 6:30, 7:10, 8:00, 9:30, 10:00 Mon. Thru Thurs.: 12:45, 1:15, 3:30, 4:00, 6:15, 7:00, 8:00, 9:00	THE POLAR EXPRESS (G) Dec. 10 & 13: 2:15p, 7:15p 11:15, 1:50, 4:15, 6:40, 9:05 Mon. Thru Thurs.: 1:50, 4:15, 6:40, 9:05
THE STAR (PG) 10:25, 12:35, 2:50, 7:50 Mon. Thru Thurs.: 12:50, 3:00, 7:45	MURDER ON THE ORIENT EXPRESS (PG-13) 10:35, 1:20, 4:10, 6:50, 9:45 Mon. Thru Thurs.: 1:30, 4:20, 7:05
WONDER (PG) 10:20, 1:00, 3:40, 6:20, 9:15 Mon. Thru Thurs.: 1:20, 3:40, 6:20, 8:55	

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

TCC graduation also a celebration of Naval Station Norfolk’s 100th anniversary

Tidewater Community College will celebrate the 100th anniversary of Naval Station Norfolk during its 65th Commencement Exercises on Dec. 18.

The event will be streamed live at www.tcc.edu/commencement. More than 1,600 graduates will receive associate degrees and certificates.

TCC alumna and Navy Cmdr. Shannon L. Wiens will deliver the keynote address at the ceremony, which begins at 6 p.m. at the Ted Constant Convocation Center.

A native of Chesapeake, Wiens attended TCC from 1994 to 1997 and then transferred to Old Dominion University.

She was commissioned through the ROTC Program at ODU in 2000 with a bachelor’s in geology.

During her 17 years with the Navy, Wiens deployed in support of Operations Enduring Freedom and Iraqi Freedom. Currently, she is executive officer of Beachmaster Unit Two at Joint Expeditionary Base Little Creek-Fort Story.

Wiens graduated from Naval Postgraduate School with a master’s in systems engineering and analysis. She is also a graduate of the Joint and Combined Warfighting School at the Joint Forces Staff College.

Student speaker Jessica Evans credits TCC with helping her lay the foundation for a successful future. She will graduate with a pair of associate degrees in social sciences and business administration earned in less than two years.

Evans’ six years of service with the Army National Guard included a deployment to Iraq, where she sustained a traumatic brain injury. Refusing to let her circumstances define her, the Portsmouth resident enrolled at TCC, where the college’s support services helped her achieve inside and outside the classroom.

Evans will attend Norfolk State University this spring to pursue a bachelor’s in construction technology.

Lt. Dominic Miranda will provide the invocation and benediction for the event. Miranda, command chaplain for Naval Special Warfare Group Ten at Joint Expeditionary Base Little Creek-Fort Story, provides spiritual leadership, ethical and cultural advisement and pastoral and specialized counseling to Special Operations Forces and those who support them.

Arts & Entertainment

KARLA GRASE DEBUTS ORIGINAL CHRISTMAS SONGS WITH MPROV TRIO AT HAMPTON HISTORY MUSEUM

HAMPTON

A trio from the musical group, MPROV is giving a festive performance at the Hampton History Museum on Dec. 20, from 6 p.m.–8 p.m. as a part of the museum's monthly music series.

Performing will be vocalist Karla Grase, keyboardist England Doggett, and drummer Mike Hopkins. They are part of the larger musical group MPROV, a band in the Hampton Roads area. The group performs a wide genre of music from jazz to Motown classics. They are performing a selection of holiday hits to set the tone for the season. At the event, Grase will debut her original songs from her highly anticipated Christmas EP, *Songs of the Season*. The 5 track EP will be released on Dec. 1. As a preview to her next album releasing in early 2018, she will perform some of her new works such as "Eventually."

MPROV has been performing together in coastal Virginia for the past two years. Grase has been performing in area since she moved to the area in the early 2000s. She is a regular performer at the Cozy Patio Bistro in Williamsburg, Virginia. She is passionate and appreciates about all styles of music, "from country to hip hop" said Grase. Although she performs live in Virginia, her music has a far reach. She currently has a popular single out, #MoreLove on iTunes, Spotify, and many other music platforms.

"Music is my medicine. We live in the day and era of the 'hit song'. You can gravitate towards that or stay true to yourself," said Grase. Her dedication to the industry is evident after years of performances and popular songs.

When asked about her journey as singer in today's society and the difficulties Grase has face she said "Whatever is your passion it will keep pulling you there." In the future she is hoping to work on collaborations with other



Performing will be vocalist Karla Grase, keyboardist England Doggett, and drummer Mike Hopkins. They are part of the larger musical group MPROV, a band in the Hampton Roads area.

artists in the area for her forthcoming EP F.Y.I — For Your Inspiration.

Beer and wine will be available for purchase from La Bodega Hampton.

Held in the museum's Great Hall on the third Wednesday of each month, the "Front Porch" Music Series presents different genres of music that have shaped the American soundscape and influenced talent in Hampton Roads'

vibrant music scene. Admission is free to museum members, \$5.00 for non-members. Doors open at 5:30 p.m.

The Hampton History Museum is located at 120 Old Hampton Lane in Downtown Hampton. There is plenty of free parking in the garage across the street from the museum. For more information, call 757-727-1102.

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JEB Little Creek, Gator Theater
— 757-462-7534

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— 757-433-2495

Friday, Dec. 8

6:30 p.m. U.S. Fleet Force Band Concert, FREE

Saturday, Dec. 9

3 p.m. Holiday Extravaganza! Doors open at 2 p.m., FREE holiday show featuring Krendl the Illusionist, Photos with Santa, and more!

Sunday, Dec. 10

1 p.m. Moana (NDVD Free admission) (PG)

4 p.m. Murder On The Orient Express (PG-13)

7 p.m. Thor: Ragnarok (PG-13)

Friday, Dec. 8

6 p.m. The Star (PG)
9 p.m. Murder On The Orient Express (PG-13)

Saturday, Dec. 9

11:30 a.m. Leap! (NDVD, FREE admission) (PG)

1:40 p.m. The Lion King (NDVD, FREE admission) (G)

6 p.m. The Star (PG)

Sunday, Dec. 3

12 p.m. Tyler Perry's Boo2! A Madea Halloween (PG-13)

3 p.m. Murder On The Orient Express (PG-13)

7 p.m. A Bad Moms Christmas (R)

Schedule is subject to change. For your weekly movie showtimes and more, check out the Navy MWR website at www.navymwr.org/movies/theater/.

Love of Christmas lights leads Virginia Beach man to create interactive map so you can see region's best

By **Adrienne Marie Mayfield**
Southside Daily

VIRGINIA BEACH

The countdown to Christmas has begun, and for one Virginia Beach realtor that means frosty nights filled with hot cocoa and searching for the area's best holiday lights.

Scoping out neighborhoods for the Southside's Christmas light displays has become a holiday tradition for Sam Sansalone. By the end of November, the 33-year-old had already

spent about 15 hours driving around the area searching for sparkling homes, lighted lawns and — his favorite — holiday Minion-themed decor.

Recently Sansalone decided to put his research to good use. He created an interactive map and blog that pinpoint's his favorite holiday light locations and provides routes for families looking to fit the most Christmas magic into a single outing.

"I think it really can help people," Sansalone said.

So far Sansalone has mapped about 75 homes in Virginia Beach, Chesapeake and Portsmouth. He plans to travel to Norfolk soon to add the Mermaid City's light displays to his collection.

The map is color-coded into three sections: A green pin indicates that the home is a "must see," while a blue pin means that the light display is "very nice" in Sansalone's opinion. A yellow pin indicates that the house has a Minion from Universal Studio's "Despicable Me" series on display.

Each route that Sansalone has mapped is planned around a blue pin — what he calls an "anchor home" — that allows people to see a grouping of holiday lights in close proximity to each other while making sure they visit at least one of what he considers to be the very best displays in that area.

The blog also lists each address included on the map with a description of the decorations at the houses for the adventurous who want to forge their own trail.

Sansalone's absolute favorite Christmas display? A Chesapeake home on Woodland Drive that he describes as having an "acre full of lights" with more than 100 inflatable decorations.

But Sansalone isn't under the impression that he's seen all of the Christmas lights the Southside has to offer. That's why he wants residents to submit the addresses of their favorite holiday light locations to him so he can add them to the map.

Visit the blog at www.samsansalone.com/real-estate-blog/hamptonroadschristmaslights/

To submit a location near you, email assemblingdreams@gmail.com.

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Health&Fitness

Holiday havoc? Consider it handled

From Brandpoint

The holiday season is full of magic and wonder — until your flight gets cancelled, your budget is blown and you fall ill at the worst possible time. Fortunately, staying merry despite common holiday conundrums is easier than you think with the right attitude and a few simple steps.

Here are some of the most notorious holiday hurdles, with practical advice for overcoming them and enjoying the best of the season.

Holiday hang-up: Blown budget

The holidays can get expensive fast. Buying something for everyone on your list shouldn't put you in debt. Instead, think outside the box.

Solution: Organize a gift exchange where each person draws one name and buys one gift. Additionally, consider homemade gifts to cut costs, as well as experiences, like taking kids sledding or ice skating.

Holiday hang-up: Sickness

From holiday travelers being confined in planes and trains to loved ones gathering under one room for festivities, it's no surprise that germs are rampant during the holidays. Germs are not a gift anyone wants to receive and they can quickly strip a joyous occasion of all its fun. In fact, a recent survey by Robitussin found that 68 percent of people have been sick and miserable during holiday gatherings and 24 percent have had a holiday gathering ruined because a family member was sick.

Solution: 'Tis the season of giving, but sharing your germs will get you on Santa's naughty list. One sick person at Christmas dinner can turn into the whole family ringing in the New Year while sick in bed. If you feel ill, be prepared with a medicine like Robitussin Severe Multi-Symptom Cough Cold + Flu, which provides relief for your worst symptoms. If you're still not feeling yourself when festivities are occurring, it's best to stay home. Try putting on comfy pajamas and binge watching your favorite holiday movies while you rest up. Sure, it stinks to miss the fun, but in the long run you're protecting others from getting sick and giving yourself the rest you need to get well again.

Holiday hang-up: Kids get the "gimmies"

Commercialism runs high during the holiday season. Kids' wish lists seem to grow with each passing day. You want them



Feverpitched

'Tis the season of giving, but sharing your germs will get you on Santa's naughty list.

to focus on the "season of giving" and they want to focus on "the season of getting."

Solution: Show kids how good it feels to give back. There are many ways to help those in need, especially around the holidays. Try volunteering at a local nonprofit, donating gifts to a local shelter or assisting an elderly neighbor by shoveling their driveway. Be sure to encourage your kids to participate, too!

Holiday hang-up: Travel problems

Whether it's a missed connection, delayed flight or the weather is too bad to drive, travel is difficult during the holiday season.

Solution: If you're stuck at home, make the best of it with a staycation. Sleep in, make yourself a big breakfast and do all the things you never get to do. Explore the fun that's available in your hometown, whether that's a trip to the museum or splurging on tickets to the local theater. Spontaneous adventures can be some of the most memorable!

Holiday hang-up: You burned the food

Did you mess up Grandma's famous apple pie? Do your gingerbread men look a little deranged? Are your kids concerned that Santa will refuse your holiday cookies? Kitchen

fails happen to even the most skilled chefs.

Solution: Always have a backup. An extra store-bought pie or cookies in the cupboard provide peace of mind. Plus, during the holiday crunch, avoid trying new recipes. Best to stick to tried-and-true for the best shot at success.

Holiday hang-up: Unexpected party guests

When your cousin RSVP'd for one but ended up bringing his new girlfriend, there's no need to panic. Unexpected holiday guests can put you in a tailspin, but being flexible is all part of a memorable holiday adventure.

Solution: Don't stress! Now is a good time to remember the old saying, "the more the merrier!" Put out an extra table setting, grab that bottle of wine from the cupboard and slap a bow on the top for a quick gift. Savvy hosts and hostesses will plan ahead by keeping a few extra gifts on hand, so whether there's an extra child looking for a present under the tree or an adult who needs a bit of holiday magic, you're always set with the perfect present.

Home&Garden

Coasting while hosting: 5 ways to keep your holiday spirit at your next party

From Brandpoint

Many of us are looking forward to hosting holiday gatherings this year — decorating our homes, whipping up festive foods, planning fun activities and surrounding ourselves with the warmth of family and friends.

In a survey by Wakefield Research for BJ's Wholesale Club this year, 26 percent of U.S. respondents reported needing at least 24 hours to prepare for a holiday party. And trying to pull everything together can add pressure when we have many other demands on our time.

Consider these suggestions for keeping the joy of the season and for making sure it's more fun than frantic.

■ Santa knows who's on the nice list.

You may be head elf, but there's no reason to take on every bit of the cooking, cleaning and entertaining yourself. Recruit a secondary elf squad ahead of time, assigning specific tasks so the work is parceled out evenly.

■ **Visions of sugarplums.** Plan your menu ahead. When you know way ahead of time what you'll be serving, most food items and utensils can be purchased in advance — and in volume — so you'll have plenty to offer even if your guest list spikes unexpectedly. The last thing you want is to run out!

■ **Reindeer games? Check.** Do the parents (and everyone else) at your gathering a favor by anticipating how your youngest party attendees will spend their time. Can you put together a kid-friendly craft, Lego, board

5 ways to keep your holiday spirit at your next party

game or cookie decorating table? Build a blanket fort? Set up age-appropriate video games? Rent movies?

■ **Haul out the holly.** 56% of Americans see decor as more impactful on holiday spirit than food, according to Wakefield. You can go all out on decorations, but the most striking ones are often the simplest. Hang multiple strands of sparkling lights, light sweet-smelling candles and generously place fresh red-ribboned pine boughs on mantles, around doorways and banisters and in containers. Nearly instant magic.

■ **Mix and a-mingle.** All too often, we're so busy making everything perfect for our guests we don't have time to join in the fun ourselves. The more you plan ahead, the



Brandpoint

greater your chances of being able to relax and enjoy your own festivities.

The key to being a great host is to prepare enough so you're not frazzled by the time guests arrive. Plan ahead this year so you can appreciate the joy of entertaining and create stellar holiday memories for all who attend.



Being pregnant or breastfeeding a baby is a Big Job

The WIC program can help - your family may qualify!

WIC will provide:

- Information on healthy eating
- Breastfeeding support
- Nutritious food to supplement diet
- Community referrals

Virginia WIC Program Income Chart

Household Size	Annually	Monthly
1	\$21,978	\$1,832
2	29,637	2,470
3	37,296	3,108
4	44,955	3,747
Each additional person, add	7,696	642
Count a pregnant woman as		2



Schedule your appointment for WIC to provide food for infants and toddlers

INDIAN RIVER

900 Commonwealth Place
Virginia Beach, VA - 23464
(757) 424-9770

OCEANFRONT

1091 Norfolk Avenue, Suite 204
Virginia Beach, VA - 23451
(757) 491-5183

NAS OCEANA NAVAL AIR STATION

Building 531
Virginia Beach, VA - 23460
(757) 491-5928

CORPORATE CENTER III

4452 Corporation Lane
Virginia Beach, VA - 23462
(757) 518-2789

For more information visit <http://www.vdh.virginia.gov/virginia-beach/women-infants-and-children-wic/>

WIC is an equal opportunity Program.

Sports

CHILL OUT. YOU GOT THIS!

Chill seekers needed to participate in Virginia Beach Polar Plunge® Festival benefiting Special Olympics Virginia, Feb. 2-3 at Hilton Oceanfront



Special Olympics Virginia

Jump in. The 2018 Polar Plunge takes place Feb. 2-3. Register now.

This year, we're serving up:

- Live music to get you moving
- Frosty beverages from Big Ugly Brewing (NEW!)
- Two beachfront races — the SunTrust Dash & Splash Challenge
- A costume contest and parade
- Photo booth (NEW!)
- VIP party (NEW!)
- Plunge Marketplace featuring local Virginia artisans (NEW!)
- Free sandwiches from Chick-Fil-A (NEW!)
- Free Wawa hot chocolate and coffee

Ready to brrr-ave the wave? **TEAM UP** and register at WWW.POLARPLUNGE.COM/VIRGINIA-BEACH

From Special Olympics Virginia

Are you ready to take an ice-cold dip into the Atlantic Ocean with several thousands of the coolest Special Olympics supporters in Virginia? Then grab your best costume and favorite flip flops for the Virginia Beach Polar Plunge® Festival, Feb. 2-3 at the Hilton Oceanfront Hotel.

Not to mention, the icy dip into the frosty Atlantic Ocean with 3,000 of your closest friends. Plus, join us for a NEW post-Plunge party at the Hyatt's Ocean 27 with music, food and drink specials to celebrate being an all-star fundraiser for Special Olympics Virginia! It's an all-day party and it's all for a great cause.

It's \$100 to Plunge, but the top five teams that raise the most money by midnight before the Plunge will be entered into a drawing for a chance to win four free airline vouchers to anywhere in the United States. Teams and individuals also can earn warm towels, ho-

tel vouchers, priority check-in, a star on the boardwalk and a brand new VIP experience under the main heated tent!

Ready to brrr-ave the wave? Team up and register at www.polarplunge.com/virginia-beach or call our Virginia Beach office, 757-962-1575, for more details.

Bringing the kids? Don't forget about the Cool School Challenge, which kicks off Friday morning at 10:30 a.m. and features students in grades 3-12 taking the icy dip for a cool cause.

Want to volunteer? It takes hundreds of COOL people to make this event happen, so if the icy dip isn't for you, sign up to volunteer at <http://bit.ly/plungeavols>.

The 2018 Virginia Beach Polar Plunge® Festival is presented FM99, 106.9 THE FOX, WTKR News3, WGNT, Virginia Natural Gas, Walmart, Knights of Columbus, the Wawa Foundation and the Law Enforcement Torch Run for Special Olympics Virginia.

NORFOLK ADMIRALS GAMES, HOME AND AWAY TO BE STREAMED LIVE

NORFOLK

The Norfolk Admirals, proud member of the ECHL, announced Friday, Dec. 1, that all Norfolk Admirals games, home and away, will be streamed through Mixlr.com and the Mixlr app beginning on Dec. 15.

"We're excited to enhance the coverage of our games and offer this free service to all of our fans," said Chief Revenue Officer Trent Ferguson. "With the online stream and app it's going to be very easy for fans to keep up to date with everything Admirals while the team is on the road."

Admirals fans will be able to tune in to every game and take their favorite team wherever they go by visiting www.mixlr.com/norfolk-admirals, downloading the Mixlr app, or by clicking the "listen live" button on the Admirals website. All games will continue to be available through ECHL.tv as well.

Admirals Media Manager Isaac Berky will take over play-by-play duties when live-streaming kicks off on Dec. 15.



Catch all the Admirals action streaming live.

Courtesy Norfolk Admirals

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Flagship Values

Hampton Roads Military Classified Marketplace

advertise your business

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

Announcements

Southside

Church of Christ

Meets in the Diamond Springs Gardenwood Park Civic League Building
5652 Haden Rd.
Services Sundays
10:00 AM Bible Study
11:00 AM Worship Services
Conservative Non-Instrumental
Robert Mallard 757-464-4574
www.southsidecoco.net

Estate Sale

Christmas Estate Sale Dec 2-3-4 9am-5
Donna Drive VB Starts Saturday. All types of Xmas Decor, Dept 56 Houses & People, Hallmarks, Collectible Toys, Coke Stuff, Lots of Anime DVD's, Go to ThisNThatCompany.com for pics & more info.

CHRISTMAS ESTATE SALE Discount Days!
Fri-Sat-Sun Dec 8-9-10 9am-3:00pm. Donna Dr VB Xmas Decor, Dept 56, Hallmarks, Collectible Toys, Coca Cola, Anime DVD's & more. Go to ThisNThatCompany.com for pics & more info.

ESTATE SALES MOVING SALES

We Offer On-Site Tag Sales With A Knowledgeable & Courteous Sales Team. Over 45 Yrs. Exp. In Handling Antiques, Estates & Moving Sales. References Available. We Do It All For You!
Call Larry Zedd 422-4477.

GREYSTONE - 721 Redleaf Ct Chesapeake
Emily Nesters sold their 5000 sq ft home and are SIGNIFICANTLY downsizing! Most furniture in like new condition to include: sofas, side tables, dining set, kitchen table & chairs, a step-back cupboard, bar stools, beds, chests, dressers, pool table, sunroom/patio furniture, original art, lighting, rugs. Designer clothing & jewelry. Huge selection of catering quality entertaining pieces, music box collection, Holiday, packed kitchen & garage including outdoor grill (all the bells & whistles) and beautiful garden statuary. Join us for RETAIL THERAPY Fri, 8 Dec., 5-8:30 pm, Sat/Sun, 9-10 Dec., 9-4 PM. Preview sale at www.estatesales.net

Flea Markets/Bazaars

Crestwood Middle School PTA's
Best Little Craft & Vendor Fair/Dec. 9, 10 AM-2 PM. 1420 Great Bridge Blvd., Chesapeake, Free Admission. Handmade holiday decor & gifts, many local artists & vendors.

HOLIDAY CRAFT/VENDOR FAIR
at Kempsville Middle School, 860 Churchill Dr., Va. Beach, Sat., Dec. 9, 9-2 PM. Open to the Public.

SNA 48 1ST ANNUAL CRAFT BAZAAR DEC 9TH
Visit Our Craft Bazaar, Free Entry! Bring Can Good 4 FoodBank
Northside Middle School 8720 Granby Street
9am - 3pm

Chesapeake Colony Estates - 12/9 8 am - 12 pm
212 Golden Maple Drive- New/Gently Used Items!

Norfolk Highlands SASSY SISTER'S last sale until spring! Huge selection, clean, priced and no junk. Three days, Dec. 1, 2, 3, 8-11 AM. 800 Oakdale Ave, Chesapeake. Inside heated 4 car garage.

Garage Sale - Virginia Beach

OCEANA- TACKY XMAS SWEATSHIRTS ONLY \$15
25 DESIGNS TO CHOOSE FOR YOUR XMAS PARTY!
Local screen print shop. Call Drew 757-510-6207

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Barrett Street Auction, now possesses
a federal firearm license. Auction seller's commission 10% FF \$10 per firearm. 463-1911.

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Highest CASH prices paid
Old wooden ducks or Canvas geese
Swans and Shorebirds. Also buying
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757-867-8280. www.batteryoutlet.com

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

Boat Gear/Equipment

Fishing Kayak NuCanoe Frontier 12 Never been in water. Fully rigged with ATS rails and seat base (low), 360 Pinnacle seat, foot steering and side mount PWM, Minnesota RipTide 415/38 with transom mount plate, 105 AH Lead-acid deep cycle battery, YakAttack Black Pack, Zoooka Tube, YakAttack Anchor Trolley HD, Lowrance Hook 5 with Calli Block and Dog Bone extension, 280 cm paddle, New trailer with 12 in tires and new LED lights, BooneDOX Landing Gear. Send inquiry to motorlink@comcast.net for material list and photos. No piecemeal, total package only. Location: Staunton, VA 24401.

Cameras-Photography

WANTED: High-End Film Camera Collections. Call 757-481-5375.

Farm Equipment-Vehicles

1997 Bobcat 763 Skid Steer Loader in great condition. 1800 Hours, 46 hp. Auxiliary Hydraulics. \$2100. Call: 5404947136

Firewood-Fuels

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Mizuno JPX EZ 4-g reg graph \$225.00
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Incolored, Williamsburg. \$250-\$750. Email:
vau0n54@com.net 804-310-5952.

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short & fat, must see! \$1750. 757-408-2179.

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Ready today. First and Second shots/deworming.
Contact Patsy (757) 5725833

Golden Doodle Pups-8 wks., dew claws
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Golden Doodles-Ready in time for Christmas.
Beautiful colors, socialized & vet ck. Taking dep. on these adorable puppies. Tracey 919-922-4318.

Golden Lab Mix Pups 15 wks., 1st shots,
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Golden Retriever Pups-AKC, 800,
shots, current, health guaranteed, great companion,
Christmas, ready 12/10. 252-338-7775.

Golden Retriever Pups-AKC, \$850,
252-357-1170. 252-506-2826, call or text

Golden Retriever Pups-AKC, 1st shots
wormed, both parents on premises \$800. 421-7708

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Great Dane Pups-Black with white on paws
and chest depending on the puppy. Ready to go. Females
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Lab Pups-All colors, AKC, OFA, hunting pedigree,
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tion, vet checked, parents R.I.G.'s/Labradoradories on
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shots, dew claws. \$850-\$1100. 757-613-6651.

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Auctions

Barrett Street Auction, now possesses
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Jack's Towing, monthly auto auction 3rd Sat.
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Phoebus Auction Gallery, Next Auction
Mon., Jan. 1st, 2018. VAAR #1597, 722-9210

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Fax 757-624-9245

Litigation paralegal needed for Great
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Management

Executive Director

The Eastern Shore of Virginia Broadband Authority (ESVA) is currently recruiting for the position of Executive Director. The Executive Director is responsible for implementing the ESVA's overall strategy, maintaining its financial health and managing its daily operations. We are seeking candidates who have strong management and leadership skills along with a solid technical background, proven track record in managing a lean dynamic organization, and a willingness to engage in numerous areas from maintaining outstanding service to all end users to managing design and construction costs for ESVA's Fiber to the Home project. The successful candidate will have experience with SONET, Ethernet and DWDM services. Excellence in maintaining sound financial practices is also desired. Hiring range \$130,000 - \$175,000 depending on qualifications and experience.

A complete job description is available at
www.esva.com. Submit resume to Attn: ESVA Executive, PO Box 417, Accomac, VA 23301, or to email@a-npd.org. The closing date is January 12, 2018. ESVA is an Equal Opportunity Employer & a Drug Free Workplace.

Skilled Trades (Manufacturing)

Immediate Openings: Cleveland Pump Repair
On (www.clevelandpumprepair.com) is looking for Administrative, Shop Repair Technicians, and Field Service Supervisors with general pump repair knowledge and/or supervisory experience. Competitive Salary and Benefits. Send Resume: jtdirkinc@clevelandpumprepair.com

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Park View, Portsmouth-Clean, neat, responsible
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Portsmouth-Rm incl cable, washer, central
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Naval Shipyard. \$135/wk. + \$75 dep. 515-5953.

South Norfolk Area Furn'd, cable, kit, priv-
leges. Drug free! No utils. \$150/wk. 494-7848.

Va. Beach-Nice area, utils incl. House privileges.
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VB-Near Oceanfront -1 Furn'd 8BR, Quiet,
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Western Branch-3 BR, 2 BA brick ranch,
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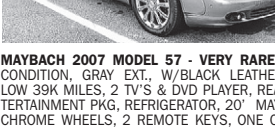
Automobiles for Sale

Camaro 2002 Camaro, 1 owner, T-top, V-6,
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Honda 2011 Accord, great running cond, new
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CONDITION, GRAY EXT, W/BLACK LEATHER INT.
LOW 39K MILES, 2 TV'S & DVD PLAYER, REAR EN-
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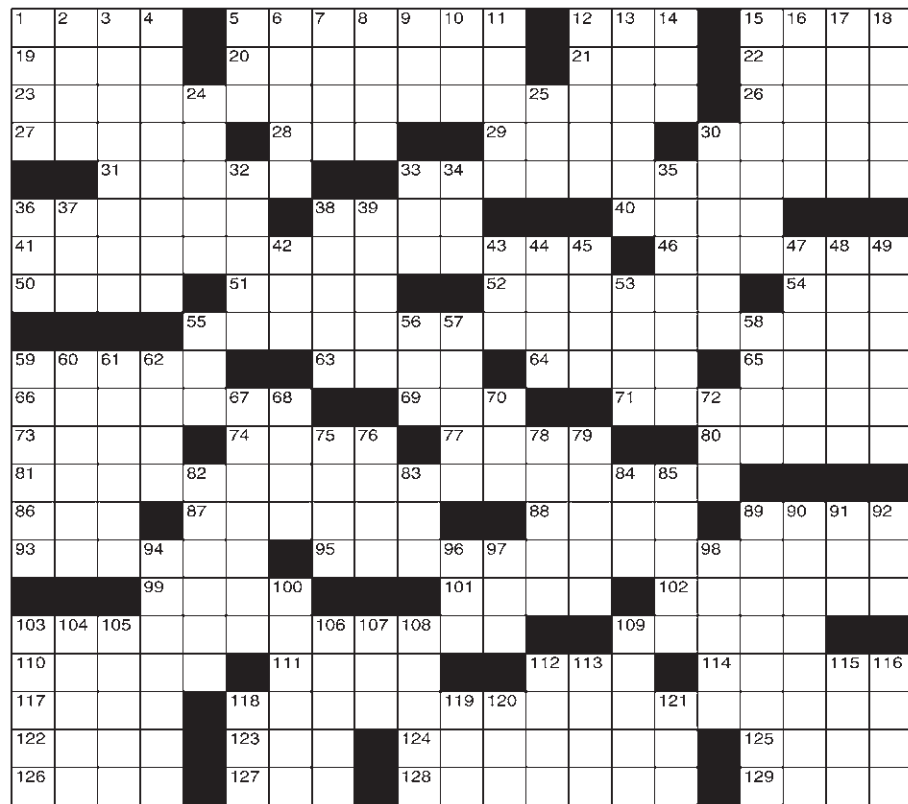
Motor Homes

Fun and Games

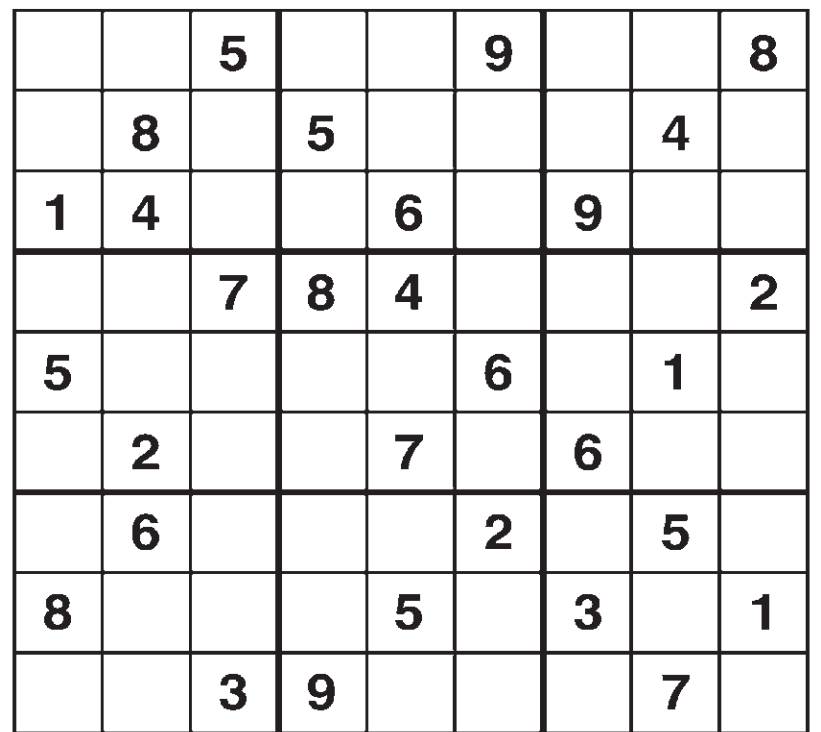
Super Crossword

STICKING TO THE GOAL

- ACROSS**
- 1 Roman god with a bow
 - 5 Knotting craft
 - 12 Move like a kangaroo
 - 15 Overquick
 - 19 Be a wanderer
 - 20 Moral
 - 21 Actress Gaster
 - 22 Comical Katt
 - 23 Jack London novel
 - 26 Dumbfound
 - 27 Flynn of films
 - 28 Prone (to)
 - 29 Big name in credit cards
 - 30 Cake coater
 - 31 Writer Verne
 - 33 Easy targets to attack
 - 36 Lacking a musical key
 - 38 Writer Bellow with a Nobel
 - 40 Mystery novelist — Stanley Gardner
 - 41 Relative of soul
 - 46 Infuse with oxygen
 - 50 Spaghnum, e.g.
 - 51 Cookie with a "Thins" line
 - 52 One-masted sailboats
 - 54 Chic, '60s-style
 - 55 Really, really quick
 - 59 Drive off
 - 63 Pretty low grades
 - 64 "That is — ask"
 - 65 "Picnic" playwright
 - 66 With 13-Down, giant in internet service
 - 69 Sports org. with the eight teams featured in this puzzle
 - 71 Trip to a rain forest, maybe
 - 73 Vicious
 - 74 Eban of Israel
 - 77 Foreboding
 - 80 Shimon of Israel
 - 81 2011 Jim Carrey comedy
 - 86 Head sweller
 - 87 Tie up again, as shoes
 - 88 Don't skip, as an event
 - 89 Oaf's cry
 - 93 Waters off Eritrea
 - 95 2007-13 pickup truck model
 - 99 Clearasil treats it
 - 101 Designer Saarinen
 - 102 Old TV lube
 - 103 Be engulfed in fire
 - 109 Ate
 - 110 Writer Bret Easton —
 - 111 Know — fact
 - 112 Actor's help
 - 114 The blabs
 - 117 Rake feature
 - 118 Hawaiians and Tongans
 - 122 Tennis' Lendl
 - 123 TV producer
 - 124 In a very angry way
 - 125 Filmdom's — Lund Laszlo
 - 126 Bird setting
 - 127 Sinuous fish
 - 128 Viifly
 - 129 Gambol
- DOWN**
- 1 Johnson of "Laugh-In"
 - 2 Comic actor Jay
 - 3 Elates
 - 4 Tells in detail
 - 5 Ex-Giant Ott
 - 6 Gazetteer shellmate
 - 7 Hew
 - 8 Falling-out
 - 9 Masquerade
 - 10 — jongg
 - 11 Chosen few
 - 12 Papa Doc's place
 - 13 See
 - 14 Inflation
 - 15 Hero, often
 - 16 Top-floor storage site
 - 17 Reeked
 - 18 With
 - 19 56-Down, surfs like a pro
 - 24 God, in Islam
 - 25 Clever type
 - 30 Most lazy
 - 32 "St. — Fire" (1985 film)
 - 33 Hero in a deli
 - 34 Fluish, say
 - 35 Shown with explicit detail
 - 36 It has biceps
 - 37 However, informally
 - 38 Golf's Sam
 - 39 — of one's own medicine
 - 42 Dog cry
 - 43 Naval vessel abbr.
 - 44 Fitzgerald of song
 - 45 Loam, e.g.
 - 47 Key of "Für Elise"
 - 48 Mouth organ
 - 49 Lawn care tools
 - 53 Eye creepily
 - 55 — Baba
 - 56 See
 - 18-Down
 - 57 "... woman who lived in —"
 - 58 Evening, casually
 - 59 Rear-ending car, e.g.
 - 60 Arise
 - 61 Natural legume case
 - 62 Cube maker
 - 67 Peninsula northeast of Boston
 - 68 Brother in Genesis
 - 70 Pre-O trio
 - 72 Mil. missions
 - 75 Bric-a —
 - 76 Yiddish writer Sholem
 - 78 Actress Samantha
 - 79 Italian for "new"
 - 82 Summary
 - 83 16th letter
 - 84 "Don't make — habit"
 - 85 Nick of "Warrior"
 - 89 Potato chip topping
 - 90 Singer Helen or actor Jerry
 - 91 Univ. award
 - 92 Envision
 - 94 Wise
 - 96 22nd letter
 - 97 "Indubitably"
 - 98 "Grease" actress Eve
 - 100 Erase
 - 103 Gain entry
 - 104 Drab color
 - 105 Forelimb bones
 - 106 Close-by
 - 107 "Exodus" protagonist
 - 108 Don's group
 - 109 Cuts down, as a tree
 - 112 Refer to
 - 113 Tech support seeker
 - 115 Bear, celestially
 - 116 "By Jove!"
 - 118 Adolescent leader?
 - 119 Taxing org.
 - 120 Beret, e.g.
 - 121 Senate vote



Sudoku



CryptoQuip

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

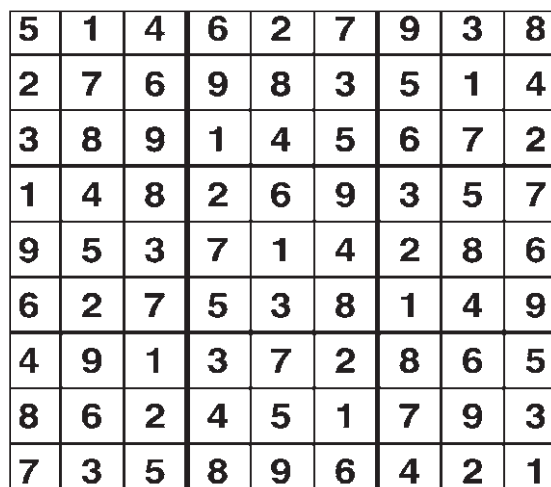
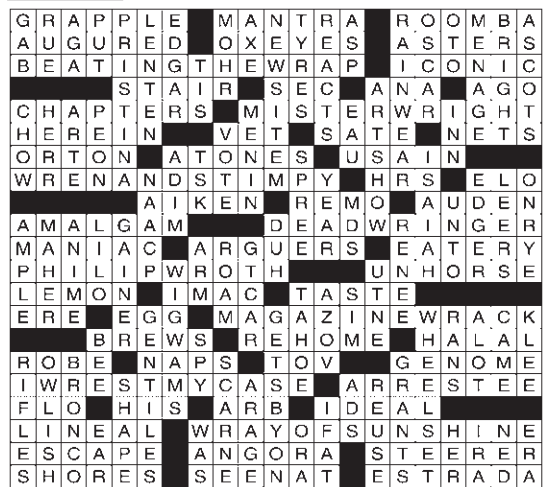
Clue: L equals R

CIPXP BQZX V DLPOPL XNGKDCGLP
 SHPL DQVUCVUM. V MGPXX ZSG
 NSGKB XQZ V'HP IQB Q NIQUMP
 SO QLC.

Last week's CryptoQuip answer

That was a very fascinating bit of trivia you divulged. It'll be a tough fact to follow!

last week's answers



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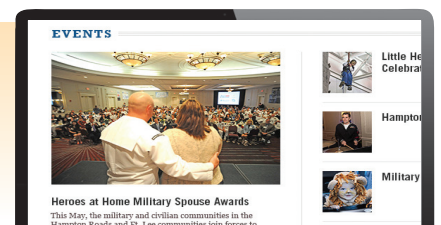
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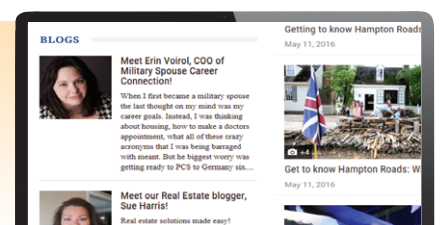
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