

INSIDE THIS ISSUE

Updated training track guidance issued

The Navy has issued amplifying guidance to the recently issued “stop movement” order that has frozen non-mission essential transfers and official travel until May 11. » See **A2**

Important information for U.S. Navy Reservists

Effective immediately, the U.S. Navy Reserve is implementing new rules and requirements for Reservists in response to the coronavirus outbreak. » See **A2**

What’s Open, What’s Closed

A guide for changes to morale, welfare, and recreation services and other base facilities around Hampton Roads. » See **A4**

DOD halts travel to, from COVID-19 affected countries

Defense Department officials are looking to safeguard the health and safety of military and civilian personnel and their families. » See **A7**



NAVY SETS CORONAVIRUS TRANSFER AND TRAVEL RULES: WHAT YOU NEED TO KNOW

By MCI Mark D. Faram
Chief of Naval Personnel Public Affairs

WASHINGTON

In the wake of the rapidly expanding world-wide coronavirus outbreak, the Navy has issued two administrative messages outlining new travel and transfer rules in effect until May 11.

The temporary change in policies is needed to protect Sailors, families and civilians while helping combat the spread of the virus.

In place now is a 60-day stop for non-mission essential travel – impacting permanent change of station orders, temporary and training duty as well as personal leave and liberty within the continental United States and select areas overseas.

“Shipmates, the spread of the coronavirus is something that we are taking very seriously,” Adm. Michael M. Gilday, the Navy’s top uniformed officer said in a March 13 statement to the service.

“Our number one concern is the health and the safety of you, our Sailors – active and reserve, uniformed and civilian – as well as your families.”

In addition, Gilday is urging command leadership to use all means available to prevent the virus from spreading in the ranks. As a result, he is “encouraging flexible work schedules and the use of telework -- all designed to slow the virus’ spread.”

The guidance comes in two separate messages.

NAVADMIN 065/20 released on March 14 declared an all stop on any movements inside the United States and updated official and personal travel rules. That message is an update to NAVADMIN 064/20 issued on March 12 which outlined the situation for overseas travel and transfers.

Both messages will remain in effect until May 11, unless rescinded earlier.

Navy Reserve personnel will follow guidance released by the Chief of Navy Re-

serves.

Here’s what you need to know.

TRANSFERS

Combined, the orders could impact more than 20,000 Sailors and their families slated to transfer during the next two months inside the United States and to certain overseas locations.

NAVADMIN 064/20 shut down for 60-days, all overseas Permanent Change of Station moves to or from countries which the U.S. Centers for Disease Control have issued Level 3 travel advisories.

As of March 16, CDC Level 3 warnings had been issued for all 29 countries in and around Europe, as well as South Korea, China and Iran. The message added the stop will also apply to any locations designated Level 3 in the future.

Sailors slated to transfer to overseas CDC

» See **RULES | A7**

CHECK US OUT ONLINE!

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U.S. Navy done with ICEX 2020

USS Toledo (SSN 769) and Seawolf-class fast attack submarine, USS Connecticut (SSN 22) both surfaced through Arctic sea ice March 4 during the multinational maritime Ice Exercise (ICEX) 2020.

» See **B1**



CPRW-11 welcomes 58th commodore

The Navy’s Patrol and Reconnaissance Wing (CPRW) Eleven held a change of command ceremony aboard Naval Air Station (NAS) Jacksonville, March. 12.

» See **B6**

Beach Boys to bring positive vibes

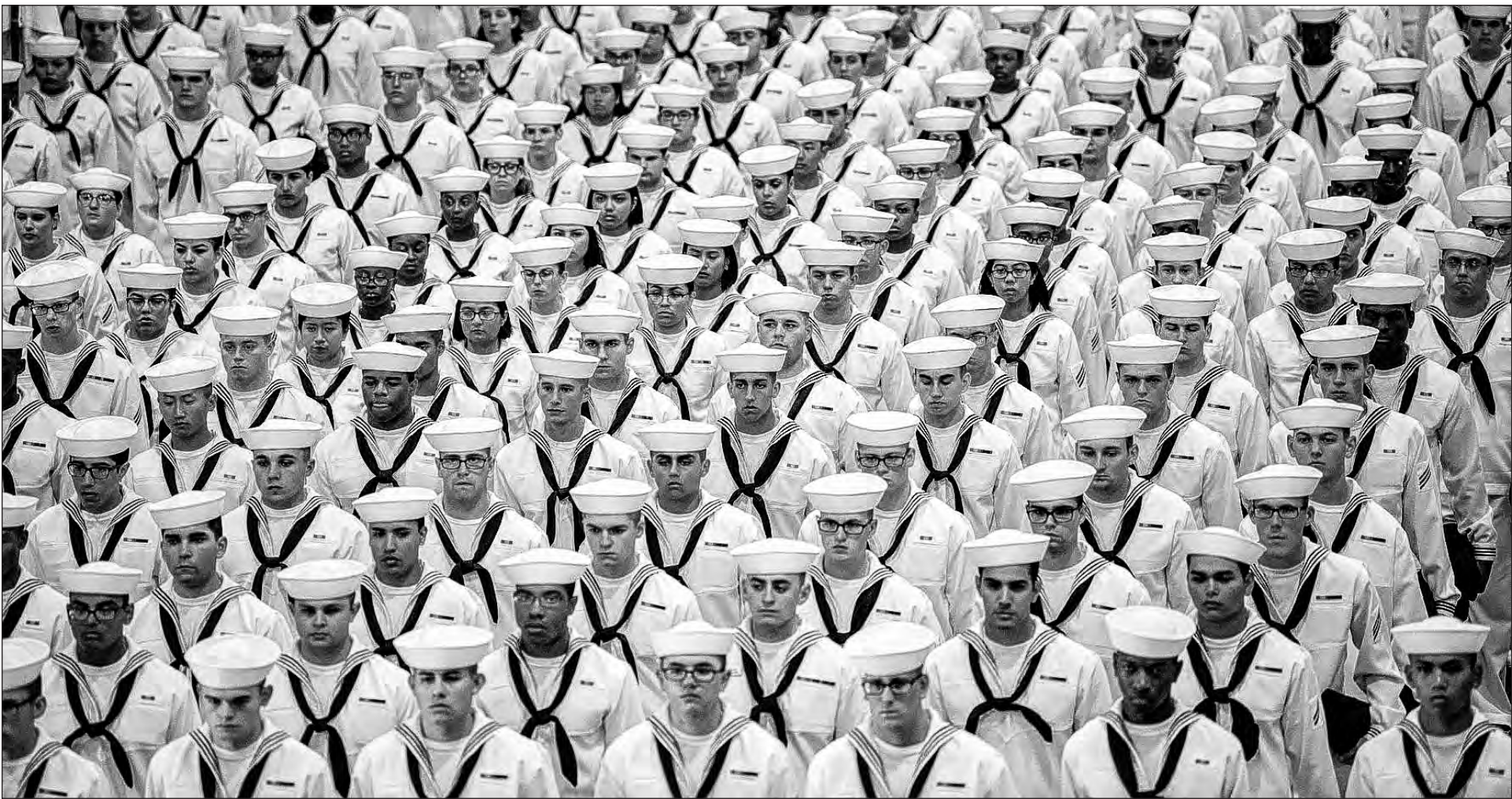
In an era that celebrates positive vibes, The Beach Boys are bringing their “Good Vibrations” back to Virginia Beach., Sept. 22.

» See **C1**

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MC1 Spencer Fling

Graduating recruits stand in formation inside Midway Ceremonial Drill Hall during a pass in review graduation ceremony at Recruit Training Command. More than 35,000 recruits train annually at the Navy's only boot camp.

Updated training track guidance issued

By MC1 Mark D. Faram
Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy has issued amplifying guidance to the recently issued “stop movement” order that has frozen non-mission essential transfers and official travel until May 11.

Additional guidance is now available concerning travel for Sailors on temporary duty orders for training or permanent change of station (PCS) orders with intermediate stops for training.

As the worldwide spread of the coronavirus plays out, expect Navy leadership to flex to meet the needs of the service by modifying guidance as necessary to protect Sailors, Navy civilians and their families while ensuring the force stays mission-ready around the globe. All amplifying guidance will be codified in a future NAVADMIN update.

Here’s what you need to know:

TRAINING DETAILS

For Sailors on temporary duty for training – either in the entry-level pipeline or fleet returnees at advanced training courses, you will be directed to complete your current training and/or school. Your follow-on destination is dependent on your individual situation and specific force health considerations.

For those in a Permanent Change of Station training track, upon completion of your current training and/or school, you could be directed to return to your previous permanent duty station, sent on to your ultimate permanent duty station or be told to remain in place at your current school or training site if it’s considered prudent for health protection.

For those who are attending multiple schools, if the next school is at the same training location, and the course is still being offered as planned, the individual

Sailor will most likely continue in the training pipeline and once the training and/or school is complete, your follow-on destination will be evaluated.

Sailors should consult with either their current chain of command or Navy Personnel Command (NPC) MyNavy Career Center (MNCC) as a starting place to sort out your situation.

TRANSFERS

Most Sailors impacted right now are those due to execute orders in the next two months. Those in this situation should contact their detailer or MNCC immediately.

Currently, all moves within the United States and its territories, and those heading to Centers for Disease Control Warning Level 3 countries are in an “all stop.” These Sailors and their families will not move until May 11.

Additionally, Sailors heading to CDC

Level 2 countries will transfer, but their families won’t travel until May 11.

If you don’t have your detailer’s phone number or email, you should call the MNCC Contact Center at 1-833-330-MNCC(6622) or send an email to askmncc@navy.mil. These experts put you through to your detailer for guidance and potential orders modification.

If you can’t get through on the phone, leave a message. You can also post a question to the Navy Detailers Facebook page, @NavyPersonnelCommand. Detailers are constantly monitoring the feed and your question will be addressed.

Just remember that there has been a tremendous surge in the number of people calling in. Everyone’s situation isn’t exactly the same and sorting our your needs may take time, requiring patience as an answer is worked for you.

General information on impacts to Permanent Change of Station orders will be put out on npc.navy.mil, or reach us on Facebook at https://www.facebook.com/MyNAVYHR/.

COVID-19: Important information for U.S. Navy Reservists

From Commander, Navy Reserve Force Public Affairs

NORFOLK

Effective immediately, the U.S. Navy Reserve is implementing new rules and requirements for Reservists in response to the coronavirus outbreak.

Commander, Navy Reserve Force (CNRF), released ALNAVRESFOR 008/20 March 15, which provides a wide-range of guidance for addressing recent travel restrictions and temporary policies meant to protect Reservists and their families from the coronavirus. The message provides detailed information for topics such as drills, Restriction of Movement (ROM) requirements, and non-mission essential travel. Selected Reservists (SELRES) are strongly encouraged to read the official message in its entirety.

At a minimum, here is what you need to know:

All regular drill weekends are postponed through May 11, 2020, in order to comply with guidance from the Centers for Disease Control and Prevention (CDC) and the military chain of command. Navy Reserve Activities (NRAs) shall remain open and operational to support mission essential Inactive Duty Training (IDT) (Drills) requirements

during previously published drill weekends. Reservists may complete drills via flexible reschedules, telework, and liberal authorized absences as directed by their unit leadership and supported command.

CNRF will provide guidance on enhanced telecommunicating procedures in the near future to minimize strain on the Reserve Force and maintain readiness.

CNRF has directed NRAs to liberally approve annual participation waivers based on the impact of the coronavirus.

Upon return from approved Annual Training (AT), Active Duty for Training (ADT), or Inactive Duty Training Travel (IDTT), in CDC designated COVID-19 Level 2 or 3 countries, all SELRES members shall be directed to remain at home, or in a comparable setting for 14 days Restriction of Movement (ROM) from the day of departure from the affected country. The CDC lists current Level 2 and 3 coronavirus countries on their website.

In order to provide financial compensation, medical benefits, and employment protection under the Uniformed Services Employment and Reemployed Rights Act (USERRA), all SELRES placed in a ROM status may opt in or out of 14 days of AT or ADT at their home of record. As ROM orders are local orders, compensation for commercial berthing and per diem is not authorized.

Reservists who are already on AT/ADT CONUS-based orders may continue.

Reservists on AT/ADT OCONUS orders should contact their Operational Support Officers (OSO) for further instructions and guidance to determine whether they are considered mission essential.

New AT/ADT/IDTT CONUS orders scheduled to be executed between March 16 and May 11 that require official, government-funded travel shall not be executed unless deemed mission essential. This determination will be made by the First Flag/SES in the supported command. For local area AT/ADT orders that do not require travel, the Stop Movement does not apply and can be executed.

Personnel returning from OCONUS Active-duty for Special Work (ADSW), mobilization or recall orders with questions should contact MyNavy Career Center (1-833-330-6622) or email askmncc@navy.mil.

Members on ROM shall muster daily with their supporting NRA electronically (ex. telephone or email).

SELRES members not on orders, returning from CDC Level 2 and 3 countries should comply with CDC recommendations, including maintaining 14 days ROM. At a minimum, members are prohibited from performing any orders or drills for 14 days following their departure from the Level 2 or 3 country.

Travel to nations designated as CDC Level

2 and 3 is prohibited unless considered mission-essential. The mission essential determination shall be made by the first Flag/SES in the supported command.

OSOs will facilitate mission essential determinations by March 18 for all SELRES currently conducting AT/ADT/IDTT orders OCONUS.

Additional guidance for Reservists, to include Reserve-specific questions and answers regarding travel restrictions and Force Health Protection protocols, is available at My Navy Reserve Homeport (MyNRH) website (https://www.mynrh.navy.mil) (requires CAC-enabled access) or on the Navy Reserve public news and imagery site (https://www.dvidshub.net/unit/CNRF/).

“Our priorities are the protection of our Reservists, our civilians, and our families, and maintaining our ability to support the Navy and Joint Forces,” said Deputy Commander, Navy Reserve Force Rear Adm. John Schommer. “We recognize that the recent travel restrictions and force health protection measures will impact our Reservists way of life. Therefore, our Commander, Vice Adm. Luke McCollum has stressed to our leadership we must ensure maximum flexibility for supporting our Reservists, including take a hard look at teleworking, ensuring a ‘good year,’ and virtual training.”

Reservists with circumstances not already addressed in the information above or in the latest frequently asked questions published should reach out to their NRA chain of command to get their questions answered.

The Flagship

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COMMANDER, NAVY RESERVE FORCE COVID-19 FAQ

From Commander, Navy Reserve Force Public Affairs
NORFOLK

Q: Why would I decline AT or ADT orders while in isolation?
A: Members who are able to work remotely may desire to return to their civilian employment during their isolation. Such members would desire to decline orders.

Q: How will not drilling until May affect maintaining a good year for Sailors who joined the Reserve during March – June timeframes?
A: Facilitating Reserve Sailor retirement points during this challenging time is a priority for Reserve leadership. Therefore, NRA and unit leaderships have been given ultimate flexibility to provide options for their Sailors to continue to complete drill periods during this time. It is crucial that Reserve members discuss available drill and Annual Training options with unit and NRA leadership to ensure completion of a good year toward retirement.

Q: I live overseas. How does this order apply to me?
A: Members on orders overseas must still be declared mission essential to remain on orders, even if they reside in the same country as their duty location. CNRF isolation procedures, and associated orders, are based on NORTHCOM regulations and only apply to members upon return CONUS. Overseas residents shall refer to guidance from local authorities on isolation requirements unique to their AOR or country of residence.

Q: If I am in isolation and begin to have symptoms of COVID-19, what actions should I take?
A: Members on orders should contact the MHS Nurse Advice Line (1-800-TRICARE) or their local MTF for medical advice. Isolated members not on orders should contact their medical provider or local emergency room. In all cases, members should phone ahead prior to seeking in-person medical care.

Q: I had a meeting with someone who just returned from a Level 3 country. Do I now need to isolate?

A: No. Current guidance does not recommend isolation for “second order contact.” Isolation is only recommended for individual who have actually been in the Level 3 country OR have had direct contact with someone who went on to develop symptoms of COVID-19.

Q: What about my family? How will they be affected by my isolation?
A: The isolation only applies to the service member, and does not extend to other members of the household. Prudence would dictate that the service member should minimize contact with other members of the household and use appropriate hygienic precautionary measures.

Q: Can I isolate in a hotel?
A: CDC guidance currently advises practicing social distancing and good hygiene as preventative measures for COVID-19 transition (see attached slides). There is no indication that separate housing is required. As such, hotels are not reimbursable under isolation order sets.

Q: I am receiving conflicting information from my chain of command. Who is setting isolation restrictions?
A: CNRF is following SECDEF/SECNAV/CNO/USFF/NORTHCOM guidance on isolation and travel requirements, as the United States in within the NORTHCOM AOR. Members travelling overseas may be subject to differing AOR or even national requirements during that travel. Upon return CONUS, however, they revert to NORTHCOM control and regulation.

Q: I am in a Level 3 country and I am being told that I cannot return home due to the stop travel order. What do I do?
A: CNRFC has determined that SELRES leaving active duty meet the criteria for exception to policy based on separation from Active Duty orders. Work with your OSO to modify your orders to return home and contact N31 for additional guidance, if required.

Q: I am returning to the Continental United States from Hawaii. Do I have to ROM?
A: Current guidance indicates that members returning from travel from U.S. states

or territories, regardless of physical location, are not required to ROM.

Q: What signs or symptoms should I be concerned about if I am in ROM?
A: If you have an influenza like illness (ILI) as defined by: An acute respiratory infection with measured fever of 100.4F or above and cough members must contact the local military treatment facility or emergency room via telephone and remain in isolation.

Q: What should I do if I live in an OCONUS in a Level-3 affected area?
A: Remain in place and follow the guidance of local authorities. Members will not begin orders from a Level 3 country unless granted a specific exemption from the first Flag/SES at the supported command.

Q: Are drills being cancelled?
A: In order to comply with CDC guidance to maintain social distancing, all regular drill weekends are postponed until May 11. CNRF will provide guidance on enhance telecommunicating IDT procedures in the near future to minimize strain on the Reserve Force. Individual IDT periods (Drills) will be authorized for those activities designated as mission essential by CNRF. Please contact your local NRA for additional information.

Q: Is CNRF mandating 14-day isolation for Reservists returning from OCONUS in a civilian capacity (not in a Reserve status)?
A: Reservists members not in an official orders status should follow current CDC guidance issued for enhanced precautions after returning from Level 2 or 3 locations; self-monitor and practice social distancing in addition to avoiding contact with sick people and employ frequent hand washing. Such members may not conduct orders or drills, or visit military facilities, for 14 days.

Q: I just returned from a Level 2 or 3 region where I travelled in a civilian status. May I receive 14 day isolation orders?
A: Isolation orders are being issued only to members returning from Navy Reserve travel to a Level 2 or 3 country.

Q: Are CONUS AT/ADT orders being cancelled?
A: Reservists who are already on AT/ADT CONUS-based orders may continue. Reservists on AT/ADT OCONUS orders should contact their Operational Support Officers (OSO) for further instructions and guidance to determine whether they are considered mission essential. New AT/ADT/IDTT CONUS orders scheduled to be executed between March 16 and May 11 that require official, government-funded travel shall not be executed unless deemed mission essential. This determination will be made by the First Flag/SES in the supported command. For local area AT/ADT orders that do not require travel, the Stop Movement does not apply and can be executed.

Q: I think my orders are mission-essential – can I still go on orders?
A: Mission essential determination shall be made by the first flag/SES in the supporting chain of command. In order to facilitate orders processing, mission essential declarations shall be reported to CNRFC (N3).

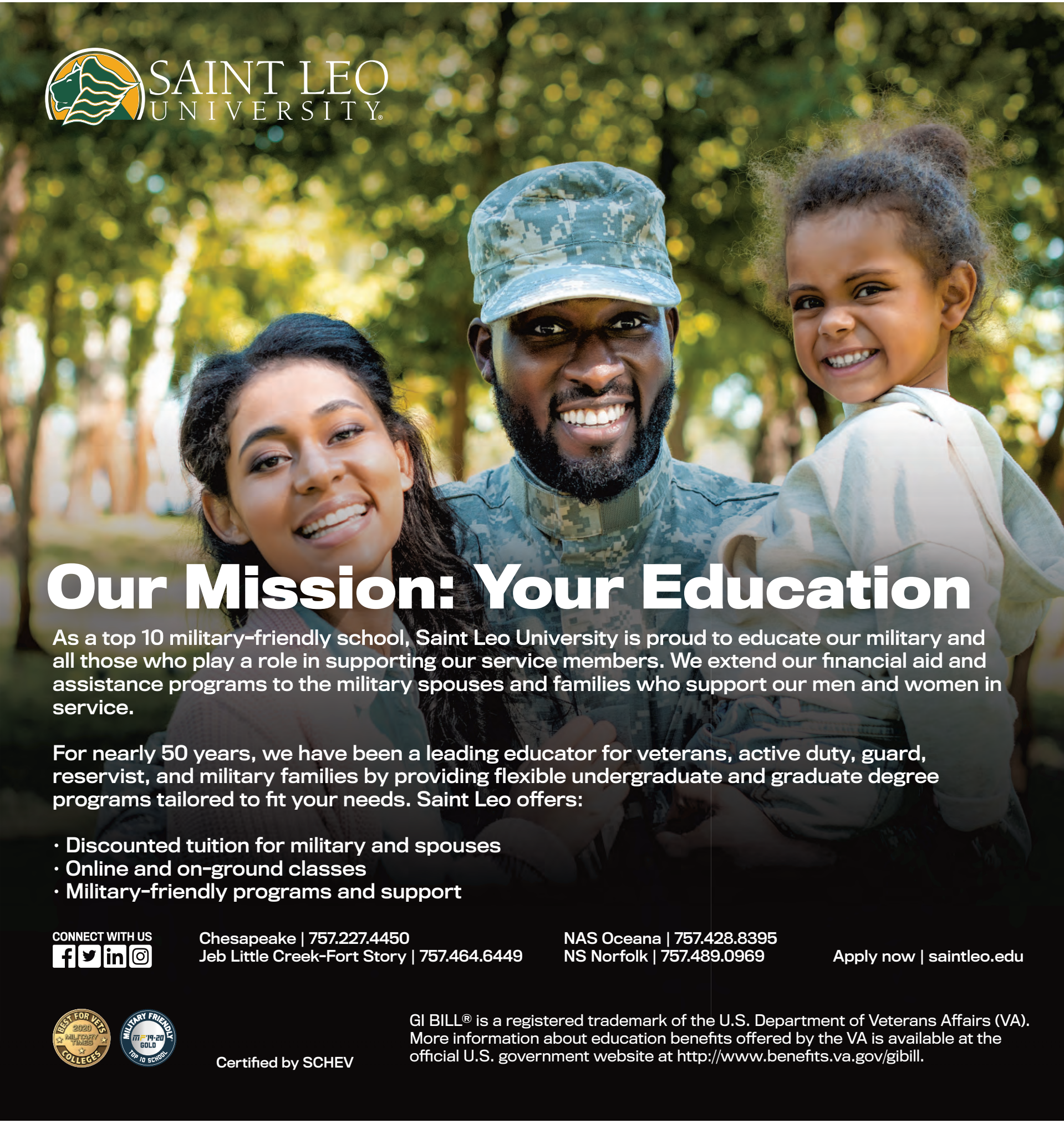
Q: What is local area?
A: “Local area” is determined by your NRA. If you have questions about whether or not “local area” applies to your situation, direct those questions to your chain of command.

Q: Will the NOSCs remain open during the weekends?
A: NOSC will remain open during the weekends to support SELRES mission essential requirements and needs. However, SELRES Reservist shall contact their NRA chain of command in order to determine what type of support is required prior to coming to their assigned NOSC.

Q: I just returned from ADSW/mobilization/recall. Now what?
A: Personnel returning from OCONUS Active-duty for Special Work (ADSW), mobilization or recall orders with questions should contact MyNavy Career Center (1-833-330-6622) or email askmnce@navy.mil.
Reservists with circumstances not already addressed in the information above or in the latest frequently asked questions published should reach out to their NRA chain of command to get their questions answered. You can also email the CNRF Public Affairs team at CNRFC_PAO@navy.mil.



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First and Finest

HEALTH ALERT

Novel Coronavirus (COVID-19)

There is an outbreak of respiratory illness caused by a new coronavirus.

If you think you may have been exposed to COVID-19 and you develop a fever, cough or have difficulty breathing, seek medical care by calling us first! Please see recommendations on how to call us below.

Symptoms may appear 2 to 14 days after exposure.

If you are in the local area and you have questions about your travel and/or exposure history with symptoms, please call **Naval Medical Center Portsmouth COVID-19 Call center: 757-953-6200.**

This COVID-19 call center is staffed 24 hours a day and is available seven days a week. This is a local resource for our beneficiaries enrolled to NMCP, our branch health and Tricare Prime clinics and our operational forces.

If you are not in the local area, you can call, text or video chat the Nurse Advice Line at: 1-800-874-2273, Option 1 or <https://mhsnurseadvice.com/home>

If it is recommended that you go to a medical facility for care, please perform the following actions. Upon arrival to a medical facility, immediately place a face mask on and notify staff that you have symptoms and have traveled or been exposed to COVID-19. Face masks are conveniently located at all hospital and clinic entrances.

For more information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NMCP

FIRST AND FINEST

For Your Safety - Things You Need To Know
CORONAVIRUS DISEASE 2019 (COVID-19)

The Centers for Disease Control and Prevention (CDC), and the World Health Organizations (WHO) are closely monitoring the outbreak of a novel (new) Coronavirus (COVID-19) that originated in China, which has now caused some community spread in the United States.

Since the outbreak, Naval Medical Center Portsmouth (NMCP) has taken action in the following ways to protect you, other patients, staff members and our community from the virus:

If you have had a potential exposure to COVID-19 AND you develop a fever, cough or have difficulty breathing - IMMEDIATELY call NMCP COVID-19 call center at 757-953-6200 prior to entering any NMCP entrance or proceed directly to the Emergency Room (ER).

We will be conducting screenings at all NMCP entrances to assess if anyone has been exposed to COVID-19 or has any symptoms. Each individual will be asked a few questions to determine the best course of care and reduce the risk of exposure for all during this COVID-19 outbreak in the United States.

Thank you for your patience during this process and in supporting the First and Finest as we keep all of you, our staff members and our community safe!

NMCP COVID-19 Call Center

757-953-6200

NMCP

WHAT'S OPEN, WHAT'S CLOSED?

NWS YORKTOWN

The Depot: Monday Thru Sunday 0900-1900 Snack Bar Takeout food orders only; MWR Recreation area (pool tables, computers, gaming) will be closed until further notice

Sport Zone Fitness Center: Monday thru Friday 0500-2000; Sat/Sun 0900-1700 50pp Limit at a time

714 Fitness Center: Monday thru Friday 0500-1700 50pp Limit at a time

Strike Zone Bowling Center: Monday thru Sunday 1100-1900 Takeout food orders only; No Bowling available

Outdoor Equipment Rental: Facility Closed but can Call Ahead 757-887-7395 or 847-7882 for Equipment Rental

CYP Programs: Monday thru Friday 0530-1830

CHEATHAM ANNEX

Navy Getaways: Monday thru Sunday 0800-1800 No New Reservations until 11 May

4th Street Grille: Monday thru Friday 0630-1330 Takeout food orders only; MWR Recreation area (pool tables, computers, gaming) will be closed until further notice

Outdoor Equipment Rental: Call Ahead 887-7418/887-7224 for Equipment rental

Deer Cove Golf: Monday thru Sunday 0830-1700

CAX Fitness Center: Monday thru Friday 0530-2000; Saturday 0900-1300; Sunday Closed 50pp Limit at a time

NEWPORT NEWS

Huntington Hall Fitness Center: Monday thru Friday 0500-2300; Sat/Sun 0900-2300 50pp Limit at a time

Huntington Hall Liberty Center: MWR Recreation area (pool tables, computers, gaming) will be closed until further notice

NNSY MORALE WELFARE AND RECREATION

(MWR)

Strike Zone Bowling: Tuesday thru Friday, 1100 – 1400, Take-out food service only; Open-play, leagues, and parties suspended.

Dry Dock Conference Center: Monday thru Friday, 0800 – 1630, Closed Saturday and Sunday; Recreational parties and gatherings suspended to include birthday parties, weddings, and other social functions. NNSY Command meetings will be supported within prescribed guidelines of supporting social distancing and gatherings of less than 50 people or current guidance.

Mariners Reef Liberty Center: Mon & Wed 1300 – 2200/Tue, Thurs & Sun 1200 – 2100/Fri & Sat 1200 – 2200; In-house programming, events, and tournaments suspended; Outings and trips suspended; Enforce maximum patronage of 50 people or current guidance.

Mariners Reef Café: Mon, Wed, Fri, 1030 – 2100/Tue & Thurs 1030 – 2000/Sat & Sun 1200 – 2000

Callaghan Fitness Center: Monday thru Friday 0430 – 2000, Saturday, 0800 – 1600, Sunday, 0900 – 1600; Suspend Group Exercise; Support Command PT/FEP of less than 50 people; Suspend Intramural Sports.

Auto Skills and Outdoor Equipment Rental: Closed
CYP Operations: Monday thru Friday, 0530-1830, Closed Saturday and Sunday; All Programs/Services that do not support full-time childcare ages 0-12 are suspended.

NNSY CIVILIAN MORALE WELFARE AND RECREATION (CMWR)

Rusty Anchor BLDG 1526: Monday thru Friday, 0600 – 1230, Closed Saturday and Sunday; GRAB-AND-GO ONLY. Dining Seating Area Closed until further notice.

Dockers Café BLDG 1436: Monday thru Friday, 0600 – 1800, Saturday, 0600 -1230; GRAB-AND-GO ONLY. Out-side Dining Area Closed until further notice.

Pierside Café BLDG 202: Monday thru Friday, 0600 – 1230, Closed Saturday and Sunday; GRAB-AND-GO ONLY. Outside Dining Area Closed until further notice.

Four Flags Café BLDG 762: Monday thru Friday, 0500 – 1000, Closed Saturday and Sunday; GRAB-AND-GO ONLY. Outside Dining Area Closed until further notice.

Safety Shoe Store BLDG 298: Monday thru Friday, 0700 – 1500, Closed for lunch, 1130 – 1200, Closed Saturday and Sunday; No more than the eight customers at a time.

CMWR Mobile Food Truck: Monday thru Friday, 0600 – 1200, Closed Saturday and Sunday; No more than nine customers at a time.

LITTLE CREEK

Rockwell Gym: Monday thru Thursday 0500-2000, Friday 0500-1900, Sat/Sun 0800-1600

Pierside Gym: Monday thru Friday 0500-1900 Restricted to active duty, reservists and first responders only. No GEI classes, Command PT or Intramural Sports.

Carl Brashear Conference Center: Groups less than 50 Call for reservations 757.462.2414

Carl Brashear Conference Center Buffet: Wednesdays 1100-1300 - Staff will serve items from the serving line. No self-service or wait staff service.

Bingo at Carl Brashear Conference Center: Cancelled until further notice

Pub 19: Monday thru Friday 0700-1500, Sat/Sun 1000-1400 Groups less than 50 at a time. Call for takeout service 757.462.7559.

Liberty: Monday-Friday 0900-1900, Sat/Sun 1200-1900

Library: Monday-Friday 0900-1900, Saturday 1200-1900 and Sunday Closed

Outdoor Equipment Rental: Monday-Friday 0800-1600
ITT: Monday-Friday Thursday 0800-1900

Golf Course: Monday-Sunday 0700-1730

Bowling Center: Monday-Sunday 0900- Until Closing Ability to call for takeout service 757.462.7758.

Theater: Friday 1700-2100, Sat/Sun 1200-2100 Groups less than 50. Movie listing call 757.462.7534

Marina: Monday-Friday 0800-1600

67th Street: Monday-Saturday 0800-2100, Sunday 0900-1900

Campground: Monday-Friday 0800-1600 Practice Social Distancing

Vehicle Storage: Monday-Friday 0800-1600

CYP Programs: Monday thru Friday 0500-1830

FORT STORY

Fitness: Monday thru Friday 0500-1900 Restricted to active duty, reservists and first responders only. No GEI classes, Command PT or Intramural Sports restricted to active duty, reservists and first responders

Liberty: Monday- Friday 1100-1900

Library: Monday-Wednesday/ Friday 0900-1700, Thursday 0900-1900

Outdoor Equipment Rental: Monday- Friday 1100-1900

Campground: Monday-Saturday 0800-2100, Sunday 0900-1900 Practice Social Distancing

CYP Programs: Monday thru Friday 0500-1830

NSA HAMPTON ROADS HQ

Marianas Hall Gym (SC-400): Monday thru Thursday 0500-1930, Friday 0500-1800, Sat/Sun 0800-1600. No Group Exercise Classes or Intramural Sports until further notice. 757.444.6110

NH-30 Gym: Closed until further notice.

Pub One Bar and Grill: Monday thru Thursday 0630-1330. Takeout, and Grab and Go items. 757.423.2169.

Pub One Rec Center: Monday thru Thursday 0800–1900, Friday 0800-1800. Sat/Sun 0800-1600.

NATO Coffee Shop: Monday thru Friday 0730-1330. Grab and Go Items.

Sewells Point Golf Course Snack Bar: Monday thru Sunday 0800-1600. 757.445.2605

Sewells Point Golf Course: Monday thru Friday 0700 – Dusk. Sat/Sun 0630 – Dusk. 757.444.5572

Cutter Park: Monday thru Friday 0800-1930. Sat/Sun 0900-1930. 757.444.0347

Joint Staff College Park: Sunrise to Sunset. 757.444.0347.

Lewis Odenthal Park: Sunrise to Sunset. 757.444.0347.

CYP 24/7: 24 hours, 7 days a week. 757.444.7270.

NSA PORTSMOUTH

Riverview Fitness Center: Monday thru Friday 0500-2000, Sat/Sun 0800-1600 No Group Exercise Classes or Intramural Sports until further notice. 757.953.7024.

Rivers Edge Liberty: Sunday thru Thursday 0900-1800, Fri/Sat 0900-1900. 757.953.5095

Rivers Edge Bistro: Monday-Friday 1100-1400, Sat/Sun 1100-1700. 757.953.5081

Riverview Aquatics: Monday-Friday 0530-1800. Swim Lessons Cancelled until further notice. 757.953.5946

CYP Programs: Monday thru Friday 0530-1830. 757.953.6904.

CYP 24/7: 24 hours, 7 days a week. 757.953.7050

NSA NORTHWEST

Fitness Center and Gym: Monday thru Friday 0500-2000, Sat/Sun 0800-1600. No Group Exercise Classes or Intramural Sports until further notice. 757.421.8263

Mariner Snack Bar and Grill: Monday thru Wednesday 1100-1900, Thursday 1100-1600, Friday 11-2000, Sat/Sun Noon-1900. 757.421.8250

Mariner Liberty Center: Monday thru Wednesday 1500-

2000. Friday 1500-2200. 757.421.6250

CYP Programs: Monday thru Friday 0530-1800. 757.421.8266

OTHER

LEGAL ASSISTANCE OFFICE

■ Effective 16 March 2020, for the health and safety of our clients, staff, and attorneys, the Legal Assistance Offices at Naval Station Norfolk, Joint Expeditionary Base Little Creek-Fort Story, Submarine Base New London, and Naval Station Newport will only be providing remote services until further notice, with priority being given to active duty service members and their dependents. For legal assistance in the Hampton Roads area please call (757) 550-0653 during normal business hours to schedule an appointment. For legal assistance from our Submarine Base New London office, please call (860) 694-3315/3304 and leave a voicemail, or email LEGAL_ASSISTANCE_DET_GROTON@navy.mil. For legal assistance from our Naval Station Newport office, please call 401-841-3766 x 200 or email LEGAL_ASSISTANCE_DET_GROTON@navy.mil. We will return your messages promptly to schedule remote services. We apologize for any inconvenience and appreciate your understanding.

■ EMERGENT DEERS/RAPIDS ID CARD SERVICES ONLY

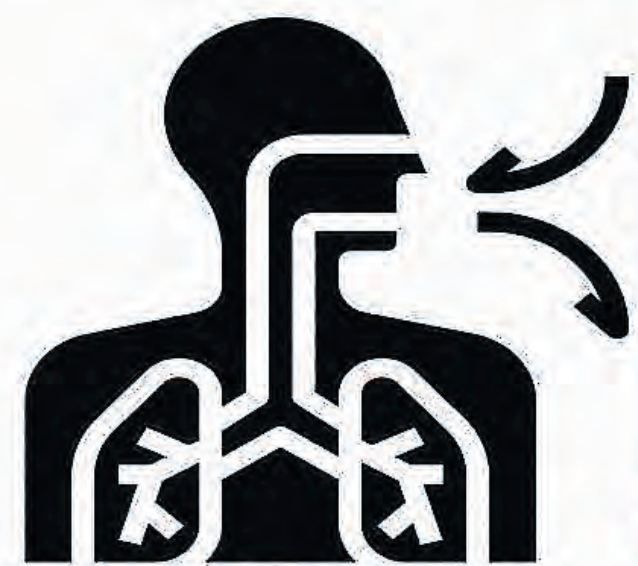
Due to COVID-19 concerns this site is currently performing time sensitive service only. Only individuals with time sensitive needs will be authorized entry. Please see eligible categories below:
Initial CAC issuance
Lost/stolen CAC or Teslin ID cards
CAC/Teslin Cards due to expire in the next 30 days
It is highly encouraged that an appointment is scheduled prior to reporting to the ID card facility. Appointments can be made at <https://rapids-appointments.dmdc.osd.mil>.
Telephonic updates to your DEERS record may be accomplished by calling 1-800-361-2508.

First and Finest

HEALTH ALERT

Novel Coronavirus (COVID-19)

There is an outbreak of respiratory illness caused by a new coronavirus.



If you think you may have been exposed to COVID-19 and you develop a fever, cough or have difficulty breathing, seek medical care by calling us first! Please see recommendations on how to call us below.

Symptoms may appear 2 to 14 days after exposure.



If you are in the local area and you have questions about your travel and/or exposure history with symptoms, please call **Naval Medical Center Portsmouth COVID-19 Call center: 757-953-6200.**



This COVID-19 call center is staffed 24 hours a day and is available seven days a week. This is a local resource for our beneficiaries enrolled to NMCP, our branch health and Tricare Prime clinics and our operational forces.



If you are not in the local area, you can call, text or video chat the Nurse Advice Line at: 1-800-874-2273, Option 1 or <https://mhsnurseadvice.com/home>



If it is recommended that you go to a medical facility for care, please perform the following actions. Upon arrival to a medical facility, immediately place a face mask on and notify staff that you have symptoms and have traveled or been exposed to COVID-19. Face masks are conveniently located at all hospital and clinic entrances.



For more information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NMCP

WHAT’S OPEN, WHAT’S CLOSED?

As of print deadline March 17. Please check installation and region Facebook pages for the most up-to-date information.

NWS YORKTOWN

The Depot: Monday Thru Sunday 0900-1900 Snack Bar Takeout food orders only; MWR Recreation area (pool tables, computers, gaming) will be closed until further notice

Sport Zone Fitness Center: Monday thru Friday 0500-2000; Sat/Sun 0900-1700 50pp Limit at a time

714 Fitness Center: Monday thru Friday 0500-1700 50pp Limit at a time

Strike Zone Bowling Center: Monday thru Sunday 1100-1900 Takeout food orders only; No Bowling available

Outdoor Equipment Rental: Facility Closed but can Call Ahead 757-887-7395 or 847-7882 for Equipment Rental

CYP Programs: Monday thru Friday 0530-1830

CHEATHAM ANNEX

Navy Getaways: Monday thru Sunday 0800-1800 No New Reservations until 11 May

4th Street Grille: Monday thru Friday 0630-1330 Takeout food orders only; MWR Recreation area (pool tables, computers, gaming) will be closed until further notice

Outdoor Equipment Rental: Call Ahead 887-7418/887-7224 for Equipment rental

Deer Cove Golf: Monday thru Sunday 0830-1700

CAX Fitness Center: Monday thru Friday 0530-2000; Saturday 0900-1300; Sunday Closed 50pp Limit at a time

NEWPORT NEWS

Huntington Hall Fitness Center: Monday thru Friday 0500-2300; Sat/Sun 0900-2300 50pp Limit at a time

Huntington Hall Liberty Center: MWR Recreation area (pool tables, computers, gaming) will be closed until further notice

NNSY MORALE WELFARE AND RECREATION (MWR)

Strike Zone Bowling: Tuesday thru Friday, 1100 – 1400, Take-out food service only; Open-play, leagues, and parties

suspended.

Dry Dock Conference Center: Monday thru Friday, 0800 – 1630, Closed Saturday and Sunday; Recreational parties and gatherings suspended to include birthday parties, weddings, and other social functions. NNSY Command meetings will be supported within prescribed guidelines of supporting social distancing and gatherings of less than 50 people or current guidance.

Mariners Reef Liberty Center: Mon & Wed 1300 – 2200/ Tue, Thurs & Sun 1200 – 2100/Fri & Sat 1200 – 2200; In-house programming, events, and tournaments suspended; Outings and trips suspended; Enforce maximum patronage of 50 people or current guidance.

Mariners Reef Café: Mon, Wed, Fri, 1030 – 2100 /Tue & Thurs 1030 – 2000/Sat & Sun 1200 – 2000

Callaghan Fitness Center: Monday thru Friday 0430 – 2000, Saturday, 0800 – 1600, Sunday, 0900 – 1600; Suspend Group Exercise; Support Command PT/FEP of less than 50 people; Suspend Intramural Sports.

Auto Skills and Outdoor Equipment Rental: Closed

CYP Operations: Monday thru Friday, 0530-1830, Closed Saturday and Sunday; All Programs / Services that do not support full-time childcare ages 0-12 are suspended.

NNSY CIVILIAN MORALE WELFARE AND RECREATION (CMWR)

Rusty Anchor BLDG 1526: Monday thru Friday, 0600 – 1230, Closed Saturday and Sunday; GRAB-AND-GO ONLY. Dining Seating Area Closed until further notice.

Dockers Café BLDG 1436: Monday thru Friday, 0600 – 1800, Saturday, 0600 -1230; GRAB-AND-GO ONLY. Outside Dining Area Closed until further notice.

Pierside Café BLDG 202: Monday thru Friday, 0600 – 1230, Closed Saturday and Sunday; GRAB-AND-GO ONLY. Outside Dining Area Closed until further notice.

Four Flags Café BLDG 762: Monday thru Friday, 0500 – 1000, Closed Saturday and Sunday; GRAB-AND-GO ONLY. Outside Dining Area Closed until further notice.

Safety Shoe Store BLDG 298: Monday thru Friday, 0700 – 1500, Closed for lunch, 1130 – 1200, Closed Saturday and Sunday; No more the eight customers at a time.

CMWR Mobile Food Truck: Monday thru Friday, 0600 – 1200, Closed Saturday and Sunday; No more than nine customers at a time.

LITTLE CREEK

Rockwell Gym: Monday thru Thursday 0500-2000, Friday 0500-1900, Sat/Sun 0800-1600

Pierside Gym: Monday thru Friday 0500-1900 Restricted to active duty, reservists and first responders only. No GEI classes, Command PT or Intramural Sports.

Carl Brashear Conference Center: Groups less than 50 Call for reservations 757.462.2414

Carl Brashear Conference Center Buffet: Wednesdays 1100-1300 - Staff will serve items from the serving line. No self-service or wait staff service.

Bingo at Carl Brashear Conference Center: Cancelled until further notice

Pub 19: Monday thru Friday 0700-1500, Sat/Sun 1000-1400 Groups less than 50 at a time. Call for takeout service 757.462.7559.

Liberty: Monday-Friday 0900-1900, Sat/Sun 1200-1900

Library: Monday-Friday 0900-1900, Saturday 1200-1900 and Sunday Closed

Outdoor Equipment Rental: Monday-Friday 0800-1600

ITT: Monday-Friday 0900-1900

Golf Course: Monday-Sunday 0700-1730

Bowling Center: Monday-Sunday 0900- Until Closing

Ability to call for takeout service 757.462.7758.

Theater: Friday 1700-2100, Sat/Sun 1200-2100 Groups less than 50. Movie listing call 757.462.7534

Marina: Monday-Friday 0800-1600

67th Street: Monday-Saturday 0800-2100, Sunday 0900-1900

Campground: Monday-Friday 0800-1600 Practice Social Distancing

Vehicle Storage: Monday-Friday 0800-1600

CYP Programs: Monday thru Friday 0500-1830

FORT STORY

FIRST AND FINEST

For Your Safety - Things You Need To Know
CORONAVIRUS DISEASE 2019 (COVID-19)



The Centers for Disease Control and Prevention (CDC), and the World Health Organizations (WHO) are closely monitoring the outbreak of a novel (new) Coronavirus (COVID-19) that originated in China, which has now caused some community spread in the United States.

Since the outbreak, Naval Medical Center Portsmouth (NMCP) has taken action in the following ways to protect you, other patients, staff members and our community from the virus:

If you have had a potential exposure to COVID-19 AND you develop a fever, cough or have difficulty breathing - IMMEDIATELY call NMCP COVID-19 call center at 757-953-6200 prior to entering any NMCP entrance or proceed directly to the Emergency Room (ER).

We will be conducting screenings at all NMCP entrances to assess if anyone has been exposed to COVID-19 or has any symptoms. Each individual will be asked a few questions to determine the best course of care and reduce the risk of exposure for all during this COVID-19 outbreak in the United States.

Thank you for your patience during this process and in supporting the First and Finest as we keep all of you, our staff members and our community safe!

NMCP COVID-19 Call Center

757-953-6200

NMCP

Fitness: Monday thru Friday 0500-1900

Restricted to active duty, reservists and first responders only. No GEI classes, Command PT or Intramural Sports restricted to active duty, reservists and first responders

Liberty: Monday-Friday 1100-1900

Library: Monday-Wednesday/ Friday 0900-1700, Thursday 0900-1900

Outdoor Equipment Rental: Monday- Friday 1100-1900

Campground: Monday-Saturday 0800-2100, Sunday 0900-1900 Practice Social Distancing

CYP Programs: Monday thru Friday 0500-1830

NSA HAMPTON ROADS HQ

Marianas Hall Gym (SC-400): Monday thru Thursday 0500-1930, Friday 0500-1800, Sat/Sun 0800-1600. No Group Exercise Classes or Intramural Sports until further notice. 757.444.6110

NH-30 Gym: Closed until further notice.

Pub One Bar and Grill: Monday thru Thursday 0630-1330. Takeout, and Grab and Go items. 757.423.2169.

Pub One Rec Center: Monday thru Thursday 0800–1900. Friday 0800-1800. Sat/Sun 0800-1600.

NATO Coffee Shop: Monday thru Friday 0730-1330. Grab and Go Items.

Sewells Point Golf Course Snack Bar: Monday thru Sunday 0800-1600. 757.445.2605

Sewells Point Golf Course: Monday thru Friday 0700 – Dusk. Sat/Sun 0630 –Dusk. 757.444.5572

Cutter Park: Monday thru Friday 0800-1930. Sat/Sun 0900-1930. 757.444.0347

Joint Staff College Park: Sunrise to Sunset. 757.444.0347.

Lewis Odenthal Park: Sunrise to Sunset. 757.444.0347. CYP 24/7; 24 hours, 7 days a week. 757.444.7270.

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Mariner Liberty Center: Monday thru Wednesday 1500-2000. Friday 1500-2200. 757.421.6250

CYP Programs: Monday thru Friday 0530-1800. 757.421.8266

MWR NAS OCEANA & DAM NECK ANNEX FACILITY CLOSURES:

Oceana Aertheater Theater: CLOSED

Oceana Auto Skills: CLOSED

Oceana CPO: CLOSED

Oceana Freedom Lanes Bowling Center: CLOSED

Oceana Great Escape: CLOSED

Oceana ITT Center: CLOSED

Oceana O'CLUB: CLOSED

Dam Neck Seaside Lanes Bowling Center: CLOSED - Snack Bar open for takeout only

Dam Neck Shifting Sands Beach Club Open: CLOSED

Dam Neck The Oasis / Community Rec: CLOSED

MWR NAS OCEANA & DAM NECK ANNEX FACILITIES OPEN

Ocean Pines RV PARK: Open, Normal Hours

Oceana 545 Fitness Center: Active Duty and Reserve personnel only, fitness classes and intramurals suspended

Oceana Aeropines Golf Course: Open, Normal Hours

Oceana CYP Programs: Open, Normal Hours

Oceana Hornet's Nest PRT center: Active Duty and Reserve personnel only, fitness classes and intramurals suspended

Oceana Outdoor Equipment Center: Open, Normal

Hours

Oceana Skeet & Trap Range: Open, Normal Hours

Dam Neck Cottages: Open, Normal Hours

Dam Neck CYP Programs: Open, Normal Hours

Dam Neck Fitness Center: Active Duty and Reserve personnel only, fitness classes and intramurals suspended

Dam Neck Seamist RV Park: Open, Normal Hours

Dam Neck Seaside Lanes Bowling Center: Snack Bar open for takeout only

Dam Neck the Dunes At Dam Neck: Open, Normal Hours

OTHER

LEGAL ASSISTANCE OFFICE

■ Effective 16 March 2020, for the health and safety of our clients, staff, and attorneys, the Legal Assistance Offices at Naval Station Norfolk, Joint Expeditionary Base Little Creek-Fort Story, Submarine Base New London, and Naval Station Newport will only be providing remote services until further notice, with priority being given to active duty service members and their dependents. For legal assistance in the Hampton Roads area please call (757) 550-0653 during normal business hours to schedule an appointment. For legal assistance from our Submarine Base New London office, please call (860) 694-3315/3304 and leave a voicemail, or email LEGAL_ASSISTANCE_DET_GROTON@navy.mil. For legal assistance from our Naval Station Newport office, please call 401-841-3766 x 200 or email LEGAL_ASSISTANCE_DET_GROTON@navy.mil. We will return your messages promptly to schedule remote services. We apologize for any inconvenience and appreciate your understanding.

■ EMERGENCY DEERS/RAPIDS ID CARD SERVICES ONLY

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Telephonic updates to your DEERS record may be accomplished by calling 1-800-361-2508.

COVID-19 impacts Transition Assistance Program and Yellow Ribbon Reintegration Program events

From The Military-Civilian Transition Office
ALEXANDRIA, VA.

The Department of Defense Military-Civilian Transition Office is closely monitoring impacts to Transition Assistance Program and Yellow Ribbon Reintegration Program events as a result of the outbreak of the respiratory illness caused by the 2019 Novel Coronavirus, known as COVID-19.

COVID-19 continues to spread and is an increasing force health protection threat in areas where DoD personnel live and work.

The Defense Department issued instructions to the armed services and department heads on how to respond to implications of COVID-19 on March 8. The memo signed by the official performing the duties of the Undersecretary of Defense for Personnel and Readiness (OUSD P&R) outlines a wide range of options to commanders and directors for decision-making in light of this growing situation.

Read the memo here:
<https://media.defense.gov/2020/Mar/09/2002261587/-1/-1/1/DOD-CIVILIAN-WORKFORCE-GUIDANCE.PDF>

“The Department of Defense has outlined a specific risk-based framework to guide planning, posture and actions needed to protect DoD personnel and support mission assurance in response to the novel coronavirus disease,” the memo says. “DoD component heads and military commanders should follow these risk-based measures, with appropriate consultation and coordination, to protect the health and safety of the workforce.”

The Defense Department is a worldwide organization and the virus outbreak is in different stages in different parts of the globe.

In the military FHP area, there are five levels of action:

1. The first is prior to community transmission and is labeled routine. Commanders should review and update installation plans and work to maximize telework possibilities.
2. The second is when community transmission begins and is labeled limited.

Commanders need to re-emphasize health and hygiene and ensure service members and employees avoid contact with sick people.

3. The third is labeled moderate and is when there is increased community transmission. This level allows commanders to restrict service members from travel. They should also ensure that personal protective equipment is available for high-risk personnel.

4. Sustained community transmission is labeled substantial. This fourth level of action allows commanders to declare public health emergencies and place limits on access to the installations.

Commanders should consider what needs to change in regard to the force exercise program. For those overseas, commanders may want to consider authorized and ordered departure actions.

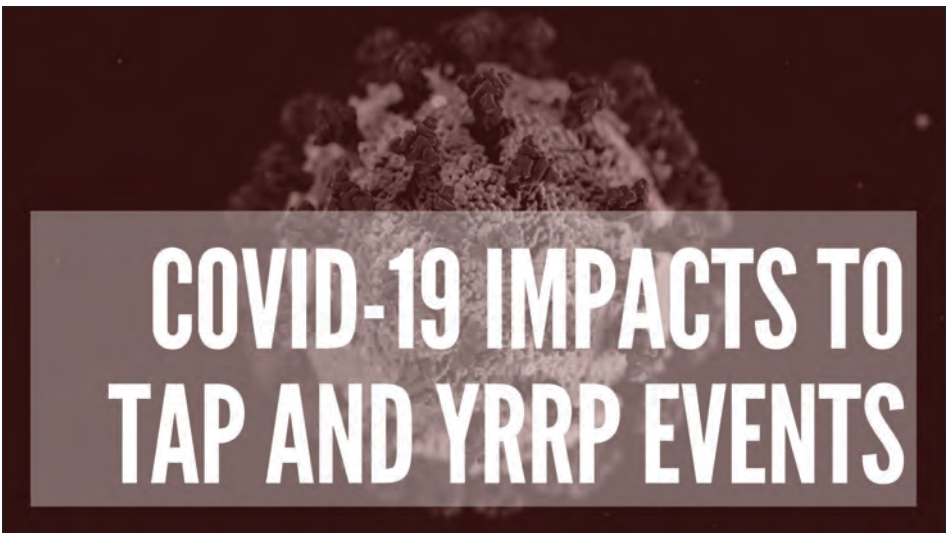
5. The fifth and final level of action is labeled severe. It is for widespread community transmission. This allows restricting movement, canceling non-mission essential activities, cancellation of exercises, canceling all non-essential leave or travel and instituting a quarantine.

“This outbreak is dynamic and manifests differently by location, setting, population and individual,” a second memo on force health protection from personnel and readiness says. “As a result, responses to (coronavirus) will need to be flexible, tailored and incremental.”

While the DoD continues to follow U.S. Centers for Disease Control and Prevention’s lead, additional military specific measures are authorized by current policy when needed to mitigate risk to U.S. forces stationed around the world and to protect service members, DoD civilian employees and contractor personnel and family members.

IMPACTS TO THE TRANSITION ASSISTANCE PROGRAM:

The rescheduling of TAP events due to COVID-19 are service-specific, at the discretion and decision of commanders, and based off of framework guidance issued by



Military-Civilian Transition Office
The Department of Defense Military-Civilian Transition Office is closely monitoring impacts to Transition Assistance Program and Yellow Ribbon Reintegration Program events as a result of the outbreak of the respiratory illness caused by the 2019 Novel Coronavirus, known as COVID-19.

OUSD P&R.

TAP is a service-executed program and final decisions on TAP events are up to commanders. However, MCTO recommends the following:

- Reduce TAP class size and follow CDC guidance on large gatherings and social distancing.
- Move TAP events to a virtual platform, such as the Defense Collaboration Service, hosted the Defense Information Systems Agency.

“We understand the impact COVID-19 has on the community as a whole and the unique challenges it presents in regard to TAP service delivery,” said Tamre Newton, director of MCTO. “The guidance issued by OUSD P&R gives commanders the flexibility to ensure the health and well-being of transitioning service members, their families, and caregivers while still ensuring they receive the resources and transition support they require for a successful transition to civilian life.”

IMPACTS TO THE YELLOW RIBBON REINTEGRATION PROGRAM:

In replacement of in-person events, YRRP is working to release an online event tool, available to the Reserve Component (RC) at www.YellowRibbon.mil.

The tool is designed to provide deployment-cycle support to National Guard and Reserve service members and their families in situations in which they are unable to attend in-person events.

“While this tool is not a replacement for in-person events, it is meant to be a fallback for situations when there is simply no other alternative,” said Peter Toelle, chief of

YRRP.

Service members and their families, resource providers and community partners who are registered to attend upcoming in-person YRRP events will receive status updates through their RC representative.

Registered attendees can also contact their event point of contact by accessing the confirmation link provided at the time of registration.

“YRRP’s mission doesn’t change if in-person events are temporarily restricted,” said Toelle. “National Guard and Reserve service members continue to mobilize, so we will continue to provide support throughout the deployment-cycle regardless of the format.”

For more DoD information on COVID-19, visit: <https://www.defense.gov/Explore/Spotlight/Coronavirus/> for information on staying healthy during the outbreak.

INFORMATION ON THE MILITARY-CIVILIAN TRANSITION OFFICE:

The DoD Military-Civilian Transition Office formed as a result of a merger between two DoD programs under the Defense Human Resources Activity’s Defense Personnel and Family Support Center to provide streamlined services to members of the armed forces and their families.

The Office for Reintegration Programs (ORP) combined with the DoD’s Transition to Veterans Program Office (TVPO) to efficiently deliver resources to transitioning service members, members of the National Guard and Reserve, their families and communities worldwide in January 2020.

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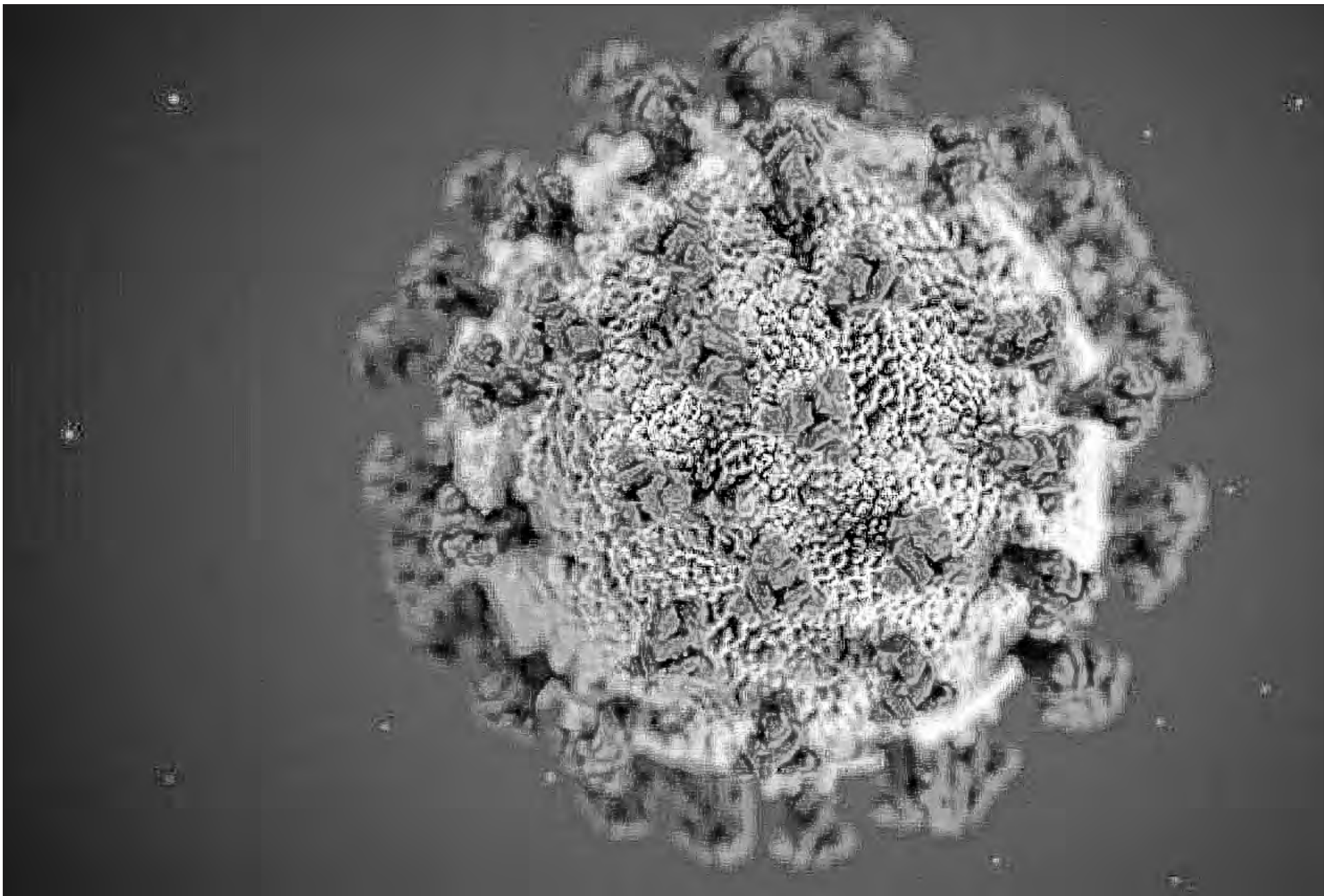
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Centers for Disease Control and Prevention/ This illustration reveals ultrastructural morphology exhibited by coronaviruses. A novel coronavirus, named Severe Acute Respiratory Syndrome coronavirus 2 was identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China, in 2019. The illness caused by this virus has been named coronavirus disease 2019 (COVID-19).

DOD halts travel to, from COVID-19 affected countries

By Jim Garamone
DOD News

WASHINGTON

In response to the growing coronavirus epidemic, Defense Department officials are looking to safeguard the health and safety of military and civilian personnel and their families.

“The department is committed to doing our part in the administration’s comprehensive fight against the coronavirus by enhancing the safety of our personnel, helping them stay healthy, and making sure they’re able to continue executing the mission,” Defense Secretary Dr. Mark T. Esper said during a Pentagon news conference this

morning.

Last night, Esper issued a memo entitled “Travel Restriction for DOD Components in Response to Coronavirus Disease 2019.”

The memo states that, beginning tomorrow, all DOD military and civilian personnel and their families traveling to, from, or through areas that the Centers for Disease Control and Prevention label as a Level 3 danger will stop movement for the next 60 days. This includes all forms of official travel, including permanent change of station, temporary duty and government-funded leave.

For military personnel, this restriction also includes personal leave and other non-

official travel.

In addition, the memo calls on DOD travelers to carefully plan travel to ensure scheduled flights do not transit through or originate in Level 3 designated locations.

The CDC designates the following as Level 3 countries: Austria, Belgium, China, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Iran, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Monaco, Netherlands, Norway, Poland, Portugal, San Marino, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland and Vatican City.

Esper’s memo further curtails concurrent, official travel for family members of DOD uniformed and civilian personnel to Level 2-designated locations for 60 days. The memo also freezes DOD civilian personnel hiring actions for positions in locations designated as Levels 2 and Level 3

locations. Travel is also frozen for employees who have already been hired, but who have not yet embarked.

In the memo, Esper calls on components to examine all travel and only approve mission-essential trips.

“Our combat commanders, service secretaries and the chief management officer are authorized to grant exceptions on a case-by-case basis,” Esper said during the press conference. “Our commanders, of course, have the authority to provide direction and guidance to the troops every step of the way.”

Other impacts of the coronavirus epidemic include changes to exercises and other training events.

Esper said the coronavirus situation is changing as scientists, researchers and medical professionals learn more about it. That means the guidance the department issues will change as warranted, he said.

RULES | CDC currently at global Level 2 warning

Continued from A1

Level 2 advisory locations are still green-lighted to go. For now, service members will transfer first, with family members to follow in 60-days.

The CDC currently has a global Level 2 warning. This means all countries, worldwide are at risk. Sailors, families and military civilians should take necessary precautions – including avoiding non-essential travel to, from or inside effected areas.

The CDC is leading the U.S. Government efforts, regularly assessing the current risk of coronavirus and other diseases and issuing guidance for those residing in the United States about traveling abroad.

Ratings are numeric, ranging from one to three. Level 1 is a “watch” and urges travelers to practice usual precautions. Level 2 is an “alert” to practice enhanced precautions. Level 3 is a “warning” to avoid any non-essential travel to that location.

Sailors transferring overseas to CDC Level 3 countries, who have already detached from their last permanent duty station, will be held en route. Those with any questions about the impact on their own situation or their family members should contact either their chain of command, their detailer or the MyNavy Career Center for guidance.

The message also directs detaching and gaining commands to make every effort to reach already detached Sailors to ensure they are aware of the stop and direct them where to get help.

For Sailors being held en route, commands are being given wide latitude to use existing authorities, on a case-by-case basis, in order to decrease the financial impact to service members because of this policy.

Sailors and Navy civilians returning home from Level 3 countries they’ve left within the past 14-days, must notify their gaining command and then self-quarantine for 14-days before resuming any official duties.

The guidance also encourages their dependents to follow suit. Here, too, commands are asked to use existing authorities to decrease any financial burden on Sailors.

However, those transferring between locations inside the United States, who have already detached from their previous duty station, are authorized to continue on to their final destination, including any intermediate stops.

The order does not apply to PCS Travel for Sailors who are retiring or separating during the next 60 days.

OFFICIAL TRAVEL AND TRAINING

During the stop, official travel for things such as meetings, conferences or site visits and even training is off, unless an exception is granted by higher authority.

One situation already approved is for health reasons, where Navy medical providers can travel with Sailors or family members in need of medical treatment.

Other exceptions are available, but only if such travel is deemed mission essential.

Those already underway on official travel can finish their trips and return home as scheduled.

LEAVE AND LIBERTY RESTRICTIONS

The order doesn’t impact local-area leave and liberty, which remain authorized.

It will be up to local commanders to define what travel limits should be for their own commands. They are expected to take into account that the intent of the travel restrictions is to protect Sailors, families and military civilians while limiting the spread of the virus.

Sailors with questions should ask their chain of command about how the stop movement order might impact any already scheduled or future leave and liberty requests. This is especially true if that travel is away from home.

Those already on leave as the policy goes into effect are authorized to return home when their leave expires.

EXCEPTIONS

Exceptions to the all stop for either transfer or official and personal travel are possible, but only when the movement is deemed “mission essential, is necessary for humanitarian reasons or warranted due to extreme hardship.”

The Navy defines “mission essential” as “work that must be performed to ensure the continued operations of mission essential functions.”

For PCS travel, those exceptions must be

approved by Navy Personnel Command.

Official travel or leave and liberty exceptions must be approved by the first flag officer or senior executive service (SES) in that individual’s chain of command.

ANTI-VIRUS EFFORTS

All commands in the Navy are also being encouraged to put in effect policies to help limit Sailor and family member exposure to the virus. This includes using flexible work hours, alternating work schedules and telework.

That guidance comes from the highest levels.

“For now, we must use an abundance of caution,” Gilday said. “Keep an eye on your Sailors and continue to follow the guidelines of health officials, which includes washing your hands more often, avoiding public gatherings, and staying away from others if you’re sick – don’t be a hero.”

All service members and their families, both in the United States and abroad, need to be aware that there is currently no vaccine to prevent the coronavirus. This means the best way to prevent infection is to avoid exposure.

People tend to be the most contagious when they are showing symptoms related to the coronavirus. However, there are reports of the virus spreading even before a person shows symptoms.

“Our understanding of the coronavirus is rapidly evolving,” Gilday said. “We may have to implement further measures to combat the spread of this virus.”

GETTING HELP

General information on impacts to Permanent Change of Station orders will be put out on npc.navy.mil, or reach us on Facebook at <https://www.facebook.com/MyNAVYHR/>.

Impacted Sailors within 60 days of their PCS are currently being contacted by their detailers.

If a Sailor has not been contacted, they can access their detailer’s information by logging on to MyNavy Assignment, or by going to the NPC website – www.npc.navy.mil – and clicking the “contact your detailer” link in the top left hand corner, or by contacting the MyNavy Career Center Contact Center at 833-330-MNCC(6622) or email askmncc@navy.mil. MNCC is open 24/7 and agents are standing by to connect Sailors with detailers.

Navy museums close temporarily

From Naval History and Heritage Command

WASHINGTON

Naval History and Heritage Command has directed all U.S. Navy museums to temporarily close to the public until March 31 as a precautionary measure to avoid large groups of people to help mitigate the spread of COVID-19.

The health and safety of museum visitors, staff and volunteers is a top priority. NHHC is closely monitoring the coronavirus situation and continues to follow guidance distributed by local health officials, Department of Defense, Department of the Navy, and the Centers for Disease Control and Prevention.

Despite the closure to the public, staff will be available to assist the public with any questions. Additionally, the public is invited to explore Navy history through the NHHC website by visiting www.history.navy.mil. This site also includes links to the museums.

NAVY MUSEUMS AFFECTED:

- National Museum of the United States Navy (Washington Navy Yard, DC)
- National Museum of Naval Aviation (Naval Air Station Pensacola, Fla.)
- National Museum of the American Sailor (Naval Station Great Lakes, Ill.)
- Hampton Roads Naval Museum (Norfolk, Va.)
- United States Navy Seabee Museum (Naval Base Ventura County, Calif.)
- Submarine Force Museum/USS NAUTILUS (Sub Base New London, Conn.)
- United States Naval Undersea Museum (Keyport, Wash.)
- Puget Sound Navy Museum (Bremerton, Wash.)
- Naval War College Museum (Naval Station Newport, RI)
- United States Naval Academy Museum (U.S. Naval Academy, Annapolis, Md.)



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CPRW-11 welcomes 58th commodore
The Navy's Patrol and Reconnaissance Wing (CPRW) Eleven held a change of command ceremony aboard Naval Air Station (NAS) Jacksonville, March 12. [See B6](#)



MC1 Michael B. Zingaro/
Mike Demello, logistics specialist, Arctic Submarine Laboratory poses for a photo at Ice Camp Seadragon during Ice Exercise (ICEX) 2020. ICEX 2020 is a biennial submarine exercise which promotes interoperability between allies and partners to maintain operational readiness and regional stability, while improving capabilities to operate in the Arctic environment.

U.S. Navy completes ICEX 2020

By LT Michelle Pelissero
Commander, Submarine Force, U.S. Pacific Fleet Public Affairs

BEAUFORT SEA, ARCTIC CIRCLE

Los Angeles-class fast attack submarine, USS Toledo (SSN 769) and Sea-wolf-class fast attack submarine, USS Connecticut (SSN 22) both surfaced through Arctic sea-ice March 4 during the multinational maritime Ice Exercise (ICEX) 2020 about 150 miles north of Prudhoe Bay, Alaska.

Both fast-attack submarines participated in the three-week biennial exercise to assess Submarine Force readiness to operate in Arctic environments, increase operational experience in the region, and develop partnerships and collaborative efforts to advance the U.S. Navy's overall understanding of the region.

"Our Submarine Force brings individuals from all over the United States and these incredible individuals train here in the Arctic to maintain readiness and capability to defend the homeland when called upon," said Rear Adm. Butch Dolaga, Commander, Undersea Warfighting

Development Center. "In this critical region, we must be ready to traverse under the ice from the Pacific to Atlantic and continue to work with partner nations, and academic and technical partners to advance technology in the Arctic environment."

In order to support submarine operations, the Arctic Submarine Laboratory (ASL) established a remote Arctic ice station on a moving ice floe that provided a stable platform where a tracking range, sensors, communication equipment and personnel could be safely moved to and from participating submarines.

Along with practicing surfacing through the ice, the submarine force conducted endurance tests that included such standard operating procedures as loading the ship with the maximum amount of food, maintaining radio silence, accomplishing repairs at sea, and operating the ship under a rigorous training schedule.

"The Arctic is a potential strategic corridor for expanded competition. The Submarine Force must maintain readiness by exercising in Arctic conditions to



MC1 Michael B. Zingaro

ensure they can protect national security interest and maintain favorable balances of power in the Indo-Pacific and Europe, if called upon," said Vice Adm. Daryl Caudle, Commander, Submarine Forces. "In a high-interest area like the Arctic, we must always be ready to deter any future emergent threats."

In recent years, the Arctic has been used as a transit route for submarines. The most recent ICEX was conducted in 2018 with USS Hartford (SSN 768) and USS Connecticut (SSN 22).

The first Arctic under-ice operations

by submarines were conducted in 1947. On August 1, 1947, the diesel submarine USS Boarfish (SS-327), with Arctic Submarine Laboratory's founder Dr. Waldo Lyon onboard serving as an Ice Pilot, conducted the first under-ice transit of an ice floe in the Chukchi Sea.

In 1958, the nuclear-powered USS NAUTILUS made the first crossing of the Arctic Ocean beneath the pack ice. The first Arctic surfacing was done by USS Skate (SSN 578) in March 1959. USS Sargo was the first submarine to conduct a winter Bering Strait transit in 1960.

USS Harry S. Truman wins the Golden Anchor five years in a row

By MCSN Dalton Lowing
USS Harry S. Truman (CVN 75) Public Affairs

ARABIAN SEA

The Career Development Team aboard the aircraft carrier USS Harry S. Truman (CVN 75) achieved the 2019 Retention Excellence Award, the "Golden Anchor" award, for the fifth year in a row.

The REA is awarded to commands in the Navy who meet certain bench marks for retention excellence under the command information program review, which accesses the effectiveness of Truman's career development program annually.

"The benchmarks for the award fall into three main zones of affiliation," stated Navy Counselor First Class Jesse Lind. "Zone alpha is personnel with zero to six years of service and requires a 55 percent retention, zone bravo is six to ten years with 65 percent and zone charlie is 10 to 14 years with 80 percent."

Of the 11 aircraft carriers in the Navy, Truman is only one of four carriers awarded the Retention Excellence Award for 2019.

"The persistent hard work and sustained superiority our Career Development Team produces on a daily basis should not be

taken lightly, as the Navy continues to raise the benchmark considerably each year," said Navy Counselor Master Chief Angela Keen, the departmental leading Chief Petty Officer of Truman's Administrative department.

A lot of first term Sailors come to Truman as their first ship, stated Lind, one of Truman's command career counselors. One of the challenges Truman's Career Development Team faces is Truman is a frequently deployed carrier. Truman deployed three out of the last four years, and the busy operational schedule and demanding work life can be deterrents to reenlisting junior Sailors on their first contract.

When Sailors visit the career counselor asking to get out of the Navy, the career counselor's job is to advise them. Career counselors help Sailors discover their options and provide information about career choices the Sailors may not have considered. Upon considering those choices, many Truman Sailors realize the incredible opportunities reenlistment in the Navy can provide to them and choose to stay blue.

Lind stated that it's not just the command career counselor office, but it takes the entire career development team, to include



MCSN Bela Chambers

Navy Career Counselors including Capt. Kavon Hakimzadeh, commanding officer of the aircraft carrier USS Harry S. Truman (CVN 75), Capt. Daniel Prochazka, executive officer of Truman, and Command Master Chief Claude Henderson, command master chief of Truman, pose with a retention excellence award pennant on the flight deck of Truman in the Arabian Sea Feb. 9.

the leadership triad, all of the Truman's department heads, senior leadership, leading Petty Officers, and most importantly, departmental and divisional career counselors who have made this accomplishment possible.

"I couldn't be more proud of the competency and tenacity my Career Development Team onboard has and continues to display on a daily basis!" said Keen.

The Harry S. Truman Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

The Naked Truth

By Lisa Smith Molinari

What’s the true sign that spring has sprung? No, it’s not the crocuses, the bunnies, or the pussy willows.

I know spring is here, because I just shaved my knees.

You might be thinking, “Well, that’s an inappropriate way to start a column.” Stick with me - you’ll soon realize that news of my recent knee-shaving is actually the perfect launching point for a deeply philosophical discussion.

You see, knee-shaving is not a regular occurrence in my life. In fact, from October through February, the prickly hairs on my knees remain completely undisturbed. As long as we’re being brutally honest, I’ll admit that during mid-winter, I don’t even shave my legs. Only armpits and ankles, until daylight saving time, when the razor creeps up to my knees.

“Thanks for sharing,” you’re probably saying, “but what’s so philosophical about your personal hygiene habits?”

Listen folks, this isn’t about hairy knees. It’s about societal norms, bodily exposure, natural inhibitions, the ever-changing definition of modesty, and the pressure to conform to modern trends.

Ever since the founding of this great nation, America has valued freedom above all else. More than any other country on Earth, we protect individual liberties that we feel are our inalienable rights as human beings.

But in today’s modern culture, the need to escape confining norms, no matter how practical or reasonable, has reached new extremes. The most obvious expression of our human

drive to break free from conventions is our clothing.

Or the lack of it, to be more precise.

Ever since 1920s flappers shocked their Victorian mothers by wearing hemlines above their ankles, exposure has been trendy. As the decades passed, that itzy-bitsy teeny-weeny yellow polka-dot bikini got smaller and smaller. Today, a perfectly acceptable bathing suit consists of about six square inches of Spandex and a few strings.

Modesty, which used to be a widely-recognized virtue, is now seen as puritanical, frumpy, and frankly, uncool, while nudity is very on-trend.

Pop culture reflected this shift a few years ago, when nudity-themed shows such as “Dating Naked,” “Naked and Afraid,” “Naked Castaways,” and “Buying Naked,” appeared on television. More recently, premium channel shows like “Westworld,” “Shameless” and “Game of Thrones” are ranked from “least naked” to “most naked” for your viewing pleasure. How convenient!

We’re all born naked, you might be thinking, so what’s the big deal? Certainly, shedding one’s clothing should not be seen as the scourge of humankind. Anyone who has ever seen a toddler rip their own diaper off and run buck naked through the house giggling knows that, on some level, nudity is a liberating natural inclination.

I’ll never forget the day that my mother and I were painting my daughters’ room. We let my youngest, Lilly, play with dolls nearby while we rolled Sherwin Williams “Demur Rose” onto the white walls. While tackling the intricacies of the trim, we failed to notice that Lilly had toddled downstairs and out into the back-

“Modesty, which used to be a widely-recognized virtue, is now seen as puritanical, frumpy, and frankly, uncool, while nudity is very on-trend.

yard. We panicked for a few moments before we saw her out the bedroom window, completely naked, petting the neighbor’s cat.

After returning from her naked safari, Lilly reported, “Kitty-cat no like my nakee stuff.”

Unlike Lilly, I’ve always been unusually modest, even during my swim team years, when I had to shower with twenty other females on a daily basis. I kept myself covered whenever possible, but my teammates’ attitudes ran the gamut, including one swimmer who we lovingly nicknamed “Flesh” because her last name was Gordon and she would strip down to her birthday suit as soon as we set foot in the locker room.

So what am I saying?

In all my old-fashioned modesty, I have ironically become the ultimate non-conformist in today’s bare-it-all society. I shave and bare my knees each spring, but you won’t see me wearing a crop top and Daisy Dukes just because the bees are buzzing. The sun can shine all it wants, but I don’t wear spaghetti straps, plunging necklines or a mini skirts. And no matter how hot it gets, I won’t squeeze my 53-year-old-mother-of-three frame into a string bikini.

(You’re welcome.)

www.themeatandpotatoesoflife.com



Q: What housing allowances am I eligible for?

A: Military members are entitled to various allowances to ensure the transition to a new location is as smooth and stress-free as possible. For information about your allowances, visit the Defense Travel Management Office website. If you have any questions, contact the local Housing Service Center.

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 - Stress and Anger Management
 - Command Support
 - Crisis Support
 - Suicide Prevention
 - SAPR Support



Courtesy photo

New travel restrictions may impact your permanent change of station

By Military OneSource

Current as of March 15, 2020

The Department of Defense is taking steps to preserve force readiness, limit spread and protect lives during the global outbreak of coronavirus disease 2019. Those steps include travel restrictions on domestic and international travel. The only exceptions to the stop movement orders are for mission-essential or humanitarian cases and those involving extreme hardship. Understanding of COVID-19 is rapidly changing, so continue to check the Coronavirus Information for Our Military Community page for updates.

Domestic travel restrictions

There is a halt, effective March 16 to May 11, 2020, on all official domestic travel for service members, Department of Defense civilians and their families. That includes travel for a permanent change of station and temporary duty. Travel will continue, however, for medical treatment of Department of Defense personnel and their families.

International travel restrictions

The department has placed 60-day travel restrictions, effective March 13, on all official travel — including PCS and TDY — by all uniformed and civilian personnel and family members to locations the Centers for Disease Control and Prevention designates as Level 3 for COVID-19. Level 3 countries currently include China, Iran, South Korea, Iran and Europe’s Schengen Area. That area includes Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino and Vatican City. All other countries outside the U.S. are currently Level 2.

Here’s what the restrictions may mean for you, and what steps you can take, if you are currently preparing for, or currently in the

process of, a PCS:

You have already departed for your PCS within the continental United States: You may continue to your final destination.

You are just about to PCS: Contact your chain of command right away.

You have a PCS coming up to a CDC Level 2 location and your family was planning to accompany you: You will PCS to the Level 2 location as planned. Your family members must stay behind until the 60-day stop movement order is lifted. Exceptions may be granted for mission-essential travel, humanitarian reasons or extreme hardship.

You have a PCS coming up from a CDC Level 3 location: You will stop movement for the duration of the 60-day restriction.

Your belongings are packed and you have moved out of your residence but your travel is on hold: Contact your chain of command right away to receive information about entitlements, such as lodging, that may apply to you and your situation. The services also have relief societies that may be able to provide some emergency support.

The moving company has already picked up your shipment: Contact your shipping office to check the status of your shipment. It may be in storage in your local area, on its way to your destination or in storage there. To find contact information for your Household Goods/Transportation Office, visit the MilitaryINSTALLATIONS website, an online information directory for military installations worldwide. You can search for information by installation, program or service, or by state.

You have confirmed that the stop movement order impacts your PCS, but already submitted your movement request to your personal property office:

If your shipment does not have a moving company award, it will be put in a hold status pending further guidance — such as the end of the stop movement order or approval from your chain of command to continue.

If your shipment does have a moving company award, but packing has not started, contact your servicing shipping office. Personnel there will work with you to find a new date that works for your moving company and meets Department of Defense guidance.

You have an appointment coming up at the Vehicle Processing Center:

If you don’t know whether the stop movement order applies to you, contact your chain of command.

If the stop movement order does not apply to your PCS or your chain of command has approved an exception, keep your Vehicle Processing Center appointment.

You have already dropped off your vehicle, but your PCS now has a delay: If you would like to pick up your vehicle, contact the Vehicle Processing Center. Staff can help you make an appointment, retrieve your vehicle and answer questions. For more information on your personal owned vehicle, visit Move.mil.

You have other questions about your personal property shipment:

Contact your local personal property office for advice on your shipment.

You can also visit the Customer Service page on Move.mil for contact information for your service, or call the United States Transportation Command’s 24-hour toll-free hotline at 833-MIL-MOVE (645-6683).

Want to find the phone number for your installation’s housing office or military and family support center? Find those and more on MilitaryINSTALLATIONS, an online information directory for military installations worldwide. For updates and information specific to your location, visit your installation’s official website. You can also follow your installation’s Facebook, Twitter or Instagram platforms.

For Department of Defense updates for the military community regarding the virus that causes COVID-19, visit Defense.gov, follow Military OneSource’s Facebook, Twitter and Instagram platforms, and continue to visit the Coronavirus Information for Our Military Community page for updates. Check Move.mil for PCS-related updates.

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CNP: "Continued Investment" from lawmakers needed to grow the future force

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy's active-duty ranks will grow to a force of 347,800 by the end of fiscal year 2021, if lawmakers approve the manpower hikes requested in the president's fiscal '21 budget.

If achieved, that would be the highest end strength for the service in the past 14-years and the latest milestone in the service's climb needed to close manning gaps at sea, today – as well as the projected 355-ship Navy of the future.

To achieve these goals, Vice Adm. John B. Nowell Jr, the Navy's chief of personnel told Congress March 11, that a continued investment from lawmakers is vital to growing the force, modernizing the fleet, and continuing the critical ongoing transformation of the service's antiquated personnel policies and support systems into a state of the art human resources organization.

"A commitment to continued investment is necessary to man the fleet," Nowell said in his written testimony provided to the Personnel Subcommittee of the Senate Armed Services Committee.

"The President's Budget for FY21 funds growth in Navy's active end strength by an additional 7,300 Sailors -- above FY20 levels -- and in addition to funding increases in manning and training, the budget request supports growth in special and incentive pays, critical to recruiting and retention."

It's the Navy the nation needs, Nowell emphasized to lawmakers, as a resurgent China and Russia have been challenging the U.S. Navy at sea in recent years as peer competitors the nation has not had since the end of the Cold War, three decades ago.

"Our competitive advantage is shrinking," Nowell said, "However, we will maintain and increase our edge by leveraging our greatest warfighting advantage and asymmetric asset, our people."

And though the Navy has been doing well in both recruiting new talent and retaining record numbers, the service must continue its efforts to become an employer of choice to compete for the

nation's best and brightest in the future.

"Recruiting and retaining superb talent is not trivial given today's historically low unemployment rate," Nowell said. "Given these trends, MyNavy HR must continue to develop and improve recruiting strategies for all demographic groups and find ways to best leverage existing incentives to attract and retain personnel."

To fill the Navy's entry-level ranks the service is targeting the Centennial Generation.

Born between 1997 and 2012 this generation is now the main source of new recruits, Nowell said.

"We must tailor our recruiting tactics and marketing to build our workforce by understanding their motivations and desires," he said.

As a result, the Navy has left the traditional advertising market of television behind and instead are putting their efforts and money where these potential recruits live – the digital domain.

"We are targeting diverse audiences using digital media on Facebook, Instagram, Twitter, Snapchat, and Reddit, and we launched a Navy esports team to access a rapidly expanding youth market," he said. "These changes have increased the total number of new recruiting prospects and are allowing us to reach markets with diverse candidates we previously have not accessed."

The Navy's growth can't continue on recruiting alone, Nowell said. Retaining skilled mid and senior level Sailors is also necessary to balance the force as it grows. And despite a strong economy, which traditionally marks rough times for military retention – retention has remained strong.

This critical momentum must not only continue, Nowell said, but must increase, as well.

"Retention of every capable Sailor has remained a vital element of Navy's growth strategy," Nowell said. We succeeded in preserving increased retention across all pay grades in FY19 by continuing to apply a range of force management tools to retain proven performers across the Navy, he said.

The end result has been a steady increase in end strength in recent years that is expected to continue. The Navy fin-

ished fiscal year 2019 with a total end strength of 337,006 and is expected to finish fiscal year 2020 with 342,323 onboard. By the end of fiscal year 2021, that number is expected to be 347,800 if the budget is approved.

Still, Nowell admits not all is rosy in the war to keep top talent.

"While overall enlisted retention in FY19 continued to set high marks not seen in years, critical community skill sets are experiencing some challenges in Navy's current steep growth environment," he said.

These include the nuclear field, special warfare, advanced electronics, aviation maintenance, information warfare, and the submarine force.

"These skills are challenging to attract and retain in the current job and education market," he said.

This means, he said, that the Navy will continue to need special and incentive pays to keep Sailors with high-risk, high-demand, and high-investment skills. However, the service is getting creative in how they use their money, for example, piloting a merit-based kicker to enlisted retention bonuses to reward top performers with extra cash.

It's not just money that keeps Sailors in the ranks, Nowell said. This has led to a growing number of non-monetary incentives for the Navy's retention tool kit. For example the service now uses spot advancements and geographic stability, and are actively looking for other enticements that give Sailors more choices and flexibility in their Navy careers.

Also needed are budget resources to continue the Navy's massive overhaul of its antiquated personnel system, including how we train Sailors throughout their careers as well as a whole new delivery of critical human resources support – such as pay and personnel functions.

"Just as the aging fleet must be modernized to confront these new challenges, we must overhaul our antiquated 20th century, industrial era personnel system," Nowell said. "Given the rapidly changing strategic landscape, we must manage talent differently."

Already, the Navy is overhauling how Sailors are trained with "cutting edge technologies" designed to keep training

relevant and on "pace with the modernizing Navy."

The idea is to have to use these technologies to delivery training "at the points of need" at career milestones, Nowell said. Properly timed delivery of knowledge and skills are needed to allow "Sailors to operate and maintain equipment at its technological limits" for the Navy's "rapidly evolving warfighting requirements."

Meanwhile, how the Navy delivers its personnel functions is rapidly changing, too, he said and at a critical point in transformation, too. Resources are needed to finish building a state of the art human resources delivery system on par with private industry.

Started over the past few years, Nowell said, the goal is to deliver to Sailors and their families the same kind tech-driven online and hand-held tools to manage their Navy careers they have come to expect from their civilian banking and shopping providers.

The Navy has already developed many mobile applications to help Sailors and their families manage their careers.

One example is the MyNavy Family app that was developed by spouses to help them help manage their families better. Another is the MyNavy PCS app, which helps Sailors and their family plan and execute duty station transfers from their mobile devices. It even allows for filing of their travel claims straight from their devices, too.

These apps are secured with industry standard multifactor authentication and don't require Sailors to be on Navy networks to use.

In the future, the Navy plans to develop similar mobile methods to make it easier to apply their next duty assignments and eventually even conduct performance evaluations, too.

Here, the Navy is working to neck down 55, "non-interoperable" data systems.

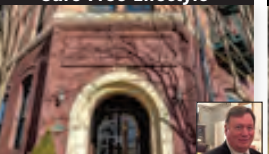
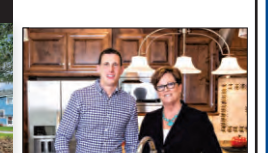
This "system of systems," he said, will be the backbone of the Navy's future pay and personnel delivery system, including the mobile application efforts.

As Navy navigates the unsteady waters that come with a renewed "Great Power Competition," Nowell said, transformation of the service's people programs are "vital to combat current and emerging threats, deliver global lethality, and maintain maritime superiority" with "a more agile, adaptive, and better trained force, ready to meet an increasingly complex mission."

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Why Rent When You Can OWN?  Camptostella \$259,000 Grant closing cost \$\$ available for this 4 BR/2.5 BA, open floor plan, new construction home Brick front, great yard w/detached garage, all appl. & washer/dryer incl. Angelia Williams Graves 237-0494	Location, Location!  North Lynnhaven \$264,900 2-Story Condo w/attached Garage & 2 Driveway spaces. Zoned HVAC, 3 BD and 2.5 BA. Close to the beach, Oceana & Lynnhaven Mall. Owner/Agent Carl Johansen 339-1892	1st Floor Master w/ Bath & Walk-In Closet  Green Run \$250,000 3BD/BA freshly painted & new floors throughout. New HVAC Attic has been floored & plumbing added for a 4th bedroom or office. Cheryl Hickok 717-7325	New Construction In Norfolk  Barraud Park \$249,000 4BR/2.5BA in the heart of Norfolk. Open floor plan, grant \$\$ and closing cost assistance available. Angelia Williams Graves 237-0494	Care Free Lifestyle  Freemason/Downtown \$235,000 1st Floor Loft Condo, corner unit in Historic building. Wall of windows, tall ceilings, finished hardwood floors. Reserved parking space. Carl Johansen 339-1892	Deep Creek Beauty  Fairmont Heights \$214,900 4 BD, 2 BA home in the heart of Deep Creek. New paint inside and out, vaulted ceilings, fenced in back yard, and storage shed. Julie Young 334-5352	Condo In The Heart Of Chicks Beach  Shorehaven Enjoy beach living in this 1st floor, fully renovated condo with a pool & grill/bar area. Walk to some of your favorite Shore Dr restaurants! Adele Harris 343-1276
4 Bedrm Move In Ready  Carriage Hill \$195,000 Spacious 4 BD home w/1622sqft & oversized det garage. Hardwood floors. Converted garage is bonus/family room w/separate laundry room Michelle Helmsderfer 927-1908	Beach Living  Cape Henry Towers \$192,500 Beautiful 2nd floor condo with views of the Bay & River & Sunsets Robert Ramey 235-1818	A Rare Offering  West Ghent \$192,500 3 BR/ 2 BA Single family home in West Ghent. Great rental income property for many years. A little TLC goes a long way on this one. All appliances. Carl Johansen 339-1892	Like New, Modern Coastal  Mathews County \$192,000 Coastal home w/modern, sleek interior. Only 14 months new! Loft can be used as a 3rd BR, a media room, or an office. Close to the Bay! Cheryl Perreault 804-370-5610	Victorian In Historic Portsmouth Area  Olde Towne \$179,900 Absolutely charming 3 BR/ 2.5 BA condo. Features a foyer, office/study spare rm, utility closet, porch and fenced patio. Jenna Childers 717-7337	Own For Less Than Rent!  Prentiss Park \$174,000 Newly renovated 4 BR/ 2 BA home centrally located. New roof, cabinets, granite, windows & more. Grant money, closing cost assist \$\$ avail. www.2006camdenave.com Angelia Williams Graves 237-0494	3 Bed 1 Bath In Hampton!  Cherry Acres \$139,900 New ceiling fans, floor, kitchen appliances, bathroom, and deck! Nearby Langley AFB, I-64, Fort Monroe and Hampton University. Vince Cowling 715-8336
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CNRMA Are You Feeling Sick graphics

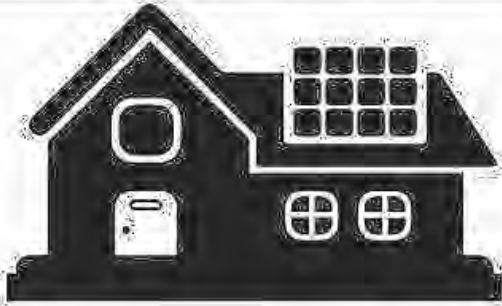
Are You Feeling Sick?

You Should Follow These Guidelines

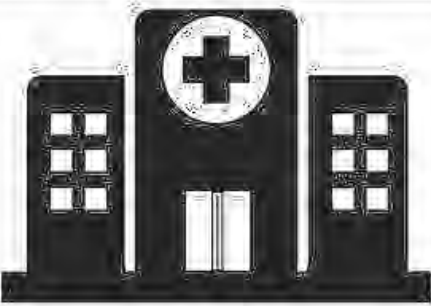


Sailor or Civilian

Stay Home When Sick



Seek Medical Care



Military

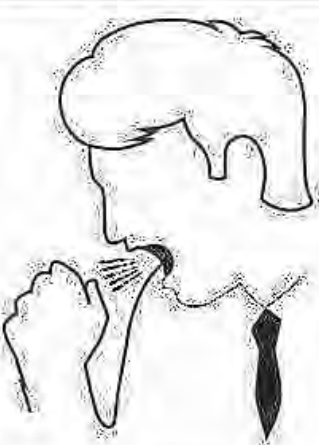
Contact Chain of Command



Civilian Personnel

Contact Chain of Command

Contact Primary Care Manager



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Call Nurse Advice Line 1-800-874-2273 after business hours

Tricare Not Erolled @ Clinic

Call your Primary Care Manager during business hours



Call Nurse Advice Line 1-800-874-2273 after business hours

For more information on COVID-19 visit

<https://navylive.dodlive.mil/2020/03/15/u-s-navy-covid-19-updates/>

Navy sets course for installation resilience with new energy strategy

From the Office of the Navy Chief of Information

WASHINGTON

The Department of Navy (DON) has published their new installation energy strategy focused on the delivery of uninterrupted, reliable and high quality power necessary to meet evolving mission requirements as defined in the National Defense Strategy. The strategy was signed by Acting Secretary of the Navy, The Honorable Thomas Modly on February 28, 2020 and reflects the DON’s emphasis on addressing energy gaps impacting warfighter readiness using all methods of power generation.

The Installation Energy Resilience Strategy recognizes Navy and Marine Corps shore infrastructure as critical for generating, sustaining and deploying tactical assets. The strategy directs the DON to increase mission capability by integrating a higher degree of energy security through reliability, resilience, and efficiency consistent with the DON’s Energy Security Framework.

“With the guidance, priorities, and metrics in this energy plan, we can focus command attention and scarce resources

at every level to deliver substantive results for the enhanced readiness and resilience of our forces,” Modly said.

Naval readiness is threatened by aging energy infrastructure: generation, distribution, and back-up systems are degrading the ability of shipyards, piers, maintenance facilities, armories, magazines, training ranges, simulators, weapons systems, and shore-based communications to meet mission readiness.

“This strategy is a major step forward for the Department as we acknowledge the reality that future combat systems will need more power of higher quality and greater resiliency,” said Acting Assistant Secretary of the Navy for Energy, Installations, and Environment, The Honorable Lucian Niemeyer. He went on to say “It starts with individual efforts to identify mission essential shore assets that must continue to operate in the event of a power outage. Then, we must develop installation energy plans to provide a long-term strategy for investments and projects to meet our resilience goals.”

The strategy provides resources for Navy commanders and energy managers at all levels within the DON. The document includes case studies of successful energy resilience projects at Marine



MC1 Paul L. Archer Assistant Secretary of the Navy for Energy, Installations and Environment Lucian Niemeyer, far right, discusses the Installation Energy Resilience Strategy document with his staff.

Corps Air Station Miramar and Naval Support Activity Guantanamo Bay, Cuba; a guidebook on Congressional authorities enabling industry and community partnerships on energy projects; as well as a compilation of Department of Defense (DOD) and Federal resources and references.

“This strategy is a call to action to urgently implement resiliency and pro-

tections for our critical systems needed to defend our nation, if we are successful in strengthening our energy infrastructure, our adversaries will not find success in deterring our resolve” said Niemeyer.

The Installation Energy Resilience Strategy is available at: <https://www.secnav.navy.mil/eie/Documents/DON-Installation-Energy-Resilience-Strategy.pdf>

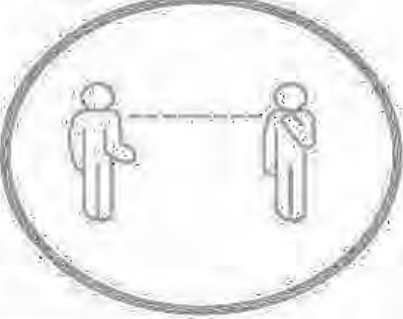
CNRMA Social Distancing graphic

SOCIAL DISTANCING

8 GUIDELINES FOR WORK & LEISURE



1



Keep six feet apart when possible.

2



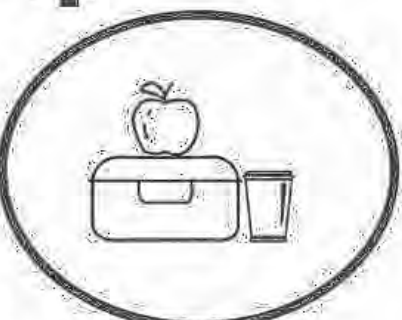
Avoid in-person meetings. Use email or phone when possible, even when people are in the same building.

3



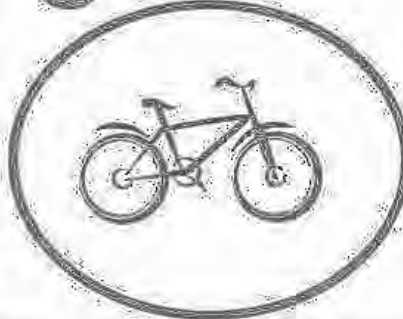
In-person meetings that cannot be avoided should be short and in a large meeting room to allow personal distance.

4



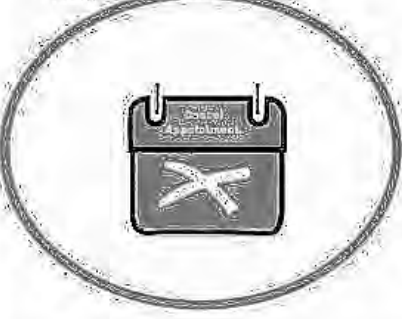
Consider bringing lunch and eating at your desk; avoid lunchrooms and crowded restaurants.

5



Avoid crowded public transportation; walk, cycle, or drive a car, if you can.

6



Limit recreational classes or other leisure meetings and activities where close personal contact is likely.

7



Eliminate unnecessary travel.

8



Eliminate handshakes and greetings that involve touching.

For more information on COVID-19 visit <https://navylive.dodlive.mil/2020/03/15/u-s-navy-covid-19-updates/>

U.S. Navy graphic

USFFC hosts Senior Enlisted Executive Leadership Symposium

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

NORFOLK

U.S. Fleet Forces (USFF) Command hosted a Senior Enlisted Executive Leadership Symposium (ELS) on Naval Support Activity Hampton Roads in Norfolk, Virginia, March 10-12.

The USFF Fleet Chief Petty Officer Training Team, together with USFF’s Fleet Master Chief Rick O’Rawe, hosted 30 command master chief petty officers and senior enlisted leaders (SELs) for a three-day seminar designed to introduce unit-level command master chiefs to the knowledge and expertise needed to integrate into a flag or general officer’s staff.

As senior enlisted leaders shift from tactical commands (unit) to the flag level (operational/strategic), responsibilities and roles change significantly, which requires them to think differently in support of the bigger picture.

“The value of the Command Senior Enlisted Symposium is alignment and perspective, centering on what is really important to our Navy in this maritime era of great



U.S. Fleet Forces (USFF) Command Fleet Master Chief Rick O’Rawe, speaks with 30 command master chief petty officers and senior enlisted leaders during a Senior Enlisted Executive Leadership Symposium (ELS) held March 12, 2020.

power competition, and then taking your experience here back to your respective commands to raise the bar as you meet mission,” said Adm. Christopher W. Grady, USFF commander.

In addition to Grady, the training team supplied a lineup of guest speakers that provided in-depth knowledge on flag-level organizations and functions, and an understanding of commander’s perspectives.

“It was eye opening to learn about the expectations and scope of responsibilities we have as far as executing policy on behalf of the commander,” said Command Master Chief Carrie Weser of Commander, Marine Forces Reserve.

Attendees gained perspective on personnel development and allocation, global force management, threats facing our military, and staff functions and relationships,

as well as informational briefs from Matthew H. Swartz, USFF’s executive director/chief of staff; Rear Adm. John Wade, USFF’s director of Maritime Operations and Capt. Donald Wilkinson, USFF’s deputy director of Fleet Personnel Development and Allocation.

“These deckplate leaders have the power to affect great change in our Navy,” said O’Rawe. “This symposium is an opportunity for them to delve into those topics affecting the fleet, and enhance operational readiness as well as improve the lives of our warfighters and their families.”

Supporting the commander and making the best decisions for our Sailors is no easy task, which is why the training team brought in a panel of retired fleet master chiefs along with the seventh Master Chief Petty Officer of the Navy Duane R. Bushey to answer

questions and offer their unique perspective.

“All of the lectures were fantastic,” said Weser. “I really enjoyed hearing about the importance of the relationship between the flag officer and the flag command master chiefs. It was incredible, especially after listening to Rear Adm. Roy Kelley and Force Master Chief Huben Phillips.”

USFF’s mission includes training, certifying and providing combat-ready Navy forces to combatant commanders in support of prompt, sustained naval, joint, and combined operations in support of U.S. national interests.

USFF is responsible for command and control of subordinate Navy forces and shore activities during the planning and execution stages of assigned service functions in support of the Chief of Naval Operations.

CPRW-11 welcomes 58th commodore

By Lt. Zachary Galczynski

JACKSONVILLE, FLA.

The Navy’s Patrol and Reconnaissance Wing (CPRW) Eleven held a change of command ceremony aboard Naval Air Station (NAS) Jacksonville, March. 12.

Vice Adm. DeWolfe Miller III, commander, Naval Air Forces/commander, Naval Air Force, U.S. Pacific Fleet, served as the guest speaker for the ceremony and highlighted the accomplishments of Capt. Craig Mattingly during his tenure, and welcomed Capt. Matthew Pottenburgh as the 58th commodore.

“He’s a ‘mission first – people always’ leader and when he says, ‘take care of your Sailors and families and they will take care of the mission’ he means it,” said Miller. “He walks that walk and has walked that walk ever since his first day as an enlisted Sailor in 1987.”

Rear Adm. Peter Garvin, commander, Patrol and Reconnaissance Group, served as the presiding officer for the ceremony and discussed the stalwart professionalism, inspirational leadership, and operational focus exhibited by both Mattingly, and Pottenburgh.

“Patrol and Reconnaissance Wing Eleven has been very well served by Capt. Mattingly during his time in command, and we look forward to continuing that brilliant record of success under Capt. Pottenburgh,” said Garvin.

Mattingly, a native of Austin, Kentucky, left the family dairy farm in 1987 to enlist as an aviation anti-submarine warfare operator in the Navy. He is a 1995 graduate of the United States Naval Academy where he received a Bachelor of Science degree in Oceanography. He also holds a Master of Science in National Security Strategy from National Defense University in Washington, D.C.

He took command of CPRW-11 as the 57th commodore in June 2018 and reflected on his time in command.

"I am proud to have led this great team. I can only ask that you continue to strive to



MC3 Sergio Montanez/
Vice Adm. DeWolfe Miller III, command, Naval Air Forces/commander, Naval Air Force, U.S. Pacific Fleet, right, presents Capt. Craig Mattingly, commander, Patrol and Reconnaissance Wing Eleven (CPRW-11), with the Legion of Merit Award for outstanding leadership during the CPRW-11 Change of Command ceremony at Naval Air Station Jacksonville, March 12. Capt.

be a competent, professional force which has no equal; that you lead Sailors with compassion, that you excel in the air, and that most of all, you continue to be better today than yesterday,” said Mattingly.

His flying tours include Patrol Squadron (VP) 50 during his enlisted days, and as a Naval Flight Officer (NFO) with VP-8 and VP-26 aboard NAS Brunswick, Maine, as a fleet instructor with VP-30, NAS Jacksonville and command of VP-9 at Marine Corps Air Station Kaneohe Bay, Hawaii to name a few.

As he thought about his original plans following the 2018 change of command and to present day, Mattingly reflected on the wing’s accomplishments.

“Our focus will be to take care of our most precious assets, the men and women of CPRW-11. We will sustain current readiness of our P-8A squadrons and reserve P-3C squadron while incorporating the MQ-4C Triton in to the maritime patrol and reconnaissance force,” said Mattingly.

During his tenure, Mattingly oversaw continuous squadron deployments, along with supporting Mobile Tactical Operations Centers engaged in various areas of

responsibility.

Pottenburgh, a Galena, Ohio native, assumed command of the largest P-8 Poseidon, P-3 Orion and MQ-4 Triton Wing from Mattingly, who has commanded CPRW-11 over the last 21 months.

Pottenburgh addressed the ceremony attendees and discussed the focus of the Wing after assumption of command.

"We will continue to man, train, equip, and operate combat-ready and lethal Maritime Patrol and Reconnaissance Forces who are ready to deploy to any corner of the globe," said Pottenburgh. "We will continue to deter aggression and maintain freedom of the maritime domain."

In 1996, Pottenburgh commissioned as an Ensign earning his Wings of Gold upon completion of Naval Flight Officer training in May 1997. Pottenburgh holds a Bachelor of Science in Industrial Design, a Master of Science in Operations Management from the University of Arkansas and a Master of Science in National Resource Strategy from the National Defense University of Dwight D. Eisenhower School.

His recent flying tours include VP 40,

VP-47 and command of the VP-5 “Mad Foxes” aboard NAS Jacksonville.

After relinquishing command at CPRW-11, Mattingly will serve as the Executive Assistant for the Deputy Chief of Naval Operations for Operations, Plans, and Strategy (OPNAV N3/N5) at the Pentagon in Washington D.C.

CPRW-11 squadrons include Patrol Squadrons (VP) 5, VP-8, VP-10, VP-16, VP-26, VP-45 and VP-62, along with the Unmanned Patrol Squadron (VUP-19).

There are two Patrol and Reconnaissance Wings in Florida and Washington State, composed of 14 Patrol and Reconnaissance squadrons, one Fleet Replacement Squadron and over 45 subordinate commands.

Patrol and Reconnaissance Wings serve as the Navy’s premier provider for airborne Anti-Submarine Warfare, Anti-Surface Warfare, and Maritime Intelligence, Surveillance, and Reconnaissance operations.

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U.S. Navy photo

A snapshot of the boatswain's mate rating Learning and Development Roadmap (LaDR) on the Navy Credentialing Opportunities On-Line (COOL) app shows an example of where to find the latest LaDRs for every rating.

LaDRs receive update with reserve career pathways, now Total Force tool

From Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

Active-duty and Reserve Sailors now have a comprehensive source for career information with the latest revision of Learning and Development Roadmaps (LaDR) through a Total Force approach.

Up to now, primarily active-duty Sailors used LaDRs to navigate their careers from day one through master chief, with their specific rating LaDR document outlining training and education milestones at each pay grade. All Sailors can find information such as current and future recommendations for assignment, Navy Enlisted Classifications, and training and education, including rate training, Professional Military Education, advanced education, and professional credentialing for certifications, licensure, and apprenticeships.

Updated annually, the LaDR is a career pathway for enlisted to succeed throughout their career continuum.

“Working with Force Master Chief Chris Kotz from the Navy Reserve Force, we brought in the right Reserve subject matter experts to meticulously comb through each rating’s LaDR,” said Naval Education and Training Command’s (NETC) Force Master Chief Karim Cole. “As the MyNavy HR Force Development team continuously works at providing unparalleled service to

the fleet and our Sailors, updating the LaDRs made sense to ensure all of our Sailors are equipped with the knowledge and tools to help them be successful.”

Leaders can also track, encourage, and guide career development of their Sailors by using the LaDRs.

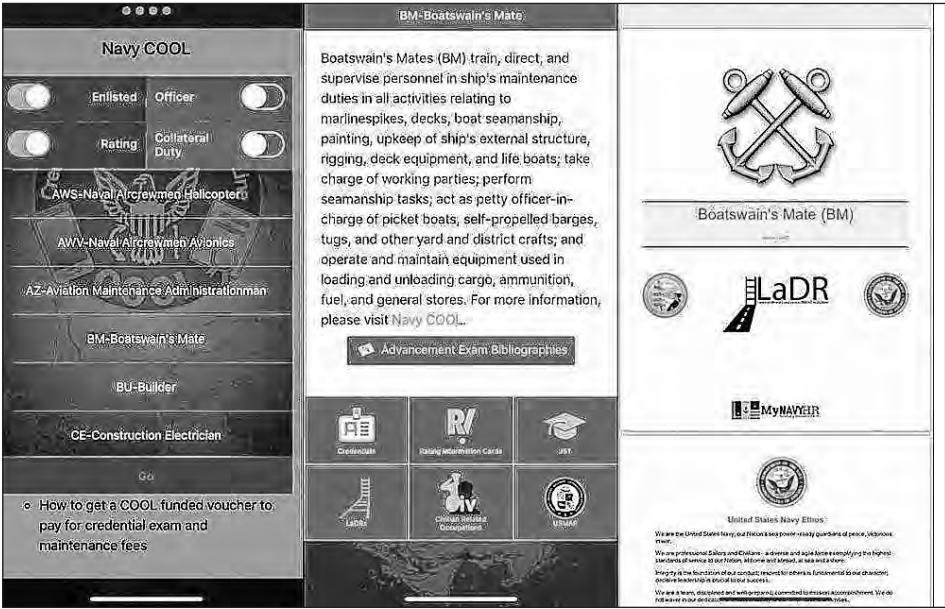
“Careers in the Navy can be complex and demanding,” said Kotz. “We want our Total Force of both Active and Reserve components to have the information at their fingertips to know what training they should have, when they need it, and are aware of all the educational opportunities available to them.”

LaDRs are accessible at two online resources and through a mobile app.

On the MyNavy Portal website at <https://my.navy.mil>, go to “Career & Life Events” in the top menu, select “Career Planning,” and then in the left-hand menu click on “LaDR.” Sailors can now access MyNavy Portal CAC-free through mobile devices after logging into MyNavy Portal using their CAC to complete their CAC-free set-up.

Navy Credentialing Opportunities On-Line (COOL) also hosts the LaDRs on the Navy COOL website at <https://www.cool.navy.mil/usn> and the Navy COOL app (Android/iOS), which can be found and downloaded through the Navy App Locker in the Navy Advancement category at <https://www.applocker.navy.mil>.

Information about understanding LaDRs



U.S. Navy graphic

Snapshots of boatswain's mate rating information on the Navy Credentialing Opportunities On-Line (COOL) mobile app shows an example of where to find the latest revision of Learning and Development Roadmaps (LaDR) for every rating.

and where to find them on the Navy COOL website is at https://www.cool.navy.mil/usn/resources_and_links/understanding_your_ladr.htm.

Bookmarks within each LaDR file also allow Sailors to select the paygrade and section they want to view or print. All a Sailor needs to do is download the LaDR, open it using Adobe Reader, select the bookmark tab on the left-hand side, and click on the desired area to view. Supervisors can use the bookmark feature to best target a Sailor’s career development board by selecting only key focus areas.

“As we develop our force, we want to empower our Sailors by making resources accessible and transparent, so they can fo-

cus on continuous self-improvement as part of their professional development throughout their careers,” said Kotz.

MyNavy Portal is a robust source of information that is one way MyNavy HR is continuing to deliver Human Resources (HR) – personnel, pay and training services to Sailors and their families with increasing speed, accuracy, quality and transparency.

Navy COOL is part of the NETC Force Development team that recruits civilians and through world-class training, transforms them into combat-ready warfighters ready to meet the current and future needs of the Navy, while providing the tools and opportunities for continuous learning and development.

Future USS Delbert D. Black successfully completes acceptance trials

From Team Ships Public Affairs

PASCAGOULA, MISS.

The future guided-missile destroyer USS Delbert D. Black (DDG 119) successfully completed acceptance trials on March 12, returning to Huntington Ingalls Industries (HII), Ingalls Shipbuilding Division after spending two days at sea in the Gulf of Mexico.

During acceptance trials, the ship’s crew performed a series of demonstrations for review by the U.S. Navy’s Board of Inspection and Survey (INSURV). These demonstrations are used to validate the quality of construction and compliance with Navy specifications and requirements prior to delivery of the ship to the U.S. Navy.

“The ship performed exceptionally well and demonstrated that the ship is materially ready to execute her mission,” said Capt. Seth Miller, DDG 51 class program manager, Program Executive Office (PEO) Ships. “The success of these trials validates this highly capable ship will be a force multiplier when she joins the fleet.”



Lance Davis/

The Arleigh Burke-class guided-missile destroyer Pre-Commissioning Unit (PCU) Delbert Black (DDG 119) conducts the second builder’s trials in the Gulf of Mexico.

DDG 119 is being constructed with the Aegis Baseline 9 combat system, which incorporates Integrated Air and Missile Defense capabilities, such as increased computing power and radar upgrades, that improve detection and reaction against modern air warfare and Ballistic Missile Defense threats. When operational, DDG 119 and her sister ships will serve as integral assets in global maritime security.

“DDG 119’s exceptional performance during these trials is a direct reflection of the teamwork between Ingalls Shipbuilding and the Navy,” said the Supervisor of Ship-

building, Conversion and Repair Gulf Coast, Capt. Nathan Schneider. “I am proud of this ship and I am extremely proud of the Ingalls Shipbuilding and Navy team that built her. Right behind DDG 119 are follow-on DDGs that will be even better, including the first Flight III DDG which is a real game changer.”

DDG 119 honors Delbert D. Black, the first Master Chief Petty Officer of the Navy, and will be the first naval ship to bear his name. Black is best known for guiding the Navy through the Vietnam conflict and ensuring proper enlisted leadership Navywide

by initiating the Master Chief program.

The future USS Delbert D. Black is expected to be delivered to the Navy later this year. HII’s Pascagoula shipyard is also currently in production on the future destroyers Frank E. Peterson Jr. (DDG 121), Lenah H. Sutcliffe Higbee (DDG 123) and Jack H. Lucas (DDG 125), the first Flight III ship.

As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and boats and craft.

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2020 Honda Civic Sport 4 Door: Best compact on market
Our contributing writer sampled the 2020 Civic Sport 4 door sedan. The current model has been on sale for several years but has had updates with color, infotainment and suspension tuning to keep it at the top of its segment.

See C3



Courtesy photo

GOOD VIBRATIONS AT THE SANDLER CENTER

From Sandler Center

VIRGINIA BEACH

In an era that celebrates positive vibes, The Beach Boys are bringing their “Good Vibrations” back to Virginia Beach. As The Beach Boys mark more than a half-century of making music, the group continues to ride the crest of a wave unequalled in America’s musical history. Their name has become synonymous with the California lifestyle and has become an American icon to fans around the world. The Beach Boys will pull into town to perform on Sept. 22 at 8 p.m..

Tickets go on sale Friday, March 20 at 10 a.m. and can be purchased at YnotTix.com, by calling 757-385-2787, the Sandler Center Box Office located at 201 Market Street, Virginia, 23462. Tickets are priced at \$110.00, \$100.00, \$89.50, and \$79.50. Tickets include an album bundle. To receive the exclusive pre-sale code to purchase tickets before the general public, join the Sandler Center Cyber Club at SandlerCenter.org/connect/email-sign-up. The pre- sale for this show will be Thursday, March 19, 10 a.m.-10 p.m.

Since lead-singer Mike Love penned the lyrics to The Beach Boys’ first hit, “Surfin’” (1961), dozens of the bands chart-toppers have become eternal anthems of American youth including “Surfin’ USA,” “Surfer Girl,” “Fun, Fun, Fun,” “I Get Around,” “California Girls,” “Help Me Rhonda,” “Barbara Ann,” “Good Vibrations,” “Wouldn’t It Be Nice,” “Rock and Roll Music”, and “Kokomo.” The Beach Boys have sold over 100 million records worldwide and have received more than 33 RIAA Platinum and Gold record awards. The Rock And Roll Hall of Famers where also honored at the 2001 Grammy Awards with the Lifetime Achievement Award. With more than five decades of touring under their belts, The Beach Boys have performed more concerts than any major rock band in history.

The Beach Boys are led by Mike Love, who, along with longtime member Bruce Johnston, musical director Scott Totten, Brian Eichenberger, Christian Love, Tim Bonhomme, John Cowsill, Keith Hubacher and Randy Leago continue the legacy of the iconic band. This concert will not feature Brian Wilson, Al Jardine or David Marks. As summer winds to an end this September, embrace the endless summer mentality that The Beach Boys champion.

Indigo Girls join forces for Look Long tour

From Sandler Center

VIRGINIA BEACH

Amy Ray and Emily Saliers, the American Folk-Rock music duo, join forces with one of their strongest backing bands to date for the Look Long Tour. The Grammy-winning duo has recorded sixteen studio albums of which seven went gold, four went platinum, one went double platinum, sold over 15 million records, and built a dedicated, enduring following. Look Long is a masterful display of their compositional grace that coalesces past, present, and future into a unified perspective. The Indigo Girls will perform live at the Sandler Center on May 4, 2020 at 8 p.m..

Tickets go on sale Friday, March 20 at 10 a.m. and can be purchased at YnotTix.com, by calling 757-385-2787, the Sandler Center Box Office located at 201 Market Street, Virginia, 23462. Tickets are priced at \$75.00, \$65.00, and \$55.00. To receive the exclusive pre-sale code to purchase tickets before the general public, join the Sandler Center Cyber Club at SandlerCenter.org/connect/email-sign-up.



Courtesy of Indigo Girls

The pre-sale for this show will be Thursday, March 19, 10 a.m.-10 p.m..

On their 16th studio album, Indigo Girls tell their origin story. They have reunited with their strongest backing band to date to create Look Long — a stirring and eclectic collection of songs that finds the duo of Amy Ray and Emily Saliers chronicling their personal upbringings with more specificity and focus than they have on any previous song- cycle. These eleven songs have a tender, revealing motion to them, as if they’re feeding into a Super 8 film projector, illuminating a darkened living room: Saliers Ray are tackling the mechanisms of perspective. “We’re fallible creatures shaped by the physics of life,” says Saliers. “We’re shaped by our past; what makes us who we are? And why?” In this moment of delirious upheaval, Look Long

considers the tremendous potential of ordinary life and suggests the possibility that an honest survey of one’s past and present, unburdened by judgement, can give shape to something new — the promise of a way forward. With the energy of an expanding, loyal audience beneath their feet, a weather eye toward refinement, and an openness to redefinition, Indigo Girls exemplify that promise.

Cancellations

Editor's note: The coronavirus outbreak is a serious threat. We are taking every step to make sure our coverage is well-sourced and ethical. We believe providing facts reduces panic and empowers readers to make informed decisions about their health.

Schools

All schools Gov. Ralph Northam on Friday ordered all K-12 schools closed for at least two weeks to limit the spread of the novel coronavirus.

Events

Something in the Water has been canceled.

All Virginia Symphony Orchestra events scheduled through April 15 have been postponed. Dates will be announced as shows are rescheduled.

James McMurtry at North Shore Point Downtown has been postponed. A makeup date will be announced in the near future.

The NorVa has suspended operations until further notice. The following statement was posted on the venue's Facebook page:

"Our hope is that we are able to reschedule as many of the affected events as possible, but at this time there is no information on new dates. When a new date is announced, there is nothing you need to do: your tickets are valid for the new date and you will be notified. If a show cannot be rescheduled once the moratorium is lifted, a refund will automatically be issued to the credit card used for purchase within 30 business days."

The Hampton Coliseum will be closed until at least March 29.

Excision: the Coliseum, scheduled for March 20-21, has also been postponed. The show will be rescheduled all tickets will be honored at the rescheduled date.

Jamestown-Yorktown Foundation Museums The museums will be closed from Saturday to March 29. The following events are canceled:

"Military Through the Ages" on March 21 and 22 at Jamestown Settlement

Lecture by Dr. Kacy Tillman on March 26 at the American Revolution Museum at Yorktown

Community Briefings on March 25, 26 and 31 at Jamestown Settlement

"Department of the Geographer School of Instruction" symposium on March 28 and 29 at the American Revolution Museum at Yorktown

"The Tempest," from April 7 through 11 at Jamestown Settlement

Symphonicity's concert "Bach to the Future: From Dark to Light" scheduled for Sunday, March 22 at the Sandler Center for the Performing Arts has been canceled. Refunds and exchanges will not be issued.

Congresswoman Elaine Luria's Poquoson Town Hall Congresswoman Luria announced Friday that she will postpone Tuesday's town hall in Poquoson.

The Virginia Center for Inclusive Communities' 56th Tidewater Humanitarian Awards Dinner scheduled for March 25 will now take place on June 15.

Portsmouth Police Chief's Forum This month's chief's forum on March 25 is canceled.

Child Development Resources Auction The auction will not take place at Jamestown High School on March 15. Bids can be made online through March 22 at 6 p.m. at cdr.org/auction. Raffle tickets for the Disney vacation can be bought until 6 p.m. on March 22 at the same link. Drawing will take place at CDR on March 23, and a winner will be announced.

Smartmouth Brewing Co. All events and shows scheduled for the weekend at both the Norfolk and Virginia Beach Smartmouth locations have been postponed.

American Parkinson Disease Association Hampton Roads Optimism Walk The walk at Mt. Trashmore Park, scheduled to take place on April 4, will now be August 29. The venue and times will remain the same. Patton Oswalt's "I Love Everything" Tour The performance scheduled for March 21 at the Sandler Center for the Performing Arts is postponed. At this time, no new date has been selected. Purchasers should keep their tickets for the new date. For questions, contact the Sandler Center box office during business hours at 757-385-2787.

Currituck County Parks and Recreation has canceled the spring seasons for youth soccer and volleyball, and suspended the spring seasons for youth baseball and softball. A reassessment and decision will be made on or about April 6. The Currituck Library has canceled the ecoEXPLORE: Our Green World program on March 17 and 19, and the Knapp Legacy presentation on March 19.

Virginia Peninsula Chamber of Commerce All in-person events are canceled until further notice, and the staff will be teleworking until March 23. The Post-Session Peninsula Insiders' breakfast on March 25 is canceled, as well as the Business Education Seminar on cyber related risk, the ribbon cutting at Sam's Hot Dog Stand and the Transition on the GO event.

Commonwealth Brewing Company The company will stay open for normal business hours, but the Oyster Roast event scheduled for March 14 has been postponed. Guests with pre-purchased tickets can get refunds by emailing info@commonwealthbrewco.com. A date will be announced as soon as it's scheduled.

Virginia Stage Company Virginia Stage Company will cancel the final week of performances of "The Legend Of Georgia McBride" March 18 to March 22. The production will officially close with the 7:30 p.m. performance on March 15. Ticket holders will be contacted by the VSC box office to select alternative dates or shows. Available seats will be limited to keep the size of the audience gathering under 300 people. Guests who have already bought tickets can donate them and receive a tax deduction for the total ticket value, or credit the ticket value towards a future season 41 performance. The company will welcome audiences back to the Wells Theatre in time for "Cat On A Hot Tin Roof" starting April 8.

Kiwanis Kids Idea Studio Opening The Williamsburg Regional Library is postponing the opening of the studio at the James City County Library scheduled for March 21. The opening will be delayed until the coronavirus outbreak is contained since the newly renovated children's room is an interactive and hands-on learning space. The library system will continue to offer library services for children at the Mini-Children's Library at the James City County Library, the Williamsburg Library, and online at www.wrl.org.

The Home Based Business Conference The conference, scheduled for March 20, has been postponed. Date to be announced.

Healthy Aging Conference The conference, scheduled for April 4, has been postponed. Date to be announced. St. Patrick's Day Event in Downtown Hampton The event, slated for Saturday, has been postponed.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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



Courtesy photo

Chesapeake Native Selects to Serve Aboard USS Delbert D. Black

From Navy Office of Community Outreach

MILLINGTON, TENN.

Navy Midshipman Katherine Hoeft, from Chesapeake, Virginia, participated in the 2020 spring Naval Reserve Officer Training Corps (NROTC) ship selection draft as a future member of the Surface Warfare Officer (SWO) community.

More than 270 midshipmen from NROTC units around the country chose to serve as surface warfare officers. Each selecting midshipmen are ranked according to their grade point average, aptitude scores and physical fitness.

"The NROTC experience immediately impacted my maturity rate differently than my academic peers in college," said Hoeft. "At the beginning of college, I began to fall behind due to a bout of depression. The standards and discipline enforced in the NROTC program were the encouragement I needed to continue my college education. Professionally, NROTC has provided the practice needed to start learning the weaknesses and strengths of my leadership style. This program has guided my ethical and moral perspective towards becoming a military officer and a well-respected individual within the community."

According to their rankings, each midshipman provided a preference of ship or homeport to the junior officer detailer at the Navy Personnel Command in Millington, Tennessee. If these preferences were available, they were assigned as requested.

"I am most looking forward to

bridge watches on my first ship," said Hoeft. "I love navigation, and I fell in love with the bridge on my second and first class cruises. I am very excited to begin my ship driving journey."

Hoeft, a 2016 graduate, has selected to serve aboard USS Delbert D. Black. Hoeft is majoring in biological sciences while attending Virginia Polytechnic Institute. Upon graduation, Hoeft will receive a commission as a Navy Ensign and report aboard Delbert D. Black as a surface warfare officer.

Delbert D. Black is a guided missile destroyer capable of completing diverse missions such as anti-air and anti-submarine warfare. The ship is currently homeported in Jacksonville, Florida.

"Personally, I am bringing a significant line of Navy background to my first ship," said Hoeft. "I have a ton of passed down knowledge and lessons from my father, who was once a Surface Warfare Officer and public affairs officer. I also have the enlisted point of view from my father, mother and grandfathers. I am excited to be a division officer because I can foster a sense of camaraderie and family. According to the Clifton Strengths Finder, my top traits are futuristic, achiever, discipline, learner, and input. I believe all of these traits are those of a good officer."

With more than 90 percent of all trade traveling by sea, and 95 percent of the world's international phone and internet traffic carried through fiber optic cables lying on the ocean floor, Navy officials continue to emphasize that the prosperity and security of the United States is directly linked to a

Virginia Beach Native Selects to Serve Aboard USS Donald Cook

From Navy Office of Community Outreach

MILLINGTON, TENN.

Navy Midshipman Chase Liddon, from Virginia Beach, Virginia, participated in the 2020 spring Naval Reserve Officer Training Corps (NROTC) ship selection draft as a future member of the Surface Warfare Officer (SWO) community.

More than 270 midshipmen from NROTC units around the country chose to serve as surface warfare officers. Each selecting midshipmen are ranked according to their grade point average, aptitude scores and physical fitness.

"NROTC has provided me with a controlled environment to practice leadership styles and deal with conflicts tactfully," said Liddon. "It has also provided me with ample personal and professional personnel connections and resources."

According to their rankings, each midshipman provided a preference of ship or homeport to the junior officer detailer at the Navy Personnel Command in Millington, Tennessee. If these preferences were available, they were assigned as requested.

"I'm looking forward to learning new things the most on my first ship," said Liddon. "I'm most excited to begin working on qualifications and helping my sailors do the same."

Liddon, a 2016 Tallwood High School graduate, has selected to serve aboard USS Donald Cook. He is ma-

joring in Russian while attending Virginia Polytechnic Institute. Upon graduation, Liddon will receive a commission as a Navy Ensign and report aboard Donald Cook as a surface warfare officer.

Donald Cook is a guided missile destroyer capable of completing diverse missions such as anti-air and anti-submarine warfare. The ship is currently homeported in Rota, Spain.

"As a new junior officer, I think my perceptiveness will serve me well," said Liddon. "I am able to take both negative and positive feedback and adapt accordingly. Additionally, I am approachable and hope to continue to be in my role as a JO for the benefit of my sailors."

With more than 90 percent of all trade traveling by sea, and 95 percent of the world's international phone and internet traffic carried through fiber optic cables lying on the ocean floor, Navy officials continue to emphasize that the prosperity and security of the United States is directly linked to a strong and ready Navy.

The midshipmen's ship selection is not only a major personal milestone but also an important day for the ships in the fleet. Not only do the midshipmen choose where they are going to start their Navy career, but the ship they choose will also gain a motivated, eager, young officer to help lead and improve an already great team, according to Navy officials.

"NROTC prepares our future Surface Warfare Officers with a foundation in leadership and ethics as well as

strong and ready Navy.

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"NROTC prepares our future Surface Warfare Officers with a foundation in leadership and ethics as well as basic training in five warfighting competencies; Firefighting, Damage Control, Seamanship, Watchstanding and Small Arms Handling and Marksmanship, all essential skills on a ship," said Rear Adm. Jamie Sands, Commander, Naval Service Training Command, which includes the NROTC Program. "I am enormously proud of our graduating midshipman for completing this demanding program, and look forward to them joining the fleet."

As a member of the U.S. Navy, Hoeft, as well as others at the command, know they are a part of a service tradition providing unforgettable experiences through leadership development, world affairs and humanitarian assistance. Their efforts will have a lasting effect around the globe and for generations of sailors who will follow.

"I think it is very rewarding to be able to select our ship, first tour and first location all in one," said Hoeft. "The other ROTC programs are given their branch of choice and then just wait for orders to training, or their first duty station. The opportunity to have a ship selection is so meaningful because we get to decide our future steps based on our past performance, which seems fair."



Courtesy photo

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As a member of the U.S. Navy, Liddon, as well as others at the command, know they are a part of a service tradition providing unforgettable experiences through leadership development, world affairs and humanitarian assistance. Their efforts will have a lasting effect around the globe and for generations of sailors who will follow.

"The SWO ship selection process means a culmination of four years of work coming to an end and the beginning of a new chapter where I will continue to learn," said Liddon. "It is a time for both celebration and preparation."

Automotive



Douglas Keith Smith

2020 Honda Civic Sport 4 Door: arguably the best compact on sale

By Douglas Keith Smith
Contributing Writer

Recently, I sampled the 2020 Civic Sport 4 door sedan. The current model has been on sale for several years but has had updates with color, infotainment and suspension tuning to keep it at the top of its segment. The one I reviewed was a nimble handling car and very attractive in its Rally Red exterior color. I like the sporty and fastback look of the sedan. It's also available in coupe or un-gainly hatchback configurations. Go with the sedan, it looks the best of the bunch and is way more practical. The Civic Sport is also

available with racy gloss black 17 inch alloy wheels. The Driving Experience is one of very nimble steering and handling and a very responsive 2.0 Liter Dual Overhead cam 4 cylinder engine with 174hp. The car is balanced and impressive at all speeds, thanks to great suspension tuning and the aggressive 17 inch wheel and tire combo. A Honda CVT transmission operated pretty smooth and helps the Civic Sport use the engine in optimal engine efficiency while letting the Civic drive with a sporty, fun flair. I observed 34mpg in mixed , city and highway driving , typical of its compact

class. As good is this car is, it has a few drawbacks. The Interior, while roomy and comfortable, has marginal visibility out the back window. It has a backup camera, but it's still troublesome backing up. The dash has a good-looking design to it, but the plastic trim near the top is cheap looking. I think Honda can improve the braking feel and offer larger front and rear brakes as standard equipment, across the Civic line. But it's still comparable to other cars in its size and price range. Now, on to the bottom line. The Civic Sport, which is the most popular version of the car, had an as tested sticker price of

- 2020 Honda Civic Sport 4 Door Sedan**
- Price:** \$23,180
- My Ratings (1-10 scale) Performance: 8
 - Styling: 8
 - Engine: 9
 - Transmission: 7
 - Handling: 8
 - Braking: 7
 - Fit and Finish: 8 Safety Features: 9
 - Value: 9
 - Overall Rating: 8

\$23,180. This includes infotainment, navigation, Honda Sense driving package (brake and steering assist), air conditioning, and automatic transmission. This is a solid deal if you don't mind haggling a bit. Priority Honda, located only Chesapeake , indicated that they are able to offer various discounts, over \$1500 on select models. I would put this at the top of my affordable new car shopping list.

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Tech. Sgt. Nathan Lipscomb

The Armed Forces Health Surveillance Branch is the central epidemiologic resource for the U.S. Armed Forces, conducting medical surveillance to protect those who serve our nation in uniform and allies who are critical to our national security interests.

How DHA monitors the spread of health outbreaks

By Armed Forces Health Surveillance Branch

The Defense Health Agency works as a combat support agency to the military services and Military Health System with epidemiology data that improves the health and readiness of all service members and their beneficiaries.

Here’s how the Armed Forces Health Surveillance Branch is supporting the coronavirus (COVID-19) outbreak.

HOW WE MONITOR

COVID-19 is a reportable medical event (RME) in the military. RMEs are medical conditions, such as measles, which when found in individuals, potentially impact larger groups of people. The tri-service reporting system for RMEs is the Disease Reporting System internet (DRSi). The Alert and Response Ops group within the Integrated Biosurveillance section of the AFHSB at DHA tracks and reports information about COVID-19 from DRSi daily.

AFHSB also conducts daily surveillance using the Electronic Surveillance System for the Early Notification of Community-based Epidemics (ESSENCE). The ESSENCE team developed a dashboard that monitors information from the electronic medical record to detect clinical activity suspicious or diagnostic of COVID-19 in beneficiary populations at all military treatment facilities. It also alerts public health professionals about potential disease outbreaks and epidemics so

appropriate countermeasures can be taken.

“The COVID-19 time-series graphs from ESSENCE are shared by combatant commands through the Joint Staff,” said Juan Ubiera, Chief, Integrated Biosurveillance. “AFHSB has also created a mailbox for questions related to the COVID-19 dashboard.”

The division’s Epidemiology and Analysis (E&A) section uses the Defense Medical Surveillance System to analyze medical encounter and other health care data, including data from outsourced care, to track disease trends. This allows E&A to produce regular reports, such as the weekly DoD Consolidated Influenza Surveillance Report.

“We are reviewing guidance from the U.S. Centers for Disease Control and Prevention and the World Health Organization to determine the feasibility and value of producing a weekly COVID-19 report that will add to the reports produced by the Integrated Biosurveillance team in the unlikely event that COVID-19 becomes widespread,” said Navy Cmdr. (Dr.) Shawn Clausen, AFHSB’s Epidemiology and Analysis Chief.

COVID-19 LAB TESTING KITS

AFHSB Global Emerging Infections Surveillance (GEIS) section is coordinating efforts with DoD and interagency partners to ensure DoD network labs can globally support detection and characterization of COVID-19 cases. GEIS currently funds ongoing surveillance efforts of animal markets on the Vietnam-China border and provides

laboratory support for detection of respiratory diseases throughout a global network.

GEIS has supported COVID-19 activities through coordination of guidance as well as reagent procurement and distribution of surveillance testing material across the Military Health System network.

As of March 5, the United States Army Medical Research Institute of Infectious Diseases (USAMRIID) had received and performed validation of surveillance reagents and observed no issues with performance.

Additionally, the reagents have been shipped to GEIS-supported laboratories including Naval Medical Research Units (NAMRU) in the Middle East, Southeast Asia, and South America; Armed Forces Research Institute of Medical Sciences (AFRIMS); U.S. Army Medical Research Directorate-Africa (including associated test sites in Uganda and Tanzania); USMRD – Georgia; Landstuhl Regional Medical Center (LRMC), U.S. Naval Health Research Center; and U.S. Air Force School of Aerospace Medicine. Currently, all GEIS-supported laboratories, with the exception of NAMRU-3 sites in Egypt and Jordan, have received the test kits and are ready to provide surveillance support as requested.

These tests are molecular-based, COVID-19 detection assays that enable sample analysis and results in 4-6 hours. In addition, optimized Next-Generation Sequencing (NGS) assays are evaluated by the GEIS NGS consortium partners and shared with partner laboratories when available. Through this support, GEIS-funded laboratories in Southeast Asia and across the network continue to provide information and analytical laboratory support to the geographic combatant commands and countries in their region.

“Testing kits specifically procured through U.S. Army Medical Research Institute of Infectious Diseases (USAMRIID) are intended for surveillance use in DoD laboratories. The primers and probes, and protocols, for the USAMRIID testing kits are the same as the CDC Emergency Use Authorization assay; however, DoD labs are only to use the testing kits for nonclinical/surveillance testing,” said Navy Cmdr. (Dr.) Mark Scheckelhoff, who leads the Respiratory Infections focus area for AFHSB’s Global Emerging Infections Surveillance section.

INTERNATIONAL HEALTH SURVEILLANCE

Along with research, AFHSB concluded a NATO health surveillance collaboration meeting with international force health protection leaders March 11 at AFHSB headquarters in Silver Spring, Maryland.

“We recognize that there is a lack of robust information sharing for military partners in NATO,” said O. Sean Friendly, AFHSB’s chief of operations and administration. “Through this ‘Smart Defense’ process, we are trying to close that gap with a shared health surveillance.”

The purpose of the two-part meetings was to develop a concept for a shared international mapping capability, similar to that of DoD’s Health Surveillance Explorer.

“If this capability were already in place, we would be able to see how this recent health outbreak of COVID-19 is impacting the movement of military troops in our NATO partnership,” said Friendly. “An international map would allow us to see how public health outbreaks impact the movement, mission, and ability of our troops to be healthy.”

COVID-19: Impact on Festevents operations

From Norfolk FestEvents

NORFOLK

Norfolk Festevents Ltd. is closely monitoring the COVID-19 pandemic and its effects on large events. The Centers for Disease Control and Prevention (CDC) has urged organizations across the U.S. to cancel or postpone events with 50 or more attendees for the next eight weeks. Our utmost priority is the health of our guests, staff, and community. We will continue to implement preventative and safety measures in line with guidance from city, state, and national health authorities.

Currently, the following Festevents events have been postponed or canceled:

- Friends of Festevents Peter G. Decker, Jr. Golf Tournament (postponed, new date TBD)
- Friends of Festevents Gala (postponed, new date TBD)
- Chip & Sip Happy Hour Golf Experience (May 6 date postponed, new date

TBD) Harborfest Skippers Meeting (canceled, participants will be contacted directly by staff)

At this time, all other events produced by Norfolk Festevents remain scheduled as planned, but are subject to change.

The Norfolk Festevents office at 120 West Main Street is closed to public walk-ins until further notice. However, Norfolk Festevents will maintain normal business operations Monday-Friday from 9 a.m. to 5 p.m.

The following are several ways to stay in contact with us during this time:

- Call our office at (757) 441-2345
- If necessary, please leave a voicemail and we will call you back as soon as possible during normal hours of operation.
- Email us at festevents@festevents.org
- Send us a message on Facebook, Instagram, or Twitter, our social media handle is @Festevents
- Leave us a letter in the Mail Drop Slot in

our front office door located at 120 West Main Street, Norfolk.

Tickets remain on sale for our 2020 season of events at bit.ly/FesteventsTix. The 2020 season of events is subject to change. All tickets purchased will be honored at rescheduled dates, if an event were to be rescheduled. View a full schedule of the 2020 season of events at bit.ly/Festevents2020.



Courtesy photo



Rottentomatoes.com

coming to theaters

MULAN [PG-13]

When the Emperor of China issues a decree that one man per family must serve in the Imperial Army to defend the country from Northern invaders, Hua Mulan, the eldest daughter of an honored warrior, steps in to take the place of her ailing father. Masquerading as a man, Hua Jun, she is tested every step of the way and must harness her inner-strength and embrace her true potential. It is an epic journey that will transform her into an honored warrior and earn her the respect of a grateful nation ... and a proud father.

BANANA SPLIT [R]

April (Hannah Marks) has spent the last two years of high school in a relationship with Nick (Dylan Sprouse), from first frantic make-out session to final tear-stained breakup. In the aimless summer between graduation and college, the newly single April mends her heartbreak by striking up an unexpected friendship with an unlikely candidate: Nick's new girlfriend, Clara (Liana Liberato).

RESISTANCE [R]

Before he was the world-famous mime Marcel Marceau, he was Marcel Mangel, an aspiring Jewish actor who joined the French Resistance to save the lives of thousands of children orphaned at the hands of the Nazis. Jesse Eisenberg stars in this compelling drama about a group of unsung heroes who put themselves in harm's way to rise above

hatred and oppression during World War II. As a young man growing up in Nazi-occupied Europe, Marcel has no intention of getting involved in the war -- his pursuits include impersonating Charlie Chaplin in burlesque clubs, painting backdrops for his plays, and antagonizing his obstinate father. His life is thrown into upheaval when he is recruited into the French Resistance, putting his acting skills to the ultimate test in teaching orphaned Jewish children how to survive in the horrifying reality of the Holocaust. Based on the inspiring true story, RESISTANCE follows the revolutionary tale of a selfless act that would forever change countless lives.

VIVARIUM [NR]

Tom and Gemma (Jesse Eisenberg and Imogen Poots) are looking for the perfect home. When a strange real-estate agent takes them to Yonder, a mysterious suburban neighborhood of identical houses, Tom and Gemma can't leave quick enough. But when they try to exit the labyrinth-like housing development, each road takes them back to where they started. Soon, they realize their search for a dream home has plunged them into a terrifying nightmare, in this taut thriller filled with white-knuckle suspense.

LAZY SUSAN [R]

In Lazy Susan, Susan has always been the self-centered oddball in her family, who lazily skated through life with their grudging support until one day she wakes up to realize she's middle-aged with no job, no relationship, and an increasingly estranged family. She finally decides to take charge and turn things around, but never having done anything herself before, the struggle is real (and hilarious) as Susan becomes the woman she always wanted to be, all on her own.

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday | March 20
7 p.m. Sonic the Hedgehog [PG]

Saturday | March 21
1 p.m. Call of the wild [PG]
4 p.m. Sonic the Hedgehog [PG]
7 p.m. The Photograph [PG-13]

Sunday | March 22
1 p.m. Gretel & Hansel [R]
4 p.m. The Call of the wild [PG]
7 p.m. Birds of Prey [R]

NAS Oceana, Aero Theater – 433-2495

Friday | March 20
7 p.m. Sonic the Hedgehog [PG]

Saturday | March 21
12 p.m. The Call of the wild [PG]
3 p.m. Sonic the Hedgehog [PG]
6 p.m. Fantasy Island

Sunday | March 22
12 p.m. Sonic the Hedgehog [PG]
3 p.m. The Call of the wild [PG]
6 p.m. The Photograph [PG-13]

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

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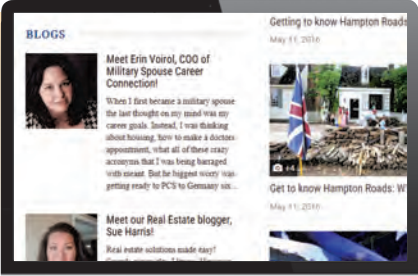
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Looking for fun, military friendly events for the whole family? Check out our events and calendar pages for all the military happenings.



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announcements

Announcements

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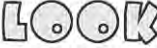
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