

The Flagship®

CORONAVIRUS PANDEMIC

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The hospital ship USNS Mercy (T-AH 19) departed Naval Station San Diego today, and is now underway to Los Angeles in support of the nation's COVID-19 response efforts.

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USNS Comfort (T-AH 20) returns to Naval Station Norfolk after a five month deployment, Nov. 15, 2019. Comfort worked with health and government partners in Central America, South America, and the Caribbean to provide care on the ship and at land-based medical sites, helping to relieve pressure on national medical systems, including those strained by an increase in cross-border migrants.

HOSPITAL SHIPS, OTHER DOD ASSETS PREPARE FOR CORONAVIRUS RESPONSE

By C. Todd Lopez
DoD News

WASHINGTON

Two Navy hospital ships will be part of the Defense Department's response to the coronavirus pandemic, the Pentagon's chief spokesman said.

The USNS Comfort and USNS Mercy are being prepared for deployment "as needed to assist potentially overwhelmed communities with acute patient care," Jonathan Rath Hoffman, assistant to the defense secretary for public affairs, said during a news conference today at the Penta-

gon. He was joined at the briefing by Air Force Brig. Gen. (Dr.) Paul Friedrichs, the Joint Staff surgeon.

The Comfort is now in Norfolk, Virginia, for maintenance, and the Navy has been asked to expedite that, Hoffman said, adding that it may take "a little while" for that

ship to be ready to go. It will go to New York when its maintenance is complete.

The Mercy is on the West Coast and is ready to go in "days, not weeks," he said, and where it will go will be determined when it's ready to sail.

Both ships face issues with manning, however. Friedrichs, said the ships would likely be manned with typical staffs of personnel trained for combat casualty care, rather than for dealing with a contagious disease like the coronavirus.

"Our understanding is that the intent is the ships will be used to take non-coronavirus patients, which is what our staffs are best assigned and organized to do," he

» See **PREPARE | A6**

Navy increasing health protection measures on installations to fight COVID 19

From Commander, Navy Installations Command Public Affairs

WASHINGTON

As part of the Navy's efforts to minimize the spread of Coronavirus, U.S. Fleet Forces Command has elevated its health protection measures to HPCON C (MINUS) for Navy installations in the 48 con-

tiguous U.S. States and Alaska March 20. Navy installations will continue to maintain fleet essential services such as security, port operations, air operations and emergency management through all HPCON levels.

HPCON C coincides with the Center for Disease Control and Prevention (CDC) warning level 3, which indicates sustained

community transmission. Most installations and Navy commands are already implementing the measures formalized by HPCON C (MINUS), such as strict hygiene (no handshaking, wipe common-use items); social distancing, postponing/canceling non-essential activities, and avoiding large groups of more than 10 people. If exposed, consult medical personnel and implement self-isolation per CDC guidelines.

The Navy is using alternate delivery methods for many of our services to safeguard our ability to continue to defend the homeland. For example, we are leveraging technology for services that can be provided by phone or teleconference. For services that must be conducted in person, we are pri-

oritizing mission essential functions by enforcing social distancing, emphasis on cleanliness, and protecting our personnel and at risk population.

The Navy's focus is three-fold: We must protect our people; maintain mission readiness; and support the whole-of-government effort.

The following new measures take effect immediately:

- Cancel unit and installation sponsored events and large public gatherings on installations.
- Issue instructions to personnel to avoid large public gatherings and practice social

» See **PROTECTION | A7**

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Ike, Truman conduct ops in Arabian Sea

USS Dwight D. Eisenhower (CVN 69) and USS Harry S. Truman (CVN 75) began dual carrier strike group and joint air wing operations with a B-52 Bomber from U.S. Air Forces Central Command.

» See **B1**



Deployed aircraft carriers conduct family member cross-deck visit

Sailors assigned to the aircraft carriers USS Harry S. Truman (CVN 75) and USS Dwight D. Eisenhower (CVN 69) executed a cross-deck evolution in the Arabian Sea March 18.

» See **B6**

Shelter finds homes for all

The adopted pets included 24 dogs, 23 cats and three guinea pigs. Most were from the Norfolk facility, but some came from a shelter in Newport News.

» See **C1**

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MCSN Ariana Torman
Hospitalman Thomas Lacey, right, and Hospitalman Mohammad Yassine, left, screen a patient in their car at Naval Medical Center Portsmouth's (NMCP) COVID-19 drive thru screening and triage site outside of NMCP's Emergency Department on March 20. NMCP implemented a new drive thru screening and triage site designed to relieve the patient flow through the Emergency Department and help mitigate the spread of COVID-19 in an open air environment.

NMCP implements screening car triage for COVID-19

From Naval Medical Center - Portsmouth Public Affairs

PORTSMOUTH, VA.
Naval Medical Center Portsmouth (NMCP) is implementing a car triage screening process in response to the Coronavirus 2019 (COVID-19) pandemic. This car triage will allow patients with respiratory illness symptoms (fever, cough, and shortness of breath), a history of travel, and believed exposure to COVID-19, to be

screened prior to entering the Emergency Department. The car triage will begin on March 20 from 10 a.m. to 7 p.m and will continue daily. NMCP may expand car triage hours based on NMCP's active duty military members and beneficiaries needs.
The car triage process is simple and efficient for NMCP patients. Those who are being evaluated for emergency conditions will proceed directly to the Emergency Department. Those who are seeking evaluation for flu-like illness or potential coronavirus

infection will be directed to an outdoor area where they will be checked in, triaged, evaluated and treated by a licensed provider all from the comfort and safety of their own vehicle. During the triage process, the providers will determine if further evaluation and testing is needed or if patients can proceed home for self-observation. The car triage is primarily a screening process to determine the right course of care for patients, not all patients will be tested.
As NMCP responds to the COVID-19 pandemic, we are implementing additional health protection measures to minimize foot traffic throughout the organization and help to mitigate the spread of infection, enabling us to better preserve the health and wellbeing of our patients and staff. NMCP

beneficiaries are additionally encouraged to call the COVID-19 Call Center, a screening advice line, at 757-953-6200 or to call/text the Military Health System Nurse Advice Line at 1-800-874-2273.
Like other respiratory infections, most cases of COVID-19 are mild and will usually resolve on its own, though it can become severe in some patients, specifically those with pre-existing or comorbid diseases. The NMCP car triage is to help those who are at high risk seek medical care. Patients who are without symptoms, exposure, or travel should stay home.
NMCP is committed to ensuring the high quality medical care for our active duty military members and beneficiaries we are honored to serve.

Navy Preventive Medicine teams embark ships in 7th Fleet

From U.S. 7th Fleet Public Affairs

SOUTH CHINA SEA
Members of Navy Forward-Deployed Preventive Medicine Units (FDPMU) and Naval Medical Research Center (NMRC) embarked several 7th Fleet ships March 14 to help combat the risk of and provide laboratory batch testing for COVID-19 aboard the ships.
Teams embarked on the amphibious assault ship USS America (LHA 6), the aircraft carrier USS Theodore Roosevelt (CVN 71), the U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) can batch test Sailors onboard who present with influenza-like symptoms, instead of only sending samples to be tested ashore.
Batch testing provides early warning that a COVID-19 case is onboard a ship but does not individually diagnose Sailors. If a batch were to test positive for COVID-19, the medical teams would take additional measures, such as isolating the Sailors whose samples were in the batch and, depending on their symptoms, potentially medically evacuating them off the ship to a shore facility for testing.
To date, no cases of COVID-19 have been diagnosed aboard any U.S. 7th Fleet Navy vessel.
"The team here in 7th Fleet has taken COVID-19 seriously from the beginning and has many public health measures already in place," said Capt. Christine Sears, U.S. 7th Fleet surgeon. "The FDPMU and NMRC

augmentation teams provide additional depth in our ability to combat this virus."
Teams embarked the ships to provide at-sea testing and to ensure the U.S. 7th Fleet operating forces are ready to combat a possible outbreak while maintaining mission readiness. The teams provide additional capabilities in addition to the U.S. 7th Fleet's isolation procedures.
The teams comprise a variety of specialized Navy Medicine personnel to ensure force health protection of the fleet and may include a microbiologist, medical laboratory technician, preventive medicine officer, and a preventive medicine technician.
"As a medical service corps microbiology officer, this embark gives us the chance to demonstrate some of our skillsets to the fleet, and what we bring to the fight," said Lt. Cmdr. Rebecca Pavlicek, Blue Ridge COVID-19 testing team lead. "This capability allows us, the Navy, to protect mission readiness and protection of our Sailors."
To ensure force health protection of the fleet, other medical specialties or logistical components can be scaled up or down to meet mission specific requirements in the mitigation, health surveillance, and casualty prevention.
"This is the most advanced laboratory capability that Navy Medicine has placed forward deployed," said Lt. Cmdr. Danett Bishop, leader and microbiologist for the preventative medicine team aboard America. "We can make force health decisions in real



MCSN Jonathan Berlier
Lt. Cmdr. Danett Bishop, from Hawthorn Woods, Illinois, tests respiratory samples in the biological safety lab of amphibious assault ship USS America (LHA 6).

time, enhancing the health of the crew while minimizing any potential outbreak of COVID-19."
The FDPMU teams aboard the USS America and the USS Blue Ridge are from Navy Environmental Preventative Medicine Unit 6 based out of Pearl Harbor, Hawaii, and work to facilitate and educate using preventive medicine practices and provide additional laboratory capabilities.
The team embarked with USS Theodore Roosevelt is assigned to the Naval Medical Research Center based in Silver Spring, Maryland.
Currently, the teams are only authorized to perform surveillance testing and not individual testing. This means that the results cannot be linked to a particular patient for diagnostics, but would enable the team to detect

COVID-19's presence on the ship based off of the results.
"Since we are performing surveillance testing, the results of COVID-19 present, or not present can help inform the force health protection posture and provide valuable insight for the senior medical officer and outbreak response team," said Pavlicek.
The teams are equipped with two testing capabilities, including the BioFire Film Array and the Step One RT-PCR System. The BioFire Film Array will test for a dozen different respiratory diseases, while the Step One RT-PCR System allow for complex COVID-19 tests at sea, if necessary.
As the U.S. Navy's largest forward-deployed fleet, 7th Fleet operates roughly 50-70 ships and submarines and 140 aircraft with approximately 20,000 Sailors.

Graduation ceremonies canceled until further notice

From Naval Education and Training Command Public Affairs

GREAT LAKES, ILL.
Naval Education and Training Command (NETC) announced March 19 that until further notice, all large-scale graduation ceremonies for Recruit Training Command (RTC), in Great Lakes, Illinois, and Officer Training Command (OTC), in Newport, Rhode Island, are suspended. The measure is intended to help protect the mission by limiting the spread of COVID-19.
Recruits, officer candidates and other students will continue to graduate, but these milestones will be marked by small, internal events that cannot be livestreamed.
The decision, based on recommendations from the Centers for Disease Control and Prevention and other medical professionals, is intended to support the well-being of students and staff, and to maintain RTC's mission-essential function of providing basically trained Sailors to the fleet.
Although graduation is an important symbolic event for Sailors and families, it is not essential for training.

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Chief of Chaplains provides COVID-19 mitigation guidance

From the Office of the Navy Chief of Information

WASHINGTON

The Navy Chief of Chaplains gave guidance to the Chaplain Corps to mitigate 2019 novel coronavirus disease (COVID19) while continuing to provide for the religious needs of the fleet, March 18, 2020.

Chaplaincy is expected to meet with their commanders to discuss the importance of religious ministries during crises as well as how to align their activities with their local Health Protection Condition Level.

“Chaplaincy and Religious Program Specialists at all levels must find creative ways to minimize risk while continuing to serve their shipmates,” said Rear Adm. Brent W. Scott, Chief of Chaplains. “It is during times like these that the mission of the Chaplain Corps is most vital.”

Religious Ministry teams are further directed to:

- Assess the risk of their activities and day-to-day business
- Suspend the handling, serving, of sharing of food and refreshments in chapels until further notice
- Consult with their Religious Organization concerning any precautionary measure or ecclesiastical amendment
- Find creative ways of using social media platforms to communicate spiritual strength and encouragement to your entire region or installation

“I have the upmost confidence in your ability to navigate these rough water and to bring Religious Ministries to Sailors, Marines, Coast Guardsmen and their families during this turbulent time,” said Scott. “The peace and hope that you bring to this unique fight will help carry the day.”



MC2 Juan S. Sua

Sailors assigned to Patrol Squadron (VP) 4 participate in a 1.5 mile run at Naval Air Station Whidbey Island, April 29, 2019, during the Navy's bi-annual physical readiness test (PRT) which consists of push-ups, sit-ups and a cardio event.

Navy cancels spring 2020 fitness cycle, delays advancement exams

From Chief of Naval Personnel Public Affairs

WASHINGTON

In response to Department of Defense efforts to contain the spread of COVID-19, the Navy announced the delay of the spring Navy Wide Advancement Exams with NAVADMIN 069/20 and the cancellation of the spring 2020 Physical Fitness Assessment Cycle in NAVADMIN 071/20, released March 17.

The messages were released March 17 and 18 respectively.

The measures were taken to limit exposure of Navy personnel to the coronavirus by following guidance from Centers for Disease Control advising against large gatherings of people.

“With these exam date changes, the Navy Advancement Center (NAC) is focused on making sure no Sailor is disadvantaged in the advancements processes,” said Tom Updike, deputy director of the NAC.

All enlisted advancement exams scheduled to be administered after March 17 are now rescheduled with the following administration dates:

- **May, 21, 2020** – Cycle 247 (E-4 only) Active Duty and Full-Time Support (FTS) regular NWAEs
- **May 22, 2020** – Cycle 106 (E-4 through E-7) Selective Reserve (SELRES) NWAEs approved for late administration

on the first available drill weekend after this date

■ **June 12, 2020** – Cycle 247 (E-4 through E-6) final date to administer substitute exams

The rescheduled dates result in no change to the advancement candidate's final multiple score or eligibility requirements. Eligibility dates remain the same as listed in NAVADMIN 284/19, no new candidates will be added because of the delay.

The delay in testing also means there will also be a shift to the right of advancement results. E-4 through E-6 Total Force advancements as well as Selected Reserve and Full-Time Support E-7 Selection Board Eligibility are anticipated to be released in July 2020. Results will be heavily dependent on commands promptly processing and returning answer sheets.

Navy officials also cancelled the Spring PRT out of an abundance of caution to ensure COVID-19 does not spread further to Navy personnel.

“Ultimately, the intent of the Navy's PFA and the associated physical readiness standards are to maintain a baseline level of physical fitness for Sailors,” said Paul Rosen, acting director of the 21st Century Sailor Office, which oversees physical readiness policy for the Navy.

“This is a unique situation that calls for a unique response. We know the coronavirus is highly contagious, and unnecessarily

increasing the risk of infection due to the close physical proximity required to complete the PFA is not in the best interest of our Sailors or our overall mission readiness.”

Commands that have already begun or completed the official PFA testing should stop immediately and take no further action in Physical Readiness Information Management System. Commands that have not started the PFA should not enter any data in PRIMIS for Cycle 1 2020.

Commands are also directed to stop all organized or group physical training until further notice. This includes the Fitness Enhancement Program.

Sailors with a Soft End of Active Obligated Service before July 30 who are ineligible for retention or cannot submit a Career Waypoint application to reenlist because of PFA failures are eligible for a one-time extension, the message states.

A commanding officer's recommendation is required for the extension, which can't go beyond Sept. 30, 2020.

Additionally, all Navy commands are directed to immediately suspend all organized or group physical training, to include the Fitness Enhancement Program, until further notice.

Sailors not expecting not to participate in the spring Physical Readiness Test because they scored an excellent low or better on the fall 2019 PRT, will be required to participate this fall.

That's because NAVADMIN 141/17 states such exemptions are only valid for the following cycle only.

Sailors should be prepared to complete their PFA in the fall cycle.

More information is available in NAVADMIN 069/20 and NAVADMIN 071/20.



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PCS on hold? Why you might want to visit legal now

By **Cmdr. John Bauer**
Chief of Naval Personnel Legal Office

WASHINGTON

Sailors waiting out the 60-day hold on Permanent Change of Station moves should consult their local Legal Assistance Office before notifying a landlord of intent to terminate their lease or even if they need to negotiate an extension.

In situations like this, Congress has given military members wide ranging protections under a 2003 law known as the Servicemembers Civil Relief Act.

Known as the SCRA, the law’s legal reach protects service members when signing rental agreements or negotiating credit card rates as well as postpones mortgage foreclosure and some civil judicial proceedings for those on active duty in the military.

This is important because once the travel ban is lifted and Sailors are given adjusted transfer dates, there are situations where they could lose some or all of their SCRA lease termination protection if they don’t handle things correctly up front.

For example, Sailors should be aware if they negotiate a lease extension while in receipt of PCS orders -- even if the orders are subsequently modified -- they risk jeopardizing their lease termination protections under the act.

So, if you have received, or are expecting to receive, PCS orders and have not yet terminated your current lease, you should consider waiting until the Navy lifts the stop-movement order and reauthorizes PCS moves. Even once the travel ban is lifted, it may take some time to turn your move back on.

However, if you have already requested an early lease termination under the SCRA, seek immediate from your Legal Assistance Office in contacting your landlord to request a voluntary lease extension.

Any agreement to re-let or extend a lease, however, should be written and signed by both you and your landlord with specific language that protects you from losing SCRA protections.

If your landlord won’t give the extension, it’s not the end of the world, but you may have to relocate on an interim basis.

Under Joint Travel Regulation Section 051904(b), a short-distance move may be authorized when vacating local private-sector housing because of an involuntary tour extension. You could also contact the local transportation office to request the short-distance household goods move allowed in Chapter 5 of the same travel regulations.



MC3 Jack D. Aistrup
Retail Services Specialist Seaman Dwight Redwood, back, cuts hair in the barber shop of the guided-missile destroyer USS Farragut (DDG 99), Dec. 30, 2019.

Navy authorizes COs to relax some grooming standards if necessary

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

WASHINGTON

The Navy has given commanding officers discretion to temporarily relax grooming standards for men’s and women’s hair length, but only if those COs believe the move is necessary to maintain proper social distancing guidelines and limit Sailor exposure to the coronavirus.

According to NAVADMIN 073/20, the policy only applies to hair length. It does not apply to existing rules regarding sideburns, hair styles and facial hair shaving requirements.

“Commanding officers may allow for additional hair length and bulk on the sides, top and back of the head, Vice

Adm. John B. Nowell, the chief of naval personnel said in the message.

“At no time will relaxed grooming interfere with the proper wearing of Navy head gear, nor present an unprofessional appearance in uniform.”

Head gear, the message said, applies to the proper use of protective personal equipment such as helmets, masks and protective hoods.

“Good judgement of leaders at all levels of the chain of command is required to ensure all possible COVID-19 precautions are being taken and grooming standards maintain the desired image of the Navy and its Sailors,” Nowell said.

Navy Exchange Barber and Beauty Shops will remain open for now, subject to each individual installation com-

manding officer’s guidance.

While open, shops will limit the number of customers in the shop at any one time to maximize social distancing.

Those efforts will be in addition to the normal sanitation procedures NEX Barber and Beauty Shops must follow as directed by the Navy’s Bureau of Medicine and Surgery.

These every-day requirements include routine cleaning and disinfecting of tools, and implements as well as surface areas with antibacterial cleaner.

Tools that actually touch customers, such as combs, brushes, shears, and clippers must be cleaned after each use. In addition, barbers and beauticians must wash their hand with soap and water for at least 20 seconds between customers.

Shipboard barbershops will continue operate under rules put out by their commanding officer or type commander.

Regardless if aboard ship or ashore, Sailors are reminded to take measures to minimize their exposure to the coronavirus when visiting or selecting any military or civilian barber shop or beauty salon for their grooming needs.



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MC2 Carter Denton
Chief Hospital Corpsman Joyce Layug, assigned to Naval Hospital Pensacola (NHP), is capped by fellow chiefs during a chief petty officer pinning ceremony at the National Naval Aviation Museum. Among those pinned, four Chiefs are assigned to NHP.

Navy postpones selection boards

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

WASHINGTON

Efforts to prevent the spread of the coronavirus has led the Navy’s top personnel officer to suspend all selection boards until further notice.

The decision was announced in NAVADMIN 072/20 on March 18 as a further precaution “to protect the health and safety of our force,” Vice Adm. John B. Nowell, the Navy’s chief of personnel, said in the message.

The suspension affects all officer and

enlisted selection boards that were set to convene at Navy Personnel Command on or after March 24. This includes promotion, advancement, milestone and any other selection boards.

The suspension of boards was done to reduce the unnecessary risk of official travel to Millington, Tenn. where boards convene as well as limit large groups of Sailors working in close proximity to one another.

Once boards are again greenlighted “we anticipate it will generally follow the original selection board sequence,” Nowell

wrote.

“As the COVID-19 situation evolves, NPC will refine the board schedule and will promulgate additional guidance that ensures no eligible Sailor is disadvantaged by this action.”

All originally published requirements for enlisted advancement eligibility or officer promotion zones will apply to the rescheduled boards. This means only those eligible for the original board based on original board convening schedule will be considered. No additional candidates will be added.

Letters to any officer or enlisted board are still due by the originally scheduled date. These will be maintained at NPC until that member’s board meets.

Any enlisted Sailor with a high-year tenure date falling between July 1 and Nov. 30 can request a high-tenure waiver through Dec. 31 to remain selection board eligible. This applies to the Active Duty E-7, 8 and 9 as well as the Selected Reserve and Full-Time Support E-7 boards.

Once board season resumes, policy is being developed to ensure retroactive dates of rank can be set and allowances for back pay made, if necessary, after board results are eventually approved or confirmed by the Senate, ensuring no Sailor is disadvantaged by the delay.

NCIS: Beware of Coronavirus-themed scams

From Naval Criminal Investigative Service Public Affairs

QUANTICO, VA.

The novel coronavirus pandemic presents an opportunity for malicious actors to conduct spearphishing campaigns, financial scams, and disinformation campaigns via social media to collect sensitive information, steal money via fake donation websites, spread false information, and deliver malware to victims.

Several spearphishing campaigns since January have falsely represented various healthcare organizations, including the U.S. Centers for Disease Control and Pre-

vention and the World Health Organization. In many cases, victims receive coronavirus-themed emails requesting the victim to open an attachment or click on a link to obtain details about the coronavirus. Once a victim clicks on the attachment or link, they are directed to a malicious website requesting the victim to enter login credentials.

Law enforcement agencies have observed campaigns wherein victims received hoax emails from what appear to be the CDC requesting donations via Bitcoin in response to the coronavirus pandemic. Agencies also observed in February a

spearphishing campaign targeting Japan-based Internet users with emails that appeared to provide information relating to coronavirus prevention. The emails included malicious Microsoft Office files that upon opening would initiate the download of a sophisticated Trojan known as Emotet.

U.S. officials have released statements advising Russia is likely behind coronavirus disinformation campaigns that are being spread via social media. Reports indicate thousands of Twitter, Facebook, and Instagram accounts have been used to spread false information about the coronavirus pandemic.

Although there is no evidence that the Department of the Navy has been targeted, NCIS urges DON personnel to remain vigilant and use the following best practices to identify and avoid online scams:

- Use complex passwords, use different

passwords for different services, and change passwords often.

- Go directly to a trustworthy website for information rather than clicking on email attachments, links, or pop-ups.

- Double-check a website address prior to typing it in as scammers typically slightly alter URLs so they closely resemble a legitimate URL.

- Do not enter sensitive data such as username and password into websites that do not typically ask for it.

- Use multi-factor authentication whenever possible.

- Check for spelling and grammatical errors within the contents of emails or suspicious websites.

- Keep systems updated and running antivirus software.

If you have been targeted with this scam, please report it to NCIS using the NCIS Tips app or at www.ncis.navy.mil.

Navy Exchange suspends all in-store vendor and sales events

From Navy Exchange Service Command Public Affairs

NORFOLK

Navy Exchange Service Command (NEXCOM) suspended all in-store vendor and sales events, March 19, including the “ONE DAY SALE” scheduled for March 21 at Navy Exchange (NEX) locations worldwide.

NEXCOM is committed to taking every measure possible to protect the health of our force and the suspension of in-store vendor and sales events will remain until May 11.

“This decision was made in an abundance of caution to encourage CDC social distancing recommendations and ensure the health and safety of our patrons,” said Rear Adm (Ret.) Robert J. Bianchi, CEO of Navy Exchange Service Command. “Please be aware, you may continue to see and receive printed NEX sales flyers until March 29, as flyers were created 8-10 weeks ago. Due to this long lead time, some of the items in the flyers may fall under the two item limitation policy. we ask for your understanding during

this time.”

During the suspension all special sales prices both in-store and online will be honored by the NEX and all purchases made on myNavyExchange.com will receive free standard shipping.

All NEX stores will remain open for business, although some will operate on restricted hours and have implemented occupancy limitations. Closures, occupancy limitations and hours of operation will be listed on the individual store’s Facebook page and on myNavyExchange.com.

NEXCOM is diligently working with vendors and military resale partners, through the Joint Buying Alliance, to procure essential products. and all NEX stores have now limited purchase quantities of certain products to ensure availability to the maximum number of patrons.

NEXCOM is committed to taking every measure possible to protect the health of our force, their families, and our patrons. For questions regarding your NEX please contact 877-810-9030 or 001-877-432-1736 from overseas.

NEXCOM closes barber, beauty shops in response to COVID-19

From Navy Exchange Service Command Public Affairs

NORFOLK

On March 23, in response to the COVID-19 outbreak, the Chief Executive Officer of Navy Exchange Service Command (NEXCOM) directed the closure of all NEX Barber and Beauty Shops, with the exception of Recruit Training Command in Great Lakes, Ill.

All NEX Barber and Beauty shops are directed to close within 24 hours of the NEXCOM’s directive and these closures include all NEX Barber and Beauty shops worldwide. The barber shop at RTC will remain open to ensure U.S. Navy recruits continue to have access to haircuts.

NEX Barber and Beauty shops will remain closed for 14 days, or until further notice.

NEXCOM will follow OPM and DoD guidance for our personnel, which places all impacted associates on “Administrative Leave” status for a period of 14 days. Per our current policy, all associates will be paid the

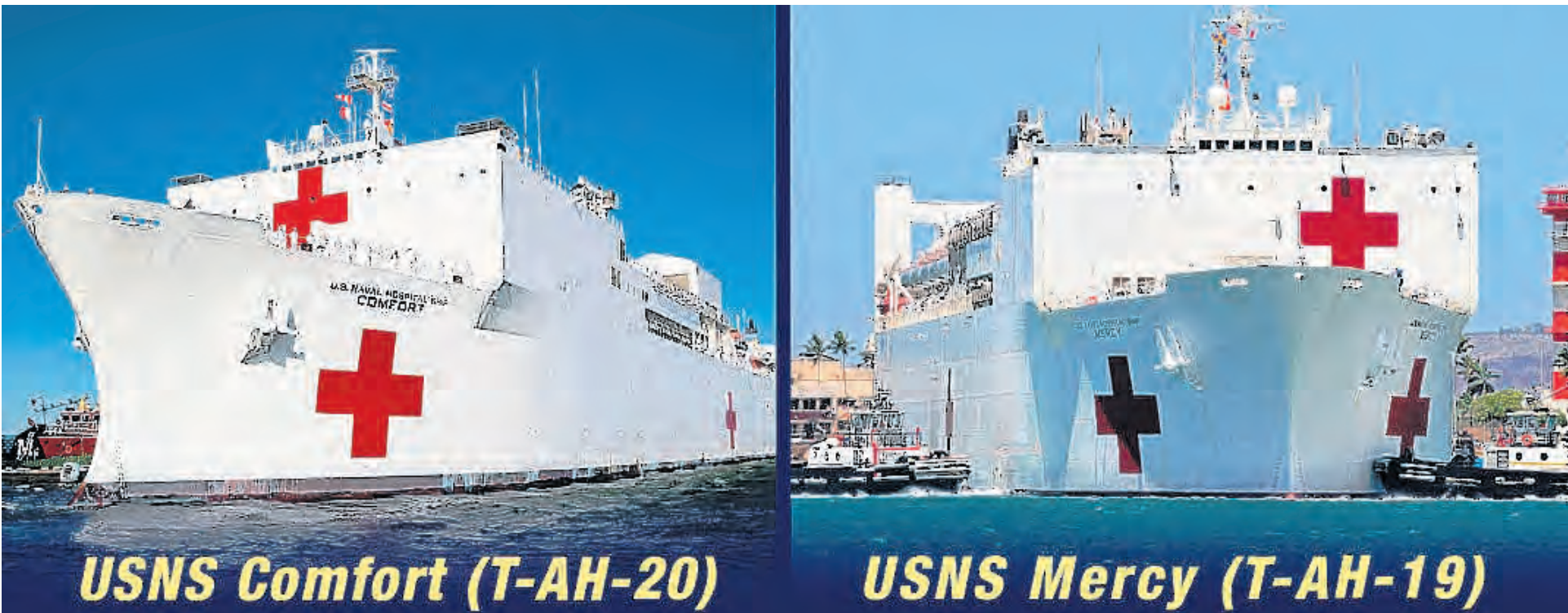
prevailing rate wage for this 14 day period.

“At NEXCOM, we will continue to strictly follow all guidance set forth by the Center for Disease Control and Prevention for the safety and care of our patrons and associates alike,” said Rear Adm. (Ret.) Robert J. Bianchi, chief executive officer of NEXCOM. “Therefore, based on the close-proximity amid the shops’ working conditions and the recent NAVADMIN, I believe that this will help ensure recommended social distancing standards and protect our Sailors, civilians, NEX associates, and their families.”

The decision to close the NEX Barber and Beauty Shops was made following the release of the NAVADMIN 073/20, temporarily relaxing hair grooming standards.

NEXCOM is committed to taking every measure possible to protect the health of our force, their families, and our patrons. For questions regarding your NEX, please contact 877-810-9030 or 001-877-432-1736 from overseas.

For questions, contact NEXCOM Public Affairs at 757-631-3439.



USNS Comfort (T-AH-20)

USNS Mercy (T-AH-19)

HOSPITALS + AT SEA

MISSION

The two Mercy-class hospital ships have become prime assets in the Navy's efforts to provide humanitarian assistance and disaster relief. Military Sealift Command Hospital Ships are being deployed in support of the nation's COVID-19 response efforts. Ships will treat non-COVID-19 patients which will allow local health professionals to further focus on treating COVID-19 patients.

THE BASICS ► BOTH SHIPS



Length: 894 feet
Beam: 106 feet
Draft: 32 feet
Displacement (full): 70K metric tons
Speed: 12 knots

Both ships can staff up to



1200
MEDICAL PERSONNEL

And also
have capabilities
& equipment
comparable to a
MODERN HOSPITAL
A S H O R E



Maintain up to
5000
UNITS OF
BLOOD



Inside Each Ship



ONE
CT SCANNER



FOUR
RADIOLOGY
SUITES



TWELVE
OPERATING
ROOMS



1000
PATIENT BEDS



ONE
ISOLATION
WARD



EIGHTY
INTENSIVE
CARE BEDS

Operating Status & Crew

When not deployed, each ship is kept in reduced operating status. Comfort in Norfolk, Virginia, and Mercy in San Diego.

In full operating status, both ships are navigated and maintained by a crew of

UP TO **1200** MEDICAL STAFF
AND **71** CIVIL SERVICE MARINERS

For more information go to: www.navy.mil/covid19

Revised March 23, 2020

Luke Lamborn

PREPARE | Defense Department has put active duty medical units on alert

Continued from A1 said.

Defense Secretary Dr. Mark T. Esper suggested yesterday that one role for military medical professionals in regard to

coronavirus response would be to take non-coronavirus patient care off of the hands of civilian hospital staffs so that those staffs could instead deal with coronavirus patients. Military medical personnel, and military medical facilities are geared more toward trauma care than dealing with contagious patients, he said.

The Defense Department has also put a number of active duty medical units on alert. That includes different types of units, Friedrichs said. "Right now, what we are

trying to do is make sure we have a range of options available to meet the requests that may come to us from [the Department of Health and Human Services] and from communities."

Altogether, Friedrichs said, enough units have been put on alert to provide 1,000 beds, a number that doesn't include those on the Navy's hospital ships.

DOD has a variety of deployable medical units it could draw on to provide those 1,000 beds, Friedrichs said, including Air

Force Expeditionary Medical System units that can be transported rapidly on aircraft; the Army's much larger Combat Support Hospitals, which can also be deployed by air or over the ground; Army field hospitals; and Navy Expeditionary Medical Facilities.

Hoffman also said that as of 5 a.m. today, 49 military personnel, 14 civilian employees, 19 military family members and seven contractors had confirmed cases of coronavirus.



MC1 David Mora
Rear Adm. Timothy Weber, commander of Naval Medical Forces Pacific, speaks to members of the press before the Military Sealift Command hospital ship USNS Mercy (T-AH 19) departs Naval Base San Diego, March 23, 2020. Mercy deployed in support of the nation's COVID-19 response efforts, and will serve as a referral hospital for non-COVID-19 patients currently admitted to shore-based hospitals. This allows shore base hospitals to focus their efforts on COVID-19 cases. One of the Department of Defense's missions is Defense Support of Civil Authorities. DOD is supporting the Federal Emergency Management Agency, the lead federal agency, as well as state, local and public health authorities in helping protect the health and safety of the American people.

USNS MERCY DEPARTS SAN DIEGO

By MC2 Jessica Paulauskas
Commander, U.S. 3rd Fleet Public Affairs

SAN DIEGO

The hospital ship USNS Mercy (T-AH 19) departed Naval Station San Diego today, and is now underway to Los Angeles in support of the nation's COVID-19 response efforts.

"This global crisis demands whole-of-government response, and we are ready to support," said Capt. John Rotruck, Mercy's Military Treatment Facility commanding officer. "Mercy brings a team of medical professionals, medical equip-

ment, and supplies, all of which will act, in essence, as a 'relief valve' for local civilian hospitals in Los Angeles so that local health professionals can better focus on COVID-19 cases. We will use our agility and responsiveness as an afloat Medical Treatment Facility to do what the country asks, and bring relief where we are needed most."

Mercy departed Naval Base San Diego with over 800 Navy medical personnel and support staff with the afloat medical treatment facility (MTF), and over 70 civil service mariners. The ship will serve as a

referral hospital for non-COVID-19 patients currently admitted to shore-based hospitals, and will provide a full spectrum of medical care to include general surgeries, critical care and ward care for adults. This will allow local health professionals to focus on treating COVID-19 patients and for shore-based hospitals to use their Intensive Care Units and ventilators for those patients.

Civil service mariners operate and navigate the ship, load and off-load mission cargo, assist with repairs to mission equipment and provide essential services to keep the MTF up and running.

Mercy's MTF is an embarked crew of medical personnel from the Navy's Bureau of Medicine and Surgery responsible for operating and maintaining one of the largest trauma facilities in the United States.

USNS Mercy's primary mission is to provide an afloat, mobile, acute surgical medical facility to the U.S. military that is

flexible, capable and uniquely adaptable to support expeditionary warfare. Mercy's secondary mission is to provide full hospital services to support U.S. disaster relief and humanitarian operations worldwide.

Mercy is the first of two Mercy-class hospital ships. A converted San Clemente-class supertanker, Mercy was delivered to the Navy's Military Sealift Command Nov. 8, 1986.

Military Sealift Command operates the ships which sustain our warfighting forces and deliver specialized maritime services in support of national security objectives in peace and war.

U.S. 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary for an effective global Navy. U.S. 3rd Fleet works in close coordination with U.S. 7th Fleet to provide commanders with capable, ready assets across the spectrum of military operations in the Indo-Pacific.

Telework increased for Reserve Sailors; Some admin requirements waived

From Commander, Navy Reserve Force Public Affairs

NORFOLK

As part of the ongoing efforts to minimize COVID-19 Coronavirus transmission, Commander, Navy Reserve Force (CNRF) is waiving several telework administrative requirements and increasing telework options for Reserve Sailors.

Per ALNAVRESFOR 009/20, the changes are to encourage liberal telework arrangements at all Reserve command levels to the maximum extent possible in order to provide Reserve Sailors opportunities to continue to complete annual drill point requirements.

"In order to help ensure our Reservists maintain readiness and get credit towards their 'good year,' we are making it significantly easier to telework," said CNRF Deputy Commander Rear Adm. John Schommer.

"Our intent is to provide maximum flexibility for our Selected Reserve (SELRES) Sailors and set them up for success during these challenging times."

According to Schommer, unit leadership, coordinating with Navy Reserve Activity (NRA) leadership, is directed to work with drilling Reservists to accommodate liberal completion of Inactive Duty Training (IDT) via telework.

To allow for drill points to still be accrued, the following telework administrative requirements listed under COMNAVRESFOR Instruction 1000.9A have been waived, effective immediately, through May 11 for all Reserve Force active duty, Full-Time Support and drilling Reserve Sailors.

- Telework Fundamentals – Employee Training & Telework Fundamentals – Manager Training
- DD Form 2946, Telework Agreement

- NAVRES 1000/7, Telework Eligibility Checklist
- NAVRES 1000/8, Telework Request Form
- NAVPERS 1070/613, Administrative Remarks (Page 13)

Several tasks and training opportunities available for Reservists to complete while on telework include preparing for unit training, accomplishing unit administrative tasks such as writing evaluation and fitness reports, completing online General Military Training requirements, and other tasks as directed by unit leadership.

While many remote tasks are routine in nature for Reservists, Schommer wants Navy Reserve leaders to think outside the box to be able to complete drills away from Navy Reserve Activities.

"Of course, completing GMTs is second nature to us, and even doable over mobile devices through the R2S application, but be

creative," Schommer said. "Some medical check-ups can be done over the phone. Is your passport application complete? Look at your upcoming security clearance needs or maybe you can work on reenlistment, awards or high-year tenure documents. At a minimum, all Selected Reservists should be able to update their Page 2's and update their civilian skills-set, or their family emergency data, in the Navy Family Accountability and Assessment System (NFASS)."

As Reserve Sailors complete and record drills through the Navy Standard Integrated Personnel System (NSIPS) Electronic Drill Management (EDM), members are reminded to select the 'telework' dropdown option from the IDT menu.

Special instructions for unit telework mustering have been provided via the CNRF GovDelivery services. If unit leadership has not received the instructions, they should reach out to their higher echelon for instructions.

For the latest news and updates on the Navy Reserve COVID-19 response, visit the Navy Reserve Homeport at www.mynrh.navy.mil.

PROTECTION | Navy raises protection measures to HPCOM C (MINUS)

Continued from A1

distancing.

- Maximize telework plans for telework ready employees.
- Continue to approve leave and travel to and from the area on a case-by-case basis.
- Coordinate with state and local authorities to synchronize in-garrison self-monitoring guidance for personnel returning from higher risk locations.
- Assess travelers, in accordance with current guidance, upon arrival from other areas and inform them of any local monitoring and movement expectations.

- Evaluate operations at visitor control centers: utilize electronic means to the maximum extent possible to grant installation access. Discontinue waiting room utilization if social distancing cannot be maintained. If necessary, direct customers to secondary holding areas until called.
- All commands coordinate with contractors, vendors, delivery services, etc., to ensure their personnel are not performing services while sick or symptomatic

Every effort to limit COVID-19 exposure to the workforce should be implemented while balancing the mission requirements established by local commanders

The Department of Defense HPCON framework provides recommended force health protection guidance to safeguard personnel and promote mission assurance. The HPCON framework is:

HPCON 0: Routine: Normal operations. Maintain standard precautions such as routine hand washing, cough on sleeve, good diet, exercise, vaccinations, education, routine health alerts, and regular preparedness activities

HPCON A: Limited: Health Alert. Communicate risk and symptoms of health threat to installation; review plans and verify training, stocks, and posture; prepare to diagnose, isolate, and report new cases

HPCON B: Moderate: Strict hygiene (no handshaking, wipe common-use items); if exposed, self-isolate (wear mask or remain

home); avoid contaminated water/food or risk area; vector control if applicable

HPCON C: Substantial: Social distancing (limit or cancel in-person meetings, gatherings, temporary duty assignments); shelter in-place indoors; utilize respirators; mass distribution of medical counter measures.

HPCON D: Severe: Restriction of movement (e.g., quarantine).

HPCON C (MINUS) implements all actions of HPCON A and B and many elements of HPCON C. At this time, base remain open and the Navy is not conducting medical screenings at entry control points.

CNIC oversees 10 regions and 71 installations located throughout the world that sustain the fleet, enable warfighters and support families.

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DoD tests hypersonic glide body

The Department of Defense successfully tested a hypersonic glide body in a flight experiment conducted from the Pacific Missile Range Facility, Kauai, Hawaii, March 19 at approximately 10:30 p.m..

See B4



MC1 Keith Simmons

The aircraft carriers USS Dwight D. Eisenhower (CVN 69), top, and USS Harry S. Truman (CVN 75) transit the Arabian Sea, March 18. 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.

IKE, TRUMAN CONDUCT DUAL CARRIER, JOINT AIR WING OPS IN ARABIAN SEA

From NAVCENT Public Affairs

MANAMA, BAHRAIN

USS Dwight D. Eisenhower (CVN 69) and USS Harry S. Truman (CVN 75) began dual carrier strike group and joint air wing operations with a B-52 Bomber from U.S. Air Forces Central Command in the Arabian Sea, March 18

The dual carrier operations integrated with B-52s represent the current combined

joint capability and interoperability to plan and conduct multi-task force operations in the U.S. Central Command area of responsibility. With the inherent maneuverability and the combined strike power of two aircraft carriers, the United States remains committed to the security and stability in the region, and is prepared to protect and defend our forces and partners, as needed.

“While we continue to take active steps

to prevent and mitigate the effects of the COVID-19 across the Middle East, Naval Forces operating in the region have suffered no impacts to readiness. We remain ready and focused to respond forcefully and decisively to any aggression,” said Vice Adm. Jim Malloy, Commander of U.S. Naval Forces Central Command. “Our two carrier strike groups have been laser-focused on readiness to defeat any threats to security in the region; planning

and training specifically against potential threats since June of 2019. While we do not and will not seek conflict at sea, we have never been better postured and more thoroughly prepared to response to it with overwhelming force.”

The seamless integration of naval and air commands builds a common tactical picture linking dozens of ships and aircraft to ensure the freedom of navigation and free flow of commerce, as well as provide the combatant commander significant striking power for contingency operations.

Malloy said, “We will continue to synchronize air operations, strike and combat-training with the Air Component Commander and the robust forces he now has at his disposal – as steel sharpens steel.”



MC1 Gary Prill/MC1 Gary Prill

Lt. Scott “Gameday” Gallagher lands an F/A-18F Super Hornet, attached to “Blue Blasters” of Strike Fighter Squadron (VFA) 34, for the 1,000th trap on USS Gerald R. Ford’s (CVN 78) flight deck during flight operations. Ford is currently underway conducting its flight deck and combat air traffic control center certifications.

USS Gerald R. Ford achieves 1000th aircraft arrestment, launch

By MC2 Ryan Seelbach
USS Gerald R. Ford Public Affairs

ATLANTIC OCEAN

An F/A-18E Super Hornet, attached to “Blue Blasters” of Strike Fighter Squadron (VFA) 34, landed aboard USS Gerald R. Ford’s (CVN 78) flight deck marking the 1,000th recovery of a fixed wing aircraft using Ford’s Advanced Arresting Gear (AAG) March 19, 2020 at 5:13 p.m.

Minutes later, the crew celebrated a

second milestone launching an F/A18 E Super Hornet attached to “Warhawks” of Strike Fighter Squadron (VFA) 97 from Ford’s Electromagnetic Aircraft Launch System (EMALS) catapults for the 1,000th time.

This significant milestone in the ship’s history began on July 28, 2017, with Ford’s first fixed wing recovery and launch using its first-in-class AAG and EMALS technologies.

Capt. J.J. “Yank” Cummings, Ford’s

commanding officer, explained how the entire Ford crew has worked together over the last few years to reach this achievement.

“I couldn’t be more proud of our crew, their motivation is amazing,” said Cummings. “We’ve been working extremely hard to get here today, and to see this 1,000th trap completely validates their efforts and the technology on this warship.”

Boasting the Navy’s first major design investment in aircraft carriers since the 1960s, Ford’s AAG and EMALS support greater launch and recovery energy requirements of future

Center for Seabees helps develop Seabee rate training app

From Center for Seabees and Facilities Engineering Public Affairs

PORT HUENEME, CALIF.

It’s easier than ever for Seabees to complete rate training for advancement.

Sailors in the seven Seabee rates can now download the Naval Construction Forces’ new Seabee Rate Training Manuals (RTM) App and study on the go, wherever they are in the world. They can download RTMs in PDF format, answer and score review questions, and enter completed courses directly into their Electronic Training Jacket by entering their DODID number.

Chief Steelworker Samuel Ruby of the Center for Seabees and Facilities Engineering, who led the development, testing, and release of the application, said the app was designed with the fleet in mind.

“We developed the app to give Seabees the ability to have a reference for studying for the advancement exam, 24/7, around the world, without needing a CAC enabled asset and without having to print massive files,” said Ruby.

Sailors can access the app without a CAC and once in, they can review course summaries, illustrations and glossaries, bookmarked content, set calendar reminders, find contact information for support, and send questions and comments to rating program managers using the in-app feedback form.

Ruby explained the app was tested in the Fleet and all feedback came back positive. The Sailors involved particularly like the ability to provide direct feedback and have an impact on training requirements that affect the future of their rates.

The app is part of CSFE’s Technology Infusion into Training initiative, which strives to leverage and apply modern learning methods and management technologies to enhance the delivery of training. The app was designed in coordination with the PMW 240 Sea Warrior Program and Tracen Technology and can be downloaded at the Google Play and Apple iTunes stores.

For more information on CSFE, visit www.netc.navy.mil/centers/csfe/ or follow CSFE on Facebook at <https://www.facebook.com/CSFEPH/>.

See FORD | B7



U.S. Air Force photo by Staff Sgt. Mary A. Andom
U.S. Air Force Master Sgt. Kathleen A. Myhre, 446th Airman and Family Readiness Center noncommissioned officer in charge, meditates outside the 446th Airlift Wing Headquarters building on Joint Base Lewis-McChord, Washington, Feb. 12, 2020.

Addressing emotional responses to threat of coronavirus

By Tim Hoyt, Ph.D.

While in graduate school, I was involved with some interesting research that examined students’ reactions to media coverage on the potential threat of a disease pandemic such as coronavirus. The study showed several interesting findings, including high rates of worry that family members would contract the disease or that treatment might not be available. We also found that negative emotions associated with an outbreak (such as worry, fear, or hostility) might result in ignoring precautions rather than taking positive actions to decrease risk of infection.

With mounting worry and fear about the current outbreak of coronavirus, it’s worth taking a pause to look at how to mitigate some of the emotional and behavioral effects that might come from media coverage and the threat of coronavirus.

Stay home if you’re sick – and even if you’re not. If you’re feeling sick, be responsible and isolate yourself at home. This will be a great opportunity to binge watch your favorite series. We all want to preserve our paid time off, but a few unproductive hours being sick at work likely won’t be worth potentially sharing a virus with your coworkers. Even if you’re feeling healthy, medical professionals recommend staying home and limiting social contact as much as possible since avoiding those who are sick is the best way to decrease transmission of viruses.

Coping with Isolation. In most of the country, school has been cancelled, religious services have been curtailed, and recreational venues have been closed. The result for many has been a sense of isolation and feeling cut off from friends, family, and coworkers. The most important way to cope with this type of isolation is to re-establish and stick to a regular routine. Even if you are “stuck” at home, you

can establish a regular schedule for activities, such as routine chores, reading a book, or exercise. Kids in particular benefit from a consistent schedule, to include time set aside for learning activities and a regular bedtime.

Limit media exposure. During events such as natural disasters, terrorist attacks, and pandemics, the 24-hour news cycle can create significant anxiety and pull attention away from consistent day-to-day tasks. The best option for news updates is to find a reliable source, and check it on a limited schedule.

Control what you can. Consistently practicing good habits is one of the best ways to deal with worry and anxiety. The most effective ways to decrease coronavirus risk are the things you learned as a child: 1) Wash your hands regularly with hot water and soap (if you sing the “happy birthday” song while you do it, then you are washing long enough); 2) Prevent spreading viruses by coughing into the crook of your elbow; 3) Decrease likelihood of contracting a virus by not touching your face. Focusing on these basics will give you a better sense of control over your risk of infection.

Decreasing anxiety in others. During the 2009 H1N1 swine flu pandemic, I had small children who had risk of infection. Rather than anxiously chasing them around with a bottle of hand sanitizer, my wife and I made a game of making pig noises with the kids while practicing good hand washing. This ensured that we were creating good habits without focusing on the anxiety of our kids getting sick.

What’s with the facemask? One of the interesting effects of anxiety about coronavirus has been buying and wearing surgical masks. Although these might seem like a tangible and visible step to decrease risk, these masks won’t actually prevent you from catching the disease. The intent of a surgical

mask is to keep the person wearing the mask (such as your surgeon or dentist) from infecting other people. The only time you should wear a mask is if you are already sick and you want to decrease the likelihood that you will get other people sick. You also can increase your risk of infection if you are frequently touching your face to adjust an ill-fitting mask.

Get your info from reputable sources. Seeking information is a common way to cope with fearful situations. However, anxiety about the coronavirus has led to a lot of absurd myths being perpetuated from less-reputable sources. Any promises of a miracle cure for coronavirus involving essential oils, household chemicals, or herbal concoctions are inaccurate and frequently harmful. If you are worried about coronavirus and need more information, stick to these reputable sources with a scientific basis:

- Centers for Disease Control and Prevention
- World Health Organization
- Center for the Study of Traumatic Stress
- Occupational Safety and Health Administration
- Military Health System

Manage your anxiety symptoms. If after taking the steps above anxiety is still interfering with your daily activities, practice these tips from the Real Warriors Campaign to help manage symptoms:

- Prioritize sleep and aim to get seven to eight hours each night.
- Get active to boost your mood, reduce stress, and help improve your quality of sleep.
- Limit caffeine and alcohol which can reduce feelings of anxiety in the moment but increase fatigue and anxiety the next day.
- Reflect and relax by practicing breathing and relaxation techniques, such as meditation and yoga, or writing down your thoughts in a journal.

Dr. Hoyt is a former Army psychologist who is chief of Psychological Health Promotion and supervisor of the Combat and Operational Stress Control mission at the Psychological Health Center of Excellence.

Pondering Pandemonium

By Lisa Smith Molinari

By the time you read this, what I’ve written will be a mere time capsule — a frozen moment in our ever-changing sociological and physiological status. Columns are supposed to be timely, but with a new chronicle being made in hourly increments since the coronavirus outbreak, this week’s musing is bound to be old news. So, consider this a history lesson. A look back at “the olden days” of last week, when life was entirely different than it is today.

About a week ago, I was in at a Latin bar in Key West, in a conga line with my teenage daughter and a horde of sweaty strangers, dancing and laughing, entirely carefree. A few days later, the Governor of Florida announced the mandatory closure of all bars and restaurants across the state to combat the global coronavirus pandemic.

At the Key West airport, waiting for the flight home from our ill-timed mother-daughter spring break trip, I waffled between thoughts of cautious indignation and secret panic as news blared on an overhead television at the gate.

“Everyone must be overreacting,” I mumbled to my daughter, Lilly, with a dismissive huff. “I read that at least half a million people die of the flu every year, but over 95 percent of people infected with coronavirus

recover, so why should everything shut down?”

Lilly, who I had insisted wear gloves and a scarf over her mouth and nose while traveling, shrugged. A minute later, a woman nearby coughed. Lilly and I glanced anxiously at each other. With gloved hands, I pulled my own scarf up over my nose, my eyes darting suspiciously.

Was I overreacting, too?

My husband picked us up at the airport. On the way home, he updated us on the state of emergency in our area. “I’m working from home until further notice, your hours at the library have been cut, we have to pick up Anna from college because her classes are online for the rest of the semester, and we have exactly twelve and a half rolls of toilet paper left at the house.”

At home, we laughed about how ridiculous people were acting, but our underlying instincts told us to gather our family into the safety of our nest and hunker down.

The next day while imposing my own self-quarantine, my mind continued to waver between skepticism and dread over news reports. Between pity and pride in human beings. Between greed and gratitude for our personal belongings. Between confidence and concern over our finances.

Gun sales soared, stocks plummeted, schools closed, hospitals filled, death tolls

rose. Yet governments acted responsibly, citizens volunteered, an economic stimulus package was enacted, and random acts of kindness abounded.

By the end of the day, I needed a break from thinking about serious things. I’d cook a comforting home-cooked meal for my family, and we’d all watch a movie. For a couple of hours, we’d pretend like things were like they used to be.

While I had been in Key West, my husband had gone to the base commissary to stock up on “the essentials.” I opened the fridge to find two cheap frozen pizzas, sports drinks, a bag of oranges, a head of iceberg lettuce, salami, a loaf of bread, milk, eggs and various half-used condiments.

Ironically, the sparseness of our food supply made me suddenly realize what I’d taken for granted. I found a wrinkling yellow pepper and a red onion to spruce up the pizzas. The radishes and carrots in the back of the vegetable drawer were still good, so with a half-bottle of Italian dressing, I made a tossed salad, too.

I still wanted to believe that the pandemic was just an overreaction, but as my family ate, I knew that, real or not, this crisis would reset my values. I would be grateful for family, for neighbors, for the military, for healthcare workers, for my job at the library, for my hairdresser who covers my greys, for restaurants, for first responders, for wrinkled peppers, for frozen pizzas ... and yes, for twelve and a half rolls of toilet paper.

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Ready for the Fleet: Ford completes flight deck, CATCC certifications

From USS Gerald R. Ford (CVN 78) Public Affairs

ATLANTIC OCEAN

“Man all flight quarters stations!” These words were heard across every space on USS Gerald R. Ford (CVN 78) last week as she prepared to launch “cat” and recover “trap” aircraft from Carrier Air Wing EIGHT (CVW 8), in order to complete Flight Deck Certification (FDC) and Carrier Air Traffic Control Center (CATCC) Certification, Mar. 20.

Conducting flight operations is the key role of every aircraft carrier in support of the Navy’s mission to deter aggression and maintain freedom of the seas.

In order to certify Ford’s flight deck and carrier air traffic control center, the ship was required to complete a Precision Approach Landing Systems (PALS) certification, and conduct two consecutive days of flight operations with 50 day traps on day one, followed by 70 day traps and 40 night traps on day two. Together, the crews of Ford and CVW 8 exceeded those minimum requirements.

Over a two-day period, F/A-18E and F/A-18F Super Hornets from four squadrons assigned to CVW 8 conducted 123 day, and 42 night cats and traps aboard Ford to reach this milestone in Ford’s operational readiness.

“Our Sailors performed at a level that was on par with a forward deployed aircraft carrier, and this was a direct result of the hard core training and deployment ready mentality we have pushed every day for the past year,” said Capt. J. J. Cummings, Ford’s commanding officer. “Our team put their game faces on, stepped into the batter’s box and smashed line drives out of the park. It was fun to watch.”

Prior to FDC and CATCC certification, Ford received its PALS Mode IA and Mode II certification from Naval Air Warfare Center Aircraft Division (NAWCAD). PALS, through the assistance of air traffic controllers in CATCC, aids pilots as they execute night or bad weather landings, guiding pilots to a good starting position for ap-

proaches; and is a requirement for ships to conduct flight operations.

“PALS cert was a critical step to achieving our flight deck certification,” said Cmdr. Phil Brown, Ford’s air operations officer. “Our system performed really well during our approaches, and provided a solid level of confidence to NAWCAD in our ability to recover jets.”

The Ford CATCC team was not only essential to FDC, but was also required to complete a certification in concert with the flight deck certification.

Ford’s CATCC certification was the culmination of a three-phase process that began in October 2019 at the Naval Air Technical Training Center (NATTC) in Pensacola, Florida. Since then, NATTC instructors have been alongside Ford Sailors for every phase, testing their practical knowledge, reviewing their checklists, and observing their recovery operations.

According to Chief Air Traffic Controller Lavese McCray, Ford’s OC Division leading chief petty officer, the NATTC CATCC team trainer was an essential factor to Ford’s success.

“We had no rust to knock off,” said McCray. “We’ve tested and trained for so many operations that it made the [certification] scenarios look easy.”

The case III recovery scenario Ford completed during certification required aircraft to be stacked up behind the ship in 2 mile increments, in order to land on the flight deck every minute, a challenging task required of deployment-ready aircraft carriers. Ford was able to trap aircraft 55 seconds apart.

In its certification letter, Commander Naval Air Forces Atlantic (CNAL) inspectors provided shout-outs to the Sailors who performed exceptionally well during the certification.

“It was very apparent the entire CATCC team put forth a great deal of effort preparing for their CATCC certification,” the letter stated. “All CATCC functional areas were outstanding. Additionally, the leadership and expertise exhibited by the Air Operations Officer and his staff were extremely evident throughout the course of the entire



MC2 Ryan Seelbach
Aviation Boatswain’s Mate (Handling) Airman Christopher Nardelli, from New York, assigned to USS Gerald R. Ford’s (CVN 78) air department, arranges the “ouioui board” in Ford’s flight deck control, during flight operations in the Atlantic Ocean, March 22, 2020.

week.”
Air Traffic Controller First Class Scott Torres, Ford’s CATCC chief, was recognized in the certification letter for his accomplishments, and shared the credit with his teammates in air department, noting that the certification was a group effort.

“Our success was a testament to air department, and their ability to quickly move aircraft from catapults to arrestments,” said Torres. “The cert is about safety and efficiency, and their efficiency was really high.”

The human element critical to FDC is the relationship between ship’s company and the air wing in the “black top ballet” of flight deck operations. During hours-long evolutions, the teams work together to communicate pilots’ status, their requirements, and provide them services.

CNAL’s Handler evaluated how well the teams were able to work together to taxi and park aircraft on the flight deck, and to stack them up behind catapults for take-off. According to Capt. Joshua Sager, CVW 8 commander, and the first pilot to land onboard Ford to commence FDC on day one, the crews of Ford and CVW 8 worked together seamlessly.

“From the controllers and flight deck

crews, to the catapult and arresting gear teams, this ship demonstrated a level of professional competence that rivals any of her peers,” said Sager. “I truly look forward to further air wing integration in the coming at-sea periods.”

Lt. Cmdr. Rodney King, Ford’s Handler, credited the crew’s smooth operations to the training they conducted leading up to certification.

“You’re only as good as your last move,” said King. “You have to stay two steps ahead of the briefed plan, and we did a lot of training, so I had no doubt they’d be successful.”

The completion of FDC and CATCC certification marks another first for Ford. She is now ready to give back to the fleet, as the only carrier qualification asset regularly available on the east coast this year.

“Over the past two days, the Ford and Carrier Air Wing EIGHT teams made incredible strides forward for the Naval Aviation Enterprise,” concluded Sager. “Flying night sorties aboard the Ford felt exactly the same as previous experiences I’ve had while deployed on seasoned Nimitz-class carriers, and I’m so proud to have been a part of the flight deck certification of Ford.”

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POP



U.S. Navy photo

A common hypersonic glide body (C-HGB) launches from Pacific Missile Range Facility, Kauai, Hawaii, at approximately 10:30 p.m. local time, March 19, 2020, during a Department of Defense flight experiment. The U.S. Navy and U.S. Army jointly executed the launch of the C-HGB, which flew at hypersonic speed to a designated impact point. Concurrently, the Missile Defense Agency (MDA) monitored and gathered tracking data from the flight experiment that will inform its ongoing development of systems designed to defend against adversary hypersonic weapons. Information gathered from this and future experiments will further inform DOD’s hypersonic technology development. The department is working in collaboration with industry and academia to field hypersonic warfighting capabilities in the early- to mid-2020s.

Department of Defense tests hypersonic glide body

From Department of Defense Public Affairs

WASHINGTON

The Department of Defense successfully tested a hypersonic glide body in a flight experiment conducted from the Pacific Missile Range Facility, Kauai, Hawaii, March 19 at approximately 10:30 p.m. local time (HST).

The U.S. Navy and U.S. Army jointly executed the launch of a common hypersonic glide body (C-HGB), which flew at hypersonic speed to a designated impact point.

Concurrently, the Missile Defense Agency (MDA) monitored and gathered tracking data from the flight experiment that will inform its ongoing development of systems designed to defend against adversary hypersonic weapons.

Information gathered from this and future experiments will further inform DOD’s

hypersonic technology development, and this event is a major milestone towards the department’s goal of fielding hypersonic warfighting capabilities in the early- to mid-2020s.

“This test builds on the success we had with Flight Experiment 1 in October 2017, in which our C-HGB achieved sustained hypersonic glide at our target distances,” said Vice Adm. Johnny R. Wolfe, Director, Navy’s Strategic Systems Programs, which is the lead designer for the C-HGB. “In this test we put additional stresses on the system and it was able to handle them all, due to the phenomenal expertise of our top notch team of individuals from across government, industry and academia. Today we validated our design and are now ready to move to the next phase towards fielding a hypersonic strike capability.”

Hypersonic weapons, capable of flying at speeds greater than five times the speed of sound (Mach 5), are highly maneuverable

and operate at varying altitudes. This provides the warfighter with an ability to strike targets hundreds and even thousands of miles away, in a matter of minutes, to defeat a wide range of high-value targets. Delivering hypersonic weapons is one of the department’s highest technical research and engineering priorities.

“This test was a critical step in rapidly delivering operational hypersonic capabilities to our warfighters in support of the National Defense Strategy,” said U.S. Army LTG L. Neil Thurgood, Director of Hypersonics, Directed Energy, Space and Rapid Acquisition, whose office is leading the Army’s Long Range Hypersonic Weapon program and joint C-HGB production. “We successfully executed a mission consistent with how we can apply this capability in the future. The joint team did a tremendous job in executing this test, and we will continue to move aggressively to get prototypes to the field.”

The C-HGB – when fully fielded – will comprise the weapon’s conventional warhead, guidance system, cabling, and thermal protection shield. The Navy and Army are working closely with industry to develop the C-HGB with Navy as the lead de-

signer, and Army as the lead for production. Each service will use the C-HGB, while developing individual weapon systems and launchers tailored for launch from sea or land.

The similarities in hypersonic weapon design for sea and land variants provide economies of scale for future production as we build the U.S. hypersonics industrial base.

“Hypersonic systems deliver transformational warfighting capability,” said Mr. Mike White, Assistant Director, Hypersonics, OUSD Research and Engineering (Modernization). “The glide body tested today is now ready for transition to Army and Navy weapon system development efforts and is one of several applications of hypersonic technology underway across the Department. These capabilities help ensure that our warfighters will maintain the battlefield dominance necessary to deter, and if necessary, defeat any future adversary.”

Additionally, MDA is working closely with Army and Navy in sharing data that will inform their development of enhanced capabilities for a layered hypersonic defense to support warfighter need and outpace the adversary threat.

Cause Mapping course allows staff to map safer solutions

By Leslie Tomaino
Naval Safety Center Public Affairs

NORFOLK

The Naval Safety and Environmental Training Center and Naval Safety Center (NAVSAFECEN) Mishap Investigations Team cohosted a Cause Mapping course March 3-5. Cause Mapping is a systems approach to cause analysis to provide a visualization of cause and effect relationships.

The course allowed participants to find solutions by breaking various problems into their causes to identify different solutions. Breaking processes into its steps helps to identify where solutions apply, clearly document and communicate problems and processes.

“This course and its methodology provide a consistent approach to investigating and preventing a wide array of problems,” said Cmdr. Scott Morrill, Deputy Director of Mishap Investigations.

A turf weed analogy can best explain root cause analysis for problem solving. If you do not get to the root, the weed grows back. Root cause analysis digs into the details

beneath the surface to provide a thorough explanation and to find better solutions. A comprehensive examination is critical to revealing more opportunities to prevent occurrence. Root-cause analysis reveals multiple causes that contribute to a problem, which can lead to the identification of various ways to mitigate the risk.

Course participants came from various backgrounds with different roles at NAVSAFECEN. As a center of excellence for modern data analytics, all personnel are encouraged to be diligent data stewards and to seek process improvement at all levels.

“As an investigator, I rely on cause mapping as a tool to help visually depict each mishap I investigate,” said Capt. Greg Giunta, USMC, a ground mishap investigator assigned to the NAVSAFECEN. “This course helped to confirm my approach, as well as bridge the gap for the rest of the safety center, so each code has a better understanding of the analysis that is being conducted.”

The course focused on the investigative process, procedures and the problem-solving cycle. The first two days centered on the principles of collecting and analyzing data,

with the third culminating in how to apply these skills through cause mapping.

A cause map diagram visually captures and communicates the details of an issue, just as a map captures and describes the details of a location’s terrain. This visual dialogue makes it easier to share insight and synergize the combination of a group’s knowledge.

“The skills and tools I have learned will directly affect how I cause map in the future. There was a period of instruction dedicated to “facilitating” the cause map process for a board,” said Giunta. “The facilitation process will be useful when I advise Safety Investigation Boards, and I can use this approach to help explain the process.”

Participants learned to use a solutions comparison matrix, a helpful tool for evaluating possible solutions. This qualitative cost-benefit analysis tool helps to assess solutions relative to each other and to evaluate alternative solutions.

“Too often most people look at finding a quick solution to a problem; cause mapping showed us how to break things down further,” said Aviation Electronics Technician Senior Chief William Crawford, an avion-

“ This course and its methodology provide a consistent approach to investigating and preventing a wide array of problems

Cmdr. Scott Morrill, Deputy Director of Mishap Investigations.

ics analyst at NAVSAFECEN. “It is important for us and individuals in the fleet to learn to identify the good outcomes, as well, so we can reproduce those results.”

Critical to developing a prevention culture is identifying every single step performed within a company. High-reliability organizations engage people in the problem-solving process by focusing on fixes within the work process.

“I think a lot of people in the fleet would benefit from this cause mapping course and a more analytical problem-identification and solving approach,” said Crawford. “The more you do cause mapping or any process improvement, the more it eventually becomes an accepted norm. We can all help mitigate unnecessary risks and implement safer solutions.”

Iwo Jima continues Marine Warfare Certification

By MC2 Dominick Cremeans
USS Iwo Jima Public Affairs

ONSLOW BAY, N.C.

The Wasp-class amphibious assault ship USS Iwo Jima (LHD 7) continued its Amphibious Marine Warfare (AMW) Certification by conducting Amphibious Assault Vehicle (AAV) operations with 2nd Amphibian Assault Battalion Company A, 2nd Platoon and Headquarters Platoon, March 18.

An AMW Certification certifies the ship’s capability to receive and launch

landing craft, air cushions, landing craft utilities, combat rubber raiding crafts and AAVs, all of which make Iwo Jima combat capable and mission ready.

“Controlling stations, such as well deck control, is essential for the success of any wet well operation, as they drive the operations and are a key component to communications,” said Boatswain’s Mate 1st Class Michael Sacco, well deck control officer. “The tireless efforts of combat information center, combat cargo and deck department led to Iwo Jima’s recommendation for AMW certifications.”

Sailors and Marines can use this joint environment to effectively and efficiently collaborate and carry out the Navy and Marine Corps mission.

“Operations like these solidify the partnership that is needed to conduct successful ship to shore operations which is the overall mission of amphibious crafts in the Navy and Marine Corps as a whole,” said



MC2 Andrew J Sneeringer

Marines assigned to the 2nd Assault Amphibious Battalion (AABN) based out of Camp Lejeune, N. C. approach the well deck of the Wasp-class amphibious assault ship USS Iwo Jima (LHD 7), March 18, 2020.

Marine 1st Lt. Hamilton Jones, executive officer of 2nd Amphibian Assault Battalion Company A, 2nd Platoon and Headquarters Platoon. “Doing exercises like this allow Marines to reintegrate with our naval roots. We often forget where we came from. It’s

imperative that the blue and green side are able to communicate effectively, particularly, when it comes to navigation.”

Iwo Jima will continue to certify her capabilities for the next scheduled deployment.

TAP available online for transitioning Sailors

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

WASHINGTON

The Navy has suspended all in-person Transition Assistance Program classes due to social distancing rules now in place to prevent the spread of the coronavirus. But the Navy is not eliminating the training requirement and instead is authorizing all separating and retiring sailors to complete this requirement online, allowing them to separate on time. Here’s what you need to know: “Commanders must continue to ensure transitioning Service Members are prepared to reintegrate into the civilian community, especially in the challenging times we face. Vice Adm. John B. Nowell, the Navy’ top uniformed personnel



DOL graphic

official said in NAVADMIN 082/20. Active-Duty Sailors retiring or separating are exempt from the stop movement, which means that separations and retirements will go on as scheduled, unless Sailors request and are approved to reenlist or extend. The course completion requirement is also still in place for Reserve Sailors on active-duty orders for more than 179 days as well as mobilized reservists within 60 days of redeployment and demobilization.

For those with enough time left on the books, the message recommends they simply reschedule for a later date. Those inside their 365-days prior to separation start time or 90-days prior to separation Capstone requirement must complete their training through the Joint Knowledge Online Website. Details on the TAP virtual curriculum to include links to the training available on the Department of Defense Transition Assistance Program Website.

What’s not changed is the requirement for initial Self-Assessment Counseling, Pre-Separation counseling and Capstone sessions. These can still be done in-person using proper social-distancing protocol or telephonically by command career counselors or TAP managers. TAP related questions can be directed to Mr. Tom Albert, OPNAV N170C, at (901)-874-4254, DSN 882 or via e-mail at tom.albert@navy.mil.

FY20-21 tours with industry applicants sought

From Navy Personnel Command Public Affairs

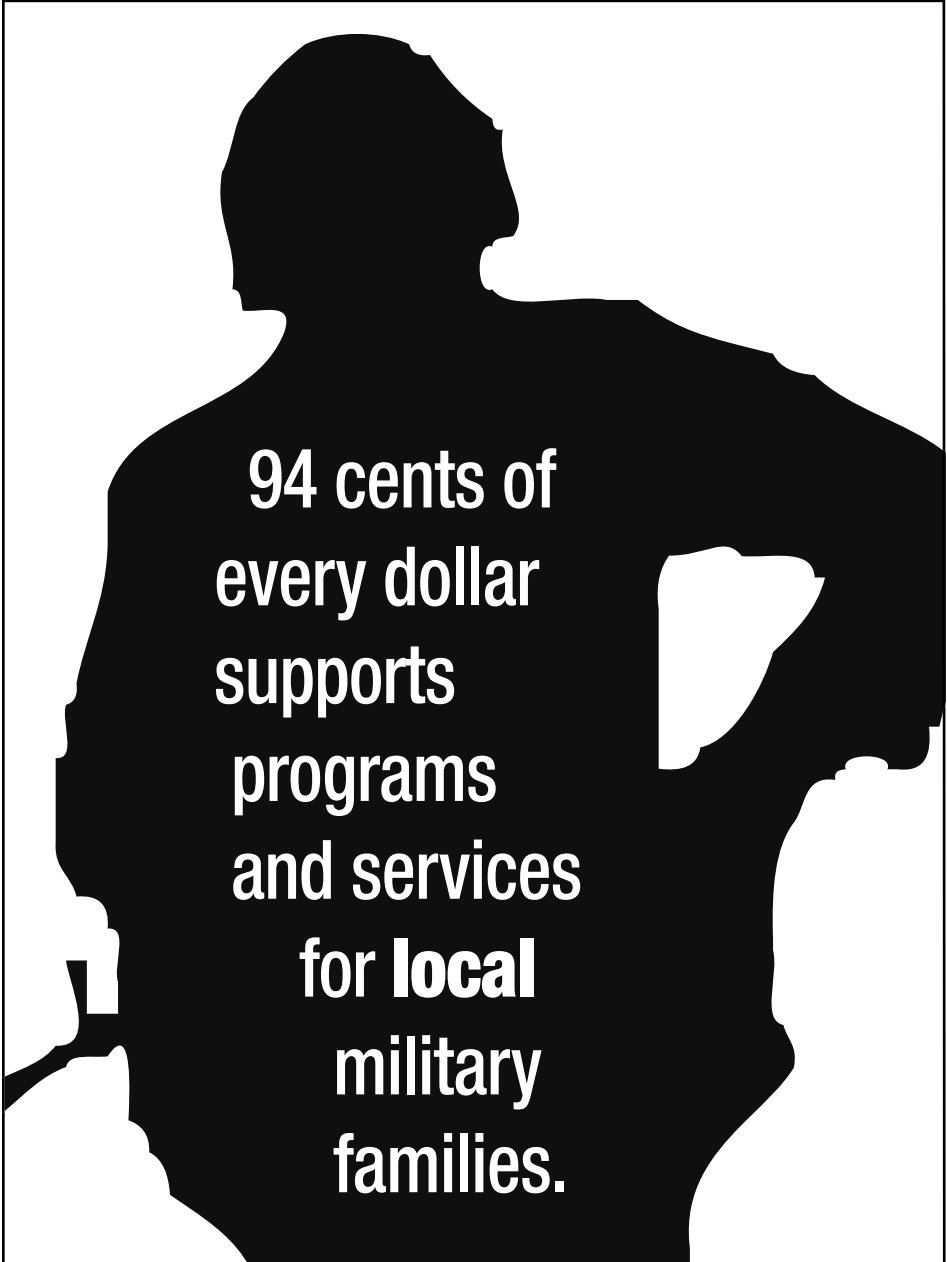
MILLINGTON, TENN.

Navy announced March 19, that select Sailors can apply to participate in the Secretary of the Navy Tours with Industry (SNTWI) program. Outlined in NAVADMIN 072/20, SNTWI is a unique and non-traditional opportunity for Active Duty and Full-Time Support (FTS) Sailors in paygrades E-6 to O-6 to work with corporations. The tours are normally between 10 and 12-months in length depending on community and corporate requirements. SNTWI Fellows are fully immersed in

corporate industry to learn and observe corporate processes and best practices while actively engaged in projects and company operations. The knowledge gained as a SNTWI Fellow will assist in bringing innovative ideas and proven practices back to the Navy. Applicants must be high performing, within physical standards of readiness, and within three months of their Projected Rotation Date by September 2020 in order to be eligible for participation. Additionally, applicants who are within 11 months of a career milestone, within three years of retirement, or within one year of re-enlistment by July 2020 are not eligible for this program. Unfortunately, no more applications from the

Civil Engineer Corps or the Surface Warfare Officer Corps can be taken for the FY20-21 program. Sailors in the aviation community must contact their detailer with questions regarding eligibility. Officer applications must be routed through the applicant’s detailer, and the Community Distribution Division will select candidates. Enlisted applications should be sent to the SNTWI program office at SNTWI_SUPPORT.fct@navy.mil. Eligibility will be based solely on individual community needs and demands. The SNTWI application, NAVPERS 1330/4, is available online at <https://www.public.navy.mil/bupers-npc/reference/forms/NAVPERS/Pages/default.aspx>. Additionally, all

candidates must provide a biography and resume. All communities must submit the names of their selectees to the Director of SNTWI (PERS-443) no later than March 31, 2020, and communities are encouraged to submit alternate names for unfilled quotas. The Community Distribution Division will make candidate selection and partner companies have final approval of candidates. Candidates will be matched with a company by July 2020, and the individual communities will notify selectees. Sailors selected for this program incur a service obligation of three times the number of months they participate in the SNTWI program. For more information on eligibility, application details and specific community guidelines, read NAVADMIN 072/20 at www.npc.navy.mil.



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MCSN Brandon Fryman/
Lt. j.g. Lorenzo Deboni, assigned to the Swordsmen of Strike Fighter Squadron (VFA) 32 embarked aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69), left, and Lt. j.g. Kyra Deboni, assigned to the Sunliners of Strike Fighter Squadron (VFA) 81, reunite during a cross-deck evolution in the commanding officer's in-port cabin of the aircraft carrier USS Harry S. Truman (CVN 75) in the Arabian Sea March 18, 2020.

Deployed aircraft carriers conduct family member cross-deck visit

By MCSN Brandon Fryman
USS Harry S. Truman (CVN 75) Public Affairs

ARABIAN SEA

Sailors assigned to the aircraft carriers USS Harry S. Truman (CVN 75) and USS Dwight D. Eisenhower (CVN 69) executed a cross-deck evolution in the Arabian Sea March 18.

The five-hour event allowed family members serving on each ship to spend some time with each other while on deployment.

The family members flew from the Eisenhower to Truman for the morning via an MH-60S Seahawk helicopter.

"Any time we have the opportunity to do something like this, we will," said Capt. Kavon Hakimzadeh, Truman's commanding officer. "Being away from loved ones

for one deployment is always tough, but offset deployment schedules are especially challenging for Sailors with family members who are also serving in the Navy.

"I often refer to the Navy as a family, but it is even more meaningful if Sailors have literal Navy family, and it is truly special when they get a chance to see each other while on deployment."

The last time two aircraft carrier strike groups were in the U.S. 5th Fleet area of operations for an extended period was 2012.

Among those reunited were identical twin sisters Aviation Ordnanceman 2nd Class Alexis Brothers, assigned to the "Proud Warriors" of Helicopter Maritime Strike Squadron (HSM) 72 embarked on Truman, and Master-at-Arms 2nd Class Alechia Brothers, assigned to Eisenhower's

security department.

"It's so nice seeing her," said Alechia Brothers. "When my chief pulled me into his office and asked me if I wanted to see my sister, I immediately turned around. I was crying because I missed her a lot."

Also reunited were Lt. j.g. Kyra Deboni, assigned to the "Sunliners" of Strike Fighter Squadron (VFA) 81 aboard Truman, and Lt. j.g. Lorenzo Deboni, assigned to the "Swordsmen" of Strike Fighter Squadron (VFA) 32 aboard Eisenhower, who have been married for nine months. Both have nearly four years of Navy service.

"It's amazing," said Lorenzo Deboni. "I'm so happy they set this up for us. This is the best part of deployment so far."

Kyra Deboni said the opportunity made her appreciate the little things.

"With both of us being in the military, it can be tough at times," she said. "It makes the time you do have together even more special, because you can go many months apart."

By the end of the event, nine married couples, three pairs of siblings, and two pairs of cousins were given the chance to embrace, catch up on how the other was doing and offer some encouraging words. Although the time they were able to spend together was short, they all expressed gratitude for the opportunity.

Due to both ships being at sea for an extended period since their last port visit, there was minimal potential of transferring COVID-19 from ship to ship.

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.

History and Heritage Command moves Navy Art Collection

By MC3 Randy L. Adams
Naval History and Heritage Command Public Affairs

WASHINGTON

The Navy Art Collection, a branch of Naval History and Heritage Command (NHHC), suspended services and began renovations March 1, 2020 in order to create a climate-controlled environment, more suitable for storing historical artworks.

"The move will affect the Art Gallery loan program for office displays," said Gale Munro, head curator at Navy Art collection. "High-level offices that are eligible for loans of original artwork will see significant delays, because we won't be able to access our storage easily. Loans of reproductions may end

entirely due to lack of facilities. Museums that want loans from Navy Art will need to plan far in advance."

The Navy Art Collection serves as the principal custodian of the Navy's art/painting heritage; the division collects, documents, preserves, and exhibits art that is significant to the history of the Navy for service personnel and the public, while promoting the creation of such art through its Navy Art Collection traveling exhibition program.

The Navy Art Collection traveling exhibition program is designed to make the artwork accessible to as many people as possible through loans and exhibits to museums and institutions throughout the United States. Borrowers wishing to exhibit Navy Art are generally evaluated

in terms of their service and accessibility to the public. Institutions that meet eligibility requirements, may borrow exhibits for one month or up to six months (or longer depending on the medium and availability of the artwork). There is no participation fee and the only costs are transportation via a fine arts shipper and insurance to cover the value of the artwork while off government property.

Containing almost 20,000 pieces of art, the building where the art is stored was built for industrial use. Due to a lack of insulation, the buildings humidity is uncontrollable.

"The main goal is to make it climate controlled in here," said Munro. "In the past we've had mold grow on pieces causing damage that has to be restored by professional cleaning. If you control the humidity you can at least reduce the mold down to nearly nothing."

Commands, organizations and museums who would like additional information or desire to initiate a loan request should contact the loans manager at Navy Art Collection; 805 Kidder Breese St. SE, Washington Navy Yard, DC

20374-5060 or via e-mail at navyart@navy.mil. Due to a significant move of collections and staff, replies for loan requests will be considerably delayed.

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

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



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The Flagship
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RECORD NUMBER OF RECRUITS NATURALIZED AT RTC

NOAA, Navy to conduct archaeological survey of USS Intrepid

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MC3 Nathan Beard

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) departs Naval Station Mayport to commence its homeport shift to Naval Station Rota, Spain, March 21. Roosevelt will replace USS Carney (DDG 64) as one of four forward deployed naval forces (FDFN) in Spain. Named in honor of President Franklin D. Roosevelt and his wife Eleanor, Roosevelt will be the first Flight IIA ship stationed in Rota, providing the ability to deploy with two embarked Lamps MK III MH-60B Sea Hawk helicopters.

USS ROOSEVELT PREPARES FOR HOMEPORT SHIFT TO ROTA

From Commander, U.S. 2nd Fleet Public Affairs

MAYPORT, FLA.

The Arleigh Burke-class guided missile destroyer USS Roosevelt (DDG 80) departed Naval Station Mayport to commence its homeport shift to Rota, Spain, Mar. 21. Roosevelt will replace USS Carney (DDG64) as one of four forward deployed naval forces (FDFN) Spain. Named in honor of President Franklin D. Roosevelt and his wife Eleanor, Roosevelt is the first Flight IIA ship stationed in Rota, which provides the ability to deploy with two organic Lamps MK III MH-60 helicopters embarked. “My crew is excited and proud to execute this homeport shift to Rota, said Cmdr. Matthew Molmer, commanding officer, USS Roosevelt. “The hard work, dedication and shear level of effort put forth by my crew over the previous year will ensure delivery of a combat ready ship, with a battle-minded crew to the forefront of Naval Forces forward-deployed to Rota, in sup-

port of Sixth Fleet Operations.” To prepare to homeport shift, Roosevelt took part in the Dwight D. Eisenhower Carrier Strike Group’s Composite Unit Training Exercise (COMPTUEX). COMPTUEX is designed to fully integrate a strike group as a cohesive, multi-mission fighting force, and test the group’s ability to carry out sustained combat operations from the sea. Upon completion of COMPTUEX, Roosevelt is certified and ready to execute the full spectrum of maritime operations in any theater. “I am immensely proud of our crew, and of our families who have supported us through our arduous training cycle,” said Chief Fire Controlman (Aegis) Beau Sundin. “This is the most rigorous schedule I have seen in my career, and Roosevelt’s crew and families have performed beyond all expectation. There is no doubt in my mind that we will be ready for Sixth Fleet.” In addition to certifying to deploy to support naval operations worldwide, Roosevelt Sailors and their families have been focused on preparing for the move to Spain. Staff

members from Naval Station Rota traveled to Mayport to conduct briefs and answer questions concerning the homeport shift process, as well as give personnel an insight into daily life in Spain. Roosevelt’s chain of command ensured that each Sailor had the opportunity to complete personal errands necessary for a move overseas, despite the busy schedule. For Roosevelt’s departure, friends and family members were asked to farewell their loved ones away from the pier and to observe proper social distancing to the maximum extent possible. The U.S. Navy will continue to meet combatant commander requirements around the world, but in order to do so, we must take protective steps to ensure the health and the safety our Sailors and their families. Naval Station Mayport has served as Roosevelt’s homeport since her commissioning in 2000. The naval base is capable of accommodating 34 ships and has an 8,000-foot (2,400 m) runway capable of handling most any aircraft in the Department of Defense inventory.

“ This is the most rigorous schedule I have seen in my career, and Roosevelt’s crew and families have performed beyond all expectation. There is no doubt in my mind that we will be ready for Sixth Fleet

Chief Fire Controlman (Aegis) Beau Sundin

Roosevelt joins USS Ross (DDG 71), USS Donald Cook (DDG 75), USS Porter (DDG 78) as the newest member of FDFN Spain, replacing USS Carney (DDG 64). Carney will return to Naval Station Mayport, where the ship was stationed until forward deploying to Rota in Sept. 2015. These multi-mission ships focus on ballistic missile defense in the Mediterranean Sea and Atlantic Ocean.

FORD | Milestone began July 28, 2017 with Ford’s first fixed wing recover and launch

Continued from B1

air wings, increasing the safety margin over legacy launch and arresting gear found on Nimitz-class carriers. Lt. Scott Gallagher, assigned to VFA 34, has landed on five other carriers, but became a part of Ford’s history with his, and the ship’s 1,000, recovery. “There are a lot of people who are working night and day to make sure that this ship is ready to go be a warship out in the world,” said Gallagher. “To be a part of that; and this deck certification is super cool. Also getting the 1,000th trap helps the ship get one step closer to being the warship that it needs to be.” Capt. Joshua Sager, commander, Carrier Air Wing (CVW) 8, explained why his squadron’s integration with the ship’s personnel is important and how their relationship impacts operations. “It’s great to share this moment in history with Ford. Integration between the air wing and ship’s company is crucial to the everyday success of carrier operations,” said Sager. “Completion of the 1,000th catapult and arrestment shows that the ship and her crew have tested and proven the newest technology the Navy has, and together we are ready to meet the operational requirements of our nation.” With 1,000 launches and recoveries complete, Ford will continue its flight deck and combat air traffic control certifications in preparation to deliver to the fleet regular flight operations in support of East Coast



MC2 Ryan Seelbach

Aviation Boatswain's Mate (Handling) 1st Class Jawann Murray, from Detroit, assigned to USS Gerald R. Ford's (CVN 78) air department, signals an F/A-18E Super Hornet, attached to the "Blue Blasters" of Strike Fighter Squadron (VFA) 34, on Ford's flight deck during flight operations in the Atlantic Ocean, March 21. Ford is currently underway conducting carrier qualifications.



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School of Rock keeps kids rockin' amid coronavirus threat

School of Rock, whose model is to bring young musicians together in group rehearsals and performances, is working in innovative ways to find solutions to keep the kids jamming.

See **C2**

SECTION C | FLAGSHIPNEWS.COM | 3.26.2020



Kaitlin McKeown/Virginia Media

Jeff Foster greets a miniature poodle at the Norfolk Animal Care and Adoption Center on Saturday, March 14, 2020, in Norfolk, Va. The center is offering discounted adoption fees through Sunday in advance of the public closure of all city buildings from March 16-30 due to the coronavirus threat.

Before closing, Norfolk's animal shelter found homes for all of its animals – and many more

By Jane Harper

Within minutes of sending out a public plea for help Friday afternoon, the computers at Norfolk Animal Care & Adoption Center began to chime.

Each ding represented an email from someone interested in taking in a dog or cat before the shelter was forced to close as a result of the coronavirus outbreak.

And they didn't stop.

"I could hear from the different offices things like, 'Oh!' and 'Oh, my!'" shelter manager Michelle Dos-

son said, recalling how staff members and volunteers reacted as they sorted through the hundreds of responses that poured in.

The facility's lobby was packed Saturday morning with people wanting to take pets home. By the time it closed Sunday, all of the animals were gone. Fifty had found permanent homes and five were placed in foster care.

The adopted pets included 24 dogs, 23 cats and three guinea pigs. Most were from the Norfolk facility, but some came from a shelter in Newport News.

"The one word to describe it would be magical,"

said Dosson, who just took over the role of bureau manager three weeks ago. "We had the community coming out in droves to help us."

The plea for assistance was sent out less than 24 hours after Norfolk officials announced that all city facilities — including libraries, recreation centers, Nauticus and the zoo — would be closed to the public for two weeks.

The order also included the animal care center. It was set to go into effect the following Monday, giving staff just a couple days to find homes for all its pets.

When Dosson saw the enormous community response Saturday, she contacted the Peninsula Regional Animal Shelter in Newport News later that evening to see if they'd like to have their animals included in the effort. The facility sent over eight cats and seven dogs Sunday morning, all of which found homes.

See **SHELTER | C2**

For parents and kids going nuts: Amy Adams and other celebrities are reading stories aloud

By Christi Carras
Tribune News Service

Amy Adams, Josh Gad, Jennifer Garner and more stars are lending their voices to "Operation Storytime" and "Save With Stories," initiatives aimed at lifting kids' — and parents' — spirits amid coronavirus-induced uncertainty.

Here's how it works: Participants post social media videos of themselves reading various children's books aloud to entertain self-quarantined families whose children are out of school because of public health concerns.

"In case your day calls for a calming story," Garner captioned her Instagram post, for which she recited Jan Brett's winter wonderland tale, "The Mitten," accompanied by her kid-friendly golden retriever.

Gad — who is accustomed to amusing kids as the voice of Olaf the snowman in "Frozen" — opted to read Shel Silverstein's classic "The Giving Tree" and offered some support to families who have committed to social distancing.

"I also want to thank everyone who is in

self-isolation right now. I know it's hard not to be out there socializing with everybody. Trust me, I want to be out there, too," said the "Book of Mormon" alum. "But it's important that all of us protect everybody who is somewhat fragile right now, or immunocompromised, so thank you. And now I'm going to read a book that I have a lot of trouble getting through and haven't actually read in a long time because I find it a difficult one."

In addition to partnering with parenting blog Romper for "Operation Storytime," Garner collaborated with Adams for "Save With Stories," a reading initiative started by nonprofit organizations Save the Children and No Kid Hungry. Similar to "Operation Storytime," "Save With Stories" features Adams reciting Aviana Olea Le Gallo's "The Dinosaur Princess" to her daughter and Garner reading Ken Geist's "The Three Little Fish and the Big Bad Shark."

"We are galvanizing as a community to support a new fund for a combined effort between SAVE THE CHILDREN and Share Our Strength's NO KID HUNGRY,"



Amazon

Adams wrote on Instagram. "THIRTY MILLION CHILDREN in the United States rely on school for food. School closures will hit vulnerable communities hard."

Both actresses also encouraged their fans to donate to Save the Children and No Kid Hungry in order to serve kids "affected by

COVID-19," who are experiencing food insecurity during the pandemic. Anyone who wants to contribute can do so at savethechildren.org/savewithstories or text "SAVE" to 20222 for a one-time donation of \$10.

"All you have to do is watch our stories and please consider donating," Adams said in a joint video with Garner.



Museums offer virtual experiences, online education and living-history broadcasts

From Jamestown Settlement and American Revolution Museum at Yorktown

WILLIAMSBURG, VA.

While you can’t visit our museums in person, Jamestown Settlement and the American Revolution Museum at Yorktown have a variety of online resources to visit the museums virtually through apps, blogs, interactives, videos and a series of curriculum-based lesson plans for teachers and students learning at home.

History is Fun at Home (historyisfun.org/at-home) offers access to some of the Jamestown-Yorktown Foundation’s most enriched content that shares insight to stories of 17th- and 18th-century Virginia and connects online viewers with our museums’ curators, historical interpreters and educators. New educational broadcasts from the museums will be presented for at-home audiences, with the earliest series scheduled on Tuesday, March 24, at 10 a.m., 11 a.m. and 12 p.m.

Access these online resources using a desktop or mobile device:

■ **Interactives:** Interactives let you explore the legacies of Jamestown through a historical “Legacy Wall” timeline; match your personality with a 17th-century artifact in “Artifactually Yours”; share what liberty means to you by posting your message in a lantern on a world map; and play a quiz that pairs you with your Revolutionary counterpart.

■ **Blogs:** Curators, historians and scholars examine topics relating to historical events and milestones, artifacts in the collection and special exhibitions.

■ **Apps:** Museum apps offer interactive gallery tours of each museum and provide insight to events, artifacts and people of Jamestown and the Virginia colony and the American Revolution, with fun features, videos and activities for kids. A Virginia History Trails app also puts 400 years of Virginia and American history at your fingertips. Apps are accessible on Google Play or the Apple App Store.

■ **Videos:** View videos on a variety of themes exploring the people and events of early Virginia.

■ **Lesson Plans & Live Broadcasts:** A collection of curriculum-based lesson plans, designed for teachers and students, encourage further exploration of America’s beginnings. Live broadcasts from the museums will be presented for at-home audiences, with the earliest series scheduled on Tuesday, March 24, at 10 a.m., 11 a.m. and 12 p.m. from the American Revolution Museum at Yorktown.

Live Broadcasts on March 24, from the American Revolution Museum at Yorktown

Following safe social distancing, a costumed historical interpreter and distance learning educator will present free 30-minute presentations, offering a fascinating look at history and a chance to live chat with the presenters. Viewers need to log-on through the Zoom portal and enter an access code.

■ **10 a.m.: American Revolution Tools and Tactics: Food**

<https://zoom.us/j/483701458>
Meeting ID: 483 701 458

Explore the different foods and cooking methods used by the Continental Army during the American Revolution. Come inside an earthen camp kitchen to learn about the importance of safety and efficiency, while watching a fire-starting demonstration.

■ **11 a.m.: American Revolution Tools and Tactics: Medicine**

<https://zoom.us/j/915256555>
Meeting ID: 915 256 555

Examine the medicines and medical tools used by the Continental Army during the American Revolution. Learn about hospitals and the qualifications you would need to be a surgeon or physician. Discover the problems and diseases the Continental Army faced.

■ **12 noon: American Revolution Tools and Tactics: Warfare**

<https://zoom.us/j/399657439>
Meeting ID: 399 657 439

Learn about the weaponry and war tactics used by both the British and American soldiers during the American Revolution. Learn about muskets, including the loading and firing commands, and watch a live musket firing demonstration!

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



School of Rock works to keep kids safe but still rocking and connected during coronavirus challenge

From School of Rock

VIRGINIA BEACH

How do you keep kids busy, connected, learning and keep the music playing during a time of social distancing? School of Rock, whose model is to bring young musicians together in group rehearsals and performances, is working in innovative ways to find solutions to keep the kids jamming!

This week, School of Rock’s nationwide network launched School of Rock Remote, a new online instruction option that gives kids and families the option of continuing their School of Rock education from home until they can return to the school for group rehearsals. The Remote program combines the use of a safe, secure platform combined with the patent-pending School of Rock Digital App to allow students to continue to take one-on-one lessons and interact with their teachers without disruption.

School of Rock is also kicking off Virtual Music Masterclasses this week. Students will be assigned projects and receive feedback from School of Rock’s community of professional musicians and teachers. Combined, School of Rock Remote, the Method and virtual workshops will give School

of Rock students an opportunity to keep doing something they love, learning and battle isolation and boredom.

Because School of Rock emphasizes student safety, the program bypasses more common public social media platforms like Facetime and Skype, and uses a private, password protected app for exclusive content and instruction. Still, School of Rock Remote is easy, fun and the next best thing to spending time with your instructors, friends and bandmates.

“School of Rock is all about connection, learning together, performing and building community around music,” said Eric Lonning. “Our school is a community where we rehearse together, play songs that rock and put on great shows. Of course, for the safety of our students our group rehearsals are temporarily on hold – but we are finding new and creative ways to keep the music playing.”

Lonning said the new School of Rock Remote is also a great way to help families through an unprecedented time of isolation when school and so many social activities from movies to sports to concerts are not available. The program also helps his staff of professional musicians earn money teaching in a time when their income from gigs

has been decimated.

“Every day, people in Virginia are wondering, ‘how are we going to get through today?’ We need to find new ways to keep our connections strong, so we can get through it together. While nobody knows how long we’ll be experiencing this ‘new normal,’ every parent knows it will be hard to keep kids engaged, learning and having fun. School of Rock Remote is one small but important way to keep kids engaged with something they love and feel the power of music to heal the soul,” Lonning said.

School of Rock has already started Remote lessons and has completed over 100 remote lessons in one week. School of Rock Remote works as a companion to the recently launched School of Rock Method, a revolutionary App that is an interactive and exclusive practice tool that puts more than 1,000 copyrighted songs at the fingertips of School of Rock students and instructors. The App features exclusive access to sheet music and fun and creative interactive exercises for our teachers can review and give feedback.

For even more help during this period, the Hal Leonard company, the nation’s largest holder of sheet music, is also giving School of Rock students temporary and exclusive free access to sheet music they can review and practice with at home.

“At School of Rock, we say we help kids rock on stage... and in life – and we’re all facing a major life challenge right now. We believe that the joy of playing and sharing music can get us through anything, and we’re going to keep our kids rocking,” Lonning said.



Jaycion Adams, 2, of Norfolk and his family look for a dog to bring home from the Norfolk Animal Care & Adoption Center on Friday, March 13. Norfolk desperately needs homes for pets as the animal shelter closes amid coronavirus concerns.

SHELTER | Fifty animals found permanent homes

Dosson said the shelter has received nearly 500 emails since issuing its plea. Another 70 people came to the center to fill out a foster application.

The names and contact information for each person who reached out will be compiled into a list that the shelter plans to use when they need foster homes in the future.

Although the facility is now closed to the public, staff will continue to pick up loose animals, Dosson said.

Those that have evidence of having an owner — like a collar or microchip — will be held on the stray list for 10

days, while those that don’t appear to have an owner will be kept on it for five. After that, the ones deemed to be adoptable will become available for foster care while the facility remains closed, and eventually for adoption once it opens up again.

Anyone with a lost animal who wants to contact the shelter staff can reach them at 757-441-5505 or nacc@norfolk.gov.



iStock

The best at-home workouts to help you stay healthy and fit while you stay at home

By Stefani Sassos
Good Housekeeping

In response to the coronavirus pandemic (COVID-19), which includes over 3,800 cases in the United States as of March 16, gyms and workout studios across the United States temporarily closed their doors in an effort to help contain the spread of the virus.

While this level of caution is 100% necessary, it's still extremely important for people to find ways to exercise. Regular exercise is beneficial for immunity and can help flush bacteria out of the lungs and airways — it's also necessary to maintaining a healthy mindset, especially as many companies are now having their employees work remotely. "If you're working from home, it's important to stay consistent with your workouts to help maximize productivity and keep a routine," says certified personal trainer Alix Turoff, MS, RD, CDN, CPT.

7 BEST TIPS FOR WORKING OUT FROM HOME

For people who have a home gym, working out can be simple, but for those of us used to training in a studio, we have to get a little creative. "If you're home without any equipment, your body is your own machine! Work it," says corrective exercise specialist Tatiana Lampa, ACSM CPT, NASM CES.

Certified Personal Trainer Rachael DeVaux, RD, CPT, PES, suggests grabbing anything that resembles dumbbells like: laundry detergent, bags of produce, or milk jugs, for your own makeshift gym. "Investing in some resistance bands from Amazon can offer a huge variety of different exercises as well," she adds.

Tip: If you're not used to working out at home, Elise Young, CPT, FMS, of Elise's Body Shop, says it's important to designate a spot in the house that feels like a good fit for some movement. "This is a stressful time and we must adjust to the place we are currently in. Lay out a mat or towel and make that your spot."

Below, we've rounded up several of our trainers' favorite at-home work out movements to try and incorporate into your routine. DeVaux suggests choosing six exercises, breaking them up into two circuits, and completing each exercise for 12-14 reps, three rounds through each circuit.

Legs and Glutes Workouts

Squats: Try air squats, side step squats, sumo squats, jump squats, and even weighted squats. You can even try holding a large bottle of detergent to get some added resistance with your squats, just make sure the lid is on tight.

Lunges: Front lunges, back lunges, and even side-to-side lunges are an excellent exercise for targeting the large muscles of the lower body. For an advanced movement, try jump lunges to get your heart rate up.

Glute bridge: This is a great bodyweight exercise to help warm-up the glutes and several muscles prior to incorporating more range of motion and any weights. You can enhance a glute bridge with resistance bands, and really make sure that you engage your core in addition to your glutes. Start with a regular glute bridge and work your way up to the single-leg bridge, which is very effective because it targets your ham-

strings, glutes, and core.

Step ups: Look for a durable box or sturdy bench to bang out some low-impact step ups. This move is great for balance, stabilization, and building strength. Hold some weights or detergent bottles on either side of the body for extra resistance.

Wall sits: Turoff says this effective and simple exercise activates your glutes, hamstrings, and quads. Try a 1:1 approach by working for 30 seconds and resting for 30 seconds, then repeating 3-4 times until you feel the burn.

Abs and Arms Workouts

Push-ups: A fantastic full-body workout, push-ups work almost every muscle with a huge emphasis on upper body and core strength. Even if you can't do a regular one, consider dropping to your knees or doing them against a countertop to make the transition easier. Try DeVaux's push-up progression here.

Dips: "Couches and chairs are a great alternative to a bench and allow for a ton of different movements," says Young. This makes for the perfect solution when doing dips to target the tricep muscles.

Planks: Probably the most effective core workout, planks really do benefit the entire body and require a ton of stabilization throughout your core. Try planks on your forearms, and work up building strength in a side plank if possible.

Shoulder taps: While you're at it holding a strong plank, consider incorporating shoulder taps to build stability and strength. Shoulder taps work you transverse abdominals and obliques as well.

Twists: Grab a weight or detergent bottle for added resistance, and pick your feet up off the floor for an even harder challenge.

Full Body Workouts

Burpees: This high-intensity, plyometric exercise is perfect for getting your heart rate up and is a fantastic finisher to any workout. Try doing burpees tabata style: push for 20 seconds, then rest for 10 seconds. Repeat four to eight times for a full-body endurance workout!

Tuck jumps: This vertical jump involves a lot of intensity and raising your knees to your chest. Tuck jumps make for a great high intensity interval training movement.

Mountain climbers: Build strength, endurance, and cardiovascular stamina with mountain climbers. Try them at different paces; go fast if you want to get your heart rate up, or slow down and engage your core for some awesome ab work.

Superman hold: Turoff loves this full-body move as an effective way to build strength in the lower back, something that is often neglected when exercising. Try to hold for 15-30 seconds and keep working your way up to a minute.

BEST WORKOUT APPS:

If you're in need of a more structured workout routine, an app might be the best way to go. Below, is a list of the best workout apps to download, according to the Good Housekeeping Wellness Lab:

- Sweat
- Beachbody On Demand
- Peloton Digital
- Glo
- Nike Training Club

- Grokker
- Physique 57 OnDemand
- Tone It Up
- Pure Barre on Demand
- Daily Burn
- Gixxo
- Obe
- Asana Rebel

OTHER EXERCISE IDEAS

DeVaux has a Guide To The Good Life e-book with 16 programmed full-body workouts, plus delicious recipes and self-

care tips. And Young offers a variety of little-to-no equipment workouts on her Instagram: @elisesbodyshop.

Also, Planet Fitness announced it will be hosting "Home Work-Ins" — a series of free fitness classes for everyone — that will be streamed live on Planet Fitness' Facebook page daily at 7 p.m. ET (5 p.m. PT / 6 p.m. CT). Classes will be led by Planet Fitness certified trainers, as well as special guests, like "The Biggest Loser" coach and fitness trainer Erica Lugo, among others. The virtual classes will be 20 minutes (or less) and won't require any equipment.

For anyone who can't participate live, each workout will also be available to view on both the Planet Fitness Facebook page and YouTube channel after the broadcast is over.

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U.S. Army

A full night’s sleep could be the best defense against COVID-19

By Samir Deshpande
Armed Forces Health Surveillance Branch

Amidst growing concern about COVID-19 infection, health officials have provided several recommendations to help individuals protect themselves and their families from infection, including washing hands regularly and maintaining a distance of at least six feet from anyone who is coughing or sneezing. Fortunately, a growing body of evidence suggests that an additional lifestyle modification could also dramatically improve your odds of avoiding infection – getting more sleep.

It has long been known that sleep is important for military performance. The Walter Reed Army Institute of Research has conducted sleep studies since the 1950s, showing that sleep loss negatively affects emotional regulation, judgment, cognitive performance, learning and memory, psychological resilience and reaction time – each of which could be critical for success in multi-domain operational environments—and almost all other environments as well, from the athletic field to the classroom to the boardroom. This is why elite athletes make sure they obtain 8-10 hours of sleep per night: to acquire that extra “edge” that can make the difference between success and failure.

In addition, and of particular relevance given current concerns about the spread of COVID-19, recent evidence suggests that sleep is also important for healthy immune function and the ability to fight off infection. “From a Soldier lethality perspective,

we often state ‘sleep is ammunition for the brain’, as sleep is critical for decision making, vigilance and reaction time. When it comes to fighting the common cold and flu, sleep is your internal body armor that helps you fight some viruses and disease,” said Army Col. Deydre Teyhen, Commander of the Walter Reed Army Institute of Research.

The relationship between sleep and infectious disease is now being explored by researchers across the world, and several interesting and important findings have been reported. For example, in one study, volunteers without previous exposure to the common cold were exposed to a live sample of the virus. Researchers found that no variable predicted whether a participant would fall sick better than sleep duration – not even age or stress level. In other words, those who habitually slept less were more likely to fall ill with the cold virus.

In another study conducted by the same group, a “sleep threshold” was discovered: individuals who averaged less than seven hours of sleep per night were found to have a three-fold greater risk of infection relative to those who averaged eight or more; that rate climbed to a 4 ½-fold greater risk for those with less than five hours of sleep.

Perhaps most surprisingly, it has also been found that six months after receiving a hepatitis B vaccination, individuals who slept fewer than six hours on the night prior to vaccination were at significant risk of being unprotected compared to those who had obtained more than seven hours of

sleep.

In addition, there is now limited but exciting evidence from animal studies suggesting that sleep not only helps protect against initial infection, it also plays a direct role in aiding recovery from infectious illness.

Although there have not yet been any studies in which the relationship between sleep duration and COVID-19 infection have been studied directly, lessons learned from studying the relationship between sleep duration and other infectious diseases can readily be generalized to COVID-19.

“Sleep is critical for maintaining physical, cognitive and immunological dominance on and off the battlefield. Leaders must prioritize sleep as a valuable asset in maintaining readiness and resilience, especially in the context of multi-domain operations and increased health risks worldwide—including those risks associated with exposure to infectious diseases,” says Army Lt. Col. Vincent Capaldi, director of the Behavioral Biology branch at WRAIR, responsible for studying the relationship between sleep, performance and military effectiveness.

Unfortunately, approximately one in three American adults do not obtain the American Academy of Sleep Medicine-recommended 7+ hours of sleep per night, a situation that is estimated to cost the US economy approximately \$411 billion a year due to increased errors and accidents, lower productivity and increased absenteeism. And the problem is particularly pronounced

in the military, where approximately two in three Soldiers average six or fewer hours of sleep a night.

Research laboratories under the U.S. Army Medical Research and Development Command including WRAIR, the U.S. Army Medical Research Institute of Infectious Disease and U.S. Army Medical Materiel Development Activity, are working diligently on a range of solutions to detect, treat and prevent COVID-19, including a vaccine.

WRAIR sleep and infectious disease researchers are also jointly exploring the relationship between sleep and immune function – a natural collaboration since the WRAIR infectious disease research programs are among the best in the world, having contributed to the development of many FDA-approved vaccines and every existing FDA-approved malaria prevention drug. Furthermore, WRAIR’s world-renowned sleep and performance research program has generated several technological and knowledge products, including wrist actigraphy (a precursor to current smart watch technology) to reliably measure and quantify sleep in the field; human functional brain imaging studies that have furthered scientific understanding of sleep and sleep loss and the discovery of “sleep banking”: the finding that extra sleep prior to a mission with sleep loss blunts the performance decrement and reduces the amount of sleep needed to fully recover afterwards.

As medical countermeasure development efforts progress, obtaining at least seven hours of sleep per night in a comfortable, cool, quiet, dark and safe area, in addition to regular handwashing with soap and water and maintaining a healthy social distance (6 feet), will continue to constitute the first line of defense against infection.

How to make best deviled eggs ever

From Good Housekeeping

Deviled eggs are a go-to appetizer at any party, but learning how to make them gracefully is an art. Top tip: It all starts with a batch of perfect hard-boiled eggs: Be sure to cook your eggs for 10 to 12 minute in boiling water, then transfer to a bowl of ice water to ensure that your eggs stop cooking. That way, you’ll master a perfect yellow yolk and avoid the ugly green ring around your egg.

Once you’ve cooked your egg to perfection, you have to prepare the perfect filling for a deviled egg. If you’re wondering how to make deviled eggs with mayo and mustard, you’ve found the perfect recipe. Mayo adds great texture and mustard cuts the richness of both the mayo and the egg yolk. These amazing deviled eggs perfectly balance salty toppings with velvety filling.

How far ahead can you make deviled eggs? You can store deviled eggs in the fridge for up to 24 hours. To preserve freshness, line a baking sheet with damp paper towels, place eggs with the rounded side facing up, and cover with plastic wrap.

Now that you know the basics, follow this classic recipe and then top it with herbs, veggies, bacon, and more. But don’t stop there: Try one of these 30+ other best deviled eggs recipes!



Courtesy of Good Housekeeping

Deviled Eggs

- YIELDS:6
TOTAL TIME: 30 mins
- Ingredients
- 6 large eggs, hard boiled
 - 2 tbsp. mayonnaise
 - 1 tsp. fresh lemon juice
 - 1 tsp. Dijon mustard
 - 1/2 tsp. hot sauce
 - Crumbled bacon, sliced scallions and chives, chopped parsley and dill, for serving
- Directions
- Halve eggs lengthwise. Transfer yolks to small bowl and mash with mayonnaise, lemon juice, mustard, hot sauce, and 1/8 tsp each salt and pepper. Spoon into egg whites and sprinkle with toppings as desired.

Notable films hit video on demand and early digital release

By Ryan Fujitani
Rotten Tomatoes

As more and more people are compelled to practice social distancing and encouraged to stay home, as movie theaters temporarily shutter their doors, and as studios continue to pull their scheduled 2020 films off the release calendar, we've decided to reformat this weekly Critics Consensus column to focus on titles that are newly available on the home entertainment market. With that in mind, our list of digital new releases this week includes a fresh-from-the-theaters Pixar movie, the latest Star Wars adventure, a Razzie-winning Broadway adaptation, and a trio of brand new theatrical releases that are being made digitally available way ahead of schedule. See below for the most notable titles hitting VOD this week.

ONWARD (2020)

Following Universal's example, Walt Disney Studios has also decided to release one of its most recent theatrical films into the digital marketplace just a couple of weeks after it opened. Pixar's Onward features the voices of a couple of MCU stars, Tom Holland and Chris Pratt, as a pair of elf brothers living in a suburbanized fantasy world where magic has been rendered obsolete by technology. When Ian is gifted the means to resurrect his dead father for 24 hours on his 16th birthday, he inadvertently only summons the bottom half, so he and Barley set out on a road trip to rediscover the magic they'll need to bring back the rest of their dad before time runs out. Though it isn't being hailed as an instant classic, Onward still earned enough acclaim to be Certified Fresh, and if you're looking for something new to watch with your stir-crazy kids, you can pay to watch it today or wait for it to drop on the Disney+ streaming service on April 3.

Available now on: FandangoNOW,



Rottemtomatoes.com

Google Play, iTunes, Vudu
Available April 3 on: Disney+
THE INVISIBLE MAN (2020)

It was just three weeks ago that we saw the release of The Invisible Man, Universal Pictures' updated take on the classic H.G. Wells novel, starring Elisabeth Moss. However, in light of the recent global crisis, the studio has opted to make a handful of its latest theatrical releases available to would-be moviegoers who are self-quarantined at home, and this is the biggest of them. Moss stars as Cecilia Kass, who flees the home of her abusive ex and learns soon after that he has committed suicide. Except that he might not have, and now Cecilia has to figure out if she's really imagining things, or if it's possible he actually invented a way to make himself invisible. It's a timely story that's well-crafted, and it impressed critics enough to become the best-reviewed horror film of the year so far. If you didn't get a chance to see it before the theaters closed, it should be available for digital purchase on Friday.

Available now on: FandangoNOW, Amazon, Google Play, iTunes, Vudu

STAR WARS: THE RISE OF SKYWALKER (2019)

Star Wars: The Rise of Skywalker had a lot riding on its shoulders. Not only was it the conclusion of the recent sequel trilogy in the Star Wars universe, but it was meant to wrap up the entirety of the so-called Skywalker Saga itself, which began with the original film all the way back in 1977. If that weren't enough, writer/director J.J. Abrams also had to contend with upended expectations from

Rian Johnson's The Last Jedi even as he attempted to tie up over four decades of storytelling in one film. Did Abrams succeed? Critics loved The Last Jedi but didn't care much for The Rise of Skywalker, and audiences had pretty much the opposite reaction, so it's probably safe to say both directors' efforts landed somewhere in the middle. The story catches up with our new galactic heroes and some old, familiar faces as they face off against an evil from the past and chart a new course for the future. This one dropped earlier this week, so you can properly binge the entire saga at home now.

Available now on: FandangoNOW, Amazon, Google Play, iTunes, Vudu

THE HUNT (2020)

After just one week in theaters, the "liberal elites hunt deplorables" movie The Hunt, which ultimately isn't as controversial as it thinks it is, will be available to watch from the comfort of your nonpartisan couch. It's kind of a fitting culmination of several months of delays for the movie, which was pulled from its initial release date in September of 2019 amid a pair of deadly mass shootings and rescheduled for the same opening weekend — last weekend, to be precise — when strict social distancing measures went into effect pretty much everywhere. That said, the chances of getting into heated political debates over the film are probably much slimmer if you're watching it at home with your friends, so maybe that works in the movie's favor. As one of the three titles Universal announced for early digital access, The Hunt is expected to be available on Friday.

Available now on: FandangoNOW, Amazon, Google Play, iTunes, Vudu

HUMAN CAPITAL (2020)

This film is the only one this week that is available digitally and also technically scheduled to open in theaters, although the cineplex closures will probably affect the latter and relegate the film strictly to the former. Marisa Tomei and Liev Schreiber star in this remake of the 2014 Italian film of the same name about two families whose lives become connected after a tragedy. Its gotten decent reviews so far, and its impressive supporting cast includes Peter Sarsgaard, Alex Wolff, and Maya Hawke. It was set to open in theaters and be available on VOD on Friday.

Available now on: FandangoNOW, Amazon, Google Play, iTunes, Vudu

EMMA. (2020)

The third and likely least well-known film that Universal is making available for an early digital release is Autumn de Wilde's new interpretation of the classic Jane Austen novel Emma. Anya Taylor-Joy stars as the titular matchmaker, who discovers that maybe she's not as good at bringing people together as she thought she was, all while her own romance bubbles up and takes her by surprise, and critics have been delighted by the film to the tune of a Certified Fresh 85% Tomatometer score. This one has been in theaters for longer than the other films, but it wasn't in many, so now's your chance to check it out at home.

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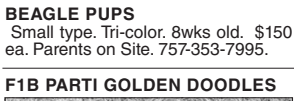
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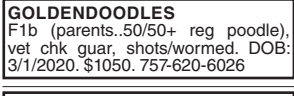


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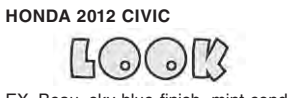
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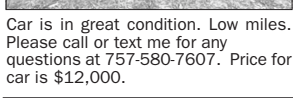
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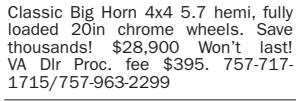
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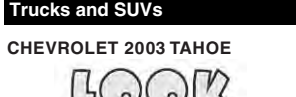
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ACROSS

1 It may begin "Here lies ..."

8 Like fables with morals

15 Sprayed like a firefighter

20 Composer Saint-Saëns

21 Maui tourist town

22 Wash away

23 Like overly harsh punishment

25 Consolidate

26 Suffix with prophet

27 Calc prereq

28 Hosiery hitch

30 Transmission option

31 Coil of yarn

33 1985 hit for Sheila E.

37 Female graduates

40 Middle: Abbr.

41 Cello bow rub-on

42 Monkey of kid-lit

46 Upholstered footstool

50 Country singer Travis

51 Inits. on a navy vessel

52 Neighbor of Ger.

54 Apple pie — mode

55 Just makes, with "out"

56 1965 Marvin Gaye hit

63 Dial-up alternative, for short

64 Fall away

65 Cube inventor

66 Feeble

67 Noncircular paths around bodies

72 Homeland, affectionately

75 Big name in dog food

76 108-card game

77 Toque or fez

80 1967 hit for the Doors

85 Infrequent

86 "Star Trek" rank: Abbr.

87 Pillar from

88 Singer Yoko

89 Leaks slowly

90 To no extent

94 Mismatched collection

99 Knife of old infomercials

101 — Kippur

102 Stream of electrons

103 Witches in "Macbeth"

107 Cantaloupe or honeydew

108 Body gel additive

109 "There's — haven't heard!"

110 — prayer for

111 Univ. Web site suffix

114 Beach hills

116 "77 Sunset Strip" actor, familiarly

122 Mrs. Bunker

123 Use an umbrella, say

124 Posts again

125 Hunter's lure

126 Fusible alloys

127 Bad-mouth

DOWN

1 "Lo!, " to Livy

2 Golf norms

3 Don of radio

4 Deadlock

5 100%

6 Tableland

7 Units of inductance

8 Chug- — (guzzle)

9 Suffix with Caesar

10 Mu — pork

11 Western treaty inits.

12 Pope before Gregory XIII

13 More nonsensical

14 Prison, informally

15 — and haw

16 Pizza herb

17 More irritated

18 Rocker

19 Plow pioneer

24 Noisy clamor

29 Basic idea

31 Actor Jimmy

32 Granny, e.g.

33 At — of (priced at)

34 Item in a P.O. box

35 Part of NATO: Abbr.

36 Acne spot

37 Performed on stage

38 Lies in wait

39 Apocryphal archangel

43 With 115-Down, nervous and apprehensive

44 Part of i.e.

45 "... wife could — lean"

47 Injure badly

48 Jai —

49 DEA agent

53 "Shape — with ship out!"

56 Alphabet opener

57 "May — of service?"

58 Burglar's job

59 Missile's path

60 "Deathtrap" star Michael

61 "For — us a child is born"

62 Guitarist Paul

64 "Green" sci.

67 Sci-fi power

68 Robert De —

69 1990s exercise fad

70 Bldg. units

71 Virus, e.g.

72 Not closed

73 Jay of NBC

74 Biblical verb

77 Belittling frat brother

78 Circus venue

79 Touchy

81 Bohemianism

82 Meanders

83 Question's opp.

84 Turnedowns

85 Like Brutus

89 Prince — von

91 Go along with

92 Christie's cry

93 — many words

95 Coloring stuff

96 Cámara —

97 Ones toeing the line

98 Tag anew

100 In the habit of

103 Crossed a ford

104 Get by

105 Like a charged atom

106 Cyclical, at the beach

107 — tai (drink)

110 "The — the limit!"

111 Markey of Tarzan films

112 Nixing mark

113 Stalin's land

115 See 43-Down

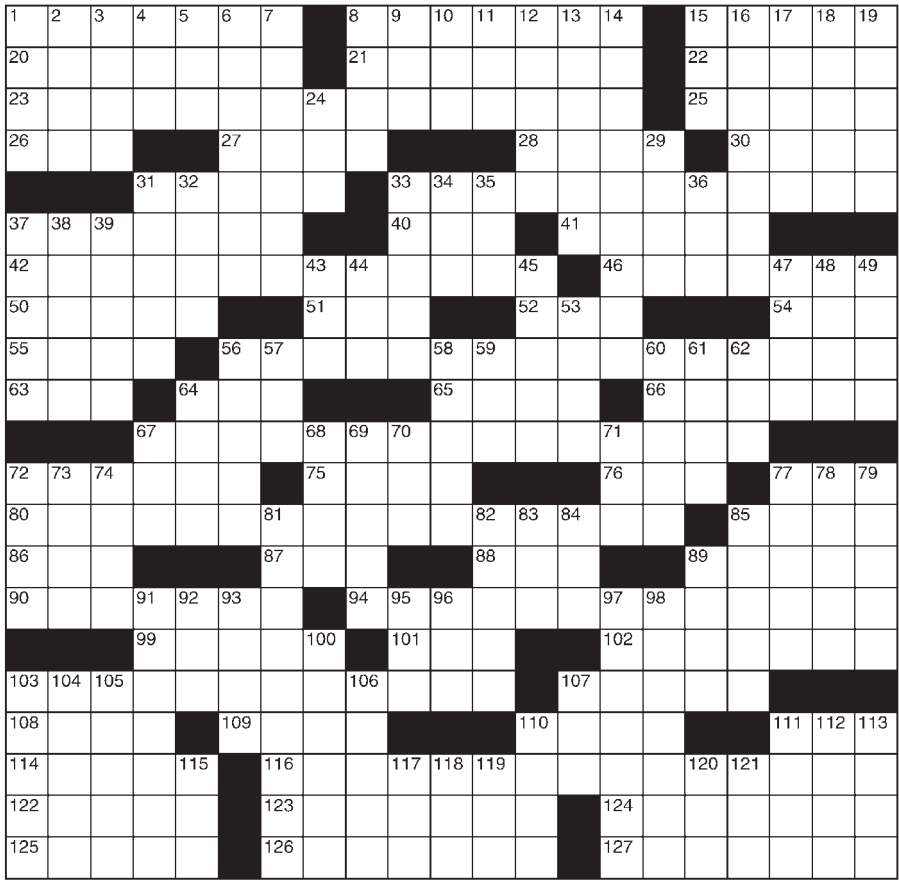
117 English dramatist Thomas

118 Lyrical verse

119 Bruin Bobby

120 Peru's Sumac

121 Campaigned



last week's answers

ABSORB SPIRITS TWIRLS
SOTRUE VANESSA EASEUP
WHATSHOULDTHEY STRIKE
ERR SEN MOI TIT L E A N E W
MISER NIS RARE
SITUATIONCOMEDY PLATE
ISIS STELLA OAHU CON
CONCUR HOO GUN EMMETT
FEATURINGSINGERPATTI
TAMER ANI NASTIER
SOS BAYONETED CDE
OCTAVIA OKD NORAH
PLAYINGTHELEADROLEOF
HORNET WOE TRU DELVES
ICE TORI FSTOPS PERK
AKRON AGIFTEDANDFUNNY
RAVIN E A TAILS
PARAMEDIC LIU IVY AFT
ELATES SAVEDBY LABELLE
ATTEST ANISEED NOSIER
LOSSES STATERS SYSTEM

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

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