



MC2 Cory J. Mendenhall
The Military Sealift Command hospital ship USNS Comfort (T-AH 20) is escorted by U.S. Coast Guard, New York Police Department and New York Fire Department assets as the ship arrives in New York City, March 30, 2020. Comfort 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.

COMFORT ARRIVES IN NEW YORK

“ The USNS Comfort arrives in New York City this morning with more than 1,100 medical personnel who are ready to provide safe, high-quality health care to non-COVID patients. We are ready and grateful to serve the needs of our nation.”

Capt. Patrick Amersbach

From U.S. 2nd Fleet Public Affairs

NEW YORK CITY

The Military Sealift Command hospital ship USNS Comfort (T-AH 20) arrived in New York March 30, 2020 in support of the nation's COVID-19 response efforts. While in New York, 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. Comfort is a seagoing medical treatment facility that currently has more than 1,200 personnel embarked for the New York mission including Navy medical and support

staff assembled from 22 commands, as well as over 70 civil service mariners. “The USNS Comfort arrives in New York City this morning with more than 1,100 medical personnel who are ready to provide safe, high-quality health care to non-COVID patients,” said Capt. Patrick Amersbach, commanding officer of the USNS Comfort Military Treatment Facility. “We are ready and grateful to serve the needs of our nation.” Comfort'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. Comfort's secondary mission is to provide full hospital services to support U.S. disaster relief and humanitarian operations worldwide. “Like her sister ship, USNS Mercy (T-AH

» See **COMFORT** | **A7**



MC2 Craig Z. Rodarte

Navy Reserve Sailors check-in at the pier-side entry control point for Military Sealift Command hospital ship USNS Comfort (T-AH 20). More than 120 Reserve volunteers were selected to support Comfort's upcoming deployment to New York City. Comfort is preparing to deploy 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-based hospitals to focus their efforts on COVID-19 cases. One of the Department of Defense's missions is Defense Support of Civil Authorities.

Reserve Sailors deploy aboard USNS Comfort

By MC2 Craig Rodarte and MC3 Class Zachary Van Nuys
Commander, Navy Reserve Force Public Affairs

NORFOLK

Ready to answer the nation's call, Navy Reserve Sailors reported to the Military Sealift Command's hospital ship USNS Comfort (T-AH 20) March 25, to support the ship's upcoming medical relief mission to New York City. Preparing for the ship's COVID-19 response deployment, Commander, Navy Reserve Forces Command selected more than 120 volunteers from a group of Navy Reserve medical professionals and other ratings to embark on the ship in support of the upcoming mission. “Right now, medical centers are doing everything they can to help their communities,” said Lt. Derek Hinkley, selected from Navy Operational Support Center (NOSC) White River Junction, New Hampshire, to support the response effort. “I see this mission as an opportunity to do what we can to help, in whatever way we can.” This was the second short-fused request for reserve support on a Navy hospital ship as nearly 60 Reserve Sailors departed Wednesday on the USNS Mercy (T-AH 19) in support of the COVID-19 response efforts in Los Angeles. Comfort will serve as a referral hospital for non-COVID-19 patients currently admitted to shore-based hospi-

» See **RESERVE** | **A7**

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USNS Mercy arrives in Los Angeles
Military Sealift Command hospital ship USNS Mercy (T-AH 19) arrived in Los Angeles, March 27 to support the nation's COVID-19 response efforts.

» See **A7**



Two U.S. destroyers deploy
Two forward deployed Arleigh Burke-class guided-missile destroyers got underway for regularly scheduled patrols from Rota, Spain in support of regional maritime security, March 22-23.

» See **B1**

Get virtual with Virginia Stage Company
Virginia Stage Company's Education and Community Engagement Department is offering online classes and workshops for students and the general public.

» See **C1**

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Navy consolidates COVID-19 prevention policies in NAVADMIN 080/20

From Chief of Naval Personnel Public Affairs
WASHINGTON

On March 21, the Chief of Naval Personnel issued NAVADMIN 080/20 which supersedes the previous stop-movement NAVADMINs, adds implementing guidance for the “authorized departure” and consolidates all the guidance into a single NAVADMIN for ease of reference and to serve as a “one-stop” information source.

The NAVADMIN guidance applies to all Navy service members, Navy civilians, and their families assigned to DoD installations world-wide.

- NAVADMIN 080/20 supersedes the following recent policy releases:
- NAVADMIN 064/20 Navy Mitigation Measures in Response to Coronavirus Outbreak
- NAVADMIN 065/20 Navy Mitigation Measures in Response to Coronavirus Outbreak Update 1
- NAVADMIN 074/20 Navy Mitigation Measures in Response to Coronavirus Outbreak Update 2

DOMESTIC TRAVEL

Per the NAVADMIN, a “stop movement” order was put in place until May 11, that applies to all service members, Navy civilian personnel and family members whose transportation is government funded. For Sailors this also includes personal leave and other unofficial travel.

The domestic travel stop movement applies to PCS and TAD/TDY, and Sailors are only authorized local leave. Until the domestic travel restrictions are lifted, Navy commands may only gain/onboard civilian employees within the local commuting area.

The types of authorized domestic travel include:

- (1) Travel by patients and medical providers for the purpose of medical treatment for Navy personnel and their family members is authorized.
- (2) Individuals who have already initiated PCS or TDY travel (including intermediate stops) are authorized to continue to their final destination.
- (3) Individuals whose TDY and/or leave ends while this NAVADMIN is in effect are authorized to return to their home station at the end of their TDY and/or leave.

Individuals pending retirement or separation up to the date of May 11 are exempt from this policy.

PCS ORDERS TO CDC COVID-19 WARNING LEVEL 3 LOCATIONS

Service Members and their dependents under PCS orders to or from a CDC COVID-19 Warning Level 3 location will stop movement.

Service Members who detached from their parent command prior to March 16, and are in transit are directed to contact Navy Personnel Command (NPC) for follow-on guidance. Each specific case will be

reviewed and NPC will authorize entitlements based on current location and situation.

All Navy civilians and their dependents under PCS orders to or from a CDC COVID-19 Warning Level 3 location will also stop movement. Contact your supervisory chain of command for further guidance.

This policy applies to currently designated CDC COVID-19 Warning Level 3 locations, or those designated Level 3 at a later date.

PCS ORDERS TO CDC COVID-19 ALERT LEVEL 2 LOCATIONS

Sailors under PCS orders to a CDC COVID-19 Alert Level 2 location will execute orders. Dependents of service members executing accompanied PCS orders to a CDC COVID-19 Alert Level 2 location will delay their travel until May 11. Waiver requests for exceptions to policy for dependents to travel with Service members can be submitted to PERS-451 for adjudication by PERS-4.

Sailors who have already detached from their parent command, prior to the date of NAVADMIN release, must contact NPC for follow-on guidance.

Navy civilians under PCS orders to a CDC COVID-19 Alert Level 2 location will execute orders. Dependents of Navy civilians executing accompanied PCS orders to a CDC COVID-19 Alert Level 2 location will delay travel to the CDC COVID-19 Alert Level 2 location until May 11.

Additionally, until the travel restrictions are lifted, Navy civilian hiring actions for positions in Level 2 and Level 3 countries are postponed for non-essential civilian personnel who have not yet begun travel. Contact your supervisory chain of command for further guidance.

This policy applies to currently designated CDC Alert Level 2 locations and to those designated at a later date.

PCS IN THE U.S. AND TERRITORIES

All Department of the Navy civilian employees whose transportation is government funded will stop movement. Navy commands may continue civilian hiring actions, but may only onboard civilian employees in the local commuting area.

Service members who have not yet initiated PCS travel as of the effective date of this NAVADMIN are directed to contact NPC for follow-on guidance.

A local PCS move may be executed without an exception since it does not involve travel outside of the local area. To be clear, same geographic location PCS moves will only be executed with due regard to the operational readiness of the commands involved.

OTHER TRAVEL GUIDANCE

Exceptions to the stop movement may be granted where travel is (1) determined to be

mission essential, (2) necessary for humanitarian reasons, or (3) warranted due to extreme hardship.

NPC (PERS-4) is authorized to approve or deny stop movement exceptions for service member PCS travel. The Echelon 2 Commander or their designee is authorized to approve or deny stop movement exceptions for service member official travel and training not associated with a PCS and leave requests outside of the local area.

For Navy civilian employees, authority to approve or deny exceptions of PCS from outside the local commuting area, official travel and training is delegated to the Echelon 2 Commander or their designee.

Navy Reserve personnel will follow guidance promulgated by the Chief of Navy Reserves.

Authorized Departure

Navy civilians and their dependents as well as the dependents of Sailors (referred to as eligible family members or EFM) who are stationed OCONUS and who would be at a higher risk if exposed to COVID-19, are authorized to return to the United States.

The safe haven for EFM is CONUS and the safe haven for DoN civilian employees is Arlington, Virginia. Members should work with their commands and local travel office to arrange for transportation to their safe haven. Authorized departures are only permitted when appropriate transportation and reception procedures are in place.

In line with Joint Travel Regulations (JTR), chapter 6, dependents must designate their specific safe haven location in the United States upon, or prior to, entry to the United States. Once designated, the specific safe-haven cannot be changed.

Dependents of uniformed personnel will be processed for safe-haven allowances in line with the JTR, Chapter 6, paragraph 0602. Navy civilian employees and their eligible family members will be processed for allowances IAW with the JTR, Chapter 6, paragraph 0604.

All travelers should be aware that preventative health measures to include restricted movement and business closures have been implemented in the U.S. to various degrees by federal, state and local governments. Travelers shall be advised to check the restrictions applicable to their situation, based on their departure location, any en route locations (foreign and in the United States) and their ultimate safe-haven, as well as availability of lodging, prior to beginning their return.

Finally, civilians who wish to depart their duty station must consult with their chain of command.

ALLOWANCES FOR SAILORS' ELIGIBLE FAMILY MEMBERS

Many Sailors have questions about allowance eligibility for their dependents who are returning to CONUS.

Per diem: Transportation expenses and travel per diem are authorized from the time

the family departs the evacuation site, through the time they reach their selected safe haven location in CONUS, including processing time at both the evacuation and receiving site. A non-command sponsored dependent is only authorized transportation and per diem. Other allowances will not be paid.

Escort allowances: Travel and transportation allowances are also payable to a member, a U.S. government civilian employee, or a person who travels under an official travel authorization/order as an escort for an evacuated dependent who is incapable of traveling alone to the safe haven due to age, physical or mental incapacity, or other extraordinary circumstances.

Household goods (HHG)/shipping allowance: Upon a dependent departing for a safe haven, unaccompanied baggage (for the dependent), and HHG items as needed for dependent comfort and well-being, may be transported at government expense.

Privately owned vehicles: Transportation of a POV at government expense to a safe haven is not authorized.

Pets: Members can receive an allowance for transportation to the safe haven for up to two household pets (defined by JTR 060204 as a cat or dog), which the member owned at the evacuated foreign permanent duty station (to include quarantine fees).

Housing allowance: A member, whose command sponsored dependents are evacuated and who was authorized a with dependent housing allowance on the evacuation date, continues to be paid such allowance while the members PDS remains unchanged and the member continues to maintain private sector housing, as long as the command-sponsored dependents are receiving evacuation allowances.

Family separation allowance (FSA): A member is entitled to FSA if a member has a dependent depart an overseas duty station at government expense because of an evacuation and begins on the 31st day of dependent departure from the permanent duty station.

Of course, the impact of this authorized departure on each specific allowance is highly dependent on individual circumstances. For questions regarding specific allowances, members should contact their nearest Personnel Support Detachment or MyNavy Career Center (MNCC), or consult the JTR, chapter 6.

Receipts/records pertaining to evacuation should be retained.

All members are reminded to do their part by adhering to CDC guidelines as they relate to basic hygiene and human interaction.

“The entire team must understand their role in minimizing the spread of COVID-19 among our ranks,” said Chief of Naval Personnel Vice Adm. John Nowell in the NAVADMIN. “All efforts should be taken to combat the spread of COVID-19 and to minimize impact on our force. The Navy will remain focused on meeting our global commitments while also ensuring the health and well-being of our service members, Navy civilians and our families.”

Service members with questions regarding this stop movement or entitlements for PCS travel should contact the MyNavy Career Center (1-833-330-6622) or email ASKMNCC(AT)NAVY.MIL.

Containing COVID-19: Why the boss sent me home

By Daniel Torok
Chief of Naval Personnel Public Affairs

WASHINGTON

To help prevent the spread of the 2019 coronavirus (COVID-19) commanders and commanding officers have been given a wide latitude on using maximum telework, restrictions of movement (ROM), quarantining and/or isolation.

But if you're like everyone else right now, you're wondering when you go back to work. Last week, BUMED issued guidance that clearly spells out when you should stay home, when you should return to work and when you should go see a doc if you are symptomatic.

If you catch the novel coronavirus you may show symptoms for a week, a day or never at all. So, what should you be looking for? For starters, most cases begin with a fever of 100.4 degrees Fahrenheit or 38 degrees Celsius. Signs of a fever include shivering, chills, body aches, excessive sweating and headaches. In addition, there can also respiratory symptoms such as dry cough and shortness of breath.

As the virus progresses through your body, it can affect your lungs, and in the worst case will exacerbate the epithelial cells. In common terms, the coronavirus can hijack your lungs and kill off the good cells.

This leads to inflammation causing your

lungs to fill with fluid, also known as pneumonia. Those are only the worst cases!

Fortunately, most cases only result in a fever and a cough as the virus doesn't travel past your nose and throat.

Let's begin with the clearest guidance: if you are symptomatic and test positive. Immediately isolate yourself from everyone, listen to your doctor and keep hydrated. It is safe to return to work after your fever clears without medication, your cough subsides and you have two back-to-back negative COVID-19 results 24 hours apart.

If you did not receive a lab test, but a doctor diagnosed you positive because you exhibit the CDC-required symptoms, then you must wait 72 hours after you are symptom free and a minimum of seven days since you first showed signs.

If you're home with the common flu and either tested negative or did not exhibit symptoms consistent with COVID-19, you must

wait at least 24 hours of being symptom free without the help of medications before you can return to work. Always consult your doctor so they can make the determination if you need the test or not!

“But I feel fine,” aka no symptoms, however someone you know tests positive with the virus or perhaps you have traveled to a known COVID-19 hot spot, then you must self-quarantine for 14 days from the date of your departure. If you should become symptomatic, call your doctor or hospital before you go for a test so they can make the necessary precautions to protect their staff and patients.

What about the elephant in the room? No one you know is sick, but your command sent you home indefinitely to keep you safe... You must adhere to whatever your command guidance is. When it is safe for you to return to work, your command will let you know.

If ever in doubt, contact your chain of command and follow their guidance.



Editorial Staff

Managing Editor | Travis Kuykendall
757-322-2853/news@flagshipnews.com

Art Director | Abby Likens, 757-222-3859

Flagship, Inc.

MNV Military Manager | Pam Bullock, 757-446-2795
Advertising Inquiries | Pam Bullock, 757-446-2795

Free Classified Advertising, 757-222-5373
Distribution, 757-222-5629
Home Delivery, 757-222-3900

Commander, Navy Region Mid-Atlantic (CNRMA):
Rear Adm. Charles W. "Chip" Rock
Regional program manager for Navy Region Mid-Atlantic (NRMA):
Public Affairs Director | Beth Baker

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“SOMETIMES MY HUMAN DOESN'T WEAR PANTS AT HOME, IT'S A RIOT.”

—COLBY adopted 06-18-11

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A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET



MC3 Kody Phillips
The Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69), right, transits the Strait of Gibraltar with the Arleigh Burke-class guided-missile destroyer USS James E. Williams (DDG 95), Feb. 29.

Navy authorizes enlistment extensions, re-entry opportunities

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

WASHINGTON

The Navy’s parallel battles to halt the spread of the coronavirus while keeping the fleet manned is now an opportunity for many officers and enlisted to extend their careers.

Sailors willing to extend in critical billets at sea and ashore could find themselves benefiting from the Navy’s willingness to offer waivers and even extra cash to stay put for now.

In addition, the Navy is also offering separated Sailors with needed skills the chance to get back in uniform.

“The Navy is on a deliberate path to mitigate the effects of COVID-19 and maintain operational, Sailor and family readiness,” Vice Adm. John B. Nowell, the Navy’s top uniformed personnel officer said March 26, in NAVADMIN 089/20.

“Due to the uncertainty regarding the duration of the COVID-19 Pandemic, the mandated all stop on PCS travel, and the resulting effect on the U.S. economy, the incentives and extensions in this NAVADMIN will provide stability to both the Navy and our families.”

Here are the details:

EXTENSIONS

Sailors with approved separation or retirement dates before April 1, 2021 are now eligible to submit a request to their detailer to have their separation or retirement date delayed anywhere between 6 to 12 months.

All Sailors interested in extending are encouraged to apply. Priority for approval, however, will be given to those currently filling sea duty and other critical billets

who agree remain in place.

As a starting point, Sailors should contact the MyNavy Career Center to initiate the request or visit MyNavy Portal. Command endorsement of the request, however, is required for approval. Deadline for these submissions is July 1.

Extension agreements could put some extra cash in the pockets of Sailors in critical billets who are eligible for Sea Duty Incentive Pay. Currently there are over 90 rating and skill combinations that qualify for an extra \$400 to \$1000 for each month they extend.

Special exceptions have been put in place to the existing rules to allow more Sailors to qualify for the pay under this offer. The latest list of who qualifies is available on MyNavy Portal at <https://www.mnp.navy.mil/group/pay-and-benefits>.

This list is updated regularly, so Sailors should check for recent additions and deletions. Sailors in qualifying billets can submit an Enlisted Personnel Action Request, known as a 1306/7, to MyNavy Career Center at AskMNCC@navy.mil.

HIGH YEAR TENURE AND FITNESS WAIVERS

Navy officials are offering the chance to remain in uniform to Sailors who otherwise might not be allowed, including those bumping up against High Year Tenure gates or those with two or more Physical Fitness failures.

Sailors being separated due to High Year Tenure and are currently filling critical operational billets at sea and on shore, may apply for a waiver to stay in for up to an additional 12 months.

There are also opportunities for Sailors with two or more consecutive Physical Fitness Assessment failure waivers on the books and who are slated for discharge before the end of calendar year 2020 to get another crack at the test.

With the spring physical fitness cycle now suspended, they must pass the fall cycle if they hope to regain eligibility to reenlist, take advancement exams and advance.

Here, too, Sailors should send command endorsed 1306/7 forms to MNCC via MyNavy Portal or by emailing the ePAR request directly to AskMNCC@navy.mil. Officers should contact their detailers.

NOT ELIGIBLE

For some service members, extensions aren’t possible, the message states.

Navy can’t approve any extensions for anyone pending mandatory separation or retirement for age as well as those approved for disability separation or retirement. Sailors being separated for misconduct are also not eligible to extend.

In addition, extensions won’t be offered to officers who have twice failed to select for promotion and those whose separation or retirement is required by law.

AN INVITATION

The Navy is growing and even after the coronavirus crisis subsides, the Navy is opening up opportunity for separated enlisted and officers to return to active duty.

Specifically, the Navy is looking for recently separated individuals, though any former Sailor is encouraged to contact a prior enlisted or officer recruiter if they are interested in re-entry.

Questions regarding delaying a Service Member’s separation or retirement date should be referred to the appropriate detailer, community manager or by contacting MNCC.

24/7 chaplain hotline for reserve Sailors starts April 1

By MC1 Arthurgwain L. Marquez
Commander, Navy Reserve Forces Command Public Affairs

NORFOLK

In response to the COVID-19 crisis, Commander, Navy Reserve Forces Command (CNRFC) Chaplain’s Office is launching a 24/7 chaplain hotline starting Apr. 1.

This is an around-the-clock on-call phone service for Reserve Force personnel and their families who have been affected by the COVID-19 national emergency and are in need of counseling and spiritual services.

The CNRFC 24/7 chaplain line is available at (757) 322-5650 for all Navy Reserve Sailors.

“There are a lot of Reserve Sailors out there who are experiencing stress,” said CNRFC Command Chaplain Capt. Brian J. Stamm. “We see this as a healthy outlet. Some individuals may not be willing to talk to somebody about some concerns, particularly concerns about mental health issues if they thought the conversation was not 100% confidential. This provides a safety valve.”

Only Navy Reserve force personnel and their families are authorized to use the service. Active Navy military and civilian personnel are encouraged to use chaplain resources available locally at their command or installation.

“In any crisis, making sure you have someone to reach out and talk to is a way of reassuring hope,” Stamm added. “When you start to lose hope in a situation, you very easily lose perspective. That’s one thing we hope to do by providing a duty chaplain as someone you can call.”

Stamm says his new guidance to Reserve Sailors in light of the ongoing COVID-19 response is to wash your hands and pray. “If you are religious, remember prayer is always a good practice. We have a prayer posted on the CNRFC website that will be changing every couple of weeks.”

The Navy Reserve takes pride in being a ready, agile force providing valuable and vital support to the Navy and the Nation. Today, the Reserve force consists of 59,641 Selected Reserve Sailors (including 10,153 Full Time Support members) 43,754 Individual Ready Reserve members and 422 civilians.

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MC3 Nicholas Huynh
An F/A-18F Super Hornet, assigned to the “Black Knights” of Strike Fighter Squadron (VFA) 154, lands on the flight deck of the aircraft carrier USS Theodore Roosevelt (CVN 71), March 18, 2020. The Theodore Roosevelt Carrier Strike Group is on a scheduled deployment to the Indo-Pacific.

Chief of Naval Operations statement on USS Theodore Roosevelt

WASHINGTON

"As testing continues, additional positive cases of COVID-19 have been discovered aboard USS Theodore Roosevelt. We are taking this threat very seriously and are working quickly to identify and isolate positive cases while preventing further spread of the virus aboard the ship. No Sailors have been hospitalized or are seriously ill.

Our medical team aboard USS Theodore Roosevelt is performing testing for the crew consistent with CDC guidelines, and we are working to increase the rate of testing as much as possible. Immediate priority will be symptomatic Sailors, those in close contact with Sailors who have tested positive already, and essential watch standers. We are isolating those who test positive. Testing

will continue as necessary to ensure the health of the entire ship’s crew. In addition, the medical staff will continue to actively monitor the health of the crew. Deep cleaning of the ship’s spaces is also ongoing.
USS Theodore Roosevelt is in Guam on a previously-scheduled port visit. The resources at our naval medical facilities in

Guam will allow us to more effectively test, isolate, and if necessary treat Sailors. We expect additional positive tests, and those Sailors who test positive will be transported to the U.S. Naval Hospital Guam for further evaluation and treatment as necessary. During the port visit, base access will be limited to the pier for Roosevelt’s Sailors. No base or regional personnel will access the pier.
We’re taking this day by day. Our top two priorities are taking care of our people and maintaining mission readiness. Both of those go hand in glove.
We are confident that our aggressive response will keep USS Theodore Roosevelt able to respond to any crisis in the region."

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POP



MC3 Michael S. Singley/
Sailors man the rails of the aircraft carrier USS Abraham Lincoln (CVN 72) as the ship prepares to pull into Joint Base Pearl Harbor-Hickam for a scheduled port visit, Jan. 8, 2020. The Abraham Lincoln Carrier Strike Group is deployed to the U.S. 3rd Fleet area of operations in support of security and stability in the Indo-Pacific region. With Abraham Lincoln as the flagship, deployed strike group assets include staffs and aircraft of Carrier Strike Group (CSG) 12, Destroyer Squadron (DESRON) 2 and Carrier Air Wing (CVW) 7.

Amid COVID-19 restrictions SkillBridge internships continue

From Chief of Naval Personnel Public Affairs
WASHINGTON
Still up and running during the Navy’s stop movement for travel is SkillBridge, a

key Department of Defense internship program which allows transitioning service members to participate in job training, internships and apprenticeship opportunities during their last 180 days of service.

Because of travel restrictions imposed on March 13, only mission essential travel is authorized away from a Sailor’s local area, to include SkillBridge. Until the order is lifted, Sailors who have not yet begun their SkillBridge programs are only authorized to participate in their local area or through virtual or online classes if available. However, Sailors who started their temporary duty travel before March 13th for SkillBridge away from their local areas may finish their current programs. Once complete, they must contact the command, which issued their orders for guidance on

returning home. If any SkillBridge training is suspended or cancelled because of COVID-19, Sailors must notify their commands and request guidance before returning. Service members participating in SkillBridge, regardless of location, are not exempt from state and local government shelter in place, stay-at-home, self-quarantine or similar executive orders. Sailors can seek information on SkillBridge opportunities available in their local area on the DoD SkillBridge website at <https://dodskillbridge.usalearning.gov/>. SkillBridge guidance is available by contacting Mr. Jim Johnson, at 703-604-5256.

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How much does senior living cost and how do people pay for it?



You started your children’s college fund when they began kindergarten. You never missed a single Little League game. You walked your daughter down the aisle and danced at her reception. You may not dance as often as you once did, but you’re still the type of person who believes in doing the right thing. That means having your affairs in order.

You always made sure your loved ones had the very best and knew that you were there to support them. Now is the time to reassure them that you have prepared for your next step by choosing a senior living community. But how much should this cost?

The cost for senior living depends on the size suite you select as well as the amount of support you require. On average, this works out to be between \$3,500-\$5,000 per month.

Families pay for senior living in a variety of ways. If you have invested in Long Term Care insurance, this is the time to reach out to your insurance provider and ask about qualifying for benefits. You will

likely qualify should you need assistance with two activities of daily living. This would include bathing, dressing, getting in and out of bed, and other personal care assistance.

Many families sell the home and use part of the sale to pay for senior living. Often when comparing taxes, insurance, and upkeep of a home to the cost of living in a community, the financial benefits are equal or greater than what you would expect.

Finally, if you served in the military during wartime or had a spouse who served, you may be eligible for senior living benefits as outlined in the following chart.

★★★ Veterans Aid & Attendance	
Veteran.....	\$1,912/mo*
Surviving Spouse....	\$1,229/mo*
Couple.....	\$2,266/mo*

*Depending on the level of care needed.

★★★
This benefit combined with social security payments and savings often covers the cost of senior living. Ultimately, the formula of how senior living is paid works out to be different for every family. But just like college planning, it is worth the time and effort to choose the right fit and craft a plan that makes sense for you.



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U.S. Navy graphic

Navy strengthens supply chain during COVID-19 pandemic

By Lynn Kohl
Navy Supply Systems Command Weapons Systems Support Public Affairs

PHILADELPHIA

COVID-19 is affecting operations and supply chains around the world. For the Navy and Marine Corps, the virus presents a critical and unknown risk to readiness. Since the beginning of this crisis, Naval Supply Systems Command (NAVSUP) has been proactively working with the commercial supply base to assess and mitigate risks to ensure uninterrupted service and parts flow to the fleet. NAVSUP's response has been strengthened by ongoing enterprise-wide Reform efforts. Over the past two years, NAVSUP has reviewed and modified the processes used to manage the supply base in order to drive greater efficiency and insight. As part of that effort, the command has rolled out powerful analytical tools across the organization.

For instance, NAVSUP has deployed the recently piloted Control Tower to gauge the impact that supply chain disruptions could have on operations. The Control Tower aggregates data sources from across the naval enterprise to present an end-to-end view of inventory levels and supply health of spare and repair parts. Through this aggregated view, the NAVSUP team easily determined high-priority parts and works with both organic and commercial partners to escalate and resolve performance and

delivery barriers. NAVSUP uses the data to work together with fleet, Program Executive Offices and Systems Commands to elevate issues that occur within the sustainment life cycle of the Navy's platforms and systems. Going forward, NAVSUP plans to apply machine learning and artificial intelligence to strengthen scenario-planning capabilities.

NAVSUP also quickly sprang into action to shore up its commercial supply base. As soon as President Donald Trump declared a national emergency on Friday, March 13, NAVSUP stood up a cross-functional war room focused on evaluating and addressing vulnerabilities across the spare and repair parts supply chain. Given teleworking mandates, the war room was designed from inception as a virtual team. In addition to representatives from the weapons systems support teams across NAVSUP, the virtual war room includes Defense Contract Management Agency and Defense Logistics Agency representatives to drive cross-functional problem solving and decision making.

As a foundation of the war room effort, NAVSUP's strategic supplier management team launched a weekly survey to the entire commercial supply base to understand and identify emerging risks and challenges starting on Monday, March 16.

During the first week of surveys, NAVSUP heard from multiple suppliers confused about the patchwork of local and



James E. Foehl

state regulations and how they would impact operations. When the Department of Defense issued guidance on Friday, March 20, NAVSUP rapidly communicated updates to their entire supply base. NAVSUP's strategic supplier management team has been in constant correspondence with suppliers since the national emergency declaration.

In accordance with the DoD's guidance that the defense industrial base is a critical infrastructure sector, NAVSUP will continue to work with suppliers towards an expectation of no disruptions. As COVID-19 continues to impact business operations, high-risk sites will be flagged and action plans will be quickly put in place.

According to Karen Fenstermacher, the executive for strategic initiatives at NAVSUP, "We knew the challenges our

supply base would be facing were going to be varied. Since launching the survey last week, my team has been contacted by hundreds of suppliers and is in active discussions with suppliers across the United States and around the world to ensure minimal service disruptions."

With deployments of the hospital ships USNS Mercy and USNS Comfort, the Navy will be on the front lines helping the United States combat the COVID-19 pandemic. NAVSUP is working around the clock to ensure frontline personnel are fully supported and readiness levels can be maintained across the Navy and Marine Corps.

We are all in this battle together. NAVSUP encourages any suppliers experiencing operational challenges and hardships to flag them in the weekly survey and to continue to proactively engage with NAVSUP.



MC1 David Mora
The Military Sealift Command hospital ship USNS Mercy (T-AH 19) arrives in Los Angeles, March 27. 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.

USNS Mercy arrives in Los Angeles

From Commander, U.S. Third Fleet Public Affairs

SANDIEGO

Military Sealift Command hospital ship USNS Mercy (T-AH 19) arrived in Los Angeles, March 27 to support the nation's COVID-19 response efforts.

"The men and women of the USNS Mercy and the United States Navy are honored to be here in Los Angeles supporting FEMA, the

state of California, and the city in their ongoing COVID-19 relief efforts," said Rear Adm. John E. Gumbleton, Commander, Expeditionary Strike Group Three, at a press conference.

While in Los Angeles, 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.

Mercy is a seagoing medical treatment facility that currently has personnel embarked for the Los Angeles mission, including Navy medical and support staff assembled from 22 commands, as well as over 70 civil service mariners.

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.

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.

USNS Mercy accepts first patients in Los Angeles

By MC2 Natalie Byers
U.S. 3rd Fleet Public Affairs

LOS ANGELES

The hospital ship USNS Mercy (T-AH 19) accepted its first patients in Los Angeles March 29 during its support of the nation's COVID-19 response efforts.

"I couldn't be more proud of our crew for all the hard work they did to get us here and ready in such a short time," said Capt. John Rotruck, Mercy's Military Treatment Facility commanding officer. "Being able to accept our first patients is a true testament of the teamwork between Mercy, the Navy, the State of California, the county of Los Angeles, and the City and Port of L.A."

While in Los Angeles, 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



MC2 Abigail Lutz
Sailors transport the first patient aboard the hospital ship USNS Mercy (T-AH 19) into the casualty receiving area, March 29, 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.

shore-based hospitals to use their Intensive Care Units and ventilators for those patients.

"The men and women embarked on board Mercy are energized, eager, and ready to provide relief to those in need," said Rotruck.

Mercy is a seagoing medical treatment facility that currently has personnel embarked for the Los Angeles mission, including Navy

medical and support staff assembled from 22 commands, as well as over 70 civil service mariners.

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.

U.S. 3rd Fleet is operating as the Maritime Command Element, West, for U.S. Naval Forces Northern Command (NAVORTH), under U.S. Northern Command for Defense Support of Civil Authorities in support of the Federal Emergency Management Agency, the lead agency.

COMFORT | Ship to receive patients 24 hours after arriving

Continued from A1

19), which recently moored in Los Angeles, this great ship will support civil authorities by increasing medical capacity and collaboration for medical assistance," said Rear Adm. John Mustin, vice commander, U.S. Fleet Forces Command. "Not treating COVID-19 patients... but by acting as a relief valve for other urgent needs, freeing New York's hospitals and medical professionals to focus on the pandemic."

"This USNS Comfort team of Sailors, Marines and Civilian Mariners came together during the transit to New York City and our medical professionals are ready to begin receiving patients from local hospitals tomorrow," said Capt. Joseph O'Brien, mission commander of Task Force New York City. "Our personnel are our strength—the men and women of our military services accomplish incredible things every day, and I am confident in their abilities as we start the next phase of this mission."

The ship expects to begin receiving pa-

tients 24 hours after arriving in New York City. All patient transfers will be coordinated with local hospitals, thus ensuring a consistent handoff of care between medical providers. Patients will not be accepted on a walk-on basis, and should not come to the pier with any expectation that they can receive care.

"The last time that this great hospital ship was here was in the wake of 9-11, where she served as respite and comfort for our first responders working around the clock," said Mustin. "Our message to New Yorkers—now your Navy has returned, and we are with you, committed in this fight."

The U.S. Coast Guard is providing a security escort of USNS Comfort into New York Harbor, comprised of crews and assets from around the region to include the Coast Guard Cutter Shrike, Coast Guard Cutter Sitkinak, Maritime Safety and Security Team New York, Coast Guard Station New York, and Coast Guard Air Station Cape Cod.

U.S. 2nd Fleet exercises operational authorities over assigned ships, aircraft, and landing forces on the East Coast and the Atlantic.

Coverage of USNS Comfort in New York and USNS Mercy in Los Angeles continues at <http://www.dvidshub.net/feature/Navy-HospitalShipsCOVID19>

RESERVE | Comfort will serve as referral hospital for non-Covid-19 patients

Continued from A1

tals. This allows shore-based hospitals to focus their efforts on COVID-19 cases.

One of the Department of Defense's (DoD) 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.

"The sheer strength of what the ship can do, from all the cat scans, to full operating rooms and how fast it can be there to support different areas is awesome," said Yeoman 1st Class Chad Williams, who traveled from NOSC Washington D.C. "This mission is important because it shows that we are not only doing humanitarian missions outside of the U.S., but that we support missions inside the country as well."

The ability to rapidly provide support to missions like the Comfort's is a key purpose of the continual training and mobilization

readiness efforts of the Navy Reserve, but the motivated responses from the volunteer Sailors was remarkable.

Rear Adm. John Schommer, deputy commander for Commander, Navy Reserve Force, says the response to the call for volunteers was humbling.

"We diligently ensured our volunteer reservists are available to support the medical relief efforts without impacting their local and state communities," said Schommer. "When we were asked to help find medical professionals to help support this mission, we received hundreds of volunteer requests from our reserve medical community in less than 24 hours."

Another volunteer, Chief Hospital Corpsman Robert Willis, from NOSC Charlotte, stressed the importance of the response effort. "Supporting this national mission and helping to contain this virus is important," said Willis. "I want to help in whatever way I can to make sure it gets eradicated."

The Navy Reserve prides itself on being a ready, agile force providing valuable and vital support to the Navy and the Nation. Today, the Reserve force consists of 59,641 Selected Reserve Sailors (including 10,153 Full Time Support members) 43,754 Individual Ready Reserve members and 422 civilians.

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USS Ramage returns from deployment
The guided-missile destroyer USS Ramage (DDG 61) returned to Norfolk Naval Station today, marking the end of a deployment to the U.S. 2nd, 5th, and 6th Fleet areas of operation.

See **B4**

SECTION B | FLAGSHIPNEWS.COM | 4.2.2020



MC3 Katie Cox
The Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78) departs Naval Station Rota, Spain for a regularly scheduled deployment, March 23, 2020. Porter, forward deployed to Rota, Spain, is on its eighth patrol in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

Two U.S. destroyers deploy as U.S. 6th Fleet remains vigilant

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

ROTA, SPAIN

Two forward deployed Arleigh Burke-class guided-missile destroyers got underway for regularly scheduled patrols from Rota, Spain in support of regional maritime security, March 22-23.

After taking precautions to ensure the health and safety of their crews, USS Porter (DDG 78) and USS Donald Cook (DDG 75), departed on time from their forward deployed berths in Rota.

“We continue to operate our ships,

planes, and submarines throughout the region, being mindful to take appropriate action to protect our people and others,” said Vice Adm. Lisa Franchetti, commander, U.S. 6th Fleet. “The health and safety of our Sailors, Marines, Coastguardsmen, civilians, and families, along with that of our allies and partners, remains a top priority.”

After completing a weapons onload, Porter deployed on her 8th patrol from Rota; Donald Cook began her 10th patrol. While deployed to the waters around Europe and Africa, the ships will ensure freedom of navigation and serve as part of Europe’s comprehensive ballistic missile defense network.

“Donald Cook got under way to ensure regional security and demonstrate commitment to our partners and allies,” said Cmdr. Kelly Jones, USS Donald Cook’s commanding Officer. “Every day, our crew lives by faith without fear. We have the watch.”

Porter and Donald Cook comprise half of the Forward Deployed Naval Forces-Europe destroyers. USS Carney (DDG 64) and USS Ross (DDG 71) comprise the remainder of CTF 65/ DESRON 60.

“Before every ship leaves for patrol, we guarantee they meet the highest standards of readiness,” said Capt. Joe Gagliano, commander, Task Force (CTF) 65 and commodore of Destroyer Squadron (DESRON)

60. “Porter and Donald Cook are ready to execute missions across the full spectrum of fleet operations, even in this crisis.”

Carney is currently circumnavigating Africa and recently participated in a historic port visit to Cape Town, South Africa.

Ross completed her 9th patrol March 14, after sailing as part of the Charles de Gaulle Carrier Strike Group, Task Force (CTF) 473, and operating in the Black Sea with Turkey, Bulgaria, and Romania.

On her last patrol in Oct 2019, Donald Cook operated above the Arctic Circle while conducting a routine maritime security patrol, monitoring Russian maritime activity and providing for the ballistic missile defense of Europe.

Porter, Carney, Donald Cook, and Ross demonstrate CTF 65’s ability to operate in any maritime environment from the Arctic to the Cape of Good Hope, engaging with our partners, building relationships, and refining our technical and tactical warfare abilities.

Naval Chaplaincy School and Center returns to Newport

From Naval Chaplaincy School and Center Public Affairs

NEWPORT, R.I.

The Naval Chaplaincy School and Center (NCSC) celebrated its return to Naval Station Newport, after an 11-year absence, with a ribbon cutting ceremony at Brett Hall, March 13.

The Naval Chaplains School, as NCSC was once known as, resided in a building at Naval Station Newport, dedicated and named for Lt. Robert Raymond Brett, a Navy chaplain killed in action while serving with Marines in Vietnam in 1968. In 2009, NCSC moved from Naval Station Newport’s Brett Hall to Fort Jackson, South



MC2 Derien C. Luc
Capt. Steven R. Moses, commanding officer of Naval Chaplaincy School and Center (NCSC), right, and Rear Adm. Brent W. Scott, Navy Chief of Chaplains, left, cut the ribbon to formally commemorate the relocation of NCSC to Naval Station Newport and Brett Hall. NCSC develops and delivers religious ministry training to achieve fleet readiness.

On pause: How DoD Stop Movement Order is affecting families

By Lisa Smith Molinari

In many ways, military families are just like civilians during the coronavirus pandemic. We're all — military and civilians alike — holed up in our homes, suffering through virtual schooling, whining kids, surreal food shopping experiences, and fears about our financial futures. But few civilians know that many military families' stressors have been magnified by a series of Department of Defense "Stop Movement" orders intended to slow the spread of the virus.

On March 25, the Department of Defense announced another Stop Movement Order freezing all overseas US forces, civilian personnel and family members in place for up to 60 days. This directive expands previous orders issued earlier in March —which restricted domestic Permanent Change of Station orders, personal travel, and civilian hiring — and will affect thousands more military families.

Since my own family has retired from active duty service and are thus not bound by the DoD restriction, I reached out to two military spouses whose families are not only significantly impacted by the Stop Movement Order, but who are also experts in the education of military children undergoing transitions and deployments.

"We are in a very strange PCS limbo," said Amanda Trimillos, US Air Force spouse and

mother of four, whose overseas active duty military family was planning a retirement ceremony for April 1st, and a PCS move to Colorado. Just days before the original stop movement order, Trimillos and her husband were in the contract signing phase on a new house in Colorado when their move and retirement plans were delayed. "Last night we turned the house back over as we will not be able to take possession due to Stop Movement without paying double mortgage. We no longer know where our kids will attend school next year. We have no idea if/when we will be allowed to leave."

"We are on pause, a very long pause," said Stacy Allsbrook-Huisman, an Air Force spouse with PCS orders from Tampa to the Pentagon, put on hold by the Stop Movement Order. "The week COVID-19 started to bubble to the surface we were scheduled to sign on a house," Allsbrook-Huisman said, explaining that they cancelled their flight due to the health risks. "We lost our bid on a house we were hoping for and within the following 48 hrs, DoD put a stop movement on all military personnel. I highly doubt we will move in until late summer or even not until fall."

The coincidences between these two spouses do not stop there. They are also friends and co-authors of a 2018 book about the education of military-connected kids in transition, *Seasons of My Military Student:*

Practical Ideas for Parents and Teachers. Trimillos has a doctorate in education, is a National Board Certified Teacher, and is a teacher-mentor for the US Department of Education. Allsbrook-Huisman is a writer and advocate for military-connected students and families, and serves as a parent-to-parent trainer for the Military Child Education Coalition.

When I asked them to put on their expert caps and tell me who was most affected by the Stop Movement Order, they agreed that families with deployed service members unsure of when they can come home could endure the greatest suffering. Allsbrook-Huisman told me of a military spouse with three kids between the ages of 6 and 12, each with a special needs diagnosis, whose husband left before the COVID-19 crisis. "She's all alone, no school, no family, no child care, no reprieve. Having her husband leaving for a year is hard, but under these circumstances it feels cruel."

Trimillos said the military parents in the online network connected to their book have so many questions about transitioning to online school and PCSing at the same time. Everything from how to collect important paperwork from a closed school to how to say good-bye. "There are just so many unknowns — and that is scary."

As mothers, Trimillos and Allsbrook-Huisman are worried for their own children, but confident, too. "The military trained us to thrive in the chaos of change," Trimillos said. "It's going to be okay. Everything will fall into place. We just don't know when, where, or how."

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Military OneSource

Top 10 ways to practice resilience skills during challenging times

Uncertain times like these can present incredible challenges. Normal life has turned upside down because of coronavirus disease 2019, and no one knows when things will be settled again. Military families are used to uncertainty and challenges and already have skills needed to remain resilient in challenging times. The current COVID-19 situation can be an opportunity to practice your resilience skills and share them with others.

Change and uncertainty can increase stress and anxiety. A healthy dose of concern can help solve problems, but paying too much attention to things we can't change can leave us feeling powerless and more stressed. Here are 10 things you can do to practice staying strong and build resilience skills to help yourself, your partner, your children and other loved ones:

Recognize the situation and validate your feelings. It is normal to feel stressed and worried right now. There is a saying in psychology that "what we resist, persists," so the best way to begin to address an issue is to face it. Acknowledge that things are uncertain now and know that is OK. If you are not worried or anxious, that's fine too. Everyone deals with stress in different ways, and the most important thing is to validate whatever you are feeling. If you want to talk to a professional, free, confidential non-medical counseling is available through Military OneSource.

Talk to your children. It's especially important to talk to children now, because even if they aren't saying anything, they may have questions and concerns they don't know how to voice. Talk to them in an age-appropriate manner about COVID-19 and make sure to acknowledge their feelings.

Follow accurate information about the virus. Make sure you are doing the things you can to stay safe and healthy while staying at home and explain those things to your family. Continue to check the Coronavirus Informa-

tion for Our Military Community page for updates.

Try to view the current social situation as a challenge rather than an insurmountable problem. Yes, times are difficult right now, but things will get better again. The situation in China has already improved, and with time, will improve in the rest of the world.

Maintain routines as much as possible. Paying attention to things you can control helps to decrease anxiety and increase a sense of personal effectiveness.

Limit media exposure. Stay updated on health and safety measures, but try not to tune in 24/7. Constant media viewing can increase stress and anxiety. Choose one or two reliable news sources and schedule regular times to check updates. Make time for positive input as well. Try searching online for good things that have come out of the current social situation. You might be surprised at what you find.

Stay connected. Talk to your spouse, your children and extended family. Military spouses usually have a strong, established virtual support network. This could be a time where you help others develop similar connections.

Practice positive thinking. When you find yourself dwelling on negative thoughts or worrying excessively, stop and count 10 things that make you feel grateful. Starting a gratitude journal can be a powerful daily practice, and is also something that is easy to do with children to get them to practice positive thinking skills. For more ideas, check out these resilience resources from Military OneSource, and suggestions from the Centers for Disease Control and Prevention for managing stress during the outbreak.

Help others. Research shows that helping others decreases anxiety and builds resiliency. Search online for things people are doing during COVID-19 to help others. Have your kids draw pictures and text them to grandparents.

Bring groceries to an elderly neighbor who can't get out. Have your teenager organize a video dance party or put together a playlist for family dance time. You can also search online for organizations that are helping deployed service members and veterans, and find some way to get involved.

Take care of yourself and seek help if you need it. Make sure you are practicing good self-care, and addressing all five pillars of wellness. Turn off the TV. Listen to music. Get outside and take a walk. Check out these other tips for managing stress. Everyone needs a hand now and then, and the Department of Defense offers a variety of programs and services to keep service members and their families healthy and strong.

Help for an unsafe or abusive relationship is available. The military community has resources to support you if your partner's behavior makes you feel uncomfortable or anxious, and you are seeking ways to maintain your boundaries at home, or make a plan for safety. Call 911 if you are in immediate danger, or if your partner or spouse has threatened you, your children or someone you know. If you are on a military installation, call your military law enforcement office. Connect 24/7 with an advocate at the National Domestic Violence Hotline by calling 800-799-7233, or chat online at thehotline.org.

■ Parenting help is available, and you can tap MilParent Power year-round.

■ If you have financial stresses as a result of COVID-19, contact your military service relief organizations, or tap other financial resources.

■ Free, confidential non-medical counseling is available for eligible individuals, and for immediate help you can call the Military Crisis Line.

This is an incredibly challenging time, but you have tools and resources to help you stay strong. Understanding of COVID-19 is rapidly changing. For updates and information specific to your location, visit your installation's official website. You can also follow your installation's Facebook, Twitter or Instagram platforms. For Department of Defense updates for the military community, visit Defense.gov, follow Military OneSource's Facebook, Twitter and Instagram platforms, and continue to check the Coronavirus Information for Our Military Community page for updates.



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NPS continues prep for spring classes online

By **Matthew Schehl**
Naval Postgraduate School Public Affairs

MONTEREY, CALIF.

As the Naval Postgraduate School (NPS), and the world, continue taking measures to mitigate the reach of the novel Coronavirus pandemic, unprecedented efforts are underway to ensure the university continues on course to deliver excellence in advanced education, anytime and anywhere.

Under a mandate by NPS President retired Vice Adm. Ann E. Rondeau, all residential unclassified classes will transition to distance learning (DL) when the Spring Quarter launches, March 30. Conducting coursework online, for as long as it needs to, will afford the university its best opportunity to pre-empt the virus’ transmission throughout the NPS community, treating the state’s guidelines on shelter in place and social distancing with due urgency.

“At this scale, we are navigating through uncharted waters,” Rondeau observed in a message broadcast to NPS students, faculty and staff. “In times like these, our commitment to working together is essential and your collective efforts to date have been extraordinary and inspiring.”

Face-to-face instruction is most often the best option for many kinds of learning, especially laboratory, science and technology education, and the special interactions of our practitioner-students and faculty. However, with

opportunity in the circumstances, the campus moved to support the transition to nearly total DL quickly and expertly.

The university boasts a long history of DL education, dating back to the mid-1990s, but it’s the relatively new Teaching and Learning Commons (TLC) that is serving as a central hub for communication, information, references, and web-based resources and tools to support the transition.

For those faculty members new to virtual classrooms, the TLC is offering workshops and individual coaching to utilize Zoom video conferencing, the Sakai collaborative learning management system and other DL technologies.

The TLC serves as the locus for a “common teaching experience,” enabling NPS faculty to come together to share lessons learned and helpful tips, explained Dr. Raluca Gera, TLC director and Associate Provost for Graduate Education.

“The TLC will collect and make available, to the wider campus, faculty and departmental resources as they are shared,” she said. “In response to the rapid switch from resident to DL, the TLC is supporting learning-focused communities of practice and is providing leadership and resources as NPS goes fully all-in and online.”

As virtual instruction partly supplants traditional face-to-face education, such sharing of knowledge becomes imperative and enables faculty and students to adapt and overcome



Javier Chagoya/

With local, state and federal guidelines to help limit the spread of the novel coronavirus in place, the Naval Postgraduate School moved swiftly, making preparations to start all Spring Quarter classes online.

new challenges as the health crisis continues to unfold over the weeks and months to come.

The keyword in this process is flexibility which, as Rondeau noted, affords faculty and students the ability to successfully meet the demands of a new normal. Rondeau also noted that NPS will be assessing the pros and cons of DL over an extended period of time, taking into account the professional analyses of learning that is resident in the university, content quality, learning quality and feedback from students, faculty and curriculum sponsors. She noted that this period is an opportunity to advance the university’s continuation exploration, understanding and application of learning techniques and to learn and apply best practices

“Faculty are free to decide how best to teach

their courses online,” she said. “While we prefer you teach synchronously during your regularly scheduled class times, we understand that this may not be feasible for all faculty. Those who, because of child care or other issues, cannot hold online synchronous classes may record them at home for asynchronous delivery. Those teaching this way should make themselves available for regular online office hours with individual students or small groups.

“These are unprecedented times and I am very proud of how everyone is coming together to support each other professionally and personally,” she continued. “This is what makes the NPS community so special. Take care, be safe and we’ll get through this as a team!”

Engineers for future USS Tripoli take control

By **MC1 Peter Burghart**

PASCAGOULA, MISS.

The engineering department of the future USS Tripoli (LHA 7) began turnover of onboard engineering operations from Huntington Ingalls Industries (HII) on March 13, 2020, a process that puts the ship on the path to becoming a fully operational Navy warship.

“The Navy and HII have different requirements,” said Ensign Michael Salazar, Tripoli’s main engine officer.

“Making sure that safeties work and the operational equipment is up to our standards is very important.”

The planned turnover process consists of handing off operations of major systems to Tripoli engineers. The ship’s engineers started up major engineering plant equipment for the first time, which takes time because of the numerous shipboard spaces, types of equipment, and variations between Navy and HII processes.

Additionally, the Navy has specific procedures required to operate each type of equipment in its inventory and are de-

signed to ensure the safety of personnel and equipment during normal operations and scheduled maintenance.

“We have planned maintenance to make sure our equipment operates properly,” said Salazar. “Most equipment needs to be aligned in order to meet Navy engineering standards for operations at sea”

Salazar also added that the maintenance is important to prevent both injury and damage to equipment.

The engineers of Electrical division, Repair division, Auxiliaries division and Main propulsion reviewed all engineering assets in their spaces such as fuel, oil, and machinery equipment. For Sailors, these inspections gave them the time and vital training necessary to familiarize themselves with Tripoli’s onboard equipment.

“The best part is we get to set the

standard,” said Chief Gas Turbine Systems Technician (Electrical) Jonathan Burg. “We can show the expectation for our Sailors.”

For Tripoli engineers, taking ownership of the spaces is only the beginning. They will continue preparing for inspections and assessments with the goal of becoming a fully operational and qualified engineering department.

“The biggest surprise is the passion of our junior Sailors to learn equipment,” said Burg. “They came in hungry to learn every day.”

As engineers continue to take over their spaces and establish their rhythm, the light at the end of the tunnel is starting to glow brighter, placing the ship one step closer to commissioning and its journey to homeport in San Diego.

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MC1 Joshua Sheppard
Sailors assigned to the Arleigh Burke-class guided missile destroyer USS Ramage (DDG 61) man the rails as the ship returns from deployment. Ramage returned to Naval Station Norfolk after the successful conclusion of a seven-month deployment.

USS Ramage returns from deployment

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

The guided-missile destroyer USS Ramage (DDG 61) returned to Norfolk Naval Station today, marking the end of a deployment to the U.S. 2nd, 5th, and 6th Fleet areas of operation. Ramage deployed Aug. 20, 2019, to conduct maritime security operations and provide ballistic missile defense for U.S. Navy fleet and combatant commanders. “I could not be prouder of Team Ramage,” said Cdr. Jack Benfield, commanding officer. “They represented our Navy and our nation extremely well; working with partner nations to strengthen regional ties, promote stability, and facilitate the free flow of commerce. “While in U.S. 5th Fleet, Ramage supported Coalition Task Force (CTF) Sentinel, maintaining domain awareness through surveillance in the heavily transited Strait of Hormuz,” Benfield continued.

“These operations were instrumental in maintaining freedom of navigation and the free flow of commerce throughout the Arabian Gulf, Gulf of Oman, and Arabian Sea.” Throughout the deployment, Ramage performed numerous training exercises to develop tactical competencies. From carrier strike force operations to coalition exercises with the UK, France, Egypt, Oman, Qatar, Saudi Arabia, and the United Arab Emirates, the ship developed key skillsets to maintain readiness and interoperability, further strengthening strategic bonds and co-operation with maritime partners. Their historic visit to Beirut, Lebanon, was the first time a U.S. Navy ship had visited the country in over 36 years and demonstrated the Navy’s continuing regional commitment to EUCOM and CENTCOM areas of responsibility by hosting a reception for over 80 guests and foreign media outlets, including political and military leaders from eight ally and partner nations. While in 6th Fleet, Ramage also repre-



MC1 Joshua Sheppard
Sailors assigned to the Arleigh Burke-class guided missile destroyer USS Ramage (DDG 61) man the rails as the ship returns from deployment. Ramage returned to Naval Station Norfolk after the successful conclusion of a seven-month deployment.

sented the United States at the 75th Anniversary of the Liberation of the Netherlands, sailing in the naval parade and hosting a reception on board attended by Commander, U.S. Marine Forces Europe, as well as senior Dutch naval officials. The ship sailed over 55,000 nautical miles and completed multiple strait and choke point transits, to include the Strait of Gibraltar, the Suez Canal, the Bab-el Mandeb, and the Strait of Hormuz.

“I’m excited to be home to see my family, my wife,” said GSM2(SW) Richard Senior. “It was nice to see other countries, but I’m glad to be back home.” The ship was commissioned on July 22, 1995, and is named for Vice Adm. Lawson P. Ramage, who received the Medal of Honor for conspicuous gallantry while in command of the submarine USS Parche during World War II. Ramage is homeported at Naval Station Norfolk.



MC3 Connor Loessin
Sailors aboard the aircraft carrier USS Gerald R. Ford (CVN 78) move supplies during a vertical replenishment-at-sea with the fleet replenishment oiler USNS Joshua Humphreys (T-AO 188), March 24, 2020. Gerald R. Ford is underway in the Atlantic Ocean conducting carrier qualifications.

Ford perfects sustainability at sea with first vertical replenishment

By MC2 RYAN SEELBACH
USS Gerald R. Ford (CVN 78) Public Affairs

ATLANTIC OCEAN

After 14 days at sea conducting flight operations and multiple certifications, USS Gerald R. Ford (CVN 78) completed its first vertical replenishment (VERTREP) with MH-60S Sea Hawk helicopters, attached to the “Tridents” of Helicopter Sea Combat Squadron (HSC) 9 while alongside USNS Joshua Humphreys (T-AO-188) in the Atlantic Ocean, March 24. Ford is executing an 18-month phase of operations known as Post-Delivery Test and Trials (PDT&T) to ensure her overall deployment reediness. Cmdr. Carl Koch, Ford’s supply officer, explained that by accomplishing this task, Ford is one step closer to being fully mission ready. “Exercising and proving our ability to conduct simultaneous fueling and replenishment-at-sea increases the ship’s flexibil-

ity to respond to mission requirements as it minimizes our required time alongside a supply ship,” said Koch. Master Chief Logistics Specialist Sunshine Ridgeway, Ford’s S-6 division leading chief petty officer, shares a mutual feeling with Koch of the ship being independent at sea. “By conducting these types of evolutions, we are able to keep the ship at sea for longer periods of time, which in turn allows us to maintain our focus on our current mission of qualifying pilots to support the fleet,” said Ridgeway. Koch added, “We can extend our endurance for both air operations and sustaining the Sailors onboard to increase our time on station and minimize our time in port. By conducting simultaneous operations, we can be available for other missions in a shorter amount of time.” Logistics Specialist 2nd Class Katie Ruff, from Easton, Maryland, assigned to Ford’s supply department, has arguably one

of the most dangerous jobs during the VERTREP which involves placing the cargo pennant pole underneath the helicopter. “We have to use this hook so that the helicopter can return material and equipment that we are sending back to the supply ship,” said Ruff. “I was very impressed with the dexterity and ingenuity of the entire flight deck team involved with the VERTREP.” There are many Sailors that work throughout the evolution and Ridgeway explained how all the food and dried goods gets to its final storage space until needed for use. “We brought on the pallets of fresh fruits and vegetables, dried goods and frozen food stores during the VERTREP,” said Ridgeway. “Our team moves all the pallets from the flight deck to the aircraft elevators where it is moved to the hangar bay. Once inside the hangar bay, the pallets are dispersed to various elevators that move all the stores and supplies to the storage

areas below decks.” Ford completed the VERTREP of 77 pallets of food and other dried goods in just over four and a half hours. Koch explained that this type of evolution takes effort from Sailors from multiple departments all working together and training each other to complete the task. “Air and weapons departments provided us a tremendous amount of assistance in training our team, offering their experience and knowledge from past VERTREPs on other platforms,” he said. “Our Supply VERTREP team has comparatively less experience in conducting VERTREPs. We continue to increase our proficiency to minimize our dependency on other departments — while we all work well together as a team, we want to get to a point where we can increase our self-reliance so our shipmates can focus on their areas of expertise.” Gerald R. Ford is a first-in-class aircraft carrier and the first new aircraft carrier designed in more than 40 years. Ford is underway conducting carrier qualifications in the Atlantic Ocean. For more news from USS Gerald R. Ford (CVN 78), visit www.dvidshub.net/unit/CVN78, www.facebook.com/USSGeraldRFord, or https://twitter.com/Warship_78

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If you and your family are experiencing challenges, there are a number of services locally, regionally and nationally to help you take control.

Your Local FFSC



Limited services may be available, primarily via telephone, at your local Fleet and Family Support Center. Please feel free to reach out with questions or for information.

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Newport News	757-688-6289
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Yorktown	757-887-4606

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IL - Great Lakes	847-688-3603, ext. 100
NH - Portsmouth	207-438-1835
NJ - Earle	732-866-2115
NY - Saratoga Springs	518-886-0200, ext. 146
RI - Newport	401-841-2283

The Mid-Atlantic Region



Additionally, the Mid-Atlantic Fleet and Family Support Program is offering a call center information line with information and referral resources throughout the Mid-Atlantic Region.

Call Center Information & Referral staff will be available:
Monday-Friday, 7:30 a.m. – 4:00 p.m. at
1-800-FSC-LINE (1-800-372-5463)



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High marks
for NPS in
annual grad
school
rankings

By MC2 Nathan K. Sarpico
Naval Postgraduate School Public Affairs

MONTEREY, CALIF.

The Naval Postgraduate School's (NPS) Graduate School of Defense Management (GSDM) earned high marks in the latest "U.S. News and World Report" grad school rankings, released this week.

In an evaluation of the university's programs accredited by the Network of Schools of Public Policy, Affairs and Administration (NASPAA), GSDM ranked in the top 20 percent of graduate schools across the nation for public affairs, and ranked #1 overall in a specialized category of programs specializing in Homeland Security and Emergency Management.

Along with the GSDM, engineering programs through NPS' Graduate School of Engineering and Applied Sciences were also ranked in a five-way tie for 109th place out of 218 total schools.

"The high rankings represent one way to validate that we're doing high quality and relevant work," said GSDM Dean Keith Snider. "Being ranked in the top 20 percent of all U.S. schools of public affairs means



Dr. Steven Lerman, NPS Provost and Academic Dean, left, and Dr. Keith Snider, Dean of the Graduate School of Defense Management, unveil new signage for Ingersoll Hall during a brief ceremony marking the newly-renamed Graduate School of Defense Management, Oct. 1.

that our peers in those other schools recognize us for overall disciplinary excellence."

According to the "U.S. News and World Report" website, the general rankings of public affairs programs are based solely on peer assessment survey results. U.S. News surveyed deans, directors and department chairs from 276 master's programs in public affairs and administration, with two surveys being sent to each school.

"Over the past few decades, our faculty have been active in conducting defense-relevant public administration and policy research, presenting and publishing their work in public affairs-related conferences and journals," noted Snider. "In doing so,

they've built GSDM's reputation in the field of public affairs for intellectual leadership in the business of defense."

The rankings of programs in public affairs specialty areas are based solely on ratings by educators at peer schools, with public affairs deans and other academics asked to nominate up to 15 programs for excellence in each of the 11 specialties.

"Being ranked as the top school in the specialized category is a sign that we're recognized for leadership in key areas of defense management and policy, such as manpower, acquisition, logistics, and financial management," added Snider.

Over the past several years, NPS has

consistently ranked in the top 20% for its public affairs programs. Since the start of specialized category ranking, NPS has ranked at or near the top, every year.

"Clearly, these rankings speak very well of our reputation, and I'm proud that NPS and GSDM are recognized by our NASPAA peers," said Snider. "They're a signal that leaders in other schools recognize and highly value the faculty's contributions."

While the rankings are a significant honor, Snider says, GSDM's primary focus is and will always be pursuing excellence in meeting the needs of their students, sponsors and other DON/DOD stakeholders.



U.S. Navy graphic/

NAVWAR leads discussion on advancing commercial technologies for the warfighter

By Elisha Gamboa
Naval Information Warfare Systems Command Public Affairs

SAN DIEGO

Naval Information Warfare Systems Command (NAVWAR) tapped into the minds of industry and academia professionals to discuss opportunities and address challenges related to rapidly developing and delivering advanced warfighting capabilities to the fleet at the Information Warfare Research Project (IWRP) Consortium Quarterly Industry Day, March 5, at the San Diego Convention Center.

Established by Naval Information Warfare Center (NIWC) Atlantic in October of 2018, the IWRP Consortium is made up of government experts, industry leaders, innovative small companies and academia collaborating to develop information warfare technologies in response to continually evolving and emerging defense requirements.

IWRP uses an alternative acquisition method called other transaction authority, or OTA, to increase speed to award,

reduce barriers to competition and increase access to innovative commercial solutions to advance commercial technologies for the warfighter.

Kicking off the conversation, NAVWAR Commander Rear Adm. Christian Becker discussed the criticality of partnerships in ensuring warfighters have an unfair advantage in today’s era of great power competition.

“Our current fight requires all hands on deck,” said Becker. “It is vital that we work together with our partners in industry and academia to outpace our adversaries in the delivery of innovative technologies and operational concepts at the ever-increasing speed of information now and in the coming decades.”

He went on to inform IWRP members of a number of active efforts where NAVWAR is working together with external partners in accelerating the development and delivery of information warfare technologies to the fleet.

“To provide the fleet with an unfair advantage in today’s competitive environment, NAVWAR is currently collabo-

rating with and pulling from external and non-traditional sources through a number of initiatives including IWRP, NavalX, Tech Bridges, Advanced Naval Technology Exercises, as well as our first ever prize challenge.”

NIWC Pacific Executive Director Bill Bonwit echoed Becker’s stance on the importance of partnerships, providing an overview of NIWC Pacific’s mission, vision, priorities and challenges.

“To keep pace we must develop and deliver secure, reliable, resilient and intuitive technologies,” said Bonwit. “They must be interoperable across the fleet and agile in addressing rapidly changing threats. To address these threats and to deliver on our mission, we are using tools such as the IWRP to expand and strengthen our network of partners across industry, small business and academia for increased innovation in the development of information warfare capabilities for the fleet.”

Following Bonwit, Carly Jackson, NAVWAR Director of Science and Technology and Chief Technology Officer,

focused on accelerating acquisition through rapid prototyping and rapid fielding in an effort to increase the speed at which we deliver capability to the warfighter.

The event concluded with NAVWAR, NIWC Pacific and NIWC Atlantic technical experts leading discussions on a variety of information warfare topics including additive manufacturing, model-based systems engineering, artificial intelligence and machine learning, DevSecOps software delivery and 5G wireless mobile communications.

With the next IWRP Consortium Quarterly Industry Day scheduled for the second quarter of 2020, NAVWAR will continue to engage with industry and academia to rapidly innovate technologies in the field of information warfare to enhance Navy and Marine Corps mission effectiveness.

About NAVWAR:
NAVWAR identifies, develops, delivers and sustains information warfighting capabilities and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space. NAVWAR consists of more than 11,000 active duty military and civil service professionals located around the world.

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CHAPLAINCY | NCSC celebrated its return to Naval Station Newport, after an 11-year absence

Continued from B1

Carolina as part of the 2005 Base Realignment and Closure Commission. Bringing chaplain and religious program specialists (RP) training together, the combined training location was renamed the Naval Chaplaincy School and Center.

In March 2019, the NCSC returned to Newport, Rhode Island and to its historic home in Brett Hall. Throughout a year of renovations and updates, the NCSC continued to train chaplains and RPs and to develop and deliver ready, relevant religious ministry training to achieve fleet readiness. Initial training for chaplains occurs at NCSC in Newport and initial RP training in Meridian, Mississippi. Throughout their careers, chaplains and RPs return to NCSC for further rank-based training.

“I’m very excited about NCSC’s return to Newport,” said Lt. Cmdr. Justin Hayes, an instructor at NCSC. “By moving back here we’re reconnecting with our roots as Sailors. Those who leave here go to their com-

mands ready to help strengthen the warfighter’s spirit. A lot of the different weights we carry on our shoulders can degrade mission readiness, and it’s the chaplain’s role to be someone who breathes fresh life into the fighting spirit of the warrior.”

Brett Hall’s namesake felt called to become a Catholic priest from a young age and was commissioned as a lieutenant in the Navy in June 1967. On Feb. 22, 1968, five months after arriving in Vietnam and six months after graduating from Naval Chaplains School, Brett and his Marine chaplain assistant, Cpl. Alexander Chin, were in the midst of the 77-day siege of Khe Sanh. A helicopter arrived at their position, which Brett and Chin intended to board but they

waived off and returned to the trench, aware that the Marines were continuing to take fire and that care would need to be offered. Moments later, the area was attacked with a barrage of 122mm rockets, with at least one hitting their trench. Brett and Chin were killed, along with six other Marines.

All NCSC students are encouraged to uphold Brett’s example through his ministry of presence, continued care, and selfless devotion to duty with Brett embodying the Chaplain Corps motto, Vocati ad Servitium, “Called to Serve.” Brett and Chin’s legacies continue to reverberate in the halls of NCSC where chaplains and RPs prepare to be with Sailors, Marines, and Coastguardsmen when the next fight comes.



C2 Natalie M. Byers
Acting Secretary of the Navy Thomas B. Modly speaks across the brow with leadership of Military Sealift Command hospital ship USNS Mercy (T-AH 19) March 31. 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.

Acting SECNAV visits USNS Mercy

By MC2 Natalie Byers
Commander, U.S. 3rd Fleet Public Affairs

LOS ANGELES

Hospital ship USNS Mercy (T-AH 19) welcomed Acting Secretary of the Navy Thomas B. Modly in Los Angeles March 31 during its support of the nation’s COVID-19 response efforts.

“I would like to personally thank the men and women embarked aboard Mercy,” said Modly. “I’m proud of the hard work and agility they demonstrated to get the Mercy to Los Angeles and begin accepting patients almost immediately. The white hull and red cross of this ship have been a welcome sight around the world, standing at the forefront of our humanitarian mission. And now this great ship is serving our own people in this time of need, providing critical surge hospital capacity to the people of Los Angeles. This is just one of the many ways the Department of the Navy is responding to protect the American people in this time of need.”

While in Los Angeles, 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



MC2 Natalie M. Byers
Acting Secretary of the Navy Thomas B. Modly has his temperature read as part of a COVID-19 screening prior to a tour of the Military Sealift Command hospital ship USNS Mercy (T-AH 19) and the Los Angeles World Cruise Center, March 31.

treating COVID-19 patients and for shore-based hospitals to use their Intensive Care Units and ventilators for those patients.

Mercy is a seagoing medical treatment facility that currently has personnel embarked for the Los Angeles mission, including Navy medical and support staff assembled from 22 commands,

as well as over 70 civil service mariners.

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.

U.S. 3rd Fleet is operating as the Maritime Command Element, West, for U.S. Naval Forces Northern Command (NAVNORTH), under U.S. Northern Command for Defense Support of Civil Authorities in support of the Federal Emergency Management Agency, the lead agency.

Future USS Fort Lauderdale amphibious transport dock ship launched

From Team Ships Public Affairs

PASCAGOULA, MISS.

The future USS Fort Lauderdale (LPD 28) was successfully launched at the Huntington Ingalls Industries (HII) Ingalls Division shipyard in Pascagoula, Missis-

sippi, March 28. Fort Lauderdale is the Navy’s 12th San Antonio class amphibious transport dock ship.

On March 7 2020, the ship was transferred from the land level facility to the dry dock in preparation of floating off. During the launch, the dry dock was slowly flooded until the ship floated off the blocks.

“I am thrilled to get Fort Lauderdale in the water, so we can begin final outfitting and eventually take the ship out to sea for trials,” said Capt. Scot Searles, LPD 17 class program manager for Program Executive Office (PEO), Ships. “The San Antonio class has proven essential to expeditionary warfighters, and we are eager to deliver another ship to the fleet.”

San Antonio class ships support embarking, transporting, and landing elements of 650 Marines by landing craft or air cushion vehicles. The ship’s capabilities are further enhanced by its flight deck and hangar, which can operate CH 46 Sea Knight helicopters and the Osprey tilt-rotor aircraft (MV-22). Because of the ship’s inherent

capabilities, it is able to support a variety of amphibious assault, special operations and expeditionary warfare missions, operating independently or as part of Amphibious Readiness Groups (ARGs), Expeditionary Strike Groups, or Joint Task Forces.

Ingalls Shipbuilding is also in production on the future USS Richard M. McCool (LPD 29) and Harrisburg (LPD 30). LPD 28 and 29 will serve as transition ships to LPD 30, the first LPD 17 Flight II ship.

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

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Need for blood donations constant despite COVID-19
The Military Health System is calling healthy donors to a vital and crucial task: help maintain the blood supply to meet current and future patient needs. The demand for blood from donations never goes away, even in the midst of a global pandemic.

See **C3**



Get Virtual with Virginia Stage distance programming

From Virginia Stage Company

NORFOLK

While schools are closed, Virginia Stage Company's Education and Community Engagement Department is offering online classes and workshops for students and the general public. Our Virginia Stage artists are here to teach, to entertain, and to connect with the community – even when we can't meet you in person. The first week of classes is already full and programming for next week is available for registration.

Included in these virtual offerings are a Free Acting Lab, a Free Monologue Lab, and

See **VIRTUAL | C4**

Wrestlemania 36: Two nights, no fans

By Jonathan McLarty

With other sporting events shuttered due to COVID-19 concerns, World Wrestling Entertainment (WWE) carries on. WrestleMania, the biggest sports entertainment event of the entire year, was originally slated to take place April 5 at Raymond James Stadium in Tampa, Fla., in front of thousands of fans. Since travel is restricted and public cannot congregate, this year's event will broadcast from the WWE Performance Center in Orlando, Fla., in front of only essential crew members. Additionally, the event is touted as being Too Big for One Night, resulting in a two-night extravaganza. The action starts at 7 p.m. on April 4 and resumes at 7 p.m. April 5 for night two. The host for the festivities? Former NFL star Rob Gronkowski.



Jonathan McLarty

Randy Orton, seen here at a 2019 Norfolk WWE event, will compete against the returning Edge this weekend at WWE WrestleMania.

See **WRESTLEMANIA | C4**

How and why to keep kids on a schedule during school closures

By Statepoint Media

School closures have forced families nationwide to readjust to the current reality. However, a sense of structure is important for children’s developmental growth. To create a routine for your kids that sticks, consider the following tips:

- Just because there is no formal school day doesn’t mean kids should sleep in or stay up late at night. Keep the same bedtimes, wake-up routines and mealtimes you always maintained during a regular school week. Doing so will bookend the mornings and evenings with a sense of normalcy.
- Mimic a school day to the best of your ability. Use the distance-learning tools your child’s teachers offer as well as other educational apps and resources to have kids focus on different school subjects. This will help break up the day into little chunks just as would happen in the classroom. Be sure to build in time for art projects, exercise and music. Most importantly, don’t forget “recess.” If possible, allow children to play in the backyard where they can socially distance from neighbors, or set up an area of your home for playtime.
- Evenings are a good time to relax and unwind together. Play board games, watch your children’s favorite movies or even use the many resources available online to enjoy a virtual walking tour of a museum, botanical garden or zoo. This is also a good time to allow children to connect with their friends using video chat or with family members they are not currently able to see in-person.
- For many children, screens are their greatest distraction. For this reason, one of the best ways to ensure your children stay focused on the schedule you create for them is by managing their screen time.

One easy way to do so with less direct intervention from you (since you are likely busy yourself!) is by using a screen time monitoring and scheduling tool like the OurPact app. Get started by signing up for a free account and pairing your children’s devices. From there, you will be able to manage devices remotely to create a schedule that keeps kids offline when they need to be focused on other things. It can also be customized to allow children to visit and use only certain learning sites or apps during particular hours of the day. Because this schedule lives on the children’s devices as well, you’ll be giving them the comfort of a routine. To learn more or download, visit OurPact.com.

During these challenging times, it can be tempting to let your family routine fly out the window. By using new tools such as distance-learning programming and schedule management apps, you can keep kids to a schedule that makes them ultimately happier and healthier.



Good Housekeeping

Broccolini pasta with the crunch you crave

By The Good Housekeeping Test Kitchen

The bread crumbs in this light, oil-drizzled pasta add just the kind of crunch you crave. Make extra breadcrumbs when prepping this easy weeknight dinner: you’ll want to add them to all your favorite dishes.

INGREDIENTS

Cook time: 30 minutes, Serves: 4
1lb. Broccolini or broccoli, cut into 2-inch pieces
2 tbsp. plus 1 tsp olive oil
1 clove garlic, pressed
1 Fresno or other red chile, seeded and finely chopped, divided
Kosher salt and pepper
12 oz. tagliatelle, fettuccine, or other wide pasta
1/4 c. panko
1 tbsp. finely grated lemon zest plus 3 Tbsp lemon juice
1/4 c. sour cream

DIRECTIONS

Heat oven to 425°F. On a large rimmed baking sheet, toss Broccolini with 2 tablespoons oil, garlic, half of chile, and 1/2 teaspoon salt. Arrange in a single layer and roast 15 minutes.

Cook pasta per package directions. Reserve 3/4 cup cooking water, drain pasta, and return to pot.

Meanwhile, in bowl, toss panko with remaining teaspoon oil, then zest and remaining chile.

Push Broccolini over to one side slightly and spread panko in open space. Roast until Broccolini is tender and crisp at edges and panko is golden brown, 5 to 6 minutes more.

Toss pasta with lemon juice and then sour cream and 1/4 cup reserved pasta water, adding additional pasta water if pasta seems dry. Toss with Broccolini and top with chile breadcrumbs.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online. Please submit **events** here: www.militarynews.com/users/admin/calendar/event/ Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/



Courtesy photo

Norfolk Festevents postpones May events due to impacts of COVID-19

From Festevents

NORFOLK

Due to the ongoing COVID-19 crisis and its effects on large events, Norfolk Festevents, Ltd. has postponed events in the month of May. The Centers for Disease Control and Prevention (CDC) has continued to urge organizations across the U.S. to cancel or postpone large events in the near future. Our utmost priority is the health of our guests, staff, and community. We will continue to implement preventative and safety measures in line with guidance from city, state, and national health authorities.

The following Festevents events scheduled to be held in May have been postponed or canceled:

- 14th Annual Spring Town Point Virginia Wine Festival (postponed, new dates TBD);
- Chip & Sip: A Waterfront Happy Hour Golf Series (postponed, new dates TBD);

TowneBank Fountain Park Opening (May dates cancelled; will open June 1)

- Big Bands on the Bay Concert Series at Ocean View Beach Park (May 24 & 31 dates postponed)

Festevents will announce at a later date options to redeem tickets for the rescheduled date or refund policy for ticket purchasers for the Spring Town Point Virginia Wine Festival once a new date has been confirmed.

New dates for the listed postponements have yet to be determined but will be announced in the coming weeks.

In addition, the following Festevents events had been previously postponed or canceled:

- Friends of Festevents Peter G. Decker, Jr. Golf Tournament (postponed, new date TBD)
- Friends of Festevents Gala (postponed, new date TBD)
- Harborfest Skippers Meeting (can-

celed, participants will be contacted directly by staff)

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

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

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

- Call our office at (757) 441-2345
- If necessary, please leave a voice-mail and we will call you back as soon as possible during normal hours of operation.
- Email us at festevents@festevents.org
- Send us a message on Facebook, Instagram, or Twitter, our social media handle is @Festevents
- Leave us a letter in the Mail Drop Slot in our front office door located at 120 West Main Street, Norfolk, VA 23510.

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



Courtesy photo

Chesapeake Jubilee, Kiwanis Shrimp Fest cancelled for 2020

From Chesapeake Jubilee

CHESAPEAKE

The annual Chesapeake Jubilee and kickoff event Kiwanis Shrimp Feast, scheduled for May 14-17 at Chesapeake City Park, have been canceled due to concerns over pub-

lic health as a result of COVID-19. Chesapeake Jubilee enthusiasts can look forward to the City’s most popular event’s return May 20-23, 2021.

Jubilee is following federal, state and local guidelines from the Departments of Health and Center for

Disease Control and Prevention. Jubilee’s top priority is the health and safety of all guests, artists, vendors, sponsors, volunteers, and staff

Advance purchased tickets automatically will be refunded within 14-21 days, and no action is required.

Event updates will be posted on www.chesapeakejubilee.org and through social media, email and news outlets. Follow Chesapeake Jubilee on Facebook.



Petty Officer 3rd Class Cosmo Walrath
Hospitalman Jacob Farley, from Yucaipa, Calif., assigned to Naval Medical Center San Diego, draws blood from Airman Eric Metzler, from Sacramento, Calif., assigned to the amphibious assault ship USS Bonhomme Richard (LHD 6), during a walking blood bank blood drive.

Need for blood donations constant despite COVID-19

By Military Health System Communications Office

The Military Health System is calling healthy donors to a vital and crucial task: help maintain the blood supply to meet current and future patient needs. The demand for blood from donations never goes away, even in the midst of a global pandemic. As local and state governments limit or ban public gatherings in response to COVID-19, the risk to the blood supply is top of mind for many in the health care community.

As of March 17, nearly 2,700 blood drives have been canceled across the nation, according to the American Red Cross, resulting in some 86,000 fewer blood donations. The Armed Services Blood Program has also experienced cancellations in blood drives currently scheduled on military installations. While the ASBP is able to meet current demands for blood products this week, “we all know that support can change

overnight during this emergency,” said Army Col. Audra L. Taylor, ASBP division chief.

Donated blood products have a limited shelf life, which means continued blood donations are needed to replenish the supply and meet potential demand. Donated platelets have a shelf life of five days and whole blood donations remain viable for 21 or 35 days, explained Taylor, who said that while there may or may not be a huge demand for blood among coronavirus patients today, there are still patients within the Military Health System, such as trauma patients, cancer patients, and sickle cell patients, who need blood products.

“The blood we collected last week will impact people’s lives a week or two from now,” said Army Col. Jason Corley, director of the Army Blood Program. “In addition to meeting the needs of patients within the Military Health System and medical treatment facilities, we still have a responsibility to send necessary blood products to support

the combatant commands,” Corley added.

Donating blood is safe and there is no known risk of coronavirus transmission by blood or blood component transfusion, Corley pointed out. “This is consistent with what we have seen in other respiratory illness, like SARS and even with the flu.”

According to Taylor the ASBP, in alignment with other agencies such as the Food and Drug Administration and AABB, has issued and implemented a list of guidelines to ensure the continued safety of the blood collection process in light of current circumstances. Some of those guidelines include:

- All staff participating in blood drives will be screened for general health through a temperature check
- All donors will have their temperatures checked before entering the blood collection area for registration
- Hand sanitizer and disinfectant wipes will be readily available for staff and donors to use at collection sites
- Donors will be kept at least 6 feet apart to maintain social-distancing recommendations while donating blood
- All reusable items, such as pens, donor beds, and clipboards, will be disinfected upon use

- Mobile blood centers will limit the number of personnel to maintain social distancing to the greatest extent possible
- Blood drives will limit the number of donors being processed at one time.

“We would encourage donors to [first] do a self-assessment and make sure they are healthy and eligible to donate,” said Corley. “We have put processes in place to keep the blood donation process safe and mitigate any viral transmission. [For example] there are two opportunities for checking a donor’s temperature before donating blood. And the donor is questioned at the time of donation regarding general health and medical conditions.”

Those able to donate blood can visit the ASBP website to find a local blood drive center and learn about upcoming donation drives and open-door hours. The ASBP will continue to monitor blood donor centers and transfusion services daily as it seeks to encourage blood donations across military installations.

“During this time, it is imperative that blood donations continue with the ASBP or any civilian blood collection agency,” said Taylor. “There are so many patients who still need blood products and rely on the generosity of our blood donors.”

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Parenting children during the coronavirus pandemic: tips for parents

By **Stephanie C. Nash, LICSW**
President & CEO, Episcopal Center for Children

This is an unprecedented time in our world and, understandably, there are many questions and concerns due to the Covid-19 pandemic. The shut down of schools, business establishments, and restaurants combined with social distancing, and self quarantine have resulted in major changes to how we navigate our daily lives.

Families with children of all ages are impacted by these changes. Parents are creatively looking to adapt to new routines to support their children while seeking to establish responsibility, peace, and joy in the household. The balancing act can bring both rewards and challenges.

Staying at home and following the directives from government officials is important. We all need to find safe and meaningful ways to support our children, one another, and seek self care. Here are some tips to help.

TIPS FOR FAMILY AND SELF CARE WHILE HOME:

- Do frequent hand washing with soap and water. When not available use hand sanitizer.

- Wash or clean incoming groceries before bringing them into your home.
- Wipe down common household surfaces that are used frequently, such as the kitchen counters, dining table, door knobs, refrigerator handles, bathroom counters, faucet handles, and other surfaces.
- Create a calm tone in your home. Adults should strive to be self aware. Anxiety may be high for adults in the home, but it is important to provide reassurance and calm to your children - they are watching and listening to how you respond to this crisis.
- Check in with your loved ones and talk with your children about their thoughts and feelings. For younger children, follow their lead. Be honest and use appropriate talk. Limit child viewing of daily news broadcasts. For older children, be honest and have age appropriate discussions. Validate their concerns while providing reassurance and understanding for their feelings.
- Maintain routines as much as possible. Young children especially will need structure that replicates a school week. Make time for snacks and movement breaks.
- Give daily, positive affirmations and encourage family

members. This might be as simple as saying, “Wow, you are doing great at sharing the game with your sister” or “Thanks for being helpful by clearing off the table” or “You were so responsible with your online assignment.”

- Offer healthy and nutritious snacks and meals.
- Use the time at home to engage in activities with your family - such as board games, baking, puzzles, home projects, book discussions, arts and crafts, jam sessions, home recitals, dance and exercise workouts, yoga, barbecue, cookout, front porch picnics, and more.
- Set boundaries. Give yourself permission for some quiet time/space during the course of the day. For many parents or guardians, that might mean getting up before everyone else, or having a quiet time to pray, meditate, or do breathing exercises.
- Encourage family chores that are age-appropriate for everyone in the family. Offer praise for completed chores and talk about how everyone is working together.
- Set intentions and realistic expectations for yourself. One way to do that is to write down what you intend to accomplish for the day.
- Exercise self-compassion. Be kind to yourself during this time of challenges.

The gratitude for the commitment and compassion of first responders and health care providers is beyond measure. Thoughtful expressions of kindness from friends and neighbors within our communities continues to reflect humanity at its best.

VIRTUAL | Don’t miss out; register as soon as possible

Continued from C1

a Spontaneous Storytelling Workshop, all taught by Lead Resident Artist Ryan Clemens. Clemens is a long time member of the Virginia Stage Company Education and Community Engagement Department and was recently seen on stage in A Christmas Carol and Guys and Dolls. Virginia Stage is also hosting a Free Virtual Shakespeare Workshop, taught by Patrick Mullins. In addition to his role as Director of Public Works at Virginia Stage Company, Mullins is a frequent producer and director on the Wells Stage including Romeo and Juliet, The Last Five Years, and A Christmas Carol.

Please see below for class and workshop descriptions. For further details, including the date and time of each class, materials needed, and to register, visit www.vastage.org/registration. Contact Emel Ertugrul, Education Coordinator with any questions: eertu@vastage.org.

MARK TWAIN LIVE: FREE

Ryan Clemens, Lead Resident Artist of Virginia Stage.
March 29 at 2:00 p.m.
“Meet Mark Twain” brings to life the celebrated American author and demonstrates that Twain’s wit and wisdom still remain poignant and funny today. A wonderfully entertaining (and educational) experience for adults and children alike. Sunday’s “Mark Twain Live” Facebook Live version will be fun and interactive as Mr. Clemens shares humor and stories (while figuring out this new online technology.)

VIRTUAL ACTING LAB: FREE

Ryan Clemens, Lead Resident Artist of Virginia Stage
Multiple Sessions
Student and General Public Sessions Available

Don’t let your skills get dull while you stay in. Join VSC Lead Resident Theatre Artist Ryan Clemens as he leads an exploration of the GOTE technique (Goal-Other-Tactic-Expectation) This beginning to intermediate acting class will cover:

- Where did GOTE come from?
- How do I stay spontaneous in a pre-written scene?
- What makes acting compelling?
- What keeps me from sounding plastic?

All you need is a device that can access Google Hangouts Meet, a monologue, and sense of adventure!

Length of class: 45 minutes with 15-minute question and answer session

VIRTUAL MONOLOGUE LAB: FREE

Ryan Clemens, Lead Resident Artist of Virginia Stage
Multiple Sessions Available
Student and General Public Sessions Available

Keep your acting skills in shape and get

ready for auditions. VSC Lead Resident Theatre Artist Ryan Clemens will help you solve some challenges like:

- What do I do with my hands?
- What things can help me stay connected while I’m talking to no one?
- How much should I move for a real-time theatre audition? What about an online submission?
- Is this monologue “right” for me?
- All you need is a device that can access Google Hangouts Meet, a monologue, and a sense of adventure!

Length of class: 45 minutes with 15-minute question and answer session

SPONTANEOUS STORY-TELLING

Ryan Clemens, Lead Resident Artist of Virginia Stage
Multiple Sessions
Aged 9-12 and Aged 13-17 Student Sessions Available

Using a variety of fun, interactive, theatre games and improv exercises, we will engage in discussion and practice of various improvisational storytelling styles and formats. Lesson points include ideas about creative collaboration, performance energy and connection, imagination and inspiration, discovering strong physical and emotional character choices, trusting your ideas, and working with cues from genre and music.

Length of class: 35 minutes with 10-minute question and answer session

DIRECTING AND CONCEPT

Patrick Mullins, Director of Public Works

April 3 at 12 p.m.
General Public Session Available

Unlock the process of taking a play from script to stage! Join Director of Public Works Patrick Mullins as he walks through the process from script analysis to casting to staging. Patrick will explain how Virginia Stage makes such beautiful and unique productions from concept to performance!

Length of class: 35 minutes with 10-minute question and answer session

SHAKESPEARE WORKSHOP: FREE

Patrick Mullins, Director of Public Works
April 10 at 12 p.m.
General Public Session Available

Do you ever look at Shakespeare and just glaze over it? Join Director of Public Works Patrick Mullins as he unlocks the Shakespeare code and explains why it was some of the most popular, irreverent, and impactful entertainment of its time. In this irreverent (but family-friendly) 45-minute session, Patrick will talk about why these plays were the WWE of their time. You’ll never view Shakespeare the same again!

Length of class: 45 minutes with 15-minute question and answer session

Virginia Stage Company is southeastern Virginia’s leading theatre destination, serving an audience of over 58,000 annually both at the Wells Theatre and throughout the community. Virginia Stage Company’s mission is to “enrich, educate, and entertain the region by creating and producing theatrical art of the highest quality.”

WRESTLEMANIA | Action starts April 4 and resumes April 5 for night two

Continued from C1

During January’s Royal Rumble match, WWE Hall of Famer Edge returned to the ring after retiring nearly a decade before. Though briefly cooperative, Edge eliminated his former Rated RKO partner Randy Orton from the contest. While Edge addressed the crowd about his return on the next night’s edition of Monday Night Raw, Randy Orton hit Edge with an RKO and con-chair-to. Orton would follow-up with an RKO to Edge’s wife and Hall of

Famer Beth Phoenix, prompting Edge’s return to Raw. At WrestleMania, Edge returns to singles action against Randy Orton in a Last Man Standing match.

Drew McIntyre was this year’s Royal Rumble match winner. After his dominant elimination of Brock Lesnar from that match, McIntyre opted to contend for Lesnar’s WWE Championship at WrestleMania. Shayna Baszler was victorious in the women’s Elimination Chamber match in February and will face Becky Lynch for her Raw Women’s Championship. On the SmackDown side, WWE Universal Champion Goldberg is scheduled to defend against Roman Reigns. SmackDown Women’s Champion Bayley has to defend against four other competitors in an elimination match. These competitors include Lacey Evans, Naomi, Tamina, and Bay-

ley’s best friend Sasha Banks.

For the first time ever, the NXT Women’s Championship will be defended at WrestleMania. Following her victory in the women’s Royal Rumble match, Charlotte Flair turned her attention to NXT Women’s Champion Rhea Ripley. Could Charlotte become a two-time NXT Women’s Champion? In a personal contest, “Phenomenal” AJ Styles will go one-on-one with The Undertaker in a Boneyard match. Former Universal Champion “The Fiend” Bray Wyatt will battle John Cena in a Firefly Fun House match. Details are not available currently regarding the Boneyard or Firefly Fun House match stipulations.

Also announced: Daniel Bryan versus Sami Zayn for Zayn’s Intercontinental Championship, Kevin Owens versus Seth Rollins, The Miz and John Morrison de-

fending their SmackDown Tag Team Championships against The Usos and The New Day in a Triple Threat Ladder Match, The Street Profits defending the Raw Tag Team Championships against Andrade and Angel Garza, Aleister Black versus Bobby Lashley, and Elias versus King Corbin.

WrestleMania Nights One and Two will stream on the WWE Network and also broadcast via pay-per-view providers. New subscribers receive WWE Network free for 30 days. For more information on WWE and the WWE Network, visit WWE.com.

Jonathan McLarty is a contributing writer for The Flagship, as well as a local sports and event photographer. Connect with him on Twitter (@JonathanMcLarty) and view his photography at McLartyPhoto.Zenfolio.com

Residents can help protect our local waterways

From Naval Support Activity Hampton Roads Public Works Department

NORFOLK

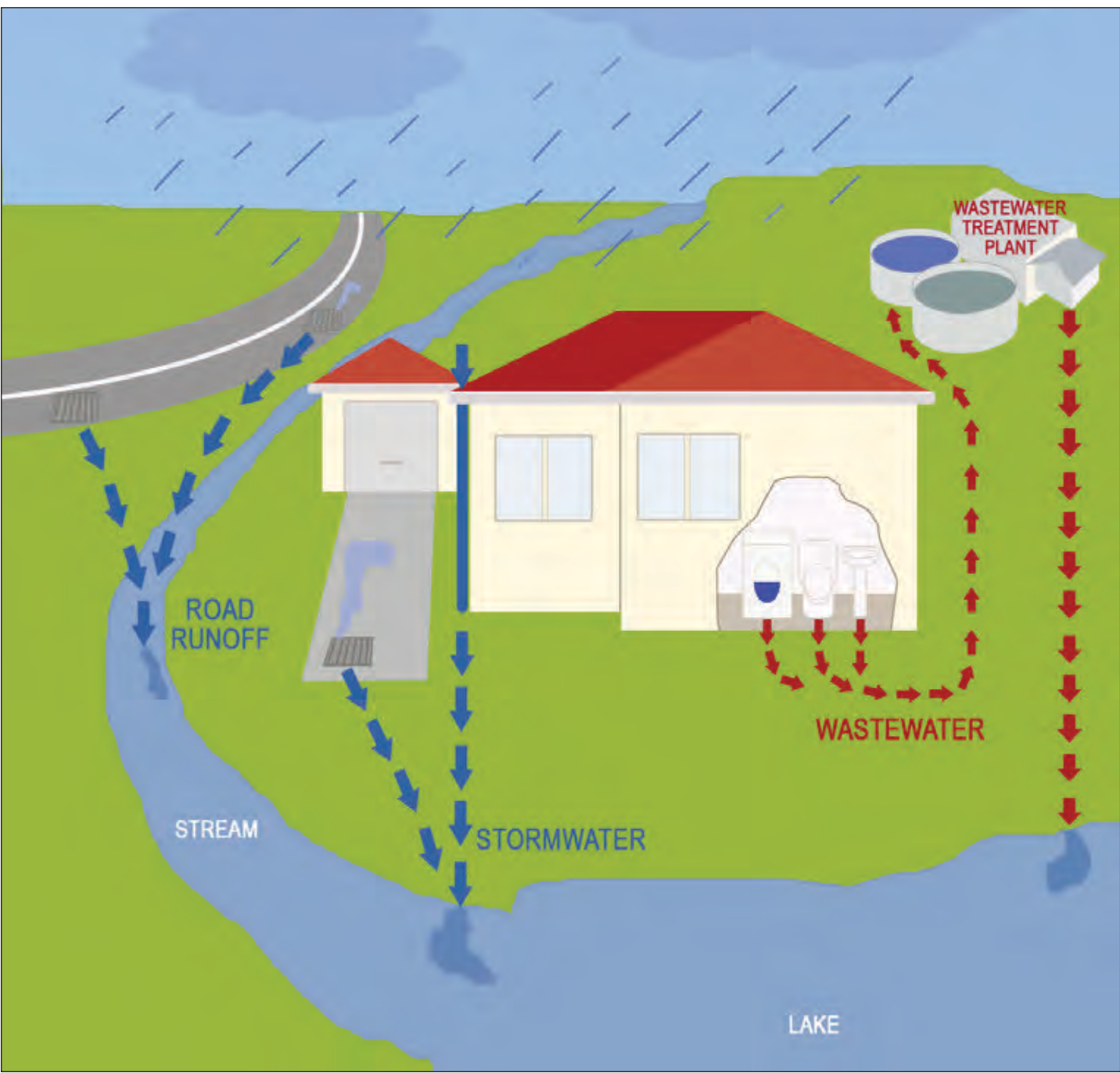
This article serves as part one in a four article-series on everyday habits that residents can adopt to prevent pollution from stormwater runoff and to protect our local waterways. Following parts of this series will be presented in future issues of The Flagship.

Have you ever wondered what you can do to help protect the rivers, streams, and waterways near your home? In addition to serving as our drinking water supplies, these water bodies also provide us with various recreational activities and beautiful scenery. This article is the first of a four-part series to provide you with more information on the common sources of pollution from our everyday activities and, more importantly, habits that you can adopt to prevent this pollution.

Stormwater runoff results when rain cannot soak into the ground because of impervious surfaces such as roads and rooftops. Stormwater pollution results when stormwater picks up, carries, and discharges various pollutants into storm drains or ditches, and ultimately into the downstream waterways. Pollutants include items such as pesticides, fertilizers, construction site sediments, pet waste, litter, and other items. Prevention of stormwater pollution is important to:

- Prevent contamination of drinking water sources
- Protect our precious water resources for recreational activities such as fishing, swimming, and boating
- Protect plant and animal habitats
- Preserve the natural beauty of our landscape

First, it is important to understand the difference between the sanitary system and the storm drain system. The illustration shows how water from our sinks, showers and bathtubs, clothes washing machines, and dish



U.S. Navy graphic

washers all enter the sanitary system via pipes that are connected to a wastewater treatment plant. Pollutants from these waters then are removed by the treatment plant before being discharged.

By contrast, stormwater, which runs off our rooftops, driveways, roads, and lawns, enters into the storm drain system and discharges directly to nearby streams, lakes or bays without receiving any treatment.

You may have noticed decals near storm drains indicating that the storm drains flow directly to a nearby waterway. NAVFAC Mid-Atlantic installs these decals to educate residents and employees of the Navy installations on stormwater pollution prevention.

Common sources of pollution in the stormwater runoff from our lawns include



U.S. Navy graphic

pet waste, fertilizers, pesticides, lawn clippings and leaves, and other substances which may be left uncovered (such as dirt piles, salt piles, paints, oils, etc.). In addition, car maintenance activities such as oil changes and car washing can contribute to stormwater pollution when oil and detergent run into the gutter. Remember to collect all used oil and dispose of it properly. When washing a car, it's better to wash on grass, which filters the contaminants, or to use a commercial car wash.

Thanks for reading and be sure to pick up the next issue of The Flagship to read article 2 in this series which will provide some specific examples of everyday activities to prevent stormwater pollution from automotive, home pool, and lawn care maintenance activities.

A black silhouette of a person from the waist up, facing right and holding a map of Virginia. The map is white and shows the outline of the state.

94 cents of every dollar supports programs and services for local military families.

The USO logo, featuring the letters 'USO' in a bold, sans-serif font, flanked by two stars on each side, all within a rectangular border.

Hampton Roads and Central Virginia

A black silhouette of the state of Virginia.

A white thumbs-up icon on a blue background, representing a Facebook 'like' button.

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Well maintained, Black, 115k miles, new timing belt, sunroof, excellent condition, Automatic air, \$4200 757-613-7775

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THE THIN, THE FLAT, AND THE ROUND

ACROSS

- 1 Reddish-brown pigment
7 Nitpicky know-it-all
10 Fleet leader
20 Instead (of)
21 Win over
22 Bishop's district
23 User's storage component
25 Gives approval
26 Rock's Brian
27 "My true love — see" ("Oh! Susanna" lyric)
28 Without, to Jean-Luc
30 Shrubby expanses
31 Disorder
33 NBA'er — Gasol
34 Occasion to say "King me"
36 Pasty luau food
38 Baseball card stat
40 — flight (go by jet)
41 Zing
42 Ship-deck diversion
48 Sauce giant
50 Brew source

51

- Hotsy- —
52 Crown
54 Diver's gear
59 "The Girl With the Dragon Tattoo" heroine
61 Prefix with dose or ton
62 Less lenient
64 "Entertaining Mr. Sloane" dramatist
65 Participant in the sport
68 Yellow transport
69 Draw — on (take careful aim at)
71 — Brothers ("It's Your Thing" group)
72 Hanoi's home, briefly
73 It enables a motorist to stop
76 Bog bird
78 Naive
79 Brazilian soccer star
80 Tending to wear away
82 "Hmm, let —..."

83

- Former NBA star Ming
84 Spiro who served with Nixon
86 False tale
87 K-P hookup
91 45's place
94 "Mickey" singer Basil
98 Gives help
100 In the style of
101 "Try — might..."
102 It includes the sacrum
106 Nellie of social reform
108 Film-rating org.
112 Paris' mother
113 Author Jaffe
114 He defeated Romney
116 Put- — (deceptions)
117 Like space debris
119 Commonality of seven answers in this puzzle
122 Tum loose
123 Gathering, as bees
124 Lie sheltered
125 Fair- — (blond)
126 Dictation-taking pros

127

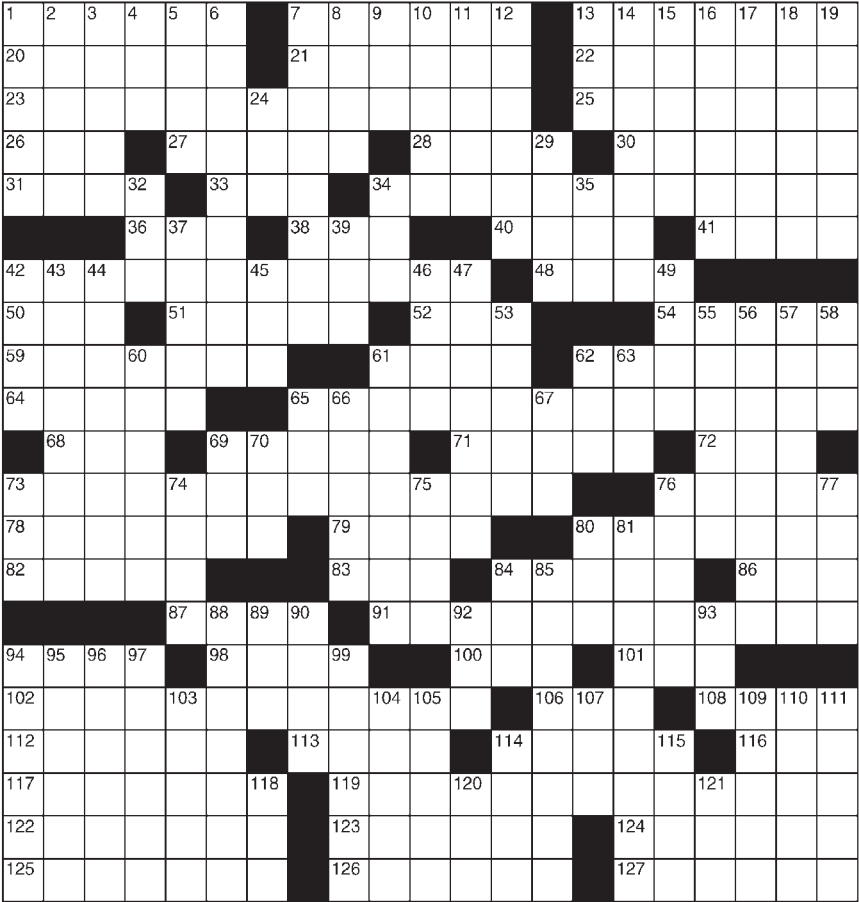
- Mad Hatter's party pieces
DOWN
1 Words to an attack dog
2 — ear and out the other
3 "St. — Fire"
4 Small swig
5 Nine, in Nice
6 Aviation aid
7 Agitates
8 Within: Prefix
9 Women's patriotic gp.
10 Mennonite subgroup
11 Bursting stars
12 GI's ditch
13 "The Piano" pianist
14 Kitchen cloth
15 Hurdler
16 Put- — (deceptions)
17 With 65-Down, video store charge
18 Allergic affliction
19 Decrease
24 Special span
29 Hershey candy bar
32 Tanning lotion stat
34 Spy org.
35 Cleanup org.
37 Quite a lot

39

- Tarzan's son
42 French battle site
44 Newly rich people
45 Ordinal suffix
46 GPS options: Abbr.
47 Wound from a mutt
49 With 65-Down, charge to log on
53 Bel — cheese
55 Witches
56 In a careless manner
57 Animated film featuring Seinfeld's voice
58 JFK landing: Abbr.
60 Fumble
61 Around June or July
62 Sault — Marie
63 Your, once
65 See 17- or 49-Down
66 Grating
67 Elegant tree
69 Smallish batteries
70 Bibliophile's love: Abbr.
73 It takes vids

74

- Film holder
75 Wild plum
76 Wolf cries
77 — do-well
80 Goal
81 Lender's expectation
84 Co. that owns
85 Potpourris
88 Discomfort
89 Cage of film, informally
90 Smell
92 Fire
93 Goal
94 Simple top
95 First act
96 Kidman of Hollywood
97 Accustoms
99 Sluggish tree-dwellers
103 PLO head
104 Missed, as a bull's-eye
105 Writer
107 Loo, briefly
109 Mile markers
110 Body part below a shin
111 Useful thing
114 "This is bad!"
115 "Zip- — -Doo-Dah"
118 Knight of TV
120 Yang
121 "That — lie!"



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last week's answers



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

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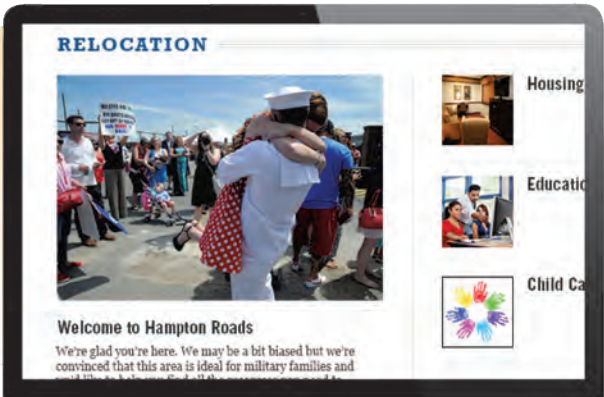


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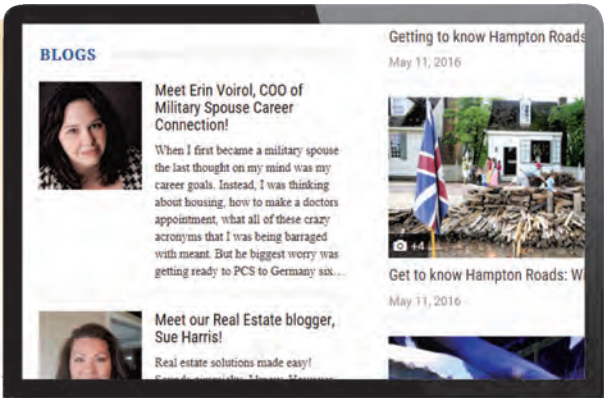
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