



CORONAVIRUS PANDEMIC



MC2 Sara Eshleman

Sailors practice patient transfer from the pier onto the hospital ship USNS Comfort (T-AH 20) as they prepare to admit patients in support of the nation's COVID-19 response efforts. Comfort 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.

COMFORT TREATS FIRST PATIENTS IN NEW YORK

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

NEW YORK

The hospital ship USNS Comfort (T-AH 20) treated its first patients April 1 in support of the nation's COVID-19 response efforts.

Local health officials, in coordination with the U.S. Department of Health and Human Services (HHS), have established

patient transfer protocols, with careful consideration to the safety and security of patients and medical care providers aboard USNS Comfort. Both civilian physicians and USNS Comfort physicians continue to work directly in concert, to provide and carry out patient care plans.

"I'm immensely proud of our Sailors, Marines, civilian mariners and medical staff for safely, efficiently and effectively getting Comfort to New York ahead of schedule

when our fellow Americans need us most," said Capt. Joseph O'Brien, mission commander, Task Force New York. "The ship is manned with professionals; it was no surprise that our team was able rapidly coordinate with local healthcare professionals and begin accepting our patients."

Patients treated on Comfort are assessed upon need on a case-by-case basis and once identified, they are screened prior to transfer. Infection control procedures are strictly

enforced aboard Comfort, just as any civilian hospital ashore. There are no anticipated costs to patients treated on the ship. This deployment of America's hospital ship Comfort is an investment in health and wellness for America's people.

While in New York, the ship is serving as a referral hospital for non-COVID-19 patients currently admitted to shore-based hospitals, providing a full spectrum of medical care to include general surgeries, critical care and ward care for adults. This allows local health professionals to focus on treating COVID-19 patients and for shore-based hospitals to use their Intensive Care

» See **COMFORT | A7**

Navy mandates face covering: What you need to know

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

WASHINGTON

The Navy will now require the use of cloth face coverings for all military, Navy civilian and contractors as well as family members while on DoD property, installations and facilities when maintaining proper social distancing between people isn't possible.

The order is effective immediately, according to NavAdmin message 100/20, released April 5.

"To the extent practical," the message states, individuals "are required to wear cloth face coverings when they cannot maintain six feet of social distance."

The message aligns the Navy with the Centers for Disease Control's recent rec-



MC2 Devin Bowser

Hospitalman Hadlie Hinojosa, assigned to the U.S. Navy's Expeditionary Medical Facility, prepares to deploy from Naval Air Station Jacksonville, Fla., to New Orleans in support of the Department of Defense COVID-19 response.

» See **FACE | A7**



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NEXCOM donates N-95 masks

An employee of the Navy Exchange Service Command (NEXCOM) in Pensacola, Fla., discovered a stockpile of N-95 masks in the maintenance supply room and donated them to Naval Air Station (NAS) Pensacola.

»See **A6**



Attack submarine USS Delaware joins fleet

The Navy commissioned USS Delaware (SSN 791), the 18th Virginia-class attack submarine, April 4.

»See **B1**

Thinking outside the cookiebox

Girl Scouts of the Colonial Coast is thinking outside the box to develop solutions that allow girls to stay active and continue learning.

»See **B1**

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MC1 Julio Rivera/
Vice Admiral Bill Merz, commander, U.S. 7th Fleet, meets with the Naval Base Guam Commanding Officer Capt. Jeffrey Grimes and Rear Adm. John Menoni, commander, Joint Region Marianas, outside of a military barracks housing Sailors from USS Theodore Roosevelt (CVN 71), April 5. Merz arrived in Guam to assess and support the ongoing COVID-19 recovery efforts for the crew of Theodore Roosevelt.

7th Fleet commander arrives in Guam during COVID-19 recovery

From Commander, U.S. 7th Fleet Public Affairs

APRA HARBOR, GUAM

The Commander of U.S. 7th Fleet visited USS Theodore Roosevelt (CVN 71) leadership in port at Naval Base Guam while the aircraft carrier undergoes its COVID-19 recovery efforts April 5.

Vice Adm. Bill Merz, commander, U.S. 7th Fleet arrived on Guam to support the ongoing recovery effort on the Nimitz-class carrier, and he met with the crew and area leadership.

“The team in Guam has shown enormous spirit and focus getting this ship healthy again. Know that every day, regardless of what the challenge may be, my number one priority is to sustain the warfighting posture of 7th Fleet, and the most important element of this number one priority is the Sailors,” said Merz. “We simply cannot execute the mission of defending our interests, our friends, and our allies without the fighting spirit of the immensely capable men and women of this team. It takes a lot of co-operation and coordination, and although we have a lot of work to do I want to make sure those involved are getting our support and gratitude. The families of our Sailors should be proud of the ongoing efforts and know that we’re going to take care of our people.”

Vice Adm. Merz visited locations on Naval Base Guam, discussing logistics and the ship recovery process with counterparts from Joint Region Marianas, Carrier Strike



MCSN Kaylianna Genier/
U.S. Navy Vice Adm. Bill Merz, commander, U.S. 7th fleet, addresses Carrier Strike Group Nine warfare commanders on the pier in Naval Base Guam April 5, 2020. Merz arrived in Guam to assess and support the ongoing COVID-19 recovery efforts for the crew of Theodore Roosevelt. Theodore Roosevelt is in Guam for a scheduled port visit for resupply and crew rest during their scheduled deployment to the Indo-Pacific.

Group Nine, and the Naval Base Guam commanding officer.

The ship arrived in Guam Mar. 27 for a scheduled port visit. Prior to the port visit three Sailors tested positive for COVID-19 aboard USS Theodore Roosevelt. The Navy has undertaken an aggressive mitigation plan that is currently isolating, quarantining, and treating affected Sailors to keep the ship prepared to execute its mission.

The Navy is working closely with the Government of Guam and Joint Region Marianas to follow U.S. Centers for Disease Control (CDC) guidelines to move Sailors safely off ship while continuing to maintain the vessel’s readiness to operate at sea.

“Theodore Roosevelt Strike Group is extremely thankful for the overwhelming sup-

port from the government of Guam and Naval Base Guam in the fight against COVID-19,” said Rear Adm. Stu Baker, commander, Carrier Strike Group Nine. “Even with such short notice, they were able to assist getting our Sailors moved off ship in a short period of time. Their support has been critical to our ability to remain mission ready.”

Sailors from Theodore Roosevelt will be using various hotels across the island, allowing them to align with the recommended 14-day quarantine period while also maintaining an all hands effort aboard to sanitize the ship. The all hands effort though does not rest solely with the Roosevelt, but with all who are helping its Sailors get well and back to sea.

“The Joint Region Marianas and Naval Base Guam teams have moved mountains to help our TR shipmates get healthy and back out to sea,” said Rear Adm. John Menoni, commander, Joint Region Marianas. “I can’t say enough how proud I am of everyone’s hard work during this very dynamic situation. Our partners in the Government and the people of Guam have helped us from day one and we are thankful for their assistance helping the TR Team be ready to fight.”

U.S. 7th Fleet provides security alongside allies and partners throughout a free and open Indo-Pacific. As the U.S. Navy’s largest forward-deployed fleet, 7th Fleet operates roughly 50-70 ships and submarines and 140 aircraft with approximately 20,000 Sailors.

The Flagship

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-COLBY adopted 06-18-11

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

Ad Council



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—COLBY
adopted 06-18-11

adopt
theshepherdproject.org

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

Ad Council

Navy Reservists answer call for COVID-19 pandemic relief efforts

From Commander, Navy Reserve Force Public Affairs

NORFOLK

Under the direction of U.S. Northern Command for COVID-19 pandemic response efforts, approximately 500 Navy Reserve medical professionals will soon expand local medical capabilities in the New York City area.

“I cannot be more proud of our Reservists,” said Rear Adm. John Schommer, commander, Navy Reserve Forces Command.

“Our Reserve health care professionals are on the front lines right now, and it has only been possible because of their flexibility, agility, and dedication to selfless service.”

In total, the Navy Reserve has approximately 850 citizen-Sailors engaged in COVID-19 pandemic relief efforts. In addition to the 500 medical professionals being sent to New York, the Navy Reserve has approximately 225 Reservists currently aboard the USNS (T-AH 19) Mercy and USNS (T-AH 20) Comfort. Other Reservists are serving across the Joint Force.

“We have Reservists across our country that have volunteered to meet this urgent need,” said Schommer. “Many of them were ‘out the door’ in less than 48 hours from the moment they were notified.”

As part of the 500 Reservists deploying to New York, approximately 400 are deploying as part of Expeditionary Medical Facility (EMF) Bethesda. Personnel assigned to EMFs are trained to provide medical support, such as acute care and emergency care. Upon arrival, EMF Bethesda Reservists are expected to support medical relief efforts at

the Javits Federal Medical Station (FMS) in New York City. The rest of the deploying Reservists are expected to support multiple hospitals in the New York City area.

“We are ready to help, and we will continue to answer the call whenever, wherever we are needed,” said Schommer.

For 105 years, the Navy Reserve has been a ready, agile force that provides valuable, vital support to the Navy and the Nation. The Ready Reserve Force consists of approximately 49,550 Selected Reserve (SELRES) Sailors, 10,163 Full Time Support (FTS) members, 48,815 Individual Ready Reserve (IRR) members and over 422 civilians. This force of over 100,000 delivers strategic depth and unique capabilities to the Navy and Marine Corps team, and the Joint Force in times of peace and war.

Navy College Program continues during COVID-19 pandemic

By Cheryl Dengler
Navy Education and Training Professional Development Center Public Affairs

PENSACOLA, FLA.

Despite the new challenges facing commands, Sailors and civilians during the COVID-19 pandemic, the Navy College Virtual Education Center (NCVEC), OCONUS Navy College Offices (NCO), and Navy College Region Advisors (RAs) to Navy Installation Commanding Officers (ICO) are finding innovative ways to complete their mission of helping Sailors meet their educational goals.

Sailors can no longer walk in to most NCOs nor call the NCVEC’s toll-free number due to NCVEC counselors and most OCONUS NCO counselors now teleworking to comply with the Centers for Disease Control and Prevention social distancing guidance.

Navy College RAs are also teleworking and virtually supporting Navy Region staff as well as Navy ICOs.

These safety measures have not stopped the Navy College Program from completing their mission.

“We haven’t stopped doing any business since COVID-19 started,” said Navy College/Voluntary Education Communications Program Manager Leslie Dickey. “In fact, we have shifted and adapted our communication procedures to meet the needs of the Sailors, commands and academic institu-



U.S. Navy graphic

tions during this time.”

To continue the mission, the Navy College Program has both modified and created new communication methods for Sailors to use.

“As a response to COVID-19, we recently pushed the development of the Issue Tracker in MyNavy Education so Sailors could use this tool as an additional way to communicate with the NCVEC,” said Dickey. “Since its launch on Monday [March 30], Sailors immediately began using it, which is a testament to how well Sailors adapt to new tools.”

In total, the global Navy College Counseling Team completed more than 2,700 documented counseling sessions and other Sailor support tasks since March 16.

“The Navy College/Voluntary Education team is a leading innovator within MyNavy HR for delivering customer service to Sail-

ors through adaptive and extremely responsive new processes,” said Naval Education and Training Professional Development Center (NETPDC) Commanding Officer, Capt. Brett St. George. “This team has responded remarkably fast so that Sailors can continue to advance their education goals without interruption during this difficult time.”

Sailors can now contact the Navy College Team in five ways:

Log into My Navy Education and submit an inquiry through the “Issue Tracker” feature in the top right corner.

If no Common Access Card (CAC) /Department of Defense (DOD) ID available, use the “Contact Navy College” form on the Navy College Program Website. Request a reply and provide contact information.

Schedule a counseling appointment using the appointment scheduler on My Navy Portal.

Use the Navy College Assistance Center to submit a help request or chat with a Navy College Education Counselor (not currently available on government computers).

Text with a Navy College Education Counselor at (877) 838-1659.

For OCONUS NCOs, Sailors should check with their local offices to see if the office remains open for face-to-face support.

For additional information on the Navy College Program, visit www.navycollege.navy.mil to start the education process and complete required training. For OCONUS NCO information, visit: <https://www.navycollege.navy.mil/contact.htm>.

As part of the MyNavy HR Force Development team, NETPDC provides products

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Leslie Dickey

and services that enable and enhance education, training, career development, and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education Department, the Navy Advancement Center and the Resources Management Department.



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Jose Ruiz, a mechanical engineer at Naval Undersea Warfare Center (NUWC) Division Keyport, works on parts for face shield prototypes. NUWC Keyport is currently exploring ways to use its additive manufacturing capabilities to help the Washington state medical community, including Naval Hospital Bremerton, with personal protective equipment during the coronavirus pandemic. U.S. Navy photo/

Undersea Warfare Center builds face shields for local medical community

By Nathanael Miller
Naval Undersea Warfare Center Division, Keyport Public Affairs

KEYPORT, WASH.

The Naval Undersea Warfare Center (NUWC) Division, Keyport is working to use its additive manufacturing capabilities to create face shields in support of the local Washington State medical community during the Coronavirus pandemic.

Additive manufacturing, sometimes called 3D printing, is a process that allows the manufacture of a broad range of items, from simple face shields to complex parts

used onboard U.S. Navy ships and submarines.

Ross Wilhelm, Principal Technologist in NUWC Keyport’s Maintenance, Engineering and Industrial Operations Department, said a team of Department engineers, led by Bryce Weber, the Applied Technology Lead, began looking for ways to support local first responders when the scope of the pandemic became apparent.

“Our Director of Engagement, Johannes Schonberg, reached out to the Naval Hospital and the Washington State Health Care Re-

sponse Team to see what their critical needs were,” Wilhelm said. “At the same time, there’s been an absolute explosion of personal protective equipment (PPE) designs being shared on the internet, including among Keyport employees, voluntarily printing PPE at home, all of which helped to identify a good candidate PPE Keyport could manufacture.”

The NUWC Keyport team is partnering with Naval Hospital Bremerton to test the face shields while working to determine how many face shields it will be able to produce.

“Our top production number is still to be

determined. Our initial project will help define our expected production capacity,” said Wilhelm.

Dr. Marty Irvine, NUWC Keyport’s technical director, said the command has not only spent the time working on testing designs with Naval Hospital Bremerton, but has also been writing the contractual agreements required by federal code to facilitate distribution of products to civilian health care professionals.

“We have just signed a Work for Private Party agreement with CHI Franciscan in Bremerton, to produce personal protective equipment,” said Irvine. “We are committed to serving our community and our nation during this crisis. With the right contractual agreements, private parties will be able to procure personal protective equipment from us.”

Before COVID-19, U.S. Naval War College war game examined epidemic response

By Jeanette Steele
U.S. Naval War College Public Affairs

NEWPORT, R.I.

In September 2019, months before COVID-19 became a household term, the U.S. Naval War College co-sponsored a “war” game that looked at how to battle to a rapidly spreading infectious disease in a major urban area.

The lessons of that game, Urban Outbreak 19, now may be more important than ever, as the world’s governments struggle to slow the COVID-19 infection rate.

“We brought some of the very best people who are currently responding to the coronavirus together to play out this scenario before it happened,” said Benjamin Davies, the game’s designer at the Naval War College.

“Now we have a huge data set that allows us to really examine what the experts think they need to be effective in fighting a pandemic,” Davies said.

Some key findings were that nongovernmental organizations were willing to accept higher risk for their personnel than military commands and that local government and local authorities remained the primary agents for a successful response.

Another finding focused on disagreement about the realities of quarantine. While some players viewed forced mass quarantine as an obvious political reality, many medical professionals said that it could drive the infected underground and actually spread the disease faster.

It was instructive to watch the interplay of arguments in the quarantine example, Davies

said.

“We had people say that, naturally, we’re going to go into enforced mass quarantine. Other people said, you absolutely shouldn’t for this disease because it will be harder to find the infected,” Davies said. “So now we have different opinions. Does this mean we know whether or not to quarantine? Probably not. But does it mean we’re a little smarter about the things we’re going to face if we do? Yes.”

The other sponsors of the two-day event were the Uniformed Services University of the Health Sciences-National Center for Disaster Medicine and Public Health and Johns Hopkins University’s Applied Physics Lab, whose Laurel, Maryland, site hosted the gathering.

“The skill sets and the knowledge were just so diverse – everything from government agencies to the military and the private sector,” said Alexander Soukhanov, a maritime shipping agency executive who played the role of a civilian logistics company owner in the game.

“And it showed that over two days, we could work together. I think that’s No. 1,” he said. “And I say that because, as one of the private-sector people in attendance, time and speed is absolutely No. 1. And in order to respond with time and speed, you have to have relationships and mechanisms in place to plug into.”

The game’s scenario involved a fictional nation of 21 million people hit by a rapidly spreading disease that can lead to respiratory failure and death. The players were told to coordinate initial and ongoing responses and

then a transition to post-crisis conditions.

One difference from the COVID-19 crisis is that the game envisioned a multinational response to a serious disease outbreak in a developing country – such as Ebola in parts of Africa – not the current worldwide pandemic.

The participants were 50 people with experience in humanitarian response situations. They came from U.S. and international militaries, humanitarian nongovernmental organizations, the U.S. government, international agencies and the private sector.

Hank Brightman, professor and EMC Informationist Chair in the Naval War College’s Civilian-Military Humanitarian Response Program, noted that the Urban Outbreak game is not predictive of what might happen with COVID-19 or any other health epidemic. However, the issues analyzed in games such as this can be helpful to officials facing real-life decisions.

“War games are informative because you are bringing in groups of stakeholders that then work through decision processes, and those decision processes have value because they are informative to key decision-makers,” said Brightman, who was the game’s lead facilitator and served on the development team.

“As decisionmakers look at different courses of actions, they have underlying information that can help them make more informed choices,” he said.

The idea for Urban Outbreak 19 came from a civilian-military humanitarian response workshop hosted at Brown University in 2018. Participants said they wanted a better understanding of the challenges posed by the 2014 Ebola outbreak in West Africa and its 2018 spread in the Democratic Republic of the Congo.

The results of Urban Outbreak 19 were scheduled to be discussed at a follow-on workshop this month, but the COVID-19 risk forced officials to postpone that gathering until this summer.

“I think it’s safe to say that the desire and expectation is to keep gaming in this arena so we can continue to expand understanding,” Brightman said.

A “quick look” report is available here: <https://digital-commons.usnwc.edu/civil-response-program-sims-uo-2019/1/>.

Select research and game findings are available here: <https://digital-commons.usnwc.edu/civil-response-program-sims-uo-2019/2/>.

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Benjamin Davies



MC3 Colbey L Livingston
Chief Explosive Ordnance Disposal Technician Harry Basnight teaches children at the Monroe Carell Jr. Children's Hospital to operate a bomb disposal robot during Nashville Navy Week, June 7, 2019. The Navy Week program serves as the Navy's principle outreach effort in areas of the country without a significant Navy presence.

NAVCO launching SHIP2SHORE virtual outreach program

From Navy Office of Community Outreach Public Affairs

MILLINGTON, TENN.

To help Americans stay connected to their Navy while staying safe at home, the Navy Office of Community Outreach (NAVCO) is developing an array of outreach content and harnessing the power of social media to deliver it.

The program, "SHIP2SHORE: From the sea while you're safe at home," is organized primarily along three lines of effort.

The first is the reconstitution of three Navy Weeks that had to be canceled as part of the

nation's ongoing Coronavirus mitigation efforts. Virtual Navy Weeks in Tri Cities, Tennessee; Abilene, Texas; and Trenton, New Jersey, will seek to re-create as much of the engagement planned for those cities as possible in the virtual domain. If successful, future virtual Navy Weeks could be planned for other cities, said Lt. Cmdr. Ben Anderson, NAVCO's event-planning department head.

"While public health and safety will always be our number one priority, we made deep connections in those cities prior to cancelling," Anderson said. "It was tough to make those calls to our community partners who had invested so much of their time and energy into having the Navy come to their

towns. Our hope is that we can use virtual means to have safe and meaningful conversations and build lasting relationships in these communities."

For the Navy's afloat units, NAVCO is standing by to help ships and submarines around the Fleet stay connected with their namesake cities and states. Since 2005, NAVCO has relied on ship and submarine namesake crewmembers as a key element of the Navy Week program. Live virtual tours, on-board demonstrations and general mission presentations are among options being explored.

Finally, NAVCO is working with its network of Fleet outreach partners to make educational content available in both live/interactive and archived formats, said Cmdr. Karin Burzynski, NAVCO's director.

"With schools closed across the country, America has millions of homebound chil-

dren and parents who have been pressed into service as ad hoc teachers," Burzynski said. "The Navy by nature is a very STEM-focused organization, so this seems a natural fit. If we can help fill the education void even a little, it will be worth it."

Explosive Ordnance Disposal robotics demonstrations, lectures by Navy historians, Naval Meteorology and Oceanography exhibitions, Navy Band music clinics and Naval Aviation presentations are examples of outreach tactics NAVCO has employed with success with in-person audiences. "These events are always well received face-to-face. And, our goal is to replicate those events virtually using social media," Burzynski said.

Commands and personnel wishing to participate in the SHIP2SHORE program should contact Lt. Cmdr. Ben Anderson at Benjamin.t.anderson1@navy.mil.



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NEXCOM Public Affairs

James J. McCabe, a paramedic with Naval Air Station Pensacola Fire & Emergency Services accepted 240 N-95 masks from the Navy Exchange Service Command's (NEXCOM) Southeast Distribution Center. NEXCOM's six business lines have been industrious and determined to get Sailors and their families what they environment. NEXCOM need in this ever-changing is comprised of 14,000 personnel worldwide facilitating six business lines, NEX retail stores, the Navy Lodge Program, Telecommunications Program, Navy Clothing and Textile Research Facility, Ships Store Program and the Uniform Program Management Office.

NEXCOM donates N-95 masks to NAS Pensacola Fire Department

From Navy Exchange Service Command Public Affairs

VIRGINIA BEACH

An employee of the Navy Exchange Service Command (NEXCOM) in Pensacola, Florida, discovered a stockpile of N-95 masks in the maintenance supply room and donated them to Naval Air Station (NAS) Pensacola firefighters last week.

While clearing out the maintenance supply room at NEXCOM's Southeast Distribution Center (SEDC) in Pensacola, Dayton Briggs, maintenance manager for SEDC, discovered 170 N-95 masks. He brought this discovery to the attention of Donna McCallion, general manager of SEDC.

McCallion then worked with James Mul-

ligan, SEDC loss prevention/safety manager, who contacted NAS Pensacola leadership to notify them of the discovery. Mulligan offered to donate all the N-95 masks to another command on NAS Pensacola that may have more need. Executive Officer, NAS Pensacola, Commander Michael Harbison, connected Mulligan with NAS Pensacola, Fire Chief Daniel Chiappetta. On Apr. 2, Chiappetta picked up all 170 N-95 masks. On Apr. 3, 70 more N-95 masks were located by the SEDC and were also transferred to the NAS Pensacola Fire Department.

"I knew that our first responders were in need of N-95 masks, so I scoured our maintenance supply room and discovered a small stockpile of N-95 masks that could be donated to the first responders on base," Briggs said. "I'm thankful these masks will

be put to good use by the NAS Pensacola Fire Department. I'm honored to work for a command that constantly goes that extra nautical mile to support our military."

N-95 masks are not required for wear at NEXCOM's SEDC facility and will be replaced by high quality surgical-type masks that are available in the commercial supply system. Based on Apr. 5 DoD directive, all individuals on DoD property, installations and any facility are required to wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers. Therefore, NEXCOM personnel are directed to wear personally-owned personal protective equipment, masks and gloves, scarves or bandannas while in the workplace when they cannot maintain six feet of social distance.

“ I knew that our first responders were in need of N-95 masks, so I scoured our maintenance supply room and discovered a small stockpile of N-95 masks that could be donated to the first responders on base. I’m thankful these masks will be put to good use by the NAS Pensacola Fire Department.

Dayton Briggs

Rapid mobilization process established for Reservists supporting COVID-19 response

From Commander, Navy Reserve Force Public Affairs

NORFOLK

In support of the Navy's Coronavirus Disease 2019 (COVID-19) pandemic response, the Navy has instituted a Distributed Mobilization process allowing a more efficient path to recall Reserve Sailors to active duty in support of the COVID-19 response.

NAVADMIN 099/20, released Apr. 3, provides details on the DM process for COVID-19 mobilizations for Selected Reserve (SELRES) Sailors. The process will allow the rapid and efficient leveraging of existing Reserve commands and facilities to meet COVID-19-related mobilization requirements.

SELRES Sailors identified for a possible mobilization will be contacted directly by their Navy Reserve Activity (NRA) or Navy Operational Support Center (NOSC). Once a SELRES Sailor has received official mobilization orders to active-duty, they will be pre-screened, activated, processed, and then proceed directly to their supported command. The NRA or NOSC performing COVID-19 mobilization processing will maintain responsibility for the Sailors it processes throughout the full mobilization cycle.

There are currently no plans to involuntarily recall IRR Sailors. The Navy Reserve has prioritized the mobilization of SELRES before recalling IRR Sailors for the COVID-19 pandemic response. However, IRR Sailors should familiarize themselves with Navy Personnel Command (NPC)



U.S. Navy graphic/

regular requirements for readiness, which can be found on NPC's official website.

For 105 years, the Navy Reserve has been a ready, agile force that provides valuable, vital support to the Navy and the Nation. The Ready Reserve Force consists of approximately 49,550 Selected Reserve (SELRES) Sailors, 10,163 Full Time Support (FTS) members, 48,815 Individual Ready Reserve (IRR) members and over 422 civilians. This force of over 100,000 delivers strategic depth and unique capabilities to the Navy and Marine Corps team, and the Joint Force in times of peace and war.

For more information, please read NAVADMIN 099/20 at <https://www.public.navy.mil/bupers-npc/reference/messages/NAVADMIN/NAVADMIN2020.aspx>.

Reserve Sailors with additional questions should contact their NRA or NOSC chain of command.



U.S. Marine Corps photo

Navy initiates temporary changes for ID card offices

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

If you lose your Common Access Card or it's set to expire during the next two months, you'll have to make an appointment to get a new one; no walk-ins will be allowed.

It's another shift of Navy policy, designed to protect Sailors, families, civilian employees, contractors, and retirees during the ongoing COVID-19 global pandemic.

NAVADMIN 097/20 directs all Navy Real-time Automated Personnel Identification System offices, known as RAPIDS sites, to only issue or reissue Common Access Cards to those with scheduled appointments. While the policy is in place, no walk-

in customers will be allowed for any card issue.

Each Navy RAPIDS site will screen arriving customers by asking basic health screening questions prior to entry. Also, Centers for Disease Control and Prevention safe-distance guidelines will be maintained for the safety and health of staff and customers.

Appointments are made through the online RAPIDS appointment scheduler at <https://rapids-appointments.dmdc.osd.mil>. To locate your nearest RAPIDS center, visit www.dmdc.osd.mil/rsl.

Priority for appointments will be given those with time sensitive situations, the message said. This includes active duty members whose CAC has been lost, stolen or is expiring within the next 60 days as well as newly retired members and dependents with cards expiring within the next 30 days.

For those unable to schedule an appointment online for CAC PIN resets, a controlled walk-in process for will be available for this service only.

For more information read NAVADMIN 097/20 at www.npc.navy.mil



MC2 Sara Eshleman
Sailors practice patient transfer from the pier onto the hospital ship USNS Comfort (T-AH 20) as they prepare to admit patients in support of the nation's COVID-19 response efforts. Comfort 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. 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.

COMFORT | Ship
will serve as referral hospital for non-Covid-19 patients
Continued from A1

Units and ventilators for those patients.

“High quality and safe patient care is the top priority for our professionals, and we are ready to go to work,” said Capt. Patrick Amersbach, commanding officer of the Military Treatment Facility aboard Comfort. “Our crew is predominately from Naval Medical Center Portsmouth as well as other Navy Military Treatment Facilities and Reserve Centers on the east coast, leaving their homes, families and friends behind because their nation needs them during this time of crisis.”

Comfort is a seagoing medical treatment facility that currently has more than 1,100 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.

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.

U.S. 2nd Fleet is operating as the Maritime Command Element, East, 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.

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

For coverage of USNS Comfort and USNS Mercy’s response efforts, visit <http://www.dvidshub.net/feature/NavyHospital-ShipsCOVID19>



MC2 Sara Eshleman
Hospitalman Thomas King dons a surgical mask during patient transport drills aboard hospital ship USNS Comfort (T-AH 20) as the ship prepares to admit patients in support of the nation's COVID-19 response efforts. Comfort 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. 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.

FACE | Order to wear face coverings is effective immediately
Continued from A1

ommendation strongly encouraging the wearing of cloth face coverings when in public and close proximity between people can’t be avoided.

As is the Navy’s convention, local commanders can issue exceptions to this requirement.

The policy also requires anyone wearing a face covering to uncover their faces

when directed to by security forces during identity checks.

“Navy will continue to implement protective measures to mitigate the spread of COVID-19 to our total force and their families, and the American people,” the message said.

While medical N95 masks are in short supply world-wide, face coverings are not, and the Navy is taking a practical approach to what can be worn.

Official uniform face coverings are in the works, the message said. But until they are procured and implemented, those in uniform can wear medical or construction type masks if they have them.

If not, they can fashion their own or wear cloth coverings such as bandanas and scarfs. In all cases, however, anything worn must be conservative in appearance, not offensive, and conform to the CDC guidance.

Any face covering must meet the following requirements:

- Fit snugly but comfortably against the side of the face and allow breathing without restriction
- Cover the face only from nose to chin.
- Must secure in place with ties or ear loops.
- Any cloth mask must have multiple layers of fabric.

Navy supports, and will continue to

implement, all measures necessary to mitigate risks to the force, to our mission and to the spread of the disease and as a result, the message said.

Even when off-base or in not uniform, the message strongly encourages all uniformed and civilian Navy personnel, to follow all CDC guidelines, including the use of face coverings.

Directions to make your own face coverings can be found on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

The latest DoD policies can be found at: <https://www.defense.gov/explore/spotlight/coronavirus>.

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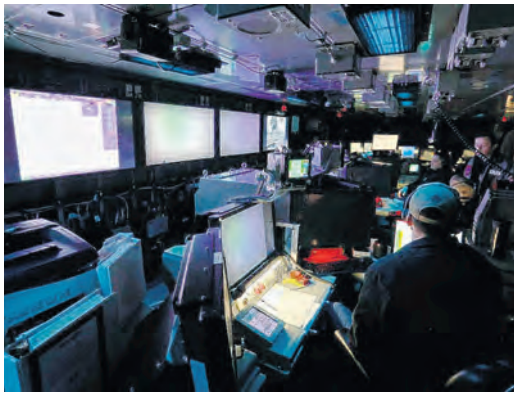
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**Ford's
Combat
Systems put
to the test**
USS Gerald R. Ford (CVN 78) recently completed testing of vital combat systems while underway in the Atlantic Ocean.

See **B6**

SECTION B | FLAGSHIPNEWS.COM | 4.9.2020



Ashley Cowan/

The Virginia-class attack submarine USS Delaware (SSN 791) transits the Atlantic Ocean after departing Huntington Ingalls Industries Newport News Shipbuilding division during sea trials in August 2019.

ATTACK SUBMARINE USS DELAWARE JOINS FLEET

From the Office of the Navy Chief of Information

WASHINGTON

The Navy commissioned USS Delaware (SSN 791), the 18th Virginia-class attack submarine, April 4. Although the traditional public commissioning ceremony was canceled for public health safety and due to restrictions on large public gatherings, the Navy commissioned USS Delaware administratively and transitioned the ship to normal operations. Meanwhile, the Navy is looking at a future opportunity to commemorate the special event with the ship's sponsor, crew and commissioning committee.

"This Virginia-class fast-attack submarine will continue the proud naval

legacy of the state of Delaware and the ships that have borne her name," said Acting Secretary of the Navy Thomas B. Modly. "I am confident that the crew of this cutting edge platform will carry on this tradition, confronting the many challenges of today's complex world with the professionalism and agility the American people depend on from the warriors of the silent service."

Vice Adm. Daryl Caudle, commander, Submarine Forces, said he is pleased to welcome the ship to the U.S. submarine fleet and contribute to its unmatched undersea warfighting superiority.

"The U.S. Navy values the support of all those who contributed to

See **DELEWARE** | **B7**

SECNAV announces first Naval Community College president

WASHINGTON

Acting Secretary of the Navy Thomas B. Modly on April 2 announced that Dr. Randi Cosentino will serve as the Department of the Navy's first president of the new United States Naval Community College.

Cosentino comes to the Department from Guild Education, where she served as the chief academic officer. Guild Education works with major Fortune 500 companies like Disney and Walmart to provide college-level education and training to their workforces. Cosentino received her B.A. and Ed.D degrees from the University of Pennsylvania and her MBA from Harvard Business School.

"In today's complex global security environment, we need to provide world-class education to our enlisted force of Sailors and Marines," Modly said. "Dr. Cosentino's experience as an educator and administrator working with some of our nation's largest private sector employers will help ensure that all of our personnel have access to a top notch education while serving our nation."

The U.S. Naval Community College will partner with civilian universities and community colleges to provide enlisted Sailors and Marines an opportunity to earn an associate's degree online in high demand fields like cyber, IT, and engineering.

The planned delivery model, which will rely primarily on high quality civilian uni-

versities and community colleges with proven track records delivering strong positive outcomes, is very similar to that pioneered by Cosentino at Guild, which has been praised nationally for its cost-effectiveness and very high return on investment.

"I am honored to have the opportunity to serve our nation's naval services and to lead this new institution, as it develops innovative and collaborative approaches to educating America's Sailors, Marines, and Coast Guardsmen," Cosentino said. "The need for critical thinking, analytical problem solving, and effective communication skills that a college education provides has never been more important than it is in today's rapidly changing world."

"I look forward to enhancing naval readiness by developing the intellectual foundations of our enlisted force."

As president, Cosentino will be responsible for overseeing the daily operations for the Community College, which will begin teaching its first cohort of students in a pilot program scheduled for January 2021. The college's pilot program will focus on degree programs in IT, engineering, and data science. The first cohort will consist of 500 to 600 enlisted service members from the Navy, Marine Corps, and the Coast Guard.

"The U. S. Coast Guard is excited to partner with the Navy and Marine Corps in establishing the United States Naval Commu-

nity College," said Coast Guard Rear Adm. Brian K. Penoyer, force readiness commander for the Coast Guard. "Our people are the key to providing a Ready, Relevant and Responsive Coast Guard."

"The Naval Community College will help us meet the strategic goal to sharpen the skills of the mission ready total workforce and will help position the Coast Guard to recruit and retain an inclusive and diverse workforce that reflects the American public we serve," Penoyer continued. "We see the Naval Community College as the first step in building our Mission Ready Workforce for 2040 and beyond."

Establishing the new community college is one of the primary objectives of Education for Seapower Strategy 2020, released earlier this year. The Strategy called for creation of the community college because of the growing demand for technical skills and creative problem solving in the Navy and Marine Corps.

The U.S. Naval Community College will be part of the newly formed Naval University System, which includes the Naval War College, Naval Postgraduate School, Marine Corps University, and the U.S. Naval Academy.

Cosentino will report to John Kroger, the Department of the Navy's Chief Learning Officer. Joining Cosentino as Chief of Staff is Robert Kozloski, currently acting deputy chief learning officer for the Department of the Navy. Kozloski, who previously served as an enlisted Sailor and Marine Corps officer, has been one of the primary architects of the Naval Community College concept.

Education for Seapower Strategy 2020 is based on three strategic pillars: Creating a Continuum of Learning for the Entire Force; Integrating Education into our Talent Management Frameworks; and Strengthening



Courtesy photo

Dr. Randi Reich Cosentino

and Investing in our Naval University System. These three pillars and their supporting objectives seek to strengthen intellectual development in seven critical areas:

- Creative and Critical Analysis
- Ethical Decision-making
- Strategic Thinking
- Warfighting Excellence
- Geopolitical Awareness
- Technical and Technological Competence
- Resource Management and Acquisition Acuity

"The most predictable thing we can say about the future is that it will be unpredictable," said Acting Secretary Modly. "Preparing for that future means investing in more platforms and new weapons systems, but nothing will be more important than the investment that we make in learning, and a force made up of people who thirst for it."

The Zoom Boom

By Lisa Smith Molinari

Recently, a television jingle got stuck in my head. It’s from a PBS kid’s show I used to watch in the 1970s. My brain’s recesses are imprinted with hazy flashes of the program’s ethnically diverse cast of pre-teens dressed in matching striped shirts and bell bottoms, singing the opening sequence’s jazzy theme song.

I don’t recall much about the show’s content, other than lessons on how to speak “Ubbi Dubbi,” Zoom’s secret Pig Latin language. But two memories are clear as a bell 45 years later: An image of Bernadette, an Asian-American cast member who performed a swirling arm trick that many kids in the 1970s (myself included) tried to imitate — and the jazzy theme song, of course.

“Come on and zooma-zooma-zooma-zoom. You’ve gotta zooma-zooma-zooma-zoom,” the song implored. “Everybody’s doin’ it, everybody’s movin’ it, everybody’s havin’ a ball, Yeah!” it went on.

Why is this silly tune stuck in my head now? Because ever since the coronavirus confined us to our homes, the use of the word “zoom” has multiplied as exponentially as the virus itself. Every time I hear it, the old jingle overtakes my psyche and I have the urge to do Bernadette’s swirly arm trick.

Today’s frequent utterances of “zoom” have nothing to do with the seventies kid’s show. Zoom, which is the brand name of a modern

day video communications company founded in 2011 that offers web conferencing, has become a household term across the world.

Some prominent company names like “Zerox,” “Kleenex,” and “Google,” took years to morph into common terms used in every-day language. But thanks to the global pandemic, “zoom” has become a verb meaning “to meet online via computer video that resembles an episode of ‘Hollywood Squares’” in a matter of weeks.

For example, “My book club is going to zoom on Thursday night.” Or, “Jim in accounting is zooming into the staff meeting at two-thirty today.” Or, “I’ll zoom with you after I check to see if the grocery store restocked the frozen peas and wipe the house down with bleach for the fifth time this week.”

This is our new normal.

On one hand, I see the value in this new form of communication. “Zooming” brings exciting potential to military families enduring separations from loved ones. But on the other hand, my instincts tell me that the novelty of video conferencing will wear off quickly.

Frankly, I’m already annoyed.

Prior to the pandemic, I was already spending too much of my day looking at screens. As a writer who works primarily from home, I stare at my laptop for hours typing, searching for interesting topics, googling relevant words, answering emails, and submitting arti-

cles. It’s actually a treat for me to do yard work, run errands, or take long walks so I can focus on things that are more than 15 inches from my face.

After the pandemic hit, I thought my job wouldn’t change much. But then, everyone started saying “zoom,” and I was suddenly spending more time on the computer than ever before.

Via Zoom, I’ve shared cocktails with hometown friends while binge-watching Season 3 of “Ozark.” I’ve caught up with Navy friends from the comforts of our respective couches. I’ve attended an impromptu family reunion with my husband’s siblings. I’ve participated in Zoom staff meetings for my part-time library job, pets and babies included.

Tonight, when I would normally be prone with a glass of wine watching a movie with my husband after a long day of computer work, I’ll be clicking into a 9:00 pm Zoom meeting with about a dozen military spouses I met during our tour in Stuttgart, Germany twelve years ago.

“We’re gonna zoom-zoom-zooma-zoom, c’m on and zooma-zooma-zooma-zoom. C’m on give it a try, we’re gonna show you just why, we’re-a gonna teach you to fly - High!” they’ve been prodding me all week ... or at least that what I’m hearing in my head. How can I refuse?

It’s the new classroom, boardroom, playroom, wardroom. Pour a beverage to consume, turn up the volume, and wear a costume. Because during this pandemic, it’s assumed. We’re all doomed to zoom.

www.themeatandpotatoesoflife.com



Q: Where can I find an application and other documents required for housing?

A: The documents, including the Housing Application, can be found on the Navy Housing website www.cnic.navy.mil/housingpolicyandforms. These include the Housing Application, Sexual Offender Form, dependent certification, custody or divorce papers and a copy of your orders.

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www.cnic.navy.mil/navylifema



Military OneSource

Try these homeschooling tips and resources

By Military OneSource

Many schools across the continental United States and the globe have temporarily closed their doors to help keep students, their families, administrators and teachers safe and slow the spread of coronavirus disease 2019. Here are some tips and resources you can use to help your child learn at home.

TALK WITH YOUR CHILD ABOUT THE PANDEMIC

Children may know more about the virus than you realize, even if they are young and are not talking about it. Here are ways to address the topic:

- Speak with your child, in an age-appropriate manner, about COVID-19 and its impact on their normal routine and the routines of those around them. Start the conversation by determining what, if anything, they already know.
- Reassure your child that you are doing everything you can to protect their well-being and that of the family.
- Encourage your child to come to you with any questions or concerns. You might start a journal together to document your experiences and emotions during this time.

ESTABLISH A ROUTINE FOR LEARNING AT HOME

- Consider your child’s age. Transitioning to home-based learning will be very different for a preschool student than a middle or high school student. Discuss your expectations for learning at home and go over any concerns so you are on the same page.
- Set and follow a weekday schedule for starting and ending the school day and going to bed. All children benefit from structure, even if they try to resist it.
- Build in flexibility to accommodate your own work and other responsibilities. You may be teleworking, for example. See if you and

your spouse, partner or another adult in your household can share some of the teaching. It might also help to set aside time in the evenings to check over assignments or work together on reading and other skills.

- Take breaks. Schedule time during the school day for lunch, snacks and age-appropriate breaks. Think physical education, recess, etc.
- Build in time for creativity. Make time for music, art and other creative subjects. This may include time for your child to practice an instrument, draw, paint, try their hand at drama or develop other skills. Have younger children practice counting by stacking blocks, or build a fort from sheets.
- Help your child safely connect with friends and relatives. Connecting with friends and family members outside your household is important. Work with your child’s school, their friends’ parents and others to help them stay in touch. Consider taking turns leading virtual lessons or hosting virtual play dates. Have your child write letters to people they care about while practicing handwriting and grammar.

TAP RESOURCES THROUGH YOUR CHILD’S SCHOOL

- Embrace online assignments and virtual lessons. Many schools are offering online assignments and/or virtual lessons in place of traditional in-person learning. Monitor your child’s assignments and make sure they complete all work and log in on time for online sessions. Provide any help they need, such as reading instructions and using laptops and other devices.
- Ask for teaching advice. Don’t hesitate to reach out to your child’s teachers, guidance counselors and administrators for advice as you support your child at home.
- Seek assistance. Contact your child’s teachers or school to resolve issues that may come

up with technology, connectivity, assignments and more.

TAP INSTALLATION AND COMMUNITY RESOURCES

- Explore home-schooling resources on your installation. These can include school liaison officers, Department of Defense Education Activity school activities, and programs for children, youth and teens.
- Check out Head Start and Sure Start programs. Head Start teaches reading, math and other developmental skills to children 5 and younger before they start school. Sure Start is a Department of Defense Education Activity program open to command-sponsored military children at overseas installations who meet age requirements and other criteria.
- Reach out to Military OneSource education consultants. They can assist you with questions about your child’s education. These one-on-one sessions are free and confidential and can provide you with referrals to resources in your area. Call 800-342-9647 at any time to schedule an appointment. OCONUS/International? Click here for calling options.
- Turn to the Morale, Welfare and Recreation Digital Library. This is your source for free online resources for children, teens and adults — including eBooks and audiobooks on virtually every topic. Use the library to help your children learn and stay engaged and entertained.
- Connect with other parents. Stay in touch with parents in your existing network and work together to widen your circle. Share resources, try teaching virtual group lessons and more.
- Celebrate reading. The Department of Defense Education Activity joins the National Education Association and schools across the nation in celebrating Read Across America year-round. Check out the campaign’s tools and resources to help your child read, experience its joy and feel valued and welcome.
- Take advantage of remote learning opportunities. Nonprofit and other educational organizations are offering free resources, such as instructional videos, live streams and webinars, that parents and students can use during school closures.

Sexual Assault Support for the DoD Community

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Text zip code or installation/base name to 55247 (Inside the U.S.) or 202.470.5546 (Outside the U.S.)



Sp. Cody Rich
AH-64 Apache helicopters attached to the U.S. Army Central Command (ARCENT) Task Force Sabre, operate with the expeditionary sea base USS Lewis B. Puller (ESB 3) during a joint naval and air integration operation, March 27, 2020. Lewis B. Puller is deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

Navy surface forces, Army attack helicopters conduct integration ops in Arabian Gulf

From U.S. Naval Force Central Command Public Affairs

ARABIAN GULF

U.S. Navy Expeditionary Landing Base ship USS Lewis B. Puller (ESB 3), assigned to U.S. Naval Forces Central Command (USNAVCENT), has been conducting joint naval and air integration operations with U.S. Army AH-64E Apache attack helicopters assigned to U.S. Army Central Command’s (USARCENT) Task Force Saber, throughout the month of March.

The operations, which are designed to enhance the capabilities of U.S. forces to respond to surface threats, have involved Puller performing as a landing base platform for the Apaches, while Cyclone class Patrol Coastal (PC) ships select simulated targets for them to engage. The guided-missile destroyer USS Paul Hamilton (DDG 60) also participated in the joint operations.

“The integration of U.S. Army air weap-

ons teams with other joint fires into the maritime environment greatly enhances our ability to expand reconnaissance and attack capability,” said Capt. Peter Mirisola, Commander, Destroyer Squadron (DESRON) 50/Commander, Combined Task Force (CTF) 55. “The Apaches, in coordination with our surface ships, allow us to hold an adversary at high risk at extended ranges. Combined with other joint fires, these aircraft significantly increase the precision lethality of our joint maritime forces.”

The Apache AH-64E is a twin-engine, four bladed, multi-mission attack helicopter designed as a highly stable aerial weapons-delivery platform. It is capable of destroying an array of mobile armored targets on land and sea using a 30mm automatic gun, aerial rockets and AGM-114 Hellfire missiles.

Similar integration operations with Special Operations assets were conducted in the Arabian Gulf between U.S. naval forces and MH-6M Little Bird helicopters during Op-

eration Earnest Will from 1987 to 1988.

More recently, USNAVCENT surface forces also conducted joint naval and air integration operations with AC-130W Stinger II gunships, assigned to U.S. Special Operations Command Central (US-SOCCENT), March 8 and 9.

“Working with USARCENT forces represents another key capability in our ongoing integration of naval and air assets across our joint and coalition force to ensure maritime superiority,” said Vice Adm. Jim Malloy, commander, USNAVCENT/U.S. 5th Fleet. “This kind of cross-domain integration allows us to maintain highly lethal and effective defensive capabilities, regardless of what platforms are operating in theater.”

DESRON 50/CTF 55 conducts maritime security operations in support of regional security and stability. Its responsibilities include planning and executing a robust regional engagement program with coalition forces from regional partners and allied

“ The integration of U.S. Army air weapons teams with other joint fires into the maritime environment greatly enhances our ability to expand reconnaissance and attack capability

Capt. Peter Mirisola

navies who operate and deploy to the Arabian Gulf.

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

Undersea Warfare Center supports online science fair

By Nathanael Miller
Naval Undersea Warfare Center Division, Keyport Public Affairs

KEYPORT, WASH.

Volunteers from the Naval Undersea Warfare Center (NUWC) Division, Keyport supported the 63rd annual Washington State Science and Engineering Fair (WSSEF), which was held entirely online Mar. 27–28 due to the ongoing coronavirus pandemic.

The WSSEF is one of the major annual events in Washington State’s Science, Technology, Engineering, and Mathematics (STEM) program, and the shift to an online format was accomplished with great speed in order to keep the students engaged.

Michel Huey, president and head judge of the WSSEF, said his team did encounter some challenges making the rapid shift from the traditional in-person event to the virtual format, particularly in training the volunteer judges.

“Online training ended up being much more time consuming than originally planned,” said Huey. “Luckily, we had enough willing volunteers who were flexible and understanding. We had some form of training available every day for six days leading up to the fair, but even that had to change as the state mandates changed.”

Huey said he received support from over 20 local organizations, including NUWC Keyport.

“We had several hundred people volunteering as judges, administrators and moderators. Our military service members, private sector, educational institutions, corporations, business entrepreneurs and professionals in every field,” said Huey.

The WSSEF saw a variety of projects entered. Some students focused on astronomy, while others demonstrated remote drones. Huey said there were even projects dealing with computer coding and disease recognition.

Micaela Staedler, a mechanical engineer at NUWC Keyport, said the training she received was instrumental in allowing her to support the event, but still resulted in some amusing moments as she got used to the format.

“Since a big part of our orientation was directed at how to use the platform/sound issues, I didn’t initially realize the numbering scheme for the projects,” said Staedler. “So when my judging group got their first student I was told a project number instead of a name or poster title and I had to rush to find the right project. Overall the process went smoothly.”

Jacob Yakawich, a Lead Computer Engineer at NUWC Keyport, said he provided support by helping get the data collection system up and running for the WSSEF.

“A couple of days prior to the event, I was tasked to help out on the data collection system so that when the judges put in their grading for each project the data would update a spreadsheet,” said Yakawich. “Another volunteer and I spent the days prior to the event making sure all the necessary forms and data collection system was up and running. During this time, we also taught judges about their role and how

everything would flow.”

Huey said the event was a success largely because of the volunteers who performed many needed tasks, such as getting the online systems running and judging.

“WSSEF does NOT receive state funding, school education funds or other subsidies,” said Huey. “The WSSEF depends solely on sponsorships and our volunteers match each donation with enthusiasm and dedication ‘Promoting Future Scientists and Engineers.’”

Staedler said keeping events like the WSSEF on track is important for reasons that go beyond NUWC Keyport just being a good neighbor.

“I hope that by volunteering it shows the students what they are doing is important. The science fair is a great opportunity for students to get a taste of STEM and for many of them the research they do may propel them into their future careers,” said Staedler. “The more we bring people into STEM, the more we can progress and create newer, better or more efficient technologies. Plus, there is a decent chance some of these students will be working for the Navy someday.”

Application period opens for fleet seminar program

By Jeanette Steele
U.S. Naval War College Public Affairs

NEWPORT, R.I.

The U.S. Naval War College will begin accepting applications April 1 for new and returning students in the Fleet Seminar Program for the academic year beginning in September 2020.

The program consists of the three core courses of the College of Naval Command and Staff offered through the College of Distance Education. The application win-

dow runs through May 31.

The program provides Joint Intermediate-Level Professional Military Education (JPME-I) in a seminar format at 19 naval and joint bases around the country in keeping with the efforts of the chief of naval personnel to foster a deliberate and flexible learning environment.

“The Fleet Seminar Program creates leaders that are operationally and strategically minded critical thinkers. The military needs leaders who are proficient in joint matters and prepared to meet the complex

challenges of today and tomorrow,” said Professor Ron Oard, Fleet Seminar Program manager.

“Looking at the recently released Education for Seapower Strategy, the Navy has placed more emphasis on higher education as a critical warfighting enabler,” he said.

Each course runs from September through May, meeting one evening a week for three hours. The seminars are conducted at the graduate level and require appropriate initiative, research work, writing and class participation from each student.

After successfully completing their first course, students may apply for acceptance into the Naval War College’s Graduate Degree Program, in which, with additional elective coursework, they can earn a Master of Arts degree in defense and strategic stud-

ies.

Nearly 1,000 students are currently enrolled, and more than 900 have earned a master’s degree through the program in the past five years.

Enrollment is open to eligible active and reserve officers in the Navy, Marine Corps, and Coast Guard in the grade of O-3 and above. Active and reserve officers in other military services must be in the grade of O-4 and above to be eligible. Federal civilian employees in the grade of GS-11 and equivalent or above are also eligible.

Selected staff members in the federal executive, legislative, and judiciary branches are also eligible, through an agreement with the chief of naval operations. All applicants must possess a bachelor’s degree.

CTR rating completes first Block Learning construct of RRL

By CTRC Raymond M. Donato
Information Warfare Training Command Corry Station Public Affairs

PENSACOLA, FLA. Information Warfare Training Command (IWTC) Corry Station Cryptologic Technician Collection (CTR) Communication Signals Collection and Processing CTR “A” School course graduated its first new Block Learning construct, March 31, marking a major milestone in the transformation to Ready Relevant Learning (RRL).

The first group of Sailors to participate in the new Block Learning construct are new accession CTRs. The new course, referred to as 460, focuses on the basics of collection operations, to include analytical skills, as well as the tools required to perform these tasks.

“Operators need to adapt to a constantly changing communication environment,” said Cryptologic Technician (Collection) 1st Class Richard Pearse, an instructor in the CTR “A” School. “The new course is designed to implement the necessary tools to stay ahead of the curve.”

The 460 course provide the foundations to become a well-prepared analyst in the fleet. This is accomplished through practical exams and in-depth knowledge modules.

“My instructor was great at teaching the practical lessons while explaining complicated concepts in a digestible manner,” said Seaman Laura Barnes, a student in the CTR “A” School who was working through practical exams in the classroom. “The practical exams were the most enjoyable portion of preparing us for fleet operations.”

Barnes said that she learned the most from the analytical portion of the course and allowed her to apply all of the knowledge for greater understanding of signals analysis. She also added that the hands-on approach to learning signals analysis provided the students a firmer grasp on the overall topics covered



U.S. Navy graphic

throughout the course.

“This course is the culmination of years of work and countless man-hours, from training managers, instructional support specialists, and the instructors here at IWTC Corry Station schoolhouse, along with input from the fleet to tailor the individual learning objectives to meet the needs of new Sailors assigned to the CTR rating,” said Chief Cryptologic Technicians (Collection) Richard Poe, CTR training manager.

Block Learning is the first step in the RRL transformation to a lifelong learning continuum for these Sailors. Training will only be delivered to students who require it for the billet that they are going to fill, thereby minimizing the amount of time required to train to only that which is mission relevant and enhances fleet readiness.

“Sailors receiving instruction in this new manner will be delivered to the fleet armed with the most current

knowledge available to perform their jobs at a high level,” said Cmdr. Zachary McKeegan, commanding officer of IWTC Corry Station. “I’m very proud of our civilians, Sailors and contractors that contributed to this process and know that IWTC Corry Station will continue to provide the fleet with the best training in the Navy.”

IWTC Corry Station is a part of the Center for Information Warfare Training (CIWT). With four schoolhouse commands, two detachments, and training sites throughout the United States and Japan, CIWT trains over 20,000 students every year, delivering trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

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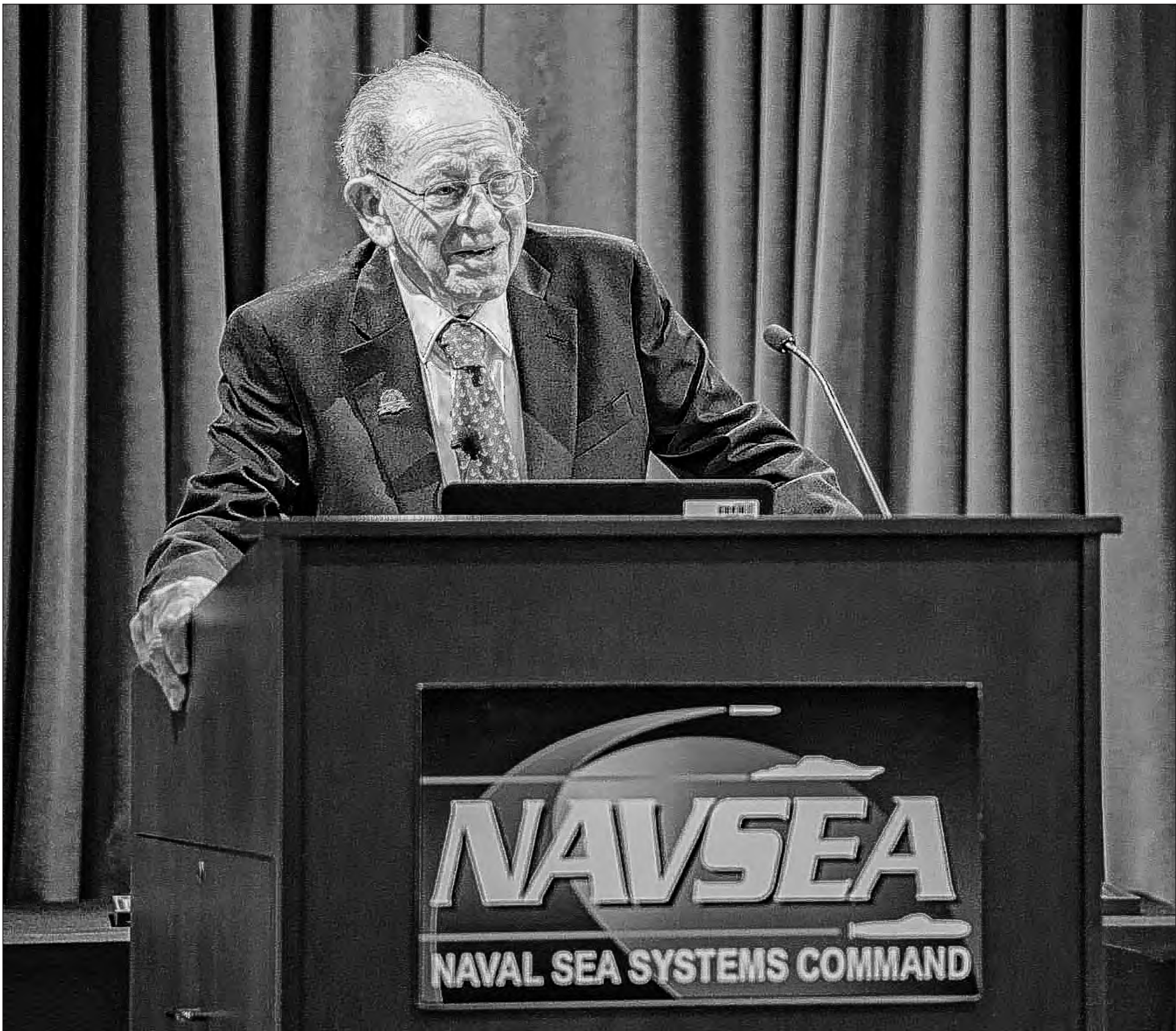


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MC2 Jackie Hart
Sarkis Tatigian delivers remarks during a celebration of his 75 years of federal service at the Washington Navy Yard, Sept. 26, 2017. Tatigian enlisted in the Navy in 1943 and currently serves as the associate director of small business programs at Naval Sea Systems Command (NAVSEA).

NAVSEA bids farewell to longest-serving civil servant in DoD

From NAVSEA Office of Corporate Communications Public Affairs

WASHINGTON

Sarkis Tatigian, who began his Navy career at the age of 19 during the Second World War, passed away earlier this week, leaving behind a nearly 78-year legacy of service to the Department of Defense.

At the time of his death, Tatigian, the longest serving civil servant in the history of the DoD, was serving as Naval Sea Systems Command's (NAVSEA) Small Business Advocate.

"Mr. Tatigian truly lived a life dedicated to advocacy and the service of others," said NAVSEA Executive Director, James Smerchansky. "His decades of work oversaw the expansion of the small business industrial base and more than \$100 billion in contracts awarded to diverse, small businesses. As we

bid fair winds and following seas to Mr. Tatigian, NAVSEA will greatly miss his presence but we will never forget the positive impact he made on this command and the entire U.S. Navy."

Tatigian's civilian career with the Navy began in July 1942 as a junior radio inspector at the naval aircraft factory in the Philadelphia Navy Yard and the Navy Office of Inspector of Naval Aircraft in Linden, New Jersey. He left his position as an inspector in March 1943 and entered the uniformed Navy as an active-duty Sailor. In June 1944, he started working as an aviation electronics technician's mate in the development of the Navy's first guided anti-ship munition, the ASM-N-2 "BAT" glide bomb, which later became an operational weapon used by the fleet at the end of World War II.

In 1946, he left active duty and returned to the Navy department and civil service with

the Bureau of Ordnance in Washington, working on the Navy's first generation of guided-missile systems. From there, he moved on to his life's passion, helping small businesses, as a small business analyst for the bureau. While in the position, Tatigian developed a small business mobile exhibit that traveled coast-to-coast, visiting all state capitals and cities with populations exceeding 400,000. For his organizational efforts on the exhibit, Tatigian received Congressional recognition.

In June 1979, Tatigian was appointed NAVSEA's associate director of the Small and Disadvantaged Business Utilization Office. The office was eventually renamed the Small Business Program Office, where he continued to serve as an advocate for small business.

In 2012, it was announced during a ceremony honoring Tatigian's 70 years of serv-

ice that the Navy's Office of Business Opportunities Director's Award would be renamed the Sarkis Tatigian Small Business Award. The award recognizes outstanding performance by a field activity in creating an organizational climate resulting in the advancement of small business opportunity through exceptionally-managed small business programs and challenging initiatives and who has made significant contributions to the command and the DON small business program. Because of his contributions, Tatigian even won the award that bears his name.

In 2017, NAVSEA celebrated Tatigian's 75th anniversary of civil service. A unique service pin was specially made to mark the occasion as one celebrating that many years of service had never been given before to an employee.

Tatigian upon his 75th anniversary explained why he was driven to continue to come to work each day at NAVSEA.

"I was retirement eligible in October 1973," said Tatigian. "But when you don't have something to wake up for, that's when you start to decline. And, if you love what you do and derive a sense of personal worthiness, it's not really work."

Navy Lodge Program supports those on ROM status due to COVID-19

From Navy Exchange Service Command Public Affairs

VIRGINIA BEACH

The Navy Exchange Service Command's (NEXCOM) Navy Lodge Program is working with U.S. Navy leadership to house Sailors, as well as family members who are placed on restriction of movement (ROM) status.

As of Apr. 7, there are 23 Navy Lodges worldwide with over 200 rooms being used by Navy commands to house service members and military families that have been placed on ROM status as a precaution. Navy Lodge ROM guests have recently experienced a permanent change of station move or are in a pre-deployment or post-deployment status. Each Navy Lodge is working with its respective command to serve as a temporary home away from home for these individuals. The purpose of the Navy Lodge Program is to provide safe and secure lodging for service members and military families while on official travel, and its use for ROM serves as a tool during the COVID-19

crisis.

"The Navy Lodge mission remains critical during times of crisis and we will remain a worldwide safe location for our Navy's warfighters and their families," said Chris Settelen, Vice President, NEXCOM's Navy Lodge Program. "Our 39 Navy Lodges and associates around the world stand ready to support in any way that is needed during this pandemic."

Navy Lodge locations continue to perform intense cleaning and sanitization protocols as prescribed by Centers for Disease Control and Prevention and the Bureau of Medicine and Surgery. Cleaning and sanitation includes all guest rooms before and after check-out out as well as the common areas and frequent touch points throughout the Navy Lodge. Sneeze shields are also being installed at check-in desks for the safety of Navy Lodge associates and patrons alike.

A Sailor in Yokosuka, Japan, said, "Thank you so much for everything. Our [ROM] is almost complete! I just want to say how much we all appreciate everything... if I ever have to be on [ROM] again, I hope it's here... thank you again you all really are amazing!"

"My staff is truly putting service above self to meet the needs of our Navy community in these very trying times," said Mary E. Mecsics-Buss, General Manager, Navy Lodge Yokosuka. "It is incredibly satisfying to see the look of appreciation from the commands and Sailors when we can assist them and meet their needs in spite of the strict protective environment we are under. My Navy Lodge staff is



U.S. Navy photo
Based on the April 5 DoD directive which requires all individuals on DoD property, installations and any facility to wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers, Navy Lodge Joint Expeditionary Base Little Creek, Va., associates made branded face masks for themselves and bagged some to offer to guests as well.

ensuring that our guests are provided with a comfortable and homey environment while their normal movements are restricted during their first 14 days with us. Like our active duty counterparts, my staff has put aside their own personal needs to

accomplish the Navy Lodge mission."

NEXCOM's six business lines have been industrious and determined to get Sailors and their families what they need in this ever-changing environment as it related to the COVID-19 crisis.



MCSA Conner Foy

Fire Controlman 3rd Class Caleb Gallaher, from Portsmouth, Virginia, assigned to USS Gerald R. Ford's (CVN 78) combat systems department, unloads a rolling airframe training missile on Ford's (RAM) weapon sponson April 2, 2020, after completing sea based developmental testing (SBDT) of the integrated combat system. (SBDT) is conducted to stress the ship's combat system capabilities to include the integration of new technologies of Dual Band Radar with Rolling Air Frame Missile and Sea Sparrow missiles. During SBDT operation 6B, Ford ran a risk reduction scenario for an AQM-37 high diving missile, an exercise that will be required during Combat System Ship Qualification Trial in order for the ship's combat systems to be full operationally capable.

Ford's Combat Systems put to the test

By Lt.jg. Nick Spaleny
USS Gerald R. Ford (CVN 78) Public Affairs

ATLANTIC OCEAN

USS Gerald R. Ford (CVN 78) recently completed testing of vital combat systems while underway in the Atlantic Ocean.

These tests, conducted during Ford's post-delivery test and trials (PDT&T) phase, are designed to stress the ship's combat system capabilities and demonstrate the successful integration of new technologies, which the crew employs to defend the aircraft carrier.

Cmdr. Ron McCallister, Ford's combat systems officer, noted the testing was a collaborative effort between Naval Sea Systems Command along with the greater technical community and the ship's force.

"The tests exercise the combat sys-

tems suite as a complete unit and ensure maximum availability to meet combat and self-defense mission requirements," said McCallister. "In the end, the combat systems suite achieves maximum readiness and the Sailors develop more operational and technical competence."

Ford's first certification of integrated combat systems tested the Air Traffic Control Radar Beacon (ATCRB) and Identification of Friend or Foe (IFF). The tests, conducted over several days, evaluated the ATCRB's ability to track air and surface contacts and to identify friendly and enemy aircraft using an advanced identification system. IFF is used not only for positive, secure, friend identification, but also to control aircraft.

"We use an interrogator system to challenge aircraft transponders for iden-

tification," said Operations Specialist 2nd class Juannietagrace Okeli, from Moss Point, Mississippi. "The interrogator, cooperative engagement capability, and the Ships Self-Defense Systems (SSDS) work together to provide us the combat identification."

Ford also recently completed sea-based developmental testing (SBDT) of vital combat systems. This was the first full test of the integrated combat system against tactical adversaries. Testing was conducted with Kfir and Hawker Hunter jet aircraft from the Airborne Tactical Advantage Company. Ship's crew tracked the aircraft, using Ford's Dual Band Radar (DBR).

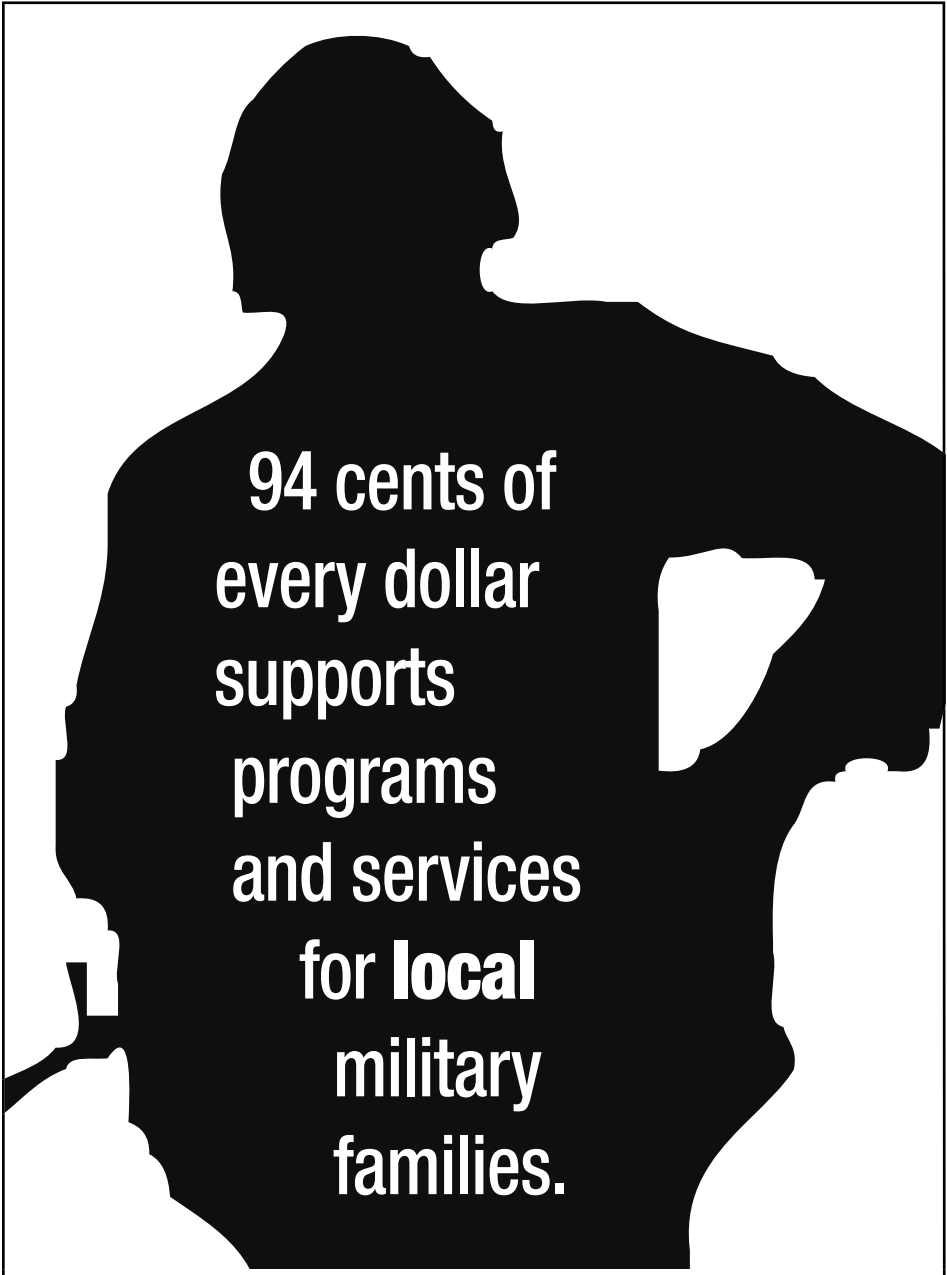
"SBDT is a stepping stone towards Ford's Combat Systems Ship Qualification Trial (CSSQT), and follow-on operational tests by the Navy," said Cmdr.

William Buell, Ford's combat direction center officer. "Our SBDT operations ran very smoothly, which is a good indicator of future success on CSSQT."

As part of the SBDT, Sailors in Ford's combat systems department conducted an up-load of simulated munitions for operators in the ship's Combat Direction Center (CDC) to simulate engaging the aircraft.

"It was encouraging to see the results of our collective labor pay off and prove the warfighting capability of the class," said Fire Controlman 2nd class Sam Lantinga, from Grand Rapids, Michigan. "Without these self-defense systems, Gerald R. Ford wouldn't be able to deliver lethal effects to our nation's adversaries."

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.



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MC2 Brenton Poyser

The Independence-variant littoral combat ship USS Gabrielle Giffords (LCS 10), left, sails past the Japan Maritime Self-Defense Force (JMSDF) Akizuki-class destroyer JS Teruzuki (DD 116) while operating together, April 2, 2020. Gabrielle Giffords, part of Destroyer Squadron Seven, is on a rotational deployment, operating in the U.S. 7th Fleet area of operations to enhance interoperability with partners and serve as a ready-response force.

U.S, Japan operate together in Andaman Sea

By Lt. Lauren Chatmas
Command Destroyer Squadron 7 Public Affairs

ANDAMAN SEA

The Independence-variant littoral combat ship USS Gabrielle Giffords (LCS 10) and the Japan Maritime Self-Defense Force (JMSDF) Akizuki-class destroyer JS Teruzuki (DD 116) conducted operations together, while sailing through the Andaman Sea, April 2.

While transiting, Gabrielle Giffords and Teruzuki conducted bilateral communications exercises, division tactics, and photo exercise, all designed to enhance interoperability between the two navies and emphasize the importance of communications and coordination while operating underway together.

“When the U.S. Navy and JMSDF ships meet at sea and are able to quickly develop plans and operate together, it reflects the strong friendship and maritime professionalism that our nations share,” said Rear Adm. Fred Kacher, commander, Expeditionary Strike Group (ESG) 7. “Exercises like these strengthen our mutual commitment to the security, stability and prosperity of this vital region, as we work together to protect a free and open Indo-Pacific.”

Coming together with partners and allies at sea allows the U.S. Navy to operate closely with other navies and in ways shore exercises do not allow. It further provides the crews with real-life situations to practice their everyday watchstanding and communication skills with foreign vessels.

Teruzuki is currently underway in the Indo-Pacific in support of regional security and stability. During this time, she also sup-



MC2 Brenton Poyser

The Independence-variant littoral combat ship USS Gabrielle Giffords (LCS 10), front, sails in formation with the Japan Maritime Self-Defense Force (JMSDF) Akizuki-class destroyer JS Teruzuki (DD 116) during bilateral operations, April 2, 2020. Gabrielle Giffords, part of Destroyer Squadron Seven, is on a rotational deployment, operating in the U.S. 7th Fleet area of operations to enhance interoperability with partners and serve as a ready-response force.

ports training for officer trainees.

“It was a really good opportunity for us and officer trainees to conduct cooperative deployment with USS Gabrielle Giffords,” said Captain KADOTA Masafumi, Commander, Escort Division (CCD) 11, JMSDF. “We could show them strong Japan-U.S. ties and mutual relationship through this exercise.”

On her maiden rotational deployment to the Indo-Pacific, this exercise marks the first time Gabrielle Giffords has operated

with JMSDF.

“Joining our JMSDF friends at sea allowed the Gabrielle Giffords crew to operate and sail side-by-side with a skilled ship from a very professional and capable naval force,” said Cmdr. Dustin T. Lonero, commanding officer, Gabrielle Giffords blue crew. “Both of our ships executed flawless maneuvering while sailing in near proximity, showing that our naval partnerships can work professionally anywhere.” Attached to Destroyer Squadron SEV-

EN, Gabrielle Giffords is on her rotational deployment to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific.

U.S. 7th Fleet conducts forward-deployed naval operations in support of U.S. national interests in the Indo-Pacific area of operations. As the U.S. Navy’s largest numbered fleet, 7th Fleet interacts with 35 other maritime nations to build partnerships that foster maritime security, promote stability, and prevent conflict.

Deleware | Dr. Jill Biden offered congratulations to everyone involved

Continued from B1

today’s momentous milestone and will look for a future opportunity to commemorate this special event,” Caudle said. “The sailors of USS Delaware hail from every corner of the nation and from every walk of life. This crew, and the crews who follow, will rise to every challenge with unmatched bravery and perseverance to ensure the U.S. Submarine Force remains the best in the world.”

The ship’s sponsor, Dr. Jill Biden, offered congratulations to everyone who played a role in delivering USS Delaware to service.

“I know this submarine and her crew of courageous sailors will carry the steadfast strength of my home state wherever they go,” she said. “The sailors who fill this ship are the very best of the Navy, and as you embark on your many journeys, please know that you and those whom you love are in my thoughts.”

Delaware’s commanding officer, Cmdr. Matthew Horton, said today marks the culmination of six years of hard work by the men and women who constructed the submarine and are preparing her to become a warship. He said he is especially thankful to the crew and their families, Dr. Biden,

the USS Delaware Commissioning Committee and the Navy League of Hampton Roads for all their hard work and support.

“As we do our part to maintain the nation’s undersea supremacy well into the future, today marks a milestone for the sailors who serve aboard USS Delaware. Whether they have been here for her initial manning three years ago, or have just reported, they all are strong, capable submariners ready to sail the nation’s newest warship into harm’s way,” Horton said. “I am equally proud of the families who have stood by through the long hours of shift work, testing, and sea trials and supported our mission with patriotism and devotion.”

This is the first time in nearly 100 years the name “Delaware” has been used for a U.S. Navy vessel. It is the seventh U.S.

Navy ship, and first submarine, to bear the name of the state of Delaware. Delaware is a flexible, multi-mission platform designed to carry out the seven core competencies of the submarine force: anti-submarine warfare; anti-surface warfare; delivery of special operations forces; strike warfare; irregular warfare; intelligence, surveillance and reconnaissance; and mine warfare.

The submarine is 377 feet long, has a 34-foot beam, and will be able to dive to depths greater than 800 feet and operate at speeds in excess of 25 knots submerged. It will operate for over 30 years without ever refueling. Delaware’s keel was laid April 30, 2016, and was christened during a ceremony Oct. 20, 2018. It is the final Block III Virginia-class submarine, before the next wave of Block IV deliveries.

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An intriguing alternative for carenthusiasts

The 2020 Mazda3 faces some extremely tough competition from the Toyota Corolla, Honda Civic and Hyundai Elantra. All of these cars are popular, reliable choices, but for those wanting something different – and fun – this car delivers on all fronts.

See **C3**

SECTION C | FLAGSHIPNEWS.COM | 4.9.2020



GSCCC
Julia Farrell, 9, and her sister, Piper, 6 posed at one of their cookie booths before they went "virtual".

THINKING OUTSIDE THE COOKIE BOX

From Girl Scouts of the Colonial Coast

Girl Scouts of the Colonial Coast (GSCCC) is thinking outside the box to develop solutions that allow girls to stay active and continue learning and leading amidst the Coronavirus outbreak. While the annual Girl Scout Cookie Program's booth sales had to be suspended prior to the original sale dates, girls are still finding ways to reach out to potential customers through a digital platform – this includes the Council's Digital Cookie page, Cookies Care.

Customers may continue receiving cookies to munch on through digital purchases and also support Cookies Care by buying boxes to be donated to health care professionals, first responders and community heroes like truck drivers, city workers, and grocery store employees. In addition, the purchases will help girls meet their goals and know that their Girl Scout experiences will continue. Customers may also email a member of GSCCC's product program team to support a particular troop and be connected to a troop's cookie inventory, email chrisr@gsecc.org.

See **COOKIE | C2**

Girl Scouts

During COVID-19, take simple steps to establish a new normal

By StatePoint

It's always the right time to commit to healthy habits, behaviors and steps to improve your physical and mental health. With the COVID-19 pandemic creating so much uncertainty and upending so many routines, experts say that focusing on the things within your control is particularly important.

"At this particular moment – challenging as it may be – it is very important for all of us as individuals to recognize that our actions can and do have a collective impact," says Dr. Patrice A. Harris, president of the American Medical Association (AMA). "A lot of people are grieving at this moment. Tragically some are grieving loss of loved ones; but people can also grieve the loss of employment, routines or the ability to be with family and friends. Everyone should know that these feelings are normal, and they should allow themselves to experience them."

Here some simple steps from the AMA to maintain your physical and mental health during the unusual times of COVID-19:

- 1. Channel your feelings of anxiety or helplessness into action.** Practicing phys-

ical distancing and making sure to wash your hands with warm soapy water for at least 20 seconds are two steps that protect your health and the health of others. Create a safety action plan for you and your family. Also consider how small gestures – like offering to pick up groceries for an older or at-risk neighbor who may be anxious about leaving home – can make a big difference.

- 2. Take care of yourself physically.** Get as much sleep as you can, try to include fruits and vegetables into your diet, and make sure you move. With many gyms and parks closed and physical distancing in place, it may seem harder to work out, so consider options at home, including dancing, to stay active.
- 3. Create new routines.** With more people working from home and/or caring for school-aged children, the daily lives we had before COVID-19 are a distant memory. But building routines – time for work, time for meals, time for decompressing – is critical to creating a new normal. In the world today, there are so many things we can't control, but our schedules are something we can.
- 4. Take time to turn off social media and the news.** It is critical at this moment to



StatePoint/

know what is happening in the world and to stay connected with family and friends, but if social media and 24-hour news are making you anxious, consume them in doses.

- 5. Feel your feelings.** It's natural to worry and be afraid at a moment like this. It is also important to remember there are physicians, public health officials at all levels of government, as well as experts in the private sector, working tirelessly to limit the spread and impact of COVID-19.
- 6. Stay connected.** Social media gives us a common connection point during times of isolation, but there is real opportunity at this moment to stay connected via phone calls and video chats with friends, family, and even people you haven't heard from in a while. Physical distancing is important, but it's still okay to socialize.
- 7. If you have children, talk to them in an age-appropriate way, and avoid ascribing feelings to them.** Don't say, "I know you're scared." Kids are observant and they're wise. They may know things are different, but they may not be afraid. Let them know smart people are working on ways to keep us all safe. Model healthy coping.



Live! On Atlantic

Beach Cruise-in cancelled for 2020

From Live! on Atlantic

VIRGINIA BEACH

Beach Music Cruise-In, scheduled for May 8-10 on the Beach and Boardwalk at 30th Street, has been canceled due to Commonwealth of Virginia Governor Executive Order 53 and 55 directing individuals to stay at home in response to COVID-19. Beach Music and Car Show enthusiasts can look forward to the popular event’s return in 2021.

The City of Virginia Beach is following guidelines from the Virginia State Department of Health and Center for Disease Control and Prevention. Live! on Atlantic’s top priority is the health and safety of all our guests, participants, volunteers and staff.

If you purchased tickets through Ticketmaster you automatically will be refunded, and no action is required. Please note that your account will be refunded within 14 - 21 days. If tickets were transferred to you, the refund will go to the fan who originally bought the tickets from Ticketmaster.

Tickets remain on sale for other future Live! On Atlantic events. Updates to the Live! On Atlantic events program will be posted on LiveOnAtlantic.com and through social media, email and news outlets. Follow Live! On Atlantic on Facebook. Event information is also available by telephone through Virginia Beach Visitors Information Center Monday through Friday from 8 a.m. to 5 p.m. at 757-385 SURF (7873).

Local nonprofit creates raffle baskets in support of COVID-19 and USS Bataan Sailors

From Troopster

NORFOLK

On Monday, April 6 local military charity, Troopster Military Care Packs will launch a Hampton Roads exclusive virtual raffle in which participants can enter to win a hand-delivered ‘Boredom Basket’ to their home.

Baskets were donated by local businesses in support of the raffle event and are valued at more than \$400. Items include books for all ages, a family water gun set, a family fun day basket of toys, puzzles, and games, dog treats and pet care items, Easter egg making kits, coffee packs, apparel, care cleaning sets, DVD’s and more.

“Each of these baskets was donated by local businesses who want to support the community during COVID-19,” said Chelsea Mandello, CEO and Founder of Troopster Care Packs. “We wanted to find a way to support the community during this difficult time, as well as support the Sailors of the Bataan, whom we have received an overwhelming amount of letters from in response to their impact of COVID-19.”

All proceeds of the raffle will be used to send care packages in support of the forward-deployed USS Bataan (LHD-5). Sailors onboard the USS Bataan reached out to Troopster to request care package support and to share their distress with COVID-19.

“Dear Troopster, I am currently stationed on the USS Bataan. Morale is low, we are worried about our families and the COVID19. We can’t pull in anywhere (and) my shipmates in the shop are feeling low,” said a Sailor onboard the USS Bataan.

The raffle will last until Friday, April 17th, when the winners will be announced via the Troopster social media and a live YouTube drawing.

Hampton Roads Virtual Raffle can be found at <https://troopster.rallyup.com/>

Troopster is a local, veteran-owned and operated charity that helps families and communities to send care packages to the servicemen and women deployed overseas.

ABOUT TROOPSTER

Troopster® is a leading cause-driven organization that supports the U.S. military community through the vanguard of care package services. Troopster has sent more than 12,000 care packages to troops deployed across more than 22 countries. Founded in 2015, Troopster is veteran-owned and operated, and headquartered in Norfolk, Virginia, home of the largest naval military installation in the world. To learn more about Troopster® or to send a military care package, please visit www.troopster.org.

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/



Virginia Arts Festival

Virginia Arts Festival cancels, postpones all events scheduled through June 14

From Virginia Arts Festival

The Virginia Arts Festival’s top priority continues to be the health and safety of all patrons, artists, volunteers, and staff. In conformance with Governor Ralph Northam’s statewide ban on events over 10 people, and due to the increasing threat of COVID-19, Virginia Arts Festival events through June 14 will be rescheduled, postponed, or canceled effective April 3.

“Thank you for your patience and your continued patronage as we work through the challenges of the COVID-19 pandemic. The restrictions on travel have impacted our ability to bring world-class artists to our stages, and safety measures such as closing facilities and limiting public gatherings have forced us to re-schedule, postpone, or cancel many upcoming performances,” Said Robert W. Cross, Perry Artistic Director, Virginia Arts Festival. “We are working hard to re-schedule as many events as we can. Until we can safely gather again, I wish you good health, and I look forward to seeing you at a Virginia Arts Festival performance

once the crisis has ended.”

To stay up to date on rescheduled performances, please visit vafest.org/message and follow the Virginia Arts Festival on social media @VaArtsFest.

The Robin Hixon Theater, Clay and Jay Barr Education Center and VAF offices will stay closed to visitors, however, administrative staff will be on hand to continue basic business operations. To stay informed on COVID-19, visit cdc.gov for the latest updates.

TICKETING INFORMATION

Ticketholders have several options including ticket exchanges, donation of tickets, and refunds. Patrons should visit vafest.org/message for full information.

ABOUT THE VIRGINIA ARTS FESTIVAL

Since 1997, the Virginia Arts Festival has transformed the cultural scene in southeastern Virginia, presenting great performers from around the world to local audiences and making this historic, recreation-rich region a cultural destination for visitors from across the United States and around the world. The Festival has presented numerous U.S. and regional premieres, and regularly commissions new works of music, dance, and theater from some of today’s most influential composers, choreographers and playwrights. The Festival’s arts education programs reach tens of thousands of area schoolchildren each year through student matinees, in-school performances, artists’ residencies, master classes and demonstrations. For more information, visit vafest.org.



Girl Scouts

COOKIE I Customers can donate boxes of cookies to health care professionals

Continued from C1

Three Virginia Beach Girl Scouts were eager to assist community heroes and set up a virtual donation “cookie booth” where cookies are finding their way to nurses and emergency personnel. Read their inspiring story Good Morning America’s website.

And despite the fact that the offices and properties are closed, and activities have been cancelled, girls are finding ways to continue Girl Scouting and to get involved in projects that help their communities. Girl Scout Ambassador Caroline was recognized by lo-

cal media for creating dozens of hand-made protective face masks for donation after hearing her mom discuss a shortage of equipment available to herself and fellow nurses at a local hospital. Caroline created a video and a blog detailing how others can do the same.

GSCCC remains dedicated to serving girls and has created a special web page called “Just for Me” that is a solution many families are looking for to help keep their kids engaged. The web page offers specialized programming for children in grades K-12 that can be done from home or at a social distance. There are hours of free programming available to the community where children can learn about leadership, STEM and the great outdoors on the site.

“ I know these are challenging times,” says GSCCC CEO Tracy Keller. “Staff, volunteers and parents are working hard to make sure girls have an outlet through Girl Scouts at home

with their families. We are offering virtual programs and safe ways for cookies to get to customers, perhaps bringing a bit of happiness along the way.”

ABOUT GIRL SCOUTS OF THE COLONIAL COAST

Girl Scouts of the Colonial Coast, a United Way agency, serves over 11,000 girls in grades K through 12 with the help of more than 5,000 adult volunteers in southeastern Virginia and northeastern North Carolina. Girl Scouts offers a one-of-a-kind leadership development program for girls, unleashing the G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ in every girl. Since 1912, Girl Scouts has been building girls of courage, confidence and character who make the world a better place. To volunteer, reconnect, donate or join, visit www.gsccc.org or call 1-800-77SCOUT.

Automotive



Mazda

2020 MAZDA 3 SEDAN

A very intriguing alternative for automotive enthusiasts

The 2020 Mazda 3 faces some extremely tough competition from the Toyota Corolla, Honda Civic and Hyundai Elantra. All of these cars are popular, reliable choices, but for those wanting something different – and fun – this car delivers on all fronts.

The Mazda 3 sedan is very stylish – beautiful actually. Sculpted, voluptuous sheet metal and flowing lines accent the car almost perfectly. I consider it the best looking compact on sale after seeing it in person.

Mazda has a history of artistic exterior design, beginning in the 70s and 80s with the RX7, and through the 90s and beyond with the MX-6 and Miata.

The Interior of the 3 Sedan is well laid out, with logical controls, intuitive infotainment and navigation, I also like the high quality materials. I would put it in the same league as the Honda Civic I recently tested. It’s actually slightly larger inside and out than the Civic, and roomier, even superior to the Toyota Corolla, and Hyundai Elantra. Seating is very comfortable as well.

The Mazda 3s Performance trumps the

Corolla and Elantra, and is comparable to the Honda Civic. The 186hp Skyactive, multivalve 4 cylinder is actually slightly more powerful than its closest compact competition, at least in its price bracket. However, the 3 is a bit heavier. It’s no rocket but is pretty quick and can accelerate from 0 to 60 mph in 7.2 seconds with quick shifts through it’s responsive, traditional Automatic transmission that ,I believe may be slightly more durable than most competitors CVT (Constant Velocity Transmission) designs. The Fun factor is also higher than the Corolla or Elantra, and equals Honda’s class leader, the Civic. Handling and braking are at – or near – the top of its segment, accurate and secure. It almost feels like a sports car. Very impressive, indeed.

Fuel economy is comparable to the other cars in its class, 27 mpg city/36 mpg Highway. The Mazda’s “Skyactive” engine design technology is advanced and very efficient, and constantly optimizes the best air fuel mixture for performance and economy. This gem of a motor performs and sounds as

good as Honda’s and Toyota’s best 4 cylinder engines ... I’d call it remarkable.

So, at the end of the day, is the Mazda 3 superior to the longtime compact sedan champion, Honda Civic? Well, its styling is sexier, and it’s a dead even match or somewhat superior in almost every way to the Civic, except two really important factors: Reliability, and Resale value. Honda’s simply have a better track record when it comes to long term mechanical reliability and less prone to mechanical issues over an extended time. It’s just a known industry fact. Heck, Honda Civics can last over 400k miles in some cases!

For reasons of reputation, and superior reliability, as well as better resale value when owners need to trade or sell the car years after purchase, I would have to give a very slight edge to the Civic overall, BUT if you like the styling of the Mazda 3 better, want to stand out from the crowd and don’t mind paying about \$1000 more for the similarly equipped Mazda, you will be really happy with it – especially if you only keep cars 4-6 years

Details

2020 Mazda 3 Sedan
Price range: \$ 21,500 - \$27,000
My Ratings: (1-10 scale , Compact car category)*

- Performance: 8
- Styling: 9
- Engine: 9
- Transmission: 8
- Handling: 8
- Interior design: 7
- Braking: 7
- Fit and Finish: 8
- Safety Features: 8
- Value: 8

OVERALL RATING : 8

OVERAL RATINGS FOR OTHER COMPACT CARS

- Honda Civic : 8
- Toyota Corolla: 7
- Hyundai Elantra: 7
- Kia Forte: 7
- Subaru Impreza: 7
- Chevrolet Cruze: 6
- Nissan Sentra: 6
- Volkswagen Jetta: 6

before trading up. My advice to you: Test drive BOTH the Honda and Mazda and go with your favorite. You can’t go wrong either way. They are both great little cars.

The Mazda 3 is available in 4 trim levels, including sedan and hatchback versions, with prices ranging from \$21,500- \$27,000, depending on a wide variety of equipment levels, so check out the website Mazdacarsusa.com for the full list of equipment and options on this sporty compact.



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Preventing pollution from car, lawn and pool maintenance

From Naval Support Activity Hampton Roads Public Works Department

NORFOLK

This article serves as part two 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.

Stormwater pollution results when precipitation such as rain or snowmelt runs over surfaces picking up pollutants like pesticides, fertilizers, construction site sediments, pet waste, litter, etc. These pollutants can significantly degrade water quality and threaten aquatic wildlife and human health. In addition, stormwater pollution impacts our drinking water supplies and use of waterways for recreational activities such as swimming, fishing, and boating.

Runoff from our lawns, rooftops and driveways drain directly into the stormwater system. This system consisting of ditches, storm drains and pipes, or other conveyances which collect and transport stormwater, all discharges stormwater directly to nearby streams, lakes, and waterways without treating the water first to remove contaminants. Because of this, it is important for us to try and prevent pollutants from being washed into these storm drains from our car, lawn, and pool maintenance activities. The facts related to pollution can be staggering:

- A single quart of oil can pollute 250,000 gallons of drinking water (NDRC, 1994).
- Recycling just one gallon of used oil can generate enough electricity to run the average household for almost 24 hours (Philadelphia Water Department, A Homeowner’s Guide to Stormwater Management, January 2006).
- Pesticides are toxic to the fish and the organisms living in our waterways and are harmful to our drinking water supplies.
- Excessive nutrients from fertilizers result in an overgrowth of algae and plants which depletes the necessary oxygen for fish.
- Back wash residues, algaecides, and acid washes from routine swimming pool and spa maintenance can be very harmful if discharged into our waterways.

Below are tips we can all adopt to help keep our local waterways healthy!

Vehicle Maintenance:

Using the following tips for proper car and truck maintenance can prevent pollutants such as oil, heavy metals, and toxic materials from entering the storm drain:

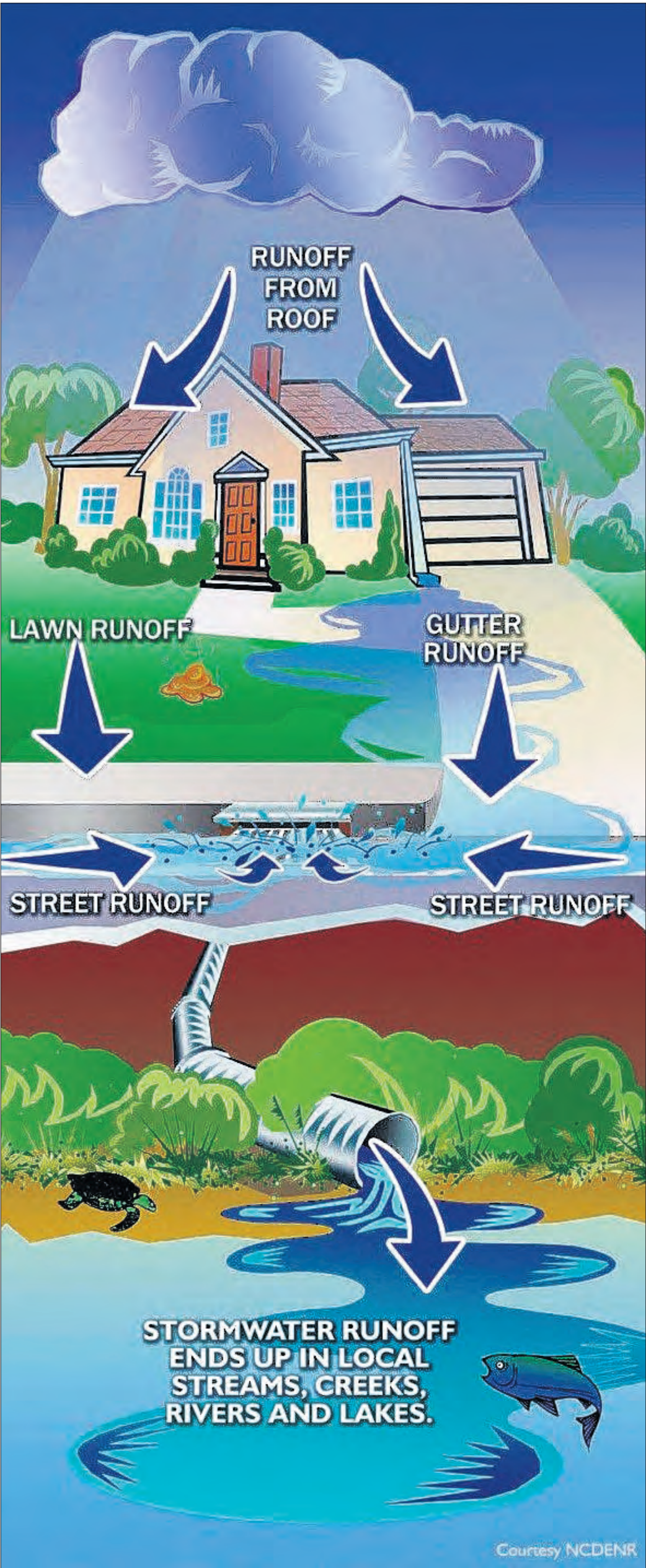
- Frequently check your vehicle for leaks by examining the pavement in your driveway or garage and use drip pans to capture the leaky substances until you are able to completely repair the leak.
- Properly dispose of or recycle used or unwanted oil, transmission fluid, antifreeze, and batteries. Never dump or allow these materials to leak onto paved surfaces that connect to the storm drain system.
- Carefully store vehicle maintenance supplies in tightly sealed containers to prevent spills.
- In the case of a spill, use an absorbent material to contain the potential pollutant, clean it up immediately once absorbed, and properly dispose of the spill and cleanup materials.

Special tip: Empty liquid detergent bottles are excellent for storing vehicle maintenance fluids because the lids seal tightly.

Lawn Maintenance:

Using the following tips for proper lawn care and maintenance can prevent pollutants such as pesticides, fertilizers, lawn clippings and leaves from entering the storm drain and negatively affecting our nearby waterways:

- Use pesticides and fertilizers sparingly and never right before it rains. If you believe that your soil needs nutrients, have your soil tested first so that you know the proper amount to apply. Over application of fertilizers is a leading cause or pollution from homeowners.
- Composting and/or using organic fertilizers are highly recommended to reduce polluted runoff from our homes.
- Do not use a leaf blower or sweep your leaves and grass clippings into the storm drains around your home. This clogs storm drains which can cause flooding issues and adds excessive nutrients to our waterways. Grass clippings hold the fertilizers or pesticides that are applied to your lawn, and if blown into the nearby storm drains will



U.S. Navy graphic/

carry these pollutants into the downstream waterways.

Special tip: Instead of bagging your lawn clippings and leaves, use your lawn mower to mulch the lawn waste and allow it to spread over your lawn which will act as a natural fertilizer. This will also help you save money because you will not have to pay for fertilizers and will help get that nice green lawn!

Pool Maintenance:

Using the following tips for proper pool maintenance can prevent chlorine from entering the storm drain:

- Drain your pool waters to the sanitary system if possible and allow by local ordi-

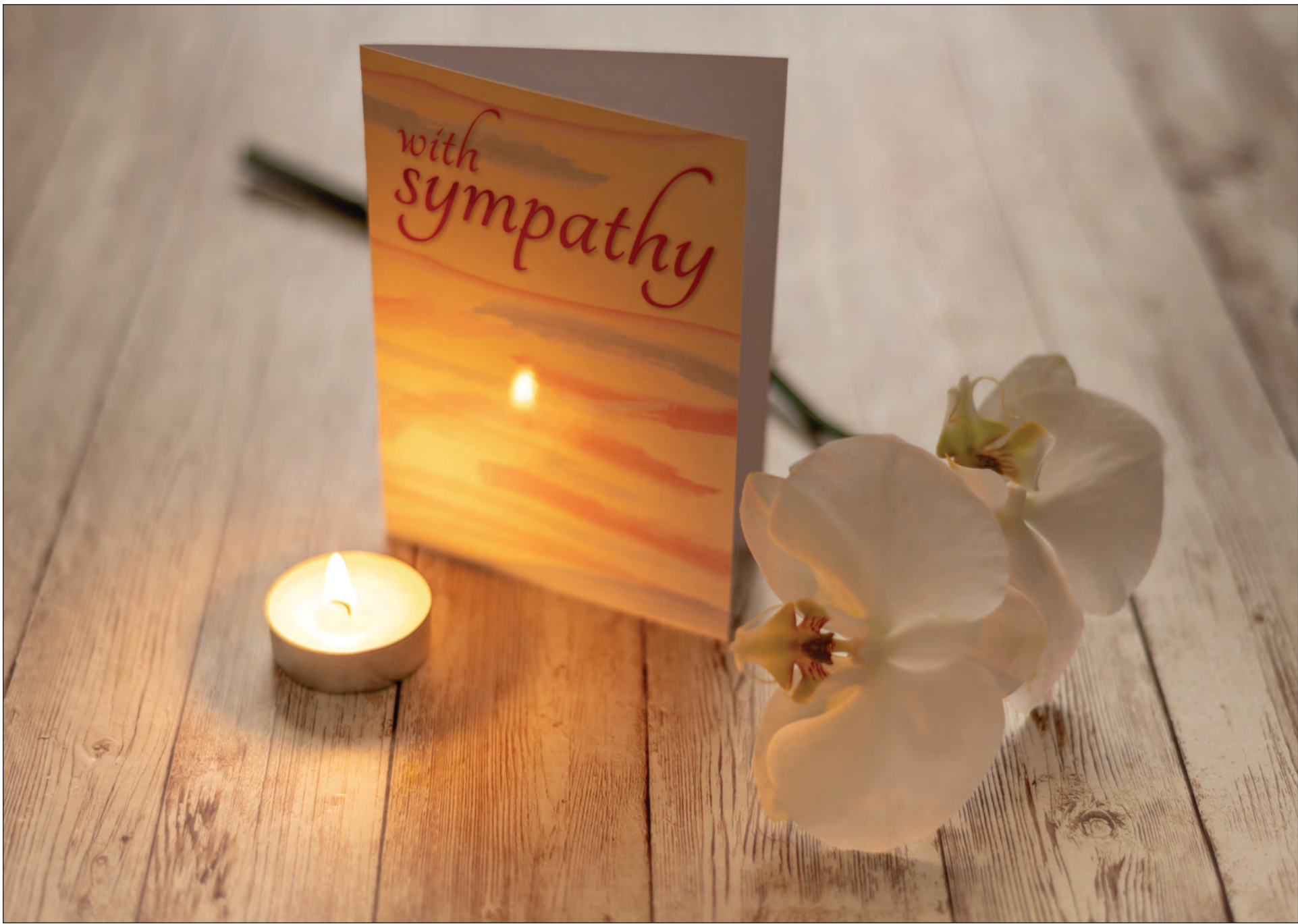
nance. The sanitary system provides treatment before discharge to local waterways.

- If draining your pool water to the stormwater system, only drain your pool when a test kit demonstrates that the chlorine levels have dissipated and are no longer detected. The pH should be between 6.5 and 8.5 before discharging.
- Never clean or rinse a pool or spa filter over a paved area that leads to a storm drain. Only rinse in a sink that is connected to the sanitary system or over a lawn that will absorb and infiltrate the runoff.
- Carefully store your pool chemicals in a covered area and in tightly sealed containment to prevent spills and/or exposure to

precipitation.

- Prevent algae buildup and the need for additional chemicals with regular cleanings and maintaining consistent chlorine levels.
- Avoid the use of the more toxic copper-based algaecides by using an alternative such as sodium bromide.

Thanks for reading this article and hopefully you can incorporate some of these pollution prevention techniques into your daily habits to help protect our local waterways. Be sure to pick up the next issue of The Flagship and read article 3 in this series which will discuss pollution that results from pet waste and what we can do to prevent it.



mrtom-uk/Getty Images/iStockphoto

Expressing sympathy during this new normal

By Brandpoint

Experiencing the loss of a loved one is always difficult. In today’s environment of “social distancing”, we are even more challenged in finding ways to reach out and connect to those who need comfort at a time of loss. While many of us may be adapting to new everyday routines, the etiquette of expressing sympathy by and large has not changed. Here

are a few helpful tips from 1-800-Flowers.com:

1. Even if you don’t know the person well, saying, “I’m sorry for your loss” is always appropriate and meaningful. It’s acknowledging what has happened in an honest and direct way. And lets the person know they have permission to experience any uncomfortable emotions. Read more tips on how to comfort someone who is grieving here.

2. If they haven’t said anything on Facebook, neither should you. But if they have posted about it, it is appropriate to comment. Read more about the do’s and don’ts on expressing condolences on social media here.
3. Due to recent regulations on large gatherings in many states due to COVID-19, many funeral services are being postponed or livestreamed over the internet making it an extraordinarily stressful time for the immediate family. If you aren’t able to express your condolences in person at this time, deliveries of a gourmet food basket, houseplant or sympathy flowers to their home are appropriate ways to let them know you are thinking of them. Find these sympathy gifts and more for home delivery here.

4. And remember to support those who have experienced the loss of a loved one in recent months, and may be feeling a bit more aware right now; be it due to social distancing or an upcoming important date or anniversary. Rebecca Soffer, co-founder of Modern Loss provides some additional thoughts here. You can also explore complimentary sentiment ecards for Thinking of you and Sympathy to let them know you are thinking about them.

For additional resources on sympathy and remembrance, click here. If you are in need of expressing your condolences and not sure what to send, 1-800-Flowers.com sympathy specialists can help by calling 1-866-538-2259.

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Autos for Sale

FORD 2013 FOCUS



SE Hatchback! Beau. teal green fin, gar. kept, spotless! Auto, air, loaded, insp. Low mil \$5990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

HONDA 2005 CR-V



Looks/runs perfect, beautiful burgundy fin, auto, air, sunrf, loaded, inspected. 4 to choose. \$4990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

HONDA 2006 ACCORD



EX 101k mi - LOW MILES! Looks & runs great, auto, air, loaded, sunroof, inspected. \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

HONDA 2006 CIVIC



EX. 73,000 mis., clean, serviced. \$6900. 757-439-0582. Va. Dir.

HONDA 2010 ODYSSEY



Touring Leather, sunroof, stow aways, nav, loaded, inspected, good miles. \$7850 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

Early home delivery.
757-446-9000 or PilotOnline.com

Autos for Sale

HONDA 2012 CIVIC



EX. Beau. sky blue finish, mint cond, garage kept - LOW mil! Auto, air, loaded, inspected. \$6990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

INFINITI 2011 G37



Car is in great condition. Low miles. Please call or text me for any questions at 757-580-7607. Price for car is \$12,000.

LEXUS 2008 LS 460



L Beautiful Cobalt blue finish, leather, sunroof, loaded, nav, heated seats, inspected. \$10,990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

LINCOLN 2010 MKX

Red, new inspection. runs great. \$7,900 757-285-6677

MITSUBISHI 2003 ECLIPSE



GT, beautiful lipstick red, 5 speed, air, mint condition, new inspection. \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

NISSAN 2009 ALTIMA



S 2.5, LOW MILES, mint condition, garage kept, auto, air, loaded, new inspection, runs perfect. \$5850. 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

Autos for Sale

TOYOTA 2007 CAMRY



Looks and runs perfect, beautiful cobalt blue finish, auto, air, loaded, new inspection. \$5850. 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

TOYOTA 2007 COROLLA



LE, exc condition, looks and runs perfect, low miles, auto air, loaded, inspected, \$4990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

TOYOTA 2010 COROLLA



Mint condition, auto, air, loaded, new inspection, garage kept. \$6850. 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

TOYOTA 2013 PRIUS



Four Model, Winter Gray, Rr Spoiler, 15" Alloy Whls, Keyless entry, Push-start, Heated seats, Nav, Backup Cam. 50 MPG. 79k miles. \$10599. 757 390-9580.

TOYOTA 2019 TACOMA



Double Cab, 4 door, Auto, AC, Power Windows, 14k Miles, New Rims, Must See! \$24,950. Fee \$395. 757-717-1715/757-963-2299

Autos for Sale

VOLKSWAGEN 2007 JETTA



LOW MILES! Beautiful condition! Leather, sunroof, loaded, inspected. \$4850 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

Trucks and SUVs

CHEVROLET 2000 1500



Sierra pickup, custom chrome, rims & toolbox, LOW MILEAGE 128k orig mi, auto, air, insp. \$4990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

CHEVROLET 2003 TAHOE



LS, exc condition, 4wd, auto, 3rd row seat, auto, air, loaded, inspected, runs perfect \$5990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

CHEVROLET 2005 TRAILBLAZER



LT 4WD Looks/runs great, auto, air, loaded, insp. \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

DODGE 1993 CARAVAN



April BLOWOUT—wheelchair vans starting at \$7000.00! Call Ken 1-800-420-6470. VA Dealer #12069.

FORD 2018 F-150

Black Ops By Tuscany (\$61,900) 10/500 built in 2018. Dealer installed supercharger 650HP Fully Loaded in Excellent Condition

Trucks and SUVs

FORD 1999 F-150

\$3500 negotiable, Burgundy, all the extras avail in 1999, well maintained, extended 8ft bed, runs great, great on gas, 2 owner, cab & hood sun damaged, & issue with back cab doors. Rob 757-448-5131

FORD 2009 ESCAPE



XLT, looks & runs great, new inspection, auto, air, loaded. \$4990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

FORD 2011 ESCAPE



Limited, LOW MILES, auto, air, leather, sunroof, navigation, rear camera, inspected. \$6990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

GMC 2006 SIERRA 1500



Club Cab Pickup truck, LOW MILEAGE 124k original miles, 1 owner, garage kept, mint condition, auto, air, loaded, inspected \$990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

HONDA 2006 RIDGELINE



4WD, 1 owner, garage kept, clean carfax, mint cond, auto, air, loaded, sunrf, insp. \$7450 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

JEEP 2002 LIBERTY



4WD Special ed, 134k orig mi, looks & runs brand new, auto, air, loaded, sunrf, insp. \$3650 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

Trucks and SUVs

JEEP 2004 GRAND CHEROKEE



Laredo AWD, low mi, beautiful burgundy fin - pristine cond! Auto, air, loaded, sunrf. \$4450 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

LEXUS 2001 ES 300

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

LEXUS 2015 RX 350

54,000 MILES; Silver ext./gray leather int./nav/bsm/backup cam/lexus service recs/very good condition/\$23,000/757 650 7707

SUBARU 2019 ASCENT

Limited Exc Condition. 36,000 miles. 5 yr Power Train Warranty. Tungsten Metallic. \$32,500. 757-373-7275

TOYOTA 2006 HIGHLANDER



LTD Mint cond! Auto, air, sunrf, loaded, looks & drives perfect, insp., 2 to choose. \$7450 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

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Super Crossword

ACROSS

- 1 Emmy, e.g.
6 Explorer — Polo
11 Milne's bear
15 Hospital VIPs
19 Spanish man
20 It's made of milk, flour and butter
22 Sharing the secret of
23 "The Matrix" star Reeves
24 Unit equal to 0.338 fluid ounce
25 Knock off
26 Stage muggers
28 Beating the former best
30 4x4, briefly
32 Lousy
34 Ian Fleming's alma mater
35 Jaded
36 Online comparison shopping site
42 More nasty
43 Dance in Rio
44 Has a bawl
45 Prenatal chambers
47 Locker, e.g.
54 U.S. enlistees

DOWN

- 57 Arrest, as a perp
58 Tiddlywink or Frisbee
59 How- — (DIYers' books)
60 Jurist Scalia
63 Novelist Graham
66 Camphor or fructose
69 Need-for-speed adage adapted from the Bible
72 Road salt
73 "It's about time!"
74 Separates after a multiplayer tackle
75 Edifice extension
76 Debate side
77 — Khan (Islamic imam)
78 Wide shoe spec
79 Building up to the loudest point
88 Parliament's House of —
89 "With a Little — Luck"
90 Piece-of-cake class

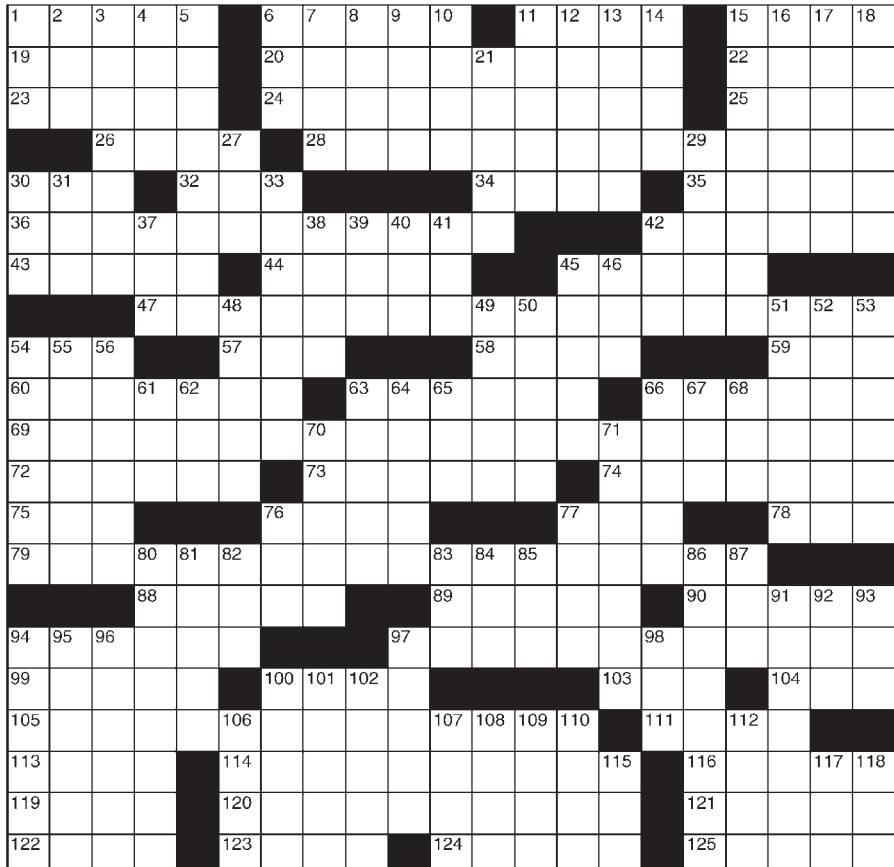
ACROSS

- 94 Fold, spindle or mutilate
97 Bottle near a salad bowl
99 Smell
100 Cannonballs and such
103 Pro-learning union: Abbr.
104 Healthful getaway
105 Backlash
111 Banks of modeling
113 Catch with one's ears
114 "Viva Las Vegas" co-star
116 Ancient Greek colony
119 — Stanley Gardner
120 Not trued up
121 Kids' caretaker
122 Changed the color of
123 Favorable votes
124 Actor Mike
125 Meal blessing that's "mixed" and hidden in seven
37 "2 Broke Girls" airer
38 Steed breed
39 Sizable
40 Comb insect
41 Key near F1
42 Sea, to Gigi

DOWN

- 1 Inquire

MIXED BLESSING



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last week's answers

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

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

Sudoku

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

CryptoQuip

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

Clue: Q equals E

ZI KBNQBLQ ZK ZL IERBM BI MQS

MBBX RQAQXEGPQK, Z MQYDBL VQ

NZAVX AQX YEPPQS E GQQXLZD.

Last week's CryptoQuip answer

If you're told to go find an interview a seven-foot guy, I'd say it's a tall order!

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