



CORONAVIRUS PANDEMIC



The hospital ship USNS Comfort (T-AH 20) returns to its homeport of Naval Station Norfolk after treating patients in New York and New Jersey in support of the COVID-19 pandemic. Comfort and its embarked medical task force remain prepared for future tasking. The Navy, along with other U.S. Northern Command dedicated forces, remains engaged throughout the nation in support of the broader COVID-19 response.

MC1 Joshua Sheppard

USNS Comfort arrives at Naval Station Norfolk prepared for future tasking

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

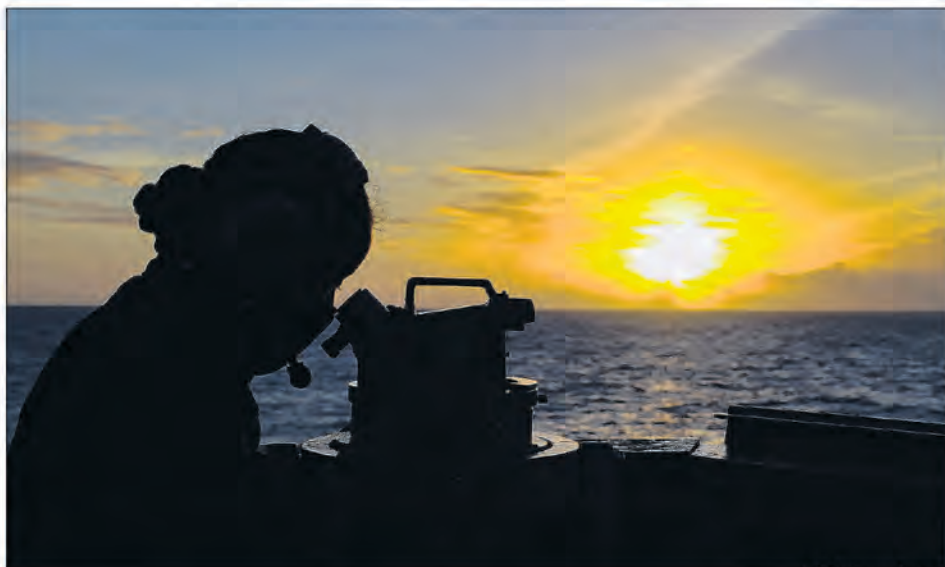
NORFOLK

The hospital ship USNS Comfort (T-AH 20) returned to Naval Station Norfolk after supporting the Department of Defense (DOD) response efforts to New York and New Jersey during the coronavirus outbreak, May 2.

After Comfort returns to Naval Station Norfolk, it will take the necessary steps to return to a "Ready 5" status to be prepared for future tasking including COVID-19 or other humanitarian assistance and disaster relief efforts. Comfort spent 31 days at Pier 90 in New York City, providing relief to a healthcare system stressed by the surge of COVID-19 patients.

"It is a true honor to have led this professional team, which provided world-class health care to the people of New York and New Jersey," said Capt. Joseph O'Brien, mission commander of Task Force New York.

» See **COMFORT** | **A7**



MC3 Sean Lynch

Seaman Mirielle Magsaysay, from Milwaukee, Wis., searches for surface contacts aboard the Arleigh Burke-class guided-missile destroyer USS Russell (DDG 59). Russell is deployed to the U.S. 7th Fleet in support of security and stability in the Indo-Pacific region.

Manning initiatives announced to mitigate fleet gaps

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

WASHINGTON

Expansion of Sea Duty Incentive Pay (SDIP), Selective Reenlistment Bonuses (SRB) and High-Year Tenure (HYT) waivers are some of the initiatives the Navy has recently implemented.

The move was announced in NAVADMIN 132/20, released May 4.

Also, the Service is opening active duty career opportunities for New Accession Training (NAT) candidates and Sailors of the Individual Ready Reserve (IRR) with recent Fleet experience.

"Navy is implementing additional per-

sonnel policy actions necessary to maintain our maritime superiority," Vice Adm. John B. Nowell, the Navy's top uniformed personnel official said in the message. "These efforts mitigate the effects of the coronavirus disease (COVID-19) and maintain operational, Sailor and family readiness."

WAIVER WINDOW EXTENSION

On March 26, the Navy, in NAVADMIN 089/20, started offering one-year High-Year Tenure waivers for Sailors willing to extend in critical billets.

Now Navy is sweetening that pot, increas-

» See **GAPS** | **A7**

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Naval Air Force Atlantic welcomes new commander

COMNAVAIRLANT held a change of command ceremony May 1 at Naval Support Activity (NSA) Hampton Roads in Norfolk.

»See **B1**



USNS Mercy's first pacemaker surgery a success

Surgeons performed hospital ship USNS Mercy's (T-AH 19) first-ever pacemaker replacement surgery, April 29.

»See **A6**

Amp up the flavor on this comfort food

Warm spices and a sprinkling of fresh herbs give these Moroccan Meatballs the flavor boost your dinner plate has been lacking.

»See **C4**

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Seaman Imani N. Daniels

A team of Naval Medical Center Portsmouth's (NMCP) Anesthesiology Department staff members built a ventilator in an effort to help fight the Novel Coronavirus Disease 2019, or COVID-19, pandemic. The prototype had been tested on three specific models, including two high-fidelity lung simulators and in an animal trial using a swine model. During the command-approved animal trial, the ventilator was compared head-to-head with a conventional veterinary ventilator. It was found to provide non-inferior, if not superior, ventilation. From left: Hospital Corpsman 3rd Class Christopher Rector, assigned to Explosive Ordnance Disposal Expeditionary Support Unit Two (EODESUTWO); Lt. Gregory Booth, assistant director of the Anesthesiology Residency; Lt. Cmdr. Scott Hughey, senior anesthesia resident; Cmdr. Jason Longwell, department chair of Anesthesiology; and Lt. Jacob Cole, senior anesthesia resident.

NMCP STAFF MEMBERS BUILD A VENTILATOR IN WAKE OF COVID-19

By Seaman Imani N. Daniels
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

A team of Naval Medical Center Portsmouth's (NMCP) Anesthesiology Department staff members built a ventilator in an effort to help fight the Novel Coronavirus Disease 2019, or COVID-19, pandemic. The pandemic has led to shortages of essential goods and services - from hand sanitizers to masks to beds to ventilators. Several countries have already experienced a shortage of ventilators. The team of NMCP staff members includes Lt. Jacob Cole and Lt. Cmdr. Scott Hughey, senior anesthesia residents, Lt. Gregory Booth, assistant director of the Anesthesiology Residency Program, and Hospital Corpsman 3rd Class Christopher Rector, assigned to Explosive Ordnance Disposal Expeditionary Support Unit Two (EODESUTWO), who came together to construct a prototype in their efforts to fight the spread. "We had been tracking the COVID-19 pandemic's need for ventilators worldwide," Hughey said. "From a medical and resource management standpoint, we brainstormed ways that we could meet the need for ventilators to help patients. We went from just paper sketches and discus-

sions to a full working prototype which was successfully tested in a command-approved animal research study in 28 days." A ventilator is a machine that provides mechanical ventilation by moving air and oxygen in and out of the lungs, to deliver breaths to a patient who is physically unable to breathe, or breathing insufficiently. They are predominantly used in intensive-care medicine, home care, emergency medicine and in anesthesiology. "A ventilator is designed to pressurize air and push it, using positive pressure, into a patient's lungs," Cole said. "It provides extra support for a patient when they're, for whatever reason, having trouble breathing." For patients with the worst effects of a respiratory infection, a ventilator can offer the best chance of survival. "The four of us came up with the idea to build and test a ventilator in response to what we're seeing nationally and internationally, which is an increased ventilator demand," Hughey said. The prototype had been tested on three specific models, including two high-fidelity lung simulators and in an animal trial using a swine model. During the command-approved animal trial, the ventilator

was compared head-to-head with a conventional veterinary ventilator. It was found to provide non-inferior, if not superior, ventilation. "There is a continuum of people involved in this process," said Cmdr. Jason Longwell, department chair of Anesthesiology. "We have some of our junior staff, senior residents, and corpsmen who are making this process happen without any major industrial support. We have branched out to where now we are collaborating with NASA to help validate the engineering pieces." The collaboration, which started with four individuals, has expanded to include legal agreements with NASA for further development, testing and a pathway to market. "This is a massively scalable, effective and inexpensive mechanical ventilation solution for this current pandemic that's been shown to be reliable and safe," Cole said. "No other ventilator on the market or being brought to the market in development is going to meet our price point, roughly \$250. It's a simple device, but despite that simplicity, it is absolutely effective in providing mechanical ventilation. The ventilator was also specifically tested under conditions simulating

changes in lung function characteristic of the effects of COVID-19 with very favorable results." The ventilator is unique in that it's not a major company making it. It was made from parts that can be bought at major retailers, as well as specialty parts that can be purchased online. The group designed and built the electronics control mechanism such that it can be ordered from a manufacturer and easily assembled into the breathing circuit system. "This prototype allows us to make open source plans available to medical institutions who need extra ventilators," Cole said. "It allows them to fabricate their own ventilator that is safe, reliable and effective to use as the demand rises." The teams' hope is the pandemic will not reach a point where it is so severe that there are needs to rely on a ventilator. If that point is reached, they envision this device being rapidly deployed and used to fill the gap of respiratory needs. "As anesthesiologists and critical care physicians, our role is to hope for the best but plan for the worst, so if things get bad we are prepared," Booth said. Additionally, the team foresees that for future pandemics, areas where the medical need isn't being met by current technology, this project can fill that gap as well. "The impact for this on NMCP is that it's a great example of the amount of talent we have working in our ranks," Longwell said. "It's an example of how we are able to adapt, create, innovate and deploy projects like these."

CNIC remains committed to keeping Sailors fit for duty

From Commander, Navy Installations Command Public Affairs
WASHINGTON
The Navy's shore enterprise continues its mission of providing resources for Sailors to stay physically fit and mission ready. Current restrictions and stay-at-home orders to decrease the spread of COVID-19 do not completely impede Sailors with the opportunity to exercise, thanks in large part to Commander, Navy Installations Command's (CNIC) fitness program. "The goal of our program is to create fitness for life for the entire Navy community," said Tunde Ridley, branch head of CNIC's Navy Fitness Program. "Our Sail-

ors, families and civilian personnel can turn to us for support even during these trying times." **POSITIVE OUTCOMES WITH NOFFS**
With the temporary closure of fitness facilities and the enforcement of social distancing, CNIC's fitness program has several resources online to stay in shape. One example is the Navy Operational Fitness and Fueling System (NOFFS), which is an evidence-based system that combines human performance enhancement, injury prevention and performance-fueling strategies that result in safer physical training practices, while continuing to achieve positive human performance outcomes. "The NOFFS program has improved my overall level of fitness and health with a challenging yet fun variety of movement preparation, strength and energy system development. It has introduced me to new exercises and has helped improve my weak areas, said Capt. Eugene S. Cash, commanding officer of Navy Supply Systems Command Business Systems Center.

The exercises and movements utilized in the NOFFS are designed to replicate the physical activities -- such as lift, push, pull and carry -- that are regularly performed by Sailors while on duty. Developed as a human performance system, the fueling aspect of the NOFFS provides the tools required to make healthy dietary choices in shore, afloat or operational environments. Since 2014, the system provides virtual resources that are most helpful during these unprecedented times. The NOFFS apps, which are IOS and Android compatible, are completely self-contained. Once downloaded, the apps do not require wireless capability to operate. "NOFFS apps were developed to ensure our patrons around the world could continue to stay in shape and be mission ready no matter where they are, and no matter what equipment they have access to," said Ridley. "With the fitness facilities practicing social distancing or closed, the NOFFS apps are a perfect resource to have, and we encourage our Sailors and families to try them out." The four NOFFS apps contain special-

ized series -- operational, strength, endurance and sandbag -- tailored to different environments. "During this time of isolation, I am able to continue with the program at home because many of the exercises can be done with minimal equipment," said Cash. The operational series consists of four sections, each of which have three levels of training and four stages that feature progressive intensity. The strength series build a user's total work capacity and improve cardiovascular fitness. The endurance series focus on developing cardiovascular fitness while providing methods to improve muscular strength. The sandbag series provides users with a training plan that can be performed in environments with limited equipment while developing the raw strength and power needed to meet the performance demands placed upon Sailors. Finally, the NOFFS Virtual Trainer is an additional resource available directly through the Navy Fitness Program website and contains the same material and capabilities as the NOFFS apps.



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

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MCC Elliott Fabrizio

Seaman Emma Hoernlein, assigned to USS Constitution, gives a Facebook Live tour of the ship. USS Constitution is the oldest commissioned warship afloat and played a crucial role in the Babary Wars and the War of 1812, actively defending sea lanes from 1797 to 1855. Designated America's Ship of State, Constitution and her crew engage in community outreach and education about the ship's history and the importance of naval power is more than 500,000 visitors each year.

USS Constitution hosting daily virtual tours on Facebook Live

From USS Constitution Public Affairs

BOSTON

USS Constitution is hosting daily tours via Facebook Live at 10 a.m. eastern time.

The ship's crew has given 46 virtual tours aboard Old Ironsides, which have reached more than 1 million views, since Saturday, March 14, when USS Constitution suspended public tours to reduce exposure to the Coronavirus (COVID-19).

"The response has been outstanding, and we've had people join us from all over the world," said Cmdr. John Benda, USS Constitution's 75th commanding officer. "It's

been our honor to continue to tell the story of Old Ironsides, provide an educational resource for children home from school and to entertain our supporters throughout the crisis."

The virtual tours are available at www.facebook.com/ussconstitutionofficial.

During each virtual tour, the ship's active-duty Sailors take viewers through the ship, to include several areas normally closed to the public, and provide an opportunity for viewers to ask live questions.

At this time, no Sailors assigned to USS Constitution have tested positive for

COVID-19, and USS Constitution is following all preventative guidance from the Centers for Disease Control (CDC), Department of the Defense and Navy leadership.

USS Constitution, is the world's oldest commissioned warship afloat, and played a crucial role in the Barbary Wars and the War of 1812, actively defending sea lanes from 1797 to 1855.

During normal operations, the active-duty Sailors stationed aboard USS Constitution provide free tours and offer public visitation to more than 600,000 people a year as they support the ship's mission of

promoting the Navy's history and maritime heritage and raising awareness of the importance of a sustained naval presence.

USS Constitution was undefeated in battle and destroyed or captured 33 opponents.

The ship earned the nickname of Old Ironsides during the war of 1812 when British cannonballs were seen bouncing off the ship's wooden hull.

The USS Constitution Museum serves as the memory and educational voice of USS Constitution by collecting, preserving, and interpreting the stories of "Old Ironsides" and those associated with her.

The Museum has also temporarily closed in response to the coronavirus public health emergency.

To serve students and the public who are working remotely, the Museum is providing complimentary access to additional content on its digital platforms. For more information, visit www.usscm.org.



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NAVSUP leading way in 100% safety checks for HHG moves

From NAVSUP Public Affairs

MECHANICSBURG, PA.

With many service members arranging upcoming moves, Naval Supply Systems Command (NAVSUP) aims to ensure the safety of military personnel and their families by conducting 100% quality assurance checks on all inbound and outbound Household Goods (HHG) shipments beginning May 1.

“The safety of all personnel and family members is the number one priority when it comes to Household Goods moves,” said Commander, NAVSUP Rear Adm. Michelle C. Skubic. “Maintaining mission readiness can only happen if we take prudent and methodical precautions to ensure we are doing everything possible to safeguard our people.”

Transportation Service Providers (TSPs) will provide a TSP certification of health protection protocols document to the member before beginning work in the member’s residence. Certification ensures TSPs are adhering to Centers for Disease Control and

Prevention (CDC) Guidelines, equipped with and wearing face coverings, prepared to clean surfaces touched after receiving service member permission, using the smallest crew required, adhering to social distancing guidelines and maintaining good hand hygiene, according to NAVADMIN 126/20 released Apr. 30 by Vice Adm. Ricky L. Williamson, Deputy Chief of Naval Operations for Fleet Readiness and Logistics, N4, Office of the Chief of Naval Operations

NAVSUP Personal Property Processing Offices (PPPOs) will conduct 100% quality assurance checks on all inbound and outbound HHG shipments by identifying scheduled pickups and deliveries and, no later than the day prior, providing the service member with COVID-19 safety procedures and the PPPO point of contact.

“PPPOs will contact service members at least once during their move to ensure the TSP is following COVID-19 safety protocols and to conduct a quality assurance check. Sailors and DoN Civilian employees serviced by other Service PPPOs will also

receive ‘safety screenings’ on their shipments. In addition, throughout the move process, losing and gaining commands will maintain contact with service members,” Skubic added.

SECDEF directed COVID Health Protection Measures during HHG relocation process. These measures include a 100% TSP certification of health protection protocols and 100% customer contact from United States Government quality control personnel.

United States Transportation Command (USTRANSCOM) coordinated with Services to develop plans to conduct 100% physical ‘Safety Screenings’ for all moves in locations at or above HPCON-Bravo. USTRANSCOM personal property advisory #20-0081 directs TSPs to present a completed TSP certification of health protection protocols document to the Member before beginning any work in a residence.

DOD personnel are encouraged to follow all DOD and the CDC guidance for well-being of themselves and their families.

Each Sailor and DoN Employee is re-

sponsible to ensure they are cleared to proceed by their respective Commands prior to arranging transportation, in accordance with the current DoD SECDEF Stop Move and NAVADMIN 116/20 R 212136Z APR 20 guidance. Sailors and DoN Civilian employees with funded orders may continue to arrange HHG and Privately Owned Vehicles (POVs) based upon their Command guidance. This is in accordance with USTRANSCOM Personal Property Advisory #20-0058D, paragraph 6 and includes shipments scheduled for movement prior to and during the current DoD stop move date June 30, 2020.

All Navy Customers must be cognizant that pack-out dates, onward movement and delivery of shipment is subject to TSP availability, host nation, state, local and installation restrictions. Transportation required delivery dates cannot be guaranteed due to the current worldwide COVID-19 pandemic.

Sailors with questions regarding household goods should contact household-goods@navy.mil or call 855-HHG-MOVE (855-444-6683). Questions for Stop Movement and Entitlements for permanent change of station (PCS) travel (per diem etc.), non-HHG related, contact the My Navy Career Center (MNCC) via email: ASKMNCC@NAVY.MIL or phone: 833-330-6622.



MCSN Maxwell Higgins

Sailors unload care packages in the hangar bay of the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) during a replenishment-at-sea in the Atlantic Ocean, May 2.

Harry S. Truman Family Readiness Group collects care packages

From U.S. 2nd Fleet Public Affairs

NORFOLK

The USS Harry S. Truman (CVN 75) Family Readiness Group hosted a care package collection for Sailors aboard Truman April 28.

This package collection comes as HSTCSG remains at sea in the Western

Atlantic as a certified carrier strike group force ready for tasking in order to protect the crew from the risks posed by COVID-19, following their successful deployment to the U.S. 5th and 6th Fleet areas of operation.

“This effort demonstrates the support of the families and our desire to take care of our Truman Sailors during their ongoing

mission,” said Kelli Sybrowsky, president of the USS Harry S. Truman Family Readiness Group. “We love and miss them and are looking forward to their return.”

In order to protect the crew of Truman, packages will be collected and handled in a way that prevents the potential spread of COVID-19. This includes no person-to-person contact during the drop-off and a dwell time before delivery to the ship. Furthermore, the care packages will be delivered to Truman via Replenishment-at-Sea (RAS), to further protect the crew from potential COVID-19 transmission.

“We are deeply grateful for the support of our Truman Family Readiness Group and all our families and loved ones,” said Capt. Kavon Hakimzadeh, Truman’s

commanding officer. “Sailors always love receiving care packages from home. However, it’s particularly moving during these times, when we are honestly more concerned with our families’ well-being than our own, that the FRG would make this concerted, tangible effort to demonstrate their care and affection for our Sailors.”

The HSTCSG is an example of how U.S. naval forces are inherently flexible and provide presence and capabilities when and where needed. The ships within the strike group remain ready to respond to emergent tasking around the globe, providing critically needed capabilities for emerging crises.

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MC2 Corbin J. Shea

An MH-60 Sea Hawk helicopter assigned to Helicopter Sea Combat Squadron (HSC) 26, practices touch-and-goe landings outside Camp Buehring, Kuwait, Jan. 16, 2017. HSC-26 is a forward deployed naval forces asset attached to the Commander of Task Force 53 to provide combat logistics and search and rescue capabilities throughout the U.S. 5th Fleet area of operations.

HSC-26 maintains mission readiness during COVID-19 pandemic

By Lt. j.g. Evan Sternstein
Helicopter Sea Combat Squadron (HSC) 26 Public Affairs

NORFOLK

As the world adapts to the unique challenges posed by the COVID-19 pandemic, the “Chargers” of Helicopter Sea Combat Squadron (HSC) 26 have demonstrated flexibility while continuing to execute training and operational missions in support of the nation’s defense at home and abroad.

Since implementing sanitization and various protective procedures, HSC-26 has remained steadfast in its commitment to ensuring mission capabilities and task requirements are met, and successfully completed the Helicopter Advanced Readiness Program in

preparation for an upcoming deployment overseas. Additionally, on the home front, HSC-26 pilots, aircrew, maintenance, and support personnel have undergone training to ensure preparedness in case of COVID-19 related tasking.

Aircrew from HSC-26 recently returned to Naval Station Norfolk after joining HSC-9 on the USS Gerald R. Ford (CVN 78), the Navy’s newest aircraft carrier, during a Post-Delivery Test and Trials (PDT&T) at-sea period. As the plane guard and search and rescue asset, the detachment supported the completion of carrier qualifications (CQ) for Fleet Replacement Squadrons and student aviators from Chief of Naval Air Training (CNATRA).

HSC-26 has a permanent four helicopter detachment in the Kingdom of Bahrain. The Desert Hawk’s primary mission is to provide logistical support to naval forces throughout the Arabian Gulf. The Desert Hawks also serve as a combat-ready unit that is capable of a wide array of missions, such as Maritime Attack, Personnel Recovery, and Non-Traditional Intelligence, Surveillance, and Reconnaissance. To combat the spread of COVID-19, the detachment has implemented procedures for the safe transportation of personnel. This includes the use of personal protective equipment (PPE), strict sanitization procedures, and specific medical precautions in conjunction with the host nation, Bahrain.

Mitigations such as these enable the detachment to remain a formidable combat logistics asset without interruption of operations

“I am extremely proud of the teamwork, dedication, ingenuity, and leadership displayed by all members of the command and their families during the COVID-19 pandemic,” said Cmdr. Benjamin Foster, commanding officer, HSC-26. “The Chargers of HSC-26 continue to be ready, both at home and abroad, to answer the nation’s call. I could not have asked for a more motivated and professional team to navigate the past few months.

HSC-26’s mission is to deploy expeditionary-armed helicopter detachments that execute naval special warfare, amphibious search and rescue, theater security cooperation, strike coordination and reconnaissance, anti-surface warfare, humanitarian assistance, and disaster relief and utility missions in support of the fleet and our national defense.

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MC3 Jake Greenberg
Capt. John Rotruck (left), hospital ship USNS Mercy's (T-AH 19) Medical Treatment Facility's commanding officer, observes a pacemaker surgery aboard the ship, April 29. Mercy deployed in support of the nation's COVID-19 response efforts, and serves as a referral hospital for non-COVID-19 patients currently admitted to shore-based hospitals. This allows shore base hospitals to focus their efforts on COVID-19 cases. One of the Department of Defense's missions is Defense Support of Civil Authorities. DoD is supporting the Federal Emergency Management Agency, the lead federal agency, as well as state, local and public health authorities in helping protect the health and safety of the American people.

USNS Mercy's first pacemaker surgery a success

By MC3 Jake Greenberg
U.S. 3rd Fleet Public Affairs
LOS ANGELES
Surgeons performed hospital ship USNS Mercy's (T-AH 19) first-ever pacemaker replacement surgery, April 29.
A pacemaker relies on batteries to regulate the heart's functions. When the batteries reach the end of their lifespan, the device, which is no larger than a sewing needle, needs to be replaced.
"In addition to a bad battery, the patient's pacemaker's leads, or wires, were dysfunctional," said Cmdr. Andrew Kaplan, a cardiac electrophysiologist from

Phoenix, who led the surgery.
After Kaplan made the initial incision, about half the size of a business card, he removed the pacemaker and accessed the patient's left, subclavian vein to insert the new pacemaker lead using X-ray guidance, specifically a C-arm mobile X-ray system, to position the new lead into the right ventricle. The system provided real-time, internal video to surgeons via the X-ray system's screens, which made this heart surgery minimally-invasive.
All medical personnel and support staff present in the operating room donned lead aprons and thoracic collars to shield them-

selves from unnecessary X-ray exposure.
During the surgery, the pacemaker's manufacturer provided guidance to cardiologists aboard Mercy via proprietary software via a WiFi conference call, which allowed for the virtual presence of technicians. The highly-trained technicians are pacemaker-programming experts and pioneers in the field. They were able to view technical data, communicate and direct personnel in the operating room using this interface. Normally, representatives from the manufacturer would be present during pacemaker procedures, but due to safety restrictions, no outside personnel are allowed aboard Mercy.
Kaplan estimates that he has performed 10,000-15,000 similar surgeries, and credits the procedure's success to cohesion between the Sailors embarked aboard Mercy.
"This successful surgery shows that we have the capability to bring state-of-the-art technology to patients, whether in a humanitarian capacity or Sailors in a crisis," said Kaplan. "It demonstrates the ability that both active duty and reservist

Sailors can quickly come together to create a highly-functional team in a safe manner aboard the ship."
A reservist himself, Kaplan drills with Operational Health Support Unit San Diego (Detachment B), and has never worked with any of the other surgical team members before. "Both the cardio technologist, Hospital Corpsman 1st Class Amelia Ibrahim, and the other cardiologist, Cmdr. Travis Harrell, are assigned to Naval Medical Center San Diego," said Kaplan.
Mercy deployed in support of the nation's COVID-19 response efforts, and serves as a referral hospital for non-COVID-19 patients currently admitted to shore-based hospitals.
This allows shore base hospitals to focus their efforts on COVID-19 cases. One of the Department of Defense's missions is Defense Support of Civil Authorities. DOD is supporting the Federal Emergency Management Agency, the lead federal agency, as well as state, local and public health authorities in helping protect the health and safety of the American people.

Naval Special Warfare Center resumes portions of paused SEAL and SWCC training

From Naval Special Warfare Center Public Affairs
CORONADO, CALIF.
Naval Special Warfare (NSW) Center resumed two paused phases of its SEAL and Special Warfare Combatant-craft Crewman (SWCC) selection-and-assessment training, May 4.
NSW Center, which oversees the initial and advanced training of the Sailors who make up the Navy's SEAL and Special Boat teams, paused instruction of three of its 12 cohorts, March 16. The final paused phase is scheduled to restart May 11.
"We took a conservative approach to properly assess our student population and establish protocols in order to minimize risk to them during training," said Capt. Bart Randall, commodore, NSW Center, adding the decision to restart training is based on mitigation efforts put in place that follow CDC recommendations and DOD medical professional guidance.
Instructors will continue to wear face-masks and gloves, when practical, and make sure students perform daily COVID-19 screenings. Classes will maximize bubble-to-bubble travel to limit personal contact outside their cohort and remain on base until after the completion of BUD/S Hell Week and its SWCC counterpart, The Tour.
"The health and well-being of our students



MC1 Anthony Walker
SEAL candidates participate in surf immersion during Basic Underwater Demolition/SEAL (BUD/S) training at Naval Special Warfare (NSW) Center in Coronado, Calif., May 4, 2020. NSW Center restarted paused portions of its SEAL and Special Warfare Combatant-craft Crewman (SWCC) selection-and-assessment training following careful planning that included implementing COVID-19 mitigation efforts based on CDC recommendations and Department of Defense medical guidance. The health, safety and well-being of students remains NSW Center's top priority. Any student showing signs of illness will be removed from training and evaluated by medical professionals before returning to training. NSW Center provides initial and advanced training to the Sailors who make up the Navy's SEAL and Special Boat Teams.

still remains our top priority," said Randall. "Any student showing signs of illness will be pulled from training and evaluated by medical professionals before returning."
Students in the SEAL and SWCC training pipelines will also see a heavy emphasis placed on social distancing within their own cohort.
Already a BUD/S staple, the megaphone will have increased use by instructors to prevent face-to-face contact. Classrooms will also have a cap on student numbers and procedures will be implemented during physical training events, like class runs and swims, to maintain student separation to the greatest extent possible.

"NSW expects its operators to be flexible in all phases of mission planning and execution, and we practice what we teach at our schoolhouse," said Randall. "NSW Center will continue to safely train and deliver SEALs and SWCC to the Force capable of performing at the high standards demanded of NSW operators."



Tyler R. Fraser

Fire Controlman (Aegis) 1st Class Zachary Garvalia, member of the Commander, Fleet Activities Yokosuka (CFAY) Community Information and Resource Call Center, assists a caller on the phone by providing information. For 75 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet's forward-deployed naval forces, tenant commands, and thousands of military and civilian personnel and their families.

Fleet Activities Yokosuka call center serves thousands

By MC2 Tyler Fraser
Commander, Fleet Activities Yokosuka Public Affairs

YOKOSUKA, JAPAN
In response to COVID-19, Commander, Fleet Activities Yokosuka (CFAY) created the CFAY Community Information and Resource Call Center (CIRCC), a call center that assists the CFAY community in receiving information related to base-wide business hours, available services, current base policies, and more.
The CIRCC was developed and implemented as a contingency operation to function similar to an Emergency Family Assistance Center (EFAC).

“In late February, the Fleet and Family Support Center and the installation commander, Capt. Rich Jarrett, discussed the possibility of activating the EFAC in response to COVID-19,” said Senior Chief Aviation Maintenance Administration-man (AZCS) Patrick Crockford, Fleet and Family Support Center (FFSC) Family Assistance Support Team (FAST) officer in charge.
“While reviewing EFAC standard operating procedures, we identified that the EFAC was not the best tool for the job,” said Crockford. “With that, the FFSC and the FAST were tasked with developing an

alternative.”
The CIRCC team, which consists of 15 Sailors and civilians, answer phone calls, emails and messages on social media from the CFAY community 16 hours a day, seven days a week with special hours for urgent assistance.
“A majority of the questions are rooted in available base services, clarification of permissible activities during the modified shelter in place, and referral to counseling and support services,” said Crockford.
During its first 24 hours of operation, the CIRCC team assisted 121 community members, roughly one every 12 minutes. Since first opening, that number has grown significantly.
“The CIRCC has received 518 phone calls and 583 emails so far,” said Crockford. “The CIRCC Facebook page has

proven extremely effective. In just under a month, we are approaching 500 followers and have reached over 17,000 viewers.”
Members of the CIRCC team say the call center is vital for the community during the COVID-19 pandemic.
“The CIRCC provides an indirect line of communication with service providers and the CFAY commanding officer,” added Crockford. “The CIRCC has proven itself to be a highly effective tool, not only for COVID-19 response, but an enduring operation whose functions can be modified to meet the need of the community and current events.”
For 75 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet’s forward-deployed naval forces, tenant commands, and thousands of military and civilian personnel and their families.

COMFORT | Ship will take necessary measures to return to a “Ready 5” status

Continued from A1

“Our priority now is ensuring the health and safety of our team to be ready for tasking elsewhere, if called upon.”
During the transit from New York City to Norfolk, VA all personnel involved in the mission aboard USNS Comfort will be tested for COVID-19, and will execute a 14-day restriction of movement (ROM) following completion of the mission. The purpose of the ROM is to separate personnel who may have been exposed to a communicable disease, but are not yet symptomatic, from personnel who have not been exposed. As part of this ROM they will be isolated by

either remaining on the USNS Comfort, in their own homes, or in other lodging accommodations where their movement will be restricted to their immediate area. Personnel will also be tested for COVID-19 a second time at the end of their 14-day ROM period.
The ship, which arrived in New York City March 30, was originally tasked with providing care to non-COVID patients, bringing the first aboard on April 1. It quickly became apparent that in order to be of help to the city, Comfort needed to treat all patients, regardless of their COVID status. On April 6, the ship began accepting COVID-positive patients following a thorough assessment of the existing design of the ship. Military Sealift Command civil service mariners physically separated the hospital from the rest of the ship by cordoning off doors and ladder wells on the main deck; reconfiguring the ship to admit and treat all patients.

The DOD pursued a three-pronged effort in New York City through the high-end capability provided by Comfort, large capacity within the Javits Center, and augmentation of medical professionals directly to 11 local hospitals.
Over 180 patients were treated aboard the ship and approximately 70 percent of the patient population was COVID-positive. More than 110 surgical procedures such as appendectomies, bronchoscopies, chest tube insertions, laparoscopic procedures, and tracheotomies were performed aboard.
Additionally, the Comfort’s radiology technicians performed more than 540 x-rays and CT-scans, while the pharmacy department prepared more than 1,300 intravenous and oral medications for the patients who received care aboard. The ship’s supply department ensured the distribution of ample personal protective equipment for all personnel, which were procured via a robust logistics system.

“USNS Comfort demonstrated what it means to be adaptable and resilient. We left Norfolk with the mission to care for COVID-negative patients and it was quickly determined there was a greater need that resulted in acceptance of both COVID-negative and positive patients,” said Capt. Patrick Amersbach, commanding officer of Comfort’s medical treatment facility. “I am proud of the impact the crew has made on the people of New York and New Jersey. It wasn’t about the number of patients, but the great care that we could provide to each person who came aboard.”
U.S. 2nd Fleet exercises operational and administrative authorities over assigned ships, aircraft, and landing forces on the East Coast and the Atlantic. When directed, C2F conducts exercises and operations within the U.S. European Command AOR as an expeditionary fleet, providing NAVEUR an additional maneuver arm to operate forces dynamically in theater.

GAPS | Service is opening active duty career opportunities for New Accession Training candidates

Continued from A1

ing possible waiver lengths from 12 to 24 months for E-3 through E-5 Sailors currently slated to separate or being forced out because of HYT stay or go limits.
As of May 1,684 HYT waivers have been approved in line with NAVADMIN 089/20. Another 1,470 potential E1 through E5's will soon enter their HYT window with 635 on sea duty and 835 ashore.
For those who opt to stay, this means up to four more chances to advance off either the Navy-Wide Advancement Exam or Meritorious Advancement cycles.
To apply, Sailors must send a command-endorsed Electronic Personnel Action Request (ePAR/1306) to My Navy Career Cen-

ter either through MyNavy Portal or directly by e-mail to askmncc(at)navy.mil.
Request for waivers will be approved on a case-by-case basis.
Not eligible for this offering is anyone pending mandatory separation or retirement because of misconduct as well as anyone already approved for disability separation or retirement.
RE-UP BONUSES
The Navy’s Selective Reenlistment Bonus is operating in high gear with its second update in as many months now on the street. To respond to real-time retention trends and Fleet needs, the Navy stopped using NAVADMIN messages to announce changes to bonus payout multiples. Instead, the Navy simply updates an online spreadsheet when changes occur. That’s why bonus-eligible Sailors should check online often when in a bonus window.
With this month’s update an additional 11,900 Sailors in 22 skillsets will now qualify for a monetary bonus, should they decide to reenlist. Another 19,500 Sailors in 123 skillsets now qualify for increased payouts

on this update, too. All remaining skills on the list have stayed the same as there are no reductions or eliminations in this update.
SEA DUTY INCENTIVE PAY
For Sailors in certain skills who are willing to extend at sea or return to sea early, they may now be eligible to receive a lump sum payment in return for their extension or curtailment. Those Sailors interested in volunteering for SDIP should contact their detailee.
While the NAVADMIN stipulates members should apply 14-16 months prior to their projected rotation date, submissions inside of this timeline may be waived and will be considered on a case-by-case basis.
Any Sailors in SDIP-eligible skills who are separating or retiring and are willing to delay their departure by 6-12 months are eligible for SDIP as well. A list of eligible skills can be found at <https://www.mnp.navy.mil/group/pay-and-benefits>.
RESERVE TO ACTIVE
Navy will be offering active duty opportu-

nities for Sailors in the individual ready reserve (IRR). The Navy is looking for Sailors who left active duty within the last three years. These Sailors could be offered reenlistment bonuses and new training opportunity, if they qualify. Navy Recruiting Command will reach out to these Sailors soon with offers.
Also, Sailors currently in the Navy Reserve’s NAT -- New Accession Training Program - will be contacted to see if they are interested in switching over into Active-Duty. Normally NAT Sailors come on active-duty orders for boot camp and an ‘A’School. Some skills also attend a ‘C’School before being sent to reserve units near their homes. The Navy Education and Training Command will reach out to these Sailors with offers.
The latest DoD policies can be found at: <https://www.defense.gov/explore/spotlight/coronavirus>.
For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>.

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U.S., British ships conduct anti-submarine exercise

Four ships from two nations worked together, in the Norwegian Sea, to conduct training in the challenging conditions in the Arctic.

See **B3**



Lynn Friant
Rear Adm. John Meier, right, receives command from Rear Adm. Roy Kelley, left, of Commander, Naval Air Force Atlantic during a change of command ceremony onboard Naval Support Activity, Hampton Roads, May 1.

NAVAL AIR FORCE ATLANTIC WELCOMES NEW COMMANDER

From Naval Air Force Atlantic Public Affairs
NORFOLK

Commander, Naval Air Force Atlantic (COMNAVAIRLANT) held a change of command ceremony May 1 at Naval Support Activity (NSA) Hampton Roads in Norfolk.

Rear Adm. John Meier relieved Rear Adm. Roy Kelley during the time honored ceremony. Adm. Chris Grady,

Commander, U.S. Fleet Forces Command (USFFC) served as the presiding officer witnessing the ceremonial transfer of command leadership from Kelley to Meier.

The change of command ceremony traces its origins back to long before the United States was formed. It serves as an in-person hand-off from one commander to another in a show of unity, good order and coordination in front of

those under the command.

During the ceremony, Grady emphasized the impact Kelley had on Naval Aviation throughout his impressive 36 years of service. Kelley, a native of Newark, Ohio, has served as COMNAVAIRLANT since September 2017, and prior to arriving at the type command (TYCOM), he served as the director of Joint Strike Fighter (JSF) Fleet Integration Office.

“To the AIRLANT staff and everyone within the naval aviation community, congratulations for the many accomplishments over the last few years,” said Grady, who recognized three pivotal improvements to AIRLANT during Kelley’s tenure, Super Hornet Mission Capable rates, improvement of the Naval Aviation culture, and USS Gerald R. Ford (CVN 78) readiness. “And, Roy, very well done. Thanks to your leadership, I have great confidence about the

See **COMMANDER | B7**

Navy Reserve Sailor of the Year announced through livestream ceremony

By MC2 Nancy diBenedetto
Commander, Navy Reserve Force Public Affairs

WASHINGTON

The 2019 Navy Reserve Sailor of the Year was announced by Chief of Navy Reserve Vice Adm. Luke McCollum through a livestream broadcast of the ceremony event from the Navy Yard in Washington, D.C., May 2.

Naval Aircrewman (Mechanical) 1st Class Amanda Alcantar, assigned to Fleet Logistics Support Squadron Five Eight (VR-58), Naval Air Station Jacksonville, Fla., was selected from five finalists as the fiscal year 2019’s top Reserve enlisted Sailor.

Alcantar, a Salinas, Calif. native, was nominated alongside Hospital Corpsman 1st Class Bradley A. Corr II, assigned to Surgical Company Bravo; Naval Aircrewman (Tactical Helicopter) 1st Class Calder L. Epes, assigned to Helicopter Maritime Strike Squadron 41 (HSM 41); Culinary Specialist 1st Class Mark A. Gular, assigned to Coastal Riverine Squadron One (CRS 1); and Electrician’s Mate 1st Class Christian

Martinez, assigned to Assault Craft Unit 1 (ACU 1).

McCollum commended each of the finalists for their outstanding efforts on behalf of the Reserve force and assured them that every Sailor who makes it to this level is already a winner.

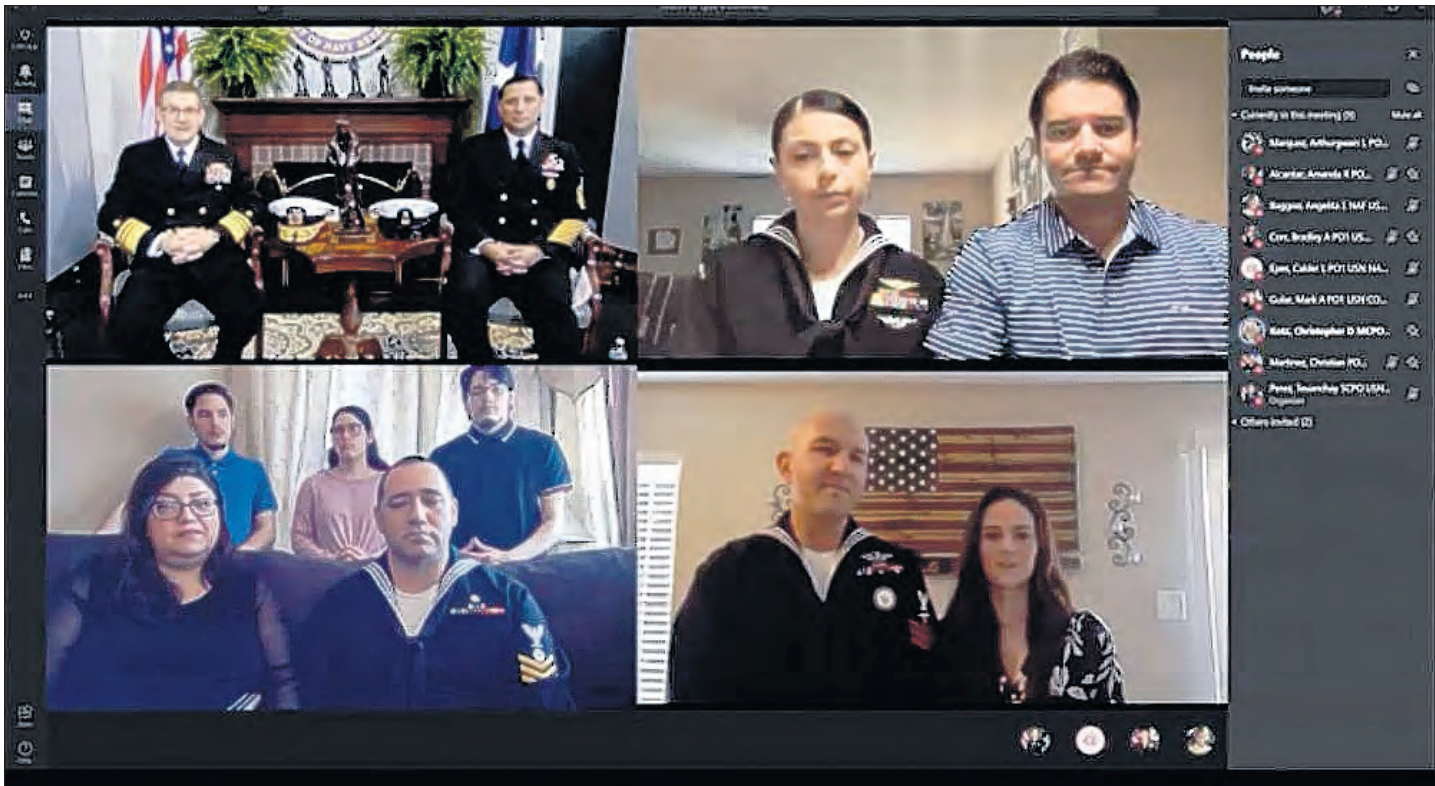
As the ceremony streamed live across Reserve social media platforms, McCollum and Reserve Force Master Chief Chris Kotz

joined the finalists virtually in a distinctly different venue from previous RSOY ceremonies. Finalists and their families previously have traveled to Washington for a week of selection board processes, ceremony events, tours and senior leadership mentorship opportunities.

This year’s virtual platform provided unique challenges to properly interview each finalist. “Given the constraints and the

emerging technology that has been provided to us by DoD, I am satisfied that we did the best that we could given the limiting factors of the environment,” Kotz said. “In the past, it was awesome to see the finalists make eye contact with the board members as they answered through the questions. However, that personal touch cannot be

See **LIVESTREAM | B7**



MCC Stephen Hickok
As shown through a screen capture of a Facebook Live broadcast, Chief of Navy Reserve Vice Adm. Luke McCollum and Reserve Force Master Chief Chris Kotz, top left, conduct the 2019 Reserve Sailor of the Year (RSOY) announcement ceremony using the Department of Defense Commercial Virtual Remote (CVR) for Teleworking program. Hosted from the Navy Yard in Washington, McCollum and Kotz were joined virtually by the five RSOY finalists and family members. The CVR platform provided a unique opportunity to accomplish the RSOY two-day selection board process and ceremony during the COVID-19 national emergency.

Even garden-variety milspouses inspire

By Lisa Smith Molinari

I've always been a bit of a loner. This may seem to contradict my image as class clown, columnist, and book author — but it's true nonetheless, and it has affected me as a military spouse.

I've always taken longer than most to make friends. As a young child, I often played alone. As a teen, I had goofy girlfriends, but lots of insecurities, too. Humor became my cover.

Whatever the reason, loner became my natural default mode. Our mobile military lifestyle added another social challenge. When our family moved to a new location, I had to muster the courage to put myself out there, and face possible rejection. No matter how old I was, I relived middle school every time we moved. "Will they like me? Will they think I'm funny? Will I be included?" I wondered well into my late 40s.

Becoming a writer made matters worse, because it was necessary for me write, alone, for hours at a time. When we lived on base, spouses assumed that I was stand-offish because I wasn't out on the shared patio or around the fire pit with everyone else. In reality, I was just trying to be successful as a writer, but I felt inadequate in military spouse social circles nevertheless.

About five years ago, I was asked to appear on a podcast called "One Bad Mother." The show was hosted by two hilarious, irreverent young moms, Biz and Theresa, who spent each show laughing about their parenting foibles to entertain young moms who tuned in each week. They had found my blog online, and offered to interview me during their "Let's Call a Mom" segment. I had assumed that they wanted me to joke about my own mothering mishaps, of which I had many.

However, Biz opened the segment, "I might actually get a little weepy with today's guest, 'cuz she one of those people who just seems to be kicking [expletive deleted] ... we always talk on the show about, like, 'no one's all that special no matter what their circumstances are'.... But occasionally, you're like, 'well, that's really inspiring' [laughs]. So today we're calling Lisa Smith Molinari ..."

"Inspiring?" I thought after I listened to the full recording later. I hadn't realized that I was supposed to be inspiring. I felt like a fraud.

But, I was seeing things from the perspective of a spouse who was fully entrenched in military culture. At that time, I had lived in concentrated military communities for 24 years. As a military spouse, I was nobody special. My Navy intel husband didn't deploy as much as aviators, surface warfare or infantry. We had moved quite a bit, but I knew

military families who'd had it worse. I hadn't done anything to merit accolades of praise, swarms of sympathy, or chants of disapproval.

I was simply a garden-variety military spouse — albeit, a bit of a loner — who happened to write a funny blog. That's it.

But to the civilian moms who were hosting the show, I was somehow "an inspiration," for the simple fact that I did what they did — raise children and run a household — within the unique parameters of military life.

Biz and Theresa asked me what it was like to be a military spouse, why I stared writing, and how I coped with motherhood stress under military circumstances. I thought my answers, like me, were garden-variety, but Biz said, "You said several things that, like, made my mind explode." In their irreverent, humorous style, the hosts explained that hearing from a military mom handling their same responsibilities — while simultaneously coping with long absences, frequent moves, employment disadvantages and constant uncertainty — was truly impressive.

"I mean, Stephan leaves for a week, and I'm like, pissed," Biz said, laughing at herself.

I learned that military spouses do not have to be extraordinary to be inspiring. The mere fact that they handle their every-day responsibilities under uniquely challenging circumstances makes them deserving of honor and respect.

To nearly one million active duty and reserve military spouses serving at home and abroad, I wish you all — from the extraordinary to the garden variety — a happy and well-deserved Military Spouse Appreciation Day!

www.themeatandpotatoesoflife.com



Courtesy photo

The importance of practicing self-care during times of stress

By Military OneSource

You're used to giving it your all. It's what providers, service members and military families do. But prolonged crises like the coronavirus disease 2019 pandemic can take a toll on your well-being. When stress is high with little relief in sight, taking care of yourself is key so you'll be there for your loved ones and those you serve.

THE IMPORTANCE OF SELF-CARE

It's hard to break away — even temporarily — when people depend on you. But it's unrealistic to be on the go 24/7 when stress is already high. Neglecting yourself puts you at risk for burnout, compassion fatigue and secondary traumatic stress.

Think of your response to an ongoing crisis like COVID-19 as a marathon, not a sprint. The only way to get through it is to pace yourself so you can see to your own needs as well as those of others.

THREE STEPS TO SELF-CARE

Safeguarding your mental health and well-being is just as important as using the right

tools for the job. You can't function well without them. Practice self-care with these three steps:

1. Recognize the signs of burnout: anxiety, irritability, disengagement, low mood and exhaustion.
2. Take a break: Even 10 minutes to yourself can help you recharge. Use the time to do something that lifts your spirits. Take a brisk walk, practice deep breathing, check out the free digital health tools below. If you tend to lose track of time when you're busy, set a reminder on your phone or wearable device.
3. Help create a positive environment. We're all in this together, both at work and at home. It's important to lift each other up. Let your coworkers and family know you appreciate them. Be generous with praise, notice their accomplishments, be helpful and kind.

RESILIENCE TOOLS

The Defense Health Agency recommends a number of digital self-care apps found on the Military OneSource Recommended Wellness Apps page. These free tools were developed by the Department of Defense, Veterans Affairs, psychologists and other partners. They in-

clude:

Breathe2Relax: This app offers deep-breathing techniques to relax and unwind. Use it on the go to tap into your breathing.

Virtual Hope Box: This app includes personalized tools to help you cope, relax, avoid distractions and connect to others. There's plenty here to help you learn how to handle stress and anxiety during self-care breaks.

The Defense Health Agency also recommends the following podcast:

■ **Military Meditation Coach:** This podcast offers relaxation exercises and tips to keep your mental health on track. Tune in during your self-care breaks to relax and clear your mind.

FOR PROVIDERS

The Defense Health Agency's Provider Resilience Toolkit includes the apps and podcast above as well as:

■ Provider Resilience was developed specifically for frontline care teams. It offers self-assessments, stress reduction tools and a dashboard to track your daily resilience rating. It can be found on our Recommended Wellness Apps page.

Stay up to date on all the latest information on COVID-19. For Department of Defense updates for the military community regarding the virus that causes COVID-19, view the following sites:

■ Visit [Coronavirus.gov](https://www.coronavirus.gov), [CDC.gov](https://www.cdc.gov), [USA.gov](https://www.usa.gov) and [Defense.gov](https://www.defense.gov).

■ Follow Military OneSource's Facebook, Twitter and Instagram platforms.

■ Continue to visit the Coronavirus Updates for Our Military Community page for updates.

■ Check [Move.mil](https://move.mil) for PCS-related updates.



Q: What happens if my eligibility changes while I'm on the wait list?

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USS George H. W. Bush (CVN 77) changes command

By MC3 Steven Edgar
USS George H. W. Bush (CVN 77) Public Affairs

PORTSMOUTH, VA.

The aircraft carrier USS George H. W. Bush (CVN 77) held a change of command at Norfolk Naval Shipyard in Portsmouth, Va., May 1.

Capt. G. Robert Aguilar relieved Capt. Sean R. Bailey and assumed duties as the ship’s commanding officer in a small ceremony aboard the ship.

Bailey, a 1991 graduate of the University of Kansas, and a native of Lansing, Kansas assumed command in January 2018. During his tour, he led Bush during the historic French-American Exercise Chesapeake 2018, a shipboard visit from the First Lady of the United States Melania Trump, and more than half of Bush’s scheduled 28-month dry-docking planned incremental availability.

During an address to the crew over the ship’s IMC general announcing system, Bailey credited the success of his tour to the hard work that Bush Sailors exhibited.

“I couldn’t be more proud of the crew and the work we’ve accomplished over the last two years,” Bailey said. “I am eager to watch the ship’s continued prog-



The aircraft carrier USS George H.W. Bush (CVN77) (GHWB) transits the Elizabeth River toward Norfolk Naval Shipyard (NNSY), Feb. 21, 2019. GHWB is at NNSY undergoing a Docking Planned Incremental Availability (DPIA).
MCSN Dakota David

ress over the next several months as she gets back out to sea. I know she will continue to represent our namesake and his legacy well serving on the front lines for our nation.”

Aguilar is a graduate of Texas Tech University with a Bachelor of Arts degree in Chemistry. He was commissioned in July 1992, and designated a Naval Aviator in June 1995.

As a junior officer he was assigned to Helicopter Anti-Submarine Squadron 14 in Atsugi, Japan, followed by assignment

to Carrier Air Wing 17 staff, concluding with a department head tour in Helicopter Anti-Submarine Squadron 15 in Jacksonville, Fla.

In August 2005, he participated in Joint Task Force Katrina providing humanitarian assistance to the citizens of New Orleans. In 2015, after completion of Navy Nuclear Power training he was assigned as the 25th executive officer of the USS Dwight D. Eisenhower (CVN 69) culminating with a follow-on tour as commanding officer USS Mount Whitney

(LCC 20) sailing more than 44,000 miles in support of Commander Sixth Fleet’s Theater Security Cooperation Plan.

“I want to express my sincere congratulations to Capt. Bailey for a job well done and for the great service he did for our nation and Navy,” Aguilar said. “It is an honor and pleasure to assume the watch from you. I promise to take exemplary care of your Sailors and ship.”

The ship is currently in Norfolk Naval Shipyard for its Docking Planned Incremental Availability (DPIA).



The U.S. Navy destroyers USS Porter (DDG 78), left, and USS Donald Cook (DDG 75), right, replenish from the fast combat support ship USNS Supply (T-AOE 6) while operating with the Royal Navy Type 23 frigate HMS Kent (F 78), not pictured, above the Arctic Circle during a bilateral anti-submarine exercise in the North Sea. The multinational antisubmarine exercise in the High North, made up of approximately 1,200 Sailors from the U.S. Navy and Royal Navy, is the latest in a series of U.S. ships operating above the Arctic Circle.
LPhoto Dan Rosenbaum

U.S. and British ships conduct anti-submarine exercise above Arctic Circle

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

NORWEGIAN SEA

U.S. 6th Fleet (C6F) conducted a bilateral naval anti-submarine warfare (ASW) exercise with the U.K., above the Arctic Circle, May 1.

Four ships from two nations, a U.S. submarine, and a U.S. P8-A worked together, in the Norwegian Sea, to conduct training in the challenging conditions in the Arctic.

For the exercise, Arleigh Burke-class Aegis destroyers USS Donald Cook (DDG 75) and USS Porter (DDG 78), and fast combat support ship USNS Supply (T-AOE 6), were joined by the Royal Navy’s HMS Kent (F 78). Additionally, a U.S. submarine, as well as a P8-A Poseidon multi-mission maritime patrol and

reconnaissance aircraft from Patrol Squadron (VP) 4 supported the training. This exercise reinforces the combined training that the nations received last month while participating in the U.K’s Submarine Command Course (SMCC).

“For more than 70 years, 6th Fleet has operated forces across the region in support of maritime security and stability. Our regional alliances remain strong because of our regular operations and exercises with partner navies, and we welcome this opportunity to work collaboratively at sea, while enhancing our understanding of Arctic operations,” said Vice Adm. Lisa Franchetti, commander, U.S. 6th Fleet.

The multinational antisubmarine exercise in the High North, made up of approximately 1,200 Sailors from the U.S. Navy and Royal Navy, is the latest in a series of U.S. ships operating above the Arctic

Circle. In 2018, elements of the USS Harry S. Truman Carrier Strike Group and the USS Iwo Jima Expeditionary Strike Group operated above the Arctic Circle in support of NATO exercise Trident Juncture. In 2019, the forward deployed destroyer USS Donald Cook and a SAG from U.S 2nd Fleet led by USS Normandy (CG 60) and USS Farragut (DDG 99) also operated separately above the Arctic Circle.

“We are working with our partners to enhance our combined capabilities as we conduct maritime security operations and training in the Arctic region,” said Franchetti. “Our ships must be prepared to operate across all mission sets, even in the most unforgiving environments. This is especially critical in the Arctic, where the austere weather environment demands constant vigilance and practice.”

The United States is an Arctic nation and has enduring security interests in the Arctic Region. We work with our Arctic and European partners to ensure an open Arctic by continuing freedom of navigation and overflight through the region, as well conducting land, air, and sea operations required for deterrence, presence, and Arctic security.

C6F forces deploy throughout the European and African theater and continue to operate above the Arctic Circle to support a secure and stable region, working cooperatively with other nations to address shared challenges. The two U.S. destroyers, based in Rota, Spain, support NATO’s integrated air missile defense architecture. These forward deployed naval forces-Europe ships have the flexibility to operate throughout the waters of Europe and Africa, from the Cape of Good Hope to the Arctic Circle demonstrating their mastery of the maritime domain.

“One of the best attributes of our surface force is that we can aggregate at will, transitioning seamlessly from independent ships to coordinated operations,” said Capt. Joseph A. Gagliano, Commander, Task Force 65, commander, Destroyer Squadron 60. “Our interoperability with our allies is so good that we can deploy multinational naval forces with minimal notice. That’s the real power of NATO.”

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



U.S. Navy photo

Naval Information Warfare Center (NIWC) Atlantic engineers mounted their Networking on the Move (NOTM) Size, Weight and Power (SWaP) technology on, from left to right, a Joint Light Tactical Vehicle (JLTV), an MRAP all-terrain vehicle (M-ATV) and a Humvee for the new variant's first full system assessment (FSA) at the Naval Weapons Station in Charleston, South Carolina, last November. NIWC Atlantic cut the size of the legacy NOTM enclosure in half while also reducing the weight and power of the unit, making the SWaP variant compatible with the Marine Corps' recently fielded JLTV. NOTM SWaP will undergo a second FSA in Camp Pendleton, California, this summer.

NIWC Atlantic creates compact, removable networking on the move technology for Marine Corps

By Steve Ghiringhelli
NIWC Atlantic Public Affairs

CHARLESTON, S.C.

Naval Information Warfare Center (NIWC) Atlantic engineers have transformed their signature Networking on the Move (NOTM) technology to be compatible with the Marine Corps' recently fielded Joint Light Tactical Vehicle (JLTV).

NOTM is an on-the-move SATCOM-based communications hub that can transmit and receive vital information across the battlespace in seconds, allowing infantry troops to fight at high speeds while still maintaining critical command and control (C2) functions.

Currently traversing its second full system assessment (FSA), the NOTM team in NIWC Atlantic's Land Systems Integration (LSI) division cut the legacy NOTM enclosure's size in half while also reducing the weight and power of the unit.

The new NOTM variant, called the "SWaP" (Size, Weight and Power), fits alongside a large antennae structure and other components on the JLTV that significantly restrict space.

"The team replaced hardware, reconfigured layouts and converted most of the components to DC power," said Aaron Wirges, who served as NIWC Atlantic NOTM project lead during development. "It was quite an undertaking, but the outcome has been extremely rewarding to

see."

Though fashioned and destined for the JLTV, NOTM SWaP will also easily mount on the Humvee and the MRAP all-terrain vehicle.

Pete Ward, LSI division head, said the SWaP variant is modular, scalable and rapidly deployable. "But, maybe most important, it is transferable," he added. "When a vehicle goes down, the NOTM system will no longer be hard-mounted onto a deadlined piece of equipment."

NOTM is a Marine Corps Systems Command (MCSC) program of record and an ongoing collaboration between NIWC Atlantic and NIWC Pacific. It is currently employed on ground, sea and air platforms. The SWaP variant will continue to be extensively evaluated before reaching the fleet.

Essentially a three-vehicle system, NOTM comprises a Point of Presence (PoP) vehicle and two staff vehicles. The PoP acts as a mobile mothership, its large SATCOM dome providing the two staff vehicles on-the-move, over-the-horizon C2 capabilities through multiple radio suites, three external network enclaves and access to full-motion video, global grids, encrypted software and secure internet feeds.

"When commanders want to push troops forward, NOTM lets them have 'eyes on' while still maintaining connectivity to networks that traditionally sat in tents, ships or

aircraft far from the fighting," said Karl Eimers, a NOTM engineer at NIWC Atlantic.

The LSI division designed the original NOTM back in 2012. It was developed in response to an urgent Marine Corps request by U.S. Central Command to expand the capability to vehicles beyond the MRAP, which had used a mobile C2 system called M2C2 since 2009.

Preparations for NOTM SWaP began in 2017, when the NOTM program office at MCSC received funding for the development of a transferrable variant that would fit on the JLTV.

The same year, however, the Department of Defense (DOD) released the directive to have all of its networks Windows 10 compliant by the end of 2018, and LSI division engineers became immediately consumed with compliance efforts.

"For many DOD systems, the migration meant simply popping in a Windows 10 disk and updating your computer," Wirges said. "But because our legacy NOTMs didn't support the Windows 10 security requirements, it meant gutting boxes, most of them in the field, and replacing about half of the components."

Last November, the NOTM team successfully completed its first FSA at the Naval Weapons Station in Charleston, putting the SWaP variant through its paces at Poseidon Park to test and validate its

functionality through range checks, antenna cosite analysis and verification of survivability.

"FSA was a very in-depth, month-long analysis of the system," said Ryan Longshore, Vehicle Technology Transition team lead and LSI chief engineer. "We drove over 100 miles on all three vehicle platforms. In the end, it was very fruitful and well received by the Marine program office."

Before being delayed in March due to COVID-19, NIWC Atlantic was supporting a second and more independent FSA of the NOTM SWaP coordinated by Marine Corps Tactical Systems Support Activity at Camp Pendleton, California, said Jonathan Pizarro, the NIWC Atlantic NOTM Project lead engineer who will redeploy to Camp Pendleton once FSA II resumes.

Following a successful FSA II at Camp Pendleton, a physical configuration audit (PCA) will be next on the horizon. PCA is a major milestone entailing a top-to-bottom inventory, assessment and verification of all components validated against exhaustive documentation.

As NOTM's extensive capabilities continue to gain in popularity among warfighters down range, Navy leaders say NOTM SWaP will play a critical role in helping Marines effectively conduct distributed maritime operations and other emerging components of naval expeditionary warfare.

"The importance of these efforts cannot be overstated," said NIWC Atlantic Executive Director Peter C. Reddy. "If Marines in a constricted and hotly contested environment lose their vehicle, they have to be able to transfer the NOTM capability onto other ones. That's why NOTM SWaP will unquestionably be a force-multiplier on the battlefield for many years to come."

Naval Safety Center holds a change of command ceremony

By Aaron Strickland
Naval Safety Center Safety Promotions Public Affairs

NORFOLK

Rear Adm. Fredrick R. Luchtman relieved Rear Adm. Mark L. Leavitt as commander, Naval Safety Center (NAVSAFECEN), in a change of command ceremony, April 28.

Vice Chief of Naval Operations, Adm. Robert P. Burke, presided over the ceremony. Only family members and NAVSAFECEN's executive staff attended in person at its Naval Station Norfolk headquarters in consideration of COVID-19 restrictions.

Luchtman comes to NAVSAFECEN from leading the Navy's Physiological Episodes Action Team (PEAT) that investigates and studies the effects on pilot and aircrew performance when an aircraft or aircrew system malfunctions during flight. Physiological episodes are the number one safety concern for Naval Aviation, making its studies relevant to NAVSAFECEN.

"This is an exciting time to be at the Naval Safety Center. The fleet depends on us to

provide useful data and lessons learned so that we can make mishap-preventing decisions," Luchtman said. "The Naval Safety Center will continue to build a proactive culture of risk identification and management to achieve zero preventable mishaps."

Luchtman, a Naval Aviator and a 1989 graduate of the U.S. Naval Academy, has over 4,000 hours in F/A-18 Hornet and Super Hornets. He commanded Strike Fighter Squadron (VFA) 15 and Carrier Air Wing (CVW) Seven. He participated in Operations Southern Watch, Deny Flight, Deliberate Force, Enduring Freedom, Iraqi Freedom and Inherent Resolve. Luchtman holds a master of arts in national security and strategic studies from the Naval War College. He has led the PEAT since 2018.

Leavitt, who was awarded the Distinguished Service Medal by Burke, retires after 38 years in the Navy and Naval Reserves. Leavitt revitalized NAVSAFECEN, changing it from a rudimentary mishap data repository to a forward-looking organization that provides advanced analytics, so-

phisticated modeling and timely risk assessments that can be used to prevent future mishaps.

"I am proud to have served the Navy, and especially the Naval Safety Center," Leavitt said. "I have had the privilege and honor to serve alongside the Sailors, Marines and civilians who work to ensure we reduce mishaps and hazards. As I leave, I charge every member of the Naval Safety Center team with continuing to build a culture of excellence where safety and professionalism are at the forefront of everything we do."

Leavitt, also a Naval Aviator, accumulated over 5,000 hours in multiple naval aircraft. He has held five commands including an aviation squadron, several operational units and a joint command. Additionally, he served as deputy Reserve component commander, Navy Region Midwest.

In October 2011, Leavitt was promoted to flag rank. He has commanded Naval Air Force Reserve and the Naval Air Training Command and served as deputy commander for Naval Air Forces, reserve director of Warfare Integration (OPNAV N9I) and reserve deputy director, Maritime Operations U.S. Fleet Forces Command. He has served as Commander, Naval Safety Center since March 2018

“ This is an exciting time to be at the Naval Safety Center. The fleet depends on us to provide useful data and lessons learned so that we can make mishap-preventing decision. The Naval Safety Center will continue to build a proactive culture of risk identification and management to achieve zero preventable mishaps.”

Rear Adm. Fredrick R. Luchtman

Naval oceanography improves the fleet's asymmetric advantage

MONTEREY, CALIF.

Today, the U.S. Navy operates over 290 ships and submarines in a growing Fleet with approximately one-third underway at any given time. These national assets require accurate environmental observations and predictions to conduct safe operations and tactically exploit the environment. The U.S. Navy's primary capability to accurately predict the complex maritime environment in which these highly technical warfighting units work is getting a critical upgrade.

The Navy Global Environmental Model (NAVGEN) version 2.0 became operational on April 29, 2020, advancing weather and ocean forecasting and greatly improving overall Fleet safety and operations.

NAVGEN is the U. S. Navy's only information assured, global numerical weather prediction model, producing high-resolution ten-day forecasts providing the foundation for tactical decision aids. These capabilities include surface air temperature used in electromagnetic warfare, precise low-level winds used to inform flight operations, and atmospheric heat fluxes that couple with oceanographic models that directly affect the decision space of anti-submarine warfare commanders.

The model produces over 150,000 daily global products used by Navy forecasters which serves as foundational data for other high-resolution regional models and critical Navy and Marine Corps tactical decision systems. The NAVGEN improvements coincide with the U.S. Navy's new Cray Shasta supercomputer, called Narwhal, that will be the first machine in the Department of Defense's (DoD) High Performance Computing Modernization Program (HPCMP) that provides over ten petaflops of computing power.

"The pace of the Great Power Competi-

tion has accelerated and Naval Oceanography continues to advance technologies so that our Navy and Nation can maintain an asymmetric advantage," said Rear Adm. John Okon, commander, Naval Meteorology and Oceanography Command. "We provide that vital edge in environmental characterization and this improvement with NAVGEN 2.0 will allow us to continue to do that in a more precise way."

NAVGEN 2.0 improves model resolution from 31km to ~19km with improved physics-dynamics coupling which more accurately represents important phenomena for warfighter decision-makers, including low-level winds, supporting flight operations of manned and unmanned aircraft. Improved cloud formation and movement prediction supports offensive and defensive intelligence, surveillance, and reconnaissance. The DoD's HPCMP provided key

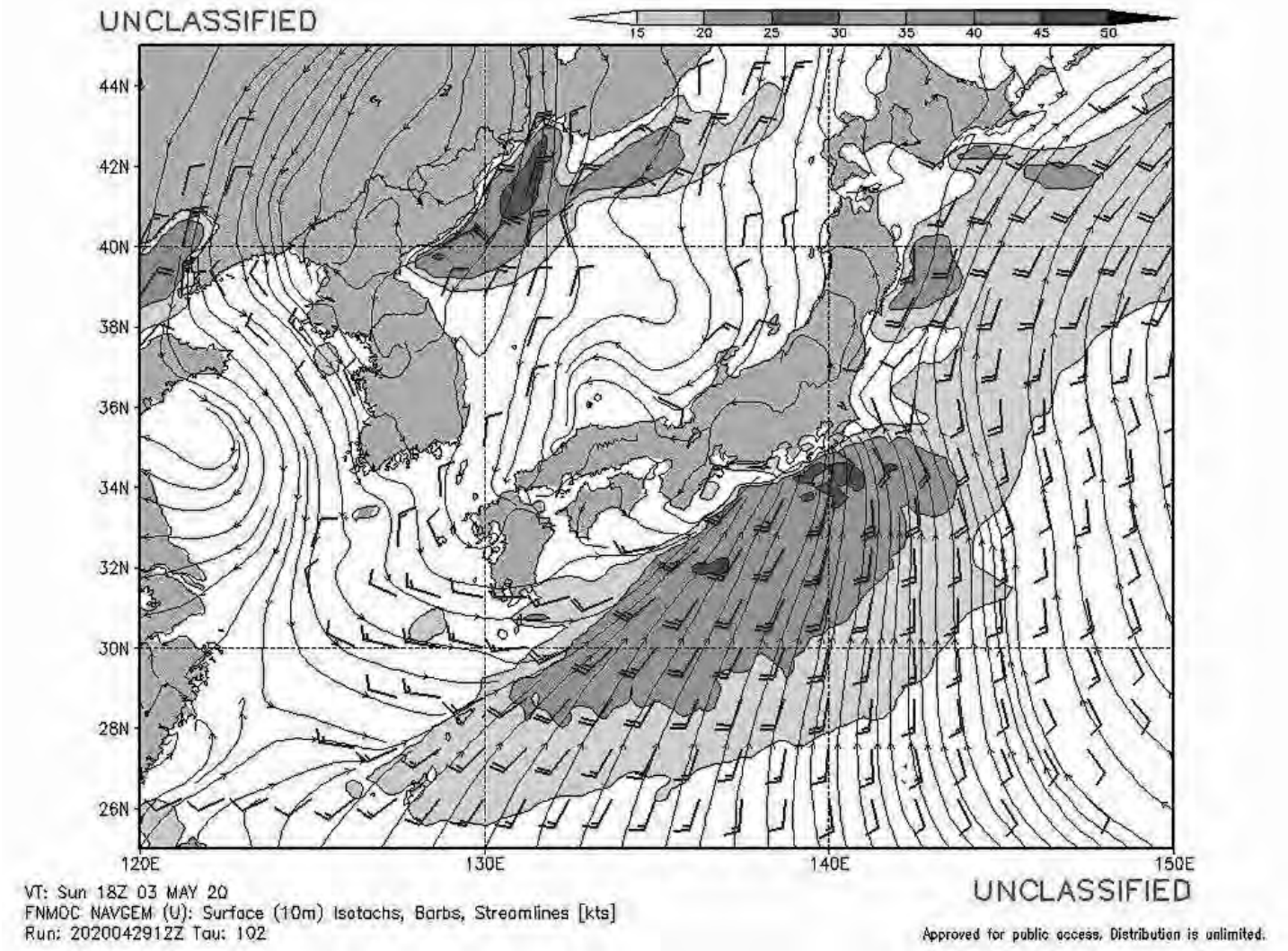
personnel to refactor NAVGEN's software code, improving the model's ability to operate more efficiently on next generation supercomputing architectures to and allows broader options for continuity of operations plans and using commercial cloud services.

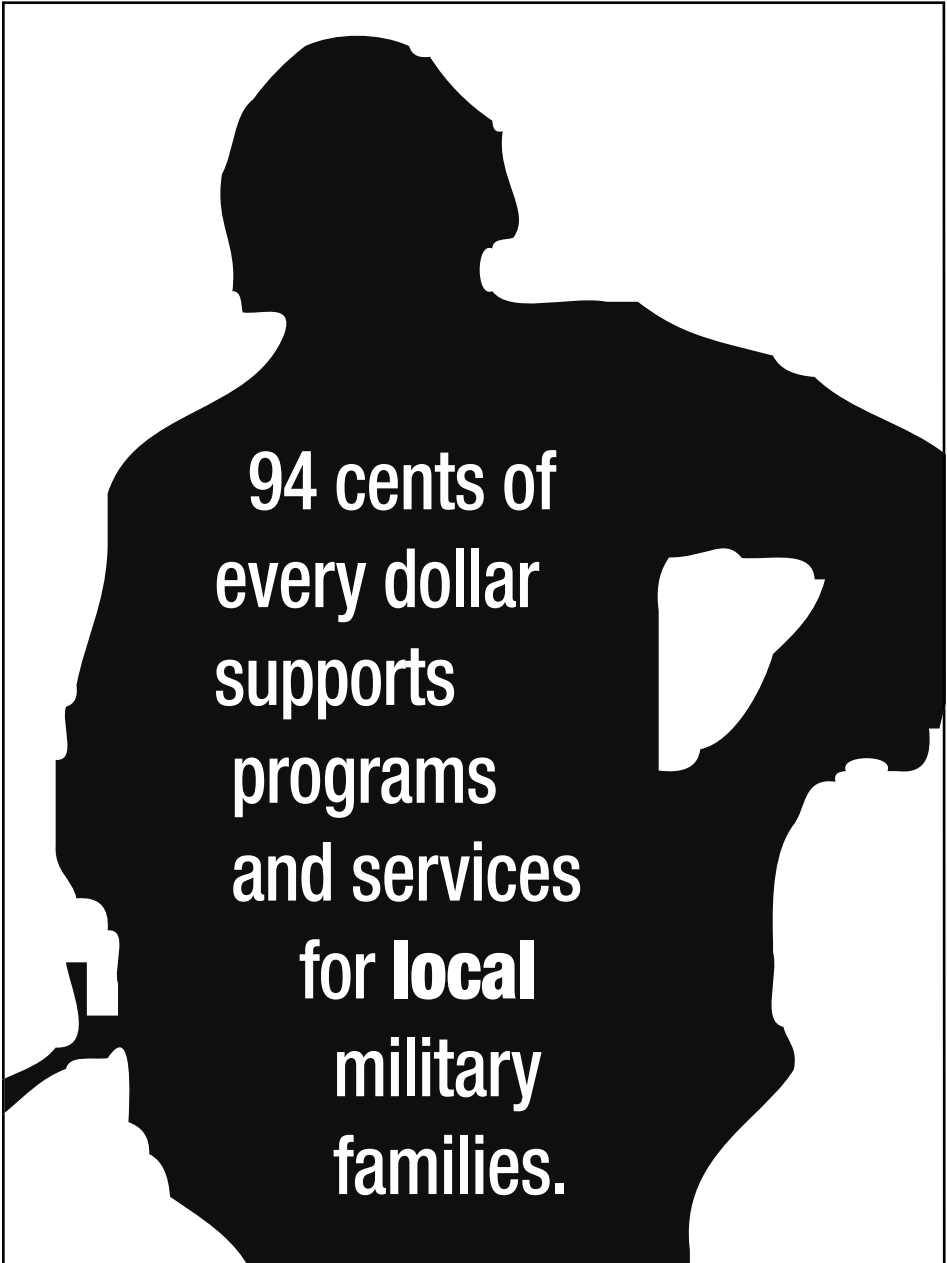
In addition to the advantages that NAVGEN 2.0 will provide to the U.S. Navy, it also enhances the Nation's weather forecasting capabilities as a contributing model to the National Unified Operational Prediction Capability (NUOPC), along with other weather models from the National Oceanic and Atmospheric Administration and the U.S. Air Force. As an ensemble forecast system, NUOPC is a critical tool used by state and federal planners and decision makers to help protect life and property at home and abroad.

NAVGEN 2.0 operates at the Fleet Nu-

merical Meteorology and Oceanography Center (FNMOC). Located in Monterey, Calif., and Stennis, Miss., FNMOC is the Navy's premier numerical weather prediction center, and fulfills this role through a suite of global and regional meteorological and oceanographic models. The development of NAVGEN 2.0 was through the collaboration with the Research and Development partners at the Naval Research Laboratory-Monterey to rapidly develop, transition, and operationalize state-of-the-art products and services to the U.S. Navy.

Naval Oceanography has approximately 2,500 globally distributed military and civilian personnel, who collect, process and exploit environmental information to assist Fleet and Joint Commanders in all warfare areas to guarantee the U.S. Navy's freedom of action in the physical battlespace from the depths of the ocean to the stars.





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



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MCSN Brennen Easter
Airmen Victoria Dolz signals to an MH-60R Sea Hawk, attached to the "Swamp Foxes" of Helicopter Maritime Strike Squadron 74, on the flight deck aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69), March 23. Ike is deployed to the U.S. 5th Fleet area of operations in support of naval operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three strategic choke points.

TRAILBLAZING IN THE SKIES: THE FEMALE NAVAL AVIATORS OF CVW-3

By MC3 Ashley M.C. Estrella
USS Dwight D. Eisenhower (CVN 69) Public Affairs

ARABIAN SEA

Although women were first winged as naval aviators as early as 1974, they were unable to fly in combat roles until after the combat exclusion laws were repealed in 1990.

There were many trailblazers who began to advocate for women in combatant roles, including some female aviators winged some 15 years prior to the repeal. Female combat aviators and their supporting roles embarked on USS Dwight D. Eisenhower (CVN 69) in today’s Navy are ready and trained to take the fight anywhere in world.

Ens. Kenya McCarty assigned to the “Fighting Swordsmen” of Strike Fighter Squadron (VFA) 32, said as a mechanic she has often been the only woman in a circle of men. From carrying a drop tank to pumping up an engine stand, she has years of experience in literal and figurative heavy-lifting.

“I’m so thankful for the women who had the courage to say ‘we do more than the prescribed roles we had as military women let us show you,’” said McCarty. “We have grown miraculously. We can do anything from taking care of babies, cooking, caring for the wounded. Now we take the fight to

“ I’m so thankful for the women who had the courage to say ‘we do more than the prescribed roles we had as military women let us show you.’ We have grown miraculously. We can do anything from taking care of babies, cooking, caring for the wounded. Now we take the fight to the enemy. I value all that I can do as a woman including my role as a mother. It makes me feel especially proud my daughter can say her mom builds jet engines.”

Ens. Kenya McCarty

the enemy. I value all that I can do as a woman including my role as a mother. It makes me feel especially proud my daughter can say her mom builds jet engines.”

Lt. Commander Paige Blok, an F/A-18F Super Hornet pilot assigned to VFA 32, led the flyover tribute to honor the life and service of Capt. Rosemary Mariner, the first female commanding officer of a tactical jet

squadron, in 2019. A total of five F/A-18F Super Hornets with an all-female crew formed the missing (wo)man formation as a tribute.

“She was an incredible leader who played a direct role in ensuring we could all do the jobs we aspired to do as little girls,” said Blok referring to Capt. Mariner and her fellow female aircrew.

Like Blok, Lt. Natasha Reyes, assigned to the “Swamp Foxes” of Helicopter Maritime Strike Squadron 74, wanted to be a pilot when she was a girl and didn’t let anyone tell her she didn’t have what it took.

“Whenever I was growing I would aspire to certain things and ask myself, ‘why aren’t there more women?’” said Reyes. “There is a sense of awesomeness when a trailblazer sets a course for you. Women becoming astronauts, striving in STEM [science, technology, engineering and mathematics] programs and piloting aircraft is very important. Our presence shows women can be something in a male-dominated field.”

Blok said that early on, male allies played a critical role in enabling women to serve in role in the military. She noted that because of those “firsts” and their advocates, her experience has been more similar than different from that of her male peers. Performance and work ethic are the metrics that have mattered in her career, not gender. This rings true for Blok and many other female servicemembers in combatant roles.

“There are times in a male-dominated field where you can feel you don’t belong,” said Reyes. “Keep working hard. If you show the grit, deal with the grime and keep pushing you can achieve your dreams. I love seeing female empowerment. It gives us an opportunity to support each other, and serves as a reminder that we are not alone. The sky is not the limit. We have astronauts, right? You can go above and beyond as long as you put your mind to it.”

And the winner of the U.S. Naval Institute General Prize Essay Contest is...

By MC2 Alfred Coffield
Commander, Submarine Force Atlantic Public Affairs

NORFOLK

Lt. Cmdr. Jeff Vandenengel, assigned to Commander, Submarine Force Atlantic in Norfolk, Virginia, was announced as the U.S. Naval Institute General Prize Essay Contest award winner, April 30.

The Naval Institute presented the award during their annual meeting which featured guest speaker Adm. James Foggo, commander, Naval Forces Europe and Africa, and Allied Joint Force Command-Naples.

In his speech, Foggo attested to the importance of having a platform “to read, think, speak, and write” through a professional organization for the sea services. A platform that allowed him to publish his first article thirty years ago as a lieutenant.

Vandenengel took motivation in that moment of the admiral’s speech.

“It is always interesting to see what senior leaders were writing when they were junior officers or young petty officers,” Vandenengel said. “The U.S. Naval Institute has a long history of featuring the works of prominent naval leaders before they became renowned, including admirals William Sims, Chester Nimitz, James Stavridis and James Foggo. It should serve as motivation for the rest of us to think boldly and publish our own thoughts.”

The idea for Naval Institute essay contests was first proposed by Lt. Cmdr. Allan D. Brown May, 8, 1878. The contest was designed for young naval officers to write on professional subjects. Currently, the Naval Institute sponsors 14 essay contests a year.

Vandenengel’s essay, 100,000 Tons of Inertia, focuses on the success the Navy has had at overcoming resistance to change. It highlights that the Navy will likely one day decide to shift to a new fleet structure, one where the aircraft carrier is no longer the U.S. symbol of power. In an attempt to avoid the debate over whether the Navy should keep building large nuclear-powered aircraft carriers, Vandenengel wanted to explore a different angle.

“I want to stress my article is not about whether or not we should stop building aircraft carriers. Instead, it is much more focused on the resistance to change present in any large organization,” Vandenengel said. “Executing a shift to a new fleet structure will be difficult, but the Navy has the right people to persevere and field the best fleet possible in service of the nation.”

Vandenengel used his experience as a submarine officer to help analysis research and develop solutions in his writing.

“Submariners tend to be very analytical in part due to our rigorous nuclear training,”



Lt. Cmdr. Jeff Vandenengel official photo.

Vandenengel said. “That has certainly affected my writing, where I do a lot of research, thoroughly examine all aspects, and methodically address the problem. The submarine force has taught me how to rationally examine a problem, identify the root cause, and develop robust solutions, hopefully making me a better writer.”

Vandenengel was shocked when he found out his article won, but thanked his fellow submarine officers for support throughout the writing process.

“I was surprised and thankful. Several fellow submariners helped edit my work for submission and provided invaluable feedback,” Vandenengel said. “Without them, I doubt my article would have done well at

all.”

Vandenengel continues to write as a hobby, and encourages other shipmates to submit their own articles. He credits the submarine community for impacting his life for the better since deciding to join the military, and hopes to see more submariners in print soon.

“The Submarine Force has given me the chance to live out my dream job,” Vandenengel said. “Within this community, my fellow submariners and I have participated in exciting missions around the world and worked with an incredible group of men and women. Unless I find an office job that lets me shoot torpedoes, I will be sticking with the Submarine Force.”

American Legion accepting Spirit of Service award packages

From Navy Office of Community Outreach Public Affairs

WASHINGTON

For the 20th consecutive year, the American Legion will award the Spirit of Service to an enlisted member of the Army, Navy, Air Force, Marine Corps and Coast Guard. Although the American Legion National Convention is cancelled this year because of the COVID-19 pandemic, the Legion will still honor a winner from each branch. Legion leadership wants to ensure these outstanding service members are still recognized for their service. Packages for nominations are now being accepted and must be submitted by June 1. The Legion will select one winner from each service based primarily on the level of volunteerism the service member performs off-duty in a local community. Eligible Sailors must be E-5 or below, epitomize Navy core values and be nominated by the service member’s commanding officer (CO). The main criterion of the award is the level of volunteer community service that a



Senior Airman Jesenia Landaverde

Spirit of Service Award plaques are displayed on a table during the annual American Legion Department Convention in Spokane, Washington, July 19, 2019. The Legion gives the Spirit of Service Awards annually to members from each branch who excel in their performance on-duty and are also actively involved in their local community.

Sailor performs off-duty in the local community. Command-sponsored volunteer activities, either on duty or off, will not be counted. The period of service is Jan. 1-Dec. 31, 2019, and nominees must be E-5 or below during the period of service. Nominees may be active or Reserve, and must be outstanding military professionals. Previous winners of this award are not eligible. Nominations must be on command letterhead and indicate the CO’s confidence in the Sailor’s professionalism and as a representative of the Navy, the validity of the volunteer efforts, and a commitment to facilitate their nominee’s attendance at the national convention if selected. Endorsements are not required. The description of volunteer efforts must include quantitative data such as hours, days, or months spent on off-duty volunteer community service. Command-sponsored volunteer activities, either on-duty or off-duty, will not be counted. This description should be provided in a bullet format.

A high-resolution JPEG head and full-body photograph of the Sailor is required. If chosen as the award recipient, the nominee’s photo will be used in printed and online material. The photo should be similar to those commonly associated with Navy leader biographies and official portrait photos. If chosen as the award recipient, the biography will be used in the Legion’s magazine. The biography should include hometown information, as well as professional highlights and qualifications. A written and signed statement of consent by the Sailor, authorizing release of information contained in the nomination, is required per the Privacy Act of 1974. The following statement is a sample of written consent: “I, (rate/rank/full name), do hereby authorize the release of all information enclosed in this nomination package to those persons involved in the selection process.” Nomination packages should be emailed

to Kristine.garland@navy.mil by June 1. The Navy Office of Community Outreach (NAVCO) will consolidate all nominations, organize a virtual ranking board, and recommend the top candidates to the American Legion, which will make the selection. NAVCO will inform the winner and also notify those not selected. The American Legion was chartered by Congress in 1919 as a patriotic veteran’s organization. Focusing on service to veterans, service members and communities, the Legion evolved from a group of war-weary veterans of World War I into one of the most influential nonprofit groups in the United States. For further information, please contact Kristine Garland at kristine.garland@navy.mil. The NAVADMIN will be released soon. Visit here for a sample package submission: <http://www.outreach.navy.mil/Outreach/ExecutiveOutreach/>.

COMMANDER | Rear Adm. John Meier relieved Rear Adm. Roy Kelley during the time honored ceremony

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future.” During Kelley’s remarks he emphasized the positive impact the U.S. Navy has had on his life and that of his family during his last command tour in the U.S. Navy. “I depart the Navy, a much better person for having been a part of this organization. The opportunities our service has given me have gone well beyond anything I could have ever imagined or asked for,” said Kelley. During his speech, he quoted former President Ronald Reagan who emphasized the importance of leadership, “Surround yourself with the best people you can find, delegate authority, and don’t interfere.” Throughout Naval Aviation history, added Kelley, has had a long and distinguished history, having proven itself the key element of success in world wars and conflicts of the Middle East. “With our people and the advanced technology of our platforms, we will continue to positively impact the future of our world as we conduct our missions around the globe,” said Kelley. Kelley took time out of his remarks to thank echelon leadership throughout CNAL for their tireless dedication to the

mission of supporting Naval Aviation. “Thanks for your leadership and what you do each day in leading our Sailors. It’s hard for many to grasp the enormity of the organizations you lead or the level of detail you go to in meeting mission. Keep focused on what’s ahead and making your organization better. The challenging times we are in will not last forever, but we must navigate our people through it, while remaining our Nation’s first line of defense,” said Kelley, who also recognized the entire CNAL staff for their unsung devotion to the mission. During Kelley’s tenure as COMNAVAIRLANT, his efforts served to impact all phases of Naval Aviation, some of which include the introduction of Unmanned Aircraft Systems (UAS), transition of every major type, model, series aircraft, and the introduction of a new aircraft carrier class. He directly supported the training and employment of eight Carrier Strike Groups, supporting more than 600 naval aircraft flying more than 300,000 flight hours, both embarked and ashore. While witnessing many firsts as the commander of the east coast TYCOM, the introduction of UAS capabilities to the fleet, such as the MQ-8B “Firescout”, will serve as the future for advanced weapon and sensor capabilities enabling the Navy to complete a myriad of mission sets. Kelley’s leadership with Unmanned Carrier-Launched Airborne Surveillance and Strike capability requirements will also serve to shape the future of UAS on aircraft carriers for years to come. Other firsts that Kelley contributed toward was the co-leading of multi-

“ I am humbled at the faith, confidence and responsibility you have placed with me. Trigger, you set the table so well. It is a high honor to relieve you as Commander, Naval Air Force Atlantic.”

Rear Adm. John Meier

command teams from various echelon leadership stakeholders to successfully coordinate the maiden deployment of the Joint Strike Fighter (F-35C). Additionally, serving as the readiness lead for the Naval Aviation Enterprise (NAE), Kelley’s vision and leadership was the driving force in re-energizing enterprise efforts at the deckplate, major command, and senior leadership levels to overhaul readiness within Naval Aviation. Kelley welcomed Meier as the incoming commander praising his leadership qualifications. Meier, a native of Export, Pennsylvania, graduated from the U.S. Navy Academy in 1986, and was winged as a Naval Aviator in 1988. According to his official bio, Meier has participated in operations around the world since Operation Desert Storm, lead Southern Partnership Station, and built the crew and

culture of USS Gerald R. Ford (CVN 78) as the aircraft carrier’s first commanding officer. Grady recognized Meier as the right choice to lead the TYCOM. “Oscar, your reputation as an intellectual leader and track record of providing innovative solutions to complex challenges will suit you well,” said Grady. “I am grateful to continue serving with you following your superb time at Naval Warfare Development Command.” Meier’s remarks focused on the job at hand, the manning, training, and equipping of AIRLANT, but he also spent time talking about the important role each and every Sailor and their families play as it applies to overall warfighting readiness. “I am humbled at the faith, confidence and responsibility you have placed with me,” said Meier, who recognized Kelley for his successes while in command. “Trigger, you set the table so well. It is a high honor to relieve you as Commander, Naval Air Force Atlantic.” Meier has accumulated over 4,000 flight hours and logged 675 carrier landings. COMNAVAIRLANT is responsible for six nuclear-powered aircraft carriers, 54 aircraft squadrons, 1,200 aircraft and 43,000 officers, enlisted and civilian personnel based on the East Coast of the United States. It provides combat ready, sustainable naval air forces with the right personnel, properly trained and equipped, with a focus on readiness, operational excellence, interoperability, safety, and efficient resourcing.

LIVESTREAM | 1st Class Amanda Alcantar, was selected from five finalists as the fiscal year 2019’s top Reserve enlisted Sailor

Continued from B1

replaced.” The job of selecting the winner from the five candidates fell to a board of master chiefs chaired by Kotz. The overarching goal of the process Kotz said is to provide to McCollum a thorough briefing on all of the candidates with a focus on transparency. He said the board’s methodology and recommendations for the final selection is provided to give McCollum confidence that due diligence was completed in determin-

ing the final nomination. The selection however was no easy task. “The margin between these finalists was extremely thin,” Kotz said during the event before handing the presentation over to McCollum for his remarks. “We didn’t have a final four this year in basketball, but we had a final five in the Navy Reserve,” McCollum said also acknowledging the difficult task of selecting just one finalist. You’re all winners today,” said McCollum adding that the finalists were a representation of the entire Navy Reserve team. “It’s a mosaic,” he said. “It’s a mosaic of your employers, of your neighbors, of your families, of your careers and of your sacrifice. And that’s what gives me significant excitement to know that the future of the Navy Reserve is in your hands and in what you represent. After virtually accepting the award, Alcantar remarked, “The competition on this board was incredible and I am truly humbled to have been selected as this year’s

Navy Reserve Sailor of the Year. Thank you to the Reserve Sailor of the Year team for making this board possible despite the effects of COVID-19. I hope I get the privilege to one day shake your hands in person. To my fellow candidates, it has been a true pleasure getting to know you. I wish there was a way to promote all five of us, because all of you are the epitome of a Navy chief and Navy leadership.” McCollum closed with a challenge for each of the finalists to continue to excel in their own readiness as well as in supporting their own unit readiness. “You all have demonstrated your readiness through the tools the Navy has given you,” he said. “I would just ask that you continue to commit to that readiness challenge, so we can deliver to our nation whenever and wherever our Navy asks our Navy Reserve fighting force warriors to go.” Each finalist will be awarded the Navy and Marine Corps Commendation Medal by their respective commands once they return to their units. Alcantar will be for-

mally advanced to chief petty officer during the Chief of Naval Operations Sailor of the Year ceremony at a date to be announced later. Late Chief of Naval Operations Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy Jack Whittet initiated the Sailor of the Year program in 1972 to recognize outstanding Atlantic and Pacific Fleet Sailors. The program was later expanded to honor the top Shore and Reserve Force Sailors of the Year. For 105 years, the Navy Reserve has been a ready, agile force providing 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.

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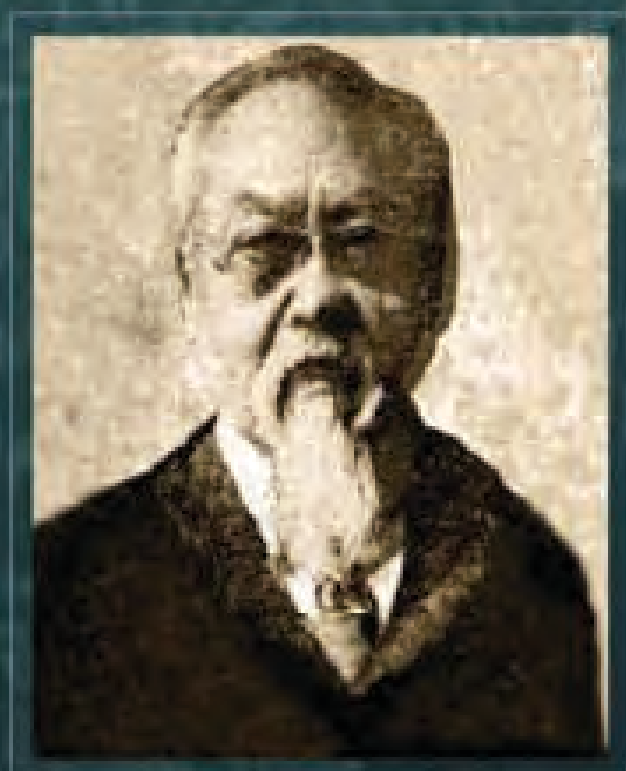
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1800-1918 BUILDING A NATION

Asians and Pacific Islanders of various nationalities and ancestry - Chinese, Japanese, Korean, Filipino, Southeast Asian, Asian Indian, Polynesian - have been serving in the Navy since the early 19th century.



Cabin Steward John Ah Hang

Born in Canton, China, Hang enlisted at the Brooklyn Navy Yard in July 1863, making him one of the first Chinese Americans to enlist in the Navy. He served as a Landsman aboard the USS *North Carolina*, the USS *Albatross*, and the USS *Penguin*. On the latter ship he rose to cabin steward until discharged at the Boston Navy Yard in September 1864. Postwar he remained in the United States, living in New York until his death in 1923.

The Navy had maintained a presence in East Asia since the 1830s to safeguard American interests during periods of Chinese civil unrest. Ships whose crews were of Asian descent on the Asiatic Station protected U.S. commerce, missionaries, and diplomats. During the American Civil War, Chinese sailors served on dozens of Union vessels.

The loss of the battleship USS *Maine* in 1898 provoked the U.S. into war with Spain. Emerging victorious in 1899, America gained control of Spanish possessions in the Pacific and the Caribbean, including the Philippines and Guam. Thereafter, Filipinos and other Pacific Islanders joined the Navy, beginning a tradition as their service of choice.

Navy Fireman 2nd Class Telesforo de la Cruz Trinidad

Born in Aklan Province, Philippines in 1890, Trinidad enlisted in the Navy shortly after the United States took possession of the archipelago in the wake of the Spanish – American War. In 1915 aboard the armored cruiser USS *San Diego*, a boiler exploded while steaming in the Gulf of California. Fireman 2nd Class Trinidad braved the flames and scalding steam to rescue a fellow shipmate trapped in the fire room, despite burns to his face. For his actions, he received the Medal of Honor. Today he remains the only Asian American or Pacific Islander in the Navy to receive the nation's highest military honor.



Navy Medal of Honor

Community

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U.S. Navy photo by NEXCOM Public Affairs

A Sailor utilizes the Wi-Fi during her stay at the Navy Lodge. The Navy Exchange Service Command's (NEXCOM) six business lines have been industrious and determined to get Sailors and their families what they need in this ever-changing environment. NEXCOM 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.

NEXConnect keeps internet 'light' on for Navy community

From Navy Exchange Service Command Public Affairs

VIRGINIA BEACH

When social distancing became the norm due to the COVID-19 pandemic, the Navy Exchange Service Command's (NEXCOM) NEXConnect Telecommunications Program began working around the clock to ensure Sailors and military families have wireless Internet access on base and in port for all their personal internet needs.

"As the Navy's provider of personal telecommunications, our team's mission is to keep Sailors and military families connected 24 hours a day, seven days a week, on affordable and reliable networks throughout their Navy journey—from boot camp to retirement," said Mary Johnson, Vice President, NEXCOM's NEXConnect

Telecommunications Program. "Now more than ever, military families are relying on Wi-Fi for their jobs, school work, entertainment and more as they are spending more time at home. It's our job to ensure that they have the Wi-Fi they need when they need it."

As more people stay home, NEXConnect Telecommunications Program Office continues to aid social distancing by attentively keeping up with Wi-Fi bandwidth needs as usage increases both in the U.S. and overseas, particularly in Europe.

Johnson and her team, along with their vendor partners, continually monitor network usage and functionality to make every effort to provide the necessary Internet bandwidth. The Wi-Fi systems continue to function properly and are satisfying current need. The NEXConnect team remains pre-

“ As the Navy’s provider of personal telecommunications, our team’s mission is to keep Sailors and military families connected 24 hours a day, seven days a week, on affordable and reliable networks throughout their Navy journey — from boot camp to retirement. Now more than ever, military families are relying on Wi-Fi for their jobs, school work, entertainment and more as they are spending more time at home. It’s our job to ensure that they have the Wi-Fi they need when they need it.”

Mary Johnson

pared for any policy changes related to on-base access and is fully equipped to remotely fix any on-base, personal Wi-Fi issues.

NEXCOM's NEXConnect Telecommunications Program offers Wi-Fi service in NEXs, Navy Lodges, unaccompanied housing, family housing, barracks, Navy

Gateway Inns and Suites, Morale, Welfare and Recreation facilities, galleys and medical facilities.

Get more information about the Navy from US Navy facebook or twitter.

For more news from Navy Exchange Service Command, visit www.navy.mil/local/nexcom/.

Naval Support Activity Hampton Roads-Fleet and Family Support Center and Department of Veterans Affairs host Women’s Health Transition Training

By **Katisha Draughn-Fraguada**
Naval Support Activity Hampton Roads

In partnership with the Department of Veterans Affairs (VA), the Naval Support Activity (NSA) Hampton Roads Fleet and Family Support Center (FFSC) hosted the VA Women's Health Transition Virtual Training on April 16.

"Our FFSC was asked to sponsor this class with the VA to educate active duty servicewomen, who plan to transition, on the women's health and mental health care services available to them," said Lori Thomas, Work and Family Life Program Lead at NSA Hampton Roads FFSC.

This women veteran-led training covered the transformed culture of VA; women's health and mental health care services; eligibility for enrollment in VA care; post separation health care ownership; and available transition support services.

"The [VA] Women's Health Services, in partnership with the Air Force Women's Initiative Team, worked together under the auspices of the VA/DoD Health Executive

Committee, the Transition Assistance Program (TAP) Curriculum Working Group, the Interagency TAP Working Group and the TAP Senior Steering Group to develop and pilot a women's health training program for servicewomen transitioning from the military to the civilian sector," said Dr. Nancy Maher, Analyst at Comprehensive Women's Health Services, VA Women's Health Services in Washington D.C. "The VA Women's Health Transition Training Program was established to increase awareness of women's health services offered by VA among transitioning servicewomen with the goal of increasing their enrollment into and utilization of VA health care."

The training was initially scheduled to be held at the Work and Family Life Center at NSA Hampton Roads-Portsmouth Annex, but due to the coronavirus (COVID-19) pandemic, it had to be held virtually.

Among the women who attended the four-hour training was Cmdr. Gail Mul-

leavy from Military Sealift Command, who wanted to ensure that she was prepared for her upcoming retirement.

"Although I have attended local retirement classes before, I felt this class would provide more information specific to females," she said.

Approximately 20 women attended the virtual training which was open to active duty service women who planned to transition to Civilian or Reserve/National Guard status within the next calendar year and had completed the TAP course.

"I liked that it gave an in-depth review of female specific health care programs including reproductive services, maternity care, mental health services, newborn care, gynecological care and musculoskeletal care," said Cmdr. Terra Gray from NSA Hampton Roads.

The female-only environment allowed participants to feel safe and secure with discussing various health care concerns and needs.

"The training was led by a female veter-

an who uses VA health care, thus there is an immediate trust and relatability factor among the participants, that given their feedback, is key to the success of this program in increasing enrollment into the VA," said Maher.

According to the VA, the training is intended to complement the existing TAP class to provide all servicewomen with specific women's health information that will aid the transition to civilian life.

"The ultimate goal is to increase enrollment into and utilization of VA healthcare once they separate from the military," said Maher.

Gray said that she would take another course like this in the future and was happy with the topics that were covered.

"I wanted a deeper understanding of the women's health services available to myself and my service members within the VHA health care system and how to more effectively and efficiently commence the enrollment process," she said. "I will definitely take this course again as a refresher as I get closer to retirement and start my transition."

Several FFSCs around the Hampton Roads area will be sponsoring the VA with future Women's Health Transition Trainings.

"The VA continues to improve the services available for women veterans," said Thomas. "[The VA] understands the need to change the culture in ensuring that women veterans have the best health and mental health care services needed."

Health

CDC maintains childhood immunization guidelines during COVID-19

By Military Health System Communications Office

Immunizations remain a vital component of pediatric health care, even during the COVID-19 pandemic. Immune systems are still developing in children and infants. Vaccinations result in the production of antibodies to protect people from potentially deadly diseases, explained Ann M. Morse, a family nurse practitioner at the North-Atlantic Regional Vaccine Safety Hub, Naval Medical Center Portsmouth.

“Immunizations allow the immune system to recognize that germ, virus, or bacteria and fight off that disease, or limit the severity of complications if exposed to the real disease,” continued Morse.

Immunizations also protect public health through herd immunity by preventing a widespread outbreak of highly infectious diseases, like measles or whooping cough. Despite the current climate of social distancing, vaccine-preventable diseases continue to circulate. Individuals who have not been vaccinated and contract the disease could spread it to susceptible individuals because those infected can be contagious up to a week before developing any symptoms, explained Morse. She added that if children stop receiving necessary vaccinations, herd immunity decreases, increasing the likelihood of other potential viral outbreaks, like measles.

“If multiple individuals developed one or more different vaccine-preventable diseases, hospitals could again have decreased number of isolation rooms, critical care (ICU/CCU) beds, ventilators, protective coverings (masks, gowns, gloves, boots) and more,” Morse explained. She added



Airman 1st Class Destinee Sweeney/U.S. Air Force Senior Airman Tamika Bradley, 20th Medical Operations Squadron allergy and immunizations technician, prepares to administer a vaccine to a Team Shaw child. Vaccines work by introducing a dead or weakened cell of a disease into the body, giving the immune system a chance to develop protection in the form of antibodies for the future.

there are a variety of infant or childhood respiratory illnesses that show similar symptoms of COVID-19, such as fever, cough, and body aches.

The Centers for Disease Control and Prevention continues to encourage childhood immunizations during the COVID-19 crisis, but recently updated its recommendations for health care providers to manage patient visits. The way health care providers schedule immunization appointments may vary according to social distancing standards, said Morse. It is also possible that depending on the influx of COVID-19 cases in a local community, some health care providers may not schedule in-person wellness visits, but will continue to offer immunizations, noted Air Force preventive medicine physician Lt. Col. (Dr.) Ruth Brenner, deputy chief of the Immunization Healthcare Division.

“Due to the pandemic, there is a strain on medical resources, so some clinics may not

be able to support a full complement of immunization services or at the same location where immunizations may normally be received. I recommend contacting your primary care manager or clinic to ask what is available as well as community options,” Brenner said.

As a mother of young children, Brenner has had to navigate the medical system for important immunizations during the COVID-19 pandemic with the help of the Pediatric Clinic at her military treatment facility. For parents who choose not to immunize their children during the pandemic, there are “catch up” schedules provided by the CDC so that children don’t need to start over or repeat doses already received, explained Brenner. Many child care centers are allowing a grace period for childhood immunizations at this time, she noted.

“Each family should balance the risks and benefits before going to the clinic,” she said, adding that MTFs are adhering to CDC

recommendations of social distancing and separating sick children from well children.

Amid the COVID-19 pandemic, the strain on health care systems is obvious, said Brenner, adding, “Pediatric immunizations remain an important aspect of the health of our children and our communities. Military treatment facilities are working hard to continue to offer pediatric immunizations during the current health crisis.”

Morse said military families should call their clinics to arrange times for their visit and ask about precautions they will need to follow upon entering the facility, such as wearing a face mask. “It will be important to ask about normal vaccine side effects and take home the vaccine information sheets,” she said.

Concerned parents can also call the IHD’s 24/7 Immunization Healthcare Support Center at 877-438-8222 and select option 1 to speak with an on-call nurse or provider.

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Food

Warm spices amp up the flavor in this globally inspired take on comfort food (meatballs!)



Good Housekeeping

By The Good Housekeeping Test Kitchen

Warm spices and a sprinkling of fresh herbs give these Moroccan Meatballs, served with chickpeas and tomatoes, the flavor boost your dinner plate has been lacking. Familiar enough for the “spaghetti and” lovers in your home, yet with enough tweaks (cinnamon! feta cheese!) to wake up your palate, our version of this Moroccan street food will become a new favorite. Once you’ve mastered this easy recipe, you can branch out and try making Moroccan meatballs tagine-style (browned meatballs poached in a spiced tomato sauce) or even tiny marble-sized versions that kids (and adults) will adore.

WHAT CAN I USE IN PLACE OF BEEF?

The traditional version of these meatballs (known as kefta or kofta) are usually made with ground beef or lamb, but if those

aren’t your thing, you can try making them with ground chicken as well. If you’re looking for ways to get more plant-based foods in your diet or just want to stretch a smaller amount of meat, try mixing in some cooled sautéed mushrooms or even some cooked bulgur in place of the beef.

ANY TIPS FOR FORMING MEATBALLS?

Try to avoid over-mixing or over-kneading the beef while forming the balls — it can lead to tough little nuggets instead of tender meatballs. Separate your mixture into 12 more or less equal portions first, then form each into a ball. If your meat mixture is a little sticky, try dampening your hands with a little water in between forming each ball.

HOW ELSE CAN I SERVE THEM?

For variety or if you want to serve them as an appetizer, try making the balls smaller

Moroccan Meatballs

Yields: 4 servings
Total time: 0 hours 25 mins

INGREDIENTS
1 large egg
1/3 c. panko
1 tsp. ground cumin
1/4 tsp. ground allspice
1/8 tsp. ground cinnamon
Kosher salt and pepper
3 cloves garlic, divided
1 lb. ground beef
1 pt. cherry and/or grape tomatoes, halved
1 14.5-oz can chickpeas, rinsed
1 tbsp. olive oil
1/4 c. crumbled feta
1/4 c. fresh flat-leaf parsley, chopped
Couscous, for serving

DIRECTIONS

Heat broiler. In large bowl, beat egg, then add panko, spices, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Finely grate in 2 cloves garlic. Mix in beef, then shape into 12 balls. Transfer meatballs to rimmed baking sheet, then broil on rack in upper portion of oven until browned, 2 to 3 minutes. Reduce oven temperature to 425°F. Remove meatballs from oven and carefully pour out any excess fat. In bowl, toss tomatoes and chickpeas with oil, remaining clove garlic (thinly sliced), and 1/4 tsp each salt and pepper. Add to pan with meatballs and roast until tomatoes have softened, about 10 minutes. Remove from oven, top with feta and parsley, and serve with couscous.

and broil only a minute, or less. Add some of chopped flat-leaf parsley or fresh mint into the meat mixture for extra freshness.

Skip the couscous and serve over rice or toast some pita bread for everyone to build their own sandwiches.

Tossing your pineapple on the grill is a great way to enhance its flavor

By The Good Housekeeping Test Kitchen

Juicy pineapple dipped in coconut sugar and cinnamon, then grilled until golden and caramelized, is the perfect summer dessert. A sprinkle of lime zest is highly recommended, a scoop of vanilla ice cream is non-negotiable.



Good Housekeeping

Grilled pineapple

Yields: 6 - 8 servings
Total time: 0 hours 20 mins

INGREDIENTS
3 tbsp. coconut sugar
2 tsp. ground cinnamon
1 tsp. ground cardamom
1 medium pineapple, rind removed and cut into 1/2-in.-thick rounds (you should have about 8 slices total)
Vanilla ice cream and grated lime zest, for serving

DIRECTIONS

Heat grill to medium-low. In shallow bowl, mix together coconut sugar, cinnamon, and cardamom. Sprinkle each side of pineapple slices with coconut sugar mixture (about 1/2 teaspoon per side), rubbing mixture into pineapple. Grill until deep golden brown and caramelized, 3 to 4 minutes per side. Transfer to plates or a platter. Serve with vanilla ice cream and sprinkle with lime zest.



U.S. Navy photo by NEXCOM Public Affairs

A military child works on a school assignment amid the COVID-19 pandemic.

CNAL military family discusses how distance learning is made easy with Tutor.com

NORFOLK

April is known throughout the DoD as “Month of the Military Child”, a month to celebrate the sacrifices of military children that serve with their parents, at home and overseas.

This April “at home” takes a new meaning with schools around the world closed due to COVID-19.

Some families may find both parents are working from home, not only for their standard jobs, but now taking on extra responsibilities of helping their children with their schoolwork, full-time. Whatever the situation, the DoD recognizes for many, home-schooling is no easy feat and has a program to help.

The program, Tutor.com is a site dedicated for U.S. Military families, recently expanded for DoD-affiliated personnel and their families that provides on-demand, online tutoring and homework help at no cost.

One of those families that have benefited by using this free service is the Andrews family. Master Chief Damage Controlman (SW/AW/IW) Ben Andrews, who is assigned to Commander, Naval Air Force Atlantic and discussed utilizing this service for his three children ranging from third grade to ninth grade.

“Luckily I have a spouse that works from home, and when I was on travel, she ensured the kids did their school work. If there were any questions, 90 percent of the time she figured it out,” said Andrews. “However, if she had an issue she has used the military Tutor website in the past, and recently with my older sons they have used this resource. This resource has helped them understand a problem in their homework, for example, so it’s been really helpful.”

Andrews’ spouse, a Navy veteran and retired Master Chief, said together

they enforce their house rules that maintaining grades below a B are not authorized; and maintaining good grades allows participation in other activities, such as sports.

Other families may find themselves effected by the current travel restrictions, meaning their spouse is away while they have to homeschool their children.

For Andrews who has served in the U.S. Navy for nearly three decades said that he and his family are still figuring out the new normal of home schooling.

“I’m still trying to figure out this new added responsibility of being an elementary, middle, and high school teacher. I don’t think there’s a PQS for this, straight OJT, determination, and a ton of patience and research on all levels,” said Andrews. “But at the end of the day we are parents and that’s what we do; my wife and I just figure it out.”

According to Tutor.com, it has live, around-the-clock, expert tutors that can help with all skill levels and core subjects.

Parents and children are able to access this site free of charge and use it to supplement the school work provided.

The DoD is hoping that Tutor.com can help alleviate some of the stress on parents and on students who have had their daily routines disrupted by COVID-19.

Naval Support Activity Hampton Roads Sexual Assault Prevention and Response Poetry Slam Contest

From Naval Support Activity Hampton Roads

Even during the midst of COVID-19, awareness and prevention continues to be a priority in keeping Sailors, Civilians, and family members safe. Sexual Assault Awareness and Prevention Month (SAAPM) was recognized during the month of April by the Department of Defense focused on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from us all. Naval Support Activity Hampton Roads’ Sexual Assault Prevention and Response Program (SAPR), under the leadership of Kevin Meynardie, hosted its first SAPR Poetry Slam. The purpose of the Poetry Slam was to promote awareness, healing and hope in Eliminating Sexual Assault.

Entries were accepted by anyone affiliated within the military; Active Duty, Family Members, DoD Civilians, Retirees or DoD Contractors. Participants had to compose his/her verbal expression in a written piece of work, producing a way to express him or herself pertaining to sexual assault. Many entries were submitted; all thought provoking, well written, however, only one could be selected to gain recognition as the winner.

“LETTER TO A SURVIVOR”

By Information Systems Technician 2nd Class Tiara Dickerson, NMCP, Winner

For moments on end, I’ve wished they were still, And in those very moments, I often wondered what was real, The thoughts that consume me and make me feel no longer whole, Are the same thoughts now I fight daily to remold, I’ve come to place the reality of my fears, In the hands of those who appreciate my tears, For they know and feel the pain I hide behind my face, And allow me to gather in a peaceful, safe place, By such events, I shall not be defined, I will not allow my trauma to conquer my mind, This isn’t about me; Yet, us all who are hurt, And it mattered not if it were a uniform, bikini, even oversized shirt, And whether we spoke up or whether not they were caught, We’ll always have memories of the water we fought. My sister, and yes, my brother too, Keep fighting for your freedom and bid your attacker adieu, They saw you and decided to leave scars, But I want you to look in the mirror and see you for who you really are, Love you and please learn to admire, That person staring back is a true Survivor.

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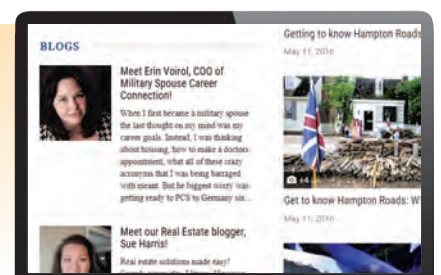
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Luxury Loaded, low miles - save thousands! \$21,950 VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

DODGE 2012 DURANGO



Citadel, 67k miles, loaded, roof, leather, wheels. Must See! \$15,950. Fee \$395. 757-717-1715/757-963-2299

DODGE 2015 GRAND CARAVAN
Red SXT black top, UConnect, DVD, Sirius, Stow n go, 90K mileage, Excellent condition, \$14,000 OBO, 757-892-4506

FORD 2004 FREESTAR

Van SE; Reliable Transportation; Very Clean & Maintained Well. Must See To Appreciate; Current State Inspection \$2500 Cash. Call: 757-377-5566

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SE. LOW miles! Garage kept, 1 owner, mint condition! Auto, air, loaded, new inspection. \$2990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

FORD 2012 F150



XLT loaded, alioids, nice truck! \$14,750 VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

FORD 2019 FIESTA



SE, 12k miles, auto transmission, power windows, power locks, factory warranty, \$10,950. Fee \$395. 757-717-1715/757-963-2299

Autos for Sale

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 CIVIC



LS auto air loaded looks and runs great, new insp, \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

HONDA 2010 ACCORD



LX 1 owner garage kept, auto, air, loaded, mint cond. new insp \$7450 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

HONDA 2010 ODYSSEY



Touring Leather, sunroof, stow away, nav, loaded, insp, good mi.3 to choose from \$7850 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

HONDA 2011 ACCORD



EX Loaded, 2 dr, automatic transmission, alioids, 60k mi. \$9,450 VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

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

HONDA 2012 PILOT



Must See! Power windows, power locks, tilt, cruise, priced to sell. \$14,950. Fee \$395. 757-717-1715/757-963-2299

Autos for Sale

HONDA 2015 ACCORD



AM/FM/CD, power windows, power locks, low miles, roof. Won't Last! \$12,950, Fee \$395. 757-717-1715/757-963-2299

HONDA 2016 CR-V
SE, 4x4, auto, ac, power windows & locks, cruise, back up camera, 28k miles, excellent condition, Honda warranty. \$15,500. 757-351-5611

HONDA 2016 ODYSSEY



Clean, power windows, power locks, auto transmission, Must See! \$17,950, Fee \$395. 757-717-1715/757-963-2299

INFINITI 2014 Q60



AWD V6, automatic, NAV and more. Excellent condition! \$16000 Call (757) 478-4057

LEXUS 2015 IS 250

2.5 V6, well maintained, records, 30k miles, starfire pearl, premium package, loaded. \$22,000. 757-810-2760

LINCOLN 2016 MKZ



49k mi. SUPER nice - must see, save thousands! \$15,950 VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

MERCEDES-BENZ 2012 E-CLASS

E550. 4 door sedan, 1 owner, all records, exc. cond. \$13,000. 625-7384

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Autos for Sale

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NISSAN 2017 ALTIMA



SE Good miles, auto, alioids, \$13,450. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

NISSAN 2019 SENTRA
S. Brand new. Always garaged. 500mi. \$18,500. 757-228-6656

RAM 2019 1500



Classic Big Horn 4x4 5.7 hemi, fully loaded 20in chrome wheels, 4k miles. Save thousands! \$28,900 Won't last! VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

SUBARU 2013 XV CROSSTREK



Power windows, power locks, auto transmission, leather, clean. Must See! \$11,450. Fee \$395. 757-717-1715/757-963-2299

TOYOTA 2016 AVALON



XLE Automatic transmission, wheels, leather, 54k mi. \$15,950. VA Dir Proc. 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

VOLVO 2012 S60

1 owner, low miles, leather, loaded, looks great. \$10,500. Va Dir. Call 620-7570.

Trucks and SUVs

BMW 2013 X1

12K mis, gar kept, 1 owner, showroom new, 3.5 twin turbo. Loaded. All serviced. \$18,500. Va Dir. 620-7570.

CHEVROLET 2004 COLORADO



LS V71 4WD, quad cab, auto air loaded, Tonneau cover, \$4450 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 1999 DAKOTA



Sub cab, mint cond, auto, air, loaded, new inspect \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

FORD 1996 E150

7 pass club wagon van, fully loaded, low miles. \$3500. 757-450-2710

FORD 2004 F350



4wd Powerstroke,turbo, diesel xtra-cab, runs perfect, auto air, must see, new inspec \$7990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

FORD 2017 F350

25K mis, King Ranch pkg, diesel, dual rear wheel, 5th wheel set up, factory warranty, \$54,500. Va dir. 620-7570.

JEEP 2004 GRAND CHEROKEE



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NISSAN 2006 XTERRA



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Super Crossword

TWO-CHANNEL CONNECTION

ACROSS

- 1 Old Glory, for one
5 Up in smoke
11 Refluxes of tides
15 Ankle-knee connector
19 I, to Greeks
20 "Speak up!"
21 Ark captain
22 Chipotle item
23 "Great job, play more!"?
25 Be sweet on
26 Wilson of film
27 One half of a 45
28 Eat
29 Stingy type
30 Get a B, e.g.
31 Mauna —
33 Sharp rise in new findings?
36 Napoleon's birthplace
40 Gem, e.g.
41 Writer — Jackson Braun
42 — out (supplement)
43 Ice melter
45 — word (coinage for one occasion)
48 Throbs
49 Perpetual pampering?

DOWN

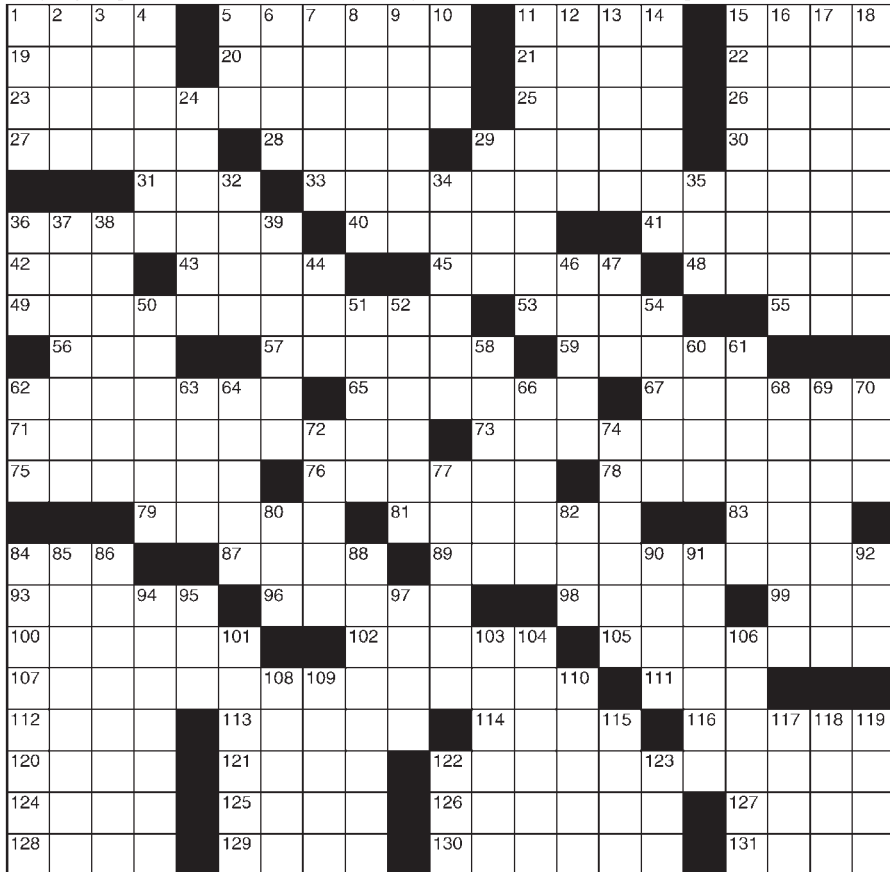
- 53 Country singer Evans
55 Born, to Gigi
56 Gridiron go.
57 Repulsive
59 Fiennes or Macchio
62 Fishermen, often
65 "Hear No Evil" star
67 Really move on the dance floor
71 Round of applause all for oneself?
73 Company symbol on a container of breathing gas?
75 Capital of Croatia
76 Scrape the bottom of
78 Flushes
79 Antipasto bit
81 Loved by
83 "— Beso" (1962 hit)
84 56-Across stats
87 Old phone part
89 Distinctive feature of blasting material?

DOWN

- 130 Pint-size
131 Otherwise
1 Small lies
2 Actress
3 Just slightly
4 Judges' mallets
5 Bar drink
6 Cherished
7 Intelligible
8 Hunky guy
9 Most scant
10 Before, to
11 Spices up
12 Idaho city
13 Cake creator
14 Singer Crow
15 Cork up, as a bottle
16 Maui native
17 Emulate Tara Lipinski
18 "Baloney!"
24 Certain woodwind player
29 Early hi-fi format
32 Berry rich in antioxidants
34 See eye to eye (with)
35 Sis, say
36 Frame of a cartoon
37 Japanese island

DOWN

- 38 Calling the shots
39 Nearly
44 WJM anchor
46 Pop singer
47 Chunk of history
50 Animal at "una corrida"
51 East — (Asian nation)
52 Spotted, as money
54 Playwright
58 Ad catchphrase
60 Little lake
61 Texas — (poker game)
62 Singer
63 Stunt legend
64 Very zealous
66 Put out
68 Freaks out
69 Tunes out
70 Canon — Rebel
72 Best possible
74 Bad-pun responses
77 Keep waiting
80 Mr. Big
82 However, briefly
84 Pair of identical products sold as a unit
85 Writer Steel
86 "Babbitt" author Lewis
88 White Rabbit's woe
90 Tree flutterer
91 New royal of 1981
92 Kit —
94 Confronts
95 Canonized Fr. woman
97 Walked (on)
101 Slip away
103 Electrical resistance measure
104 Subject to legal action
106 Singer
108 Large city in Nebraska
109 Ward off
110 Ordinance
115 Withered
117 "You're on!"
118 Mouth parts
119 Lightish sword
122 Salary ceiling
123 Actor Bruce



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last week's answers



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

Sudoku

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

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: C equals T

UMZ ETCKWR CYLC KYQWUTKVM E L

BLRTVG PXG'E LZBXV BLVV BQWR

PQLKM: "RG CYQMM ETUE."

Last week's CryptoQuip answer

When two serpents part ways, I suppose they ought to sing
"Fangs for the Memories."

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