



CORONAVIRUS PANDEMIC



Acting Secretary of the Navy (SECNAV) James McPherson, Chief of Naval Operations (CNO) Adm. Mike M. Gilday and Master Chief Petty Officer of the Navy (MCPON) Russell Smith speak with Recruit Training Command (RTC) staff members inside the USS Chief Fire Fighter Trainer at RTC. The acting SECNAV, CNO and MCPON visited RTC, the Navy's only boot camp, to observe operations during the COVID-19 global pandemic. More than 35,000 recruits train annually at the Navy's only boot camp.

Acting SECNAV, CNO and MCPON visit RTC Great Lakes

From Navy Personnel Command Public Affairs

GREAT LAKES, ILL.

Today, the Acting Secretary of the Navy (SECNAV) James E. McPherson, Chief of Naval Operations (CNO) Adm. Mike Gilday and Master Chief Petty Officer of the Navy (MCPON) Russell Smith visited Recruit Training Command

(RTC) Great Lakes to discuss the impact of COVID-19, as well as tour the facility and meet with recruits and staff.

During their visit to the Navy's only recruit training location, known as the "Quarterdeck of the Navy," they discussed the impact of the coronavirus on training and mitigation efforts that have been implemented to ensure the health and safety of Sailors at RTC.

"Today, with the extraordinary challenges posed by COVID-19 and the continual threats we face in a changing global security environment, I want to commend everyone here at RTC Great Lakes for their commitment to our Navy's future," said McPherson. "I am keenly aware of the tough job you do, and the

» See **RTC | A7**

Navy commands prepare for hurricane season

From U.S. Fleet Forces and Commander, Navy Installations Command Public Affairs

NORFOLK

Hurricane Exercise/Citadel Gale 2020 (HURREX/CG 20) is scheduled to begin May 11-15, despite the current COVID-19 environment.

Co-hosted by U.S. Fleet Forces Command and Commander, Navy Installations Command, this annual hurricane preparedness/disaster response and recovery exercise is conducted prior to the onset of hurricane season to prepare staffs and crews for potential impacts on infrastructure and fleet

operations.

"Our country depends on us to defend our homeland and protect our national interests – whether a hurricane named Dorian or a pandemic named COVID-19," said Adm. Christopher Grady, commander, U.S. Fleet Forces Command. "In these unique times, it is more important than ever that our fleet units and Sailors remain focused on personal and unit readiness. We must keep our cutlass sharp, and that's exactly what HURREX allows us to do."

HURREX/CG 20 simulates a storm system that will develop and intensify to hurricane strength near the Gulf of Mexico and

along the U.S. Atlantic Coast. During the week-long training event, all commands review procedures for current Tropical Cyclone Conditions of Readiness, which include plans for sortie of ships, aircraft evacuation, personnel accountability, and operating during mission essential staffing. Through this a simulated learning environment, commands are able to evaluate readiness and correct local processes as necessary.

"This exercise will validate the Navy's ability to prepare for, respond to, and recover from major weather events during a global pandemic," said Vice Adm. Mary M. Jackson, commander CNIC. "We also encourage our warfighters and their families to take this opportunity to update their personal emergency response plans. Now is the time to prepare for the 2020 hurricane season."

All Navy commands throughout Naval

District Washington, Navy Region Mid-Atlantic and Navy Region Southeast will participate. There will be no Navy ship movements associated with HURREX/CG 20, however fleet units will execute muster procedures and shore-based heavy weather responses such as heavy mooring ships of every class and heavy weather tie-downs of each aircraft type.

HURREX/CG 20 is an essential part of maintaining and improving installation support and recovery efforts before, during and after major weather events. Special precautions have been implemented to minimize the threat of COVID-19 to participating personnel. The health and safety of our people remain the top priority throughout the exercise.

For more information about HURREX/CG 20, contact USFF Public Affairs at 757-836-3630 or CNIC Public Affairs at 202-903-3027.

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USS Constitution CPOA donates to Boston Food Bank

USS Constitution's CPOA donated \$1,000 to the Greater Boston Food Bank to support those in the community who are struggling during the coronavirus pandemic.

»See **A4**



USS Tennessee wins SECNAV Afloat Environmental Award

The SECNAV environmental programs recognize Navy and Marine Corps ships, installations and people for outstanding performance in promoting environmental stewardship.

»See **B1**

Coping through Covid-19

The outbreak of the coronavirus disease may be stressful for people. Follow the tips to stay stress free.

»See **C1**

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CNO MESSAGE TO THE FLEET

By Chief of Naval Operations, Adm. Mike Gil- day

WASHINGTON

The Coronavirus Disease 2019 (COVID-19) Pandemic brought an invisible enemy to our shores and changed the way we operate as a Navy. The fight against this virus is a tough one. But our Sailors are tougher, and each of you plays a critical role in defeating this virus.

We have embraced the challenge of COVID-19 and are learning, adapting, and improving by the day and by the hour. There is no better example of this than our actions and response on the USS Kidd (DDG 100).

As we continue to learn about this virus and how to mitigate its risk, the widespread public health measures you are actively, practicing--physical distancing, face coverings, minimizing group events, frequent

hand-washing, sound sanitation practices, a questioning attitude on how we are feeling -must be our new normal. We must harden our Navy by continuing to focus on the health and safety of our forces and our families. The health and safety of our Sailors and their families is, and must continue to be, our number one priority. Fleet operations depend on it.

As the forward deployed force of our country, we have a duty to ensure we are ready to respond. We cannot simply take a knee or keep everyone in port until this enemy is defeated. We are America's away team. The uncertainty caused by COVID-19 makes our mission of protecting America at sea more important than ever. That is why the U.S. Navy continues to operate forward every day.

As state and local officials begin to reopen communities, we must continue to fo-

cus on the health and safety of our Sailors and their families. It is vitally important for every individual to take personal responsibility to minimize risk to themselves, to their loved ones, as well as to the members of our team who may be more susceptible.

Each Fleet, region and installation will be on a conditions-based timeline to open. OSD and Service guidance will be released to assist Commanders in making these decisions. When we entered this pandemic, we quickly closed down services to minimize interactions and the spread of the disease. We will need to take a measured approach to opening up these services to prevent a recurrence of the disease. I expect local commanders to understand area conditions and to communicate prudent expectations and guidance up and down the chain of command. I trust our Sailors to follow these guidelines.

Each of us must continue to practice and

follow all public health measures necessary to minimize risk to our force and our families. Take responsibility. Show courage in speaking up if you see shipmates falling short. We have obligations for operational readiness and stringent requirements for health protection measures.

Continue to gather lessons learned at all levels, and prepare for another wave of COVID so that we can minimize the impact and be prepared, if that happens.

While I know we are asking a lot of our Sailors and families right now, with measures such as extended deployments and pre-underway Restriction of Movement (ROM) periods, these sacrifices are necessary to maintain a healthy force around the world. I appreciate your commitment to selfless service.

I know our Sailors' ability to adapt and respond has been nothing short of amazing and I am grateful. Your resiliency gives us all hope and assurance during these uncertain times.



MC2 Devin Bowser

Hospitalman Hadlie Hinojosa, assigned to the U.S. Navy's Expeditionary Medical Facility, prepares to deploy from Naval Air Station Jacksonville, Florida to New Orleans in support of the Department of Defense COVID-19 response. Personnel assigned to US Navy EMFs are trained to provide medical support, from emergency medicine to acute medical and surgical care. U.S. Northern Command, through U.S. Army North, is providing military support to the Federal Emergency Management Agency to help communities in need.

Crew endurance team emphasizes role of sleep in immunity

From Naval Postgraduate School Public Affairs

MONTEREY, CALIF.

The world is facing an extraordinary public health crisis with the arrival of the novel coronavirus, COVID-19. In unprecedented collaboration, the international scientific community has joined together to study COVID-19 and defeat the global pandemic it caused. Each day brings us closer to understanding the virus.

All of us are faced with an uncertain 'new normal' in our daily lives which is made more confusing by the constantly changing information we receive about the virus and best practices for preventing its spread. Some things are constant: wash your hands and practice social distancing. Another well-known and scientifically proven health practice has been shown to be essential for keeping our immune systems strong and resilient: sleep.

The immune system is how our body recognizes and defends itself against bac-

teria, viruses and substances that appear harmful. In response to a possible infection, the immune system springs into action. White blood cells, antibodies and other mechanisms go to work to rid the body of the invader. Like so many other bodily functions, our immune system is greatly influenced by our body's internal clock and the sleep-wake cycles that govern it.

The relationship between sleep and the immune system is complex but research shows that getting enough sleep is vital for a healthy immune system (Majde & Krueger, 2005). Many studies suggest that sleep actually helps our bodies create the cells we need to fight off pathogens (Benedict et al., 2007; Lange et al., 2006). Research has also shown that missing out on sleep increases your risk of getting sick following exposure to a virus, such as the common cold. In fact, one study at University of California San Francisco (UCSF) found that the risk of catching a common cold is about two times higher in those who sleep less than six hours per night compared to those who sleep more

than seven hours per night (Prather et al., 2015). Also, those who routinely sleep five hours or less per night have a greater risk of developing pneumonia and are more likely to have a respiratory infection compared to those who typically sleep seven to eight hours per night.

Another study by the same UCSF team found that the immunity of individuals who slept fewer than six hours the night prior to receiving a hepatitis B vaccination, compared to individuals who had slept more than seven hours, was much weaker six months after the vaccination (Prather et al., 2012).

These findings are very important to the military community where infectious diseases have been recognized as a threat to US armed forces for more than a century (Murray & Horvath, 2007). Severe respiratory infections have been particularly problematic in military recruit populations, where closely crowded living and working conditions result in greater exposure to a disease (Breese, Stanbury, & Upham, 1945). Mili-

tary members routinely face a broad range of physical and psychological stressors which, combined with poor sleep practices that reduce their immunity, provide a perfect breeding ground for an epidemic to spread. Because severe respiratory infections pose such a significant risk, many steps are taken to reduce their number and severity to include widespread vaccinations.

The close quarters of U.S. Navy personnel onboard ships make Sailors especially susceptible to the spread of infection, as was seen recently in the spread of COVID-19 aboard the USS Theodore Roosevelt. Long hours and demanding workloads, psychological stress, and sleep deprivation in military populations increase the risk of respiratory infections such as COVID-19 (Korzeniewski et al., 2013). Outbreaks result in enormous health care costs, lost workdays and compromised combat readiness.

Although getting adequate amounts of sleep daily does not guarantee that you will not get sick or contract COVID-19, making sure that you, your families and your co-workers are not sleep-deprived is a valuable weapon in your arsenal to fight against COVID-19. Make sure you take advantage of this simple weapon and GET THE EDGE!



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

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Mind, body and soul: Surviving COVID-19 pandemic

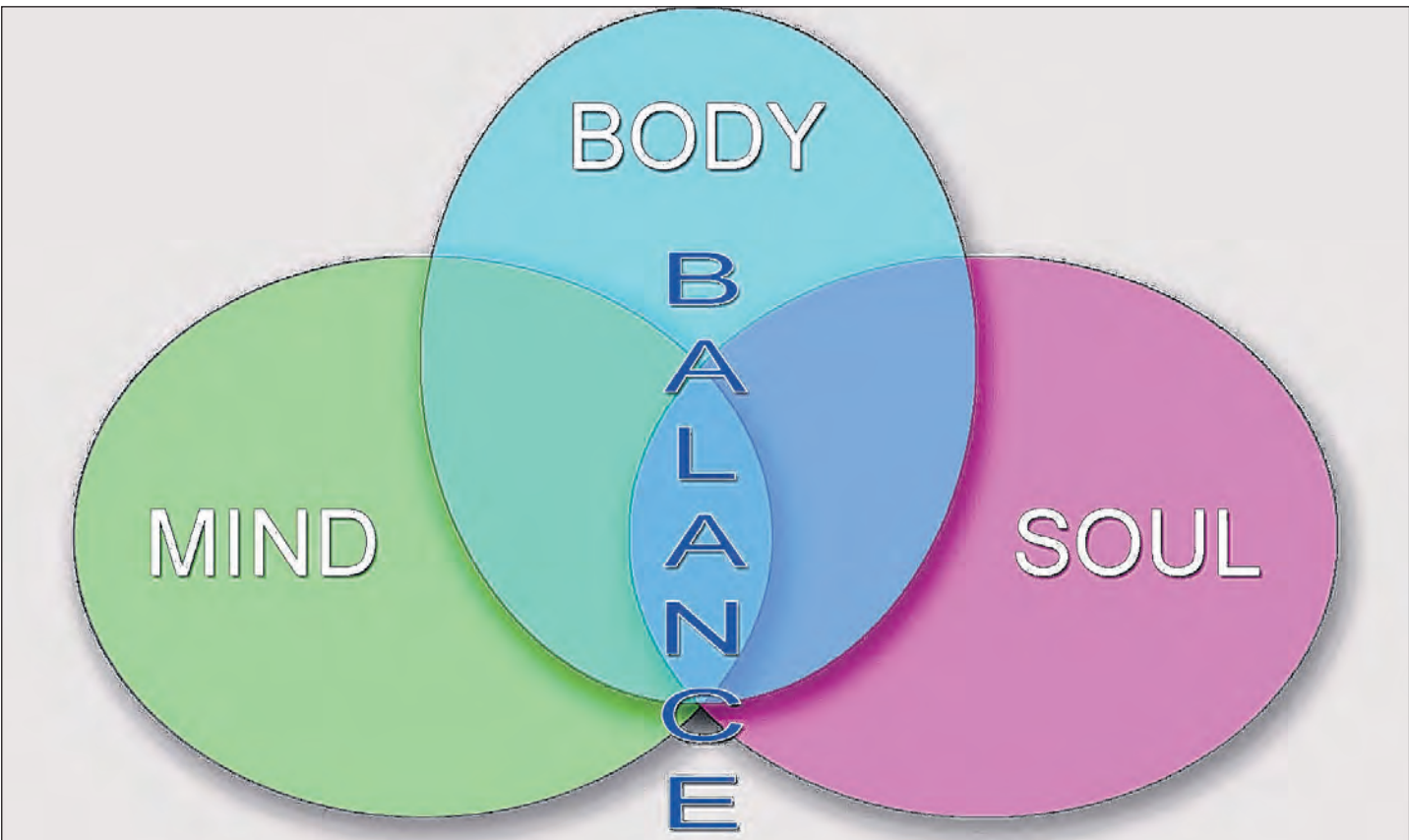
By Jacky Fisher
Naval Information Force Public Affairs

SUFFOLK
Stress runs in two directions. Work load, family obligations, traffic, lack of rest, deployment schedule ... these are all sources of stress, and can cause exponential problems when they occur together. Boredom can be another source of stress, especially for those of us “Type A” personalities. Boredom may be more difficult to identify as a source of stress, but both overwork and underwork may be combated.

When you become overstressed, you may feel a bit sideways, but you are not sure what to do, so you just press on. Do not ignore that feeling, even if you cannot name it. And it is OK. You, the Navy, the country, the world are all experiencing an unfamiliar and constant pressure from dealing with the worldwide pandemic officially called SARS-CoV-2, or Severe Acute Respiratory Syndrome Coronavirus 2. COVID-19 is the name of the disease caused by this new strand of coronavirus.

Naval Information Forces (NAVIFOR) recently hosted a three-person board of subject matter experts (SME) for a live Facebook Town Hall to field questions on ‘Mental / Behavioral / Spiritual Health and Building Resiliency during COVID-19.’ Capt. Bryan M. Davidson is a Clinical Health Psychologist in the US Public Health Service and serves as the Associate Department Head for Mental Health at Naval Medical Center Portsmouth. Capt. Melvin ‘Buck’ Underwood is NAVIFOR’s Force Chaplain; and participating in her third live Facebook Town Hall, is NAVIFOR Force Surgeon, Capt. Elizabeth Adriano.

The panel of three responded to questions emailed in advance or posted to Facebook during the Town Hall. A variety of topics were covered with many questions overlapping mental health and wellness, and physical and spiritual disciplines. ‘Discipline’ is a key component, as across the board most responses were prefaced or ended with, “You have to



Mind, Body and Soul overlapping creating Balance in a persons life.

Robert Fluegel

make a decision to ...”, “Set goals to ... “and “Take advantage of this time to ... ” Or as Adriano stated, “We have weapons in our arsenal to fight anxiety and stress caused by this dramatic shift in our lives. It comes down to making good lifestyle choices.”

“Turn off the news,” was Davidson’s advice to protect your mental health. “I saw this with the 9-11 crisis. Whether by nature of the story or the source, news is designed to spike anxiety and keep you tuned in. Be mindful of information overload. It’s good to be informed, but at reasonable intervals.”

“Be grateful and thankful. These are spiritual disciplines that require you making a choice. We are conditioned to ‘do’ so much; we forget to just ‘be’. In that quiet time as well as throughout the day, focus on what you do have and what is good in your life, and express that thankfulness as gratitude to the Creator,” said Underwood. “As people of faith, we should live above and beyond ourselves. I have friends who have lost their income and their ability to work at their jobs. See what you can do to help someone. Then you will find that you are not so focused on yourself.”

“Sleep is a powerful weapon in our arsenal. At least seven to eight hours of sleep will shore you up to handle the day ahead,” Adriano states. Then she listed off few things not to do to help with getting a good nights’ sleep. “You already know to stay away from stimulants like caffeine just prior to sleeping. Alcohol

will also disrupt your sleep cycle, even if it initially relaxes you. A nice shower or hot bath feel good, but heating your body up prior to sleep will have the reverse effect. It’s best to keep your room cool if possible, this will enhance your ability to get to sleep and stay asleep. Also, limit your intake of fluids for a few hours prior to bedtime. That will allow you to sleep uninterrupted by your bladder.” Both Adriano and Davidson stressed the importance of keeping your sleeping space work-zone free. “Your sleeping hours are for rejuvenating yourself,” said Adriano.

With max telework implemented for both military and civilians, it is important to establish boundaries between ‘work’ and ‘home’ environments. If possible, establish your work space separate from your living and family spaces. Davidson added, “Laptops, phones, and TVs are counter-productive to that goal. It is important to keep set hours for work.”

Eat balanced meals at appropriate times for your work schedule, and do not eat out of boredom. “Many of the things we’re telling you to do we should have been doing pre-COVID, and we should continue doing post-COVID,” Adriano said. “Simple things like frequently washing your hands, cleaning kitchen surfaces especially during and after food preparation, getting enough sleep, eating a balanced diet, and daily exercise ... all these elements combined help you to stay healthy

and handle stressful situations.”

All three SME’s offered advice along the same line for taking advantage of this time to clean out your mental closet, your closets at home, and even your spiritual closet. It does come down to making good decisions, but also knowing where to go should help be needed.

“Connecting with your command chaplain is a good starting point, and those conversations are completely privileged,” stated Underwood.

Stay connected with your chain of command for the latest on how the Navy is working to transition from Health Protection Condition-Charlie, or HPCON-C, back to HPCON-B & A, as well as for the reopening of military hospitals, Branch Health Clinics, and Dentistry in your local area. The Secretary of Defense is working with the Chief of Naval Operations to craft guidance governing this transition safely. That guidance is forthcoming.

The hour-long Town Hall is pinned to the top of NAVIFOR’s command Facebook page, , at <https://www.facebook.com/USNavyInformationDominanceForces>. Answers to questions that were not addressed during the Town Hall are posted in the comments. A list of resources is available on the Force Surgeon’s Portal page at <https://usff.navy.deps.mil/sites/NAVIFOR/N03CP/Pages/Home.aspx>.

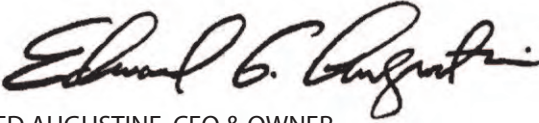


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U.S. Navy photo
USS Constitution is docked in Charlestown, behind a thank you. message, written by the crew in wooden letters and signal flags, to health care and emergency service workers currently supporting the fight on the global pandemic of Coronavirus (COVID-19), April 15.

USS Constitution CPOA donates \$1K to Boston Food Bank

From USS Constitution Public Affairs

BOSTON

USS Constitution’s Chief Petty Officer Association (CPOA) donated \$1,000 to the Greater Boston Food Bank to support those in the community who are struggling during the Coronavirus (COVID 19) pandemic.

“The USS Constitution chiefs mess is honored to be part of the Boston community,” said USS Constitution Command Senior Chief Jans Valdespou. “We are proud to make this small donation based on our principles of unity, service and navigation.”

The crew of USS Constitution regularly supports the Greater Boston Food Bank, and in 2019, the crew supported 15 events, contributing 350 hours of volunteer support.

“During these difficult times, we continue to be unified with our community, providing assistance needed to overcome adversity,” added Valdespou. “We lean on each other for support guided by our core values of honor, courage and commitment. We proudly make this contribution in support of those who have been impacted by this invisible enemy. Together we will come out victorious.”

The CPOA is a voluntary, non-federal organization consisting of Navy chief petty officers focused on organizing social events, community outreach and promoting the values of the chiefs mess.

USS Constitution closed in March due to the Coronavirus; however, the ship’s crew has given 48 virtual tours aboard Old Ironsides, which have received more than 1 million views.

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.usbcm.org.

“ During these difficult times, we continue to be unified with our community, providing assistance needed to overcome adversity,” added Valdespou. “We lean on each other for support guided by our core values of honor, courage and commitment. We proudly make this contribution in support of those who have been impacted by this invisible enemy. Together we will come out victorious

USS Constitution Command Senior Chief
Jans Valdespou



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E-Talent Team proves great success for Navy Recruiting

By Jordan Smith
Navy Recruiting Command Public Affairs

MILLINGTON, TENN.

Navy recruiters have a tough job. Historically they have been pulled in a many different directions trying to scout out talent, assess interest and eligibly of applicants and then onboard those who meet all of the qualifications. With leads coming in from all directions, it can be hard to engage those leads effectively. That’s where the E-Talent Team comes in.

E-Talent Teams are taking over for what were Leads Production Teams under the old model. These teams existed in each Navy Recruiting District (NRD), and provided administrative support pursuing the leads generated through marketing and advertising. However, this still proved to be daunting for the districts. Now, focused E-Talent Teams in each district thoroughly develop these leads, enabling recruiters to do what they do best: find qualified people in local High Schools, Colleges, and the civilian sector to join the Navy.

One of E-Talent’s main functions has shifted the role from administrative support to production, so now all of the marketing and advertising leads that come from national or local efforts go to the E-Talent teams instead of going to the field recruiters to call or engage. This shift alleviates the burden put on fieldrecruiters, but it also serves another purpose.

“There are a lot of areas that aren’t covered directly by a local recruiter out in the field,” said Petty Officer 1st Class Aaron Wollitz, E-Talent leading petty officer for NTAG Ohio River Valley, Ohio. “They wanted to have the ability to reach the people who are in those areas without having someone physically in that area.”

An E-Talent team resides in each NRD/NTAG and ranges from four to eight re-



MC3 Cody Anderson

Interior Communications Electrician 2nd Class Brandy Clevenger is highlighted in this week’s “Recruiter Spotlight.”

cruiting personnel. Each E-Talent scout will work those leads by calling and communicating via different platforms (e.g. texting, emailing, social media) to engage prospects or applicants. E-Talent scouts will blueprint applicants to determine their interest in the Navy, their eligibility, and ultimately get them ready to meet the recruiter face-to-face. By the time they do a face-to-face interaction with a recruiter, they’ve already expressed interest in joining the Navy and have been properly vetted as a potential future Sailor. Then the recruiter can work with that applicant to start the process for enlistment.

“The good thing about having an E-Talent Division is that it allows us to have singular focus on all of the leads that are generated either nationally or locally,” said Wollitz. “Now that we have a dedicated team of people who are working on nothing but leads, the ratios and contribution to goal and everything have skyrocketed.”

Another duty of the E-Talent teams is to increase social media presence at the local

level. Each individual NRD/NTAG will have a social media lead, and each E-Talent scout will be responsible for creating a social media platform to communicate with their target audiences in each of their areas of responsibility (AORs). This involves consistent posting and boosting of Navy content to create awareness. Not only do they engage the leads that they receive, but they are also responsible for increasing the number of local leads that are being generated across the Navy recruiting enterprise.

The implementation of the E-Talent Team has been wildly successful and has helped recruiters significantly, but all of this success wasn’t achieved without its challenges.

“One of the challenges definitely was the tracking of all of the leads as they came in and trying to get full dispositions on them and feed all of that information back up the chain of command for tracking purposes,” said Wollitz. “There wasn’t anything specifically in place, so I kind of created my

own way of doing it. At this point now, we have 100% tracking on every person that comes into our system.”

Petty Officer 1st Class Paul Burke, E-Talent leading petty officer of NTAG Nashville, believes their success comes down to one thing.

“It comes down to delivering the highest quality experience that you can,” said Burke. “This is an experience. Talking to people in the Navy is an experience. We own this disposition. If we focus on that disposition being as high quality as it possibly can be, the numbers will play out for themselves. This isn’t archery; this is horseshoes.”

Navy Recruiting Command consists of a command headquarters, two Navy Recruiting Regions, 14 Navy Recruiting Districts, and 12 Navy Talent Acquisition Groups that serve more than 815 recruiting stations across the world. Their combined goal is to attract the highest quality candidates to assure the ongoing success of America’s Navy.

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The aircraft carrier USS Dwight D. Eisenhower (CVN 69) sits in dry dock during a 14-month scheduled docking planned incremental availability at Norfolk Naval Shipyard, Oct. 29, 2013. MCSN Wesley J. Breedlove/

America's shipyard is open for business

By Michael Brayshaw
Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

With its long-standing motto of “Any Ship, Anytime, Anywhere,” Norfolk Naval Shipyard (NNSY) has long prided itself on the versatility, availability, and scope of its work, and those qualities are continuing to ring true during the COVID-19 pandemic.

Aligned with the daily communications of its parent command Naval Sea Systems Command (NAVSEA), America’s Shipyard is open for business. In achieving its dual aims of minimizing the spread of COVID-19 while maximizing the mission of delivering combat power to the fleet, NNSY has achieved a slew of accomplishments in recent weeks.

Completing maintenance early on USS Georgia (SSGN 729). Getting USS Gerald R. Ford (CVN 78) ready for certified status and readiness for naval aviation training. Completing critical path work on USS Wyoming (SSBN 742) to return it to the Fleet fully refueled and modernized. Achieving the first in-house cold spray repair of any of the four naval shipyards while supporting the USS George H.W. Bush (CVN 77) project. Given the different locations, challenges and variety of vessels for these NNSY accomplishments, what’s their one commonality? They were all achieved in recent weeks in spite of the pandemic.

NNSY is also riding a hot streak of Intermediate Level Submarine and Carrier work this fiscal year, completing all repairs and continuous maintenance availabilities on time or early, and finishing 6 of 7 carrier windows of opportunity maintenance periods on time.

“On maximizing our mission, I look at the accomplishments of recent weeks, some of which have reached the highest levels of naval leadership, and I’m proud of our continued efforts to provide superior quality and reliable delivery back to the Fleet,” said Shipyard Commander Captain Kai Torkelson to the workforce. “These are great demonstrations of what our high-performing teams are capable of, even while contending with COVID-19. I thank you all for your personal leadership and resilience during this challenging time as we continue to minimize the spread and maximize the mission.”

In its work supporting the fleet, NNSY has tapped into creative solutions that in some cases were inconceivable two months ago. For the work on Georgia, multiple teams initially supporting another availability were combined and partnered with Kings Bay’s Nuclear Regional Maintenance Department (NRMD-KB) and Trident Refit Facility (TRF-KB). When team members had to contend with performing this maintenance for the first time, NNSY’s Pipefitter Shop (x. 56) built a mock up station and transported it to Kings Bay to provide valuable hands-on training prior to personnel performing the work onboard. Undeterred by the novel challenges of both the work and the operating environment, team members were able to complete the maintenance early while practicing appropriate physical distancing and donning COVID-19 personal protective equipment (PPE).

NAVSEA Commander Vice Admiral Tom Moore said the safety measures leadership has implemented across all four public shipyards has helped to minimize additional cases. “We spread people out as much as

possible by adding a third shift which reduces the number of people aboard the shipyards at any one time. We’ve provided additional PPE, instituted a screening process for people entering the shipyards, installed plexiglass protection in some work spaces where we can’t put six feet between people, increased the amount of cleaning and disinfecting of work areas, and provided cleaning kits to the workforce.”

America’s Shipyard has been an innovation leader in implementing some of these safety and health measures such as enhanced screening procedures for every person entering NNSY. Along with the effort being highlighted by local media outlets, NNSY received queries from other government agencies aiming to implement similar measures. Early in the response when cleaning supplies and hand sanitizer disappeared from store shelves and supply inventory systems, America’s Shipyard assembled kits and made sanitizer from scratch in-house using the World Health Organization (WHO) recipe. Between NNSY’s Sail Loft, Insulation Shop and teleworking employees, more than 32,000 cloth face masks have now been produced with more than two-thirds distributed to the workforce of nearly 11,000 employees. Employees now have multiple facemasks to change out and launder as needed, with the shipyard building an inventory of 50,000 to have at the ready in case of a similar scenario in the future. NNSY even assisted its fellow NAVSEA command of Supervisor of Shipbuilding, Conversion and Repair, Newport News. When SUPSHIP was in need of face masks, the command put out a call on NAVSEA’s internal social media, and

NNSY answered that same day with 100 new face masks.

During the pandemic, NAVSEA activities including NNSY have gone beyond their mission requirements, partnering with communities and organizations across the country making masks, face shields and designing new oxygen delivery systems. As a friend of two Infectious Disease Doctors at Sentara Norfolk General, Code 105 engineer Aaron Bass heard about the hospital’s shortage of PPE. Bass then produced a substitute respirator and face shield mount on his home 3D printer, sharing that design throughout the NAVSEA enterprise so it could be mass produced. “The NAVSEA workforce is unlike any other in the world,” said Moore. “I’m humbled and impressed with the resilience and the innovative drive I see in our women and men. Despite the challenges we are facing, they are finding new ways each and every day to support the Navy. I call NAVSEA the ‘Force Behind the Fleet,’ and while that’s a catchy phrase, there’s real truth behind those words.”

America’s Shipyard has a full slate of deliverables in the next several months, including completing USS Wyoming’s Engineered Refueling Overhaul (SSBN 742), undocking USS George H.W. Bush (CVN 77) and USS San Francisco (SSN 711), all while welcoming USS Harry S Truman (CVN 75) for an Extended Carrier Incremental Availability. Aligned with the command’s organizational value of ownership, Torkelson sees these challenges ahead as opportunities to meet as America’s Shipyard continues to minimize the spread. “I’m proud to see how we’re making sacrifices and adjustments to maximize our mission this year,” said Torkelson. “Our workload in 2020 is full of opportunities to excel in readiness to the Fleet.”

Naval War College faculty steps up to assist NORTHCOM planning effort during COVID-19

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

NEWPORT, R.I.

A group of U.S. Naval War College faculty members has answered a call from U.S. Northern Command for help with contingency planning related to the COVID-19 virus outbreak.

A nine-person Newport team spent the month of April conducting conceptual planning for how the Defense Department might respond in various scenarios – natural disasters and other crises – if the nation’s maritime supply chain is disrupted and nation’s federal agencies are potentially overburdened by the COVID-19 response.

“Let’s say, there was a major hurricane on the East Coast of the United States. Typically, the Department of Defense might help with that in some way,” said Sean Henseler, deputy dean of the College of Maritime Operational Warfare. “But the question is, is there anything different in what our re-

sponse would be in the midst of COVID?”

U.S. Northern Command reached out to the military services for assistance, as the command’s planning experts were operating at maximum capacity. In turn, the Navy staff contacted the Naval War College. Other military services took part in parallel contingency efforts, resulting in four planning teams operating in think tanks and strategic studies groups representing the Navy and Coast Guard, Marine Corps, Army and Air Force.

“On behalf of the Naval War College, the College of Maritime Operational Warfare said we’ve got some planning expertise that we can use to lean into this and augment the NORTHCOM planning efforts,” Henseler said.

The Naval War College team – drawn from the College of Maritime Operational Warfare and the College of Leadership and Ethics – coordinated on a daily basis with the Coast Guard and focused on issues that

might affect transportation on the seas.

Being separate from the day-to-day hustle of NORTHCOM allowed the Newport team members to examine the broad picture, said Lt. Col. Jeffrey Schneider, a U.S. Army National Guard officer who teaches in the College of Leadership and Ethics.

“The value that we bring to the table is that we have the time to look at it. And also, we’re away from the daily problem enough that we’re insulated, so we can actually spend energy looking at the future fight,” Schneider said.

Team members were Henseler and Schneider and professors David Fuquea, Jim Donnellan, Jason Willenberg, Sean Carroll, Cmdr. Tom Gerstner, Cmdr. Ben Smith and staff member Jonathan Mosier.

The joint Naval War College-Coast Guard planning team started working in early April and delivered results to Gen. Terrence O’Shaughnessy, NORTHCOM commander, on April 24. NORTHCOM assigned a short follow-on project that the Coast Guard Commandant’s Advisory Group will take the lead on. Henseler said that work will be completed shortly.

The Naval War College faculty members said it was gratifying to answer the call to help with COVID.

“It is incredibly satisfying to be part of a team at the Naval War College that can contribute in a meaningful way to the Department of Defense and the NORTHCOM response at such a difficult time,” said

Fuquea, who teaches in the College of Maritime Operational Warfare and is a retired Marine Corps infantry officer.

Fuquea and others said they had some trepidation that meeting as a “virtual” planning team wouldn’t work, given the social-distancing guidelines that the Naval War College is following. However, the nine members met online almost daily and found they were able to function as a genuine team.

“Through video conferencing capabilities, it was as if we were in the same room. We were seeing each other face-to-face,” Fuquea said. “We could hear the tenor in the voices, the excitement or concern, and we were able to share and correct products in real time. We were all very pleasantly surprised.”

Team members noted that they were planning for negative scenarios, when unusual measures would need to be considered. Hopefully, those plans will never need to be enacted, Fuquea said.

“If none of those contingencies occur, some of the recommendations we provided probably will never be employed,” he said. “But if, for instance, we see multiple hurricanes strike during the upcoming hurricane season, and if agencies who normally handle those situations are degraded by COVID, then some of the recommendations that we came up with here in Newport will be of substantial assistance to the planners at NORTHCOM.”



U.S. Navy photo

Beginning May 1, all Navy Exchange Service Command (NEXCOM) civilian and military personnel and its affiliated contractors began receiving a health screening and temperature check prior to working in any facility which includes Navy Lodges and NEX retail stores worldwide. 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.

NEXCOM associates screened for COVID-19 symptoms

By Kristine Sturkie
Navy Exchange Service Command Public Affairs

VIRGINIA BEACH

Beginning May 1, all Navy Exchange Service Command (NEXCOM) civilian and military personnel and its affiliated contractors began receiving a health screening and temperature check prior to working in any facility which includes Navy Lodges and NEX retail stores worldwide.

“Our NEXCOM team of 14,000 strong continues to support our Navy, our Sailors and military families, working 24/7 creating new and innovative methods to provide in this challenging environment,” said retired Rear Adm. Robert J. Bianchi, CEO, NEXCOM. “While our teams are working hard around the world, the health and safety of our associates and patrons remains my priority, and the health screenings and temperature

checks should help ensure it.”

The health screening includes a questionnaire which asks the person’s travel history and any potential contact with anyone affected with COVID-19. It also includes questions pertaining to any current COVID-19 symptoms the person may be experiencing. Once each facility receives its hands-free thermometers, temperature checks will be added to the screening process.

Any NEXCOM associate or contractor that has a temperature of 100° (37.8°C) or higher will be directed to go home and contact their supervisor and healthcare provider. They can return to work once they have no signs of a fever or illness. NEXCOM’s 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.

NCIS: Beware of online sexual exploitation of children

From Naval Criminal Investigative Service Public Affairs

QUANTICO, VA.

Due to ongoing stay-at-home orders in effect across the country, more than 1.5 billion children increasingly rely on virtual platforms for educational purposes. While these virtual tools play a critical part in providing ongoing education to our nation’s children, the National Center for Missing and Exploited Children warns that spending more time online can also leave children vulnerable to online sexual exploitation by sexual predators.

Sexual exploitation comes in many forms. Predators may make casual contact with children online, gain their trust, and introduce sexual conversation that increases in seriousness over time. The cultivation of these relationships can also lead to the exchange of illicit images and the potential for meeting the child in person.

Although NCIS has not witnessed an increase in the number of child abuse or child exploitation investigations initiated in recent months, this does not necessarily mean that abuse or exploitation is not occurring, as often a significant amount of time passes between when abuse begins until it is reported to the authorities.

Online enticement happens across all platforms, so be aware of the sites, games, and apps your children frequent. Ask them to show you how they use them. Please also use these helpful tips from the NCMEC to protect children online:

- Set some ground rules. Discuss Internet safety with children of all ages. Establish clear guidelines like what types of sites they can visit, apps they can download, and when they can have access to electronics. Review and approve games and apps before they are downloaded. Consider “blackout” periods that require disconnection.
- Research before you buy. It is important to

learn about a device’s capabilities before you buy. Could it allow unknown people to communicate with your child? Could the device allow children to make unchecked purchases?

■ Go beyond safeguards. Make sure privacy settings are set to the strictest level possible for online gaming systems and electronic devices. Monitor your children’s use of the Internet and keep electronic devices in a common room of the house. Check your children’s profiles to see what they post online. Explain to your children that images posted online are permanent. Time, attention, and active conversation are the best tools to protect them.

Familiarize yourself with most common tactics used by predators to entice children so you can recognize and stop it:

- Developing rapport through compliments, discussing shared interests or “liking” their online post, also known as grooming.
- Engaging in sexual conversation/role-playing as a grooming method, rather than a goal.
- Asking for sexually explicit images of themselves or mutually sharing images.
- Sending or offering sexually explicit im-

ages of themselves. ■ Pretending to be younger. ■ Offering an incentive such as a gift card, alcohol, drugs, lodging, transportation or food.

Please also familiarize with the warning signs of a child experiencing online enticement:

- Spending increased time online.
- Getting upset when he or she is not allowed on their device.
- Taking extra steps to conceal what they are doing online.
- Receiving gifts from people you do not know.

Children who have been victimized may be hesitant to speak up due to embarrassment, which is why it is important to communicate regularly with your children. Make sure your children know that anyone who asks them to engage in sexually explicit activity online should be reported to a parent, guardian, or other trusted adult and law enforcement.

If you suspect a child may have been victimized by online enticement, please report it to NCIS using the NCIS Tips app or at www.ncis.navy.mil.

RTC | During visit, they discussed impact of coronavirus on training and mitigation efforts

Continued from A1

dedication you show every day to preserve the health and safety of our future force. It is great to visit such a hard-working and high-performing team.”

To help preserve the health of more than 4,000 Recruits at RTC, several health protection measures have been implemented, including enhanced social distancing measures, deep cleaning, and face-covering requirements, and direct-

ing essential active duty staff to remain aboard Naval Station Great Lakes. Recruits who arrive spend 14-days off site in a restriction of movement period and are asked to self-isolate prior to arriving.

“COVID-19 has tested our Navy and required us to make hard choices, especially at Great Lakes,” said Gilday. “Seeing the tremendous efforts you all are making here to ensure health and safety of the force as we train our future Sailors

is inspiring. And because of your efforts, I am confident that our future Sailors will be ready for whatever comes their way.”

Smith also echoed similar sentiments.

“The Recruit Division Commanders (RDCs) and support staff have truly embraced this innovative approach to continuing the process of preparing recruits for the fleet, while balancing the health and safety of all who are affected,” said Smith. “This isn’t business as usual, and serves as a clear example of the exceptional commitment our Sailors have to finding solutions to challenges that arise and threaten the Navy’s mission. I am so incredibly grateful for the service of

these selfless leaders, as well as the families who are supporting them - so passionate and dedicated to the singular cause of molding the future of our force. The recruits who are passing through Great Lakes need only to look upon their own RDCs and instructors to see some of the best examples of innovation and teamwork, the real power of unity and how to overcome adversity. These life-long lessons will accompany our newest Sailors wherever their careers take them.”

This trip was McPherson and Gilday’s first visit to RTC since assuming their current roles.

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U.S. and British ships depart Barents Sea

U.S. guided-missile destroyers and a British frigate departed the Barents Sea May 8, following seven days of Arctic operations.

See **B5**



MC2 Bryan Tomforde

The Ohio-class ballistic-missile submarine USS Tennessee (SSBN 734) gold crew returns to its homeport at Naval Submarine Base Kings Bay, Ga., following a strategic deterrence patrol. The boat is one of five ballistic-missile submarines stationed at the base and is capable of carrying up to 20 submarine-launched ballistic missiles with multiple warheads.

USS TENNESSEE WINS SECNAV AFLOAT ENVIRONMENTAL AWARD

By MC2 Alfred Coffield
Commander, Submarine Force Atlantic Public Affairs

KINGS BAY, GA.

The Ohio-class ballistic-missile submarine USS Tennessee (SSBN 734), homeported at Naval Submarine Base Kings Bay, was announced as the winner of the 2020 Secretary of the Navy (SECNAV) Afloat Environmental Award, April 21.

The SECNAV environmental programs recognize Navy and Marine Corps ships, installations and people for outstanding performance in promoting environmental stewardship.

Acting Secretary of the Navy James E. McPherson announced the SECNAV Envi-

ronmental Award winners and congratulated them via official message.

In his message, McPherson emphasized the importance of Navy environmental programs in achieving national defense strategy by taking a proactive role in enhancing mission effectiveness through the implementation of environmental programs to meet expanding mission requirements, protect and improve the environment, avoid and reduce future liabilities and build trust with partner nations.

Tennessee was previously awarded the 2014 SECNAV Award for Excellence in Submarine Safety, and the Chief of Naval Operations Environmental Awards in sub-

marine category for 2014, 2015 and 2016.

Representing the best among all submarines in the Atlantic Fleet, Tennessee’s leadership and crew demonstrated sustained commitment and success in environmental protection by emphasizing the importance of each Sailor’s role in environmental conservation.

“Tennessee is extremely deserving of this prestigious award, as every member of the crew has demonstrated commitment to environmental stewardship,” said Vice Adm. Daryl Caudle, commander, Submarine Forces. “Their dedication and deliberate implementation of environmental protection programs allowed them to accomplish our vital strategic deterrence mission while improving the environment in which they live, work and train.”

Cmdr. Justin Kaper, commanding officer, USS Tennessee (SSBN 734) (Blue) said there is a high level of communication and emphasis on environmental awareness across work centers, departments and crews.

“Tennessee’s environmental awareness program and hazardous material program has command-level attention and focus,” Kaper said. “Between our engaged training program and rigorous self-assessment, team Tennessee minimized our environmental footprint by fostering a culture where the entire crew supports sound environmental awareness and stewardship.”

With more than 350 Sailors between its two crews, Tennessee’s Blue and Gold crews exhibited exceptional excellence in training and assessment program management that contributed to environmental security, im-

See **AWARD | B7**

CNAL nurse reflects on National Nurses Day

From Commander, Naval Air Force Atlantic Public Affairs

NORFOLK

Navy nurses are joining peers worldwide to celebrate National Nurses Day on May 6, in a year of extraordinary effort in fighting the coronavirus (COVID-19) pandemic.

In addition to National Nurses Day, the nation will look to honor nurses for the service during National Nurses week, which runs from May 6-12. National Nurses Week is an internationally celebrated recognition event that was first observed in 1954 on the centenary anniversary of Florence Nightingale’s mission to Crimea.

For Navy nurses, May 13 also marks the 112th birthday of the Navy Nurse Corps. Then-President Theodore Roosevelt signed the Naval Appropriations Bill that authorized the establishment of the Nurse Corps as a unique staff corps of the Navy.

Cmdr. Charlene Rena Ohliger, from



MC2 Erika L. Kugler

Cmdr. Charlene Rena Ohliger, commander, Naval Air Force Atlantic (COMNAVAIRLANT) force nurse, poses for a portrait for National Nurses Day, onboard Naval Support Activity, Hampton Roads, May 6. 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.

A dose of dirt

By Lisa Smith Molinari

I’ve got dirt packed under my fingernails. There’s a blister the size of Delaware on my thumb. My face is sunburned in a distinctive raccoon pattern around my sunglasses. I’m walking with slight limp, thanks to the pain in my knee from too much squatting.

This happens to me every spring. As soon winter gives up its death grip on the soil, and the bees begin to buzz, I get the bug to plant things in my garden.

And now that we have been confined to our houses in coronavirus purgatory for months on end, we are all looking for something — anything for criminy’s sake — to interrupt our ceaseless monotony. People everywhere are knitting, puzzling, bird-watching, cooking, ping-pong playing, Netflix bingeing, bread baking, book reading, sewing, sketching, instrument playing, yoga-ing and biking with newfound vigor. Hobbies have become so popular, good luck ordering your favorite board game online these days, and beware that you may not find flour at the grocery store this

week.

Gardening is a top coronavirus pastime, and supplies are flying off the shelves almost as fast as toilet paper and hand sanitizer. Last week, when the grocery store displayed flats of annuals outside the entrance, and the hardware store offered specials on grass seed, I found myself in a half-panic, heaping my cart with flowers, shrubs, vegetables, seeds, pots, and mulch. I even grabbed four bags of manure just because it was there.

Needless to say, the drive home in my SUV was not exactly fragrant.

Back at home, I informed my husband, Francis, that we had to pull out the overgrown shrubs, weeds and swamp maples running along the back fence to make room for the new plants.

We found our shovels that hadn’t been used since last fall and went to work. We thought we’d leaver the root ball of each shrub out with a few scoops of the spade, but of course, the overgrown plants wouldn’t budge. One inch under the topsoil was a complex tangle of woody roots and random rocky deposits, the removal of which would have warranted the use of combat grade explosives.

For an hour, we chopped, hacked, tugged, and pulled, but still hadn’t uprooted anything, despite spewing every expletive in the book. We guzzled water between breathless attempts, as sweat soaked through our shirts. As if he was a middle-aged male version of Monica Seles, Francis grunted and groaned with every heave of the shovel. Finally, the last stubborn root broke free, and we triumphantly

hurled a severed bush away.

One down, only nine more to go.

Needless to day, the next day after we removed all four shrubs, two diseased rhododendrons and a few swamp maples, Francis and I could barely walk. It took me a week to recover enough energy to plant the items I’d purchased at the Garden Center, and my knee still feels like it’s going to buckle like some kind of hyperextended rubber Barbie Doll leg.

This week, I finally managed to get those new plants into the garden beds and pots. Although it doesn’t exactly look like the recreation of Epcot that I’d imagined, I satisfied my spring gardening fix.

I crave the release of digging in the dirt every spring. Pandemic or no pandemic, I long to revive my hibernating muscles with the rigors of yard work. I smell the aroma of freshly mulched borders, see the hues of artistically arranged beds, and taste the refreshment of a cold beer after a long day outdoors. I envision myself, in a flowered sundress and straw hat, walking through my abundant garden barefoot on a future hot midsummer day, placing my own freshly cut flowers, aromatic herbs, and plump vegetables into a basket.

In reality, it never quite turns out that way.

I’m always dumbfounded when the tomatoes suffer from bottom rot and the azaleas have blight. Thankfully, my horticultural urgings are more about the therapeutic process than the end result. My blistered thumb might not be green, but this spring as I seek catharsis, our garden has already paid me back in spades.

www.themeatandpotatoesoflife.com



Q: We are currently dissatisfied with our housing and are trying to find other alternatives. Our lease ends soon; how can we find different housing?

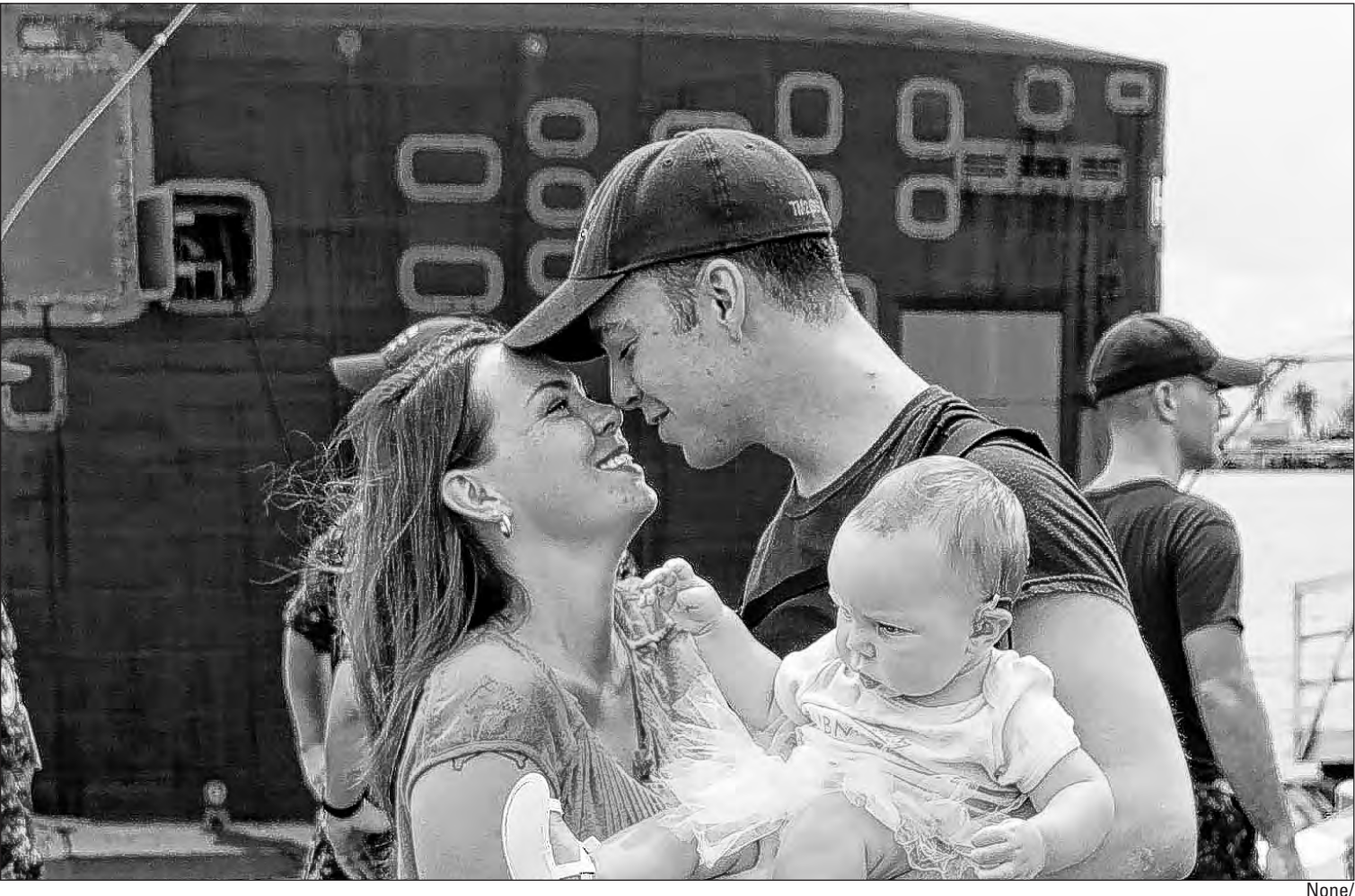
A: Your best resource for all types of housing, including local community housing, is your Housing Service Center. They will be able to assist you with all your housing needs. Make sure to ask about the Rental Partnership Program and other cost-saving programs in your area.

NAVY HOUSING
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None/

Military spouse support

By Military OneSource

If you’ve recently married into the military, or you or your spouse has just joined, you may be feeling both nervous and excited about the future.

During the adjustment period, spouses take on new roles, adapt to new schedules and learn new ways of handling many of life’s obstacles. To successfully do so, it’s helpful to know about the military spouse support available to you.

WHAT’S ON THE INSTALLATION

Your installation Military and Family Support Center is a good place to start for anything from local recreational opportunities to a personalized introduction to installation services including spouse career and employment opportunities, personal financial management classes, activities for children and families, military spouse resources and more.

STAYING POSITIVE DURING A DEPLOYMENT

The power of being positive along with a little help from friends and family can make time apart from your partner your time to shine. Follow our tips to stay positive and make that time go by just a little bit faster.

LIVING ON AN INSTALLATION FOR THE FIRST TIME

- You may experience many emotions if you’re planning to live on an installation for the first time as a military spouse. While it’s perfectly understandable to feel some uncertainty, there are several ways to ensure the transition is a success.
- Be proactive and keep a positive attitude. Take advantage of opportunities offered to you on the installation.
 - Get your children involved in activities. The installation youth center offers a wide range of sports, activities, events and social clubs. This is also a great way to meet other parents.

- Get to know your neighbors. Other families are getting used to the new installation too.
- Participate in military community activities. Pay attention to upcoming events and join in the fun. You can try new things and meet new people at the same time.

STAY IN TOUCH WITH THE MILITARY SPOUSE ONLINE COMMUNITY

You might be amazed at what you can accomplish on your own and with a little help from other military spouses. The Blog Brigade is the place to read about tips from other military spouses around the world.

SPOUSE EDUCATION AND CAREER OPPORTUNITIES

- Continuing your education or advancing your career when you’re constantly on the move can be tough. But there are many employment and education resources that are only available to military spouses.
- Whether you’re in need of help writing a resume or simply deciding what career is best for you, the MySECO website is your one-stop shop. MySECO provides education and career guidance to military spouses worldwide, offering comprehensive resources and tools related to career exploration, education, training and licensing, employment readiness and career connections.
- Depending on your individual interests and skills, there are many job opportunities available to you. Get your resume ready and explore what’s out there on and off the installation.
- There certain preferences for military spouses when applying for Department of Defense civilian jobs. With the help of the Military Spouse Jobseeking Program, you can build your career as you move with the military.
- If your job requires a professional license or certification and you move due to a permanent change of station, you can apply for up to \$1,000 in reimbursement of relicensure or certification fees from your service branch.

WORKING OVERSEAS

A move overseas can shake up your world as new possibilities and experiences await you. Finding a job overseas as a military spouse presents a unique set of challenges. Here are some tips to help you with your search.

CONFIDENTIAL NON-MEDICAL COUNSELING

Both Military OneSource and the Military and Family Life Counseling Program offer services for life situations, such as coping with deployments.

HAVING A BABY WHEN YOUR PARTNER IS DEPLOYED

- If you ask any mom, not much is as thrilling and emotional as having a baby. When your partner is deployed, there are ways to bridge the distance before and after your child’s birth.
- Enroll in the right TRICARE region.
 - Enroll in childbirth classes at your installation’s hospital or military treatment facility.
 - Get a medical power of attorney. Choose someone you trust to make medical decisions on your behalf in the unlikely event medical staff can’t get your or your partner’s consent. Visit your legal assistance office for more information.
 - Familiarize yourself with local Red Cross procedures. This way, when you go into labor you can have your medical provider notify your partner.

WHEN YOU BECOME YOUR SPOUSE’S CAREGIVER

When your spouse is severely injured or has a debilitating illness, you face the prospect of starting a whole new chapter of your life — one you hadn’t expected. Becoming your spouse’s caregiver presents a unique set of challenges that can affect you emotionally and physically, and can often seem overwhelming. Read about common reactions to becoming a caregiver, resources for support and tips on taking care of yourself throughout the caregiving process.

DoD

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MC2 Tyler John

The U.S. Naval War College (NWC) holds a graduation ceremony. Fifty-seven students from NWC's College of Naval Warfare and College of Naval Command and Staff were recognized for their achievements and received either a Master of Arts degree in National Security and Strategic Studies or a Master of Arts degree in Defense and Strategic Studies.

Greater emphasis on education and learning in FITREPs

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

The Navy's recent deep dive into the value of higher education moved from idea to reality as the service will now require officer fitness reports to detail an individual's educational and learning achievements as well as how these pursuits contributed to their unit's mission effectiveness during a reporting period.

Announced in NAVADMIN 137/20 on May 7, this latest initiative shows Navy leadership's commitment to the idea that career-long military learning isn't only community or job-related technical or tactical training. Navy senior leadership wants this knowledge to be combined with higher education, a commitment to continuous learning, and the resulting critical thinking and analysis skills to build the

Navy of the future.

This change is a logical next step in a path the Navy has been on for nearly two years, starting with the Education for Seapower Study which was published in December 2018.

"To deter and outfight potential opponents in a world defined by great power competition, our force of professionals is going to have to outthink them, and we can only do that through continual learning and education," said the acting Secretary of the Navy James E. McPherson of the performance system changes.

"Our action today will ensure that our talent management system rewards officers who advance warfighting effectiveness through intellectual development and represents an important milestone as we implement our comprehensive Education for Seapower Strategy."

According to the message, officer fit-

ness reports must now detail what each individual in the service has done since their last report to further their education and support a culture of continuous learning. This will provide necessary information to Navy selection boards that will be directed to place an even greater emphasis on education and learning during their deliberations.

"The value that education and continuous learning brings to our Navy team is undisputed and directly supports our ability to deliver decisive naval power when called," said Rear Adm. Jeff Hughes, deputy chief of naval personnel who oversees Navy selection boards at Navy Personnel Command. "It is imperative to document an individual's commitment to intellectual growth in ways beneficial to the Navy, and the extent to which these achievements increase the breadth and depth of warfighting and leadership aptitude."

The Navy updated its Navy Performance Evaluation System instruction - BUPERS Instruction 1610.10E to reflect these changes. It details where and when reporting seniors must document and assess each individual's educational and learning achievements during a reporting period as they would things like their tactical performance or military bearing/character for example.

What will be considered includes for-

mal education and learning such as resident and non-resident professional military education coursework, professional and academic qualifications and certifications, and civilian education courses.

Even more informal learning is encouraged, including personal reading programs that include, but are not limited to selections from the Chief of Naval Operations' Reading List. Also, participation in discussion groups and military societies, writing in national security or military journals, as well as involvement in learning through new technologies will qualify.

This program is initially starting with the officer community based on their smaller numbers and existing educational opportunities and will be rolled out force wide once it is determined how to effectively measure the additional inputs. The continuing education of the entire force is extremely important. A full rollout will be done in a deliberate manner to ensure the Navy's enlisted warfighters remain focused on their technical trades while balancing formal education and continuous learning. Ultimately, this program, and the continuing education it encourages is designed to ensure that the Navy is developing and deploying more capable and effective leaders and technical experts.

Exactly which trait grades and how seniors are to use the updated evaluation criteria are detailed in the message.

Montgomery, Cesar Chavez operate near West Capella

By Lt. Lauren Chatmas, Destroyer Squadron SEVEN Public Affairs

SOUTH CHINA SEA

The Independence-variant littoral combat ship USS Montgomery (LCS 8) and the Lewis and Clark-class dry cargo ship USNS Cesar Chavez (T-AKE 14) conducted presence operations in international waters and airspace near Panamanian flagged drill ship, West Capella, May 7.

Through continued operational presence in the South China Sea, the U.S. Navy supports transparency, the rule of law, freedom of navigation and overflight, the principles that underpin security and prosperity for the Indo-Pacific, so that all nations in the region may benefit.

According to Rear Adm. Fred Kacher, commander of Expeditionary Strike Group 7, Montgomery and Cesar Chavez's presence in the South China Sea demonstrate the U.S. Navy's continued commitment to the region.

"USS Montgomery's operations with the USNS Cesar Chavez highlight the flexibility and agility of our naval forces in this vital region," said Kacher. "Our forces fly, sail and operate in the international waters of the South China Sea at our discretion and in accordance with maritime norms and international law, demonstrating the wide range of naval capability we have available in the Indo-Pacific."

Adm. John Aquilino, commander of the



AWS3 Christopher Fred

The Independence-variant littoral combat ship USS Montgomery (LCS 8) conducts routine operations near Panamanian flagged drillship, West Capella, May 7. Montgomery is on a rotational deployment to USINDOPACOM, conducting operations, exercises and port visits throughout the region and working hull-to-hull with allied and partner navies to provide maritime security and stability, key pillars of a free and open Indo-Pacific.

U.S. Pacific Fleet stressed that U.S. forces would stand with regional friends and partners to resist coercion and oppose unlawful claims to international waters and resources.

"We are committed to a rules-based order in the South China Sea and we will continue to champion freedom of the seas and the rule of law," said Aquilino. "The Chinese Communist Party must end its pattern of bullying Southeast Asians out of offshore oil, gas, and fisheries. Millions of people in the region depend on those

resources for their livelihood."

A part of Military Sealift Command (MSC), Cesar Chavez is underway in the Indo-Pacific region, delivering essential supplies, fuel, cargo and equipment to warfighters throughout the region. MSC operates approximately 125 non-combatant, civilian-crewed ships that replenish U.S. Navy ships, conduct specialized missions, strategically preposition combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.

Attached to Destroyer Squadron (DESRON) 7, Montgomery is on her rotational deployment to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific.

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

Program Office, NAVAIR, NAVSUP resolve arresting hook supply shortfall

From Program Executive Office Tactical Aircraft Public Affairs

PATUXENT RIVER, MD.

A significant shortfall of arresting hook availability has been reversed, thanks to an incredible show of teamwork from F/A-18 and EA-18G Program Office (PMA-265) team members as well as the NAVAIR and Naval Supply Systems Command (NAVSUP).

This teamwork, including the organization and facilitation of an Arresting Hook Summit by PMA-265 personnel, allowed the program office to dramatically reduce numbers of Issue Priority Group 1 (IPG1) aircraft and arresting hook back orders, said Mark Harris, the PMA-265 Landing Gear deputy assistant program manager for logistics (DAPML).

“Without several key assists from PMA-265, this shortfall could not have been reversed,” Harris said.

The arresting hook shortfall, which affected both F/A-18 Super Hornet and EA-18G Growler aircraft due to their shared airframe, was identified by NAVAIR nearly four years ago and was the result of the shutdown of the sole arresting hook repair facility, Harris said.

Bruce McIntosh, PMA-265 landing gear systems contractor support services, said NAVAIR Fleet Support Team (FST) provided notice about a processing error, identifying 151 subcomponents of the arresting



An F/A-18F Super Hornet, attached to the "Gladiators" of Strike Fighter Squadron (VFA) 106, lands on the flight deck of the aircraft carrier USS Gerald R. Ford (CVN 78) during flight operations, March 27. Ford is currently underway in the Atlantic Ocean conducting carrier qualifications.

MCSA Riley McDowell

hook assembly that needed to be replaced. The notification stipulated that aircraft found ashore with these subcomponents should not deploy, and aircraft that were already deployed were required to be inspected within 43 traps. After 43 traps, the tail hook components would be removed and turned in for maintenance. Affected hooks were moved to non-deploying aircraft in order to limit grounded aircraft.

McIntosh and PMA-265 Landing Gear DAPML Rick Lee discovered the demand for arresting gear hooks was much higher than the official 10 per month, something that was not immediately apparent. McIntosh and Lee notified NAVSUP, prompting them to start making spares purchases, searching for other sources to make repairs and begin the process of getting a contract for approximately 900 spare arresting hooks.

McIntosh and Lee set up an Arresting Hook Summit at Naval Air Station Oceana,

Virginia, in 2018 to discuss ways to address arresting hook back orders and mitigate IPG1s, McIntosh said. They developed a plan with NAVAIR engineering for an extension on how many traps an arresting hook could perform in order to reduce the demand for spares and presented the plan to leadership at the summit.

A 10 percent extension, from 300 to 330 traps between overhaul requirements, was initially authorized by Program Executive Office for Tactical Aircraft Programs (PEO (T)), with extensions up to 400 and 500 traps being authorized on a case-by-case basis followed by the immediate removal from service upon reaching the extended life span.

“I was honored to have had a hand in the process of getting this extension approved,” said McIntosh.

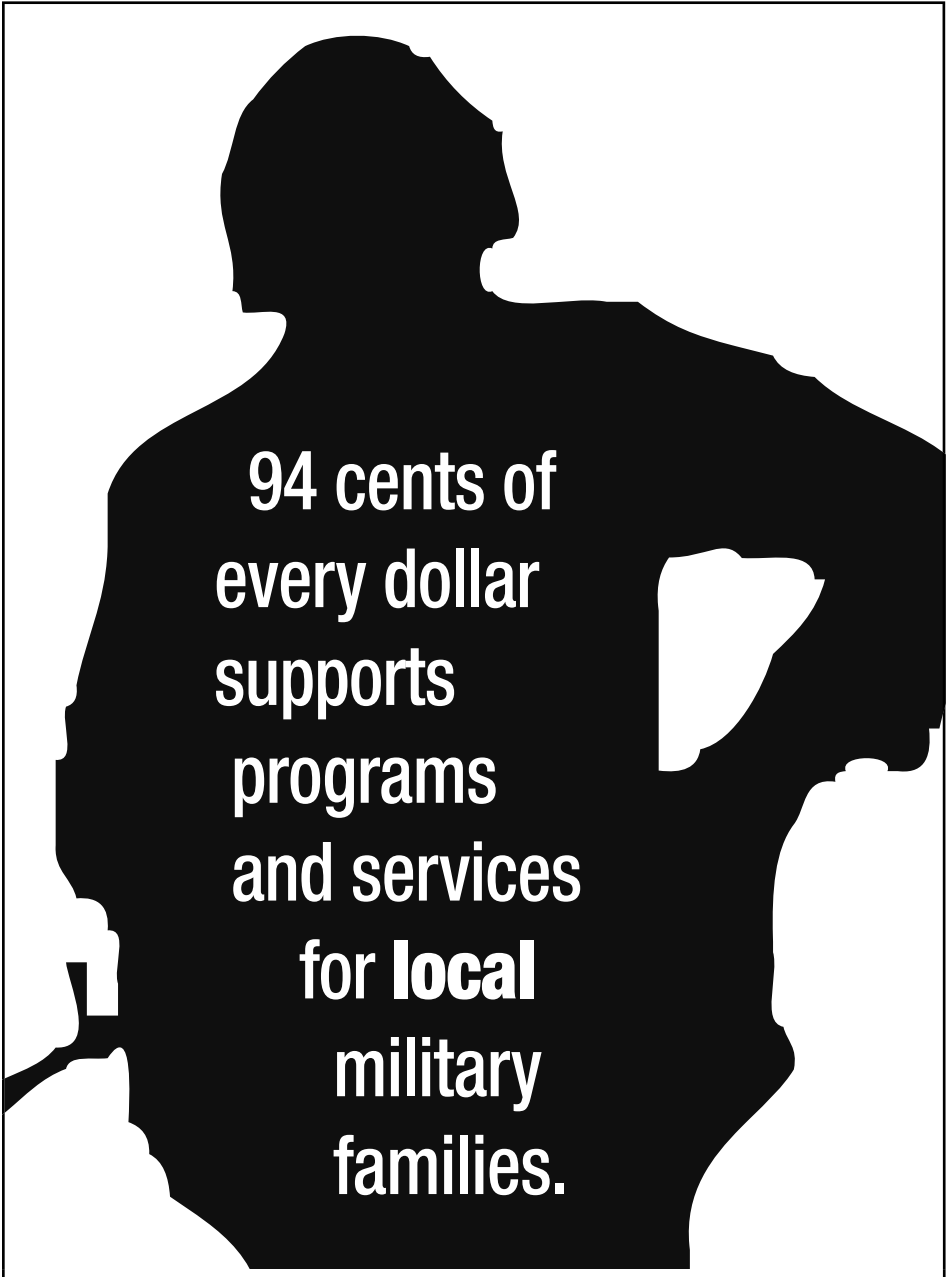
The extension of traps combined with the qualification of two new tail hook repair sources and an aggressive delivery schedule

for spares ultimately allowed PMA-265 to go from 73 IPG1s and over 150 back orders to zero IPG1s and roughly 20 back orders while simultaneously accommodating a monthly demand of 17 arresting hooks to support fleet operations, said Harris.

“There are 70 separate processes that have to occur to make an arresting hook, filled with inspections and detailed processing steps,” he said. “It’s pretty amazing that anyone can produce that many hooks.”

Capt. Jason Denney, PMA-265 program manager, said that this level of teamwork and high-quality performance is what he has come to expect from PMA-265 team members.

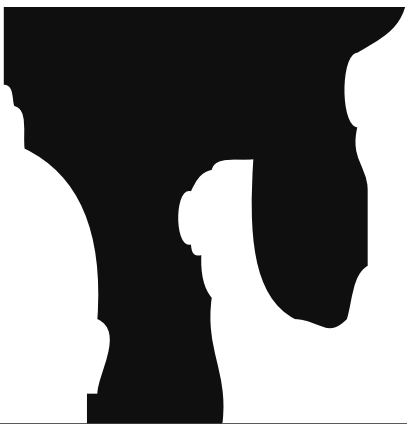
“There was significant teaming between PMA-265, NAVAIR and NAVSUP to qualify additional repair sources as well as expedite spare and repair deliveries,” Denney said. “This organization is no stranger to hard work and dedication. I’m extremely proud of our PMA-265 team members.”

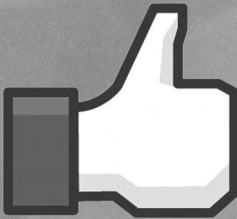


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LPhoto Dan Rosenbaum

The Royal Navy Type-23 Duke-class frigate HMS Kent (F78), front, and the Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) conduct joint operations to ensure maritime security in the Arctic Ocean, May 5.

U.S. and British ships depart Barents Sea, continue Arctic operations

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

BARENTS SEA

U.S. guided-missile destroyers and a British frigate departed the Barents Sea May 8, following seven days of Arctic operations.

The surface action group (SAG) comprised of U.S. 6th Fleet (C6F) Arleigh Burke-class Aegis destroyers USS Donald Cook (DDG 75), USS Porter (DDG 78), USS Roosevelt (DDG 80), fast combat support ship USNS Supply (T-AOE 6), and Royal Navy’s HMS Kent (F 78) entered the Barents Sea on May 4 to conduct training and operations in the challenging conditions of the Arctic region. Along with the warships, U.S. Navy P-8A Poseidon maritime patrol and reconnaissance aircraft (MPRA) and U.S. Air Force RC-135 reconnaissance aircraft provided support during training and operational events.

“The Arctic is an important region and our naval forces operate there, including the Barents Sea, to ensure the security of commerce and demonstrate freedom of navigation in that complex environment,” said Adm. James G. Foggo III, commander, Naval Forces Europe and Africa. “Our operations with the U.K. demonstrate the strength, flexibility, and commitment of the NATO Alliance to freedom of navigation throughout the Arctic and all European waters.”

As the Arctic continues to become more accessible to maritime traffic, naval proficiency in the region is critical to regional security, global commerce, and American national interests. The SAG’s operations provided the opportunity for Sailors to demonstrate their readiness for sustained Arctic operations in the unique and challenging

environment.

“It was great to be operating in the Barents Sea again,” said Capt. Joseph A. Gagliano, commodore, Combined Task Force 65, and commander, Destroyer Squadron 60. “This is what it means to be a global Navy, sailing wherever international law allows. And it is even better that we returned with the Royal Navy by our side,”

The joint SAG, made up of approximately 1,200 Sailors from two nations, conducted high-end, sustained operations, combined and divisional surface warfare tactics, refined coordinated operations with U.S. Air Forces Europe, and reinforced Arctic communications capabilities, while maintaining proficiency in critical warfare areas.

“NATO Allies are working together to respond to the coronavirus pandemic, even as the Alliance continues to deliver credible and effective deterrence and defense throughout the European region,” said Foggo. “Our ability to conduct maritime operations hasn’t been undermined, our forces remain ready and engaged in our critical work to ensure maritime trade continues and vital supplies are able to move where they are needed the most.”

With support from Supply, the ships maintained continuous operations through replenishments-at-sea. Conducting these complex evolutions allow U.S. and allied ships to remain uninterrupted on station for long periods of time.

“These operations demonstrate the importance of logistics, the sixth domain of warfare, especially when operating during a pandemic, in the seventh domain,” Foggo. “We are seeing the importance of presence, as we work together to fight the coronavirus pandemic. Working with our allies and through our presence, we continue to send a

power message – we’re open for business.”

Porter, Donald Cook, and Kent recently completed a bilateral naval anti-submarine warfare exercise in the Norwegian Sea. A U.S. nuclear-powered submarine and a P-8A also participated in the exercise. This exercise reinforced the combined training that the nations received last month while participating in the U.K.’s Submarine Command Course.

“These Arctic operations in the Barents Sea demonstrate the ability of our crews to execute every mission in any maritime environment,” said Cmdr. Craig Trent, commanding officer of USS Porter (DDG 78) and surface action group commander (SAG). “Our steady exercises, operations and presence in waters surrounding Europe and Africa have prepared our ships to work seamlessly with each other and our allies to provide maritime security.”

U.S. ships in the SAG have been operating with partner nations throughout European seas over the last month. Porter conducted a communications and maneuvering exercise with Romania in the Black Sea, April 13. Following her departure from the Black Sea, Porter met with Supply and Roosevelt to work with the Italian Navy in the Mediterranean and with the French Navy in the Atlantic, April 27 to conduct interoperability exercises. Prior to joining the SAG, Donald Cook operated in the Baltic Sea, sailing with the Lithuanian Navy.

Allied and partner navies must remain proficient in all operating environments to ensure the continued security and access to the seas. This is especially critical in the Arctic, where the austere weather environment demands constant vigilance and practice.

“Usually, having the midnight watch is

tough as you’re straining to see contacts and obstructions in the water, but it doesn’t get dark here -- it just gets dim as the sun dips below the horizon for a few hours and then it’s sunrise again,” said Ensign Jeremy Shockley, Roosevelt’s assistant chief engineer.

The ships are applying lessons learned from recent operations in the Arctic while increasing their navies’ abilities in cold weather conditions. To successfully operate in the region, Sailors must master navigation, logistics, and communications in the harsh environment. The SAG operations in the High North are the latest in a series of U.S. ships operating in 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, Donald Cook and a SAG from U.S. 2nd Fleet led by USS Normandy (CG 60) and USS Farragut (DDG 99), also operated separately north of the Arctic Circle.

“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 Gagliano. “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.”

The three U.S. destroyers, based out of Rota, Spain, support NATO’s integrated air missile defense architecture and maritime security operations throughout the global commons in Africa and Europe. Commander, Task Force 65 ships consistently demonstrate the flexibility to operate throughout the waters of Europe and Africa, from the Cape of Good Hope to the Arctic Circle, exhibiting a mastery of the maritime domain.

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.

USS Mason earns the Bloodhound Award

From Naval Surface Force Atlantic Public Affairs

NORFOLK

For meritorious anti-submarine warfare (ASW) preparation and prowess, the guided-missile destroyer USS Mason (DDG 87), was awarded the Atlantic Fleet’s Bloodhound Award today during an onboard ceremony.

Representing the best of the best, each year, the Bloodhound Award is presented to one ship in the Atlantic Fleet and one in the Pacific Fleet, which displays the highest level of ASW warfighting readiness. It is a

critical mission area. The Bloodhound Award winner features unique proficiency and dedication towards the ASW mission area and stands out in both the training and operational aspects.

“It’s an honor serving with the amazing Sailors in Sonar Division and the rest of the Mason team,” said Lt. Robert Stankewitz, the ship’s anti-submarine warfare officer. “Everyone played an integral part in earning this award.”

Mason’s ASW team began their anti-submarine warfare qualifications during the ship’s 2018 basic phase training cycle and was certified during their composite

training unit exercise prior to the 2019 deployment. Sensor operators and sonar suite technicians used training opportunities provided by the Center for Surface Combat Systems (CSCS) and Afloat Training Group Norfolk (ATGLANT) and demonstrated time after time their mastery of the SQQ-89A(V)15 ACB09 suite along with their warfighting proficiency of the underwater domain.

During the 2019 deployment to the U.S. 5th and 6th Fleet areas of operation, the crew successfully conducted multi-warfare missions under heightened regional tensions while enhancing maritime security and freedom of navigation in those regions of the world. Despite the arduous nature of the ship’s operations, the technical and tactical proficiency of her crew sustained a high level of combat and materiel readiness. Following her deployment, the crew continued to build on their exceptional

reputation and flawlessly conducted operations and training exercises in the Western Atlantic Ocean while also making preparations to enter a Depot Modernization Availability.

“The team really came together; ASW is a team effort that spans the entirety of the ship from the sensor operators to the bridge and engineering plant,” said Chief Sonar Technician (SW) Michael DellaPosta. “Mason Sailors have worked cohesively to maintain the highest state of equipment readiness necessary to ensure mission success and flawlessly demonstrated unmatched tactical prowess in anti-submarine warfare tactics.

“I have never been more proud of this ship or our Navy.”

Mason, which also earned this award in 2015, will humbly and proudly fly the coveted ASW Bloodhound pennant until next year.



U.S. Navy photo

Two MH60-R Sea Hawk helicopters assigned to the 'Swamp Foxes' of Helicopter Maritime Strike Squadron (HSM) 74 conduct a fly over of USS Dwight D. Eisenhower (CVN 69) during a change of command ceremony, May 1. HSM-74 is deployed as part of the Eisenhower Carrier Strike Group to the U.S. 5th Fleet areas of 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.

HSM-74 changes command aboard USS Dwight D. Eisenhower

By Lt. Natasha Reyes
HSM-74 Public Affairs

ARABIAN SEA

Helicopter Maritime Strike Squadron (HSM) 74 held an aerial change of command ceremony while deployed aboard USS Dwight D. Eisenhower (CVN 69), May 1.

The ‘Swamp Foxes’ of HSM-74, are a U.S. Navy helicopter squadron stationed at Naval Air Station Jacksonville. They are currently attached to Carrier Air Wing (CVW) 3 and deployed aboard four ships, USS Dwight D. Eisenhower, USS San Jacinto (CG 56), USS James E Williams (DDG 95) and USS Truxtun (DDG 103). The Dwight D. Eisenhower Carrier Strike Group is conducting operations in U.S. 5th Fleet to support maritime security operations in international waters, alongside our allies and partners.

During the at-sea ceremony, Cmdr. Thomas Eisenstatt was relieved by Cmdr. Daniel Murphy II.

The aerial change of command is a time honored Naval naval tradition amongst naval aviators and the change of command ceremony directly supports the Chief of Naval Operations (CNO) guidance issued to the Navy on April 8 on maintaining laser focus on the fleet and warfighting readiness. “We must be laser-focused on the Fleet – from manning to maintenance, and from training to warfighting. Operational readiness is our job... and every one of us has a role. Nobody sits the bench.”

Eisenstatt expressed his gratitude to HSM-74 in a farewell letter to families stating, “It was a pleasure serving as commanding officer of this great squadron. This squadron did great things because of your Sailors. Thank you for all you do at home

supporting them.”

HSM-74 has accomplished myriad objectives during Eisenstatt’s tenure. The squadron completed a rigorous work-up cycle from the while overcoming the hurdles of being based out of Jacksonville, Florida, and attached to a Norfolk-based carrier strike group during a very active hurricane season. Additionally, Eisenstatt flawlessly managed the four combat elements of HSM-74 and fully integrated an independently deployed detachment from a sister squadron, vastly increasing the lethality of the strike group.

A native of Penn Township, Pennsylvania, Eisenstatt graduated from Tulane University, earning a Bachelor’s of Science degree in Engineering Science in 2001, and was commissioned as an Ensign in the U.S. Navy via the Naval ROTC program. Upon the completion of flight training, he was

designated a naval aviator and received his “Wings of Gold” in 2002.

Eisenstatt wished Murphy the best as he turned over the reins of his squadron.

“Cmdr. Murphy is a great warfighter, leader, and friend. I can think of no better officer to hand over the title of “Skipper” and command to,” said Eisenstatt. “I look forward to Skipper Murphy leading the Swamp Foxes to continued excellence.”

Murphy expressed pride at being selected to lead HSM-74 and looks forward to the challenges that are ahead.

“I am honored and humbled to have the opportunity to lead the Swamp Foxes,” said Murphy. “This is an impressive squadron and has a tradition of excellence. I am grateful to Skipper Eisenstatt for his friendship and mentorship. HSM-74 will continue to serve on the front lines, wearing our nation’s cloth and defending freedom.”

HSM-74 is a direct report to Commander, Carrier Air Wing 3. The primary missions of HSM-74 include Surface Warfare (SUW), Anti-Submarine Warfare (ASW), Electronic Warfare (EW), Command and Control (CC), and Non-Combat Operations (NCO).

109 Years of Naval Aviation: Inspiring legacy and future

By MC3 Brett Walker
USS Gerald R. Ford Public Affairs

NORFOLK

Every year on May 8 United States naval aviators pause to commemorate the birth of naval aviation and reflect on the numerous milestones accomplished by their predecessors.

This year, on the 109th birthday of naval aviation, Lt. Joseph Dejunco, from Atlanta, an E-2 Naval Flight Officer serving as a Catapult Officer “shooter” aboard USS Gerald R. Ford (CVN 78) reminisced on the naval aviation milestones that inspired him to become a pilot and those that motivate him for the future of naval aviation.

“I have had a passion for aviation since I was a child,” said Dejunco. “I remember watching the Blue Angels as a kid and deciding that I wanted to be a part of naval aviation. I specifically wanted to be a naval aviator because I wanted to have the chance to take off and land on an aircraft carrier.”

Now, as a shooter, Dejunco is responsible for the safe and efficient launch and recovery



U.S. Navy photo

Image of Lt. Joseph Dejunco

ery of aircraft from Ford’s flight deck. Since commissioning Ford had conducted more than 2,300 catapult launches and arrested landings using the newest technology in naval aviation, and first major design changes to aircraft carriers since the 1960s.

“Celebrating the birthday of naval aviation makes me think of all those who came before us,” said Dejunco. “It makes me proud to be on Ford and be able to be part of the team that introduced the electromagnetic aircraft launching system (EMALS) and advanced arresting gear (AAG) to the

fleet.”

In addition to the pride they feel in their heritage, aviators also have memorable experiences that help remind them why they wanted to become a naval aviator in the first place. Dejunco fondly recalled one experience that makes him glad he chose naval aviation as a career.

“One of the coolest experiences I have had as a naval aviator was having the opportunity to fly down the Hudson River in an E-2C Hawkeye,” said Dejunco. “It was incredible flying down the river through Man-

hattan at 500 feet, where I could see all the buildings up close from a viewpoint very few people get to see.”

Dejunco will help continue the legacy of naval aviation achievements, as a Shooter supporting Carrier Airborne Early Warning Squadron (VAW 117) when they complete their 5-month transition from the E-2C Hawkeye to the E-2D Advanced Hawkeye in the coming days. VAW 117’s transition will take the Navy past the 50 percent point, making the E-2D Advanced Hawkeye the new baseline platform for the community.



MC3 Connor Loessin

Rear Adm. Michael Boyle, commander, Carrier Strike Group 12, receives his Meritorious Service Medal certificate from Vice Adm., Andrew Lewis, commander, U.S. Second Fleet, during a change of command ceremony May 7. Rear Adm. Craig Clapperton, former Deputy Director of Operations at U.S. Cyber Command, assumes command from Boyle, who served as Commander, Carrier Strike Group 12 for the past year.

Carrier Strike Group 12 holds change of command

From Carrier Strike Group 12 Public Affairs

NORFOLK

Carrier Strike Group 12 (CSG 12) held a change of command ceremony at Naval Station Norfolk, May 7.

In a ceremony with minimal attendance, CSG 12 bid farewell to Rear Adm. Michael Boyle and welcomed Rear Adm. Craig Clapperton as the new commander. In response to travel restrictions due to the novel coronavirus (COVID-19) pandemic, friends, family, and subordinate commanders who attended in person ensured strict adherence to social distancing in accordance with the Cen-

ters for Disease Control and Prevention (CDC) regulations.

Boyle was presented with the Legion of Merit for exceptionally meritorious conduct in the performance of outstanding service as Commander, CSG 12. Following the award presentation, Boyle and Clapperton thanked their families and officially changed command by reading their orders.

“In my short time as your strike group commander, I had the pleasure of watching you tackle many challenges,” said Boyle. “We successfully came through those events and many more. Tackling tough issues doesn’t happen by accident - it happens because of all

of your hard work. If I was standing in the hangar bay of Ford as planned, I would tell you all to congratulate yourselves on the spectacular job that you do each and every day!”

Boyle assumed command of CSG-12 in June 2019 and is headed to Pacific Fleet (PACFLT) as the director of maritime operations. His previous Flag assignment was commander, Naval Component, U.S. Forces Korea and the United Nations command Korea.

During Boyle’s time in command, he led 7,500 Sailors from three staffs, eight ships, and nine squadrons during operations in the U.S. fifth and seventh fleet areas of responsibility. As CSG 12 commander Boyle was specifically recognized for his support to fifth fleet operations, deterring Iran for six months from the North Arabian Sea, and devising a vigilant strait-transit that is paving the way for future CSG’s.

Clapperton reports from his position as Deputy Director of Operations, U.S. Cyber Command. He previously served as Commanding Officer of the “Shadowhawks” of Electronic Attack Squadron (VAQ-141), U.S. Sixth Fleet and NATO command ship USS Mount Whitney (LCC 20), and USS Theodore Roosevelt (CVN 71). Additionally, he served as Executive Officer aboard USS Harry S. Truman (CVN 75).

“I am absolutely humbled, honored, and grateful for the opportunity to serve as the commander of CSG 12,” said Clapperton. “I am grateful for the leadership Adm. Boyle provided to this superb team, and look forward to building on their great success to date as we operationalize the Ford Carrier Strike Group.”

Clapperton and CSG 12 staff will be the first strike group to embark the first-in-class carrier USS Gerald R. Ford (CVN 78).

Surface Force Sailors continue to 'answer the call'

From Commander, Naval Surface Force, U.S. Pacific Fleet Public Affairs

SAN DIEGO

Sailors from USS Chung-Hoon (DDG 93) and future USS Daniel Inouye shared stories and reflected on the history of their ship’s namesakes during Asian American and Pacific Islander (AAPI) Heritage Month.

Celebrated each year in May, AAPI Heritage Month recognizes the selfless service and sacrifice of Asian Americans and Pacific Islanders in the U.S. military. This year’s theme is “We Answered the Call – Honoring the Past, Securing the Future.”

Command Master Chief (CMC) Josephine T. Tauoa, USS Chung-Hoon, is the

first CMC Samoan female in the U.S. Navy.

“The opportunity to serve my first tour as CMC onboard Chung-Hoon, a ship named after the first Asian American/Pacific Islander flag officer, is one that I will always cherish and remember in days to come,” said Tauoa.

Rear Adm. Gordon Pai’ea Chung-Hoon is a recipient of the Navy Cross and Silver Star for his gallantry and heroism as commanding officer of USS Sigsbee (DD 502) from May 1944 to October 1945. He retired as a two-star admiral and was the nation’s first Asian-Pacific American flag officer.

“Adm. Chung-Hoon was a true trailblazer, and set the standard for all to emulate, excelling in battle and contributing significantly to his country and community following his retirement. He embodied achievement above and beyond what is required while serving in the United States Navy,” said Tauoa. “I’m proud to celebrate the contribution of those who came before me of the same heritage and provided an

example for me and many others to follow. Serving as CMC in Chung-Hoon is a rare opportunity and one that means the world to me.”

From Daniel Inouye, Chief Electrician’s Mate Marie Lou Dalby was born and raised in the Philippines, and immigrated to the United States in 2006. “Grateful for what my new life had to offer, I decided to join the United States Navy and became an American citizen in 2008,” said Dalby.

She said she is now living the American Dream. A dream that includes being stationed on a ship whose namesake, like her, has with a connection to Asian American/Pacific Islander heritage and military service.

Sen. Daniel Inouye served in the U.S. Army’s 442nd Regimental Combat Team. Composed of soldiers primarily of Japanese descent, the 442nd became one of the most decorated units in U.S. history. Inouye received the Medal of Honor for his combat heroism, which cost him his right arm. Following his service in the Army,

Inouye served for 50 years in the Senate.

“Daniel Inouye is a true hero and embodies the definition of what honor, courage, selflessness, and patriotism means,” said Dalby. “He answered the call, regardless of barriers and prejudice along his way. I couldn’t be prouder to be a part of the ship named after Daniel Inouye.”

Dalby said the Inouye crew honors their ship’s namesake by continuing to answer the call, in ways such as providing support to operational ships on the waterfront in the form of leadership, technical expertise, experience, and watchstanding.

“Even during these COVID-19 times, the Daniel Inouye crew never backs down and continues to go above and beyond in delivering support to maintain warfighting readiness while taking care of its crew at the same time,” Dalby said.

This year, the U.S. Navy remembers the heritage, contributions, and service of Asian American and Pacific Islanders and celebrates the diversity and strength they bring to the service and to the Nation.

AWARD | Award recognizes outstanding performance in environmental stewardship

Continued from B1

proved readiness and mission capability for the Submarine Force.

Blue and Gold crews alternate manning the submarines and taking them on patrol. This maximizes the SSBN’s strategic avail-

ability, reduces the number of submarines required to meet strategic requirements, and allows for proper crew training, readiness and morale.

The Navy’s ballistic missile submarines, often referred to as “boomers,” serve as an undetectable launch platform for subma-

rine-launched ballistic missiles.

Ballistic missile submarines use an interesting method to preserve the environment. Whereas surface ships can store waste aboard and dispose of it during a port visit, SSBNs have storage limitations and almost never visit port due to mission requirements. Therefore, SSBNs like Tennessee participate in the Plastic Reduction in the Marine Environment (PRIME) program. This program eliminates plastic pollution in

the ocean by storing plastic waste onboard in odor barrier bags, heat-sealing the bags to save space, and properly disposing the waste upon return to port.

Designed specifically for stealth and the precise delivery of nuclear warheads on extended deterrent patrols, SSBNs operate for 15 or more years between major overhauls. On average, the submarines spend 77 days at sea followed by 35 days in-port for maintenance.

REFLECTS | National Nurses Week marks 112th birthday of Navy Nurse Corps

Continued from B1

Salem, Va., is assigned as the force nurse, assigned to Commander, Naval Air Force Atlantic (COMNAVAIRLANT). Ohliger, who previously served on board USS Theodore Roosevelt (CVN 71) from 2011-2014 discussed what the annual Nurses week means to hear.

“Part of Nurses Week is appreciation for what our nurses go through day in and day out. It’s that time to reflect on what has gone on that year and re-energize and recharge to start out for the next year. We all need that respite at

some point and, no matter where we’re at, that is Nurses Week to me,” said Ohliger.

Ohliger has served the Navy for 31 years as both a Navy nurse and hospital corpsman. During the COVID-19 pandemic her unit has been reporting claimancy health statistics, and ensuring proper personal protective equipment is available to Sailors and medical procedures.

This Nurses Week is a pinnacle event in a year of medical heroes. In response to the COVID-19 pandemic, Navy nurses across the United States are stepping up to the diverse and changing challenges of fighting the virus. The Navy Nurse Corps is composed of more than sixteen specialties and subspecialties to answer these challenges completely.

“I had the privilege to work a lot with the fleet and to work outside the traditional walls of a medical treatment facility. It’s amazing the opportunities that our nurses have to ex-

“ I had the privilege to work a lot with the fleet and to work outside the traditional walls of a medical treatment facility. It’s amazing the opportunities that our nurses have to expand and serve the mission

Cmdr. Charlene Rena Ohliger

pand and serve the mission,” Ohliger said. “We have en-route care nurses; we have nurses that are working in austere environments. We have nurses that are working with the community during humanitarian missions. The nursing field is so diverse and the Navy Nurse Corps offers so many opportunities.”

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.

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The evolution of military nursing
In the 1800s, the medical community thought of nursing as a domestic skill. Back then, nurses weren't considered part of the medical team, but rather performed a social activity that has always been essential.



COPING THROUGH COVID-19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Here are some ways you can cope with all the stress.

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco or drugs

Everyone reacts differently to stressful situations

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- People who have mental health conditions including problems with substance use

Know the facts to help reduce stress

Sharing the facts about COVID-19. Understanding the risk to yourself and people you care about can make an outbreak less stressful.

When you share accurate information about COVID-19, you can help make people feel less stressed and make a connection with them.

Ways to cope with stress

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly, get plenty of sleep.
 - Avoid alcohol and drugsexternal icon.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

Common reactions to COVID-19

- **Concern about protecting oneself** from the virus because they are at higher risk of serious illness.
- **Concern that regular medical care or community services may be disrupted** due to facility closures or reductions in services and public transport closure.
- **Feeling socially isolated**, especially if they live alone or are in a community setting that is not allowing visitors because of the outbreak.
- **Guilt** if loved ones help them with activities of daily living.
- **Increased levels of distress** if they:
 - Have mental health concerns before the outbreak, such as depression.
 - Live in lower-income households or have language barriers
 - Experience stigma because of age, race or ethnicity, disability, or perceived likelihood of spreading COVID-19.

Take care of your mental health

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

Support your loved ones

Check in with your loved ones often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

- Telephone
- Email
- Mailing letters or cards
- Text messages
- Video chat
- Social media

Need help? Know someone who does?

Suicide is a serious issue for service members and their loved ones — and suffering from a mental health disorder can increase the risk. If you or someone you know is at risk, the Military Crisis Line is available 24 hours a day. Call 1-800-273-8255 and Press 1. You can also start a conversation via online chat or text (838255).

Need more resources?

- Call 911
- Visit the Disaster Distress Helpline, call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the National Domestic Violence Hotlineor call 1-800-799-7233 and TTY 1-800-787-3224
- Call the National Suicide Hotline at (757) 273-TALK
- Military One Source: (757) 342-9647
- Veteran's Crisis Hotline 1 (800) 273-8255; Press 1

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Chesapeake sailor named NECC Sea Sailor of the Year

Story by Navy Expeditionary Combat Command Public Affairs

VIRGINIA BEACH

Navy Diver 1st Class Thomas Gerace, from Chesapeake was recently recognized as the Navy Expeditionary Combat Command (NECC) Sea Sailor of the Year.

This award allows Navy commands to highlight their top Sailors and reward them for their hard work and dedication. These Sailors then go on to compete against other command finalists to be recognized as the Sea/Shore Sailor of the Year for the entire U.S. Navy. The final winners earn promotion to the rank of chief petty officer.

Gerace listed some of the reasons he believes he was selected as the NECC Sailor of the Year.

“I had phenomenal leadership and mentorship as well as sailors that were willing to work with me and for me on a daily basis,” said Gerace. “I was given a rock-solid team and although we were presented with some new and unique opportunities, together we turned them into successful highly evolutions.”

Gerace, assigned to Mobile Diving and Salvage Unit (MDSU) 2 at Joint Expeditionary Base Little Creek-Ft. Story (JEBLC-FS), joined the Navy in 2005. He began his career as a Surface Sonar Technician and in 2008 changed jobs, joining the prestigious ranks of the Navy Dive community as a Navy Diver, and has served in that capacity ever since.

The job of a Navy Diver is challenging and rewarding by itself, but for Gerace, it’s more than that, it’s a family tradition. Gerace’s father served as an active duty/Reserve force Navy Diver for 27 years, retiring as a senior chief, and then worked for the DoD as a civilian diver for almost 30 years. The Navy is also more than just following in his father’s footsteps as a job; it’s where Gerace’s father met his mother and where Gerace met his wife.

Gerace attended Western Branch High School in Chesapeake, Virginia and graduated in 2004. He offered his thoughts on why joining the Navy is a great choice.

“The experiences, both work related and personal, are irreplaceable,” said Gerace. “Serving your country in this capacity is, in my opinion, one of the most honorable things an individual can do. The benefits of serving, whether it be for four years or 30, will last a lifetime.”

MDSU-2 is one of the Navy’s premier diving and salvage units which is prepared to rapidly deploy combat-ready, expeditionary warfare capable and specialized



Navy Diver 1st Class Thomas Gerace

U.S. Navy

diving teams to conduct harbor and waterway clearance, emergent underwater repairs and salvage operations in ports or harbors and at sea aboard United States Navy, Military Sealift Command or commercial vessels of opportunity in wartime or peacetime.

“It’s an amazing command to be a part of due to the many unique diving opportunities available while there,” said Gerace. “It is truly a command that forges professionals and challenges leaders to improve on a daily basis.”

While stationed at MDSU-2, Gerace had the opportunity to dive in multiple countries and make some unique dives in the United States. He was able to perform diving operations using SCUBA, MK16, dynamic posi-

tioning, and surface supplied air and mixed gas and conducted salvage operations, ship’s husbandry, and anti-terrorism force protection diving.

“My advice to sailors striving to be successful in the Navy is to challenge yourself to grow both personally and professionally every day,” said Gerace. “Set new goals, aim for higher qualifications, and do not stagnate. Above all aim to contribute as a positive and synergistic member of your team. I truly believe that the healthy success of individuals lies in the success of their entire team.”

MDSU-2 is part of Explosive Ordnance Disposal (EOD) Group 2, headquartered at JEBLCFS, which oversees all East Coast-

based Navy EOD mobile units, including one forward-deployed mobile unit in Spain, as well as EOD Expeditionary Support Unit 2, EOD Training and Evaluation Unit 2, and the only East Coast-based mobile diving and salvage unit, Mobile Diving and Salvage Unit 2.

NECC is responsible for organizing, manning, training, equipping, and sustaining the Navy Expeditionary Combat Force to execute combat, combat support, and combat service support missions across the full spectrum of naval, joint, and combined operations which enable access from the sea and freedom of action throughout the sea-to-shore and inland operating environments.

Master-at-Arms 3rd Class Brett Walker selected as Bluejacket of the Quarter

By Petty Officer 2nd Class Brigitte Johnston
Naval Station Great Lakes Public Affairs

GREAT LAKES, ILL.

Naval Station Great Lakes announced their Sailors of the Quarter for the first quarter in an awards ceremony, April 29.

Master-at-Arms 3rd Class Brett Walker, from Virginia Beach was named Bluejacket of the Quarter for Great Lakes. Walker is a part of Great Lakes’ security department. He has been in the Navy for roughly a year and a half and aboard Great Lakes for a year.

“I feel honored to be recognized for my dedication and hard work aboard the installation. This has proven to me that your work does not go unnoticed, and if you keep fighting to better yourself day-by-day good things will come your way,” said Walker.

Walker’s job involves conducting security for the installation, including traffic stops, perimeter checks, armory duties, etc. He is also a Line Coach for the department, training and qualifying members of Naval Security Forces (NSF) on their weapons qualification courses. In his spare time, he volunteers with the Shalom Center, a food pantry and soup kitchen in Kenosha, Wisconsin.

“I truly enjoy feeling that I am a part of the greatest Navy in the world and the things that I do during my daily duties are helping to ensure the safety of my fellow shipmates.

Master-at-Arms 3rd Class Brett Walker

“I truly enjoy feeling that I am a part of the greatest Navy in the world and the things that I do during my daily duties are helping to ensure the safety of my fellow shipmates,” said Walker. “I love what I do and I approach each day as a new challenge to conquer. Once again I am deeply humbled by the award recognition and will strive to achieve even greater heights within my career in the Navy.”



Petty Officer 2nd Class Brigitte Johnston

A portrait of Master-at-Arms 3rd Class Brett Walker. Walker was selected as Bluejacket of the Quarter for Naval Station Great Lakes.

Health

The evolution of military nursing

By Military Health System Communications Office

In the 1800s, the medical community thought of nursing as a domestic skill. Back then, nurses weren’t considered part of the medical team, but rather performed “a social activity that has always been essential,” said Dale Smith, a professor of military medicine and history at the Defense Health Agency’s Uniformed Services University of the Health Sciences.

“The sick and injured must be bathed, fed, and assisted in what we call the activities of daily living today,” explained Smith. “Military units recruited casual local help and assigned convalescent patients to these duties for most of history.” In fact, recovering patients were the primary source of nursing care both in the military and in many civilian hospitals until the late 19th century, according to Smith.

During the Crimean War in 1850s Europe, military surgeons typically treated patient wounds and provided post-treatment care, according to Alan Hawk, historical collections manager at the National Museum of Health and Medicine. Hawk said a large number of casualties were more than surgeons could handle, so when Florence Nightingale and her volunteer group of about 40 nurses transferred the skills of convalescent care from the home to the hospital, they demonstrated their invaluable support. Hawk noted that by institutionalizing her role, Nightingale created the current concept of the modern health care team.

From Nightingale’s volunteer Crimean nursing expedition, the Civil War to the meningitis outbreak of World War I 60



Photo courtesy OHA 343 U.S. Army Signal Corps Photographs Collection
The First U.S. Army nurses attached to Center Task Force arrive in Algeria, North Africa, Nov. 9, 1942.

years later and beyond, military nurses have played a critical role in patient care, explained Hawk.

“The value of nurses during the Spanish American War and the recognition that it would be better to have a dedicated corps led to the creation of the Army Nurse Corps in 1901 and a Navy Nurse Corps in 1908,” said Hawk.

Smith further explained how since World War II, a nurse needed to demonstrate not only nursing skills, but also provide leadership.

“War had shown rapid deployments, and emergency recruiting made the nurse a teacher and leader of enlisted medical personnel,” Smith explained, adding that after the war, military nurses were commissioned as officers.

Throughout history, nurses have also been changemakers, advocating for the profession. According to Smith, Clara Barton campaigned for the Red Cross to be brought from Europe to the United States, which ultimately assured the nation of a volunteer pool of trained nurses. She would soon

become founder of the American Red Cross.

Laura Cutter, chief archivist at the NMHM, said Army Maj. Julia Stimson, the first female major, pushed for wider recognition and benefits for health care workers across the military.

“I think the most significant moment was in September 1945, when military nurses were granted full veteran’s benefits,” Cutter explained. “Many, many high-ranking nurses like Julia Stimson fought for this and the smaller advances made before it. For me, the story of nursing is very much about the hard work of service and, often, working just as hard to make a place for themselves,” she added.

According to Air Force Col. Virginia Garner, today’s battle against COVID-19 has not changed the nursing mission. Whether caring for patients in combat or in a clinic the goal remains the same: keep a healthy and fit fighting force.

“Nurses are leaders in the military and part of an incredible health care team,” said Garner. “Nurses are tasked with the awe-

some responsibility to keep our service members and their families healthy.”

Military nurses have tactical, operational, and strategic influence across the entire Military Health System, explained Garner, who serves as the command surgeon for Global Strike Command at Barksdale Air Force Base in Louisiana. In her role, Garner manages COVID-19 response efforts in addition to leading a team of 20 medics to oversee eight military treatment facilities that care for more than 180,000 beneficiaries.

Today, “more and more nurses are rising in the ranks as they demonstrate the value that their leadership brings to the entire team,” said Garner, citing Air Force Lt. Gen. Dorothy Hogg as one example. Hogg is the first nurse selected to be surgeon general of the Air Force.

“I am inspired by those back then and now who continue to question the status quo,” Garner added. “We stand on the shoulders of giants who were willing to follow their passion and calling despite the challenges.”

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Food



Good Housekeeping

Easy red salsa: This easy party dip should be served with lots of chips

By The Good Housekeeping Test Kitchen

No need to buy salsa from the store ever again: This easy red salsa recipe is about to be your new go-to snack. Bright, fresh, and loaded with flavor, you'll want to load up on chips to serve this dip at every party (did someone say Cinco de Mayo?). Our (vegan!) salsa takes advantage of fresh tomatoes, spicy jalapeños, and plenty of cilantro for bold flavor. Top tip: Marinating the onions and jalapeños in lime

juice will tame the raw bite while still keeping all of the taste that you love about these slightly spicy ingredients.

HOW DO YOU MAKE SPICY SALSA FROM SCRATCH?

We hand chop all of the produce that goes into this easy dip rather than blending in a food processor. This gives the salsa a chunkier texture and vibrant color. If you like things spicier, you could add an extra jalapeño, a dash of hot sauce, or change up the pepper

type. Just be careful to add a little at a time so you don't ruin the flavor.

SO, IS SALSA COOKED OR RAW?

This recipe is entirely raw, giving you a bright-tasting partner for chips or the perfect accompaniment to any type of taco. But if you're looking for a little extra smoky flavor, grill your jalapeños, onion, and tomatoes before chopping, then blend together for the best charred salsa ever.

Easy red salsa

Yields: 3 cups
Total time: 0 hours 25 mins

INGREDIENTS

2 jalapeños (seeded for less heat if desired), finely chopped
1/2 small white onion, finely chopped
2 tbsp. fresh lime juice
Kosher salt and pepper
1 lb. plum tomatoes, halved, seeded, and chopped
1/2 c. fresh cilantro leaves, chopped
Tortilla chips, for serving

DIRECTIONS

In large bowl, toss jalapeños and onion with lime juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper; let sit 10 minutes. Toss with tomatoes, then fold in cilantro. Serve with tortilla chips.

A flavor-packed taco Tuesday

By The Good Housekeeping Test Kitchen

Sprinkle the flavors of mole (without all of the effort!) on the outside of chicken breast for a flavor-packed taco Tuesday.

Chicken Mole Tacos

INGREDIENTS

1 1/2 lb. boneless, skinless chicken breast, cut into 1/2-inch pieces
1 1/2 tsp. unsweetened cocoa powder
1 1/2 tsp. ancho chile powder
1 tsp. ground cinnamon
Kosher salt and pepper
1 small red onion, thinly sliced
1 red pepper, thinly sliced
1 small red cabbage, cored and thinly sliced
2 tbsp. fresh lime juice, plus lime wedges for serving
8 small corn tortillas
Cilantro and yogurt, for serving

DIRECTIONS

Heat oven to 425°F. Line a rimmed baking sheet with foil. In bowl, toss chicken with cocoa powder, ancho chile, cinnamon, and 1/4 teaspoon each salt and pepper. Transfer chicken to prepared sheet and roast until cooked through, about 12 minutes. Meanwhile, in large bowl, combine red onion, red pepper, and cabbage and toss with lime juice and 1/4 teaspoon each salt and pepper. Warm tortillas, then fill with chicken and top with slaw. Serve with cilantro, yogurt, and lime wedges, if desired.



Now/Prepare for a Hurricane

EMERGENCY SUPPLIES

You can build your supplies over time by adding a few items each week or month. Gather in advance the necessary supplies and items you will need to stay safe after the hurricane passes and as you start to recover. Stock food items that do not need refrigeration and will last. Regularly replace items like water, food, medications, and batteries that go bad over time.

For a complete list of emergency supplies, visit ready.gov/prepare and then check them off your Hurricane Preparedness Checklist once you add them to your emergency kit.



For more resources about hurricane risk, visit ready.gov/prepare

EMERGENCY COMMUNICATION

Make sure you have everything you'll need to get in touch with your family either through cellular phones or email.

MEDICAL NEEDS

Be equipped to tend to any current or unexpected medical conditions your family may have.

CRITICAL DOCUMENTS

Place any important documents in a waterproof container to help keep them dry and easily accessible.

TOOLS AND SAFETY ITEMS

Small items like matches, flashlights, a multi-purpose tool, and a whistle can make a huge difference for your family while weathering the storm.

FOOD/SUPPLIES

Have at least a three-day supply of non-perishable food and water for your family. Remember to pack anything specific to your family's needs.

HYGIENE AND SANITATION

Practicing good hygiene can stop the spread of bacteria and infectious disease.

PROTECTIVE GEAR

Protect yourself by packing warm clothes and blankets to prevent hypothermia. Don't forget protective footwear and gloves too.

COMFORT & PRICELESS ITEMS

You may be away from your home for an extended period and your property may be damaged. Grab any items that are irreplaceable or may provide comfort to your family, especially your children.

Ask yourself, "What would I need for myself and my family if a hurricane struck?" Add any of these specific items to your Hurricane Preparedness Checklist.

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Touring, leather, mint condition, sun roof, power sliders, stow away seats, inspected. \$6,990. 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

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

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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

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Autos for Sale

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HONDA 2012 CIVIC

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

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TOYOTA 2016 AVALON

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Fun and Games

Super Crossword

APPELLATION TRUNCATION

ACROSS

1 Duelist's weapon
5 — Club (retail chain)
9 Weds on the sly
15 Swine food
19 Carter of "Gimme a Break!"
20 "Stall!"
21 Film director George A. —
22 Bluish hue
23 Cruel Curry in a London borough?
26 Kitty chip
27 The real —
28 Skirt's edge
29 Give Mason the ax?
31 Make do with Paul?
34 "— a Letter to My Love" (1981 film)
35 Road goop
36 Song syllable
37 Acne care brand
38 Physics prize of note
42 Show penitence
44 College founded by Hagen?
51 Heredity determiner

DOWN

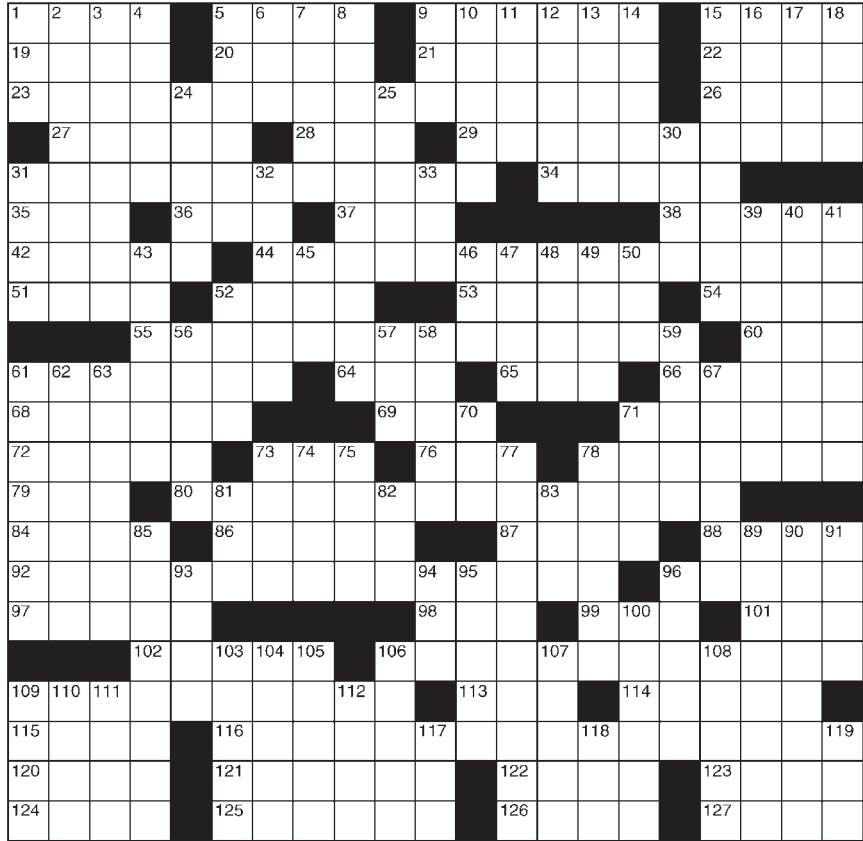
2 Atired (bugbears)
3 Mrs., in Bonn
5 Question for
6 Knotts when he's holding a package?
8 Bygone space station
10 Extreme joy
12 Arcing tennis shot
14 Second letter addendum: Abbr.
16 Singer with the 2011 album "21"
18 Goes by car
20 Came in first
22 Sculpting aid
24 Not too tasty
26 "— a Rock" (1966 hit)
28 Semis, say
30 Go bad
32 Return Shearer's phone call?
34 Operatic solo
36 Running shoe brand
38 Traffic sound
40 Billion : giga- :: trillion : —
42 Anthony championing personal liberties?

ACROSS

1 Victors' wreaths
3 Sir Isaac —
5 Slangy negative
7 Shaft of light
9 Call a halt to
11 "The jig —"
13 Turner and Kennedy
15 Ming of basketball
17 Elliot of the Mamas & the Papas
19 Feature of "gum" but not "gem"
21 Pledge
23 Download for a Kindle
25 Bible book before Habakkuk
27 Give a hug to
29 Fill with a crayon
31 Not dynamic, as a verb
33 Expand
35 "— so much"
37 Lug
39 "Who's there?" answer
41 Make — deal out of
43 Speed-of-sound ratio

DOWN

2 Sheffield loc.
4 Pervade
6 It's negatively charged
8 Vote in
10 Twain's Torn
12 "— live and breathe!"
14 Very virile
16 Nearly globe-shaped
18 Palindromic "before"
20 Lounges idly
22 All: Prefix
24 Lab's — dish
26 Great Lakes tribesmen
28 Northern French river
30 Commence
32 Monocle, e.g.
34 Pledge
36 Answer from the accused
38 "Warrior" co-star Nick
40 2,065, in old Rome
42 Year, in old Rome
44 Fawn's father
46 Defective
48 Uvea's organ
50 Cat breed
52 Virtual marketer



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Sudoku

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

CryptoQuip

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

Clue: **Q** equals **B**

EBAPN MOC QBNLQADPNCG EOB

ZBJJCJJCN MOC QDHH CJM ZCYMBGTF

FAJYPCJ QC T YOCJMFTJMCG?

Last week's CryptoQuip answer

New sitcom that chronicles a family guy's awful fall from grace: "My Three Sins."

last week's answers

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

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

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