



CORONAVIRUS PANDEMIC



U.S. Marine Corps photo

NAVY UPDATES ID CARD GUIDANCE

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

After announcing temporary changes to ID Card office procedures, the Navy has issued additional guidance April 20.

NAVADMIN 114/20 provides an update for Navy personnel who require Common Access Cards (CAC) and Uniformed Services Identification (USID) card services during the COVID-19 pandemic. These additional measures provide greater flexibility for ensuring installation and facility physical access and means to remotely update information technology certifications, all to maintain continuity of operations while minimizing non-essential visits to ID card facilities.

Service personnel and family members who possess expired ID cards and who are still eligible for benefits due to sufficient service affiliation can continue to use their expired cards until Sept. 30, 2020. While all will still be screened at base entry control points, electronic ID card scanners will be used to verify eligibility and if valid, base access will be granted.

CAC cards with an expiration date of April 16, 2020 (or later) may continue to be used through Sept. 30, 2020 after cardholders renew their credentials online. Access to the ID Card Office Online is available at https://www.dmdc.osd.mil/self_service. Step-by-step instructions are available at <https://www.cac.mil/coronavirus>.

The following additional temporary policy changes announced in the message are effective until Sept. 30, 2020:

The minimum age to get a USID card has been raised to 14 years old.

As long as a cardholder's affiliation with their service has not changed, USID cards that expired on or after Jan. 1, 2020 can continue to be used (base access, commissary, exchange, etc.).

Service members can remotely enroll newly acquired dependents (spouse, child, stepchild, adopted child, etc.) for healthcare coverage. Contact MyNavy Career Center (MNCC) Contact Center at (833) 330-6622 or via email at



U.S. Navy

askmncc@navy.mil for specific guidance.

USID cards can be reissued via the postal service for those unable to get an appointment at a RAPIDS site. Service members who want to use this option must first contact their nearest ID card office and can find this information at <https://www.dmdc.osd.mil>.

All Navy Real-Time Automated Personnel Identification System (RAPIDS) sites will continue to issue and re-issue CACs that expire within 30 days by appointment only. However, CACs will not be reissued for routine information changes (promotion, name change, etc.). DOD civilian employees will keep their CAC when transitioning to a new service. CAC PIN resets will continue to be provided on a walk-in basis.

To check the status of a RAPIDS site or to schedule an appointment go to the RAPIDS Appointment Scheduler at <https://rapids-appointments.dmdc.osd.mil>. More information can be found at www.cac.mil/coronavirus.

Update to Restriction of Movement guidance

From Commander, Navy Installations Command Public Affairs

WASHINGTON

Even during unprecedented times, defending the nation is what the Navy does best, while ensuring those who don the uniform remain safe.

In an effort to mitigate the spread of COVID-19 and keep Sailors healthy, unit commanders now have the authority to place personnel on a 14-day Restriction of Movement (ROM) period prior to deploying, getting underway or conducting operations.

According to NAVADMIN 113/20, which provides an update to previous guidance regarding ROM, unit commanders can also place new personnel on ROM status prior to integrating them with their shipmates.

When personnel are on ROM, they will be directed to remain in their homes, quarters such as unaccompanied housing, or temporary lodging that meet Centers for Disease Control and Prevention (CDC) COVID-19 guidance. Sailors in a ROM period may conduct essential tasks, such as laundry and outdoor exercise, while maintaining six feet from others.

Complete details are available in NAVADMIN 113/20, which was released April 17. The NAVADMIN can be found at <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMIN/NAV2020/NAV20113.txt>

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Comfort admits patients from New Jersey

The hospital ship USNS Comfort (T-AH 20) began admitting patients from hospitals in New Jersey April 17 in an effort to expand its support of the nation's COVID-19 response efforts. »See **A3**



CH-53K successful in air refueling tests

The CH-53K King Stallion aced an air-to-air refueling test, successfully demonstrating long-range logistics support capabilities for the U.S. Marine Corps. »See **B3**

April known as Month of the Military Child

Military bases, cities and school districts around the world will honor these young American heroes with special events just for them. »See **C1**

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Navy Reserve extends drill postponement until May 31

From Commander, Navy Reserve Force Public Affairs

NORFOLK

On April 16, Commander, Navy Reserve Force (CNRF) issued AL-NAVRESFOR 011/20, which announces several new policies for Navy Reserve Sailors, consolidates temporary COVID-19 guidance for ease of reference, and postpones all drill weekends until the end of May.

“We are extending our current drill weekend-postponement until May 31 in order to protect our force and provide predictability for our Sailors,” said Rear Adm. John Schommer, deputy commander, Navy Reserve Force. “Reservists should continue to use the liberal telework policy we implemented last month to complete their Inactive Duty Training (IDT) requirements in order to ensure a ‘good year’ and maintain mission readiness.”

Reservists are encouraged to read the entire official message, located at the Navy Reserve Message Library site, https://www.public.navy.mil/nrh/Pages/library_messages.aspx, for complete details.

In addition to postponing drill weekends, 13 other topics are addressed, including annual participation waivers, funeral honors, and military school impacts. The telework policy implemented by CNRF March 19 will also be extended until May 31.

“Over the past month, we have implement several policies to ensure maximum flexibility for our Reservists,” said Schommer. “It’s important for the Navy Reserve team to know we have their backs, and we want to ensure their success.”

Here are some highlights from the message:

FY20 ANNUAL PARTICIPATION

Although the annual participation waiver process remains unchanged, Navy Reserve leadership recognizes the undue effect the COVID-19 crisis poses on an individual Reservist’s ability to meet their participation requirement. Therefore, when a waiver request is submitted, unit leaders’ endorsements and Navy Operational Support Center (NOSC) commanding officers’ and wing commanders’ adjudication shall strongly consider COVID-19 response effects on a Sailor’s ability to participate. It is directed that each waiver request be individually reviewed with a favorable bias toward approval, as appropriate.

For added flexibility, the deadline for the waiver submission has been adjusted from May 1 to June 30.

Annual participation and a qualifying year for retirement have different requirements. For retirement, Selected Reserve (SELRES) Sailors must achieve 50 points in their anniversary year. Points include drills (paid/non-paid), funeral honors, correspondence courses, AT/ADT, active duty, and 15 membership points. The anniversary year is different for everyone. Visit the Points Frequently Asked Questions page to determine your anniversary year at <https://www.public.navy.mil/bupers-npc/career/reserveperson-nelmgmt/pages/pointsfaq.aspx>.

CVR

Deployment of the Commercial Virtual Remote (CVR) is underway. CVR is a temporary solution and data stored within the CVR environment will be destroyed at the conclusion of the COVID-19 emergency. A best practice includes using the Navy Reserve Homeport (NRH) for file sharing and storage, and using CVR for voice, video, and chat collaboration. CNRFC N6 strongly advises members to use non-NMCI devices to register and employ the CVR. The CNRFC N6 has a comprehensive library of CVR information available on the CNRFC SharePoint site.

AT/ADT TELEWORK

Reserve members asked to conduct AT or Active-Duty Training (ADT) via telework by their gaining command require first flag officer approval from the command and should follow telework procedures and directives of the applicable supported command. There are no legal restrictions that prevent telework for AT/ADT provided the command authorizes it.

Active component commands should ensure that sufficient controls are in place to ensure satisfactory completion of all required work by the SELRES Reservist. Orders shall not authorize travel or lodging funds as duties will be performed at home.

Members with approval for telework during the COVID-19 period from the gaining command will have orders written to their local NOSC and members will coordinate with the local NOSC for muster and pay while on approved telework orders.

Operational Support Officers should coordinate first flag approval in the same manner in which mission essential travel is approved. Approvals will be placed in the CNRC N3 tracker at the CNRFC SharePoint site.

E-AT EXTENSION

29 days of Exceptional-AT (AT) is



U.S. Navy graphic

available for both officers and enlisted until further notice.

DISTRIBUTED MOBILIZATION FOR COVID-19 RESPONSE

All Reservists mobilizing in support of COVID-19 response missions are being pre-screened, activated, and processed by their Navy Reserve Activity (NRA) or NOSC, and then proceeding directly to their supported command with minimal intermediate stops.

COMMON ACCESS CARD ISSUANCE POLICY UPDATE

All Navy Real-time Automated Personnel Identification Systems (RAPIDS) sites will only accept customers who have made CAC online appointments. Priority support will be provided to those with time sensitive situations.

FUNERAL HONORS

The requirement to provide military funeral honors at any funeral or memorial function (to include interments) for veterans and service members is waived until further notice. Families requesting military funeral honors will be informed at a lateral date when the DoD travel restrictions have been lifted and the request can be accommodated. The exception approval authority for funeral honors support is Commander, Navy Installations Command.

CIVILIAN LEAVE CLARIFICATION

The Family First Coronavirus Response Act (FFCRA) provides civilian employees up to 80 hours of additional paid sick leave for COVID-19 related purposes. Civilian supervisors should contact Commander, Navy Reserve Forces Command (CNRFC) Human Resources if they have further questions.

PERSONAL PROTECTIVE EQUIPMENT WEAR/USE AND PERSONAL SANITIZATION PROCEDURES

All individuals on DoD property, installations, and facilities are required to wear cloth face coverings when they cannot maintain six feet of social distance. Please continue to follow guidance contained on www.cdc.gov and

published Navy guidance concerning force health protection policies and procedures. Contact your local NRA medical staff with any questions or concerns.

“A” AND “C” SCHOOLS IMPACT AND MITIGATIONS

CNRFC N7 is funding “A” and “C” school attendance for schools that are still teaching that meet one of three categories below. In all cases, students or supporting NRAs working Active-Duty Training (ADT) schools requests should contact the N7 ADT-schools points of contact on the CNRFC SharePoint site or call the N7 ADT schools hotline (757-322-6586).

■ ADT-schools orders to schools were attendance involves local travel only (do not need a mission-essential designation).

■ Accession-level schools governed by NAVADMIN 075/20. Students attending these schools should expect a 14-day order extensions in order to incorporate ROM requirements specific to each schoolhouse.

■ Any other school designated as mission-essential by the first flag in the chain of command. This decision is made by the Type, System, and Fleet commanders.

ROM HARDSHIP DUTY PAY

Service members who have been ordered to a Restriction of Movement (ROM) status may be eligible to receive hardship duty pay for any days in such an ordered status on or after March 13. Reservists who may qualify according to the message should speak with their NRA or NOSC leadership.

URINALYSIS PROCEDURES

Commands will continue random urinalysis specimen collections from Sailors during the COVID-19 pandemic to the greatest extent possible, although commanders may adjust their collection schedule and percentages in order to support flexibility and COVID-19 mitigation efforts.

SERVICEMEMBER’S GROUP LIFE INSURANCE (SGLI)

Reserve Sailors with SGLI, Traumatic SGLI, and/or Family SFLI coverage do not lose coverage due to non-payment of premiums when RC members do not receive active or inactive duty pay, from which premiums were normally deducted, as a result of previously scheduled IDT, AT, or ADT being cancelled, suspended, deferred, or excused. Reserve Sailors should expect that any missed premiums will be subsequently deducted in a lump sum once IDT, AT, or ADT resumes and they are once again in a pay status.

For more information regarding the Navy Reserve and its policies for COVID-19, please go to <https://www.mynrh.navy.mil>.

Staff work to continue strong support for Navy Wounded Warriors' pay, benefits needs

WASHINGTON

The Navy’s shore enterprise remains committed to meeting the needs of enrolled wounded warriors, their families and caregivers in spite of the challenges the COVID-19 pandemic has presented.

Through its Navy Wounded Warrior (NWW) program, Commander, Navy Installations Command (CNIC) proactively

addresses current enrollee pay and benefit concerns through continuous coordination with essential support services, to include Navy Personnel Command (PERS), Personnel Support Detachment (PSD), medical staff, social workers, social security office and Physical Evaluation Board (PEB). Due to COVID-19 all peer-to-peer support forums for enrolled service members have moved to a virtual platform.

“Our staff is working tirelessly, developing ways to continue to provide services to our most immune-compromised recovering service members while they are under stay-at-home orders,” said Kendall Hillier, director of Commander, Navy Region Mid-Atlantic’s NWW.

NWW is an important part of the enrollee’s recovery care team, providing continuity to assist family members in the non-medical care processes they navigate during all phases of recovery.

“Having a tragic illness or injury is

already stressful for our enrollees and their family members. This pandemic has intensified that level of stress and uncertainty,” Hillier said. “Our enrollees have expressed relief knowing that they have a constant recovery team member that is up-to-date on their recovery plan. At a time when medical appointments have moved virtually and attending physicians are redirected to other roles, this is extremely important.”

NWW enrollees also have access to virtual events and informational resources through the recently launched Navy Morale, Welfare and Recreation (MWR) at Home website designed to help keep the military community members up-to-date and even entertained during COVID-19 pandemic. The site is available at www.navymwr.org/navy-mwr-at-home/.

The NWW section of the new site, which can be found at www.navymwr.org/navy-mwr-at-home/wounded-warrior,

also features the most recent family newsletter with links to helpful resources to assist families navigate through current challenges.

“Please stay home and stay healthy by making the most of the resources available,” said Lisa Sexauer, director of CNIC’s NWW program. “Most importantly, don’t hesitate to make your needs known by contacting your case managers via phone or email. We are here for you.”

NWW is the Navy’s sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support to their families. Through proactive leadership, the program provides individually tailored assistance designed to optimize the success of the wounded warriors’ recovery, rehabilitation and reintegration activities. To learn more, visit www.navywoundedwarrior.com/.



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

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

Ad Council



MC2 Sara Eshleman

Sailors track a patient's arrival and arranges their transport from the pier to their receiving unit aboard the Military Sealift Command hospital ship USNS Comfort (T-AH 20). Comfort cares for trauma, emergency and urgent care patients without regard to their COVID-19 status. Comfort is working with Javits New York Medical Station as an integrated system to relieve the New York City medical system, in support of U.S. Northern Command's Defense Support of Civil Authorities as a response to the COVID-19 pandemic.

COMFORT ADMITS PATIENTS FROM NEW JERSEY

By MCI Scott Bigley
USNS Comfort (T-AH 20) Public Affairs

NEW YORK

The hospital ship USNS Comfort (T-AH 20) began admitting patients from hospitals in New Jersey April 17 in an effort to expand its support of the nation's COVID-19 response efforts.

New Jersey state hospitals coordinated

with Comfort doctors to ensure patients could be effectively transferred across state lines and aboard the ship to receive care. "Every one of those that we pull from the community or from the city hospitals is one more open bed for New Jersey hospitals to refill," said Capt. Patrick Amersbach, commanding officer of the medical treatment facility aboard Comfort. "I'm very proud

of the crew, our medical providers, nurses, support staff that are providing outstanding care to the people of New York City and New Jersey. We look at it as one patient at a time." Moored in New York, the ship serves as a referral hospital for critical and non-critical patients without regard to their COVID-19 status. Comfort is working with

Javits New York Medical Station, federal and state officials as an integrated system to relieve the medical systems for both New York City, as well as nearby New Jersey, in support of U.S. Northern Command's Defense Support of Civil Authorities as a response to the COVID-19 pandemic. Comfort is a seagoing medical treatment facility that currently has more than 1,200 personnel embarked for the New York mission including Navy medical and support staff assembled from 22 commands, as well as over civil service mariners.



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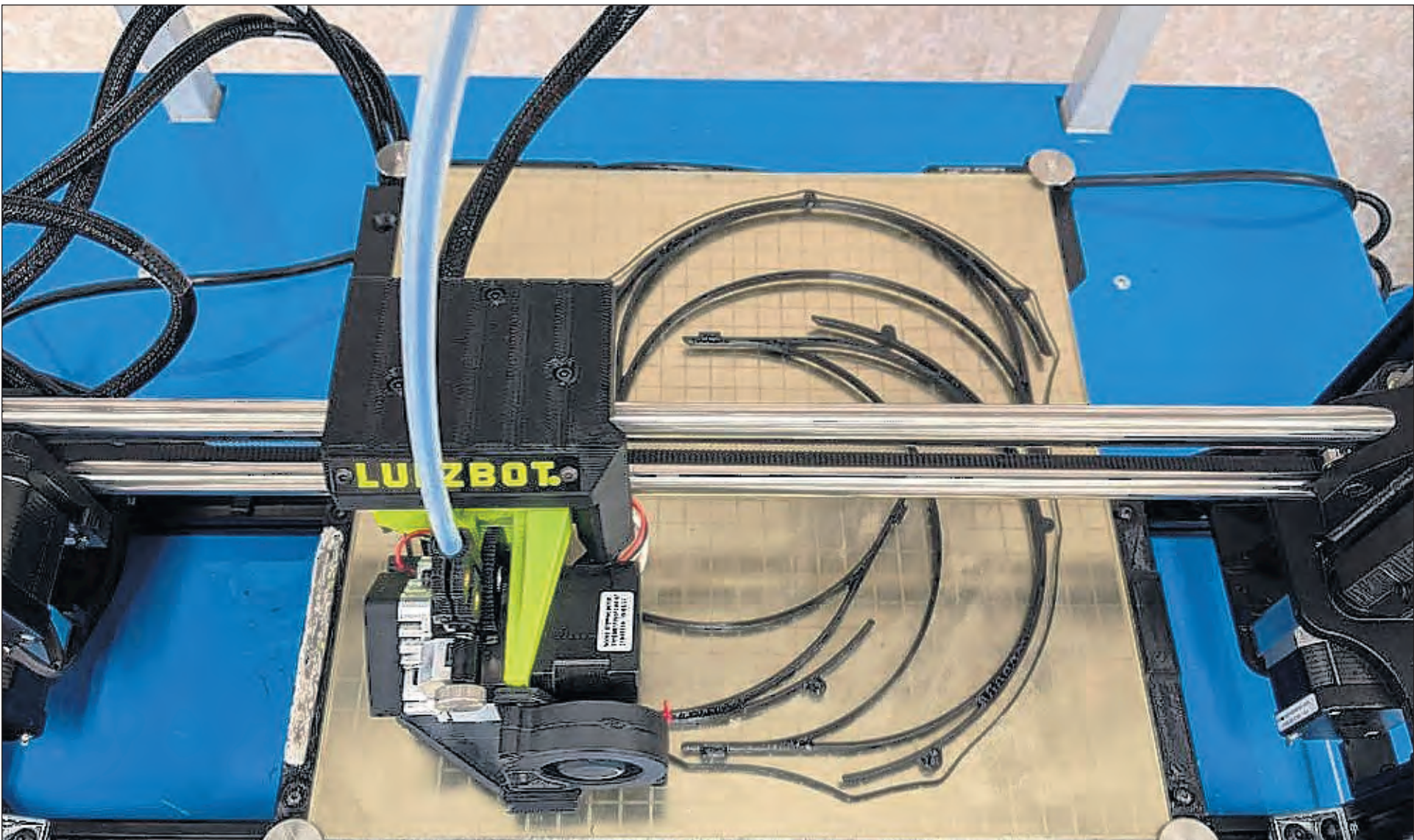
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U.S. Navy photo
NAWCAD Lakehurst is 3D printing 500 face shields at its Joint Base McGuire-Dix-Lakehurst, N.J. facilities for the USNS Comfort stationed in New York City to help the fight against COVID-19.

NAWCAD 3D printing face shields for USNS Comfort

From Naval Air Warfare Center Aircraft Division Lakehurst Public Affairs

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J.
Naval Air Warfare Center Aircraft Division (NAWCAD) Lakehurst is supplying 500 face shields to the USNS Comfort stationed in New York City to help the fight against COVID-19.
USNS Comfort requested additional face shields for its personnel while they relieve pressure on New York area hospitals.
The NAWCAD Lakehurst team worked through the weekend to manufacture and deliver the first run of 160 face shields. The team used its additive manufacturing process, which builds a 3D object from a computer-aided design model.

“The battle against COVID-19 is a team effort, and I can’t thank our team enough for their hard work and dedication to getting the USNS Comfort the equipment they need for this fight,” said Kathleen Donnelly, NAWCAD Lakehurst executive director. “We are in this together, and will keep striving for solutions in providing PPE [Personal Protective Equipment] to our local community.”
The team estimates all 500 face shields will be delivered by end of the week.
NAWCAD Lakehurst expanded its metal-based AM facility with new machines to print PPE after seeing the need for it grow during the early stages of the COVID-19 pandemic, said Kyle Cobb, NAWCAD Lakehurst AM technology lead.
The team acquired 12 LulzBot TAZ Work-

horses and a CO2 laser cutter to enable a higher rate production of face shield material, Cobb said.
The NAWCAD Lakehurst advanced manufacturing / prototype engineering team worked with the Naval Air Systems Command (NAVAIR) AM team to ensure that all shields produced are high quality and meet requirements.
NAWCAD Lakehurst is also working on designs for ventilators and respirators, and producing PPE via traditional manufacturing methods.
“It has been an extremely rewarding experience to leverage our industrial capabilities to respond to this global health crisis,” Cobb said. “I personally have many family members and friends who are military personnel, healthcare workers and first responders who are on the front line so I realize how important this effort is.”
NAWCAD Lakehurst’s Digital Engineering Division is setting up a remote monitoring system so AM team members can monitor the

printing process via webcam from the safety of their homes.
This will help the team complete the mission while maximizing their ability to social distance.
Cobb says the remote monitoring solution will pay dividends beyond this effort as it will allow the team to monitor long metal builds and CT scans, as part of its mission to use metal-based AM to create and sustain naval aviation parts.
The Department of Defense, Federal Emergency Management Agency (FEMA) and the Food and Drug Administration alongside the medical community are working to coordinate the production (via 3D printing and standard manufacturing) of medical supplies in response to the COVID-19 pandemic.
AM efforts are being replicated across NAVAIR sites, and the command is standing up a website to assist in fulfilling critical supply needs that local and private partners across the nation can use once coordination with FEMA is initiated.

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U.S. Navy photo

NNSY's Sail Loft has begun making facemasks to further ensure the health and safety of workforce personnel, with a capacity to produce up to 900 daily. COVID-19 specific Personal Protective Equipment (PPE) has been distributed to the USS George H.W. Bush (CVN 77), USS Wyoming (SSBN 742) and USS San Francisco (SSN 711) projects.

Supervisor of Shipbuilding, Conversion, Repairs turns to Fusion for face masks

From Naval Sea Systems Command Office of Corporate Communication Public Affairs and Supervisor of Shipbuilding, Newport News

WASHINGTON

When Supervisor of Shipbuilding, Conversion and Repair's (SUPSHIPNN) supply of protective facemasks to combat COVID-19 virus transmission dwindled to 30 masks the morning of April 9, Commanding Officer, Capt. Jason Lloyd turned to his staff for a solution.

An order for more masks had already been placed but they would not arrive until the following week. He needed a solution that would enable the command to continue

its fleet support mission.

His staff turned to Fusion.

Fusion, a Facebook-like internal Navy collaboration tool developed by Naval Information Warfare Systems Command, connects NAVSEA employees virtually throughout the world.

"As the SUPSHIPNN Command Process Improvement Champion, I have been a fan of the NAVSEA Fusion site since its inception" said Greg Mitchell, SUPSHIP Newport News' command process improvement champion. "I immediately posted a plea for help on Fusion early Thursday morning."

"Fusioneers" as Mitchell termed his fel-

low collaborators, responded with numerous recommendations and offers to assist. One of those responses led to Norfolk Naval Shipyard (NNSY), co-located in Norfolk, a command already using its internal capability to sew cloth facemasks for its workforce.

"I reached out to them," said Mitchell. "By 1400 that same day, I had 100 brand new masks made by Norfolk Naval Shipyard's production resources group in their sail loft I could deliver to my command."

In an email to the shipyard's commanding Officer, Capt. Kai Torkelson, Lloyd thanked his NAVSEA colleague, calling the

success of Fusion as a "perfect example of teamwork and knowledge sharing...Fusion collaboration at its finest."

Mitchell said that in order to answer NAVSEA Commander, Vice Adm. Moore's call to "Expand the Advantage" the command needs to become a High Velocity Learning (HVL) organization. "There is no better way to use HVL than Fusion," he said. "Thanks to everyone involved who made this a complete Fusion success. We are and will always be a 'One Navy' Team!"

Supervisor of Shipbuilding, Conversion and Repair, Newport News is the liaison between the Department of the Navy and Huntington Ingalls Industries – Newport News Shipbuilding, the company engaged in the design and construction of new nuclear powered submarines and aircraft carriers as well as the repair and modernization of submarines and aircraft carriers in the Fleet.

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WINDOWS ROOFING SIDING TRIM GUTTER PROTECTION



MCSN Kaylianna Genier
U.S. Navy Aviation Electrician's Mate 3rd Class Kyle Hernandez, from Denton, Texas, assigned to the Tomcatters of Strike Fighter Squadron (VFA) 31, disinfects a berthing aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) with a multi-surface sanitizer April 12.

USS THEODORE ROOSEVELT'S CLEAN FIGHT

By MCI Chris Liagat
USS Theodore Roosevelt (CVN 71) Public Affairs

NAVAL BASE GUAM

Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) are pushing hard and making progress toward keeping their fellow Sailors safe and returning their ship to sea.

Following routine naval operations in the South China Sea the Sailors of USS Theodore Roosevelt are face-to-face with a new, silent and invisible enemy, the coronavirus disease 2019 (COVID-19). They are fighting back, and the crew is now winning.

In the beginning, fighting the virus resembled a damage control scenario, similar to fighting a fire or flood. Capt. Dan Keeler, executive officer aboard Theodore Roosevelt, established a command center akin to damage control central in a ship casualty, in the executive officer's conference room. Cmdr. Jennifer Huck, Theodore Roosevelt's combat directions center officer, was appointed as the initial officer in charge.

"We have two tasks, taking care of Sailors and cleaning the ship," said Huck. "We are focused on taking care of the Sailor's health and ensuring the ship's crew is following all centers for disease control and prevention guidelines to include personal protective equipment (PPE). Our medical department is doing great work testing, isolating and treating Sailors. We are going to thoroughly clean the ship. We have

already started and are about finished."

Sanitizing the ship has become an all hands effort, including a roving cleaning team that is constantly transiting the ship, cleaning along the way. Each day begins and ends with what the crew now refers to as "bleach-a-palooza."

"I have been here since day one of bleach-a-palooza," said one of the Sailors responsible for controlling, mixing and issuing cleaning solution to the crew. "It's an all hands effort and everyone is trying their best. Supply and medical work hand-in-hand to monitor every department on the ship to make sure they're cleaning twice a day. If they want to clean after hours we support that as well." Theodore Roosevelt's supply department has worked tirelessly to ensure the crew has all the tools they need to fight this new enemy. "We supply gloves, rags, bleach, buckets and any other items needed to support the mission," said the Sailor. "It's important to make sure every department gets what they need while also supporting the cleaning task force who clean all day."

The cleaning task force is led by Cmdr. Chad Hollinger, Theodore Roosevelt's weapon's officer, who the crew has taken to calling "Mr. Clean," and Master Chief Aviation Ordnanceman Patrick Maxie, Theodore Roosevelt's weapons department leading chief petty officer.

"The team's mission is to fully sanitize

the ship," said Hollinger. "To complete the mission we are going to clean this ship from top-to-bottom and forward-to-aft to create a clean zone for everyone coming back to the ship, so we can get back to business."

Hollinger and Maxie's primary mission when the ship is out to sea is leading teams of Sailors in the delivery of ordnance and ammunition used to fight an enemy that can be seen with the naked eye. While the enemy may have changed, their mission remains the same, to eliminate the enemy.

"We hit the virus with chemicals we know will kill it, and after that space is clean, we seal it off," said Maxie. "Along with cleaning solution and disinfectant, we use a number of things to complete the mission. Most important on the list is PPE. The safety of our Sailors is our top priority. To protect them from the cleaning solution and the virus, our teams are required to wear goggles, gloves, face shields, and coveralls while cleaning. Once they enter a space they go through with tough wipes, rags and cleaning spray and then go back through with a disinfectant or bleach solution."

According to Hollinger, the most helpful tools in completing the mission are large area sprayers. The team uses the sprayers in spaces without large machinery or electrical equipment. With this equipment, the team can cover a large space, such as a berthing or mess deck, in a third of the time it would take to do by hand.

"We have cleaned over 2,000 spaces so far and have cleaned over 80 percent of the ship," said Hollinger. "I couldn't be more proud to take on the task of leading this team and I couldn't have asked for a better team to get this done. It hasn't been easy;

“ To complete the mission we are going to clean this ship from top-to-bottom and forward-to-aft to create a clean zone for everyone coming back to the ship, so we can get back to business.”

Cmdr. Chad Hollinger

it's hard work, but we are fighting through it. There is a light at the end of the tunnel, and we are going to get there."

While the crew cleans the ship, the first round of Sailors that left after testing positive for the virus are completing their own recovery said Capt. Carlos Sardiello, Theodore Roosevelt's commanding officer.

"It's a journey, but supporting each other is how we get through this," said Sardiello. "We are extremely thankful for the overwhelming support from the local government here on Guam, in cooperation with Joint Region Marianas in the fight against COVID-19.

"I look forward to giving the conning officer permission to order, all ahead 2/3, out the breakwater of Apra Harbor to the Pacific Ocean. There is a saying, no ship sails on yesterday's wind. We move forward by what we do here and now."



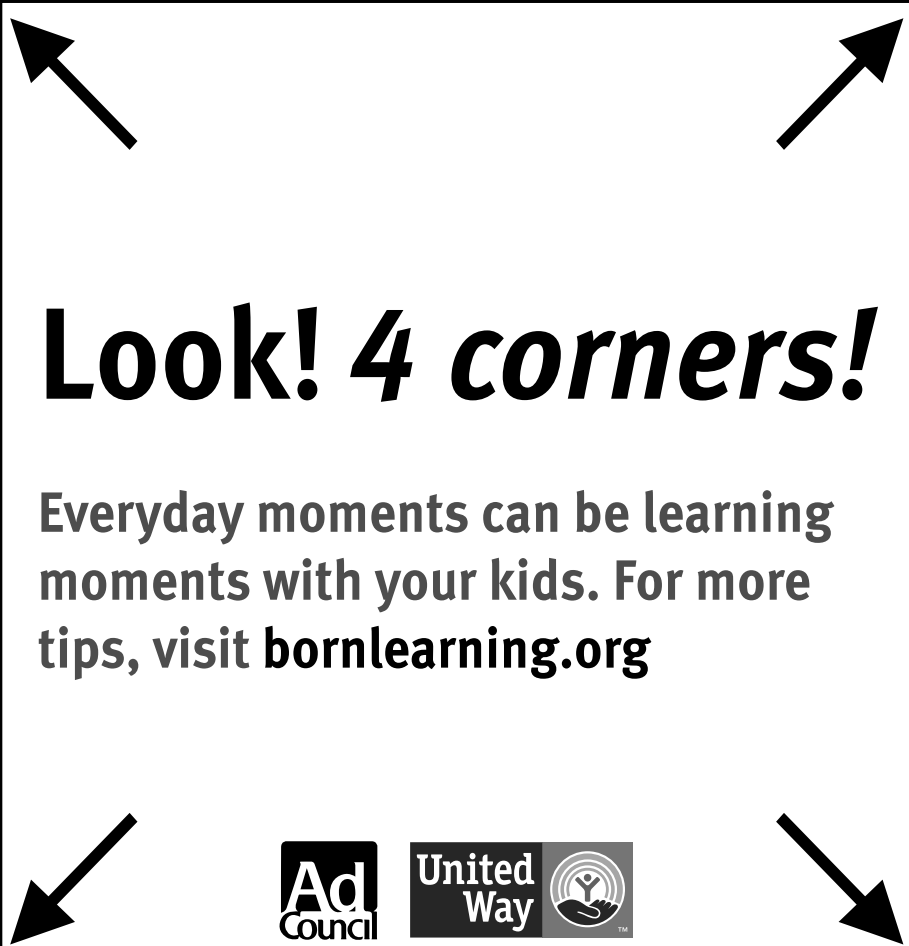
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Military resale unites to support servicemembers during COVID-19 pandemic

From Navy Exchange Service Command Public Affairs

VIRGINIA BEACH

During the unprecedented COVID-19 pandemic, the military resale community stands united in its commitment to support service members and families who rely on exchanges and commissaries for goods and services.

Around the world, the Army & Air Force Exchange Service (AAFES), Navy Exchange Service Command (NEXCOM), Marine Corps Exchange (MCX) and Coast Guard Exchange (CGX) are mission essential, while the Defense Commissary Agency (DeCA) is mission critical. All told, military resale supports warfighters and their families with 300 main exchanges, 236 commissaries (more than 6,700 facilities) in nearly 40 countries.

The joint buying alliance, signed in early 2019, has enabled exchanges and commissaries to significantly increase orders for high demand items such as cleaning and hygiene products during the pandemic by sharing sources and leads for constrained products.

ADDITIONAL RECENT PROTECTIVE MEASURES INSTITUTED BY MILITARY RESALE TO KEEP COMMUNITIES SAFE INCLUDE:

- Cleaning and disinfecting stores and restaurants.
- Reducing/changing hours for thorough cleaning and restocking.
- Deploying signs to remind shoppers of physical distancing guidelines, and in many cases, marking the floor to ensure shoppers keep 6 feet of distance while waiting in line.
- Serving grab-and-go meals to military children engaging in virtual learning in South Korea, Japan, Okinawa, Europe and Guantanamo Bay. More than 10,000 meals have been served during the pandemic.
- Encouraging “cashless” transactions.
- Canceling special in-store events to reduce crowds.
- Working with MILITARY STAR® cardholders individually on hardships. Cardholders can email militarystar@aafes.com for information.

“AAFES is fully nested with installation commands to ensure alignment with the Army and Air Force missions,” said AAFES Director/CEO Tom Shull. “Our team stands with military families around the world during this challenging time. Never has the benefit we are honored to provide Soldiers and Airmen been such a force multiplier in protecting the force.”

DURING THE PANDEMIC, AAFES IS:

- Deploying mobile field Exchanges (MFEs), including a 53-foot store on wheels at the Army field hospital at the Javits Center in New York City to support 3rd Expeditionary Sustainment Command Soldiers, National Guard members and civilian medical personnel. Two additional MFEs are also operating at Joint Base San Antonio-Fort Sam Houston and Fort Benning.
- Distributing face masks for customer-facing and distribution center associates.
- Installing acrylic shields at points of sale and customer service areas.
- Offering buy online, pick up in store service.
- Piloting curbside pickup.
- Instituting personal shopping for quarantined Soldiers and Airmen.
- Offering takeout service at restaurants.
- Discontinuing the use of reusable cups at

food facilities.

- Training food service workers on safety, cleanliness and personal hygiene; reviewing and following food safety and hygiene measures.
- Updating store hours in real-time on Shop-MyExchange.com and social media channels.

The Navy Exchange Service Command (NEXCOM) serves the nation’s U.S. Navy Sailors and their families. During times of crisis its core business lines including NEX retail stores, Uniform Program Management Office, the Navy Clothing & Textile Research Facility, the NEXConnect Telecommunications Program Office, Ships Store Program and the Navy Lodge Program all to provide goods and services that directly impact Navy commands, individual Sailor readiness and family morale.

“NEXCOM’s mission is enduring, and remains critical especially during these times of crisis,” said retired Rear Adm. Robert J. Bianchi, CEO of NEXCOM, who is dual-hatted as the DOD special assistant for commissary operations. “Our command is in lockstep with installation and Navy leadership to help serve as a force multiplier and a sustained readiness enabler for our Navy’s warfighters. NEXCOM’s 14,000 personnel across our six business lines have been hard at work, around the clock ensuring our Sailors and their families have access to essential goods and services during this worldwide crisis.”

NEXCOM IS:

- Providing high-speed personal Wi-Fi connectivity as usage increases as Sailors remain on base or families overseas remain indoors. NEXCOM’s NEXConnect Telecommunications Program Office has worked around the clock to ensure internet connectivity remains steady.
 - Maintaining close-coordination between its Ships Store Program and Supply Officers onboard all deployed ships by providing necessary merchandise and services. The team has been supporting the USS Theodore Roosevelt (CVN 71) USS Nimitz (CVN 68), USNS Mercy (T-AH 19) and USNS Comfort (T-AH-20).
 - Supplying Navy Active Duty and Reservists onboard the USNS Mercy and USNS Comfort with their uniform needs prior to deployment. NEXCOM’s Southeast Distribution Center and uniform team expedited all orders and outfitted the crew with the required uniforms.
 - Focusing efforts downrange in overseas locations such as Guam, Jebel Ali and Bahrain to support the Fleet and those Sailors on Restriction of Movement (ROM) by utilizing the NEX Downrange Program and a newly created NEX Quarantine Program, which allows Sailors to order select merchandise and have it delivered to their location.
 - Using worldwide Navy Lodges, in conjunction with Navy commands, to house Sailors and families on ROM. As of April 15, there are 23 Navy Lodges with just under 400 rooms being used by Navy commands.
 - Feeding Sailors from the USS Theodore Roosevelt (CVN 71) who are currently quarantined ashore.
 - Marine Corps Community Services (MCCS) is doing its part for its customer base as well.
- “Key components of MCCS, such as the Marine Corps Exchange (MCX) and the Inns of the Corps Lodges, continue to be steadfast in their support during the COVID-19 pandemic,” said Marine Corps Business and Sup-



U.S. Navy photo
A Navy Lodge Bethesda, Md., associate wears a face covering while cleaning on April 13 2020, to help stem the spread of COVID-19. The Navy Exchange Service Command’s (NEXCOM) six business lines have been industrious and determined to get Sailors and their families what they need in this ever-changing environment.

port Services Division Director/CEO Cindy Whitman Lacy. “Our MCX buying team, through its relationships with our loyal suppliers, has ensured necessary items remain available, especially for those who are living and working on our installations. We understand the urgency of keeping our community fueled, prepped, and supplied better than anyone. In this ever-changing environment and time of constant unpredictability, we aspire for our support to be a stabilizing influence to Marines and their families. Our associates are passionate and committed to keeping clean and safe environments for our customers. They epitomize the term ‘Civilian Marines.’”

MCX IS:

- Canceling in-store events that create unsafe gatherings and focusing efforts on the necessities of the current environment and operational mission.
 - Provide food by pick up, grab and go, and via unmanned MCX 24’s.
 - Maintaining operations at Inns of the Corps Lodging in order to support command-approved occupants.
 - Maintaining operations at MCX gas stations.
 - Securing additional shipments of sanitation and home necessity items.
 - CGX is fully engaged with taking care of Coast Guard members.
- “CGX associates are working around the clock to keep stores open and sanitized, maintain stocks, and make stores available and safe for authorized patrons,” said CAPT Bruce C. Brown, Commanding Officer of the USCG Community Services Command. “These services are absolutely mission essential given CGX stores’ proximity to many Coast Guard installations with 24/7 Command Centers, ready air crews, duty boat crews, Coast Guard cutters, and, of course, Coast Guard families. CGX products and services are absolutely vital in locations with Coast Guard Family Housing such as Kodiak, Alaska; Astoria, Ore., Staten Island, N. Y.; and Puerto Rico.

CGX IS:

- Procuring more than \$300,000 in emergency relief, sanitation, and hygiene supplies for the Coast Guard’s Shore Infrastructure Logistics Center.
 - Supporting Coast Guard Operational Commanders.
 - Taking care of families at Kodiak, Alaska; Astoria, Ore.; Staten Island, N. Y.; and Puerto Rico.
 - Commissaries are mission critical and have leaned forward to care for service members worldwide.
- “We want to reassure our valued customers and our dedicated employees that their health and welfare are our No. 1 concern,” Bianchi said. “Our objective right now is to provide

military members and their families with necessary goods and to make sure our stores remain safe and clean.”

ACTIONS TAKEN BY THE COMMISSARIES ARE:

- Mandating all customers and patrons entering a store wear a face covering for the protection of all.
- Installing plexiglass sneeze shields in all regular checkout lanes to add protection for customers and cashiers.
- Wiping down checkout areas, product display cases, restrooms and shopping carts with disinfectant, and practicing routine hand washing and other basic sanitation measures to avoid spreading germs.
- Enabled touchless credit card processing eliminating the need for the customer to sign.
- Asking customers to scan their own ID cards so cashiers can provide them touchless transactions.
- Securing supplies and personal protective equipment for frontline store employees. The agency is distributing masks and gloves to stores as fast as possible.
- Discontinuing the use of shopper provided reusable bags.
- Allowing only authorized customers – this includes disabled veterans with VHIC cards – will be able to enter a commissary. Visitors will no longer be allowed to accompany authorized customers and 100% ID check is in place.
- Using critical hire authority to fast-track the hiring of store employees needed to help keep stores properly staffed.
- Using store discretion in placing item purchase limits necessary to help maintain stock availability.
- Activated its emergency operations center to mobilize the agency’s support to its 236 stores worldwide.
- Supporting agent shopping service at local commissaries where installation leaders establish a process to recruit volunteers and connect them with the customers who need this service.
- Canceling special events such as the spring sidewalk sales, in-store product demonstrations (including DeCA’s free coffee program), group tours, vendor-sponsored events and Month of the Military Child activities such as the coloring contest in order to discourage group gatherings.
- Working jointly with installation leadership and public health personnel to implement risk reduction practices such as one-way aisles, designated store hours, and limiting the number of patrons in the store.
- Increasing the number of airlifts to supply our OCONUS stores, especially in the hardest hit areas.
- The military resale family stands with military families. The exchanges and commissaries are all in for those who serve.

Fleet and Family Services still open for business over phone, web

By Tim McGough

Commander, Navy Installations Command Fleet and Family Support Program Public Affairs

WASHINGTON

Commander, Navy Installations Command has found a way to continue supporting Sailors and families while maintaining physical distancing.

Although Fleet and Family Support Centers (FFSC) at Navy installations have temporarily closed their doors, they remain open for business – virtually and through teleconferences.

“We are still offering numerous services to our customers through telehealth, online training, webinars and numerous other virtual services,” said Shauna Turner, director of CNIC’s family readiness division. “The CNIC family readiness professionals are still providing services that are only a phone call or a mouse click away.”

FFSCs are currently offering telehealth, non-medical services over the phone instead of face-to-face counseling. For telehealth services, customers can call their

local FFSC to schedule an appointment or for more information.

Virtual classes include Live Well Resiliency webinars, which offer participants with tips, tools and resources to support the Navy lifestyle. Webinars are open to all Sailors and family members. Webinars are scheduled throughout the month with each webinar lasting about an hour and a half.

The next scheduled webinar, “Time Management During a Crisis,” is scheduled April 16. Webinars scheduled for May include “Setting Healthy Boundaries During COVID-19,” “Household Goods and Smooth Moves” question-and-answer session, and “Stress Management in Times of Crisis.”

Registration is required. To register for webinars, go to <https://learning.zeiders.refineddata.com/enrol/index.php?id=7367>.

Another helpful online resource is CNIC’s Navy Spouse Navigation webpage, which serves as a one-stop-shop of information and other helpful resources for specifically for Navy spouses. From the page, which can be accessed at www.cnic.navy.mil/ffr/family_readiness/navy-spouse.html, offer quick links to various Navy and federal programs, such as the Navy Family Accountability and Assessment System (NFAAS), Navy Exchange and the Navy App Locker.

Navy MWR at Home helps Sailors, families 'Stay active, stay informed, stay connected'

By Shannon Revelle

Commander, Navy Installations Command Commercial Sponsorship Program Public Affairs

WASHINGTON

Service members and families now have access to virtual events and informational resources readily available at their fingertips.

Commander, Navy Installations Command (CNIC) recently launched Navy MWR at Home – Stay Connected, which is a one-stop website designed to help keep military community members up-to-date and even entertained during the COVID-19 pandemic.

“Many of our Navy [Morale, Welfare and Recreation] MWR programs and services have been canceled or postponed due to the spread of COVID-19, and like the rest of the nation, our customers are staying home,” said James Baker, director of CNIC’s fleet readiness division, which oversees all MWR programs at Navy bases throughout the world. “The resources available on the Navy MWR at Home website encourage our customers to stay active, stay informed, and stay connected.”

The site, which is available at www.navymwr.org/navy-mwr-at-home/, went live on March 26. It includes information on cooking, entertainment, fitness, kids’ educational resources, digital library access, recreation and virtual travel. It also provides information and resources on other Fleet and Family Readiness programs, such as the Fleet and Family Support Center, Navy Housing and Navy Wounded Warrior.

“Through the Navy MWR at Home website, our customers can read a book in our digital library, work out using one of our fitness apps, and gather the family to watch daily surprise videos from musicians, comedians, magicians and other entertainers,” said Refugio Orozco, head of CNIC’s fleet and family readiness marketing and communications branch.

“People can try some new recipes in our cooking section, or travel the world virtually through online content from museums, theme parks, and historic sites,” Orozco said. “Whatever you want, Navy MWR has lots of ways to help keep you and your family connected!”

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CH-53K successful in air refueling tests
The CH-53K King Stallion aced an air-to-air refueling test, successfully demonstrating long-range logistics support capabilities for the U.S. Marine Corps. **See B1**



MC1 Ryan U. Kledzik
Lt. Jamie Jordan, right, administers the oath of reenlistment to Fire Controlman 2nd Class Joseph Johnson aboard the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64), Sept. 27, 2018. Carney, forward-deployed to Rota, Spain, is on its fifth patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners as well as U.S. national security interests in Europe and Africa.

NAVY UPS THE ANTE ON REENLISTMENT BONUSES

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

WASHINGTON

The Navy has released the mid-2020 Selective Reenlistment Bonus offerings and the news is good for many Sailors in key skillsets looking to stay in and cash out.

With a total bonus budget of \$382.7 million this fiscal year, \$230.1 million is available for new contracts. As of March 24th, 4,225 Sailors across reenlistment zones A, B and C have taken home \$77 million in initial payments. An additional 1,253 applications are pending approval with another \$18M earmarked for these Sailors pending final approval.

Now the service is sweetening the pot with the release of NAVADMIN 108/20 on April 15.

“Navy is expanding the reenlistment window for all SRB-

“ Navy is expanding the reenlistment window for all SRB-eligible Sailors regardless of skillset. Instead of waiting until a Sailor is within 270 days of their End of Active Obligated Service, Sailors can now reenlist as far out as 365 days, providing additional flexibility and stability in their lives and careers.

See **BONUSES** | B7

Capt. Angela Katson

NMCRS Fund Drive extends through June 30

By Rebecca Coleman
Naval Safety Center Safety Promotions

NORFOLK

In an effort to support Sailors, Marines and their families during the ongoing COVID-19 Coronavirus response efforts, the annual Active Duty Fund Drive benefiting the Navy-Marine Corps Relief Society (NMCRS) is extended through June 30.

Those wishing to donate via allotment have until April 30 to submit their contribu-



NAVY-MARINE CORPS RELIEF SOCIETY

Navy Marine Corps Relief Society

tion form to their unit fund drive representative. Otherwise, cash, check and online contributions will be accepted through June 30, www.nmcrs.org/adfd.

“This extension allows the many command fund drive representatives to continue efforts to achieve 100 percent meaningful contact, especially with many of our Sailors and Marines operating under remote circumstances,” said RADM Mark Leavitt, commander, Naval Safety Center and this year’s Hampton Roads NMCRS fund drive chair.

Leavitt said the local NMCRS offices are on watch and available to help with unexpected financial needs. NMCRS Norfolk Director, Kathy Nelson said, “NMCRS is doing everything possible to be accessible during these difficult times while also protecting the safety and health of Sailors, Marines, families and staff members. Please call ahead to arrange scheduling and review required documentation. We ask that clients complete applications in advance, bring a current copy of their Leave and Earning

Statement and arrive with an appropriate face mask.”

“I deeply appreciate the efforts and contributions made so far in support of our Sailors and Marines, especially during these challenging times,” said Leavitt. “Your support truly embodies the fund drive’s theme, ‘By Our Own – For Our Own.’”

For information regarding this year’s fund drive, Sailors and Marines can contact their organization’s fund drive representative or go online to www.nmcrs.org.

Under the quarantine microscope:
What I've learned about my
husband of 27 years

By Lisa Smith Molinari

Our family members are the people we know best. Living together makes us intimately familiar with each other's personalities, likes, dislikes, quirks and habits. We know intuitively what the other person is thinking or feeling, without a single spoken word...

Francis is "our lovable narcissist" like I always do. However, I never really knew Francis. Ever since the coronavirus crisis locked us into this unending house arrest, I realize that, for 27 years, I was too distracted by the minutia of our daily lives to see the outer reaches, hidden underbellies, and far corners of my husband's unique personality. It all came into focus one day last week, when Francis gathered our daughters, Anna and Lilly, and me for an announcement. He sat at the head of the table, cleared his throat and began, "Ladies, I've made a decision. You've all been good during the coronavirus shut down, so you deserve a treat. Macy's is having an online sale today, so go to their website and get whatever you want." The girls' eyes widened at the thought of trendy outfits and accessories. My mind flashed with images of updated home decor. "You each get fifty dollars for your shopping spree," he added with a self-approving nod, "because you deserve it."

put thirteen clearance items into the Macy's online shopping cart. Anna, on the other hand, carefully selected one pair of pricey designer track pants. I picked a \$20 set of cloth napkins, hoping that Daddy Warbucks would be happy that his little orphans came in under budget. But I noticed that the Macy's online shopping cart total was over \$300. How did that happen? It was no surprise that our lovable narcissist had ordered himself a jacket for \$50. But a \$170 porch rocking chair? That night while trying to sleep, I couldn't make sense of my husband. He announces that he wants to reward us, limits us to \$50 each, buys himself a jacket, AND A ROCKING CHAIR? He says he's treating us, but instead, splurges on himself? As if contemplating the vastness of the universe, my mind went blank, unable to process the unknown complexities of my life partner. The next day while we were walking the dog, I gingerly approached the subject. "Honey, just curious. Why did you buy that rocking chair?" Completely unaware of how bad it looked, he explained that he'd always wanted one, and besides, it was a good price. Rather than dig deeper, I took his simple answer at face value and added, "Well, you should have ordered two, because I'll need a place to sit on the porch, too." Although he never acknowledged his original transgression, Francis was embarrassed that he hadn't thought to order two rockers instead of one. Thanks to Francis' imperfect combination of character traits, we now have two chairs to rock in, side by side. Unfortunately, we won't be rocking anytime soon, because they were delivered in boxes, assembly required. www.themeatandpotatoesoflife.com



Military OneSource/

Transform catastrophic
thinking Into purposeful
action during times of crisis

By Military OneSource

Do you find yourself worrying about the health of your loved ones? Anxious about the loss of a family member's income? Wondering what your PCS will look like? Concerned about finding child care with school canceled? With so much uncertainty and seemingly everything on the line because of the coronavirus disease 2019 pandemic, it is not uncommon to have catastrophizing thoughts. The Army Resilience Directorate offers the following information to help you turn catastrophic thinking into purposeful action.

WHAT IS CATASTROPHIC THINKING?

Catastrophic thinking happens when thoughts lead to:
- Worst-case scenarios
- High levels of anxiety
- "What-ifs" that may not be realistic
For example, you worry about the gym being closed and instead of finding another way to prepare for your physical fitness test, you come to the conclusion that you'll fail the test and your military career will suffer.

WHY IT'S IMPORTANT TO STOP CATASTROPHIZING
You are less likely to find solutions when you're dwelling on the worst that can happen. That's because:
- Anxiety creates a strong fight-or-flight response. The release of the stress hormone cortisol may limit your ability to think critically and creatively.
- You waste critical energy by planning for a worst-case scenario that isn't likely to happen.
- You focus on areas that are out of your control.
HOW CAN I STOP CATASTROPHIZING?
Turn to strategies that help you think in a more productive way. Barbara Fredrickson's research-based broaden and build theory can help your mind and body shift from the fight-or-flight response to a problem-solving mode. The theory states that positive emotions help to calm us so we can think more clearly and creatively.
There are 3 steps to the theory:

- Step 1: Notice when catastrophic thoughts have hijacked your attention or are causing worry, stress or anxiety.
- Step 2: Recognize that you're not your best when under stress. Have a plan to shift to a more positive emotion. You might call a loved one, watch funny videos or practice deep breathing. Even telling yourself your thoughts are unrealistic can ease your stress and give you hope.
- Step 3: Address the problem once you're thinking clearly. Focus on the areas where you have control. You may surprise yourself with a novel, creative solution. Using positive emotions to accurately assess the facts and tap into your creativity can help you make good decisions and solve problems, now and in the future. Stay up to date on all the latest information on COVID-19. For updates for the military community regarding the virus that causes COVID-19, view the following sites: Visit Coronavirus.gov, CDC.gov, USA.gov and Defense.gov. Follow Military OneSource's Facebook, Twitter and Instagram platforms. Continue to visit the Coronavirus Information for Our Military Community page for updates. Check Move.mil for PCS-related updates.



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.

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U.S. Marine Corps photo courtesy of Lockheed Martin
A CH-53K King Stallion successfully plugs into a funnel-shaped drogue towed behind a KC-130J during aerial refueling wake testing, April 6, over the Chesapeake Bay. The all-new heavy-lift helicopter will expand the Marine Corps' ability to move more material more rapidly.

CH-53K SUCCESSFUL IN AIR REFUELING TESTS

From PEO(A) Public Affairs

NAVAL AIR STATION PATUXENT RIVER, MD.

The CH-53K King Stallion aced an air-to-air refueling test, successfully demonstrating long-range logistics support capabilities for the U.S. Marine Corps. The 4.5

hour test was accomplished over the Chesapeake Bay with a KC-130J aerial refueling (AR) tanker. “The aircraft went to the tanker this week and it was very successful, proving it is a long-range vertical logistic workhorse,” said Col. Jack Perrin, H-53 heavy lift helicopters (PMA-261) program manager.

According to the CH-53K test team, the wake survey test assessed the performance of the aircraft when flying behind the tanker in strong, turbulent air. The aircraft’s crew successfully plugged the drogue, a funnel shaped basket towed behind the KC-130J. These tests were performed at increasing closure rates to ensure

the CH-53K can handle the forces on the refueling probe when contacting the drogue during aerial refueling. “The aircraft was able to meet the desired performance for all engagements,” said Perrin. “The ‘K’ is the long-range enabler that we need now and into the future.” The CH-53K King Stallion continues to execute within the reprogrammed CH-53K timeline, moving toward completion of developmental test, leading to initial operational test and evaluation in 2021 and first fleet deployment in 2023-2024.

Navy Reserve app to deliver real-time access to business processes

By MC3 Magan Strickland
Commander, Navy Reserve Forces Command Public Affairs

NORFOLK

In the latest improvement to Reserve Force modernization, Commander, Navy Reserve Forces Command is beta-testing a new application using cloud computing, mobile-friendly interfaces and digital capabilities to help modernize administrative processes and customer interaction. The Reserve Relationship Management tool, or R2M, will increase the automation, standardization and shared information available to the Reserve Force for managing organizational business relationships — a critical part of the Chief of Navy Reserve’s overall information technology strategy. “The modernization of Navy Reserve equipment as well as its systems is critical to ensure that the Reserve remains interoperable with the active component to be called to do the nation’s bidding whenever and wherever it may so choose,” said Vice Adm. Luke McCollum, Chief of Navy Reserve, who added that modernization efforts like R2M improve efficiency and lethality throughout the Reserve Force by modernizing administrative practices and aligning with fleet and warfighting requirements. At the user level, R2M promises real-time access to processes that would normally require logging into a Navy computer system or even an in-person trip to a Navy Operational Support center. For Navy Operational Support Center (NOSC) Richmond, the beta test of the program is already showing merit. “As an example,” said Ens. Raymond Decatur, executive officer of NOSC Richmond. “We had a SELRES traveler whose Defense Travel System (DTS) claim had not moved. The Sailor created a trouble ticket in R2M. We were able to assist the Sailor through the DTS process via the R2M app to resolve his issue without an email, phone call or a visit to the NOSC.” R2M Project Manager Cmdr. Matthew McLauchlin



U.S. Navy graphic

says the new platform will allow Reserve Sailors and NOSC leadership to track tasking and complete many administrative processes without requiring Reservists to physically visit their NOSC. “Enhanced communication and customer service, improved data and reporting and better collaboration and automation of everyday tasks are a few ways R2M is increasing efficiency,” said McLauchlin. “Minimizing administrative delays will directly result in a more agile and lethal Reserve Force.” McLauchlin adds that during the development phase, his team used feedback from Sailors through the Ready To Win (R2W) Idea Portal, with a focus on prioritizing areas that would directly improve the lives of Reservists. So far, R2M features access to a Funeral Honors app allowing increased visibility of upcoming scheduled events, pre-mobilization checklists, drill weekend taskings, resources for applying for Reserve service bonuses, medical retention review status tracking, and access to purchase request forms and unit gains/losses. Administrative interactions entered by Reserve Sailors through R2M will be identified, documented and record-

ed. The new process will streamline and improve customer service, build an accessible database of best practices to provide quicker solutions to common issues, and allow every Reservist the ability to track his or her completed drills and tasks. “R2M is a very useful and easy to use tool that not only allows transaction transparency for the Sailor, it allows NOSC leadership to track the overall progress and effectiveness of their respective departments,” said Decatur. “I believe as this application becomes fully integrated into the way the Navy Reserve does business, we will see admin turnaround times improve across the Force.” NOSC Richmond and NOSC Schenectady are currently the only two Reserve centers assisting with the beta testing, focusing mainly on the utilization of special request and trouble ticket submissions in the R2M system. But McLauchlin says more NOSCs will be added by the summer as more system capabilities are finalized. For now, Reserve Sailors are encouraged to continue to submit Reserve Force improvement suggestions on the R2W Idea Portal at www.r2w.navy.mil.

VAW-120 achieves significant milestone: 1,000th aerial refueling contact

From Naval Air Force Atlantic Public Affairs
NORFOLK

The “Greyhawks” of Airborne Command & Control Squadron (VAW) 120 achieved a significant milestone by achieving its 1,000th Aerial Refueling (AR) contact for the squadron, April 16.

The E-2D Advanced Hawkeye aircraft and crew were conducting an initial AR qualification flight off the East Coast of the United States training Fleet Replacement Squadron (FRS) Instructors in aerial refueling procedures.

Aerial refueling will nearly double the available on-station time and significantly increase the mission effectiveness, scope, and reach of the

world’s most dominant Airborne Command & Control platform.

“This milestone marks a true transformation in our community and will extend the immense reach and influence of this platform,” said Capt. Matthew Duffy, Commander, Airborne Command & Control and Logistics Wing. “I am immensely proud of the men and women in uniform and our industry partners who have contributed to this overall effort.”

Increasing lethality for America’s Navy, the Aerial Refueling modified E-2D Advanced Hawkeye is another key component to the Carrier Air Wing of the future.

“As we look to start the transition of two fleet squadrons this year to AR-

equipped Hawkeyes, the Carrier Air Wing will soon gain another measure of lethality,” said Duffy.

VAW-120, the Norfolk-based FRS for both the E-2 Hawkeye and C-2 Greyhound, is part of Airborne Command & Control and Logistics Wing and is tasked with providing aerial refueling initial qualifications for the operational E-2D fleet. Currently, the squadron’s AR instructor pilot cadre are increasing proficiency and experience in preparation for training and transitioning the first fleet squadron later this spring.

In September 2019, the first aerial refueling capable E-2D Advanced Hawkeye landed at Naval Station Norfolk officially marking the arrival of this upgraded aircraft to the fleet. In

“ This milestone marks a true transformation in our community and will extend the immense reach and influence of this platform,”

Capt. Matthew Duffy

2020, the fleet will transition two operational fleet squadrons to aerial refueling capable E-2Ds.

VAW-120 is a Fleet Replacement Squadron attached to Airborne Command & Control and Logistics Wing. Its mission it to train naval aviators, naval flight officers, Navy aircrewmembers, and qualified maintainers to safely and effectively operate E-2 and C-2 aircraft.

Pacific Fleet announces 2019 Sea, Shore Sailors of the Year

From Pacific Fleet Public Affairs
PEARL HARBOR, HAWAII

U.S. Pacific Fleet (PACFLT) announced the selection of Aviation Ordnanceman 1st Class Jason Webley and Utilitiesman 1st Class Joseph Rubino as the 2019 Sea and Shore Sailors of the Year.

U.S. Pacific Fleet Master Chief Jim Honea praised all 16 SOY nominees for their hard work and dedication throughout their careers, and especially during these trying times.

“I’m incredibly proud to know that we have Sailors like these representing PACFLT,” said Honea. “Every one of these finalists exemplify the competency and character we desire in our leaders. They are each technical experts, leaders of exemplary character, and outstanding teammates. They’re all winners.”

Webley, assigned to the Pacific Missile Range Facility Far East Det. Okinawa, hails

from Brooklyn, New York, and joined the Navy in January 2007.

“It is a blessing,” said Webley. “It’s a direct reflection of the leadership and mentorship that my superiors have given me throughout my career. But it’s also a direct reflection of the hard work that my peers and subordinates have put forth with and for me throughout the years.”

Webley will be meritoriously promoted to chief petty officer as part of his selection as PACFLT SOY.

Rubino, assigned to Construction Battalion Maintenance Unit (CBMU) 303, San Diego, is originally from Belleville, New Jersey and has been in the Navy for 18 years.

“This is incredible,” said Rubino. “I just checked in to a new command, and with the social distancing measures it’s been a challenging adjustment. But once this is all over, I owe my leadership and my Sailors back at CBMU 303 some handshakes. I would not be in this position without their support.”

Rubino will represent PACFLT in the

Chief of Naval Operations’ Shore Sailor of the Year competition.

OTHER SEA SOY FINALISTS WERE:

- Personnel Specialist 1st Class Barbara Karas, of Carrier Strike Group 3
- Operations Specialist 1st Class Diana Park, of Commander, Expeditionary Strike Group 7
- Yeoman 1st Class Vinish Nair, of USS Decatur (DDG 73)
- Operations Specialist 1st Class Kenneth James, of Commander, U.S. Pacific Fleet Det. Joint Mobile Ashore Support Terminal
- Machinist’s Mates (Nuclear) 1st Class Britany Acker, of USS Michigan (BLUE)
- Hospital Corpsman 1st Class Jesus Alvarado, of 1st Marine Division
- Builder 1st Class German Dunlop, of Naval Mobile Construction Battalion 5
- Operations Specialist 1st Class Jamonte Wilson, of Naval Special Warfare Group 3

THE SHORE SOY FINALISTS WERE:

- Cryptologic Technician (Networks) 1st Class Autumn Yarbrough, of Commander, U.S. 3rd Fleet
- Musician 1st Class Vincent Moody II, of U.S. 7th Fleet Band
- Legalman 1st Class Karen Bobb, of Commander, Electronic Attack Wing Pacific
- Navy Counselor 1st Class Brenda Lemas, of Littoral Combat Ship Squadron 1
- Culinary Specialist 1st Class Abraham Beck, of Commander, U.S. Pacific Fleet
- Master-at-Arms 1st Class Ardis Finley, of Naval Submarine Support Command Pearl Harbor

Former Chief of Naval Operations Adm. Elmo Zumwalt and former Master Chief Petty Officer of the Navy John Whittet established the SOY program in 1972 to recognize an individual Sailor who best represents the group of dedicated professional Sailors at each command and ultimately the Navy. Within 10 years, the Sailor of the Year program was expanded to include the shore establishment and Navy Reserve Sailors.

Due to travel restrictions and social distancing requirements resulting from the COVID-19 pandemic, this year’s selection panel was held via video teleconference.

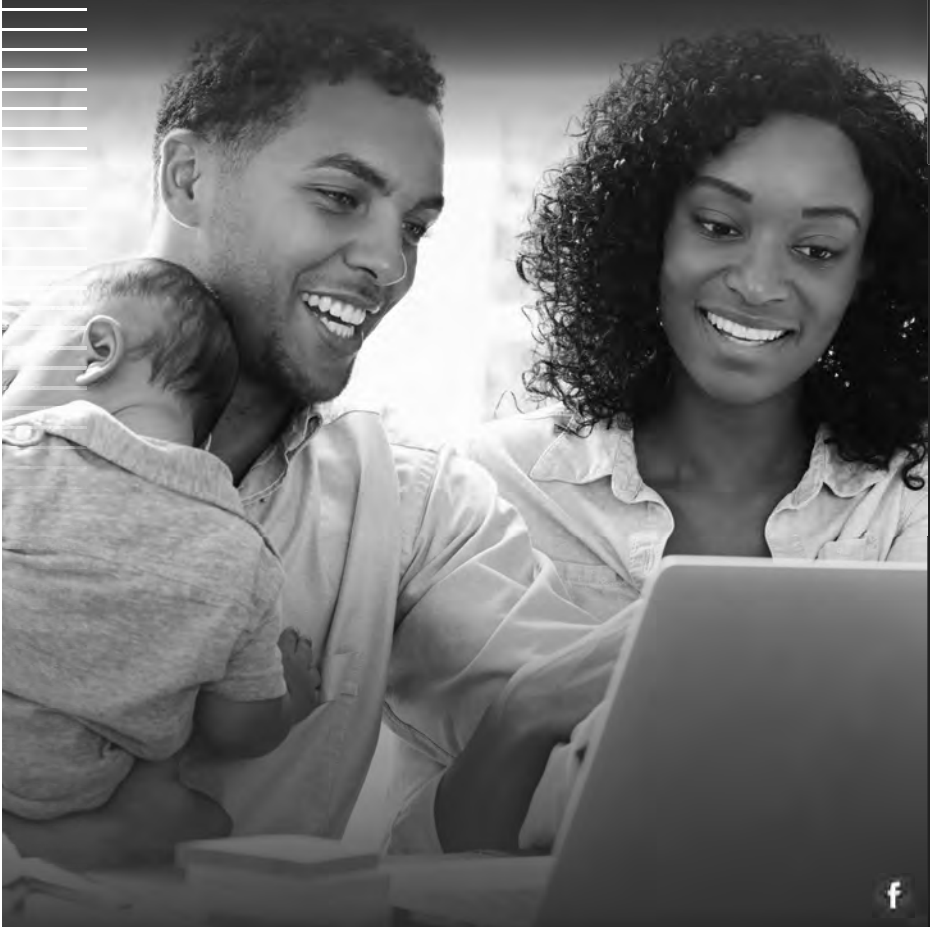
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USS Vermont becomes latest Virginia-class fast-attack submarine in service

From the Office of the Navy Chief of Information

WASHINGTON

The U.S. Navy commissioned USS Vermont (SSN 792), the 19th Virginia-class attack submarine, April 18.

Although the traditional public commissioning ceremony was canceled due to public health restrictions on large public gatherings, the Navy commissioned USS Vermont administratively and transitioned the boat to normal operations. Meanwhile, the Navy is looking at a future opportunity to commemorate the special event with the ship's sponsor, crew and commissioning committee.

"This Virginia-class fast-attack submarine will continue the proud naval legacy of the state of Vermont and the ships that have borne her name," said Acting Secretary of the Navy James E. McPherson. "I am confident the crew of this cutting edge platform will carry on this tradition and confront the challenges of today's complex world with the professionalism and dedication our nation depends on from warriors of the silent service."

Vice Adm. Daryl Caudle, commander, Submarine Forces, said Vermont's entry to service marks a new phase of American undersea warfare dominance for a global Submarine Force that is ready to deter, defend and defeat threats to our nation, allies, and rules-based international order.

"This warship carries on a proud Vermont legacy in naval warfare and unyielding determination stretching back to the birth of our nation," Caudle said.

"To her crew, congratulations on completing the arduous readiness training to enter sea trials and prepare this

ship for battle. I am proud to serve with each of you! Stand ready to defend our nation wherever we are threatened – honoring your motto – FREEDOM AND UNITY.

May God bless our Submarine Force, the people of Vermont, and our families! From the depths, we strike!"

USS Vermont's sponsor, Gloria Valdez, former Deputy Assistant Secretary of the Navy (Ships), offered her gratitude to everyone who played a role in delivering USS Vermont to service. She said she is proud to represent the crew and the first Block IV Virginia-class submarine to enter service.

"I am very proud of the Sailors and families of USS Vermont, who worked so hard to bring her to life, and also feel extremely grateful to everyone who played a role preparing her to defend our nation for generations to come," Valdez said. "I look forward to commemorating this special occasion together with the crew in the future."

Vermont's commanding officer, Cmdr. Charles W. Phillips III, highlighted Vermont's accomplishments over the past several weeks getting through initial sea trials. The hard work and dedication of the entire team the past few years was evident in the successful execution of at-sea testing, he said.

Phillips added he is especially thankful to the crew and their families, ship sponsor Valdez, and the USS Vermont Commissioning Committee, led by Debra Martin, for all their hard work and support of the crew.

"We recognize just how important the submarine force is during this era of Great Power Competition," Phillips said. "As part of the nation's maritime asymmetric advantage over our competitors, we are ready to perform whatever duty is most needed.



U.S. Navy graphic/

"The crew is hungry to hone our skills at-sea and become an effective fighting unit, and we will work tirelessly to justify the nation's confidence in us," he added. "Today marks the culmination of six years of dedicated work by the men and women who constructed the nation's newest and most capable warship. We are all honored to be part of this historic moment."

"We are also grateful for the families who have supported our Sailors through the long process of bringing this warship to life and dedicated their time with patriotism and selfless devotion," Phillips said.

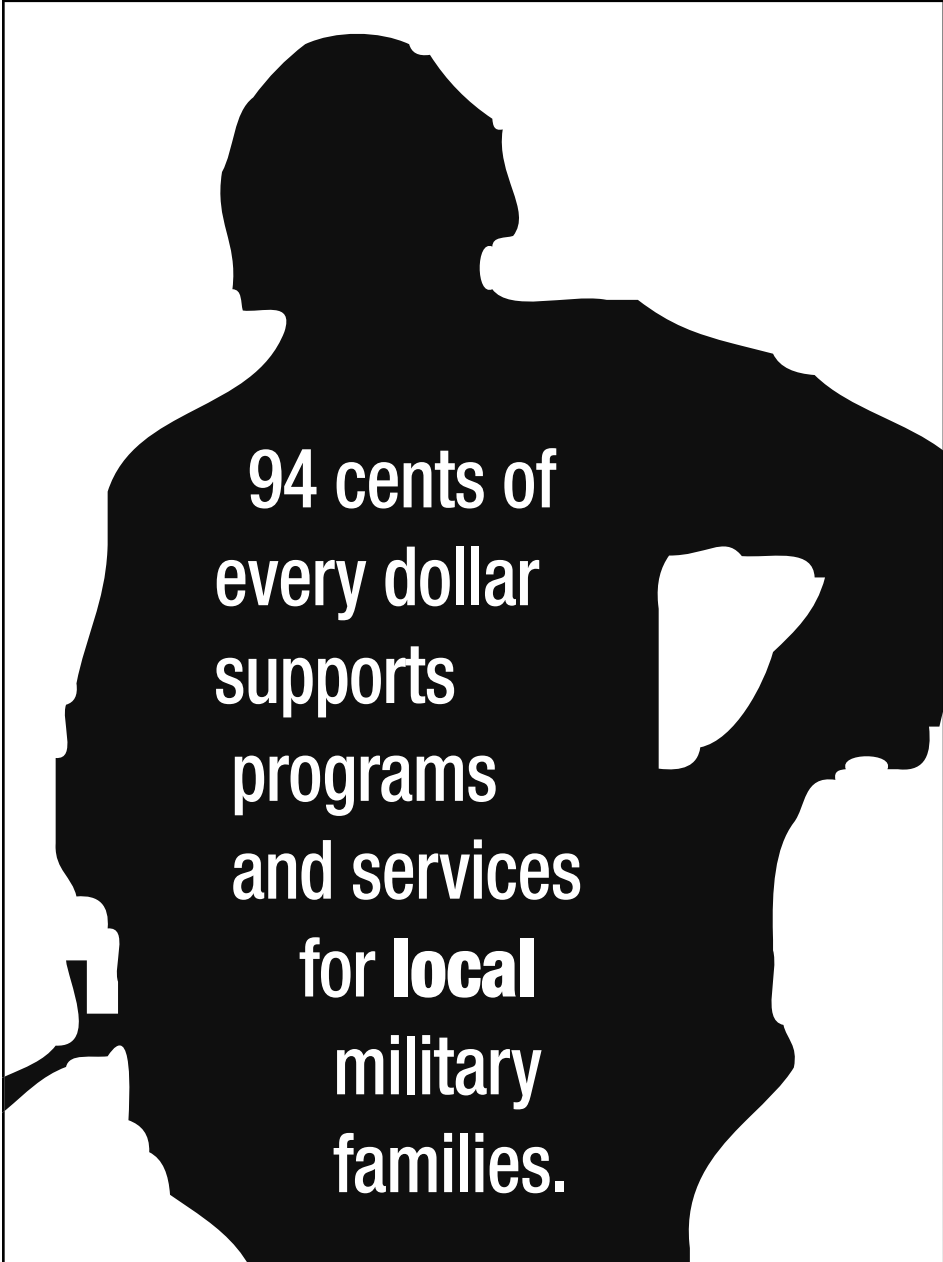
USS Vermont is the third U.S. Navy vessel to bear the name of the Green Mountain State. The first Vermont was one of nine 74-gun warships authorized by Congress in 1816. The second Vermont, Battleship No. 20, was commissioned in 1907 and first deployed in December that year as part of the "Great White Fleet." She was decom-

missioned June 30, 1920.

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

The submarine is 377 feet long, has a 34-foot beam, and will be able to dive to depths greater than 800 feet and operate at speeds in excess of 25 knots submerged. The boat's construction began in May 2014, and it will provide the Navy the capabilities required to maintain the nation's undersea superiority well into the 21st century.

Vermont is the first the first of 10 Virginia-class Block IV submarines. Block IV submarines incorporate design changes to reduce total ownership cost, as well as allow the Navy to increase the time between maintenance stops and the number of deployments.



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Department Head course hones tactics, collaboration for intl' surface warfare students

By MC2 Derien Luce
Naval Education and Training Command Public Affairs

NEWPORT, R.I.

The International Surface Warfare Department Head Operations Specialty course is one of four international courses offered by the Surface Warfare Officers School (SWOS) at Naval Station Newport, with the latest group of students set to graduate June 19.

The 15-week course prepares mid-grade international surface warfare officers with previous sea experience to execute both operations and combat systems department head duties.

The goal of this course is to broaden students' skills in warfare and to build relationships. Students learn the basic knowledge of seamanship, navigation and damage control, but the focus of the course is warfare and warfare planning.

"These future operations department heads will be fighting their ships from the combat information center as tactical action officers," said Lt. Benjamin Grayson, a Department Head Operations Specialty course instructor. "We need to ensure that they are ready for this constant, tactical-minded watch station."

Lt. Tunggul Adya Dewangga, a member

of the Indonesian navy and student in the course, believes there are also benefits training with students from all over the world.

"We can exchange knowledge, culture and perspectives," said Dewangga. "One thing that is certain is that we will make new friends."

Grayson agreed, saying strengthening international bonds is vital to building strong joint forces.

"I think the more those different nations of the world can work together, the less conflict we'll have, and that's the goal," said Grayson. "If we should ever need to work together, having these bonds will help us have an easier time integrating with each other."

Dewangga added that he enjoys the course and looks forward to taking what he has learned home with him.

"This course opens up a new viewpoint for me," said Dewangga. "It has shown me how I can improve my performance at work in the future."

The Naval Education and Training Security Assistance Field Activity, serving as a focal point for all security assistance training program issues, coordination and advice within the U.S. Navy, manages international training and education.

Other international courses offered at



U.S. Navy graphic

“ These future operations department heads will be fighting their ships from the combat information center as tactical action officers. We need to ensure that they are ready for this constant, tactical-minded watch station.

Lt. Benjamin Grayson

SWOS include International Combat Information Center Watch Officer, Joint Maritime Tactical Development, and International Surface Warfare Division Officer.

SWOS is part of Surface Warfare Schools Command (SWSC), which oversees nine

learning sites worldwide. SWSC's mission is to ready sea bound Sailors to serve on surface combatants as officers, enlisted engineers, and enlisted navigation professionals to fulfill the Navy's mission to maintain global maritime superiority.



MC2 Donovan K Patubo

Security personnel perform a simulated felony stop during a security drill aboard Naval Support Activity, Naples, Jan. 22. NSA Naples is an operational ashore base that enables U.S., allied, and partner nation forces to be where they are needed, when they are needed to ensure security and stability in Europe, Africa, and Southwest Asia.

Top Navy security forces named, stand ready to protect

By Coleen R. San Nicolas-Perez
Commander, Navy Installations Command Public Affairs

WASHINGTON

In recognition of their superior performance and dedication to mission, Commander, Navy Installations Command (CNIC) recently selected Naval Support Activity (NSA) Naples and Naval Air Station (NAS) Whiting Field as winners of the 2019 Navy Security Force of the Year awards.

NSA Naples won in the large installation category and NAS Whiting Field won in the small installation category. They represent a high-caliber of professional law enforcement personnel who protect assets and those who serve at 71 Navy installations around the world.

"Selecting the winners amongst other impressive and accomplished teams was a difficult task as all of our Security Forces are exceptional and deserve recognition for what they do 24-7," said Ron Herb, director of CNIC's security division and force protection program, which oversees all security

operations within the shore enterprise. "All of us here at CNIC salute their efforts and continued commitment to protecting the Navy's fleet, fighters and families."

Navy Security Forces place themselves at the frontlines and respond to any situation, including contingencies – both man-made and natural disasters. They protect life and property and provide a safe environment even during a pandemic, Herb said.

"We all can feel secure knowing that our military and civilian security personnel will continue to detect, deter and defeat terrorism regardless of the current challenge we face as a community and nation," Herb added. "These professionals are the true definition of fortitude and resilience."

During the awards selection process, the best of the best were graded on main criteria:

- Demonstrated proficiency of day-to-day execution of mission;
- Demonstrated proficiency in response to incidents;

Zero safety mishaps verified with Naval Safety Center;

And overall certification score of a successfully completed Final Evaluation Problem (FEP), which assesses core competencies including component and geographical operational requirements.

Naples: Large Installation
Security personnel with NSA Naples in the past year facilitated anti-terrorism and security qualifications at Naval Support Facility Deveselu in preparation for the FEP assessment. In addition, they developed and implemented a joint base defense plan with the Italian military that standardized joint training in order to continue to defend the installation in unison.

"I could not be more proud of our security team here at NSA Naples," said Capt. Todd Abrahamson, the installation's commanding officer. "They embody the Navy core values of honor, courage and commitment, protect our community, and ensure that good order and discipline are being maintained. I am so pleased that the spot-

light shines on our security forces here. They do excellent work and are the example of mission accomplishment every day."

Whiting Field: Small Installation
The Security team at NAS Whiting Field is also noted for their willingness to collaborate with other installations within the Navy Region Southeast area of responsibility. Last year, NAS Whiting Field provided technical assistance and training to NSA Mid-South and NSA Panama City in preparation for their assessments. In addition, Whiting Field's security plans, access control instructions and crime prevention program were shared with other installations within the Navy's shore enterprise for their use and implementation.

"I am extremely proud of our Navy Security Force team," said Capt. Paul Bowdich, NAS Whiting Field's commanding officer. "They do an outstanding job every day, securing our base and protecting the people who serve here. This CNIC recognition is a testament to their hard work and dedication over the past two years and shows that they are prepared and ready for any situation."

Commander, Navy Installations Command's area of operations encompasses the globe, across 10 regions and 71 bases with more than 53,000 employees that sustains the fleet, enables the fighter, and supports the family.

BONUSES *Navy will add roughly 10,000 new Sailors to the over 25,000 Sailors already in the SRB-eligible ranks*

Continued from B1

eligible Sailors regardless of skillset. Instead of waiting until a Sailor is within 270 days of their End of Active Obligated Service, Sailors can now reenlist as far out as 365 days, providing additional flexibility and stability in their lives and careers," said Capt. Angela Katson, head of enlisted plans

and policy for the chief of naval personnel. "Although overall enlisted retention is high, the Navy continues to use the Selective Reenlistment Bonus program to offer competitive financial incentives to Sailors in needed skillsets across the Fleet," Katson added. By expanding the window to a full year before end of service dates, Katson said, the Navy will add roughly 10,000 new Sailors to the over 25,000 Sailors already in the SRB-eligible ranks. Another piece of good news for Sailors is there was a recent addition of 27 new skillsets to the SRB-eligible list. That means the current total of skillsets – rating and Navy Enlisted Classification and years of service combinations – is up to 102 across re-up zones A, B and C. Zone A covers Sailors with up to six years

of service. Zone B runs from six years to 10. Zone C then takes Sailors from 10 years up to 14 years. Among the recent arrivals to the list are Aviation Boatswain's Mate, Launch and Recovery, with offerings in Zones A and B, while fellow aviation rating Aviation Electrician's Mates has recently added offerings for Zones A and C. Meanwhile in the Surface Navy, Electrician's Mates with the U35A skillset, Ships Surface Electrical Advanced Maintenance, were recently offered bonuses in Zone B. The same goes for all surface Sonar Technician as well as Information Systems Technicians with the H09A Consolidated Afloat Networks and Enterprise Services skillset. That's not all. A total of 21 skillsets already on the list also recently saw an increase in payout levels. Another 25 saw a

reduction while 29 skillsets stayed the same. The good news here is that no skillsets were eliminated. The list is dynamic, meaning that changes can occur as skillsets approach or meet their retention goals. Check out the current list at <https://www.mnp.navy.mil/group/pay-and-benefits>, then click on the SRB tab. Sailors should direct any technical questions about the program and eligibility to their command career counselor, who is authorized to contact BUPERS-328 at Navy Personnel Command to get an answer. In addition, many questions may be answered in NAVADMIN 108/20. For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>.



MC3 Brett Walker/ The aircraft carrier USS Gerald R. Ford (CVN 78), with personnel from Huntington Ingalls Industries-Newport News Shipbuilding Division, conducts a weighted inclining experiment at Naval Station Norfolk, April 16. The experiment helped calculate the ship's center of gravity, and will use information from the test to determine the ship's stability in a variety of design loading conditions.

USS Gerald R. Ford finds center of gravity with rare inclining test

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

NORFOLK

USS Gerald R. Ford (CVN 78) pulled away from the pier for three hours into the Elizabeth River to conduct a rare weighted inclining experiment, April 16. The purpose of the inclining experiment is to calculate the ship's weight and center of gravity. Information from the test is also used to determine the ship's stability in a variety of design loading conditions. "This testing of the ship's weight will become the baseline for which it is measured for her life of service," said A.J. Bierbauer, the deputy chief engineer for Newport News Shipbuilding. "As the ship gets older, there will be alterations made to her, and as is the case with many ships, they tend to get heavier through the years. This test will help establish the baseline weight for the life of the ship." While many smaller naval ships such as cruisers and destroyers incur frequent inclining tests throughout their lifespan, Bierbauer said that carriers typically only see a total of three inclining experiments in their lifetime, although other types of stability tests can be done when necessary. "On an aircraft carrier, you'll generally



MC1 Jeff Troutman/ Personnel from Huntington Ingalls Industries-Newport News Shipbuilding Division measure and record inclination readings on USS Gerald R. Ford's (CVN 78) flight deck during a ship's weighted incline experiment at Naval Station Norfolk, April 16. The incline experiment helped calculate the ship's center of gravity, and will use information from the test to determine the ship's stability in a variety of design loading conditions.

get the initial incline test during the new construction phase," said Bierbauer. "The next inclining will be after the ship's Refueling and Complex Overhaul phase, and then the last inclining the ship will get is when she's inactivated, to determine that once the ship is decommissioned, it has adequate stability to be towed to wherever the dismantling process will take place." In preparation for the inclining experiment, contractors from Huntington Ingalls Industries Newport News Shipbuilding Division (HII NNS) and Naval Sea Systems Command (NAVSEA) conducted a load survey over several weeks by identifying weight loads and checking tank levels in every space on the ship, to include store-rooms, weapons magazines, list control tanks, and even jet propellant 5 (JP-5) tanks. According to the ship's Damage Control Assistant, Lt. Cmdr. Gregory Descovich, to ensure accuracy of weight measurements, no loading or offloading of stores, equip-

ment, production materials, or other items occurred until inclining was completed. Additionally, once the inclining experiment began, personnel were directed to "remain stationary and shifting of liquids onboard was secured to further assure the accuracy of the results," he stated in a notice to the crew. The inclining experiment began once the ship was breasted away from the pier. HII NNS and NAVSEA personnel in Jon boats took baseline readings of the draft markers located on Ford's bow, midships, and stern. A transporter then moved inclining weights, totaling approximately 140 tons, into various positions across Ford's flight deck. Following weight movements, personnel measured and recorded each movement distance, and measured the ship's inclination using precision inclinometers. A second round of draft readings were also recorded by personnel in the Jon boats. The final piece to the experiment was a sallying test.

"The end result data set from the incline test and the sally test will validate the damage control stability characteristics of the ship," said Cmdr. Homer Hensy, Ford's chief engineer. "This data will allow the Commanding Officer and the crew to stabilize the ship in the event of battle damage and allow Ford to maintain a stable deck to continue strike operations against our adversaries." The inclining experiment was a conglomerate effort by Naval Architects from HII NNS and NAVSEA and Ford crew members. "The preparations by the crew and Hunt- ington Ingalls Shipyard over the last few weeks was over 1,800 hours spent validating the liquid stores, parts and supplies in every space bow to stern," Hensy continued. "This event is another successful example of the teamwork of the Ford crew and HII to continue to make Ford ready for unrestricted fleet operations in the future."

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See C3

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April known as Month of the Military Child

From Military Child Education Coalition

The Military Child Education Coalition works to address the life and education transition and mobility issues of military-connected children through programs, services, and resources designed to empower parents, educators, other supportive adults and the students themselves.

Each year, April is designated as Month of the Military Child. Reserved for celebrating the resiliency of military-connected children and for their tremendous service and sacrifice, this year's Month of the Military Child comes at a time when military-connected children and their families are faced with altogether new challenges.

Measures put in place to mitigate the COVID-19 crisis mean most military school-aged children around the country are at home, and many of their parents' Permanent Change of Station (PCS) orders are on hold. Military children's stories hold even more significance at this time.

MCEC President and CEO, Dr. Rebecca Porter, is mindful of the vulnerabilities and disruption to the lives of military families brought about by COVID-19, and acknowledges that the current environment further highlights the unique qualities and enduring spirit of military kids throughout the month.

"During Month of the Military Child we want to focus attention on the resilience and adaptiveness of military children. At the same time, it is imperative to acknowledge the additional stress and uncertainty introduced into their lives due to COVID-19," said Porter.

Porter points out the opportunity we have to learn from military children about handling change.

"We're all learning to live with uncertainty in a dynamic environment. For military-connected children who move six to nine times during their K-12 years, change is a constant. I think military kids can teach us a lot about sacrifice and adjustment. Month of the Military Child allows us to take stock of and learn from the experts - military kids," said Porter.

For more than 20 years, MCEC has been helping military kids and their families make sense of the complexities of transition. Balancing COVID-19 support and giving a voice to military kids as part of the Month of the Military Child, MCEC is planning various digital initiatives:

- Weekly podcasts featuring the stories of military kids.
- Weekly podcasts and social media posts to highlight MCEC program managers and teams and their programs.
- Shared stories from families and students on social media.
- MCEC annual Call for the Arts to provide a creative outlet to express feelings and emotions in coping with COVID-19.
- MCEC new online learning series, Navigating Change, plus supportive resources and information on MCEC COVID-19 Response webpage.

According to Education Week, 124,000 U.S. public and private schools and 55.1 million students have been affected by COVID-19. The lasting impact on America's education system remains to be seen. Month of the Military Child is a reminder for military-connected parents, students, and educators to voice the education issues they see as important by participating in the MCEC Military Kids NOW Education Survey.

Demographically, military-connected children comprise nearly two million military-connected students. Almost every school district in America includes military-connected students and youth whose parents serve or served in the Active, Guard, and Reserve components of the Armed Forces. Over 80% of these students attend U.S. public schools while less than 8% attend Department of Defense schools.



PURPLE UP! FOR MILITARY KIDS

In 1986, Defense Secretary Caspar Weinberger designated April as Month of the Military Child. Military bases, cities and school districts around the world will honor these young American heroes with special events just for them. As part of this month-long celebration, local communities are invited to take part in PurpleUp Day! established by your state and wear or display purple to recognize our military children.

Purple Up!

"Purple Up! For Military Kids." Is a day in April set aside for everyone around the Nation to show their support for military connected students. VDOE encourages the entire school community – teachers, principals, students, parents, bus drivers, etc. – to wear purple on Wednesday April 22, to show support for our military students and appreciation for their strength and sacrifices. Purple represents the blending of the colors of the five branches of our armed forces. Here in Virginia, we are proud to be home to Air Force, Army, Coast Guard, Marine Corps, Navy, National Guard and Reserve families. VDOE has provided flyers to display in your school for the Purple Up! Celebration.

Virtual Purple Up! Day Ideas for 2020

1. Encourage your social community to participate in Purple Up! Day
2. Wear purple during online classrooms via Zoom, Skype and Hangouts
3. Invite military parents to attend one of their children's online classrooms
4. Make a Tik Tok video dedicated to Purple Up! day or honor military children
5. Share your activities and photos on social media #purpleup
6. Tell your kid their awesome with this certificate and share on social media
7. Purple Up! on Houseparty with your friends
8. Teachers can honor or recognize military children during their online classrooms
9. Hold an online contest by asking children of military families to share their "Hero Story" of what they think it takes to be a hero word essay, a drawing or a video
10. Create Bulletin Board "What does HONOR mean to you..." and share on social media
11. Web Site/Newsletter Feature – Schools can promote the Month of the Military Child with resource links

NOT VIRTUAL BUT WITHIN SOCIAL DISTANCE GUIDELINES:

- Walk or ride bikes while wearing purple
- Recognize the month with signs, decorations or military focused memorabilia in front of your home

What's a "Military Brat"?

The children of a parent or parents serving full-time in the United States Armed Forces are sometimes referred to as "military brats." Many "Military Brats" wear the name like a badge of honor, often because of the moves, stressors and cultural experiences make them more resilient than their civilian counterparts. Outside the military it can often be construed as derogatory. Military brats move an average of 10 times while growing up, and some have moved as many as 36 times. These frequent moves, exposure to different cultures and languages and immersion in military customs are all common, life-defining experiences in the military brat subculture.



Virginia Arts Festival

VIRGINIA ARTS FESTIVAL ANNOUNCES WHRO TV TO BROADCAST VIRGINIA INTERNATIONAL TATTOO

From Virginia Arts Festival

The show must go on... TV! After announcing the cancellation of the 2020 Virginia International Tattoo performances due to the increasing threat of COVID-19, Virginia Arts Festival has joined with regional public media powerhouse WHRO to broadcast a special one hour edition of the 2016 Virginia International Tattoo on Friday, May 1, 2020 at 9:00 pm.

"We simply couldn't let the year go by without celebrating the Virginia International Tattoo," said Virginia Arts Festival Perry Artistic Director Robert W. Cross. "As we all weather this health crisis together, we hope that this broadcast will brighten lives, and remind us all of the mighty reserves of strength we share as a nation."

Like other performing arts organizations around the region, the Virginia Arts Festival had to cancel the live performances of the Virginia International Tattoo.

WHRO Public Media President and Chief Executive Officer Bert Schmidt was eager to step in and help after the Festival made its Tattoo cancellation plans known. "I've been a fan of the Virginia International Tattoo for years, and WHRO has partnered with the Virginia Arts Festival in recent years to capture the show with cameras and create a broadcast version. Now more than ever, broadcasting the Virginia Interna-

tional Tattoo is an essential service that WHRO can provide our region."

The hour-long broadcast captures the spectacular highlights of the 2016 Virginia International Tattoo performance—the 20th anniversary version of the annual show that draws tens of thousands of fans every year. The 2016 Tattoo was one of the most memorable in the show's history, with its theme "A Time to Celebrate, A Time to Remember," and its moving salute to those who served in the U.S. Armed Forces. The broadcast features a video tribute written by New York Times best-selling author and recipient of the Bronze Star for Valor, Joe Galloway, and narrated by General and former U.S. Secretary of State Colin Powell. The live performance included 1500 performers from around the world, including the internationally renowned Swiss drum corps Top Secret, a Dutch band on bicycles, world champion pipers from the Highlands of Scotland, a massed choir of epic proportions, and military bands from the U.S. Armed Forces as well as international military bands.

J. Scott Jackson, Virginia International Tattoo Producer/Director noted "Among the great "Tattoos" of the world, the Virginia International Tattoo has pride of place as one of the largest and most spectacular, and is the grandest of any such celebrations in the United States. While we are saddened by the need to cancel this year's live per-

formances, we are thankful to WHRO and our sponsors for enabling hundreds of thousands of people to experience the Virginia International Tattoo. And we are already hard at work putting together the elements of spectacular live performances, returning to Norfolk's Scope Arena in April 2021."

To watch the May 1, 2020 broadcast of the Virginia International Tattoo, tune in to WHRO TV at 9 pm. Consult your area TV/cable provider for channel details.

Follow Virginia International Tattoo on Facebook @VaTatt for "Turn on the Taps: Virtual Virginia International Tattoo Experience" starting Saturday, April 25 through Sunday May 3 with a highlight of the WHRO broadcast May 1.

The Virginia International Tattoo returns to Norfolk's Scope Arena next year, April 15-18, 2021, visit vafest.org for more info.

About the Virginia Arts Festival Since 1997, the Virginia Arts Festival has transformed the cultural scene in southeastern Virginia, presenting great performers from around the world to local audiences and making this historic, recreation-rich region a cultural destination for visitors from across the United States and around the world. The Festival has presented numerous U.S. and regional premieres, and regularly commissions new works of music, dance, and theater from some of today's most influential composers, choreographers and playwrights. The Festival's arts education pro-

grams reach tens of thousands of area schoolchildren each year through student matinees, in-school performances, artists' residencies, master classes and demonstrations. For more information, visit vafest.org.

ABOUT THE VIRGINIA INTERNATIONAL TATTOO

Created in 1997, the Virginia International is today one of the largest and most spectacular of the world's "tattoos"—live shows that have evolved from the military tradition of ceremonial music performed by massed bands. The Virginia International Tattoo has grown exponentially in size and popularity since its creation, drawing tens of thousands of passionate fans from throughout southeastern Virginia, across the United States, and around the world. Each year's show is different, with new performers from across the globe and new themes of honor and patriotism. With its unmatched spectacle and heart-stirring emotion, the Virginia International Tattoo has broad appeal, and was named the Top U.S. Event of the Top 100 Events by the American Bus Association, one of the top travel organizations in the U.S.

ABOUT WHRO PUBLIC MEDIA

Owned by 21 Eastern Virginia school divisions, WHRO Public Media also delivers online educational and new media services to 286,000 students and 25,000 educators per month. WHRO's digital course offerings and resources including eMediaVA are available free to all: <https://digitallearning.whro.org/>. Since its founding in 1961 to support education, WHRO Public Media has employed creativity and technology to serve the residents of Eastern Virginia in its mission to educate, inform and entertain viewers and listeners of WHRO's four public television and six public radio stations.

NEXCOM hosts virtual 'We Stand Together' concert series

From Navy Exchange Service Command Public Affairs

VIRGINIA BEACH

At the beginning of April, the Navy Exchange Service Command (NEXCOM) in partnership with Morale, Welfare and Recreation (MWR) Navy Entertainment, launched a virtual month-long concert series in response to the impacts from the COVID-19 crisis. While watching, viewers also have the opportunity to electronically donate to the Navy-Marine Corps Relief Society (NMCRS). The series has been dubbed the "We Stand Together" concert series.

In recognition of their service, and as a way of thanking all their military patrons stationed in the U.S. or abroad, NEXCOM began the concert series on Apr.1, which marked the command's 74th anniversary. "Our command has definitely come a long way since we were established in 1946 as the Navy's Ship Store Office, and normally, we'd be commemorating this special occasion with our patrons by hosting many festive celebrations," said retired Rear Adm. Robert J. Bianchi, CEO of NEXCOM. "While this year may be a bit different, one thing remains the same, and that's our appreciation and gratitude for our patrons. Service members and military families serving around the world can now tune in daily for a special variety of virtual entertainment!"

The We Stand Together series kicked off with an interactive performance from Parmalee, who was nominated as the New Vocal Duo/Group of the Year by American Country Music. Since the kick-off, the series has continued with other artists, chefs and entertainers like Thompson Square, lovelytheband, Jason Charles Miller, Dylan LeBlanc, Robert Irvine, the Harlem Globetrotters and Jared Ashley, a Navy veteran and country music artist.

The concerts are broadcast live every day at 7 p.m. on the NEX Facebook page and NEX Instagram account, with some days featuring additional artists and other talented performers. To date, the performances have had a reach of over 1.9 million viewers. The NEX gets in the mix by asking the viewers where they're watching the show. On Apr. 12, during the Thompson Square performance, one viewer replied, "Aboard the USS John Young (DD-973)." Another viewer who was watching said, "Navy Vet here and my husband who is a disabled Vet." Others were tuning in from places like Gilroy, Calif.; Saint Louis, Mo.; Frisco, Texas; Norfolk, Va.; Waldorf, Md.; Montana and Yokosuka, Japan.

While watching these shows, viewers can also donate to NMCRS. In seasons past, customers were able to donate by purchasing a \$5 benefit ticket at a NEX store. This year, donations can be made electronically by clicking the donate button when viewing the performances. The donation not only goes to NMCRS, but also entitles customers to a percentage off any NEX purchase from May 7-12. Since the benefit campaign's inception in 2011, NEX customers have donated just under \$2.5 million to NMCRS.

NEXCOM and MWR Navy Entertainment have teamed up together for many years to



NEXCOM Public Affairs

A military spouse and her grandchildren in Virginia Beach watches the We Stand Together concert by Thompson Square on Apr. 12. The Navy Exchange Service Command (NEXCOM), in partnership with Morale, Welfare and Recreation (MWR) Navy Entertainment, launched a virtual month-long concert series in response to the impacts from the COVID-19 crisis.

host live, in-person events at installations around the world. Due to the COVID-19 crisis and the cancellation of live events, this partnership took a different approach and transformed them by bringing them into the virtual world. Service members and military families can sit in their living room or onboard their ship, maintain the prescribed social distancing and live stream a variety of performances—from acoustic concerts, to cooking lessons and magic tricks, to guitar lessons, book readings, and work out tips all intended to engage a wide range of audiences and ages.

"Especially in times of crisis, we remain passionately committed to providing the resources to boost the morale and spirit of our nation's military families," said Rich Honiball, Executive Vice President, Global Mer-

chandising and Marketing Officer of NEXCOM "While we may be practicing social distancing, our military community understands how important it is to remain emotionally connected, especially during the most trying of times. So in that spirit, NEXCOM knows that part of our mission isn't just to provide value and service, but to continually support our military families and single Sailors alike by helping them thrive. We will continue to evolve and innovate ways to ensure our military community remain connected. Joining together with MWR Navy Entertainment, our vendor partners and the dozens of musicians and entertainers that have stepped forward to support this effort, we are honored to bring a bit of comfort, joy and entertainment during this challenging time as We Stand Together!"

Food



Mike Garten

You'll want to put this zesty Argentinian chimichurri sauce on everything

By The Good Housekeeping Test Kitchen

A good steak chimichurri recipe should have four things: plenty of fresh green herbs, punchy red wine vinegar, a hefty dose of garlic, and a touch (or a ton — your choice!) of spice. Oh, and perfectly charred, juicy grilled steak.

Chimichurri is a classic Argentinian sauce or marinade that turns everything it touches into flavor gold — seriously. It’s garlicky, tangy, and fresh thanks to a full cup of cilantro and parsley, so it brightens up any dish. Just like a squeeze of lemon or a sprinkle of flaky salt, it gives lip-smacking lift to any meal.

Plus, chimichurri is super easy to make. If you can whisk together an oil-and-vinegar dressing, you can make this sauce. Just stir together the oil and vinegar with some aromatics, add in the herbs, taste, drizzle (on

everything), and it’s done!

WHAT CAN I DO WITH CHIMICHURRI?

We love to serve chimichurri spooned over grilled strip steak, but it’s also great with sirloin, flank, or your favorite cut of beef. Try it as a steak taco topper or turn it into a dipping sauce for raw veggies. It’s also great on flaky white fish, buttery shrimp, or smoky grilled chicken. If you’re lucky enough to have leftovers the next morning, you can even drizzle chimichurri on top of a fried egg!

WHAT GOES WITH CHIMICHURRI STEAK?

Add your favorite summer veggies (we like bell peppers but you could also try eggplant or zucchini) to the grill when you’re making chimichurri steak — the

zesty condiment makes any produce pop. Need something more substantial on the side? Grill thick slices of ciabatta or baguette (keep an eye on them, they can burn easily) and use them to mop up any additional sauce on your plate. Or, boil pasta while the grill heats up; Penne tossed in chimichurri is the summery pasta salad side we’ve been waiting for.

HOW LONG WILL CHIMICHURRI LAST?

Chimichurri will last in an airtight container in the refrigerator for 1–2 weeks. If you’re making a big batch to use up all those extra fresh herbs, store the chimichurri in ice cube trays in the freezer until solid, then transfer to a resealable plastic bag. It’ll last in the freezer for up to 3 months — but with so many ways to use chimichurri, it’ll be gone long before then!

Ingredients

- 16 oz. mixed baby peppers
- 3 tbsp. olive oil, divided
- 2 12 oz. strip steaks (about 1 1/2 in. thick)
- 2 tbsp. red wine vinegar
- 2 scallions, finely chopped
- 1 small garlic glove, grated
- 1/2 large red chile (seeded), finely chopped
- 1/2 c. flat-leaf parsley, chopped
- 1/2 c. cilantro, chopped

Directions

1. Heat grill to medium. In large bowl, toss peppers with 1 Tbsp oil and 1/4 tsp each salt and pepper. Season steak with 1/4 tsp each salt and pepper.
2. Grill steak and peppers, covered, turning peppers occasionally until peppers are lightly charred and tender, 5 to 7 min. Add steak and cook to desired doneness, 5 to 8 min. per side. Transfer peppers to platter and steak to cutting board and let rest at least 5 min. before slicing.
3. Meanwhile, in small bowl, combine vinegar, scallions, garlic, chile, remaining 2 Tbsp oil and pinch each salt and pepper. Stir in parsley and cilantro and serve with steak and peppers.

Peach vs. nectarine: what's the difference between the two?

From Good Housekeeping

Believe it or not, there is actually a difference between these stone fruits.

Many people prefer one over the other. Some say that nectarines are juicier or peaches sweeter (or vice versa). The truth is, the biggest difference lies in the fuzz. Read on as we demystify the peach vs. nectarine secret.

HERE'S THE DIFFERENCE BETWEEN A PEACH AND A NECTARINE.

Surprise! The nectarine is actually a type of peach, except that it has a smooth skin compared to a peach’s velvety one. Basically, one tiny recessive gene keeps it from being a peach. Peaches originated in China, and were cultivated commercially in North America starting in early nineteenth century. In California in the 1940s and '50s, nectarines were bred to be heartier than earlier varieties and became more available to the general public.

DOES IT MATTER?

A peach’s signature skin has a protective layer of fuzz and is often

removed before making jams or baking into pies as it can get tough when cooked.

A nectarine’s skin is a little thinner, and therefore better for crisps or tarts if you don’t feel like having to go through the extra step of peeling.

Other than that, it doesn’t really matter at all. When fully ripe in peak season (which is July and August, though you can find them in the late spring to early fall), both peaches and nectarines have juicy flesh with a honeyed sweetness. Either one can be clingstone (where the pit adheres to the fruit’s flesh) or freestone (where the pit can be easily removed).

Both types of stone fruit (a classification that includes cherries and plums) are delicious raw, whether in a salad or simply eaten out of hand, standing over the sink.

Whichever you try, take a sniff when choosing: the tastiest fruit should have an intense sweet smell. Ripe fruit gives slightly with gentle pressure. Look for pink-blushed creamy white to red-blush yellow skin and avoid any with soft spots or an overtly greenish tinge near the stem.



Good Housekeeping



Statepoint/

Unemployed due to coronavirus? Find available benefits

By StatePoint

Self-quarantines and stay-at-home orders as a result of the COVID-19 pandemic are having an impact on employment right now, and that may continue for some time. During this period of uncertainty, finding ways to pay bills or keep medical benefits are top concerns for many. Here are some tips from Janine Nowatzky, managing director of Inside Rx.

WHAT IS UNEMPLOYMENT INSURANCE AND HOW DO I SIGN UP?

Unemployment insurance is a program between your state and the federal government that provides money when you’ve lost your job. With the federal government’s passage of the Coronavirus Aid, Relief, and Economic Security (CARES) Act, you can receive an enhanced benefit. It authorizes:

- Self-employed and gig workers to receive benefits
- An extra \$600 a week for up to six months
- An extra 13 weeks of benefits beyond what your state currently provides

Each state’s rules are different. Review your state’s unemployment insurance program to learn about how to apply for benefits. Or learn more by visiting www.usa.gov/unemployment.

HOW MUCH MONEY WILL I GET?

It will vary by state. But remember, under the CARES Act, you will be able to get an additional \$600 a week for up to six months. The program’s start date was set to Jan. 27. So if you lost your job due to COVID-19-related reasons between the end of January and now, then you should be able to receive the additional benefit.

WHAT ABOUT HEALTH INSURANCE?

It’s scary to think about getting through this pandemic without health insurance. What benefits you’re able to keep all depends on who you work for. The first step is to ask your employer. They may allow you to continue your health coverage for a short period of absence.

If your employer is allowing you to keep your insurance, be sure to clarify if your missed premium payments will be:

- Covered partially or fully by your employer
- Deducted when you come back to work
- Have to be paid now to continue getting insurance

Your employer may also offer health care coverage through COBRA, but that can be very expensive.

A limited number of states have also opened enrollment to their own Affordable

Care Act (ACA) health insurance exchanges. You may be able to sign up for a health insurance plan – even without a life-changing event, which is the usual exception to the standard open enrollment periods.

WHAT ABOUT PRESCRIPTION MEDICATIONS?

It’s so important to keep taking your medications to stay as strong and healthy as possible. If you weren’t able to get health insurance with prescription benefits, there are prescription drug savings programs like Inside Rx that can help. The program offers access to thousands of brand and generic medications for you, your family, and your pets at a fraction of the cost, helping you save an average of 40 to 80 percent. You can fill your prescription at over 60,000 pharmacies in the U.S. and Puerto Rico. Or, you can continue to socially distance and stay safe by getting your medications delivered right to your home through the Express Scripts Pharmacy with no delivery fees.

While losing one’s primary source of income is stressful and scary, taking advantage of available benefits can help you and your family stay healthy.

4 ways science exploration can shape students’ futures

By StatePoint

The impact of scientific exploration has vastly shaped the world we live in, and in this challenging time, it has never been more relevant than it is today.

As families navigate the new reality of working and learning from home, there’s an opportunity to think creatively about how children learn and explore science. Parents and educators can turn to project-based activities to combine learning with fun, help kids stay curious and occupied while also providing an avenue to put their passion for problem solving to good use. In short, science exploration can positively fuel, nourish and encourage the great minds of tomorrow.

According to the 2019 3M State of Science Index, 59 percent of the world’s population believe scientific advancements will benefit future generations. Beyond paving the way toward vibrant career opportunities, a STEM education can shape a young person’s mind and transform their future in these fundamental ways:

1. Active learning instills confidence. Whether it’s positing a new hypothesis or learning a new programming language, the process of active learning required by STEM pushes students out of their comfort zone and creates an environment where taking calculated risks is encouraged. Becoming comfortable with taking risks to solve problems and learning from these outcomes builds confidence. These skillsets can be applied to any future challenges a student



StatePoint

may need to navigate.

2. Problem solving encourages creativity. Who says STEM can’t be creative? Problem solving forces outside-the-box thinking and hones creativity. Without creativity, innovation is impossible, making this an invaluable quality that can translate into all areas of life and work, particularly in fields using cutting-edge STEM principles.

3. STEM helps students develop key life skills. From communication to decision-making to teamwork, STEM learning helps students develop practical skills inside and outside the lab. Fortunately, this learning can happen independently. Anyone can turn their home into a laboratory by visiting, youngscientistlab.com, a free resource offering science project ideas and step-by-step directions for grades K-8. Whether students collaborate or work independently, they’ll feel accomplished after finishing projects.

4. Young scientists can make an impact

on tomorrow’s world. Educational science programs encourage students to think about tomorrow’s challenges today. Some programs even offer exciting opportunities for students to put their ideas and theories directly into practice. For example, the 3M Young Scientist Challenge, hosted in partnership with Discovery Education, offers students the chance to be named America’s Top Young Scientist. The national science competition for students in grades 5-8 gives young inventors a once-in-a-lifetime opportunity to work closely with a 3M scientist, compete for a \$25,000 prize, and learn new skills.

Last year’s winner, aspiring microbiologist, Kara Fan, 14, invented a first aid liquid bandage using nano-silver technology to reduce the risk of superbug infections caused by antibiotic overuse. Fan is a great example of what can happen when science skills are applied to making a positive difference in the world.

“I entered the challenge because I wanted to show my invention of the nanosilver liquid bandage to more people. I think it is important for more people to be aware of the antibiotic-resistance bacteria crisis and do something about it,” says Fan, who worked with her 3M mentor for several months to refine her invention.

Now open, this year’s challenge asks students to identify a problem in one of six categories—health, safety, mobility, environment, energy consumption, or community—and come up with a unique innovation to improve lives for the future. To learn more, and for important dates and deadlines, visit YoungScientistLab.com/challenge.

STEM learning can shape students’ futures, and ultimately make communities safer and healthier. Be active, be bold, and explore opportunities outside the classroom that will instill a lifelong love of STEM learning.

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CHEVROLET 2000 1500

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

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FORD 2018 F-150

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TOYOTA 2000 LAND CRUISER

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Trucks and SUVs

TOYOTA 2019 TACOMA
Crew Cab. 27K original mis., 4X4, loaded, warranty. \$31,500. Va. Dir. Call 620-7570.

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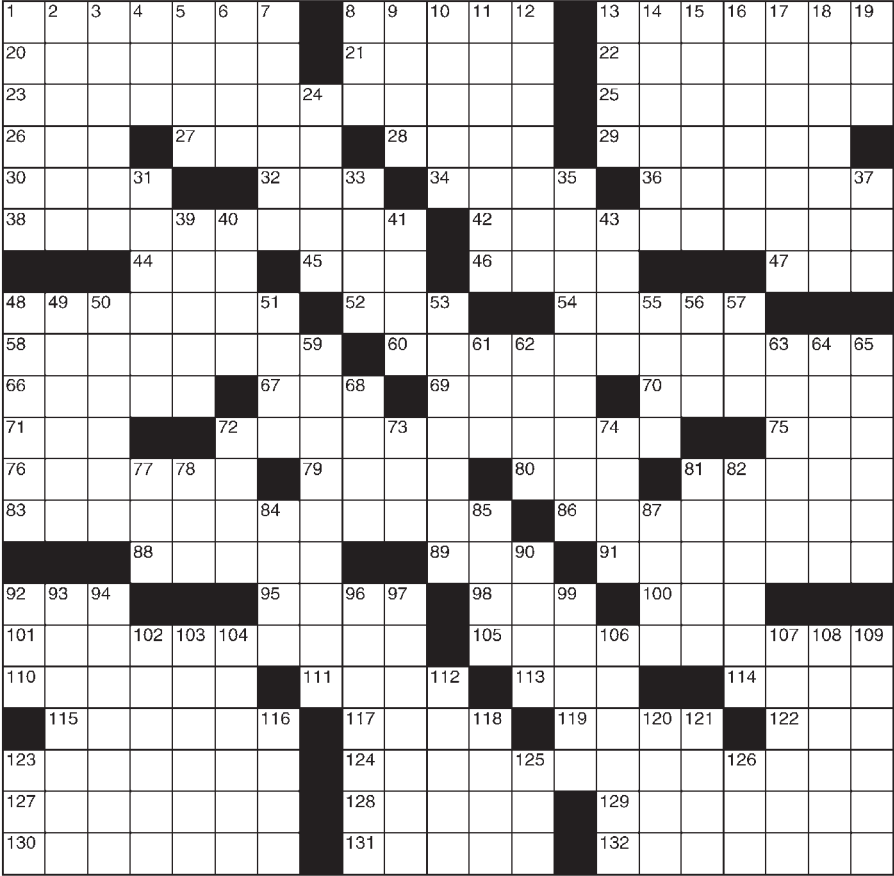
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Fun and Games

Super Crossword WHOO-HOO!

- ACROSS**
- 1 Laid fresh concrete on
8 Waste
13 Found
20 Like gushing actors
21 Malia's sister
22 Kildare locale
23 More with-it red fish?
25 Runs fast
26 1980s NBC sitcom
27 "Teh" for "the," for one
28 Jazzy singing
29 "Growing Pains" actor Alan
30 Tower for fodder
32 Uncanny
34 24-hr. money sources
36 Japan natives, e.g.
38 "Lookie there, muscle-building stuff!"
42 Terrestrial chapeau?
44 Dem.'s opponent
45 — cone (frozen treat)
46 "Just you wait, — 'iggins ..."
47 Near-failing mark
48 Analyzed
52 Cochlea site
54 "Will — learn?!"
58 Beer brand
60 Microwave saltnes?
66 Orchestra section
67 — Moines
69 Old Spice alternative
70 Reagan speechwriter Peggy
71 Cyberspace address
72 Pars?
75 Lose power
76 "Later!"
79 Arduous trip
80 Suffix with Japan
81 45 half
83 "My gripe is as follows ..."
86 Coup, e.g.
88 Lay new turf on
89 Not well-lit
91 Crab claws
92 Bullfighting cheer
95 Gaudy scarves
98 Be soaked
100 Zool. or ecol.
101 Skeptical egg layer?
105 Disease-free sea predators?
110 Actress Matlin
111 Rat catcher
113 '60s conflict site
114 "Star Wars" royal
115 Royal home
117 Gillette shaver brand
119 — yellow ribbon round ...
122 Journalist Nellie
123 Not unusual
124 Things found at discount shoe stores?
127 Italian city
128 Steel, for one
129 Adversaries
130 Agrees (to)
131 "Black Velvet" singer
132 Orchestra leader
DOWN
1 Go over again, as old issues
3 Mrs. Oskar Schindler
3 Easy-to-catch hit
4 Org. for Rafael Nadal
5 — Cong
6 — Time We Say Goodbye"
7 Dictator
8 Air marshal's org.
9 Copies Dr. Dre
10 U.S. humane org.
11 Put away, as a sword
12 "NewsRadio" co-star Phil
13 Shopping aid
14 Oliver Twist, e.g.
15 Bright red
16 Silverstone or Keys
17 Tall ale mug
18 International compact
19 Cavity filler's deg.
24 Branching-out points
31 — Next Chapter" (Winfrey series)
33 Eat in style
35 Least lenient
37 — loves me ..."
39 California's Point —
40 Astra automaker
41 Biblical ark builder
43 — and terminator
48 Waylay
49 "Yes, —!"
50 Peak climber, e.g.
51 Dumbbell
53 Chastised
55 SUV cousins
56 Prefix with warrior
57 "Bringing Up Baby" studio
59 Sang loudly
61 Radius site
62 Part of CRT
63 Alternative to lettuce
64 Oakland footballer
65 Smiles villainously
68 Dinar earner
72hovels
73 Once named
74 Lop the crop
77 — goin' down!"
78 Suffix of sugars
81 Pianist's seat
82 Communal
84 Boxcar rider
85 Bait biter
87 Smack
90 Complain
92 Unit of resistance
93 Frogs and kangaroos
94 Angers a lot
96 Patriarch of Judaism
97 Majestic
99 Juan's silver
102 Enlighten, in poems
103 Kevin of "Saturday Night Live"
104 Pour gently, as wine
106 "Relapse" rapper
107 Hang a new worm on
108 Word with app or bee
109 Makes the assertion
112 Green shampoo
116 Periods
118 Burn balm
120 Ferber or Krabappel
121 Chick chaser?
123 Nipper's co. Abbr.
125 Procedure:
126 Dash lengths



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Sudoku

		7			6	8		
8				1	7		4	
	3		5					9
	8			2		4	6	
		3	8					1
1					5	9		
	4		2				7	
	6	1		3		5		
7					4			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: H equals D

R CKILF COULI AJWI BWIU R QKE

EKI ARL IUXH IU XJRPJ.

IOJF HBHW'I LJZPJ LQBZBIL IOJZJ.

Last week's CryptoQuip answer

If two people are debating the merits of thermostats, would it be a heated argument?

last week's answers

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

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

Religious Services

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