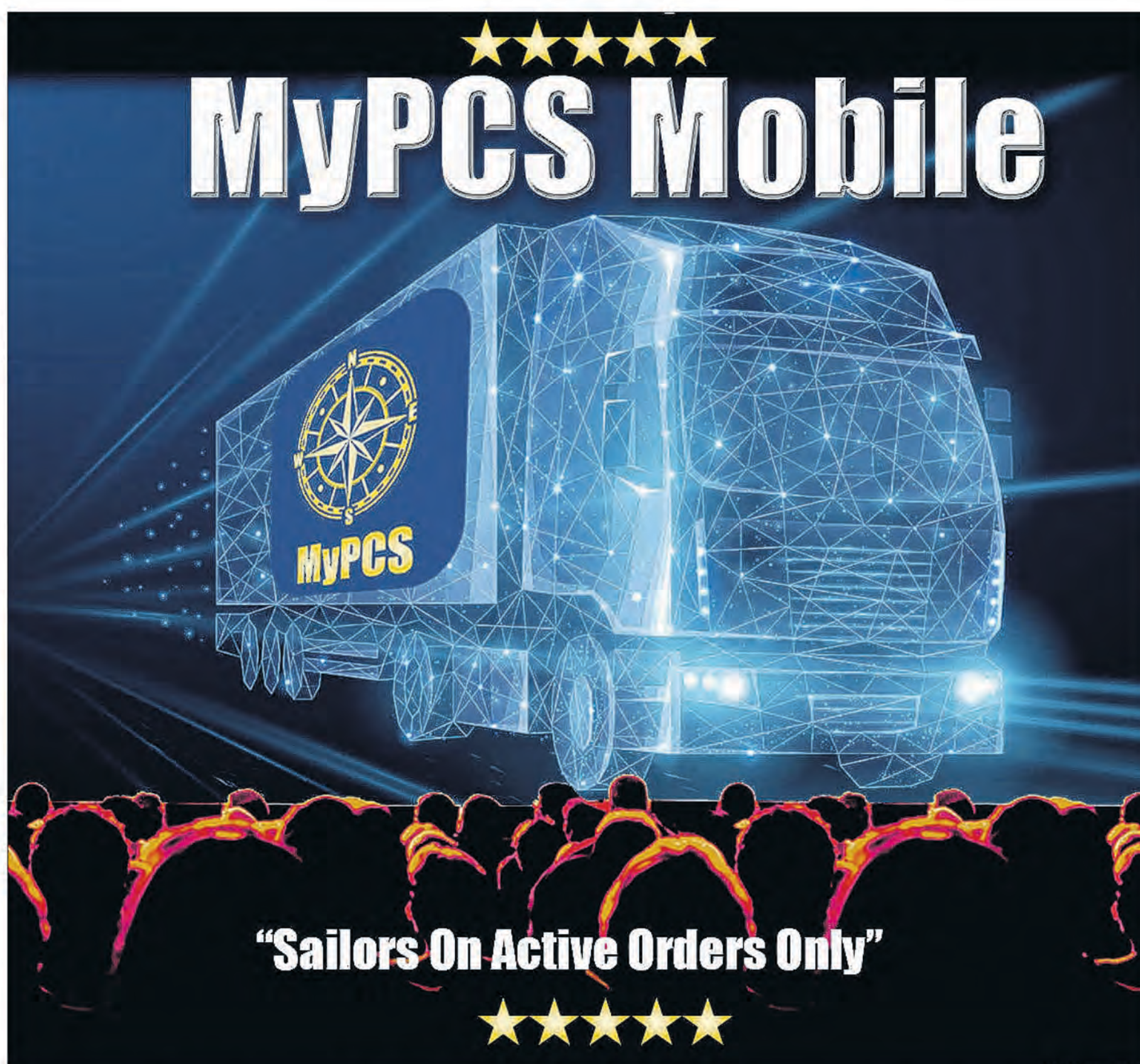




U.S. Navy graphic

NAVY EASING PCS STRESS WITH NEW MYPCS MOBILE APP

By Susan Celotto
Navy Personnel Command Public Affairs

MILLINGTON, TENN.

Permanent Change of Station (PCS) moves are an unavoidable part of Navy life. Whether you're getting ready to do your first one or you're a seasoned pro, the process can be stressful because it has so many components.

Making it easier for Sailors to execute a PCS move is a high priority, as part of the Navy's pay and personnel transformation efforts.

So the Navy created the MyPCS Mobile app. MyPCS Mobile can help ease the stress during a PCS move, whether it's from the usual causes or COVID-19.

With the onset of COVID-19, the De-

partment of Defense issued a stop-movement directive on official travel. Most Sailors with PCS orders now experience more stress due to the additional expenses, as their orders are canceled, postponed, or modified. A new COVID-19 Guidance Link has been added to the MyPCS Mobile Checklist on the Shipping Household Goods page.

MyPCS Mobile offers greater choice

and control during the moving process, and it provides information and resources needed to plan and execute a PCS move. Sailors can access MyPCS Mobile via MyNavy Portal at <https://my.navy.mil/> and clicking on the "Quick Links" tab and the blue MyPCS link.

MyPCS Mobile can be downloaded directly from the MyNavy App Locker at (<https://www.applocker.navy.mil/>) and can be used from any mobile device. No matter which way you access MyPCS

» See **STRESS | A7**

Navy Reserve extends drill postponement until June 30

From Commander, Navy Reserve Force Public Affairs

NORFOLK

In a new message to all Navy Reservists, Commander, Navy Reserve Force (CNRF) is extending the current postponement of on-site Reserve drill weekends until June 30, and providing additional guidance resulting from the effects of the COVID-19 pandemic.

ALNAVRESFOR 012/20, released today, provides guidance for the following topics: drill weekends, teleworking, Annual Training (AT) waivers, Navy Operational Support Centers (NOSC) re-opening, selection boards, the Direct Commissioning Program, High Year Tenure (HYT), and civilian personnel. Here are some of the highlights (the full message can be read at https://www.public.navy.mil/nrh/Pages/library_messages.aspx):

June drill weekends will be conducted virtually. Regular on-site drill weekends remain postponed until June 30.

Telework for drills remains authorized until further notice.

All Reservists should strive to obtain their AT requirements without a waiver, but the deadline remains June 30 for those Sailors who have a hardship. Sailors with concerns about achieving a "Qualifying Year" for retirement and a "Satisfactory Year" for annual participation should review the latest brief from the Reserve Force Career Counselor (<https://www.dvidshub.net/publication/issues/52995>).

» See **RESERVE | A7**



U.S. Navy graphic



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USS Portland conducts laser test

Amphibious transport dock ship USS Portland (LPD27) successfully disabled an unmanned aerial vehicle with a Solid State Laser-Technology Maturation Laser Weapon System Demonstrator MK2 MOD0.

» See **A4**



Survey: 'We want to hear from our Sailors'

The Navy wants to hear from Sailors and families enrolled in its Exceptional Family Member Program (EFMP) through a survey that is open now through June 15.

» See **B1**

Military appreciation month

In May, during Military appreciation month, is the perfect opportunity to express gratitude to members of the military.

» See **C1**

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USS Ronald Reagan marks fifth year of service as part of U.S. forward deployed naval forces

By Mass Communication Specialist Seaman Askia J. Collins, Carrier Strike Group Five Public Affairs

PHILIPPINE SEA

The Ronald Reagan Carrier Strike Group is underway serving as America’s strongest symbol of resolve, navigating the global pandemic as its mission endures, in support of a free and open Indo-Pacific.

This deployment marks USS Ronald Reagan’s (CVN 76) fifth year of service as part of U.S. forward-deployed naval forces. Reagan, along with Carrier Air Wing Five (CVW 5), represents the cornerstone of the Strike Group’s capability to sustain presence, project power, fight and win decisively from the sea.

“In a testament to our namesake’s slogan, the Reagan crew has proven time and again that whatever challenge we face, It CAN Be Done,” said Capt. Pat Hannifin, Reagan’s commanding officer. “Our team has embraced this motto, completing in port maintenance ahead of schedule, doing our part for the health protection and warfighting readiness of the Navy, and continuing to stand the watch as America’s away team.”

To protect the health of the Strike Group amid the global coronavirus pandemic, Sailors completed a phased restriction of movement (ROM) with the support of several U.S. military facilities in Japan, and embarked the ship following required medical testing in compliance with recommendations from the Center for Disease Control and Navy and Marine Corps Public Health.

“These extraordinary measures of precaution were implemented because the health and safety of our Sailors is front and center to our warfighting readiness,” said Rear Admiral George Wikoff, commander, Carrier Strike Group Five. “I cannot overstate my appreciation for the hard work of our Sailors to protect the health of our force, and to all those who support us and enable our enduring mission.”

The ROM period allowed fleet leadership the ability to monitor the health of the force in a controlled facility, and build a safe environment for Sailors to accomplish assigned missions at sea. While participating in ROM, Sailors used their time constructively by taking online college courses,



MC2 Kaila V. Peters

The Navy’s forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) sails while underway. Ronald Reagan, the flagship of Carrier Strike Group 5, provides a combat-ready force that protects and defends the collective maritime interests of its allies and partners in the Indo-Pacific region.

studying for advancement exams and military qualifications, catching up on hobbies and personal projects, as well as participating in services and activities provided by organizations including Fleet and Family Services, the USO and MWR.

One officer proved that you can take the Sailor out of the aircraft carrier, but you can’t take the aircraft carrier out of the Sailor.

“I cannot get enough of aircraft carriers,” said Lieutenant Matthew Chiong of Aircraft Intermediate Maintenance Department. “Using my time in ROM, I built a 1:800 scale model of USS Kitty Hawk (CV 63).”

While underway, Sailors continue to practice proper mitigation procedures to prevent the spread of coronavirus, to include social distancing, high standards of hygiene and cleanliness, and wearing personal protective equipment (PPE).

To kick off deployment, Reagan on-

loaded more than 1,000 tons of ordnance – enough combat power to cause the ship to sit five-inches lower on the waterline – in addition to personnel and aircraft from aviation squadrons within CVW-5. With more than 5,000 crew embarked, and 60-plus aircraft, Reagan is capable of sustaining around-the-clock maritime operations.

“We are committed to the defense agreements with our allies and partner nations,” said Hannifin. “We provide regional security and stability, deter aggression from those who challenge a free and open Indo-Pacific, and maintain warfighting readiness to respond to any contingency.”

While underway, the Ronald Reagan Carrier Strike Group will work alongside allies and partners to strengthen regional capabilities, further develop warfighting concepts, and improve distributed maritime operations that provide layered defense options to protect shared interests. Together,

the U.S. and its allies promote peace and prosperity by supporting international norms.

The United States remains committed to protecting the rights, freedoms, and lawful uses of the sea, and the ability of all countries to exercise those rights.

The crew and support staff of the Ronald Reagan Carrier Strike Group continue to demonstrate that no challenge is beyond reach and that together “it CAN be done.”

The Ronald Reagan Carrier Strike Group is forward-deployed to the U.S. 7th Fleet area of operations in support of a free and open Indo-Pacific region. U.S. 7th Fleet is the largest numbered fleet in the world, and with the help of 35 other maritime-nation allies and partners, the U.S. Navy has operated in the Indo-Pacific region for more than 70 years, providing credible, ready forces to help preserve peace and prevent conflict.

Navy releases commander guidance on adjusting Health Protection Conditions (HPCON)

From the Office of the Navy Chief of Information

WASHINGTON

The Vice Chief of Naval Operations issued supplemental guidance for commanders on adjusting health protection conditions (HPCON) and base services, May 20.

The new guidance also establishes reporting requirements for HPCON and installation services status and supplements

guidance from the Secretary of Defense as a result of ongoing efforts to mitigate the spread of COVID-19.

“There will be a natural, yet healthy tension between keeping services secured to protect our work force and ensuring we provide services to our work force during this enduring pandemic,” said Adm. Robert P. Burke, Vice Chief of Naval Operations. “Commanders are expected to take a measured risk-informed approach and all hands

are expected to follow public health measures to facilitate the balance of risk to mission and risk to force.”

This HPCON guidance outlines a framework to assess Navy installations and facilities using local community health conditions and criteria to include:

- (1) Downward trajectory of reported cases of influenza-like illness and COVID-like illness cases reported over the preceding 14 days
- (2) Downward trajectory of documented COVID-19 cases or of positive tests as a percent of total tests over the preceding 14 days
- (3) Military medical treatment facilities or local hospitals have the capacity to treat all patients without situational standards of care and have an established COVID-19

testing program in place for at-risk health-care workers and those exhibiting influenza-like and COVID-like symptoms

Additionally, the HPCON guidance describes minimum public health mitigation measures to inform commanders’ decisions on adjusting health protection conditions or opening restricted services.

“Local commanders maintain the inherent right to shut down services when guidance is not being followed,” said Burke. “Through an all-hands effort, we can return basic services to our work force as we open up our Navy and operate in this new normal.”

For more information, read NAVADMIN 147/20 at <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20147.txt>.



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

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Katisha Draughn-Fraguada
The Naval Support Activity Hampton Roads-Northwest Annex Galley continues in the fight against COVID-19 by getting plexiglass installed which will help prevent the spread of the virus and offer more separation between the galley staff and the patrons.

NSA Hampton Roads-Northwest Annex Galley implements safety measures during COVID-19 pandemic

CHESAPEAKE

Safety. That word is at the forefront when you walk into the galley at Naval Support Activity Hampton Roads-Northwest Annex. Since the beginning of the Coronavirus (COVID-19) pandemic, the galley has implemented various measures to ensure that the staff and patrons are in a safe environment as they come in for different meals throughout the day. Some of those measures include a hand-washing station that was installed near the entrance for staff members and patrons, plexiglass set up to offer more separation between the cashier and the patrons, blue tape placed on the floor to adhere to the six foot physical distancing guidelines, closure of the dining area and only takeout meals are offered, and self-service options such as the salad, soup, and nacho bars were eliminated.

Face coverings are also required to be worn while in the facility. “It is important to continue these measures because we need to ensure we are being safe for ourselves and our customers,” said Culinary Specialist Senior Chief Melissa Mohammed. “Right now there is no cure for the virus, so we need to make sure we are still practicing the safest procedures we can to prevent someone getting it and potentially spreading it.” The new measures have slightly changed how the galley provides their breakfast, lunch and dinner meals, but it has not changed the staff’s dedication to the customers. Culinary Specialist 1st Class Shawn Judson, who has been working at the galley since December 2019, has not missed a beat since the pandemic began in March.

For Judson, a typical workday at the galley begins early as he begins to prep for the breakfast rush. “At 4:30 a.m. we start up the oven and grill and begin to prepare the breakfast food,” he said. “After some prep, we serve breakfast around 6 a.m.” After breakfast, the day continues with lunch and dinner preps, serving takeout meals, and heavy cleaning and sanitizing of the entire galley. “Since we are in the middle of the pandemic, we have staff members serving the patrons their food and there is less face-to-face contact than there was before,” said Judson. “And we continue to do extra cleaning of the food line.” Another change at the galley has been the schedule of the culinary specialists and other staff members.

“The military members who work at the galley are currently on a day-on, day-off schedule to mitigate the footprint on the base,” said Mohammed. Even with the modification in some operations, the galley still serves about 800 meals a day to Sailors, Marines, and Coast Guardsmen. “We are still seeing about the same amount of military personnel coming in through the galley,” said Mohammed. “[They] come through during certain times with their classes and they do it safely to maintain physical distancing.” Although the Navy galley experience looks a little bit different than it did before, the mission there and on the installation remains the same. “COVID-19 has impacted everyone in some way, and the galley is no different,” said Lieutenant Commander Luz Davis, Officer-in-Charge at Northwest Annex. “In spite of this, the day-to-day operations at NSA Hampton Roads-Northwest Annex remains so that our tenant commands can continue to execute their mission and we can provide exceptional service to our military members and their families.” The galley is open to serve military members every day from 6 a.m. until 5:30 p.m.



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U.S. Navy photo

The amphibious transport dock ship USS Portland (LPD 27) successfully tests a Solid State Laser - Technology Maturation Laser Weapon System Demonstrator (LWSD) Mark 2 MOD 0. The SSL-TM program builds upon the Office of Naval Research's previous directed-energy developments, like the Laser Weapon System (LaWS), which was successfully tested at-sea aboard the Afloat Forward Staging Base (Interim) USS Ponce (ASB(I)) 15 in 2014.

USS Portland conducts Laser Weapon System Demonstrator test

From Commander, U.S. Pacific Fleet Public Affairs

PEARL HARBOR, HAWAII

Amphibious transport dock ship USS Portland (LPD 27) successfully disabled an unmanned aerial vehicle (UAV) with a Solid State Laser - Technology Maturation Laser Weapon System Demonstrator (LWSD) MK 2 MOD 0 on May 16.

LWSD is a high-energy laser weapon system demonstrator developed by the Office of

Naval Research and installed on Portland for an at-sea demonstration. LWSD's operational employment on a Pacific Fleet ship is the first system-level implementation of a high-energy class solid-state laser. The laser system was developed by Northrup Grumman, with full System and Ship Integration and Testing led by NSWC Dahlgren and Port Hueneme.

"By conducting advanced at sea tests against UAVs and small craft, we will gain valuable information on the capabilities of the Solid State Laser Weapons System Demon-

strator against potential threats," said Capt. Karrey Sanders, commanding officer of USS Portland.

The U.S. Navy has been developing directed-energy weapons (DEWs), to include lasers, since the 1960s. DEWs are defined as electromagnetic systems capable of converting chemical or electrical energy to radiated energy and focusing it on a target, resulting in physical damage that degrades, neutralizes, defeats, or destroys an adversarial capability.

Navy ships face an increasing number of

threats in conducting their missions, including UAVs, armed small boats, and adversary intelligence, surveillance and reconnaissance systems. The Navy's development of DEWs like the LWSD, provide immediate warfighter benefits and provide the commander increased decision space and response options.

"The Solid State Laser Weapons System Demonstrator is a unique capability the Portland gets to test and operate for the Navy, while paving the way for future weapons systems," said Sanders. "With this new advanced capability, we are redefining war at sea for the Navy."

Portland is the 11th San Antonio-class amphibious transport dock ship. While it is the third ship to bear the name 'USS Portland,' it is the first ship to be named solely after the largest city in Oregon.

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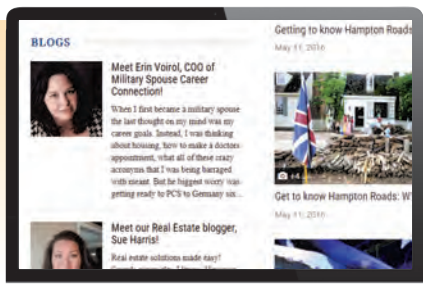
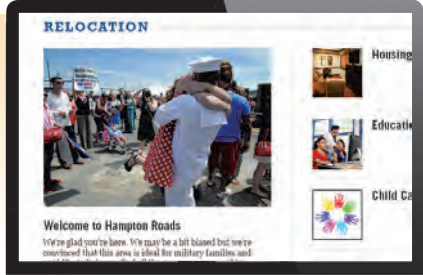
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MC2 Matthew Dickinson

U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) arrives in White Beach Naval Facility in Okinawa, Japan. Blue Ridge is the oldest operational ship in the Navy and, as 7th Fleet command ship, actively works to foster relationships with allies and partners in the Indo-Pacific region.

USS Blue Ridge arrives in Okinawa for limited port call

By MCSN Saran Eaton
USS Blue Ridge Public Affairs

OKINAWA, JAPAN

U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) and embarked 7th Fleet staff pulled into Okinawa, May 24, making the ship’s first port visit in more than 70 days.

While on liberty, Sailors will have limited access to specific designated areas on the pier and neighboring beach. This type of “safe haven” liberty allows for quality of life and readiness, while strictly mitigating the risk of contracting COVID-19. Ship’s personnel and 7th Fleet staff will not physically interact with anyone who is not part of the crew, including people from the base and local community.

This port visit will pave the way for future

ships to do “safe haven” liberty in a manner which Sailors’ morale and quality of life is considered while mitigating the risk of COVID-19.

“It is not lost on me how difficult a longer than normal deployment can be on top of the stress of the COVID pandemic on my Sailors and their families,” said Blue Ridge commanding officer, Capt. Craig Sicola. “These types of port calls are absolutely required to restore our mental readiness, stay healthy, and enable us to fight another day.”

Blue Ridge’s MWR committee has worked diligently to ensure that, Sailors will have access to areas of the base and have entertainment available while in Okinawa, all while inside the designated safe zone or “bubble.”

Wi-Fi is being installed on the pier so that Sailors can use their phones and laptops. The beach will be open for Sailors to swim and lounge out on the beach, and sporting events like softball, soccer, kickball, volleyball, and basketball will be available at the facilities on base.

“A lot of great work has gone into planning this port visit,” said Blue Ridge’s senior MWR representative, Chief Navy Counselor Min Jun, from Davis, California.

Sailors were also given the opportunity to order personal items from Kadena’s Exchange and have it delivered to the pier.

“Providing pierside delivery was an excellent way to help Sailors get the items they need to keep them running their best during deployment,” said Lt. j.g Raymond Kosak, Blue Ridge’s disbursing officer.

All purchases will be delivered to a drop off station on the pier and fully disinfected by a qualified cleaning crew or be placed in large storage containers for an appropriate time that will ensure it is COVID-free.

With the exception of a few mandatory personnel to ensure the ship’s safe arrival, there will be no interaction with any personnel outside the designated liberty areas. For the docking process, all COVID mitigations will be in place to include social distancing,

masks, gloves, and minimal interactions.

“It is important to realize that the Blue Ridge has maintained a COVID-free bubble since the outbreak,” said Sicola. “We are taking extreme caution to retain this bubble by not allowing any human interaction with personnel outside the bubble and maintaining strict disinfecting procedures for items and equipment on the pier.”

The visit to Okinawa comes after Blue Ridge recently broke its record of consecutive days at sea, which had previously been 64, last set during the summer of 1972 during the Vietnam War.

“Being underway this long has really opened my eyes to how the Navy operates. I’m so proud to be serving on the Flag Ship for U.S. 7th Fleet and even more excited to be able to get the opportunity to pull into Okinawa,” said Culinary Specialist 3rd Class Justine Hughes from Albany, Oregon. “The fact that this ship has taken on the challenge of maintaining our presence at sea during this time of worldwide crisis is very humbling and makes me feel like I have a bigger purpose in this military organization.”

Blue Ridge is the oldest operational ship in the Navy, and as the 7th Fleet command ship, is responsible for fostering relationships within the Indo-Pacific region.

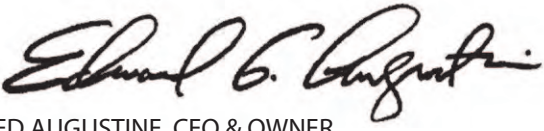


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MC3 Jeremy Laramore
Aviation Electronics Technician Tyrese Holt, attached to the amphibious assault ship USS Makin Island (LHD 8), takes the Navywide advancement exam on the ship's mess decks, March 21, 2019. The exam tests the Sailor's specific rate knowledge level. Makin Island, currently homeported in San Diego, is conducting a depot-level maintenance period.

Navy clarifies advancement eligibility due to COVID-19 postponements

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

WASHINGTON

The Navy issued clarifying guidance for enlisted advancement eligibility due to the postponement of the Spring Navy-wide advancement exam, enlisted promotion selection boards, and suspension of the Cycle 1, 2020 physical fitness assessment (PFA) as a result of ongoing efforts to mitigate the spread of COVID-19.

NAVADMIN 145/20, released May 19, provides clarifying guidance to enlisted advancement eligibility issues arising from the suspended spring PFA. The announcement is also intended to head off any potential concerns with Sailors approaching high-year tenure gates, once the postponed advancement exam and selection board cycles resume.

“Sailors who were waiting to regain advancement eligibility or have their delayed advancement reinstated will have to wait a little bit longer because of the PFA suspension,” said Lt. Cmdr. Peter Simerman, assigned to the Enlisted Force Plans and Policy branch for the chief of naval personnel.

“Once social distancing policies have been relaxed, we will allow passing mock PFAs to count toward Sailors regaining advancement eligibility and also for those who had their advancement withheld due to a PFA failure, to have their advancement reinstated,” Simerman continued.

Sailors who were selected for advancement during fall 2019 cycles 105 or 244, or who are a part of an auto or accelerated advancement program, but had advancement withheld due to failing one or more PFAs will receive an additional six months to have

their advancement reinstated.

“We are also allowing for Sailors in a PFA failure status who have Soft End of Active Obligated Service dates this calendar year the option to extend until December 31, 2020,” said Simerman.

“This provides Sailors an opportunity to pass the Cycle 2, 2020 PFA and regain the eligibility to reenlist, participate in the Navy-Wide Advancement Exam and be advanced.”

Sailors ineligible for the originally scheduled spring NWAE dates due to PFA failures will not be allowed to establish eligibility as a result of postponed exams.

Sailors who were eligible for advancement, but may not receive the results from their advancement until after their HYT date, may request a waiver to remain in service past their HYT date until their advance-

ment status can be determined.

Additionally, NAVADMIN 145/20 suspends the requirement for enlisted personnel selected for commissioning through any program to pass a commissioning PFA.

However, those individuals selected for commissioning must have passed their most recent PFA and if a member is medically exempt, they must have passed their most recent PFA prior to being medically exempt.

Full details, including the procedure for reinstating reenlistment and advancement eligibility due to fitness failures are available in the NAVADMIN.

Questions and concerns about this policy clarification can be answered by calling the MyNavy Career Center at 1-833-330-6622 or by email at AskMNCC@navy.mil.

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

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>

Officer Training Command uses remote learning to train leaders during pandemic

By MC2 Derien C. Luce
Naval Education and Training Command Public Affairs

NEWPORT, R.I.

Officer Training Command Newport (OTCN) is using online training to develop future Navy leaders during the Coronavirus 2019 (COVID-19) pandemic.

OTCN, consisting of Officer Candidate School (OCS), Officer Development School (ODS), Limited Duty Officer and Chief Warrant Officer Academy, and Naval Science Institute, first began using remotely delivered training April 5.

“All of the classes to date have been delivered via a pre-recorded lecture, which made it tricky to remain engaging,” said Lt. Jacqueline Linster, director of the education and training department. “In class, you have engagement with the students that fuels the energy and passion of learning.”

Linster noted that when using a pre-recorded lecture there is no student feedback to encourage discussion, but they are working on solutions to facilitate the interaction.

“We have done a few virtual classrooms to increase information clarity and provide test reviews, but we have not fully implemented the virtual classroom,” said Linster. “As we get more comfortable with the



Darwin Lam
Master Chief Equipmentman Denise N. Demontagnac, a Recruit Division Commander assigned to Officer Training Command Newport (OTCN), Rhode Island, measures the collar insignia worn by an Officer Development School (ODS) class 20030 student during a khaki uniform inspection, March 12. ODS provides Staff Corps Officers and several Restricted Line designators with training necessary to prepare them to function in their role as newly commissioned Naval officers.

virtual learning environment, we will continue to implement more opportunities that leverage technology and maximize social distancing efforts.”

Remote learning courses are currently used during the 14-day restriction of movement required for all newly arrived students, during which they are separate from the larger OTCN population and cannot congregate in traditional classroom environments. As the command becomes more familiar with the process, it will incorporate some of these processes into more advanced training.

Lt. Briana Alman, an OCS instructor, has found that although this method of teaching is different, online training is still an effective tool to get students all the information they need to be successful.

“For me it presents a new challenge, which I love,” said Alman. “There seem to be many more questions because there is so much more material to cover in a short amount of time. However, at the same time, we have the ability to rapidly respond with the internet to provide our students with instructions, publication, NAVADMINS, etc. so they can get into the material.”

“Employing distance learning modules allows OTCN to achieve social distancing

policies and procedures,” said Cmdr. Clemia Anderson, ODS director. “It is essential that we take advantage of current technology and employ distance learning platforms to sustain the quality of the educational experience while maximizing training time and mitigating the spread of COVID-19.”

OTCN morally, mentally, and physically develops future leaders of character and competence - imbuing them with the highest ideals of honor, courage, and commitment in order to serve as professional naval officers worthy of special trust and confidence.



MC2 Lyle Wilkie

The amphibious assault ship USS Bataan (LHD 5) operates in the Arabian Gulf, May 6. Bataan is the flagship for the Bataan Amphibious Ready Group and, with embarked 26th Marine Expeditionary Unit, is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean Sea and the Pacific Ocean through the western Indian Ocean and three strategic choke points.

US and Saudi forces conduct joint military exercises on Saudi Islands

From U.S. Naval Forces Central Command / U.S. 5th Fleet Public Affairs

ARABIAN GULF

The U.S. and Saudi forces are conducting routine and joint sustainment training on and around Karan and Kurayn islands, Kingdom of Saudi Arabia, May 24-30.

The second phase of the training follows the successful completion of the training on April 20-22, and provides the Bataan Amphibious Ready Group (BATARG) with the embarked 26th Marine Expeditionary Unit (MEU) an opportunity to continue mission-

essential training and planning with our Saudi partners.

“We appreciate the Kingdom of Saudi Arabia allowing the BATARG and 26th MEU another training opportunity on these islands,” said Col. Trevor Hall, commanding officer of the 26th MEU. “Being able to train on these islands allows our team to expand upon our previous training by adding capabilities and assets from our partners in the region. The ability to plan and operate with other forces supports our ability to rapidly deploy aviation, maritime, and ground combat elements – all from over the horizon – at a

moment’s notice in order to support maritime security, freedom of navigation, and the free flow of commerce.”

In close coordination with our Saudi partners, U.S. Naval Forces Central Command (NAVCENT) Task Force (TF) 52 and TF 56, the BATARG and 26th MEU are conducting well deck operations, underwater beach surveys, maritime patrolling, boat lane security operations, and will establish a forward arming and refueling point for aviation assets to refuel in an austere environment – which increases the aviation combat radius and enables them to conduct follow-on operations.

“These islands in the Arabian Gulf provide our Navy-Marine Corps team an ideal setting to prepare for a wide range of operations, while exercising seamless integration with our highly qualified partners,” said Capt. Lance Leshner, commodore of Amphibious Squadron 8. “This return training on Karan and Kurayn islands allows us to exercise our full mission readiness as a premier crisis-response option for our nation, as we also work alongside our Saudi partners for security and stability in the region.”

ARG/MEUs operate continuously across the globe and provide the geographic combatant commanders with a forward-deployed, flexible and responsive sea-based Marine Air-Ground Task Force (MAGTF). The blue-green team is fully capable of conducting operations across a full spectrum of conventional, unconventional and hybrid warfare.

STRESS | *With onset of COVID-19, DoD issued a stop-movement on official travel*

Continued from A1

Mobile, you can choose to log on with a Common Access Card (CAC) or sign up for CAC-free access.

THE BASICS

When a Sailor receives orders, their information is populated in MyPCS Mobile. When logging in the first time, there will be questions on the number of dependents, traveling with a pet, shipping a vehicle, or doing a Personally Procured Move (formerly known as a Do-it-Yourself / DITY move).

After these questions are answered, a screen shows links to the PCS Checklist, Travel Voucher, and Orders. A fourth link for a new Travel Entitlements Calculator was added May 15.

The “View Orders” icon allows Sailors to view a copy of their full orders as well as something called lean orders. The lean order gives all the essential information required to make the PCS move a streamlined, simplified, and plain language format. Both can be downloaded and printed.

A travel voucher must be turned in within five days of arrival at the new duty station; clicking on the “Voucher” icon will bring

you to all the electronic forms you need to fill out. Some of the basic information from the orders will already be there, but changes can be made. This section also includes a travel itinerary and travel details. Additionally, travel receipts can be uploaded.

Finally, MyPCS Mobile lets the Sailor send the completed voucher and receipts to the servicing Command and Pay Personnel Administrator (CPPA) for final processing.

CHECKLISTS

People who have made several moves often make checklists of things they need to do. But for many, those checklists can be difficult to make, update, and track.

Wouldn’t it be nice if there were PCS checklists, such as the ones available for renovation projects or weddings?

Guess what? There is! MyPCS Mobile has almost everything that you need to make and plan your move.

One of the biggest benefits of the MyPCS Mobile is the PCS Checklist. The sections are broken down by six, three, and one months prior to a move; one week prior to a move; week of arrival, and then one month after the move.

Each section is broken down into small steps/tasks that are simple to understand and easy to accomplish. There are areas where decisions will need to be made, reminders, tips, and other topics should be discussed with financial specialists, family members, and/or people at either the old or new commands.

Each step/task will have a due date and a

status so that what has been done, what is in progress, and what hasn’t been started yet can be seen. This entire checklist can also be printed out.

BUDGET

One of the critical areas in all moves is the budget. The very first section of the checklist is all about entitlements and budgeting. This section has a complete list of entitlements Sailors might be eligible for and short descriptions of each.

This also tells Sailors who they should meet with during the move (such as their CPPA and transportation office); where to go for more information. It gives links to resources useful for helping with moving budgets and even offers a short online course from the Fleet and Family Support Center (FFSC), “Money and the Move.”

TRAVEL ENTITLEMENTS

The fourth icon is the Travel Entitlements Calculator, designed to help Sailors make decisions about the move options available. It enables them to estimate PCS travel entitlements using their personal mobile devices.

Sailors will need to verify or answer a few questions such as which dependents are traveling; selecting Dislocation Allowance (DLA) type; estimated mileage between duty stations; and what kind of quarters will be used at the new duty station, etc.

Using these answers, the Travel Entitlements Calculator will compute total travel days authorized; estimate the DLA and flat

per diem total; the PCS mileage total; and provide a total entitlements estimate based on the Sailor’s paygrade, marital status, separating/retiring status, and Sailor inputs from the questionnaire.

It also provides links to Joint Travel Regulations, the Defense Travel Management Office, DLA rate, and additional allowances.

HANDS-ON TRAINING

Additionally, interactive training packages have been added to MyPCS Mobile. Training is available for MyPCS Checklist, My PCS Orders, MyPCS Travel Voucher, and MyPCS Travel Entitlements. The interactive training may be found at <https://np2.nav.mil> under training, then under MyPCS UPK Training.

MyPCS Mobile is designed to be convenient, easy to use, and a time saver. Whether Sailors have moved many times or are making their PCS move, MyPCS Mobile can be extremely helpful in clarifying budgets and reducing the stress that comes with moving.

MyPCS Mobile can be accessed three different ways:

- MyNavy Portal: <https://mynavy.mil>
- Navy App Locker: <https://www.applocker.navy.mil/#!/apps>
- MyNavy Portal (NMP) Quick Links: <https://my.navy.mil/quick-links.html>

For more information contact the MyNavy Career Center (MNCC) Contact Center at (833) 330-MNCC (6622), via email at askmncc@navy.mil

RESERVE | *June drill weekends will be conducted virtually, onsite drill postponed until June 30*

Continued from A1

The National Command/Senior Officer (O5/O6) Non-Command Billet Screening and Assignment Board (APPLY) is scheduled for 7-19 Dec. Expect an updated COMNAVRESFORNOTE 5400 in the coming weeks.

Officer Development School (ODS) classes will be restricted to 100-110 seats to accommodate social distancing require-

ments; FY21 ODS classes will also be limited to 100-110 seats until further notice.

There are new waiver processes for Full Time Support (FTS) and Selected Reserve (SELRES) Sailors within High Year Tenure (HYT).

“Extending our COVID-19 mitigation policies for another month protects our Sailors and provides stability for themselves, their careers, and their families,” said Rear Adm. John Schommer, deputy commander, Navy Reserve Force. “Virtual drills via Commercial Virtual Remote is working, and we continue to see our Reserve leaders take innovative approaches to ensuring our Reservists complete drills and earn points for a satisfactory and qualifying year.”

Although in-person drills are postponed for another month, Reservists should anticipate some Navy Reserve Activities (NRAs)

to begin conducting regular drills later this summer.

“We want to start re-opening our NOSCs as soon as possible, but we want to be deliberate and methodical about it,” said Capt. Errin Armstrong, chief of staff, Commander, Navy Reserve Forces Command. “It won’t be a situation where one day all the NOSCs are closed, and the next day all are completely opened. NOSC commanders will have to consider guidance from their Navy region, state, and local governments before they begin hosting regular drill weekends.”

A diverse planning team of subject matter experts from across the Navy Reserve Force has already started creating a framework for a phased re-opening.

“Our planning team is comprised of Full Time Support (FTS) and Selected Reservist

(SELRES) members from different NOSCs, Navy Region Reserve Component Commands (RCC), Reserve medical staffs, and operational planners who are working together to see what makes the most sense for bringing our Navy Reservists back,” said Armstrong. “But we must do so while protecting them from unnecessary health risks.”

“From the beginning of the COVID-19 crisis, our message to the Force has been that we have our Reservist’s backs and are focused on providing them with maximum flexibility in these challenging times,” said Schommer. “Regardless of when or how we start to return to in person drills, that guidance will not change.”

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

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USS Constitution to host Facebook Live July 4 celebration
The full series of live events will run approximately three hours and will include a 21-gun salute, tours of the ship, climbing demonstrations, boarding pike drills, 19th-century gun drills, and a public trivia contest. [See B5](#)



U.S. Navy photo
The EFMP provides programs specifically for those family members with special needs and helps them find services and information both online and at their current duty station. Special needs includes any special medical, dental, mental health, developmental or educational requirement.

Exceptional Family Member Program survey: 'We want to hear from our Sailors'

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

WASHINGTON
The Navy wants to hear from Sailors and families enrolled in its Exceptional Family Member Program (EFMP) through a survey that is open now through June 15. Although caring for family members with special needs can present unique challenges, with the assistance of the Navy's EFMP, Sailors can rely on various services and professionals to support them and their loved ones, according to LaToya Travis, EFMP program analyst with Commander, Navy Installations Command (CNIC). "We want to hear from our Sailors about their experiences and what we can do to better support them and their loved ones," said Travis. "It is always our goal to consistently improve our services and programs. The input from

[See SURVEY | B7](#)



MC1 Steven Hoskins
Line handlers moor the Los Angeles-class fast-attack submarine USS Toledo (SSN 769) to the pier upon the ship's return to homeport at Naval Submarine Base Groton, Connecticut, Sept. 12, 2019. Toledo executed the chief of naval operations' maritime strategy supporting national security interests and maritime security operations.

Attack submarine USS Toledo earns Navy Unit Commendation

By Lt.j.g. Jacob Dirr
Commander, Submarine Forces Public Affairs

NORFOLK
The Acting Secretary of the Navy awarded the Navy Unit Commendation (NUC) to the crew of the Los Angeles-class fast-attack submarine USS Toledo (SSN 769), May 8. The award recognized the crew for their outstanding performance during their deployment to the U.S. European Command area of operations from February to September 2019. Vice Adm. Lisa Franchetti, commander, U.S. 6th Fleet, said Toledo made truly distinctive contributions to national security, allied support, and maritime stability. "Toledo's crew worked tirelessly to ensure constant maritime security in the waters surrounding Europe and Africa and enabled U.S. 6th Fleet to execute the full spectrum of naval operations," said Franchetti. "Unseen and undeterred, their commitment to the mission while forward

[See EARNs | B7](#)

Pandemic ramps up PCS move rivalries

By Lisa Smith Molinari

It's summer PCS season, when 40% of the 400,000 military and DoD civilian moves take place each year. This time brings back memories of our family's final military move in May of 2017. It was our eleventh in 23 years of marriage, and it was pretty much like all the rest — a stressful experience involving tedious planning, unexpected crises, broken and lost belongings, and physical exhaustion.

Like most military spouses, I've told stories of PCS moves gone by to my friends, around kitchen islands, bunco tables, and backyard patios. Like the time the movers snapped the leg off our dining room buffet, or when they neglected to put our crib back together when I had a newborn baby and a toddler, or that move when my husband's entire collection of military challenge coins disappeared. Within military spouse culture, telling tales of moving mishaps is a sort of competitive sport. Kind of like talking about childbirth. The spouse who has endured the most misery wins.

It's hard to imagine the PCS experience getting worse for military families, but thanks to the coronavirus, moving hassles have reached epic new levels. The Stop Movement

Order announced by Secretary of Defense Mark Esper in April has been extended to June 30th, causing delays that could last until the end of the year.

Two thirds of PCS moves have been delayed, causing a massive back up. Some military families who had already started the moving process, got trapped in limbo between two locations, paying double housing costs due to leases or mortgages executed before the Stop Movement Order. Others shipped household goods and moved into temporary housing, then got stuck without their belongings. Parents can't register their children for the 2020-2021 school year because they don't know where they will be living. Kids who planned to enter new schools at the end of summer, may have to enroll mid-school-year, making it more difficult for them to adjust socially and academically. While Congress is working to pass legislation which would provide financial relief to many of the affected families, uncertainty and stress abounds.

To make matters worse, the back up is further complicated by the military branches' efforts to offer incentives to delay retirements and separations, and to reenlist those who had already retired or separated. They hope these strategies will balance the drop in recruits caused by the COVID-19 shut down, and provide medical personnel and troops who can deploy immediately so that readiness is not further compromised. However, moving priority will go to those who can deploy or fill medical billets, while waiting families will be pushed back in the line.

The Pentagon says that it will allow 30,000

waiting families to be granted waivers to move before June 30th. However, those who are able to move will be required to follow mandatory coronavirus prevention guidelines that could further delay the process. No matter which way you cut it, military families will endure major PCS hardships this year.

One day, when life returns to some form of normalcy, military spouses will inevitably gather together like they always have, to chat around fire pits, bunco tables, kitchen islands, base housing patios, backyard barbecues and coffee shops. They will share bottles of wine and pots of coffee, they will laugh, and they will tell miserable tales about child birth, deployments, and PCS moves — just like military spouses have for decades. The only thing that remains to be seen is, now that the pandemic has upped the ante, who will win the unspoken competition over who has endured the most hardship?

I, for one, will resist the urge to offer up my often-told PCS stories — about our buffet leg being snapped off, our television being stolen, my favorite ceramic Christmas tree showing up in chards, the missing hardware needed to put our disassembled bicycles back together, etc. — while in the company of anyone who has endured a PCS move during the pandemic. Out of respect, I will graciously concede defeat.

But there's no guarantee I won't try to get back in the game with a good labor and delivery story. Our first born weighed over nine pounds, so it's a doozy.

Score.

www.themeatandpotatoesoflife.com



Military OneSource

Military OneSource virtual resources for well-being

By Military OneSource

Social distancing is vital to stemming the spread of coronavirus disease 2019. But being isolated from others can increase stress and anxiety levels.

It's important to take care of all aspects of your health. This includes your emotional well-being. Military OneSource offers telehealth counseling and virtual support. This allows you to get the help you need while staying safe.

TELEHEALTH SERVICES FOR MENTAL HEALTH AND WELL-BEING

Military OneSource has a team of counselors, consultants and coaches to help you tackle challenges. Connect with them at your convenience online, by phone or by chat. These services are free to service members and their immediate family.

NON-MEDICAL COUNSELING

Non-medical counselors offer confidential sessions by secure video, chat or in person. Counselors are licensed and master's level or higher. Counselors can help with everyday stressors and personal challenges due to COVID-19. Service members and family members who may benefit from non-medical counseling include:

- Anyone who might be struggling with loneliness, feelings of isolation, stress and anxiety.
- Couples who find themselves arguing more or not communicating well because of the strain of isolating at home.
- Parents who are dealing with difficult behaviors stemming from the pandemic.

- Children and youth ages 6-17, who might benefit from healthy coping strategies.

BUILDING HEALTHY RELATIONSHIPS SPECIALTY CONSULTATIONS

This specialty consultation offers a number of tracks that are customized to different relationships. Your consultant will help you identify the track — or tracks — that are right for you. They are:

- Building Healthy Relationships
- Healthy Parent-Child Connections
- Communication Refreshers
- Staying Connected While Away
- Blended Family
- MilSpouse Toolkit
- Reconnecting After Deployment

NEW MILPARENT SPECIALTY CONSULTATIONS

Welcoming a new baby and parenting a young child can be both exciting and exhausting. This is true even in the best of times. Military OneSource's New MilParent specialty consultation is here for you.

This program offers confidential support for military parents with children up to age 5. It's also available to expectant parents. A New MilParent specialty consultant can help with your parenting questions. The consultant will also connect you with resources, including those created for military parents. Sessions are available through video or phone at a time that works for you.

HEALTH AND WELLNESS COACHING

A Military OneSource health and wellness coach can help in a number of ways. Your coach can help you manage stress, deal with

life changes or get back on track to healthy eating and physical fitness.

Your coach will help you set goals and create a plan to meet them. Health and wellness coaching is available for teenagers and adults.

RESILIENCE TOOLS AND APPS

Military OneSource offers a variety of resilience tools and well-being apps. Tap into these to help manage stress, strengthen your relationships and meet your goals.

RESILIENCE TOOLS

Military OneSource resilience tools include:

- CoachHub, which connects you with experts who can help you set and meet goals.
- MoodHacker, which lets you track, understand and improve how you're feeling.
- Love Every Day, which connects you with your partner through text-message prompts.

RECOMMENDED WELLNESS APPS

The Department of Defense, Veteran Affairs and other partners developed apps for service members. You'll find recommended apps that train you in deep-breathing techniques, positive thinking, problem-solving skills and more.

Military OneSource can help you stay healthy in body and mind. Tap into telehealth counseling and virtual support during the pandemic and beyond.

To stay up to date on all the latest information on COVID-19, view the following sites:

- Visit [Coronavirus.gov](https://www.cdc.gov), [CDC.gov](https://www.cdc.gov), [USA.gov](https://www.usa.gov) and [Defense.gov](https://www.defense.gov).
- Follow Military OneSource's Facebook, Twitter and Instagram platforms.
- Continue to visit the Coronavirus Information for Our Military Community page.
- Check [Move.mil](https://move.mil) for PCS-related updates.



Q: Does RPP help me save money?

The RPP offers real cost savings to Service members living in the community. The RPP homes that are available have already been screened and inspected by the local Navy Housing Service Center (HSC). The program guarantees the Service member reduced rates and reduced or no security deposit and administrative fees. Also, RPP requires rent be paid by allotment or electronic funds transfer, making it one less bill you have to think about every month.

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Mid-Atlantic Fleet and Family Support Centers (FFSC) programs and services are designed to help you make the most of your military experience, and they're all available to you at no cost.

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 - Family Advocacy Program
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 - Ombudsman Support
 - Relocation Assistance
 - Parenting Programs
 - Stress and Anger Management
 - Command Support
 - Crisis Support
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MC1 Woody Paschall

The Navy’s newest littoral combat ship, the future USS Kansas City (LCS 22), arrives at its new homeport at Naval Base San Diego. The Navy will commission LCS 22, the second ship in naval history to be named Kansas City, June 20, via naval message due to public health safety and restrictions of large public events related to the novel coronavirus (COVID-19) pandemic.

Future USS Kansas City arrives at San Diego homeport

SAN DIEGO

The next ship to be commissioned and carry the Kansas City name arrived at its homeport in San Diego, May 24.

The future USS Kansas City (LCS 22) arrived for the first time at Naval Base San Diego, where the Navy will commission the Independence-variant littoral combat ship (LCS) June 20

“I am extremely proud of all the hard work the crew has done to complete the sail around and prepare us to officially join the fleet on commissioning day,” said Cmdr. RJ Zamberlan, Kansas City’s commanding officer. “We are honored and excited to represent the Navy, the nation, and our namesake, as well as fulfill the ship’s motto, ‘United We Stand, Divided We Fall.’”

Kansas City will be homeported in San Diego with sister ships USS Independence (LCS 2), USS Coronado (LCS 4), USS Jackson (LCS 6), USS Montgomery (LCS 8), USS Gabrielle Giffords (LCS 10), USS Omaha (LCS 12), USS Manchester (LCS 14), USS ulsa (LCS 16), USS Charleston (LCS 18), and USS Cincinnati (LCS 20).

“The arrival of the Kansas City here today is exciting and the crew has worked incredibly hard to get to this point,” said Capt. Matthew McGonigle, commodore of Littoral Combat Ship Squadron (LC-SRON) 1. “We look forward to ‘bringing the ship to life’ next month on the day of commissioning.”

Kansas City was built in Mobile, Alabama by Austal USA in conjunction with General Dynamics. Prior to departing

Mobile for San Diego, Kansas City’s crew conducted a 21-day restriction in movement (ROM) in accordance with U.S. Navy pre-deployment guidelines.

Due to public health safety and restrictions of large public events related to the novel coronavirus (COVID-19) pandemic, the Navy cancelled the traditional public commissioning ceremony for the future USS Kansas City (LCS 22). The Navy will commission Kansas City via naval message and transition the ship into service as scheduled.

Kansas City is the 21st LCS to be delivered to the Navy, and the 11th of the Independence-variant to join the fleet. LCS 22 is the second ship to be named for Kansas City, the largest city in the state of Missouri. The name Kansas City was as-

“ The arrival of the Kansas City here today is exciting and the crew has worked incredibly hard to get to this point. We look forward to ‘bringing the ship to life’ next month on the day of commissioning.”

Capt. Matthew McGonigle

signed to a heavy cruiser during World War II; however, construction was canceled after one month due to the end of the war. The name Kansas City was also assigned to the Wichita-class replenishment oiler AOR-3 in 1967. This ship saw service in the Vietnam War and Operation Desert Storm and was decommissioned in 1994.

2019 Sailors of the Year recognized for outstanding achievement and promotion

From Master Chief Petty Officer of the Navy Public Affairs

WASHINGTON

The U.S. Navy’s 2019 Sailors of the Year (SOY) will be recognized for their outstanding achievements over the next few weeks, May 21-June 2.

Every year the office of the Master Chief Petty Officer hosts a week-long series of events recognizing the Sailors of the Year in the nation’s capital. But due to safety and health concerns, this year’s events were shifted to localized events, to minimize risk and respect social distancing measures.

Although the annual SOY recognition was cancelled, Master Chief Petty Officer of the Navy, Russell Smith still wanted to make sure the Navy’s top SOYs could be recognized for their achievement. Notably, each recipient will also be meritoriously promoted to Chief Petty Officer during their respective Fleet ceremony.

The 2019 SOYs who are slated for advancement are:

- Chief Aviation Structural Mechanic Carolina Berrio, U.S. Fleet Forces Sea Sailor of the Year
- Chief Aviation Ordnanceman Jason C. Webley, U.S. Pacific Fleet Sea Sailor of the Year
- Chief Aviation Ordnanceman Kimber N. Dominguez, Navy Shore Sailor of the Year
- Chief Naval Air Crewman Mechanical Amanda Alcantar, Navy Reserve Sailor of



MC1 Sarah Villegas

The Sailor of the Year Program has recognized Sailors who represent the best of our Navy for almost 50 years. The program was established in 1972 by Chief of Naval Operations Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy John Whittet to recognize outstanding Atlantic and Pacific Fleet and top Shore Sailors of the Year.

the Year

“These four Sailors of the Year represent the best of our Navy,” said Chief of Naval Operations (CNO) Adm. Mike Gilday. “These Sailors have demonstrated the highest standards, and have proven themselves by their performance, knowledge, and leadership on the deck plates time and again. I could not be more proud to have them leading our Navy as Chief Petty Officers.”

MCPON echoed CNO’s sentiments.

“These Sailors reflect a level of performance that clearly demonstrates readiness to

be Chief Petty Officers. Their technical expertise within their specific rating and specialty, as well as their performance as leaders across the breadth of the Navy community in which they live and serve, has led to their selection as Sailors of the Year and subsequent promotion to Chief Petty Officer” said MCPON Smith. “I’m proud to welcome them to the Mess, and I know these new Chiefs are keenly aware that this advancement is not a reward - rather, it is a clear recognition that they are ready for increased responsibility and accountability,

an opportunity to do more for the Navy. I’m excited to see them step up to even greater challenges – leveraging those anchors, with an unselfish focus, to have an even greater impact on our Navy.”

The Sailor of the Year Program has recognized Sailors who represent the best of our Navy for almost 50 years. The program was established in 1972 by the Chief of Naval Operations Adm. Elmo Zumwalt and MCPON John Whittet to recognize outstanding Atlantic and Pacific Fleet and top Shore Sailors of the Year.



Brian Walsh
Capt. Pat Sutton reads his orders as Capt. David Dwyer stands by at Training Support Center (TSC) Great Lakes during a change of command ceremony. Sutton relieved Dwyer as commanding officer of TSC at a small gathering which included the featured speaker Rear Adm. Kyle Cozad, commander, Naval Education and Training Command, who joined via video conference call.

Training Support Center Great Lakes holds change of command

By Brian Walsh
Training Support Center Public Affairs

GREAT LAKES, ILL.

Training Support Center (TSC) Great Lakes held a change of command in a small ceremony following COVID-19 guidelines in the commanding officer conference room May 22.

Capt. Pat Sutton relieved Capt. David Dwyer as commanding officer. Rear Adm. Kyle Cozad, commander, Naval Education and Training Command, was the featured speaker via video conference call.

“Congratulations to Capt. Dwyer for a phenomenal tour and to the entire TSC Great Lakes team for all the incredible work that you do every day in supporting the critical mission of training, developing and mentoring students to prepare them for service in the fleet,” Cozad said. “The ongoing development of our Sailors here on this leg of their professional journey pays off in countless ways throughout their careers. Thank you for everything that you do, and to Capt. Dwyer, thank you for your leadership.”

Dwyer was presented with the President of the United States’ Legion of Merit medal recognizing him for his exceptional meritorious service to the government of the United States.

Dwyer’s leadership of more than 355 military and civilian staff was essential to the “Sailorization” and 100 percent mission readiness of more than 26,000 Sailors at the

Navy’s largest Enlisted Surface Warfare Training Command. His efforts increased sound decision-making, fostered an environment of peer mentorship, and increased volunteer efforts within the local community, while increasing overall quality of life and morale.

His drive and support in the Navy’s fight against sexual assault has kept TSC Great Lakes at the forefront of Sexual Assault Prevention and Response education and awareness. His concern for the morale and welfare of his staff and students guided the implementation of the TSC Mentorship Program, the Navy Military Training Academy, and the Talent Management Program, setting the standard within the Naval Education and Training Command domain. These programs, coupled with streamlining the administrative separations process, which expedited separations of Sailors by 40 percent, saving the Navy 2.3 million dollars.

Additionally, TSC Great Lakes earned the Navy Total Force Retention and the Naval Education and Training Command Training Support Excellence functional awards.

“To the exceptionally talented civilian and Navy staff members, I truly appreciate all the hard work and dedication you demonstrated every day,” Dwyer said. “Working alongside you daily was truly my pleasure and I will always be grateful for the opportunity I had to serve you as your command-

ing officer. The mission that you execute day-to-day is extremely important and valued by me and our leadership. Although we have been asked recently to modify our normal routine in order to support the mission during the corona virus outbreak, you have performed exceptionally well during some adverse conditions and it has been a pleasure to witness. Even with obstacles and unique challenges thrown your way, you always found a way to deliver – I truly admire appreciate you for that.

“To our ombudsman and family members who supported the TSC team, thank you for all of your support. I had an opportunity to meet most of you and I appreciate the tireless support you provided to your TSC team member.

“To the support cast of leadership onboard Naval Station Great Lakes – especially the base and learning sites leadership, I appreciate all of the dedication and support you provide me and the TSC team during my tour. It was certainly a great team effort and thank you for all that you do towards delivering our Sailors with the highest caliber of training to the fleet.

“Lastly, to my relief Capt. Pat Sutton, congratulations for taking command of TSC Great Lakes. I know you will enjoy a very rewarding tour – wishing you and your family the very best.”

Sutton, a native of St. Simons Island, Georgia, enlisted in the Navy in 1987. He was commissioned via the limited duty offi-

cer (LDO) program in June 1999. He holds a bachelor’s degree in Management Studies from University of Maryland University College and graduated from the University of Management and Technology with a Master of Science in Project Management.

Sutton’s enlisted service tours include as an electronics technician aboard USS Saipan (LHA 2), Naval Air Station Pensacola, and CE division leading chief petty officer aboard USS Donald Cook (DDG 75).

His commissioned service included tours aboard USS Russell (DDG 59), Naval Computer and Telecommunications Station Sicily, USS John F. Kennedy (CV 67), USS Carney (DDG 64), Southeast Regional Maintenance Center, Navy Personnel Command, USS George H. W. Bush (CVN 77), Training Support Center San Diego, and Navy Munitions Command Atlantic Unit Charleston.

“I had the privilege of working for Capt. Dwyer as a detailer, so I knew coming up here that I would find TSC Great Lakes executing the mission and taking care of Sailors in the best of form,” Sutton said. “What I can now appreciate is the vastness of our mission and how impactful our work here is to the fleet. I’m impressed with the professionalism and purpose expressed by each of our staff members as I’ve learned how we carry out the development and care of our Navy’s newest Sailors. With this team, our combined leadership, and guidance and support of the NETC staff, I look forward to continuing to move the ball down the field, while maintaining a great place to come to work, and flexing to our ever-changing environment. I am thankful for the opportunity to serve with each of you.”

National Maritime Day: Merchant Mariners of Military Sealift Command

By Shevonne Cleveland
Military Sealift Command Public Affairs

NORFOLK

“The Merchant Marine Service has repeatedly proved its right to be considered as an integral part of our fighting team. Its efforts have contributed in great part to our success.”

- Fleet Admiral Chester W. Nimitz, April 23, 1944

National Maritime Day is celebrated each year to recognize one of our country’s most important industries, and honor the sacrifices of past and present U.S. merchant mariners. President Franklin D. Roosevelt proclaimed Maritime Day in 1933, to commemorate the first steam-assisted Trans-Atlantic crossing by the SS Savannah on May 22, 1819.

The merchant mariners of Military Sealift Command (MSC) have been a driving force for the U.S. Navy since the inception of the command as Military Sea Transportation Service (MSTS) on October 1, 1949. Currently, MSC is the largest employer of U.S. merchant mariners in the United States, and works with the U.S. Maritime Administration, industry and

maritime academies to ensure a viable U.S. Merchant Marine workforce.

“Our nation is proud of our 5,400 MSC mariner shipmates with a majority currently serving at sea. In peacetime, during conflict, responding to natural disasters and now during this global pandemic, our Mariners and their teammates ashore remain steadfast and committed to provide agile logistics to our Navy, support joint warfighters forward and help defend our nation,” said Rear Admiral Michael Wettlaufer, Commander, Military Sealift Command.

President Franklin D. Roosevelt highly regarded the American merchant mariner, saying in 1944, “It seems to me particularly appropriate that Victory Fleet Day this year

should honor the American Merchant Marine. They have delivered the goods when and where needed in every theater of operations and across every ocean in the biggest, the most difficult and dangerous transportation job ever undertaken.”

Roosevelt proclaimed Maritime Day in 1933, to commemorate the first steam-assisted Trans-Atlantic crossing by the SS Savannah on May 22, 1819. This is a day to recognize the greatness and strategic importance of the maritime industry and the mariners dedicated to service.

The Mariners of Military Sealift Command continue to stand the watch as they have since the inception of Military Sea Transportation Service (MSTS) on October 1, 1949. Through World War II, the Korean

War, Vietnam, the Gulf War, Desert Storm, Hurricane Katrina, 9/11, Operation Enduring Freedom, aid in the COVID-19 pandemic, and countless humanitarian missions, our mariners continue to deliver agile logistics to our Navy, and support the mission of joint warfighters worldwide.

Today, the merchant mariners of MSC continue their devotion to the warfighter during peace and at war, as they have for the past 50 years.

Military Sealift Command is responsible for 125 civilian-crewed ships that replenish U.S. Navy ships at sea, conduct specialized missions, preposition combat cargo at sea perform a variety of support services, and move military equipment and supplies to deployed U.S. forces around the world.



Brian Suriani/



Sailors fire a cannon aboard the USS Constitution in Boston Harbor, July 4, 2019.

EJ Hersom

USS Constitution to host Facebook Live July 4 celebration, fire 21-gun salute

From USS Constitution Public Affairs

BOSTON

To safely celebrate Independence Day during the ongoing Coronavirus (COVID-19) pandemic, USS Constitution is scheduled to host a series of presentations on July 4, using Facebook Live.

The full series of live events will run approximately three hours and will include a 21-gun salute, tours of the ship, climbing demonstrations, boarding pike drills, 19th-century gun drills, and a public trivia contest, giving viewers a chance to win one of 21 saluting battery rounds fired from the ship.

“July Fourth is one of our biggest events of the year, and we’re pulling out all the stops for this virtual celebration,” said Cmdr. John Benda, USS Constitution’s 76th commanding officer.

He added, “Our virtual tours have re-

ceived an incredible response and opened our ship to new guests from around the country—even around the world—so we’re thrilled to be celebrating America’s birthday with all of these amazing supporters.”

The event will be hosted by the ship’s Facebook page: www.facebook.com/uss-constitutionofficial.

Last year, USS Constitution went underway in Boston Harbor on July 4 and used its social media platforms to run a public lottery; winners received a spot to come aboard for the cruise.

This year, the risks and delays connected to COVID-19 prevent USS Constitution from going underway as part of its July 4 celebration.

USS Constitution closed to public visitation to reduce exposure to COVID-19 on March 14.

Since that date, the crew began offering

virtual tours and has conducted more than 60 virtual tours on Facebook Live, which have received more than 1.2 million views.

At this time, no Sailors assigned to USS Constitution have tested positive for COVID-19, and USS Constitution is following all preventative guidance from the Centers for Disease Control (CDC), Department of the Defense and Navy leadership.

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

During normal operations, the active-duty Sailors stationed aboard USS Constitution provide free tours and offer public visitation to more than 600,000 people a year as they support the ship’s mission of promoting the Navy’s history and maritime heritage and raising awareness of the importance of a

sustained naval presence.

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

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

The Museum has also temporarily closed and is currently providing a hands-on, minds-on environment digitally during this time of physical distancing.

The USS Constitution Museum will offer special digital experiences for July 4, including videos and family-friendly activities where online visitors learn how to fold an American flag, fire a miniature cannon, and more; Information will be available on the Museum website.

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

The Museum has also temporarily closed and is currently providing a hands-on, minds-on environment digitally during this time of physical distancing.

USS Zumwalt completes first live fire test

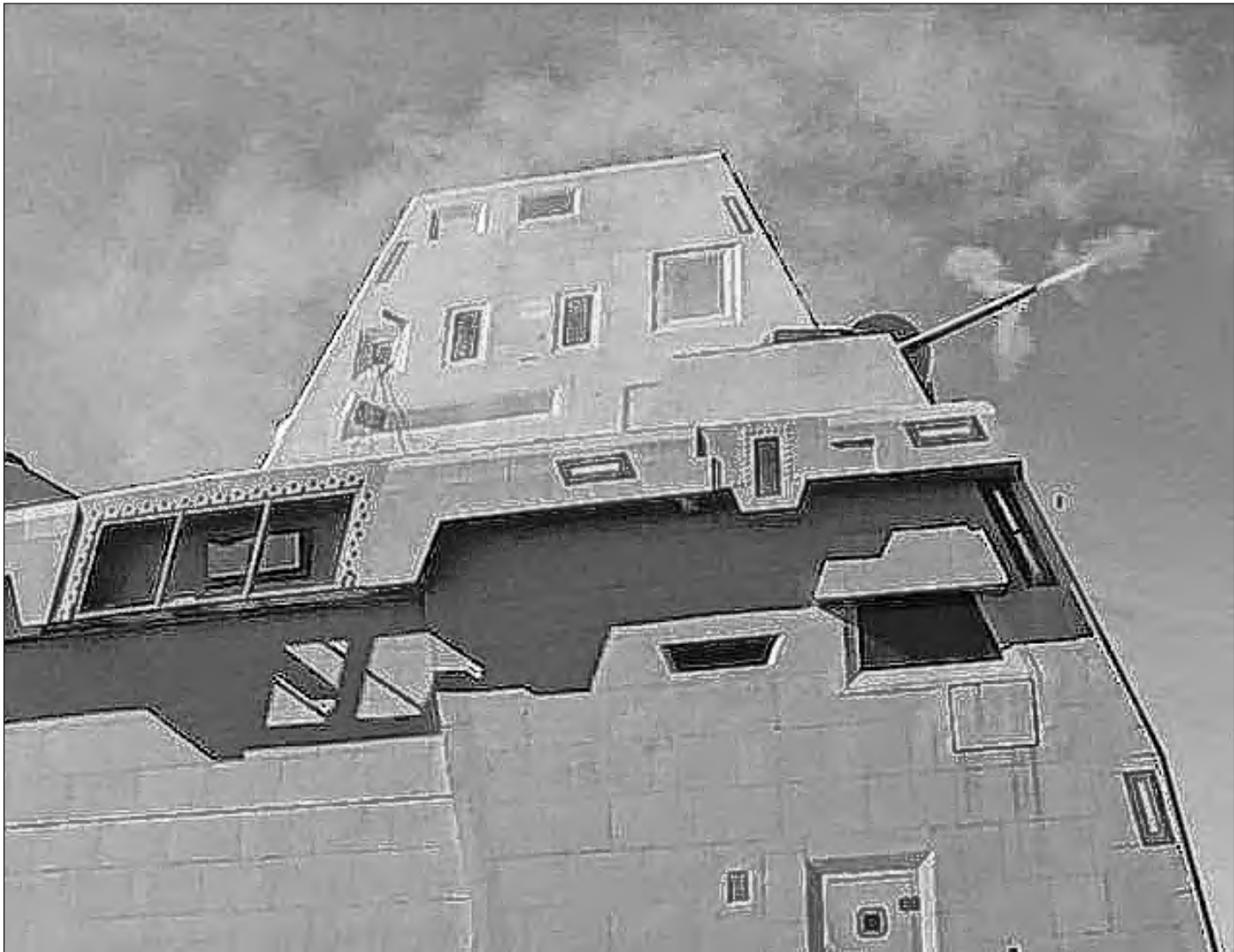
From U.S. 3rd Fleet Public Affairs

PACIFIC OCEAN

Sailors aboard USS Zumwalt (DDG 1000), working with engineers and technicians from Navy Surface Warfare Centers, successfully executed a “structural test fire” of the Mark 46 MOD 2 Gun Weapon System (GWS) on the Naval Air Weapons Center Weapons Division Sea Test Range, Point Mugu, May 16.

“The privilege of being a ‘first-in-class’ ship includes having the opportunity to systematically conduct testing across the breadth of systems installed onboard the ship,” said Capt. Andrew Carlson, Zumwalt’s commanding officer. “The real plus is conducting those tests, such as today’s live fire with the Mark 46 GWS, which provide tangible evidence of combat capability maturation.”

The Mark 46 GWS is a remotely operated naval gun system that uses a 30 mm high velocity cannon, a forward looking infrared sensor, a low light television camera, and a laser rangefinder for ship-board self-defense against small, high speed surface targets. It is a program of record already successfully installed and operated on LPD-17 and LCS class ships. The test firing on board Zumwalt was the first large caliber weapons firing event for the Zumwalt Class Destroyer Program



CWO Cameron Chadd

Zumwalt-class guided-missile destroyer USS Zumwalt (DDG 1000) conducts a live-fire of the Mark 46 MOD 2 Gun Weapon System during a combat systems testing trial at sea May 16. Zumwalt is conducting operations in the eastern Pacific.

and occurred only three weeks after the Navy officially accepted delivery of the Combat System.

Structural test fires assess structural and electrical components of the ship against shock and vibration of the weapon firing, as well as measuring any potential hazards to personnel or degradations to adjacent equipment as a result of firing live ordnance. The tests are a coordinated effort between the Zumwalt Class Destroyer Program Office, the U.S. 3rd Fleet, Commander, Naval Surface Forces,

U.S. Pacific Fleet, and the Naval Sea Systems Command (NAVSEA) Surface Warfare Centers located in Dahlgren, Virginia, Port Hueneme, California, and Indian Head, Maryland.

“Today’s event is the first in a chapter of live fire test events over the next year that will prove the lethal capability that these ships will bring to the fight,” remarked Lt. Cmdr. Tim Kubisak, the Zumwalt Test Officer for the Program Executive Office for Integrated Warfare Systems, embarked on Zumwalt.

The Zumwalt-class destroyer is designed and built to execute multiple maritime missions including deterrence and power projection. The ships’ stealth and ability to operate in both the open ocean and near-shore environments creates a new level of battlespace complexity for potential adversaries.

Zumwalt is 100 feet longer and 13 feet wider than the Arleigh Burke-class destroyer at 610 feet long, providing the space required to execute a wider array of surface, undersea, and aviation missions.



Senior enlisted personnel are taking advantage of a new opportunity at NPS to better prepare for their next deployment while also earning graduate-level credit through a four-course certificate program in Regional Security Studies. Javier Chagoya

New regional studies program prepares enlisted Sailors for next assignment

By MC2 Tom Tonthat
Naval Postgraduate School Public Affairs

MONTEREY, CALIF

A handful of senior Navy enlisted personnel are taking advantage of a new opportunity at the Naval Postgraduate School (NPS) to better prepare for their next deployment while also earning graduate-level credit.

Chief Cryptologic Technicians (Interpretive) (CTIC) Ann Sonnier, Kevin Farr, and Naomi Mori will learn advanced skills in how to develop a professional CTI workforce, tailored to the specific regional areas they will operate in, thanks to a four-course graduate certificate program in Regional Security Studies.

“These Sailors will gain a robust knowledge of theater operations, politics, and foreign policies that influence countries and the decisions they make,” said Cmdr. Paul Rasmussen, NPS Regional Security Studies Program Officer. “This will prepare the CTIs to best fulfill their duties to advise lead-

ership on cultural and regional factors that impact mission operations for areas within the CT occupational standards.”

To prepare them for their next assignments following the program, each student’s coursework is customized to provide an understanding of the region he or she will be assigned to. Currently, they are studying the politics, history, and culture of their assigned regions.

“The chance to study at NPS and learn more about the region where I have worked throughout my Navy career got me interested in the Regional Security Studies Program,” said Sonnier, whose next assignment spans East and Southeast Asia.

The importance of NPS educating Sailors for their next duty assignment stems from the 2020 Education for Seapower Strategy (ESP) and the associated conclusions of the landmark Education for Seapower (E4S) report. Both detailed the importance of the Navy and Marine Corps to strengthen and

expand their educational efforts to maintain naval power in an era of great power competition and technological change.

“The enlisted students who are taking part in this program are a direct result of the ESP study and strategy,” said Rasmussen.

Before being selected for the Regional Security Studies program, the CTICs demonstrated a deep pool of prior qualifications ranging from linguist training at the Defense Language Institute Foreign Language Center, regional experience and familiarity during previous commands, and/or prior graduate level education.

“While my graduate degree is in business, Regional Security Studies is quite different from MBA studies,” said Farr, who is studying Latin American regions to prepare for his next assignment in Navy Information Operations Command Texas. “But the knowledge gained at NPS will help me to better understand the history and context of current and future issues.”

The change from the fast-paced work environment of taking care of Sailors and completing operational requirements of their sea or shore commands to the fast-paced learning environment of graduate level studies has been a familiar yet still challenging adjustment for the enrolled Chief Petty Officers.

“As a full-time student, the long days are all about me and my academic requirements,” said Sonnier. “There is a strong dichotomy between taking care of the mission and others and now being focused on more personal requirements.”

Training CTIs to develop ways to use their foreign language skills and advanced computer systems to support information and cyberspace operations for international regions can assist allied nations, but learning more about the other countries can also improve allied relations.

“Our history teaches us that interoperability is very difficult to build during wartime, and thus, we need to place great emphasis on building that interoperability during times of relative peace,” said Rasmussen, citing one of ESP 2020’s objectives. “By learning about history, politics, and the culture, the CTIs are better prepared to work with allies.”

USS Blue Ridge sails through underway record

By MCSN Matthew Hall
USS Blue Ridge Public Affairs

PHILIPPINE SEA

The crew of the U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) and embarked 7th Fleet staff hit a 48-year historic landmark by surpassing the ship’s underway record, marking 65 days of continuous underway operations, May 17.

Blue Ridge’s previous record of 64 days was set during the Vietnam War when she left port April 5, 1972 and stayed at sea in and around the Gulf of Tonkin until June 2, 1972, when she moored in the Philippines.

The 2020 Blue Ridge patrol changed with the outbreak of COVID-19. The ship and crew have spent 65 consecutive days underway, and counting, an unusual length of time for a ship well-known for its frequent port visits.

“This is an amazing accomplishment for the Blue Ridge, especially being the Navy’s oldest operational warship and approaching her 50th year of service,” said Blue Ridge commanding officer, Capt. Craig C. Sicola, from Dallas. “As I told the crew, the record is only a number, but their hard work and resiliency has been truly impressive and that’s what really matters. These times are uniquely challenging for the entire world, but it takes an extremely dedicated crew to maintain this old of a ship at sea for this long.”

While not a normal Blue Ridge patrol, the ship and her crew have remained at sea conducting operations during this challenging pandemic, including supporting 7th command and control of the fleet and supporting partners and allies across the region, as opposed to a physical visit.



The U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) transits the Philippine Sea before an underway replenishment (UNREP). U.S. Navy ships at sea conduct events like UNREPs to deliver essential parts, food and mail needed to keep the fleet on mission. Blue Ridge is the oldest operational ship in the Navy and, as 7th Fleet command ship, actively works to foster relationships with allies and partners in the Indo-Pacific region. MCSN Sarah Eaton

“From the beginning of this pandemic and our extended underway period, our focus has been on how to adapt to this new enemy and maintain our ability to stay in the fight,” said Sicola. “It is that mental focus that has kept our Sailors engaged, even with great personal sacrifice and stress. Blue Ridge and 7th Fleet staff have bonded together to ensure the fleet remains operationally ready.”

To stay operationally ready Blue Ridge’s crew has utilized the extended time at sea to maintain training, operational standards and capability and even hit some major milestones for the crew throughout the patrol.

Blue Ridge’s damage control training

team coordinator, Damage Controlman 1st Class Bryan McCullough, from Rancho Cucamonga, California, said his team has taken advantage of the extra time “by making routine drills like fire, flooding and structural damage more advanced which has made the crew’s response times faster.”

“Never knowing what might happen, is what makes these drills so important,” said McCullough. “Keeping the ship afloat is always our number one priority so being able to keep Blue Ridge capable of conducting her mission regardless of what that mission may be, is why we conduct these drills over and over.”

“The crew has been amazing,” said Sicola. “I realize every day how tough it has

been, especially for some who have lost loved ones, or who have families that have endured challenging events during this pandemic. Even through all that, their heads are high and they have taken great pride in Blue Ridge’s historic underway during her 50th year of service.”

Blue Ridge is the oldest operational ship in the Navy, and as 7th Fleet command ship, works to foster relationships among allies and partners within the Indo-Pacific region.

As the U.S. Navy’s largest forward-deployed fleet, 7th Fleet has approximately 50-70 ships and submarines and 140 aircraft with approximately 20,000 Sailors in the AOR at any given time.



NCC Kristie Freeman

Navy College Program Counselor Angela Ingram (right) introduces a Sailor to the resources and benefits available through Voluntary Education (VOLED) programs at a Career Development Symposium at Naval Base Kitsap, Aug. 19, 2019. The VOLED Department is responsible for the oversight and administration of the off-duty VOLED programs such as Tuition Assistance, the Advance Education Voucher, Graduate Education Voucher, and Navy College Program for Afloat College Education.

Sailors taking summer, fall college courses should begin the application process

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

PENSACOLA, FLA.

Sailors planning to take summer or fall college courses using Tuition Assistance (TA) or Navy College Program for Afloat College Education (NCPACE) should begin to submit their application requests.

Sailors can submit their command-approved TA/NCPACE applications as early as 120 days in advance, but no later than 14 days prior to the term start date of the course.

“Submitting applications early allows sufficient time to resolve any issues,” said Navy College Program Counselor Desmond Pierre-Louis. “That way, funding authorizations can happen in a timely manner.”

Service members are required to obtain approval for TA/NCPACE funding before the official start of a course. There is no risk in applying early, but there are eligibility require-

ments that Sailors must meet before they can submit a request and funding can be authorized.

“Sailors must have a minimum of two years of military service before becoming eligible to use TA or NCPACE funding,” said Pierre-Louis. “After that, and with approval from their command, they can do the required online training and speak directly with a counselor to define their education goals.”

Sailors planning to attend college classes are required to complete two training courses prior to using TA/NCPACE for the first time. The training products are accessible in MyNavy Education or through the Navy College Program mobile app. The specific steps a Sailor has to take to request TA/NCPACE funding are located on the Navy College Program website.

After the command-approved TA/NCPACE application is authorized by the Navy College Virtual Education Center (NCVEC),

an authorization voucher is generated. Once printed and signed, the Sailor can then forward the voucher to the academic institution for payment. Sailors can also save and digitally sign the authorization voucher prior to sending to their school electronically.

With recent efforts by the Navy to demonstrate the importance of education to the overall warfighting strategy, such as creating the Naval Community College and giving more weight to education in FITREPs, it is the perfect time for Sailors to attain their higher-education goals.

“Sailors continue to embrace lifelong learning as they strive to improve themselves,” said Voluntary Education Program Deputy Director Lt. Cmdr. Adam Walski. “This helps foster the culture of learning that we strive for within the Navy to maintain our advantage around the world.”

One of the rewards of higher-level learning is that it is mutually beneficial for the Sailor and the Navy as a whole.

“A Sailor utilizing the program takes control of their future, whether in pursuit of a certificate or degree, and it provides advantages towards promotion,” said Walski. “What cannot be overlooked is the influence this now empowered Sailor brings back to the command.”

For additional information on the Navy College Program, visit www.navycollege.navy.mil to start the education process and complete required training. Normal business hours for the NCVEC are Monday – Thursday, 7 a.m. – 7 p.m. Eastern Standard Time, and Friday, 7 a.m.-12p.m. Eastern Standard Time toll free 1-877-838-1659.

During the COVID-19 pandemic, the NCVEC is continuing to provide customer service support to the fleet. For a list of contact options, including scheduling appointments for counseling or requesting a counselor call back, visit the Navy College Program website at <https://www.navycollege.navy.mil/contact.htm>.

For OCONUS Navy College Office (NCO) information, visit <https://www.navycollege.navy.mil/resources/find-open-navy-college-offices.htm>.

As part of the MyNavy HR Force Development team, Naval Education and Training Professional Development Center (NET-PDC) provides products and services that enable and enhance education, training, career development, and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education Department, the Navy Advancement Center and the Resources Management Department.

EXCEPTIONAL | Survey will assess needs of Sailors and their families

Continued from B1

our Sailors through this anonymous survey will help us achieve that goal.”

Sailors with families with special needs registered in the EFMP in the past 12 months are strongly encouraged to provide

their feedback about the program. Although one adult member of the household should complete the survey, program officials encourage spouses to participate as well. Link to the survey: <https://surveys.max.gov/index.php/724986?lang=en>.

The survey will assess the needs of Sailors and their families, and will provide Navy leadership a better understanding of the overall quality of service received from the program. Participants will also be able to share their experiences with family support services, referrals to military and/or community resources, medical services,

special education services, and assignment coordination.

“We are committed to ensuring our Sailors and their families are provided the maximum support possible as they serve our Navy and country,” Travis said. “At the end of the day, we want our Sailors to focus on their mission and rest assured that we are here with the services needed to help them care for their families.”

All of the information provided remains anonymous. Login information is not required. The survey will take approximately 10 to 25 minutes to complete.

The EFMP includes identification of the family member’s special needs and enrollment in the program, assignment coordination and family support. The program assists Sailors during the assignment process by addressing the special needs of their exceptional family members and ensuring they are assigned to areas where they can access necessary resources. Special needs include special medical, dental, mental health, developmental or educational requirements, the requirement for adaptive equipment assistive technology devices and services and/or wheelchair accessibility.

EARN | Crew recognized for their outstanding performance during deployment to the U.S. European Command area of operations

Continued from B1

deployed fostered a safe operating environment for U.S. and partner nation maritime units alike.”

Toledo is homeported in Groton, Connecticut at Naval Submarine Base New London and assigned to Submarine Squadron 12, which is part of the Atlantic Submarine Force.

According to the award citation, Toledo’s crew “conducted multiple demanding missions vital to national security to include the management of two dynamic operational periods. Toledo completed a challenging and short notice intelligence collection event that provided extremely sensitive information to help maintain the

Navy’s undersea superiority and improve national defense. Throughout the deployment, Toledo expertly executed national-level tasking, including several first-of-its-kind collections. The unit strengthened key allied relations by supporting a multinational theater anti-submarine warfare exercise in the Eastern Atlantic.”

Toledo’s commanding officer, Cmdr. Philip P. Castellano, praised the crew for their warrior spirit and exemplary performance.

“Our crew is extremely honored by this recognition and I could not be more proud of them,” said Castellano. “Throughout the entire deployment, Toledo’s crew worked together seamlessly and never buckled under pressure during challeng-

ing missions. This award is a credit to their unwavering professionalism, dedication and bravery.”

In addition to mission execution on the deployment, 33 enlisted Sailors and four officers earned their qualification in submarine warfare, 18 Sailors advanced to the next paygrade, four crew members reenlisted and two officers screened for executive officer and the rank of commander.

Vice Adm. Daryl Caudle, commander, Submarine Forces, said Toledo’s deployment is a good example of the major impact and unique capabilities undersea forces continuously provide to operational commanders.

“Every day, our submariners are at the tip of the spear, forward deployed and ready to strike if needed,” he said. “Toledo’s efforts are a great example of the extraordinary operations our high-caliber undersea warriors are executing around the clock, on scene, unseen with un-

matched readiness and skill.”

Established by the Secretary of the Navy on Dec. 18, 1944, and awarded by the secretary with the approval of the President, a unit commendation is conferred on any ship, aircraft, detachment or other unit of the U.S. Navy or Marine Corps that distinguished itself for extremely meritorious service in support of military operations, which were outstanding when compared to other units performing similar service.

Toledo was commissioned Feb. 24, 1995, and is the third U.S. warship named after the northwestern Ohio city. It is 377 feet long and holds a crew of approximately 147, consisting of 18 officers and 129 enlisted Sailors.

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

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Jamestown-Yorktown Foundation launches weekly webcasts
Tune into the Jamestown-Yorktown Foundation's new lineup of live weekly webcasts, from a five-part "History Happy Hour" series exploring distillation and brewing in early America to "Historical Solutions to Modern-Day Problems" offering practical tips on how to tie knots for everyday purposes and learn to landscape using native plants.

See C2



NATIONAL MILITARY APPRECIATION MONTH

365 days a year, 7 days a week and 24 hours a day, members of the U.S. military are on call around the world, defending the interests and security of the nation. In May, during Military Appreciation Month, is the perfect opportunity express gratitude to them, and their families, for all that they do every day. This year, as thousands of service members work on the front lines of the COVID-19 pandemic, it is especially important that we as a nonprofit military organization – and you, as a patriotic citizen – pause to honor them during Military Appreciation Month.

When is Military Appreciation Month?

Officially designated by Congress in 1999, Military Appreciation Month takes place every year throughout the entire month of May. Every year, the president issues an annual proclamation reminding Americans to celebrate this patriotic month that pays tribute to those who have sacrificed so much for our freedom.

How do we do celebrate the military?

Although the entire month is designated to honoring past and present military members and their families, there are several, specific military holidays sprinkled throughout Military Appreciation Month itself, including Loyalty Day, VE Day, Military Spouse Appreciation Day, Mother's Day, Armed Forces Day and Memorial Day.

Celebrating from home this year

In modern history, the holiday is also often cited as the unofficial start to the summer and many families choose to pay tribute to fallen service members by visiting veterans' cemeteries or memorials, like the Vietnam or World War II Memorials in Washington, D.C. However, due to the COVID-19 pandemic, many will be choosing to mark this military holiday from the safety of their home this year. The USO encourages all to #HonorFromHome and post photos or messages of thanks on social media for the sacrifices of service members and their families on Memorial Day weekend 2020.

Community

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



Jamestown-Yorktown Foundation

Jamestown-Yorktown Foundation launches series of live weekly webcasts

From Jamestown-Yorktown Foundation

WILLIAMSBURG, VA.

Tune in to the Jamestown-Yorktown Foundation’s new lineup of live weekly webcasts, from a five-part “History Happy Hour” series exploring distillation and brewing in early America to “Historical Solutions to Modern-Day Problems” offering practical tips on how to tie knots for everyday purposes and learn to landscape using native plants. A special “History Mystery Trivia Night” is coming soon on June 5 to virtually test the knowledge of 17th- and 18th-century history buffs.

The “History Happy Hour” and “Historical Solutions to Modern Day Problems” webcast series joins a growing collection of weekly educational webcasts, curatorial blogs, museum apps and interactives, videos, games, coloring pages, colonial recipes and more available as part of History is Fun at Home online resources at historyisfun.org/at-home.

While Jamestown Settlement and the

American Revolution Museum at Yorktown are closed to the public, historical experts will present free LIVE demonstrations from the museums, offering a fascinating look at history and a chance to live chat with the presenters. Viewers will need to log-on through the Zoom portal and enter a designated access code.

New lineup of webcasts include:

- ‘History Happy Hour’ at 5 p.m., Thursdays, May 21-June 18, Serves Up History of Distilling & Brewing in America**
May 28, 5 p.m.: Punch – Explore the material culture of punch drawn from the Jamestown-Yorktown Foundation’s collection while you learn about Caribbean sugar and rum production, and the run-up to the American Revolution. This session will pair well with an 18th-century punch recipe or rum-based beverage. We will also share a recipe for a great alcohol-free punch appropriate for the kids.
- June 4, 5 p.m.:** Beer Brewing in Colonial

America – Discover archaeological evidence of brewing at Jamestown and during the American Revolution and see drinking vessels from the Jamestown-Yorktown Foundation’s collection. Grab your own mug and enjoy George Washington’s small beer recipe and Martha Washington’s unique persimmon beer, plus choose your own local brew to pair with them.

- June 11, 5 p.m.:** Wine on the Vine – Find out what wines were available in the American colonies – from what was shipped and ordered from abroad to those made locally – and Jefferson’s contributions to Virginia viticulture. This session pairs nicely with a Virginia wine and a port or Madeira.
- June 18, 5 p.m.:** Whiskey in America: Education and Libation – See one of the American Revolution Museum at Yorktown’s newest acquisitions – a rare, 100-gallon capacity, stamped copper still, made in the 18th century by Francis Sanderson Sr. or Francis Sanderson Jr., whose biographical details are illustrative of the spirit behind the American Revolution and the

early Republic. Take part in an introduction to distilled products made in colonial America, combined with biographical information on our museum’s still and archaeological record of the Washington distillery.

‘History Mystery Trivia Night’ at 7 p.m. Friday, June 5
June 5, 7 p.m.: History Mystery Trivia Night – Do you wow your friends with knowledge of history? Or, do you find yourself wishing you knew more history trivia to impress? Join us for History Mystery Trivia Night as we explore early Virginia history in the 17th and 18th centuries. Whether you’re an expert or a novice, you’ll have fun testing your knowledge and learning new things. At the end, the Trivia Night winner will earn bragging rights as the history king or queen. Learn more at historyisfun.org/trivia.

Jamestown Settlement and the American Revolution Museum at Yorktown, living-history museums administered by the state’s Jamestown-Yorktown Foundation, remain closed in the ongoing response to COVID-19 and in the interest of public health and community safety. To support museum educational programs, visit historyisfun.org/donate. For more information about the museums, visit historyisfun.org.

HRSC and AAU Junior Olympic Games cancelled due to COVID-19

From Amateur Athletic Union

NORFOLK

Since 1967, the AAU Junior Olympic Games have provided countless amateur athletes with the opportunity to not only compete at the highest level but also to create lasting memories on and off the playing surface.

The times we live in are unprecedented and ever-changing. The COVID-19 (“Coronavirus”) has irrevocably altered the world as we know it. All of us are navigating uncharted waters as we adapt to a new normal and a new reality.

The Hampton Roads Sports Commission, an affiliate of the Hampton Roads Chamber, established a special advisory group to determine the best action to take. After careful consideration and countless hours planning possible scenarios to move forward with the event, the Hampton Roads Sports Commission and the Amateur Athletic Union (AAU) have decided to cancel the 54th AAU Junior Olympic Games. The event was to take place July 29 – August 8.

The AAU would like to thank the Hampton Roads Sports Commission for their dedication and hard work during this trying time. This is the first time the AAU Junior Olympic Games have been canceled, an event that has been held in



AAU Junior Olympic Games/

19 states and 30 different cities over 50 plus years. In the past the AAU Junior Olympic Games, which is the largest national multi-event sport event in the nation, hosted approximately 18,000 participants and has had an economic impact of more than \$50 million to the local area.

The Hampton Roads Sports Commis-

sion appreciates the support and effort of the local municipalities, sporting venues, local business community and Board of Directors.

“[We were] looking forward to hosting this prestigious event for the sixth time. Our region has a rich history of successfully hosting large scale sporting events,

and we will continue to pursue events that generate a large economic impact for our local business community,” said Claudell Clark, Executive Director of the Hampton Roads Sports Commission.

For more information on the AAU Junior Olympic Games, visit www.aau-jrogames.org



U.S. Army National Guard photo by Spc. Miguel Ruiz

Returning to the workplace: managing mixed emotions and uncertainty

By: Samir Deshpande
Walter Reed Army Institute of Research

COVID-19 has brought radical change to our society—for nearly two months, many of us have been working from home, limiting trips outside and keeping ourselves socially distanced.

Now, as states begin to consider how to re-open and find a new normal, the ability of leaders to ensure that staff feel comfortable with the transition becomes increasingly important.

“Over the past several months, we have all experienced so much change,” says Col. Deydre Teyhen, commander of the Walter Reed Army Institute of Research. “Leadership will be key to a successful transition back to the workplace. Just as leaders have taken steps to help smooth the transition to

widespread telework and social distancing, it is important to take steps to ease the transition back into the workplace.”

Some employees might be excited to return to the workplace and re-engage with their previous routines; others might feel apprehensive, either because of anxiety about infection or becoming accustomed to their new routine—many will feel some combination of the two.

What Can Leaders Do?

The first step is to recognize that experiencing mixed feelings is normal.

“Leaders should be patient and remind their teammates to prepare themselves for an adjustment,” says Amy Adler, director of the WRAIR’s Research Transition Office, which bridges the gulf between laboratory and field to get research advances into Army

training.

Furthermore, as most re-openings are expected to be gradual, for some teammates, normal may not feel normal. Compounding that, many may feel concerned that there will be a resurgence of the disease.

“Difficulty adjusting back and ongoing concerns are completely understandable—it’s important for leaders to recognize and validate these feelings, and to make a plan for how the team will address changing circumstances,” says Adler.

Setting clear expectations, both for leaders and for teammates, and establishing contingencies in the case of a return to strict social distancing can help address these worries.

Finally, it is important to honor the accomplishments of the team while they were away. Mark the milestones you have shared,

tell your team’s story to create a shared narrative and acknowledge individual contributions to the team’s mission. It is important to recognize with gratitude the entire team’s effort to stay safe and productive—whether they worked from home or remained in the workplace.

“Ultimately, it comes down to keeping an eye out for one another—we know our teammates,” says Col. Jeffrey Thomas, director of the WRAIR Center for Military Psychiatry and Neuroscience. “Both leaders and team members are well positioned to observe signs of stress like increased irritability, conflict with co-workers, lack of motivation or mistakes on the job. Teams can work to alleviate stressors and listen to people who might be struggling with yet another transition.”

More information about strategies developed by Adler and RTO researcher Ian Gutierrez to help manage returning to the workplace can be found here. A list of other resources to manage COVID-19-related behavioral health concerns can be found here.

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Food



Good Housekeeping/

These easy pigs in a blanket are extra special

By The Good Housekeeping Test Lab

While pigs in a blanket, flavored with Dijon mustard and caraway seeds, are really special (and delicious), we made ours extra special by shaping them into a circle for easy grabbing. This pull-apart pigs in a blanket recipe, using cocktail franks and crescent roll dough, takes your childhood favorite to the next level, and is best served with plenty of Dijon mustard.

DO YOU HAVE TO WRAP PIGS IN A BLANKET IN CRESCENT ROLL DOUGH?

No! You can use other store-bought doughs to wrap cocktail franks. Puff pastry is one of our favorites, which adds a little extra elegance to this easy appetizer.

WHAT GOES WITH PIGS IN A BLANKET?

Try mixing up a classic cocktail to serve with this home-

made pigs in a blanket recipe. They also make for a great addition to a festive cocktail party spread and complement plenty of other appetizers!

HOW CAN I MIX UP THE FLAVORS OF PIGS IN A BLANKET?

Adding flavors into the roll or sprinkling different spices on top offers a little pizzazz to these classic bite-sized appetizers. Here are three variations to spice up (literally!) your go-to party starter:

■ **Jalapeño Popper Pigs in a Blanket:** Combine 1/2 cup cream cheese with 1/4 cup jarred jalapeños in a food processor and blend to combine. Spread 1 teaspoon of the mixture onto each crescent strip before adding the sausage and rolling. Garnish with a thin slice of fresh jalapeño before baking.

■ **Pretzel Pigs in a Blanket:** Combine 5 cups water and 1/3 cup baking soda in a large pot and bring to a boil. Spread crescent strips with a heaping teaspoon of mustard before adding sausage. Using tongs or a strainer, dip each wrapped sausage into the boiling water for 5 seconds and place on parchment-lined baking sheet. Garnish with coarse sea salt and bake as directed.

■ **German Pigs in a Blanket:** Use German-style sausage like Bratwurst, halved vertically if too thick, and cut into 2 1/2-inch lengths. Spread each crescent strip with 1 teaspoon grainy mustard and 1 teaspoon drained sauerkraut. Garnish with caraway seeds.

Pigs in a blanket

Yields: 8 - 10
Prep time: 0 hours 0 mins
Total time: 0 hours 45 mins

INGREDIENTS

1 12-oz package cocktail franks
2 tubes refrigerated crescent roll dough
2 tbsp. Dijon mustard
1 large egg
1 tsp. caraway seeds
Mustard, for serving
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DIRECTIONS

Heat oven to 375°F. Line baking sheet with parchment. Unroll dough and brush with mustard. Cut each triangle in half lengthwise to create 2 skinnier triangles. Place 1 frank on each wide end of dough, then roll up and arrange on prepared sheet in two concentric circles, making sure dough on both circles touches. Beat egg with 1 Tbsp water, brush over dough and sprinkle with caraway seeds. Bake until golden brown, 18 to 22 min. Serve with mustard.

This spring crumble is crowned with an irresistible nutty, buttery topping

By The Good Housekeeping Test Kitchen

We never get tired of this classic spring-time combo, and this recipe for strawberry-rhubarb crumbles shows why: tart rhubarb and sweet, juicy berries get the perfect counterpoint in a crunchy, buttery topping.

This rustic spring dessert is as delicious as any pie, but it comes together much more easily since you don't have to worry about making a crust. If you don't have three small cast-iron skillets, you can try baking them in 3 shallow casseroles instead, but your timing might be different so watch them carefully.

Love rhubarb as much as we do? If you're lucky enough to have some outdoor space, try growing some and you'll have enough for years to come!



Good Housekeeping/

Strawberry-rhubarb crumbles

Cal/serving: 225
Yields: 8 servings
Total time: 1 hour 0 mins

INGREDIENTS

6 tbsp. cold unsalted butter, cut into small pieces, plus more for skillets
1 lb. strawberries, halved (quartered if large)
1 lb. rhubarb, trimmed and cut into 1/2-inch pieces
1 tbsp. cornstarch
1/4 c. plus 3 Tbsp sugar
3/4 c. all-purpose flour
1/4 tsp. kosher salt
1/4 c. unsalted almonds, roughly chopped
Vanilla ice cream, for serving
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DIRECTIONS

Heat oven to 425°F. Line baking sheet with parchment. Lightly butter three 6-inch cast-iron skillets and place on prepared sheet. In large bowl, toss together strawberries, rhubarb, cornstarch, and 1/4 cup sugar. In second bowl, with hands, rub butter and flour together to resemble breadcrumbs. Add salt, almonds, and remaining 3 Tbsp sugar and squeeze mixture together with fingertips to form small clumps. Divide fruit mixture among prepared pans and top with crumble mixture (they will appear overfilled). Bake until filling is bubbling and tops are golden brown, 30 to 35 minutes. Serve with vanilla ice cream if desired.

Romeo and Juliet

Thursday, May 28
7:00 PM

Available via streaming at
youtube.com/vaopera

Presented by





Virginia Opera/

Virginia Opera announces online presentation of 2016 performance of ‘Romeo & Juliet’

From Virginia Opera

HAMPTON ROADS

Virginia Opera, The Official Opera Company of the Commonwealth of Virginia, is pleased to announce the live streaming presentation of its critically acclaimed 2016 performance of Charles Gounod’s *Romeo & Juliet*, Thursday May 28. The production—broadcast in its entirety—will be hosted on

YouTube beginning at 7:00 p.m., complete with an introduction by VO’s Artistic Director Adam Turner, fellow conductor John Baril, and members of the cast including Kimberly Sogioka (Stephano), Ashraf Sewailam (Count Capulet), and Efrain Solis (Mercutio).

Romeo & Juliet begins at 7:30 p.m. In addition to the introductory remarks, there will be a live chat, along with a twenty-minute inter-

mission during the approximately two-hour thirty-minute performance. The intermission will feature additional brand-new interviews with principal cellist Mike Daniels from the Virginia Symphony Orchestra and fight director Kara Wooten.

Maestro Turner: “Following last month’s hugely successful streaming of our production of Puccini’s *La Bohème*, we are thrilled to follow up with the timeless story of *Romeo*

& Juliet. I am very excited to once again connect with its cast, as well as our fans during the YouTube live chat. In this time of distancing, the overwhelming sense of community generated during the past performance event was not only welcome, but also palpable in a rather surprising way; the online exchanges offering not only a vital rebroadcast of a great VO production, but also in its ability to seemingly span not only distance, but time as well.”

Following is the text of the original 2016 Virginia Opera press release, with details on the cast and production. *Romeo & Juliet* will remain on YouTube on demand through June 11.

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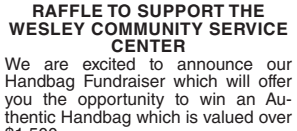
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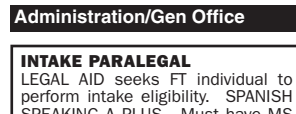
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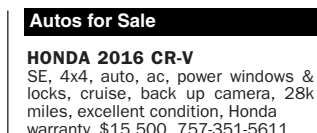
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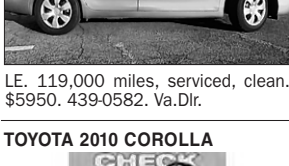
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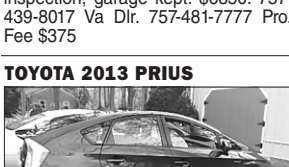
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4WD, 5spd, 302 EFI, 125K mi., ac/ps/pb; all maint. records since '08; \$5,250 obo, 757-589-3202

FORD 1996 E150
7 pass club wagon van, fully loaded, low miles. \$3500. 757-450-2710

FORD 2007 EXPLORER
2007 Ford Explorer sport trac Limited, low miles, leather sunroof, loaded, inspected, \$8990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

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Trucks and SUVs

GMC 2006 SIERRA 1500



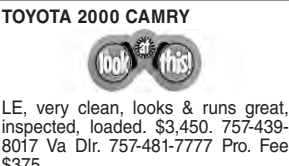
Club Cab Pickup truck, LOW MILE-AGE 124k original miles, 1 owner, garage kept, mint condition, auto, air, loaded, inspected \$9990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

HONDA 2007 ODYSSEY



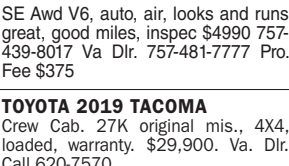
EXL, looks & runs great, leather, sun roof, stow away seats, loaded, inspected. \$4,850 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

MERCURY 2008 MOUNTAINEER



Limited V8, perfect condition, low miles, leather, sunroof, loaded, inspected, \$6990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

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LE, very clean, looks & runs great, inspected, loaded. \$3,450. 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

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SE Awd V6, auto, air, looks and runs great, good miles, inspect \$4990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

TOYOTA 2019 TACOMA

Crew Cab. 27K original mis., 4X4, loaded, warranty. \$29,900. Va. Dir. Call 620-7570.

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Evinrude 15 HP Electric Start, w. Shorelander Trailer. Dual Anchors, Minn Kota 865-Valve Mount, Humming Bird Carpet Deck, 4 Life Jackets & Seat Cushions, \$2500. Call: 757-809-5574

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Cutty cabin, twin 200 Yamaha, radar, ff/gps, vhf, stereo, great fast & stable fishing boat, 1998, \$18,950. Jeff 757-715-3442

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2020 TRACKER PRO 170 W/ GALVANIZED STEEL TRAILER, SPARE TIRE, MERCURY 9-9 ELPT MIN KOTA EDGE 45 FOOT CONT LOW-RANGE HOOK 4X \$12,000 757-479-2089

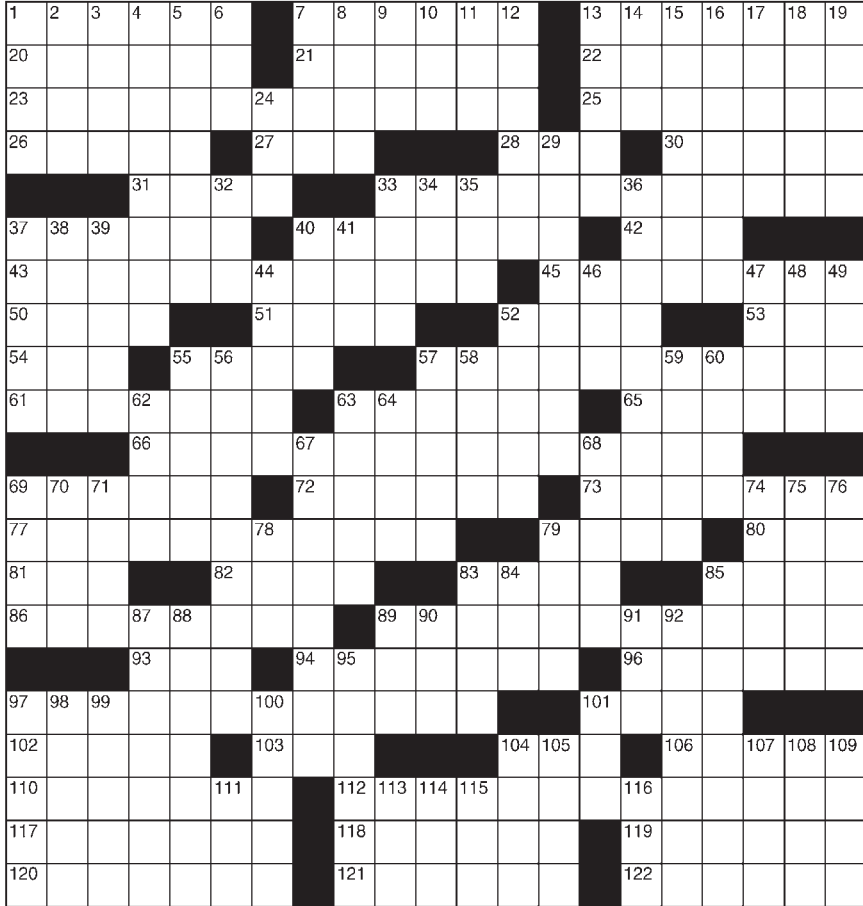
SAILBOAT 18 FT CUDDY
FG, 3 Sails, complete, Exec Cond, re-blt trailer, outboard, shed stor. \$1300. OBO 757-488-8604

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Fun and Games

Super Crossword

- ACROSS**
- 1 Shrimp —
7 Dismay
13 Like pre-1917 Russia
20 Stomach ailments
21 Republic of China capital
22 Old roof sight
23 Inductee in the inaugural year of the ... NASCAR Hall of Fame [2010]
25 Skin bubble
26 Jan of South Africa
27 Canon camera
28 Fiscal exec.
30 — throat
31 "As — Dying"
33 ... International Tennis Hall of Fame [1955]
37 One pelting on the stove
40 Bubbling on the stove
42 "— Gang"
43 ... World Figure Skating Hall of Fame [1976]
- 45 With 99-Down, Texas
50 Hearing pair
51 Moistureless
52 Bust — (laugh hard)
53 "Found it!"
54 Ending of enzymes
55 Groove of carpentry
57 ... National Baseball Hall of Fame [1936]
61 Reprieve
63 Stuck-up
65 Conundrum
66 ... Basketball Hall of Fame [1959] and College Football Hall of Fame [1951]
69 "Flashdance" director Lyne
72 One of Nod's two partners
73 Not legal
77 ... Pro Football Hall of Fame [1963]
79 Writer — Stanley Gardner
80 Less than bi-
- 81 Western treaty gp.
82 Hunky- —
83 Maui, e.g.
85 Blue-ribbon
86 Pasture-raised
89 ... World Golf Hall of Fame [1974]
93 "What was — think?"
94 Compel obedience to
96 Shady alcoves
97 ... International Swimming Hall of Fame [1965]
101 "— girl!"
102 Full of activity
103 Med. republic
104 Darlin'
106 Relative by marriage
110 Digital data display
112 ... International Boxing Hall of Fame [1990]
117 Almondly, say
118 Lake in New York
- 119 Director May
120 Racing driver
121 With 122-Across, barriers of pickets
122 See 121-Across
- DOWN**
- 1 Lather
2 Quahog, e.g.
3 Rights org.
4 Encounters
5 Singer Elvis
6 "This — test"
7 — extra cost
8 Oom- — (tuba sounds)
9 Actress Zadora
10 Showery mo.
11 Guided
12 Chinese fruit
13 Fifer's drum
14 NBC TV initials.
15 Under debate
16 People taking breathers
17 The "I" of IV
18 Smile evilly
19 Infield covers
24 San Luis —
29 Scapegoats
32 Fido's noise
- 33 Sneak attack
34 "Son of," in Arab names
35 Wheel tooth
36 "Everyone experiences that, right?"
37 Trident
38 Pick on
39 Monsters
40 Flight prefix
41 "More than I needed to know" abbr.
44 Stows cargo
46 Suffix with venom
47 Zingy flavor
48 "Pardon me"
49 — avis
52 Singer Susan
55 "Joltin' Joe"
56 Expiated
57 Horn sounds
58 Be seeping
59 Viewpoint
60 1958 Leslie Caron film
62 Match (up)
63 With cunning
64 Tri- plus six
67 Those giving out prizes
68 Spent
69 Very eager
70 Beloved one
71 Parks of civil rights
74 Mario of New York
75 — workings
76 Cake levels
78 Soil stirrer
79 Fashion magazine
83 Memo intro
84 Pt. of USSR
85 Tirana native
87 Do nothing
88 Estrogen or testosterone
89 Locale of mil. jets
90 Reiner of film
91 Overly glib
92 Paper story
95 Not wide
97 Loft locales
98 Expend
99 See 45-Across
100 Quoter
101 Santa —
104 Jekyll and —
105 Muscat site
107 Not clerical
108 Hathaway of "Get Smart"
109 Heartaches
111 Maui strings
113 1969 Beatle bride Yoko
114 Corp. honcho
115 Youngster
116 Foul caller



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last week's answers

DID SEERS JHANE CAMPS
ERR ARROW HONOR OMAHA
BEA VANNA ANNIE NONOS
INFLATED PRICES MERITS
TETON SOSO HAITI ALOE
GNATS SWOLLE ENGLAND
UPROAR FAAYEAR
CRUSHED GARLIC JETWAY
LOS SNARLY LOAM TOONE
ASHE AMES BIOTA EMOTE
MASSAGED KALESALAD
SCOTT GORES NAST SPAM
SORER ERIE RESETS UFO
EDENIC BRUISED APPLES
CHIA LPS CREPES
BOOSTED SALES APHID
OGRE SAUTE ABBERNADIA
BRAVOS SHATTERED GLASS
CATER BUENA TAKEI NIK
ADORE BANES ADELE TNT
TYRES CLARK SEDER EGO

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

Sudoku

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

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: **O** equals **E**

L TPKLREO WNQMTKOQ ILW
WHDOGVEOG KP HPUNOKO MT L
UOOK, RVK DO GMWLNNOLQOG,
EPWK IMKDPVK L QLHO.

Last week's CryptoQuip answer

If a judge is buying shampoo and toothpaste, maybe he'll just prefer trial-size tubes.

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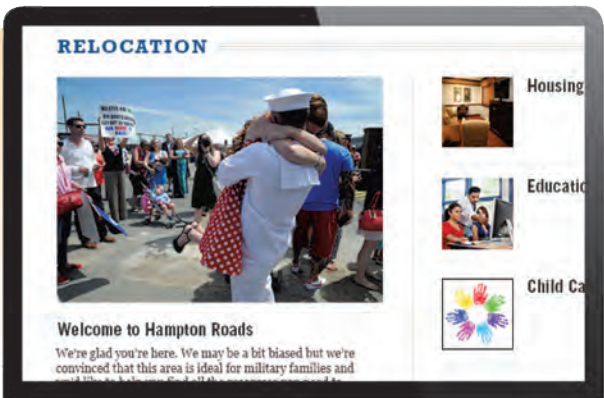


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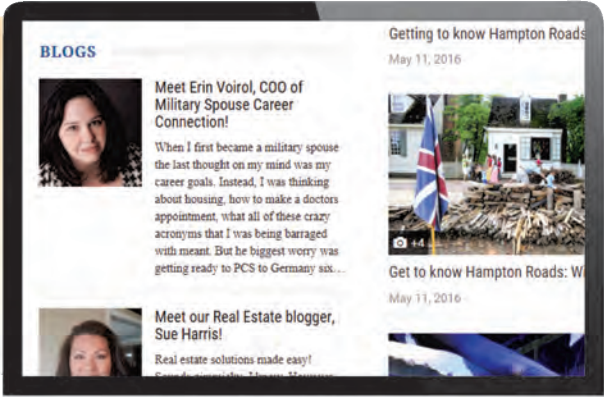
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