



MC2 Brandon Parker

Rear Adm. Brad Cooper arrives to the Naval Surface Force Atlantic (SURFLANT) change of command ceremony aboard the San Antonio-class amphibious transport dock ship USS Arlington (LPD 24), June 19, 2020. SURFLANT mans, trains and equips assigned surface forces and shore activities, ensuring a capable force for conducting prompt and sustained operations in support of United States national interests. 77 ships and 31 shore commands make up the SURFLANT force.

Naval Surface Force Atlantic holds change of command

From Naval Surface Force Atlantic Public Affairs

NORFOLK

Commander, Naval Surface Force Atlantic (SURFLANT), held a change of command ceremony aboard the amphibious transport dock USS Arlington (LPD 24), June 19.

Rear Adm. Brad Cooper relieved Rear Adm. Roy Kitchener during the time honored ceremony. Adm. Christopher W. Grady, Commander, U.S. Fleet Forces served as the presiding officer witnessing the ceremonial transfer of command leadership from Kitchener to Cooper.

The change of command ceremony draws its origins from tradition. It serves as a passing of command from one naval officer to another with all hands present to be witnesses.

During Grady's remarks, he emphasized the positive impact Kitchener had during his time commanding SURFLANT.

"Roy, you refocused the force on the basics – so crucial to what we do," said Grady. "You very clearly and consistently reminded the entire team of the things that make us successful in the long-run – ownership, accountability, preservation, self-sufficiency, and basic watch standing principles. You reminded everyone that, in order to live and breathe excellence, we must first master the basics."

Kitchener served as commander since August 2019 and is responsible for ensuring the Atlantic Surface Force is manned, trained, equipped and ready to fight and win. "Combat ready, battle-minded" the command's motto, Kitchener highlighted the hard work and dedication of his headquarters' team, waterfront leadership and the 27,000 personnel across the Atlantic Force.

"Thank you for your daily commitment in enabling our

ships across the world," said Kitchener. "Rear Adm. Brad Cooper I really look forward to teaming up with you in leading our Surface Force to new heights."

Kitchener and the entire SURFLANT team were responsible for ensuring the readiness of all force commands. Kitchener's next assignment is Commander, Naval Surface Forces and Commander, Naval Surface Force, U.S. Pacific Fleet.

Cooper previously served as Chief of Legislative Affairs for the Secretary of the Navy from May 2019 to June 2020. Cooper's previous sea duty commands include USS Thomas S. Gates (CG 51); Cruiser-Destroyer Group 8 staff embarked on board the Dwight D. Eisenhower (CVN 69), Fitzgerald (DDG 62), Anzio (CG 68) and Vicksburg (CG 69). He commanded USS Russell (DDG 59) and Gettysburg (CG 64). He deployed nine times and participated in 13 operations around the world.

"I get excited before every tour, but I am particularly excited for this one," said Cooper. "I love Sailors and I love ships. I believe the Surface Force has strong momentum. I am thrilled and optimistic for our future and I am excited to share that future with the 27,000 men and women of the Surface Force."

Cooper takes command of SURFLANT as the force operates within COVID-19 guidelines and precautionary measures, while preparing for Defense Support of Civil Authorities (DSCA) missions during the hurricane season.

SURFLANT mans, trains and equips assigned surface forces and shore activities, ensuring a capable force for conducting prompt and sustained operations in support of United States national interests. The SURFLANT force is composed of 77 ships and 31 shore commands.

Navy announces Blended Retirement System CY 2021 continuation pay

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

WASHINGTON

The Navy released the calendar year 2021 Blended Retirement System (BRS) continuation pay (CP) rates for eligible Sailors, in NAVADMIN 172/20, June 18.

Under BRS, Sailors participate in a modernized retirement program.

Throughout their career, Sailors who opt-in or were auto-enrolled in the Thrift Savings Plan receive a matching contribution of up to five percent of their base pay from the Navy. Those who stay until retirement after 20 years, still get retired pay at a two percent of base pay for every year of service (YOS) vice the two and a half percent multiplier they would receive under the legacy retirement system.

One additional benefit of BRS is continuation pay. All Sailors enrolled in BRS qualify for the incentive, which currently comes at the 12-year "mid-career point."

To collect the incentive, eligible Sailors must do two things. They must request the pay before they arrive at their 12th pay anniversary and they must agree to obligate for another four years of service via NSIPS before they can collect.

If the Sailor has a correct email on file in the Navy Standard Integrated Personnel System (NSIPS), noti-

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**Army Major pulls
back MOTSU's
curtain to reveal
MSC's strategic
role**

Located in Sunny Point, N.C., MOTSU serves as a transfer point for military equipment for the Department of Defense (DoD).

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**USS George H. W.
Bush reaches ship-
yard milestone**

USS George H. W. Bush installed one of two 30-ton anchor on June 16, bringing it one step closer to completing its docking planned incremental availability at Norfolk Naval Shipyard.

»See **A4**

**MWR helps the
deployed fleet
celebrate 4th
of July**

The MWR to provide quality entertainment for upcoming celebrations taking place on deployed ships.

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Seaman Ariana Torman

Master Chief Hospital Corpsman James Carbone, senior enlisted leader of the Directorate of Primary Care at Naval Medical Center Portsmouth (NMCP), cuts a ceremonial cake during NMCP’s celebration of the 122nd birthday of the U.S. Navy Hospital Corps June 17. Established on June 17, 1898, the Hospital Corps provides health care to Sailors, Marines, and those entrusted to their care on the battlefield, at sea, and in military treatment facilities around the world.

NAVAL MEDICAL CENTER PORTSMOUTH CELEBRATES 122ND BIRTHDAY OF HOSPITAL CORPS

By Seaman Imani N. Daniels
NMCP Public Affairs

PORTSMOUTH, VA.

Naval Medical Center Portsmouth (NMCP) celebrated the 122nd birthday of the Hospital Corps June 17. The ceremony included a reading of Hospital Corps history, a letter from Force Master Chief Hosea Smith Jr., director of the Hospital Corps and senior enlisted advisor of the U.S. Navy Bureau of Medicine and Surgery (BUMED), as well as a cake cutting. Hospital Corpsman 1st Class Jack Driscoll delivered a speech to honor the history of the Hospital Corps. “To date, the Hospital Corps is the most highly decorated rate in the United States Navy, with 23 Medal of Honor recipients, 946 Silver Stars and 1,582 Bronze Star’s

with the combat “V” for heroism,” Driscoll said. “When I think of our many great predecessors that paved the way for others to follow, I think of Hospital Corpsman 3rd Class William R. Charette, who was awarded the Medal of Honor for heroic actions above and beyond the call of duty on March 27, 1953, while assigned to a Marine Corps rifle company during the Korean War. For those who don’t know, Building 2 here at NMRTC is named after Master Chief Hospital Corpsman William R Charette. When I think of the Hospital Corps and what it means to be a Hospital Corpsman, I think of the men and women that are here in front of me today, and everything that encompasses what you as Hospital Corpsmen do day-in-and-day-out.” In a message, Force Master Chief Hosea

Smith Jr. highlighted the impact of the hospital corpsmen, and the strength and dedication that they exude within the Navy and Military Medicine. “It is with great honor and pride that I wish you the men and women of the Hospital Corps a happy 122nd birthday,” Smith said. “The strength and dedication of our Corps is what protects and fuels the life force of the Navy. The many selfless acts performed by hospital corpsmen over the last 122 years has defined the legacy of the Hospital Corps, earning the respect and admiration of those we serve alongside with. The presence of hospital corpsmen is essential on all platforms, providing front-line care, disease prevention, and treatment of injuries and caring for patients during war on peacetime in the air, on the land, on the surface or below the sea. As the pinnacle of Military Medicine, we continue to expand our mileage, skills and abilities to meet the demands of today’s naval forces while remaining a ready medical force. The Hospital Corps has faced many challenges throughout history but we have met and exceeded all expectations on every account. This year will be no different. We may not be able to physically get together

as we have in the past, never the less we will not allow the current circumstances to stifle the celebration of our beloved Corps. Be sure to take the time to wish a fellow corpsman a happy birthday, remember our fallen and heroic shipmates as well as the history of our rich heritage. Hoo-yah and happy 122nd birthday Hospital Corps.” After a few words from Capt. Melissa Austin, NMCP’s chief of staff, the cake was cut by the medical center’s most senior corpsman, Master Chief Hospital Corpsman James Carbone, senior enlisted leader, Directorate of Primary Care, and the most junior corpsman, Hospitalman Kathryn Masonheimer. As the U.S. Navy’s oldest, continuously-operating military hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members and their families. The nationally-acclaimed, state-of-the-art medical center, along with the area’s 10 branch health and TRICARE Prime Clinics, provide care for the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman for future roles in healing and wellness.

Commander, Patrol and Reconnaissance Group changes leaders

From Commander, Naval Air Force Atlantic Public Affairs

NORFOLK

Commander, Patrol and Reconnaissance Group (CPRG)/CPRG Pacific changed leadership during a brief ceremony held at their headquarters aboard Naval Support Activity (NSA) Hampton Roads, June 18. Rear Adm. Pete Garvin took command of CPRG in July 2018 and will depart Hampton Roads for Pensacola, Florida, to serve as the

20th commander of Naval Education and Training Command (NETC). Rear Adm. Lance Scott, previously assigned to U.S. Transportation Command as the global operations center chief, will assume command of CPRG. Garvin, who led two Maritime, Patrol and Reconnaissance wings composed of 16 squadrons, one Fleet Replacement Squadron, and over 45 subordinate commands, drove Maritime Patrol and Reconnaissance Force (MPRF) priorities while simultaneously executing the fleet transition to P-8A Poseidon and unmanned MQ-4C Triton. Rear Adm. John F. Meier, Commander, Naval Air Force Atlantic (COMNAVAIRLANT) served as the guest speaker during the ceremony and remarked on Garvin’s unparalleled talent and dedication he applied daily. “Under your tenure in the premier community job for MPRA, you’ve made the force more professional, agile and lethal, while fully transitioning to the P-8 Poseidon,” said Meier. “I want to say how honored

I am to be here today, and how excited I am for you and our Navy that you’ll be going to Pensacola as CNET.” Meier extended a welcome to the incoming CPRG, “Lance, welcome to the team, you have big shoes to fill, and I would offer you are off to a great start.” Under Garvin’s leadership, MPRF accomplished tasking in support of all six geographic Combatant Commanders in support of Anti-submarine Warfare (ASW), and Intelligence Surveillance and Reconnaissance (ISR) readiness. Garvin reflected on the talented Sailors and civilians who support the MPRF mission 24 hours a day, and 365 days a year, especially during the transformation from the P-3C to the P-8A and MQ-4C Triton. “For us, the replacement of our 50-year-old P-3C Orions with the family of systems including manned P-8 Poseidon and unmanned MQ-4C Triton represents not just a transition to new platforms, but rather a transformation in the way the we conduct our critical mission,” said Garvin, who added the



U.S. Navy official photo

Rear Adm. Lance Scott

people provide the advantage. “But, it is the training, experience, and innovation of our aircrew that gives us the asymmetric advantage over our would-be adversaries.” The Maritime Patrol and Reconnaissance Force is the Navy’s primary provider of long-range airborne Anti-Submarine Warfare, Anti-Surface Warfare, and Maritime ISR forces. Comprised of more than 6,000 men and women on both coasts, the force deploys continuously around the world 24/7, 365 days of the year.

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

—COLBY adopted 06-18-11

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Norfolk-based Sailor saves lives during evening run

By Michael A. Brown Sr., PhD,
NWDC Public Affairs

NORFOLK

An evening run turned into a lifesaving event on June 9 thanks to Lt. John Miller, assigned to Navy Warfare Development Command, Naval Station Norfolk.

At 6 p.m. on June 9, Miller was running near the cruise ship Spirit of Norfolk, along the Elizabeth River Trail, when he rounded a corner and saw a man with a child in a wheelchair on the edge of the seawall. “I turned the corner and proceeded north,” Miller said.

“I was about 10-15 yards along the length of the cruise ship when I heard a splash. I turned, and the man and the child were gone, leaving the empty wheelchair.

“I sprinted back to the edge and initially saw only the man, who appeared to be floundering.”

Miller quickly asked another jogger to go for help and jumped 10 feet into the water, pulling the man and the child to the seawall.

“I immediately realized it was covered in barnacles, making it impossible to grip, so I reached overhead and grabbed a line from a cutaway bumper and wrapped it around my right arm,” he said. “I had the man wrap his legs around me with the child safely in between us as I was concerned about the man being overly fatigued or cramping. I assumed that we would wait out rescue.”

At that point, a woman on land above informed them that there was a ladder 10-15 yards down the seawall. The child was non-verbal, so Miller decided to swim for the ladder because he didn’t know how much water the child had ingested.

“We swam in tandem down the seawall and then I assisted the man and child to get up the ladder,” Miller said. “The woman who called 911 brought the wheelchair down the pier and we were all out the water by the time the police arrived.”

The police left the area as responders from Norfolk Fire Station One were on the scene attending to the rescued pair.

Miller said he had no hesitation when the rescue happened. “In the moment, I didn’t even consider an alternative. Treading and



by Ian Delossantos/
Lt. John Miller is credited with saving two lives while on an evening run near his residence. He is assigned to Navy Warfare Development Command, Naval Station Norfolk.

swimming with another person is difficult, but I was in the water before I knew it.

“Perhaps I should have paused and located the nearest ladder or a life ring, but I knew that everything was time critical.

“I cannot actually process the feeling I had—I just felt an immense pressure to act,” he said. “I knew he could not survive the water with his disability, so I had no choice. I did not know the water skills of his guardian, and I could not be sure of any possible injuries or trauma to either of them. I had to act.”

Miller says the real hero was the child’s caretaker, who immediately jumped in, then got help from others in the vicinity. While the caretaker took the first step, Miller provided cru-

cial and lifesaving back up with immediate relief, and a bystander called for help and located a ladder. “If one person is missing from that chain of action, it may have turned out badly,” Miller said.

Miller, from Kinsman, Ohio, has been in the Navy nine years. He lives in downtown Norfolk with his spouse, Taylor, and his dog. His advice to someone in a similar situation is influenced by what he learned from one of his mentors.

“At the beginning of my military career, now Major Clayton Jarolimek, USMC, said to ‘always place yourself at the point of friction, where you can maximize your influence on the outcome.’ I try to do that every day in every-

thing that I do. It does not change when I take off my uniform, go home, and enter my local community. At that moment, the point of friction was in the water, so into the water I went.”

“People of strength and in positions of power must always look out and fight for those who cannot defend and protect themselves,” Miller said. “The relationship between the man and the child represents that fundamental truth. One act or event pales in small comparison to the years of selfless love, patience, and care provided to that child.

“I would thank the man and the child’s mother and deliver the child a couple balloons if I run into them again. I’ve heard they make his day.”

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Seaman Michael Flesch

Shots of the anchor chain lie on a barge next to the aircraft carrier USS George H.W. Bush (CVN 77). The ship is in Norfolk Naval Shipyard for its Docking Planned Incremental Availability (DPIA).

USS George H. W. Bush reaches shipyard milestone: installation of 30-ton anchor

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

PORTSMOUTH, VA.

Deck department aboard the aircraft carrier USS George H. W. Bush (CVN 77) installed one of two 30-ton anchor on the ship’s starboard side June 16, bringing the Nimitz-class aircraft carrier one step closer to completing its docking planned incremental availability (DPIA) at Norfolk Naval Shipyard

(NNSY).

Deck department detached the ship’s anchors and anchor chain early in its DPIA on Feb. 21, 2019.

“The anchor on load evolution is critical to ensure the ship gets out of the dry dock in a timely fashion,” said Boatswain’s Mate 2nd Class Darrell Joyner, the Petty Officer in Charge of the evolution, who added that over the last year the links were refurbished and repainted.

Sailors assigned to deck department, with the support of NNSY personnel, worked to re-attach the anchor. There are more than 2,000 feet of chain on an aircraft carrier and each of the links weigh 365 pounds.

“Our deck department has been working hard to bring over 250,000 pounds of chain and 60,000 pounds of anchor back aboard,” said Capt. Robert Aguilar, the commanding officer of USS George H. W. Bush. “Our ship is

coming back together every day to look more and more like the fine warfighting ship that it is.”

The ship’s force completed the project, which began on June 8, in just eight days. Installation of the ship’s port side anchor is planned for later this month.

“We’ve got a great team here,” said Lt. Cmdr. Joe Kenworthy, the ship’s First Lieutenant. “I couldn’t be prouder to be part of the team.”

USS George H. W. Bush, which is the last of the Nimitz-class aircraft carriers, is receiving essential life-cycle maintenance and modernization of various systems, improvements. These improvements will enable her to return to the fleet in top warfighting condition

Sailors reminded consequences of drug possession and use

By Retail Service Specialist Seaman Kassandra Santa Cruz
Naval Station Norfolk Public Affairs

NORFOLK

Effective July 1, the State of Virginia will decriminalize the use of marijuana for civilians, however service members are reminded drug policy regulations still remain at zero tolerance.

Currently in the State of Virginia, the possession of marijuana is punishable by a maximum fine of \$500 and 30 days in jail for first offenders. Second class offenders will be guilty of a 1st class misdemeanor.

Beginning Wed., July 1, 2020 if a civilian possesses marijuana there will be a penalty of no more than \$25, and no jail time.

“As Sailors we are under two jurisdictions. Living in Virginia, we have to abide by all laws of Virginia and Sailors have to abide by the Uniform Code of Military Justice. If you possess marijuana in Virginia you may be subject to only a fine by Virginia, but you could also be subject to prosecution or other

adverse action, such as non-judicial punishment or administrative separation,” explained Naval Station (NAVSTA) Norfolk’s Staff Judge Advocate General, Lt. Caitlyn McCarthy.

Drug policy regulations still remain at a zero tolerance for sailors. Punishable under the Uniform Code of Military Justice (UCMJ) Article 112a, Wrongful Use, Possession, etc., of Controlled Substances, Sailors cannot purchase, distribute, possess, manufacture, or use controlled substances. Also, ALNAV 057/19, which references SECNAVINST 5300.28F, Military Substance Abuse Prevention and Control, prohibits Sailors and Marines from knowingly using substances made from hemp, including cannabidiol (CBD), regardless of the claimed or actual concentration of THC in the product or if the product is lawfully available to civilians. The ALNAV does not apply “to the use of topical products, such as shampoos, conditioners, lotions, or soaps” or to any product a Sailor or Marine has a valid prescription for.



RSSN Kassandra Santa Cruz

On July 1, the state of Virginia will decriminalize the possession of marijuana. Sailors are reminded that there is a zero tolerance policy in place and that they must abide by the Uniform Code of Military Justice (UCMJ).

Violations of ALNAV 057/19 may be prosecuted or result in mandatory processing for administrative separation. “Under the MILPERSMAN, any unlawful drug use results in mandatory processing for administrative separation (ADSEP). Additionally, while in years past Sailors would be entitled to an ADSEP Board, Commanding Officers

were recently delegated the authority to notify sailors of ADSEP, without an ADSEP board, for a General discharge. The timeline for this kind of separation can be as short as a few weeks,” said McCarthy.

At Commanding Officer’s discretion, any drug offense could be immediately processed for general separation.

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Test squadrons receive Next-Gen Super Hornet this month

From Program Executive Office Tactical Aircraft Public Affairs

PATUXENT RIVER MD.

The Navy is welcoming its next-generation multi-mission tactical fighter by taking delivery of the first Block III F/A-18 Super Hornet test jets this month, as part of its continuing effort to improve aircraft lethality, survivability, interoperability and sustainability in an evolving threat environment.

Like every aircraft slated for the fleet, the Boeing-produced two-seat (F287) and single-seat (E323) models will undergo comprehensive testing. At Naval Air Station Patuxent River, Maryland, Air Test and Evaluation Squadron (VX-23) will perform shore-based carrier testing and focus mainly on the hardware and aeromechanical aspects of test with the F model. At VX-31, on Naval Air Weapons Station China Lake, California, teams will examine software functionality and network architecture, explained Capt. Mike Burks, F/A-18 E/F deputy program manager.

He added that once testing is complete at VX-23, the two-seated model will ferry to VX-31 to complete Block III flight testing. “Now it’s up to our test squadrons and our integration team to verify requirements are met and ensure the engineering behind the Block III is validated prior to full-scale production and delivery of the Block III to the fleet,” Burks said.

While the jet’s exterior appearance is largely unchanged, Block III’s increased service life of 10,000 flight hours and reduced radar signature are accompanied by a new avionics suite that brings the Common Tactical Picture into the cockpit.

The aircrew will also find an Advanced



MCSN Erik Melgar

F/A-18 Super Hornets, assigned to Carrier Air Wing (CVW) 11, fly in the missing man formation over the aircraft carrier USS Theodore Roosevelt, June 18, 2020. The event was held to honor U.S. Navy Capt. Rinehart Wilke, IV, a former commanding officer of the Black Knights of Strike Fighter Squadron (VFA) 154 who died in May. The Theodore Roosevelt Carrier Strike Group is on a scheduled deployment to the Indo-Pacific.

Cockpit System, with large touchscreen displays for improved user interface and more powerful computing through the Distributed Targeting Processor Network and Tactical Targeting Network Technology.

F/A-18 & EA-1G Program Manager (PMA-265) Capt. Jason Denney recalled Block III started as an unconventional acquisition program in support of maintaining improved aviation readiness and speed to the fleet initiatives as the Navy revamped its roadmap.

After leveraging nearly two decades’ worth of cost and production data, the award-winning NAVAIR contracts team was able to expeditiously award a roughly \$4 billion multiyear procurement contract to Boeing in March 2019. For taxpayers, this provides significant cost savings in the form of bulk purchasing and long-range planning that capitalizes on existing production lines that will allow the Navy to acquire a minimum of 24 strike fighters each year through fiscal year 2021.

In addition to the Block III delivery, Boeing will also perform service life modification (SLM) to hundreds of Block II

“ Now it’s up to our test squadrons and our integration team to verify requirements are met and ensure the engineering behind the Block III is validated prior to full-scale production and delivery of the Block III to the fleet.

Capt. Mike Burks,

Super Hornets, to extend their service life and integrate Block III capabilities. SLM is key to building the capacity and capability to ensure the Navy has jets ready to fight into the mid-2040s.


“These new capabilities are essential for ensuring we maintain the tactical advantage in the Great Power Competition,” Denney said. “Block III production and SLM for our Block IIs also demonstrate contracting efficiency and solid partnerships with industry—an all-around win for the Navy, for Boeing, and for the warfighter.”

The first squadron deployment of Block III Super Hornet is anticipated in

mid-2023, with a plan in place to have two Block III squadrons, composed of new production and Block IIs that have undergone SLM, accompanying each Carrier Air Wing by 2027.

“It’s been an outstanding effort by thousands of people throughout the Navy and industry across America to reach this milestone, and their work is far from done,” Denney said.

“I have no doubt that the test squadrons and flight test engineers are eager to put these jets through their paces and make sure we’re bringing a highly capable and adaptable platform to the fleet with Block III.”





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The submarine tender USS Frank Cable (AS 40) prepares to depart Guam Shipyard and return to her normal berth at Polaris Point. Frank Cable finished a Military Sealift Command integration and is preparing for sea trials. MCSN Corey Hensley

Army Major pulls back MOTSU’s curtain to reveal MSC’s strategic role

by LaShawn Sykes

NORFOLK

I am invisible to the naked eye, hidden by dense pine forest from my neighbors in Southport and Boiling Spring Lakes. Sprawled over 8,600 acres on the west side of the Cape Fear River, I am the largest military munitions terminal in the world, and the Army’s primary east coast deep-water port. I am where the mighty ships come to load and unload their explosive cargo and all other types of conventional arms, ammunition, and explosives. I am Military Ocean Terminal Sunny Point.

Located in Sunny Point, N.C., MOTSU serves as a transfer point between rail, trucks, and ships for the export of ammunition, explosives, and military equipment for the Department of Defense (DoD). It is run by the Army’s 596th Transportation Brigade (TB) of the Military Surface Deployment and Distribution Command, which manages cargo movements on Military Sealift Command (MSC) employed vessels. SDDC is the Army Service Component Command to U.S. Transportation Command.

Seated in a dual-hatted position at Sunny Point, Anthony Armstrong said, “MOTSU plays a key role in the nation’s strategic defense, which is to serve as a capability to safely launch ships loaded with the military’s munitions to our Warfighters on the other side of the world.” For the Navy, he serves as MSC Atlantic’s Marine Transportation Specialist (MTS), responsible for coordinating with a network of stakeholders to move ships in and out of the terminal with minimal delays. For the Army, he is assigned to the 596th TB as a major in the US Army Reserve Individual Mobilization Augmentee program. In this role, he supports operations and performs staff functions.

As the face of MSC, Armstrong serves as an integrated team member on the Army port. Operationally, he ensures that ships

are safely placed in the right position to receive cargo. This consists of coordinating numerous moving parts with no less than eight separate private and public organizations. His MTS position is critical to the success of all “ship-side” activities from securing armed escorts in the Cape Fear River to delivering mail. Strategically, he provides operational reports and ground-level insights to the chain of command for strategic national missions involving sealift transportation operations. In addition, he works closely with the Contracting Officer Representative for bringing ships on and taking ships off contract for MSC, along with monitoring quality control for MSC-employed vessels.

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Armstrong admits that his faith does play a big part in helping him overcome COVID-19. Following the 9/11 attacks, he recalls, after hours of prayer and panic, experiencing a “deeply spiritual peace” concerning the possibility of going to war and never returning home. This peace, he said, has remained with him, keeping him calm and level-headed in the face of many stressful situations since. “As long as I heeded the strict health precautions prescribed by the Center of Disease Control and Prevention, I have faith that God will take care of the rest, providing me what I need through either physical protection or internal constitution.”

Although Armstrong has only been an MSC representative for 12 months, he sees immense value in his MTS position. “I joined Military Sealift Command in June 2019; and since that time, I’ve had the incredible opportunity to extend my skill sets and knowledge base while further developing, honing, and proving my effectiveness in coordinating numerous moving parts on the ground at MOTSU that directly contribute to the overall success of MSC’s strategic role for our nation.”

Armstrong, 38, was born in the Great State of Texas but was raised in Tulsa, Okla. Directly out of high school, he enlisted into the U.S. Army Reserves in 2000, working as a chaplain’s assistant until he was commissioned in 2005 as a transportation officer. To date, he has two deployments under his belt. He first deployed to Baghdad as part of Operation Iraqi Freedom in 2008 and second to Afghanistan as part of Operation Enduring Freedom in 2012. In 2006, he joined the DoD civilian workforce through the transportation internship at Fort Eustis, Va. Since then, he served with the SDDC from 2009 to 2017 in documentation, software management, and operations in Rotterdam, Holland; Fort Eustis, Va.; Scott Air Force Base, Ill.; and now he works for MSC at Sunny Point, N.C. This year, he joined the Civil Air Patrol as a public affairs officer. Armstrong holds a bachelor’s degree in Business Administration, specializing in marketing and a master’s in Supply Chain Management. He is married with two children at home and one in college.

MWR Navy Entertainment helps the deployed fleet celebrate 4th of July

By Shannon Revelle, Commander, Navy Installations Command Commercial Sponsorship Program Public Affairs

WASHINGTON

In preparation for Independence Day, the Morale, Welfare and Recreation (MWR) Navy Entertainment program makes tremendous strides to provide quality entertainment for upcoming celebrations taking place on deployed ships around the globe.

“It is our nation’s 244th birthday this year, and many of our deployed Sailors at sea are not able to enjoy the opportunity to pull into ports due to COVID-19, so we are taking the celebration to them,” said Karen Fritz, MWR Navy Entertainment program manager.

MWR Navy Entertainment, which is managed by Commander, Navy Installations Command (CNIC), is extending its “Let Freedom Ring” concert series to the deployed U.S. fleet. Sailors currently deployed

will enjoy a 45-minute, previously recorded “Let Freedom Ring” video featuring the multi-Grammy and Billboard award-winning American rock band Train.

“Train reached out to one of our deployed units to see how they could support them, and we were able to expand their request to support all deployed units,” Fritz said. “Ships will distribute the videos on closed circuit television and some will hold a watch party in the hangar bay or flight deck of the ship with large inflatable screens to celebrate the holiday.”

Overseas bases will also have the opportunity to show the Train video performance to their Sailors and families.

MWR Navy Entertainment will also support local socially distance fireworks displays at select overseas Naval installations. Navy installation celebrations are subject to local state, county or country coronavirus guidance restrictions, as applicable.

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MWR Navy Entertainment provides top-quality live entertainment for Sailors stationed overseas and on deployed ships at sea, and assists patrons in the continental U.S. locations with talent referral and production of shows.



The submarine tender USS Frank Cable (AS 40) prepares to depart Guam Shipyard and return to her normal berth at Polaris Point. Frank Cable finished a Military Sealift Command integration and is preparing for sea trials. MCSN Corey Hensley

Army Major pulls back MOTSU’s curtain to reveal MSC’s strategic role

by LaShawn Sykes

NORFOLK

I am invisible to the naked eye, hidden by dense pine forest from my neighbors in Southport and Boiling Spring Lakes. Sprawled over 8,600 acres on the west side of the Cape Fear River, I am the largest military munitions terminal in the world, and the Army’s primary east coast deep-water port. I am where the mighty ships come to load and unload their explosive cargo and all other types of conventional arms, ammunition, and explosives. I am Military Ocean Terminal Sunny Point.

Located in Sunny Point, N.C., MOTSU serves as a transfer point between rail, trucks, and ships for the export of ammunition, explosives, and military equipment for the Department of Defense (DoD). It is run by the Army’s 596th Transportation Brigade (TB) of the Military Surface Deployment and Distribution Command, which manages cargo movements on Military Sealift Command (MSC) employed vessels. SDDC is the Army Service Component Command to U.S. Transportation Command.

Seated in a dual-hatted position at Sunny Point, Anthony Armstrong said, “MOTSU plays a key role in the nation’s strategic defense, which is to serve as a capability to safely launch ships loaded with the military’s munitions to our Warfighters on the other side of the world.” For the Navy, he serves as MSC Atlantic’s Marine Transportation Specialist (MTS), responsible for coordinating with a network of stakeholders to move ships in and out of the terminal with minimal delays. For the Army, he is assigned to the 596th TB as a major in the US Army Reserve Individual Mobilization Augmentee program. In this role, he supports operations and performs staff functions.

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The Virginia-class attack submarine Pre-Commissioning Unit (PCU) John Warner (SSN 785) conducts sea trials in the Atlantic Ocean.

Chris Oxley

Norfolk Attack Submarine Squadron rises to overcome COVID-19 challenges

NORFOLK

Across the U.S. Submarine Force, submarine squadrons are humming with activity to deploy, maintain and prepare undersea forces despite challenges presented by Coronavirus Disease 2019 (COVID-19).

Commander, Submarine Squadron (SUBRON) 6, an attack-submarine squadron in Norfolk, Virginia, recently illustrated the importance of the submarine force’s determination to deploy attack submarines and keep adversaries at bay.

Squadron staff developed and executed a COVID-19 plan setting the standard for Atlantic-based attack submarines to deploy with total assurance that crew members are infection free. For national security reasons, details about the submarine and its schedule remain classified; however, SUBRON 6 Commodore Capt. Jeffrey Juergens called the effort “wholly unprecedented” in his naval career.

“There was a lot of work to put everything together on short notice, but we understood the restrictions that we had to have in place and we were determined not to deploy with anyone infected with COVID-19,” he said. “Our medical and operations departments put together a testing regime, made sure they had the most up-to-date guidance, and knew what to do in case we had someone test positive.”

In contrast to a surface ship, the tighter confines of a submarine create an even higher-stakes Tetris puzzle for submarine squadrons to solve. Additionally, it is important to keep morale high for the Sailors, who have months of underwater operations waiting on the other side of the sequestration.

The resulting partnership between

the squadron’s leadership, operations and medical department – along with the submarine crew – allowed the puzzle pieces to slide together nicely.

“We are used to piecing the puzzle together, but this was a puzzle no one had seen before,” said Senior Chief Electronics Technician (Submarine) Joshua Sisk, who was responsible for managing many of the moving pieces. “Fortunately, the submarine community is especially skilled at making things happen when a problem presents itself.”

Attack submarines are critical to the Navy

It is often said that a well-placed attack submarine can cut the fuse on a battle before it starts. That’s because attack submarines provide the Navy, and combatant commanders, with an unmatched toolset to deter and respond to aggression.

“The fact that they surface and go into port gives the Navy a presence abroad,” Juergens said. “It becomes more important when they leave because adversaries don’t know where they are. With an asset like a carrier, we still know where it is. With a sub, they have no idea where it is.”

Not only do attack submarines play the more well-known roles of hunting other submarines and surface ships with torpedoes, but they also carry a healthy payload of Tomahawk cruise missiles for shore-based targets and perform surveillance and reconnaissance roles.

“Many of the missions and tasks that combatant commanders have out there rely heavily on the Submarine Force,” said Capt. Jason Pittman, the squadron’s deputy commander. “So it is vitally important that we are out and demonstrating that even in a global pandemic we can still get the mission done in a safe manner for the crew.”

One of our largest submarine squadrons you’ve never heard of

Like the shark depicted on its command logo, SUBRON 6 never sleeps. It continues relentless pace to man, train and equip its fleet of 15 attack submarines home-ported or undergoing maintenance in Norfolk, Virginia.

Consisting of staff and senior leadership, the squadron also fulfills the role of a Submarine Support Center, covering all aspects of submarine operations from effective submarine employment to safety, logistics, weapons loads, maintenance and pre-deployment work. This includes preparing submarine crews in all facets of operations, including tactical and operational readiness for war, inspection and monitoring duties, nuclear and radiological safety, and development and control of submarine operating schedules.

“Our focus is really cradle-to-grave prep for a submarine to operate,” Juergens said. “We are looking for the best Sailors, chiefs and officers to be on our staff up here.”

Facing off with COVID-19

Faced with the unprecedented threat of having COVID-19 take down a submarine that is deploying, the team at SUBRON 6 did what submariners do best: weigh the risks, calculate the way ahead, and move in for the kill.

“As a submariner, your whole job deals with managing ambiguity. You live on sonar and can’t see underwater, all you can do is listen,” Pittman said. “When deployed at sea, we are isolated and expected to make decisions without all the information we’d like to have.”

For Sisk, who the squadron commander credited with much of the COVID-19 pre-deployment heavy lifting, nothing in his 19 years of submarine operations quite compares to de-

“ There was a lot of work to put everything together on short notice, but we understood the restrictions that we had to have in place and we were determined not to deploy with anyone infected with COVID-19,

Capt. Jeffrey Juergens

ploying a submarine during the COVID-19 pandemic.

Sisk orchestrated personnel interactions, to include testing the entire crew before and during sequestering. He also had to protect the “COVID-free bubble,” including managing repairs and enabling supporting tasks, such as parts delivery on the pier without crew interaction.

Working across multiple entities, Sisk and the squadron team also procured a pierside berthing barge in unprecedented short timing, and coordinated with the Morale Welfare and Recreation (MWR) office to keep the crew entertained and high-spirited.

“We knew that if one person who has COVID-19 went down there, then it would affect the whole crew,” Sisk said.

As a result of the combined efforts of the squadron, submarine crew and partner organizations, the submarine deployed exactly as scheduled.

“It was a great feeling when she deployed, knowing that all the effort ended in success,” Sisk said. “We’re now getting lots of phone calls from our counterparts to share lessons learned. Until further notice, this will be the new norm.”

Blended Retirement System CY 2021 Continuation Pay announced

Continued from A1

fication that this milestone is approaching will come at the 12, six, three and one-month dates prior to reaching their 12th year of service.

For Active Duty and Full-Time Support (FTS) Sailors, the calendar year 2021 payout is two and a half times their monthly base pay. For drilling reservists, it is half of one month’s salary. This is the same amount as the calendar year 2020 payout.

For example, an Active Duty or FTS E-5 or E-6 with 12-years of service is eligible for a one-time payout of roughly \$9,000 and \$10,000, respectively. In the Selected Reserve, those payouts would be approximately \$1,800 for the E-5 and close to \$2,000 for the E-6.

The incentive is taxable income, but for Sailors who obligate for the pay while in an eligible Combat Tax Exclusion Zone, the entire amount is tax-free. Sailors get to choose the payment method and can elect either a lump-sum or in equal installments,



U.S. Navy graphic

A graphic for stories about the Department of Defense Blended Retirement System.

which can’t exceed four annual payments over four consecutive years.

Sailors can also collect this pay in addition to any other career-specific or retention incentives.

Sailors can update their email and elect CP through NSIPS at <https://my.navy.mil/quick-links.html>. Those

unable to choose CP through NSIPS can manually select the pay through their command career counselor.

More CP information, including instructions on electing CP in NAVADMIN 302/17 and MILPERSMAN 1810-081. For any other CP issues, Sailors can contact MyNavy Career Center

(MNCC) at 833-330-MNCC or askmncc@navy.mil.

Sailors eligible for the mid-career CP can view the CY 2021 pay rates memorandum at <https://www.mnp.navy.mil/group/pay-and-benefits>.



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³VARIES BY MODEL. 0% APR FINANCING UP TO 60 MONTHS AVAILABLE ON RAV4 HYBRID, CAMRY HYBRID AND COROLLA HATCHBACK MODELS, 0% APR FINANCING UP TO 36 MONTHS AVAILABLE ON COROLLA HYBRID AND HIGHLANDER HYBRID MODELS, 1.9% APR FINANCING UP TO 60 MONTHS AVAILABLE ON RAV4 AND CAMRY GAS MODELS, 1.9% APR FINANCING UP TO 72 MONTHS AVAILABLE ON COROLLA SEDAN MODELS AND 2.9% APR FINANCING UP TO 60 MONTHS AVAILABLE ON HIGHLANDER GAS MODELS TO QUALIFIED BUYERS THRU TOYOTA FINANCIAL SERVICES (TFS). TOTAL FINANCED CANNOT EXCEED MSRP PLUS OPTIONS, TAX, TITLE, LICENSE AND DEALER FEES. 60 MONTHLY PAYMENTS OF \$16.67 AT 0%, 36 MONTHLY PAYMENTS OF \$27.78 AT 0%, 60 MONTHLY PAYMENTS OF \$17.48 AT 1.9%, 60 MONTHLY PAYMENTS OF \$17.92 AT 2.9%, AND 72 MONTHLY PAYMENTS OF \$14.71 AT 1.9% FOR EACH \$1000 BORROWED. **NOT ALL BUYERS WILL QUALIFY.** NO DOWN PAYMENT REQUIRED IF QUALIFIED FOR ADVERTISED OFFER. IF YOU DO NOT QUALIFY FOR THE OFFER, THE AMOUNT AND PERCENTAGE OF ANY DOWN PAYMENT MAY VARY WITH YOUR CREDIT QUALIFICATIONS. DEALER CONTRIBUTION MAY VARY AND COULD AFFECT PRICE. INDIVIDUAL DEALER PRICES, OTHER TERMS AND OFFERS MAY VARY. MUST TAKE RETAIL DELIVERY FROM DEALER'S STOCK AND TERMS SUBJECT TO VEHICLE AVAILABILITY. CANNOT BE COMBINED WITH TFS APR CASH, TFS LEASE CASH, CUSTOMER CASH, APR, LEASE, LEASE SUBVENTION CASH. ⁴CASH FROM TOYOTA MOTOR SALES U.S.A., INC. ON SELECT MODELS OF THE NEW 2020 RAV4, 2020 CAMRY, 2020 4RUNNER (EXCLUDES TRD PRO) AND 2020 TUNDRA (EXCLUDES TRD PRO) FROM PARTICIPATING DEALER'S STOCK AND SUBJECT TO VEHICLE AVAILABILITY. CANNOT BE COMBINED WITH CUSTOMER CASH, APR, LEASE, APR SUBVENTION CASH, LEASE SUBVENTION CASH. OFFER AVAILABLE IN DE, MD, PA, VA, WV; VOID WHERE PROHIBITED. SEE YOUR PARTICIPATING TOYOTA DEALER FOR DETAILS. ⁵EXCLUDES HYBRIDS. CASH FROM TOYOTA MOTOR SALES U.S.A., INC. ON SELECT MODELS OF THE NEW 2020 HIGHLANDER FROM PARTICIPATING DEALER'S STOCK AND SUBJECT TO VEHICLE AVAILABILITY. CANNOT BE COMBINED WITH CUSTOMER CASH, APR, LEASE, APR SUBVENTION CASH, LEASE SUBVENTION CASH. CASH FROM TOYOTA FINANCIAL SERVICES, INC. ON THE FINANCE OF A NEW 2020 HIGHLANDER FROM PARTICIPATING DEALER'S STOCK AND SUBJECT TO VEHICLE AVAILABILITY. MUST FINANCE OR LEASE THROUGH YOUR DEALER AND TOYOTA FINANCIAL SERVICES TO QUALIFY FOR CASH AND CASH MUST BE APPLIED AS CAPITALIZED COST REDUCTION ON LEASE OR DOWN PAYMENT ON FINANCE. THERE IS NO CASH BACK OPTION. LEASE OR FINANCE TERMS ON APPROVED CREDIT. **FOR ONLY VERY WELL QUALIFIED CUSTOMERS/LESSEES.** CANNOT BE COMBINED WITH CUSTOMER CASH, LEASE, LEASE SUBVENTION CASH. **ALL OFFERS:** OFFER AVAILABLE IN DE, MD, PA, VA, WV; VOID WHERE PROHIBITED. **EXPIRE 07-06-2020.** TOYOTA FINANCIAL SERVICES IS A SERVICE MARK USED BY TOYOTA MOTOR CREDIT CORPORATION (TMCC). TMCC IS THE AUTHORIZED ATTORNEY-IN-FACT AND SERVICER FOR TOYOTA LEASE TRUST. ⁶TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.



USS Kansas City joins fleet

The U.S. Navy commissioned Independence-variant littoral combat ship USS Kansas City (LCS 22), June 20.

» See B5



Dustin Gautney

Twelve service members and federal servants were recognized during an awards ceremony for their heroic and selfless actions during the Dec. 6 shooting at Naval Air Station Pensacola, Florida.

Pensacola ceremony honors military, civilians involved in Dec. 6 shooting

From Naval Education and Training Command Public Affairs
PENSACOLA, FLA.

Naval Education and Training Command (NETC) conducted an awards ceremony at the National Naval Aviation Museum onboard Naval Air Station (NAS) Pensacola June 19.

The ceremony recognized the bravery and selflessness of service members and federal civil servants involved in the Dec. 6 shooting at NAS Pensacola, which left three dead, (not including the shooter) and eight injured.

Vice Adm. John Nowell, Jr., chief of naval personnel, provided opening remarks virtually from Washington; Rear Adm.

Kyle Cozad, NETC commander, presided over the ceremony; and Cmdr. Daniel Balsinger, Naval Aviation Schools Command (NASC) executive officer, was the guest speaker.

“The Sailors, Marines, and civilians recognized for their response to this horrific act represent the strength and resiliency of our military,” said Nowell. “These individuals ran towards danger and put themselves in harm’s way, selflessly risking their lives. They demonstrated toughness, trust and connectedness to our Navy and Marine Corps family and I’m proud to call each of them a shipmate.”

Twelve civilians and service members from NASC and Marine Aviation Training Support Group (MATSG) 23 were recog-

nized during the event for their actions.

“It’s still hard to comprehend how something like this could happen here at NAS Pensacola, but it did happen, and I remain in awe at how those we honored here today responded,” said Cozad. “It’s a testament to the service that they were all called to when every one of them, military and civilian, raised their right hand and swore an oath to our nation. None of them came to work that day expecting to face the unimaginable, but they all know firsthand what it means to do what needs to be done in the face of adversity and to sacrifice for each other and our country.”

The awards included the Navy and Mar-

» See | B7

Naval Air Forces announces changes to Enlisted Air Warfare Specialist program

From Commander, Naval Air Forces Public Affairs
CORONADO, CALIF.

Commander, Naval Air Forces (CNAF) today announced changes to the Navy’s Enlisted Air Warfare Specialist (EAWS) program.

The updated COMNAVAIRFORINST 1414.2A instruction requires Sailors to attain in-rating technical qualifications up to the work center supervisor level prior to enrolling in the EAWS program.

Combined with previous changes to the OPNAV instruction that eliminated the requirement for Sailors to earn a warfare qualification within 30 months



Senior Chief Aviation Machinist's Mate Francisco Morenogarcia, center, pins an Enlisted Air Warfare Specialist pin on the uniform of Aviation Electrician's Mate 3rd Class Christian Harris in front of Capt. Gregory Sleppy during Air Test and Evaluation Squadron (VX) 1 all-hands quarters, July 16, 2019. VX-1's mission is to test and evaluate airborne anti-submarine warfare and maritime anti-surface warfare weapon systems, airborne strategic weapons systems, as well as support systems, equipment and materials in operational environments.

MC2 Victoria Kinney

» See | B7



tbralnina/

Living overseas: The pitfalls of sampling regional cuisine

By Lisa Smith Molinari

Living overseas during two military tours of duty in Europe provided our family with unique opportunities to learn about various cultures first hand. We didn’t have to imagine what it would be like to be European, we simply lived it. Although some Americans shy away from sampling local foods, regional cuisine was a necessary part of my family’s overseas adventure.

Some will only leave their flavor comfort zone for safe regional dishes such as Italian pizza margherita, French crepes filled with Nutella, chocolate-drizzled Belgian waffles, Spanish churros, and German deep-fried schnitzel. Also, the pervasiveness of McDonald’s provides a safe-haven for those whose taste buds are even less daring.

Our family certainly ducked into many McDonald’s bathrooms during our time overseas, but my husband and I always encouraged (forced) our kids to taste the foods of the Old World. This philosophy was not without its drawbacks; however, and we now have a host of interesting (nauseating) tales to tell from our experiences.

While living in the base hotel awaiting housing in Stuttgart back in 2008, my meat-loving husband ordered the “wurst salat” for dinner at a nearby restaurant. Envisioning a chef salad with tasty sausage pieces over fresh

mixed greens, what he got was devoid of vegetables, unless you count the copious sliced raw onions, which were tossed with cold julienned mystery meat that looked similar to baloney.

The following spring off the coast of Spain’s Costa Brava, I ordered fresh fish at a restaurant overlooking the azure blue Mediterranean Sea. As the waiter set the dish before me, I could almost hear Billy the Big Mouth Bass singing “Take Me to the River” as the vertebrate stared at me from the plate — eyeballs, teeth, slippery skin and all.

On fall trip to Berchtesgaden, one of our guests ordered the “Leberknodelsuppe” because it was so fun to say. We all giggled and repeated the tongue-twisting word until a bowl of the stuff was presented to the table. A grayish-brown dumpling sat in a hot broth bath, and although the color looked a bit off, we kept an open mind. Cutting into the doughy ball, its uniquely pungent aroma clued us in on what should have been obvious from the start – “leber” is liver, and this little dumpling was full of that particularly bloody organ meat.

No matter how touristy, one cannot escape getting caught up in the festive atmosphere at the Hofbrauhaus in Munich, and part of the experience is ordering a hefty liter of beer and a heaping helping of hearty Bavarian food. Swinging my stein to and fro, I thought

nothing of ordering “Schweinshaxe,” a local specialty. Not realizing I had selected a roasted pig’s knuckle, I had to put forth significant effort to extract the tiny, albeit delicious, morsels of pork that were tangled among cartilage, skin and bone.

On a day trip to Strasbourg, France, our family stopped at an outdoor restaurant on a lovely cobblestone square. Interested in the mix of German and French cultures, I ordered “Sûrkrût Royale,” an Alsatian sauerkraut dish. Twenty minutes later, I was presented with a steaming heap of sauerkraut, with at least seven different varieties of pork, potatoes, onions and dumplings nested among its pickled strands. Wursts and slices of pork loin were among the few meats I could recognize, but the rest were unidentifiable slabs intertwined with fat and sinew. Despite my initial squeamishness over the gelatinous hunks of greasy flesh, the scent of bacon and white wine gave me the courage to give it a try, and as long as my eyes were closed, I found it to be quite a delectable treat.

The list goes on, and despite the queasiness that sprang forth when we recalled these culinary tales to our friends, we kept trying. Whether it was Belgian-style mussels in creamy beer broth, spicy Croatian cevapi, Roman-Jewish carciofi alla giudia, or hearty Portuguese sopas, every delicious regional dish we stumbled upon made it worth every fish head, hunk of fat and organ meat that made its way to our table.

So, Buen Provecho, Smacznego, and Bon Appetit! But don’t forget to pack the Alka Seltzer, just in case.

www.themeatandpotatoesoflife.com

Parenting and Teen Stress

From Military One source

Teens juggle many things: fitting in at school, managing classwork and clubs, the daily tidal wave of hormones, and the ups and downs of high school romances. Military teens add frequent moves and deployment to their list. A loving parent helps her or his teen to manage stress in healthy ways. Here are some tips for recognizing stress in your teen and ways to help your teen handle it effectively.

Teens and stress: Recognizing the signs
Learn the signs of stress and keep an eye out. Your teen likely won’t come straight out and tell you he or she is stressed. Everybody reacts to stress differently, but here are some general signs to look out for:

- Headaches, backaches, stomachaches and muscle tension
- Skipping meals or overeating
- Smoking, drinking alcohol or using drugs
- Irritability, anxiety, frequent crying
- Trouble sleeping or sleeping too much
- Withdrawing from friends or family
- A change in peer group
- Lack of energy or excessive boredom
- Slipping grades
- Helping your teen manage stress

Here are some strategies to help your teen deal with stress effectively:

Listen without judgment. If you want your teen to feel comfortable coming to you, make sure they know you’re there to listen, not to judge. Sometimes all they need is somebody to talk with so they can think the problem through.

Tell them your own experiences. A great way to let your teen know that stress is totally conquerable is to share a similar story from when you were a stressed-out teenager and how you dealt with it at the time.

Recognize avoidance activities. Hanging out with friends, playing video games, and binging on Netflix can all be healthy distractions to make stress more manageable. But still, you can’t let your teen rely on those things to avoid the real problems.



MC2 Daniel Young/

Talk about the role of negative thinking in stress. One of the first thoughts that may come to mind for a stressed teenager is “my life is over.” That feeds other negative thoughts, and down the rabbit hole he or she goes. With a little awareness that this is happening, your teen can catch himself or herself, and begin to think more positively.

Take the situation seriously. It’s really easy to brush off teenage worries as trivial and silly, but these are real concerns for your teen. They are causing real stress, and you should treat them with respect.

Set realistic expectations. We want the best for our kids. We’re always pushing them to do better and do more. However, pushing them to bring home straight As may burden them with too much stress. Encourage them to do better, but don’t push them so hard they burn out.

Tackle stress at the source. No doubt: the absolute best way to deal with stress is to face it head-on. If your teen is stressed about a test, for instance, encourage him or her to get extra help with studying to feel more prepared and confident. You can either sit around and stress, or you can do something and feel great.

Getting help managing your teenager’s stress

Stress is a pretty normal part of adolescence and life in general. But sometimes it’s a little more serious than that. It can become chronic or lead to emotional problems if not ad-

dressed soon enough. If you’re concerned about your teenager’s emotional or physical well-being, you can get help immediately from a professional such as your pediatrician or a counselor. You can also get free confidential, non-medical counseling through Military OneSource or military and family life counselors:

Call Military OneSource at 800-342-9647 and ask about the Building Healthy Relationships specialty consultation. OCONUS/International? Click here for calling options.

Contact military and family life counselors. Find them through your installation’s Military and Family Support Center.

Get support by talking with your unit’s chaplain. Find contact information locally through your Military and Family Support Center.

If you feel as though your teen is in crisis, you can contact the Military Crisis Line 24 hours a day at 800-273-8255 and Press 1. You can also start a conversation via online chat or text 838255.

You can’t protect your kids from stress or manage it for them, but you can help them learn ways to handle it. Your teenager needs your help identifying sources of stress and figuring out how to reduce it. If you learn to develop a subtle, nonjudgmental and genuine approach, you can be one of your teen’s most important stress-management resources.



What is the Family Housing wait list based upon?

The master wait list for Family Housing is based on Service member rank and bedroom requirement. Where local housing areas are designated for separation of officers and enlisted personnel, separate wait lists are maintained. Dependent upon the location, Housing may have additional wait lists to encompass specific housing areas, style of units, etc.

NAVY HOUSING
Norfolk (757) 445-2832
JEBLCFS (757) 462-2792
Oceana/Dam Neck (757) 433-3268
Yorktown (757) 847-7806

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.

- Functions and/or services FFSC provides:**
- Clinical Counseling- (Individual, Couples, and Child Counseling)
 - Personal Financial Management
 - Information & Referral
 - Family Employment Assistance
 - Transition Assistance
 - Family Advocacy Program
 - Deployment and Mobilization Support
 - Ombudsman Support
 - Relocation Assistance
 - Parenting Programs
 - Stress and Anger Management
 - Command Support
 - Crisis Support
 - Suicide Prevention
 - SAPR Support



Little Creek/Fort Story (757) 462-7563
Newport News (757) 688-6289
Norfolk/Portsmouth (757) 444-2102
Northwest (757) 421-8770
Oceana/Dam Neck (757) 433-2912
Yorktown (757) 887-4606

www.cnic.navy.mil/navylifema

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Call 877.995.5247 (Inside the U.S. or via Defense Switched Network)

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



Daniel Mayberry/
Logistics Specialist 1st Class Maria Garcia, right, and Retail Services Specialist 3rd Class Arlene Hatfield, assigned to Naval Supply Systems Command, Fleet Logistics Center Pearl Harbor, scan packages for delivery to the Nimitz Carrier Strike Group as it transits the Pacific Ocean, June 10, 2020.

MilGears - Powered by COOL: Personalized credentialing for Sailors

From Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

Based on the success of the Navy Credentialing Opportunities Online — known as Navy COOL — a new online tool is now available to personalize a Sailor’s search for civilian credentials and certifications to enhance their career.

This new tool, called MilGears, does the heavy lifting of matching a Sailor’s Navy career experience to potential credentials by synchronizing with the Navy COOL platform and drawing from other data already in the Sailor’s record like off-duty education.

How MilGears works is similar to many popular tax self-preparation programs that guide you step-by-step through the process. In MilGears, a Sailor will provide informa-

tion and answering questions through a series of pop-ups and help boxes – all to get a complete background and profile of the user.

In the end, MilGears provides information and options for the Sailor to consider as they ponder their next career move. MilGears is so advanced that is also gives recommendations for industry credentialing that can help their in-service advancement while ultimately assisting Sailors in finding post-service employment.

“Military services and industry demand for credentialing continues to be very high,” said Jim Johnson who heads the Education Strategy and Policy Branch for the chief of naval personnel. “The Navy and MyNavy HR are committed to providing service members with tools and resources to maximize the value of their training and experience, through credentialing.”

The muscle behind MilGears is the Navy

COOL’s ability to make military to civilian occupation translations that match the Sailor’s Navy skills to civilian credentials available on the Navy’s COOL website.

Since launching, Navy COOL’s offerings have grown to more than 1,800 credentials. To date, the service has funded over 182,000 certifications and licenses.

“What the tool does is give a personalized assessment of what civilian credentials and career pathways that may be immediately or nearly attainable. It also provides insights into how to fill any gaps and next steps to accomplish those goals,” said Johnson.

The ability to match occupations to a service member’s background is what makes MilGears such a relevant tool, feel Navy officials.

“The tool also shows users their best-fit post-service occupations and gives them resources to explore to attain them,” said

Johnson.

MilGears also has a separate tool for Sailors wanting to translate Navy service into merchant mariner qualifications. This section is specially designed to analyze the sea service, training, qualifications and experience a Sailor completes during their military service. Here, the tool compares their resume against the standards set for a merchant mariner credentials, making recommendations on how to pursue them.

For more information about MilGears visit <https://milgears.osd.mil> or call (850) 452-6683 to speak with a MilGears representative during office hours, Monday through Friday, between 7:00 a.m. to 4:00 p.m. Central Standard Time.

MilGears – Powered by COOL—is an application managed by the Department of Defense and supported through Naval Education and Training Command as part of MyNavy HR Force Development, which ensures that all Sailors are equipped with the resources they need to do their jobs and have access to professional growth opportunities to enhance their careers both in and out of the Navy.

Galinis takes helm as NAVSEA commander

From Naval Sea Systems Command Office of Corporate Communication Public Affairs

WASHINGTON

Vice Adm. Bill Galinis relieved Vice Adm. Tom Moore as Commander, Naval Sea Systems Command during a change of command and retirement ceremony today at the Washington Navy Yard.

Chief of Naval Operations (CNO) Adm. Mike Gilday, who presided over the ceremony, welcomed Galinis as the head of the Navy’s largest system command.

“Vice Adm. Bill Galinis has been an essential part of our acquisition community in PEO Ships, and he brings his own kind of servant leadership to this immense responsibility,” said Gilday. “The Galinis family represents service, and we are proud to have Bill take the helm of this organization that is so critical to generating naval power.”

Adm. James Caldwell, Director, Naval Nuclear Propulsion Program, echoed Gilday’s welcome.

“The experiences over your career have prepared you extremely well for this moment. You are the right guy to follow Tom; to build on the momentum he’s established, and you will do so because we need you to,” said Caldwell. “The Navy and the nation are counting on you and your soon-to-be NAVSEA team to take us to the next step.”

Galinis, who reported for duty following his most recent assignment as program executive officer, Ships, now oversees a global workforce of more than 83,000 military and civilian personnel responsible for the research, development, delivery and maintenance of the Navy’s ships, submarines and combat and weapons systems.

“Coming into this job, my focus will be on our executing our mission and building this incredibly talented team,” said Galinis. “We will continue to build on the work this team has done and continues to do. On time, delivery of ships, submarines and systems will continue to be our top priority. And building a team to compete...and win; where all know they have opportunity to contribute and advance.”

Galinis is a native of Delray Beach, Florida and a 1983 graduate of the U.S. Naval Academy where he received a Bachelor of Science in Electrical Engineering. He holds a Master of Science in Electrical Engineering from the Naval Post Graduate School.

His sea duty assignments included engineer officer on board USS Roark (FF 1053) and damage control assistant on board USS Vreeland (FF 1068).

His engineering duty officer tours include Supervisor of Shipbuilding, Conversion and Repair, New Orleans, where he worked on both new construction and repair projects including assignment as the Program Manager’s representative for the dock landing ship (LSD) shipbuilding program; Board of Inspection and Survey, Surface Trials Board as damage control inspector; and a number of program office and staff positions including USS Zumwalt (DD 21) and USS San Antonio (LPD 17) program offices, Office of the



Laura Lakeway/
Vice Adm. William J. Galinis relieves Vice Adm. Thomas J. Moore as the Commander of Naval Sea Systems Command (NAVSEA) in a change of command ceremony in Leutze Park at the Washington Navy Yard, June 19, 2020. The event was hosted by Chief of Naval Operations, Adm. Michael Gilday and Director, Naval Nuclear Propulsion, Adm. Frank Caldwell.

Chief of Naval Operations in the Requirements and Assessments Directorate, and in the Office of the Deputy Assistant Secretary of the Navy for Shipbuilding as the chief of staff.

Galinis’ command assignments include LPD 17 program manager; Supervisor of Shipbuilding, Gulf Coast; and as the commanding officer of the Norfolk Ship Support Activity).

Galinis’ flag assignments include commander, Navy Regional Maintenance Center, during which time he also assumed the duties of deputy commander for Surface Warfare, Naval Sea Systems Command

He has received various personal, unit, and service awards including three Navy Battle “E” awards

Moore, who became the 44th commander of Naval Sea Systems Command in June 2016, said farewell to the command and the Navy. During the ceremony, Moore, received the Distinguished Service Medal and accepted a Meritorious Unit Commendation on behalf of NAVSEA.

“Tom’s vision was to Expand the Advantage,” said Caldwell, Moore’s classmate from the Naval Academy class of 1981. “Tom’s expression is, ‘Hey, I want to win them all. I think it sums up Tom Moore as a naval officer and a leader. The mission. Winning them all. Our people--energized--aligned on Tom’s vision and all-in on Navy. This is what Tom brought to NAVSEA: a crystal clear vision of the mission and a real commitment and a sincere joy in working with and caring for his people. And I have to tell you, no one’s done it better.”

CNO Gilday offered his own unique insight into Moore’s naval service.

“We say, thank you Tom, for reminding us that everybody matters, and that humility is the foundation of great leadership. And Tom did more than just set the example here. He chartered a clear path for this enterprise to follow. Under his guidance, NAVSEA has certainly expanded our advantage.”

During his tour of duty, Moore led the NAVSEA workforce that encompasses more than 83,000 employees across 37 commands in supporting Navy missions, completing 218,000 contract actions and executing 36 active appropriations valued at more than \$230 billion. These efforts included putting 53 Battle Force Ships and 200 boats and craft on contract and increasing the Navy’s Battle Force ship count from 272 to 299. Additionally, under his leadership, the command completed 207 CNO availabilities and 1,900 Continuous Maintenance Availabilities, optimizing efforts to reduce Fleet Maintenance Delay Days by 8,173 in Fiscal Year 2020, an 88 percent improvement over fiscal year 2019 levels, and putting the Navy on a path for zero days of maintenance delay in fiscal year 2021.

“You have made it a joy to get up and come to work each day,” said Moore to the NAVSEA workforce. “My favorite part of every day was roaming the halls or getting out on trials to listen to you. You epitomize the exceptional people who make this Navy great. I wish more of you could have been here today. You are truly the force behind the fleet.”



U.S. Navy photo/

Pilots from Strike Fighter Squadron (VFA) 125 and VFA-147 are the first TOPGUN students to complete the course in the F-35C Lightning II. This is the first time TOPGUN has graduated students who are currently flying the Lightning II, utilizing a new syllabus specifically for F-35C integrated operations.

First F-35C, Lightning II Class Graduates TOPGUN

By Lt. Cmdr. Lydia E. Bock
CJSFW Public Affairs

LEMOORE, CALIF.

Pilots from Strike Fighter Squadron (VFA) 125 “Rough Raiders” and VFA-147 “Argonauts” were the first TOPGUN students to complete the course in the F-35C Lightning II. Maj. Derek Heinz from the Rough Raiders and Lt. William Goodwin, III from the Argonauts successfully completed the 13-week Navy Strike Fighter Tactics Instructor (SFTI) course at the Naval Aviation Warfighting Development Center (NAWDC) at Naval Air Station Fallon, Nev. The SFTI course, otherwise known as TOPGUN, is an individual-level training course loaded with classroom lectures and labs, as well as simulated and live-fly events that are focused on the newest advanced tactical recommendations, and designed to create newly-minted tactics instructors who are ready to return and train the Fleet.

“Our focus on the students that go through TOPGUN is not limited to teaching them the tactics, techniques, and procedures that are required for them to successfully employ their aircraft, integrated into a larger force,” said NAWDC TOPGUN Department Head, Cmdr. Timothy Myers. “We are also in the business of teaching our graduates how to instruct other students so that when they go back to the Fleet, they are able to instruct at a very high level.”

For the last few years, NAWDC and TOPGUN have been working to develop the skillsets, curriculum, and experienced instructors

required to execute a syllabus that fully integrates F-35C tactics, techniques, and procedures. While all F-35C tactics instructors have completed the TOPGUN course previously, this is the first time TOPGUN has graduated students who are currently flying the Lightning II, utilizing a syllabus that has been developed, from the ground up, specifically for F-35C integrated operations. This was accomplished by the gradual introduction of F-35C tactics into the training curriculum for previous classes. The result is a cadre of highly-trained instructors executing a fully-integrated F-35C syllabus, providing well-rounded “graduate-level” training for the fifth-generation fighter to take back to the Fleet.

“Graduating Strike Fighter Tactics Instructors allows us to accelerate learning by feeding TOPGUN training back to the Fleet, elevating the lethality and survivability of both the individual aircraft as well as the Carrier Strike Group,” said Myers. “The Lightning II proved its value to the Navy during every phase of the TOPGUN course, and its integration with the F/A-18E/F Super Hornet, E/A-18G Growler and E-2C/D Hawkeye demonstrated that the powerful combination of 4th and 5th generation fighters, with advanced electronic attack, and command and control, is a force-multiplier against advanced threats.”

Since completing the TOPGUN course last month, Heinz and Goodwin have returned to instruct and train the Fleet in the latest TOPGUN tactics, techniques and procedures, with a particular emphasis on ensuring that pilots

will have the requisite skillsets to effectively employ the Lightning II during its first operational deployment and beyond.

“Our focus is on assisting the SFTIs at the operational Fleet squadron pushing the big picture tactics and ensuring that everything is ready to go for the first and subsequent F-35C carrier deployments,” said Goodwin. “The idea is that VFA-147 SFTIs can use the standards of tactical execution we provide to train their own people and take that knowledge with them through deployment. We are here to ensure that they are set up for success.”

“While my role as an F-35C instructor is still primarily focused on the students at the FRS, my perspective on what I teach and how I teach it most certainly has grown since completing TOPGUN” said Heinz. “I’m still training students to fly the aircraft, it’s just now I have the additional responsibility as an SFTI to bring that advanced training to the Fleet, while helping maintain the TOPGUN training syllabus and ensuring standardization of training for all instructors. We are always working to maintain the highest standards of training.”

This milestone is the latest feather in the cap for the U.S. Navy’s F-35C program. Since the stand-up of Commander, Joint Strike Fighter Wing in August 2018, the program has declared Safe-for-Flight Operations Certification (SFFOC) for both VFA-147 “Argonauts” and VMFA-314 “Black Knights.” In February 2019, the Navy and Marine Corps both declared Initial Operational Capability (IOC) for the F-35C and VFA-125, the F-35C fleet replacement squadron (FRS), graduated its

first newly-winged F-35C aviators. In May 2019, VFA-101 “Grim Reapers” was deactivated, consolidating most of its resources at NAS Lemoore. Additionally, both VFA-147 and VFA-125 continue to meet program requirements, pass inspections, and receive certifications while continuously participating in numerous detachments both ashore and at sea.

“This tremendous accomplishment is yet another step for the F-35C community as we continue to focus on delivering this game-changing aircraft to the Fleet. The graduates of the first F-35C TOPGUN class are back in Lemoore instructing VFA-147 in the latest tactics that will, in turn, be brought to the fight during Carrier Air Wing Two’s first deployment with the Navy’s Joint Strike Fighter,” said Capt. Adan Covarrubias, Commander, Joint Strike Fighter Wing. “Additionally, the tactics that were developed during this first F-35C class are currently being integrated into the carrier air wing’s work-up cycle, truly making them a more lethal, Carrier and Air Wing of the future.”

Commander, Joint Strike Fighter Wing (CJSFW), based at Naval Air Station Lemoore, Calif. is home to U.S. the Navy’s F-35C fleet squadrons and the sole location for the Fleet Replacement Squadron (FRS), VFA-125 that trains both Navy and Marine Corps carrier-based JSF pilots. The mission-ready F-35C is the latest addition to U.S. Navy’s Carrier Air Wing. With its stealth technology, state-of-the-art avionics, advanced sensors, weapons capacity and range, the F-35C provides unprecedented air superiority, interdiction, suppression of enemy air defenses and close-air-support as well as advanced command and control functions through fused sensors. These state-of-the-art capabilities give pilots and combatant commanders unrivaled battlespace awareness and lethality.

Call to Action: Reserve leadership wants your ideas

By MC1 Arthurgwain L. Marquez
Commander, Navy Reserve Force Public Affairs

NORFOLK

As many Reserve Sailors have experienced new operating procedures and unique opportunities in support of the COVID-19 pandemic relief efforts, Navy Reserve leadership wants all Reserve Sailors to identify and submit Reserve policy and operational improvement to the Ready to Win (R2W) Idea Portal.

“Our citizen Sailors have a reputation of being extremely flexible, highly adaptable and well-suited for overcoming demanding challenges,” said Rear Admiral John Schommer, deputy commander, Navy Reserve Force (CNRF). “In the past few months, because of COVID-19, we’ve had to make several adjustments to keep our Reservists ready and get them where they need to be. It has been a learning opportunity for all, so it is imperative our Reservists visit the R2W website now and share their constructive ideas that will make us better today, and better tomorrow.”

To promote operational readiness, one way the Navy Reserve force has adjusted standard business practices in-light of COVID-19 is waiving several telework administrative requirements to increase telework options for Reserve Sailors.

In March, CNRF released ALNAVRESFOR 009/20, enabling Reserve

Sailors opportunities to continue to complete annual drill point requirements while maintaining social distancing practices.

“These are the types of ideas we need from our personnel,” said Cmdr. Craig Frangente, acting deputy chief of staff for plans and policy, Navy Reserve Forces Command. “We want constructive ideas that will make us a more lethal, more responsive force.”

The R2W program focuses on simplifying outdated business processes, enabling Sailors through innovative technologies and policies, leveraging civilian skillsets, and resourcing the manning, training and equipment to deliver more responsive capabilities to the fleet.

With these objectives in mind, all Sailor or submissions to the Idea Portal are reviewed by associated subject matter experts at CNRFC, the Chief of Navy Reserve R2W action team and the Navy Reserve Policy Board (NRBP).

Several business rules for Idea Portal submissions apply, listed below, and it’s important for R2W visitors to understand submission processing times vary from weeks to months based on policy reviews and change requests that may be required if a submission is approved for implementation.

- If a policy or instruction is referred to in a submission the reference material must be linked to, or saved within the submission.



MC1 Arthurgwain L. Marquez/

R2W graphic

- Ideas should pertain to Reserve Force matters. CNRFC is unable to act on ideas belonging to other entities, such as uniforms, promotion boards, or Navy-wide IT systems.
 - Ideas selected for review by the NRBP are reviewed on a quarterly basis.
- In addition to submitting ideas, visitors can also review, comment, and vote on other submissions. Direct access to the portal is available through the inter-

net, but a Common Access Card (CAC) is required for login.

“If something isn’t working for you or your command, the R2W Idea Portal is your opportunity to be heard,” said Frangente. “We’re at a unique time in our Navy, and as a Reserve Sailor you have the power to identify and address change within the Reserve Force community.”

Visit the R2W idea portal at <https://www.r2w.navy.mil>.



MC2 Alex Corona
Cmdr. R.J. Zamberlan, the commanding officer of the Navy's newest littoral combat ship, USS Kansas City (LCS 22), reads his orders during the shipcommissioning ceremony, June 20, 2020. The Navy commissioned LCS 22, the second ship in naval history to be named Kansas City, via naval message due to public health safety and restrictions of large public events related to the novel coronavirus (COVID-19) pandemic. Kansas City is homeported at Naval Base San Diego.

Littoral combat ship USS Kansas City joins fleet

From Littoral Combat Ship Squadron One Public Affairs

SAN DIEGO

The U.S. Navy commissioned Independence-variant littoral combat ship USS Kansas City (LCS 22), June 20.

The Navy commissioned Kansas City administratively via naval message, due to public health safety and restrictions of large public gatherings related to the coronavirus pandemic and transitioned the ship to normal operations. The Navy is looking at a future opportunity to commemorate the special event with the ship’s sponsor, crew, and commissioning committee.

“This Independence-variant littoral combat ship will continue our proud naval legacy and embody the spirit of the people of Kansas City,” said Secretary of the Navy Kenneth J. Braithwaite. “I am confident the crew of the USS Kansas City will extend the reach and capability of our force and confront the challenges of today’s complex world with our core values of Honor, Courage and Commitment.”

Vice Adm. Richard A. Brown, Commander, Naval Surface Force, U.S. Pacific Fleet, welcomed the ship that brings capabilities to counter diesel submarine, mines, and fast surface craft threats to the premier Surface Force in the world.

“Like other littoral combat ships, Kansas City brings speed and agility to the fleet,” said Brown via naval message. “Congratulations to Kansas City’s Captain and crew for all of your hard work to reach this milestone. You join a proud Surface Force that controls the seas and provides the Nation with combat naval power when and where needed.”

Tracy Davidson, the ship’s sponsor, offered congratulations to everyone who played a role in delivering USS Kansas City to service.

“I am so proud of USS Kansas City and her crew, and everyone involved, for all the tremendous work they’ve done to bring this ship to life. Their dedication to our nation and the Navy is very much appreciated,” Davidson said.



MC2 Alex Corona
Cmdr. William Dvorak, the executive officer of the Navy's newest littoral combat ship, USS Kansas City (LCS 22), salutes Cmdr. R.J. Zamberlan, the ship commanding officer, during a reading of his orders during the ship’s commissioning ceremony, June 20, 2020. The Navy commissioned LCS 22, the second ship in naval history to be named Kansas City, via naval message due to public health safety and restrictions of large public events related to the novel coronavirus (COVID-19) pandemic. Kansas City is homeported at Naval Base San Diego.

“I am privileged to be a part of this ship honoring Kansas City and look forward to remaining connected to USS Kansas City as her legacy grows, wherever she may sail.”

Kansas City’s commanding officer, Cmdr. R.J. Zamberlan, reported the ship ready.

“The caliber of crew required to prepare a warship entering the fleet is second to none,” Zamberlan said. “This is even more impressive aboard an LCS, where every member of the minimally manned team is required to fulfill multiple roles and excel at all of them to get the job done.

“This crew has exceeded expectations in unprecedented times and I could not be prouder to be their captain.”

Kansas City is the 11th of the Independence-variant to join the fleet and second ship to be named for Kansas City. The name Kansas City was assigned 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.

The littoral combat ship is a fast, agile and networked surface combatant, and the primary mission for the LCS includes countering diesel submarine threats, littoral mine threats and surface threats to assure maritime access for joint forces. The underlying strength of the LCS lies in its innovative design approach, applying modularity for operational flexibility.

Fundamental to this approach is the capability to rapidly install interchangeable mission packages (MPs) onto the seaframe to fulfill a specific mission and then be uninstalled, maintained and upgraded at the Mission Package Support Facility (MPSF) for future use aboard any LCS seaframe.

Navy's Ship2Shore offers live interviews with real-time Q&As

By Dustin Good
Navy Office of Community Outreach Public Affairs

MILLINGTON, TENN.

A Sailor serves aboard a submarine based in Kings Bay, Georgia.

From 734 miles away, a member of the Navy Office of Community Outreach (NAVCO) speaks to the service member during a public broadcast. Nearly 3,000 miles away, a viewer from Seattle asks a question of the Sailor, who now becomes more than just a uniform.

This is the U.S. Navy’s newest endeavor into the world of virtual outreach.

The live interviews are hosted on NAVCO’s social media sites with Sailors around the country and world. As the virtual outreach program continues to grow, plans are in place to extend the broadcast to a wider variety of platforms.

The interviews are a mixture of stories, demonstrations, humor and insights that bring the viewer into an intimate view of their Navy that would otherwise not be readily available. The wide range of participating demographics, jobs, ranks, and experiences are the highlight of the program.

The livestream is a part of the “Ship2Shore” initiative, created by NAVCO in response to the COVID-19 public health crisis as a means to help Americans stay connected to their Navy, said Lt. Cmdr. Ben Anderson, NAVCO’s event planning department head.

“The American people trust their Navy to do what’s right around the world, and we don’t want to miss any opportunity to tell them what we’re doing and thank them for that trust,” Anderson said, adding, “Our hope is that we can use virtual means to have meaning-

ful, ongoing conversations and build lasting relationships in communities around the nation.”

Sailors come from every state. They are the product of the pride and commitment of communities throughout the nation, and bring those backgrounds into the ranks of the nation’s seapower. While many of these Sailors return to their hometowns on well-deserved time off, countless Americans will rarely get a glimpse into the diversity of the jobs, places and people that create the most effective and well-trained maritime force the world has ever known.

Ship2Shore works with Sailors stationed around the world to coordinate live interviews, taking questions from viewers and sharing stories with a public viewing from a mobile phone, tablet, computer, or streaming devices, said Dustin Good, Navy veteran and

Ship2Shore live interview host.

“I joined the Navy because of my love of learning and sharing stories,” Good said. “I knew right away, seeing the diversity in not only the jobs, but the skillset each Sailor brought from their home, there was no better place to tell the human story. I am beyond proud to be a part of sharing our Navy, our Sailors, with people throughout the country and the world in our new media endeavor.”

The Navy Parachute Demonstration Team, Explosive Ordnance Disposal technicians, submariners, musicians, a commanding officer, and even a Rear Admiral serving in the United Kingdom have been featured on the show. With so much diversity in the fleet, these are just the first stories of the book that Ship2Shore Live is writing.

Sailors wanting to share their stories are encouraged to contact their command’s Public Affairs officer or NAVCO at NavyOutreach@navy.mil. Visit the Ship2Shore landing page to view past interviews and preview upcoming events, as well as numerous other virtual multimedia resources: www.outreach.navy.mil/virtual-outreach.



Sailors assigned to the Nimitz Carrier Strike Group perform preflight checks on aircraft aboard the aircraft carrier USS Nimitz (CVN 68), June 12, 2020. Nimitz, the flagship of Carrier Strike Group 11, is deployed conducting maritime security operations and theater security cooperation efforts. MC2 Greg Hall/

Theodore Roosevelt, Nimitz Carrier Strike Groups operate together in 7th Fleet

From USS Theodore Roosevelt (CVN 71) Public Affairs

PHILIPPINE SEA

The USS Theodore Roosevelt (CVN 71) and USS Nimitz (CVN 68) strike groups commenced dual carrier flight operations in the Philippine Sea, June 21. The ships and aircraft assigned to both strike groups began coordinated operations in international waters demonstrating the United States’ unique capability to operate multiple carrier strike groups in close proximity. While at sea, the strike groups will support air defense drills, sea surveillance, replenishments at sea, defensive air combat training, long range strikes, coordinated maneuvers and other exercises. “This is a great opportunity for us to

train together in a complex scenario,” said Rear Adm. Doug Verissimo, commander of Carrier Strike Group (CSG) 9. “By working together in this environment, we’re improving our tactical skills and readiness in the face of an increasingly pressurized region and COVID-19.” As a Pacific nation and a Pacific leader, the United States has a national interest in maintaining security and prosperity, peaceful resolution of disputes, unimpeded lawful commerce, and adherence to freedom of navigation and overflight throughout the shared domains of the Indo-Pacific. For more than 75 years, the U.S. Navy has been a persistent and stabilizing presence conducting operations throughout the region on a daily basis. “The United States Navy has long history of operating multiple carrier strike groups as a combined force in the Pa-

cific,” said Rear Adm. James Kirk, commander of Carrier Strike Group (CSG) 11. “Our operations demonstrate the resilience and readiness of our naval force and are a powerful message of our commitment to regional security and stability as we protect the critically important rights, freedoms, and lawful uses of the sea for the benefit of all nations.” U.S. Navy aircraft carriers have conducted dual carrier strike group operations in the Western Pacific including the South China Sea, East China Sea and Philippine Sea for several years. These operations typically occur when strike groups deployed to the 7th Fleet area of operations from the West Coast of the United States are joined with the forward deployed carrier strike group from Japan. “Working with Rear Adm. Kirk and Carrier Strike Group 11 during their deployment is a great opportunity for us to

train on how we would operate multiple carrier strike groups in a contested environment,” said Verissimo. “U.S. aircraft carriers possess flexibility, endurance, firepower, maneuverability and capability unmatched in the history of warfare.” CSG 11 consists of the aircraft carrier USS Nimitz (CVN 68), guided-missile cruiser USS Princeton (CG 53) and guided-missile destroyers of Destroyer Squadron (DESRON) 9, which includes USS Sterett (DDG 104), USS Ralph Johnson (DDG 114) and Carrier Air Wing (CVW) 17. CSG 9 consists of the aircraft carrier USS Theodore Roosevelt (CVN 71), guided-missile cruiser USS Bunker Hill (CG 53) and guided-missile destroyers from Destroyer Squadron (DESRON) 23, USS Russell (DDG 59), USS Rafaela Peralta (DDG 115), and Carrier Air Wing (CVW) 11. Theodore Roosevelt departed San Diego for a scheduled Indo-Pacific deployment Jan. 17 while Nimitz departed June 8.





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*Pensacola ceremony
honors military,
civilians involved in
Dec. 6 shooting*

Continued from B1

to work that day expecting to face the unimaginable, but they all know firsthand what it means to do what needs to be done in the face of adversity and to sacrifice for each other and our country.”

The awards included the Navy and Marine Corps Medal, Purple Heart, Navy and Marine Corps Commendation Medal, Department of the Navy Superior Civilian Medal for Valor and Department of the Navy Civilian Service Commendation Medal.

The awardees included:
NASC

Ensign Blaine DaPra, Navy and Marine Corps Commendation Medal

Ensign Breanna Thomas, Navy and Marine Corps Commendation Medal/Purple Heart

Ensign Kristy Lehmer, Purple Heart
Naval Air Crewman (Helicopter)
2nd Class Carl Daniel, Navy and Marine Corps Commendation Medal

Mr. Ronnie Moreno, Department of the Navy Superior Civilian Medal for Valor

Mr. Kevin Groff, Department of the Navy Superior Civilian Medal for Valor

Ms. Raven Smith, Department of the Navy Civilian Service Commendation Medal

MATSG-23

Gunnery Sgt. Ryan Masel, Navy and Marine Corps Medal

Staff Sgt. Samuel Mullins, Navy and Marine Corps Medal

Staff Sgt. Andrew Pfannenstiel, Navy and Marine Corps Commendation Medal

Staff Sgt. Andrew Fitzgerald, Navy and Marine Corps Commendation Medal

Sgt. Kyle Armbruster, Navy and Marine Corps Commendation Medal

Two service members, Marine Capt.



Dustin Gautney

Medals were displayed prior to being awarded to 12 service members and federal servants, who were recognized for their bravery and selflessness during the Dec. 6 shooting at Naval Air Station Pensacola, Florida.

Kyle Whitlock and Airman Apprentice Ryan Blackwell, were previously recognized in May during a private ceremony. Whitlock received the Navy and Marine Corps Commendation Medal, and Blackwell received the Navy and Marine Corps Medal and Purple Heart.

Airman Apprentice George Johnson and Jessica Pickett will receive their awards in separate ceremonies. Johnson, who transferred from NASC, will receive the Navy and Marine Corps Commendation Medal and Purple Heart. Pickett, who was unable to attend the ceremony, will receive the Secretary of Defense Medal of Freedom Award.

For all in attendance, the ceremony was also a reminder of those who lost

their lives on Dec. 6 and what it meant to their families and friends.

“I joined the Navy to be a rescue swimmer knowing that one day my number might be called to save someone. I wish it had not been under these circumstances. At the end of the day, I did what I did and I would do it again without skipping a beat,” said Naval Air Crewman (Helicopter) 2nd Class Carl Daniel, a Naval Aircrew Candidate School instructor, who was awarded the Purple Heart and Navy and Marine Corps Commendation Medal for providing first aid to critically wounded personnel at the scene. “I hope the loved ones of the deceased are doing well and that they can rest assure that we have the watch.”

“It’s great that we are all being recognized for our actions, but I feel that we did what any other Marine or Sailor would do when put in the same situation,” said Staff Sgt. Andrew J. Pfannenstiel, an instructor at MATSG-23, who was awarded the Navy and Marine Corp Commendation Medal for delivering medical supplies and assisting others in treating wounded personnel.

NETC recruits and trains those who serve our nation, taking them from “street to fleet” by transforming civilians into highly skilled, operational, and combat-ready warfighters, while providing the tools and opportunities for continuous learning and development.

*Naval Air Forces
announces changes to
Enlisted Air Warfare
Specialist program*

Continued from B1

of reporting to a command, the new EAWS program gives Sailors more time to focus on mastering their technical specialty, ultimately resulting in increased expertise across aviation ratings.

“Our readiness depends on having the best maintainers, the best aircrewmembers and the most technically proficient Sailors in our squadrons, aboard our aircraft carriers and in our maintenance facilities,” said Vice Adm. DeWolfe H. Miller III, CNAF. The new EAWS requirements will give Naval Aviation forces a stronger technical foundation. After mastering the key fundamentals of their rating, Sailors can then branch out to gain other aviation warfare

skillsets and knowledge, becoming a true aviation specialist.”

Active duty, SELRES and FTS Sailors permanently assigned to CVN, LHA and LHD class ships, aviation squadrons, maintenance facilities (Fleet Readiness Centers/Aviation Intermediate Maintenance Depots) and the Naval Air Warfare Development Center (NAWDC) are eligible to enroll in the program if they meet the following criteria:

E-5 or senior
Complete in all in-rating qualifications

Qualified up to Journeyman/Workcenter Supervisor

Sailors assigned temporarily (TAD) to an aviation command for more than 120 days are eligible if they are qualified as Journeyman/Workcenter Supervisor in their respective rating. Sailors assigned to select support type commands will still be able to qualify through a memorandum of understanding (MOU).

A third-class petty officer (E-4) may

enroll with command master chief (CMC) or command senior enlisted leader (CSEL) approval if they have an early promote (EP) on their most recent periodic evaluation and a score of 50 or better on their most recent advancement exam. Sailors in paygrades E-3 and below are not eligible to enroll.

“We want to allow our most junior Sailors the time and opportunity to become technical experts in their trade craft, and provide them the space to focus on their job,” said Force Master Chief Huben Phillips, of Commander, Naval Air Forces Atlantic (CNAL). “The goal is to encourage Sailors to be masters of their craft, who show value by knowing and being an expert in their job; these are the same Sailors we should be promoting and who we want to keep in our Navy.”

One other notable change in the EAWS instruction governs re-qualification. Platform-specific qualifications do not expire. Once EAWS qualified on a specific aircraft type/model/series, a Sailor no longer must requalify upon

reporting to that same type command (for example, VP to VP, CVN to CVN, etc.).

“Data analytics has proven to us that maintaining our technical experts in specific type model series (T/M/S) has a direct impact on increased combat readiness,” said Force Master Chief James Toczcz, of Commander, Naval Air Force, Pacific Fleet (CNAP). “By removing the requirement for Sailors to requalify on the same T/M/S, we hope to encourage those experts to remain in their same platform for multiple tours.

“We have made great strides in aviation readiness over the past couple years, and this EAWS program refinement is another step in that direction,” Toczcz continued. “Our message to Sailors is clear: become the very best in your particular rating, which directly impacts your command’s readiness and warfighting effectiveness.”

For more information on the new EAWS program requirements, contact your unit CMC/CSEL or EAWS program coordinator.



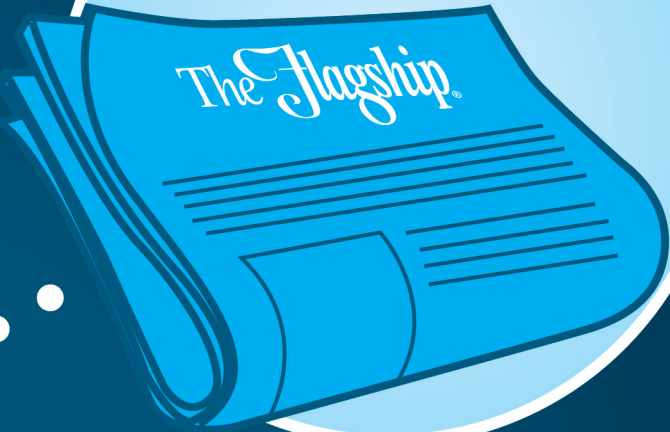
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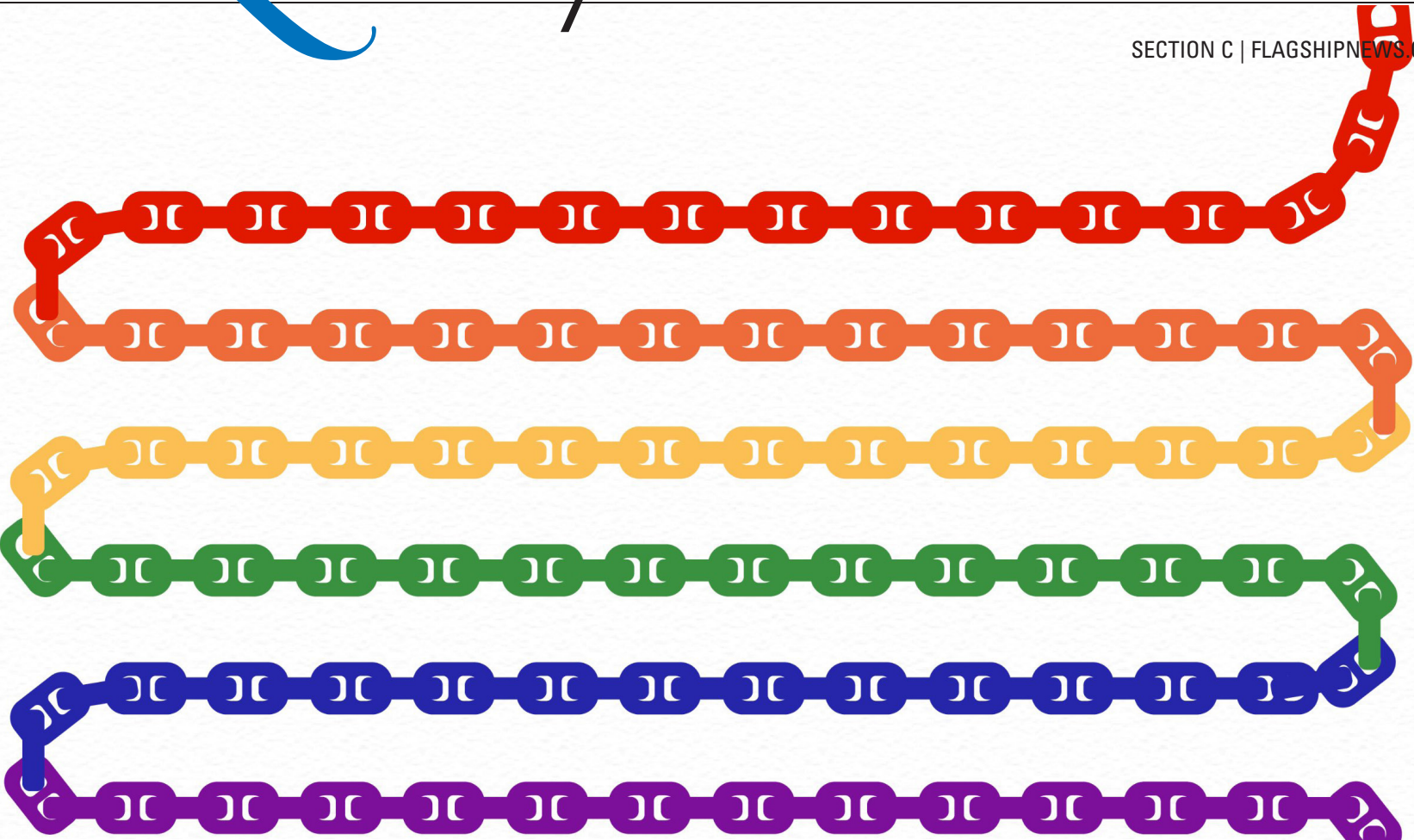


How to Make Pizza at Home

It's hard to disappoint when it comes to home-made pizza, but it's also hard to get just right. Here's how to make pizza at home every time with the tools you have, including tips from pizza pros.

» See C4

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NAVY PRIDE

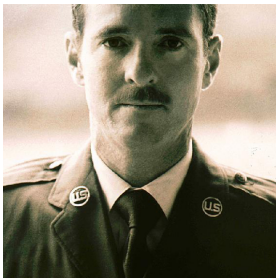
June is LGBTQ Pride Month. This monthlong celebration demonstrates how LGBTQ Americans have strengthened our country by using their talent and creativity to help create awareness and goodwill. June 2020 marks the 50th anniversary of LGBTQ Pride traditions. The first Pride March in New York City was held on June 28, 1970, on the one year anniversary of the Stonewall Uprising. The struggles, sacrifices, and successes among the LGBT community continue to shape our history and remind us to uphold tolerance and justice for all. Integrity and respect are fundamental qualities of military and civilian culture. The Navy continues to take great pride in all that these men and women contribute to the nation and our mission. Their hard work, courage and sacrifices make them respected members of our diverse military family.



PEOPLE

SGT. LEONARD MATLOVICH

Technical Sergeant Leonard P. Matlovich reveals his sexual orientation to his commanding officer and is forcibly discharged from the Air Force six months later. Matlovich is a Vietnam War veteran and was awarded both the Purple Heart and the Bronze Star. In 1980, the Court of Appeals rules that the dismissal was improper. Matlovich is awarded his back pay and a retroactive promotion.



FRANK KAMENY

Frank Kameny was fired from the U.S. Army Map Service and banned from federal employment in 1957 because he was gay. He became the central figure in confronting the government's policies against the employment of gays and lesbians, particularly in positions linked to national security. His collection of letters, government correspondence, testimony, photographs and other memorabilia is perhaps the most complete record of the gay-rights movement in America.



HARVEY MILK

Harvey Milk was a U.S. politician who became the first openly gay man to be elected to public office in California, when he won a seat on the San Francisco Board of Supervisors. Milk's groundbreaking election in 1977 as one of the world's first openly gay elected officials symbolized the freedom to live life with authenticity to millions of LGBT women and men around the world.



BAYARD RUSTIN

Bayard Rustin was an openly gay civil rights activist, social reformer, pacifist, AIDS activist and author. He was the chief organizer of the 1963 March on Washington. The papers of Bayard Rustin were presented to the Library of Congress between 1988 and 1994 as a bequest from Rustin via Walter Naegle, executor of Rustin's estate and his partner from 1977 until Rustin's death in 1987.



ANTHONY LOVERDE

Anthony Loverde had been an Air Force staff sergeant for seven years when he was discharged under the "Don't Ask, Don't Tell" policy after telling his commander that he was gay in 2008. He then worked as a military contractor in Iraq and Afghanistan, and he took part in the legal battle challenging the constitutionality of DADT. In May 2012, he reentered the Air Force as a staff sergeant, becoming the second person and first gay Airman to return to active duty since DADT was repealed.



EVENTS



STONEWALL UPRISING 1969

The Stonewall Inn in New York was infiltrated by police officers on June 28, 1969, for suspicion of serving alcohol without a license. New York's gay community had suspected the police were targeting gay clubs and broke out into a violent riot when the police began arresting employees as well as patrons. The number of protestors grew to over 1000, and the riot lasted for hours. The Stonewall riots are largely regarded as the

GAY PRIDE DAY

The last Sunday in June was initially celebrated as Gay Pride Day. In major cities across the nation, the day soon grew to encompass a monthlong series of events. Today, these events attract millions of participants around the world. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally and internationally.

GLAAD IS FOUNDED

In response to the New York Post's grossly defamatory and sensationalized HIV and AIDS coverage, a small group of journalists and writers form GLAAD. The first reported meeting is November 14, 1985, and later that year almost 1,000 people protest outside of the New York Post.



"DON'T ASK, DON'T TELL"

In December of 1993, the "Don't Ask, Don't Tell" policy is instituted for the U.S. military, permitting gays to serve in the military but banning homosexual activity. President Clinton's original intention to revoke the prohibition against gays in the military was met with stiff opposition; this compromise, which has led to the discharge of thousands of men and women in the armed forces, was the result.

ALLY OF THE YEAR

In November of 2015, President Barack Obama was on the cover of OUT Magazine as "Ally of the Year" in recognition of his progressive stance of on LGBT issues throughout his presidency. In his interview with the magazine, he attributes his initiative to watching his daughters, Sasha and Malia, and learning how attitudes towards homosexuality have transformed across generations.



MILESTONES

NO LONGER A MENTAL ILLNESS

On December 15, 1973, the board of the American Psychiatric Association voted to remove homosexuality from its list of mental illnesses.

MATTHEW SHEPARD ACT

In October 2009, the Matthew Shepard Act was passed by Congress and signed into law by President Barack Obama. The measure expanded the 1969 U.S. Federal Hate Crime Law to include crimes motivated by a victim's actual or perceived gender, sexual orientation, gender identity, or disability. Matthew Shepard was tortured and murdered near Laramie, Wyo., in October 1998, because of his sexual orientation.

EXECUTIVE ORDER 13160

In June 2000, President Bill Clinton signed Executive Order 13160, which prohibited discrimination on the basis of race, sex, color, national origin, disability, religion, age, sexual orientation and status as a parent in federally conducted education and training programs.

HUMAN GOALS CHARTER

On April 28, 2014, the Pentagon released an update to the Department of Defense Human Goals charter, which for the first time included language relating to sexual orientation in the section dealing with the military.

"DON'T ASK, DON'T TELL" REPEALED

September 20, 2011, "Don't Ask, Don't Tell" is repealed, ending a ban on gay men and lesbians from serving openly in the military.

ANTI-DISCRIMINATION POLICY.

Though "Don't Ask, Don't Tell" was repealed in 2011, sexual orientation was still not a protected class (unlike race, religion, sex, age and national origin) under the Military Equal Opportunity Policy — until June of 2015, when the U.S. Defense Secretary, Ashton Carter, announced that it would officially be added to the anti-discrimination policy.

TRANSGENDER AMERICANS CAN SERVE OPENLY

In July of 2015, the U.S. Defense Secretary, Ashton Carter, announced that the military would lift a ban that prevents transgender Americans from serving in the country's armed forces.



LOVE WINS

In a landmark opinion, a divided Supreme Court ruled on June 26, 2015, that same-sex couples can marry nationwide, establishing a new civil right and handing gay rights advocates a historic victory.

LGBTQ WORKERS PROTECTED

Federal civil rights law protects gay, lesbian and transgender workers, the Supreme Court ruled, June 15, 2020. The landmark ruling will extend protections to millions of workers nationwide.

Sources: U.S. Navy, Library of Congress, Defense Equal Opportunity Management Institute, GLADD, history.com

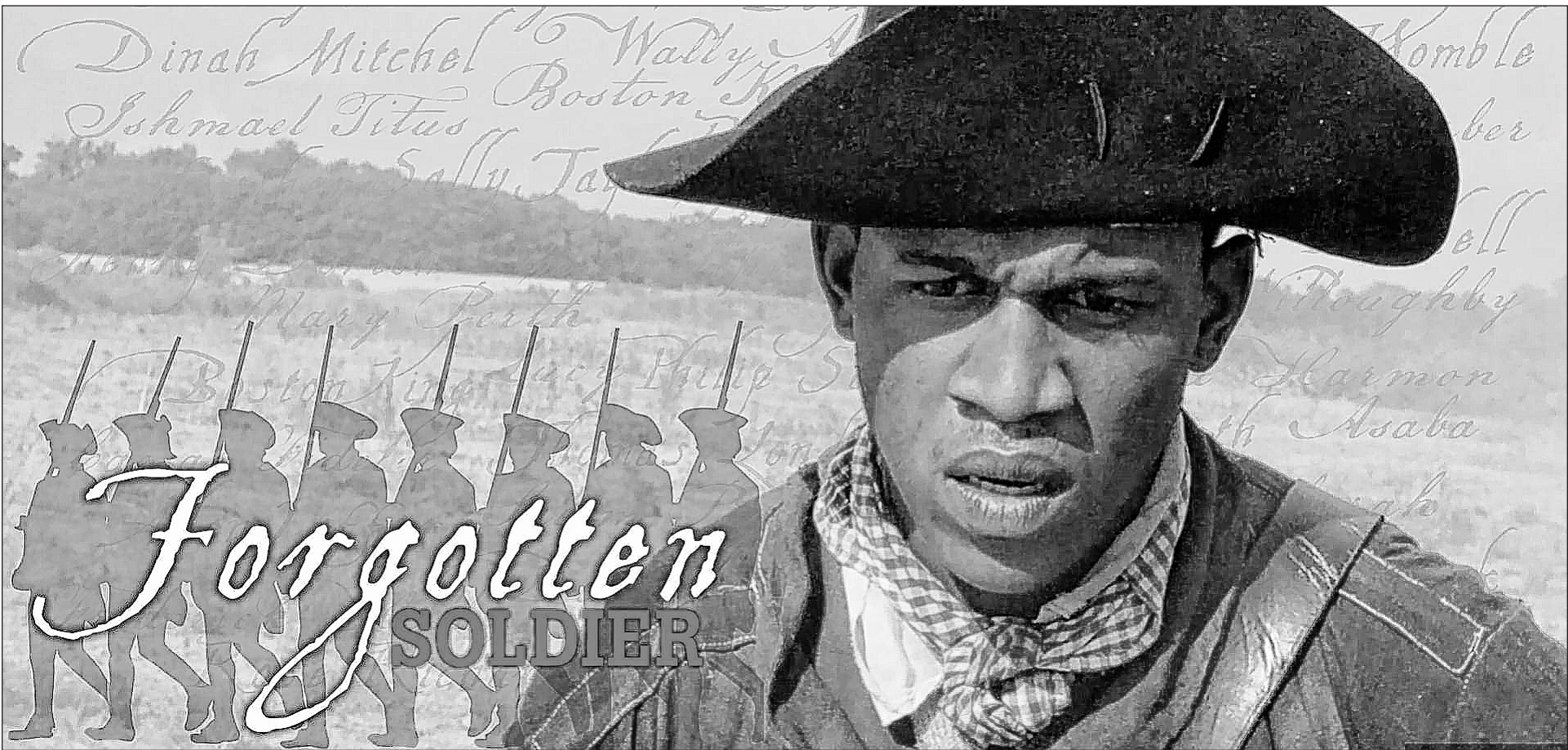
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The Flagship welcomes submissions from our readers online.

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Courtesy Photo

‘FORGOTTEN SOLDIER’ SPECIAL EXHIBITION TO REOPEN AT THE AMERICAN REVOLUTION MUSEUM

From Jamestown-Yorktown Foundation

YORKTOWN, VA.

The “Forgotten Soldier: African Americans in the Revolutionary War” special exhibition at the American Revolution Museum at Yorktown will reopen June 24 for an extended two-week showing through July 8, 2020.

The American Revolution Museum at Yorktown is scheduled to reopen on Wednesday, June 24, with adjustments to operations and access to outdoor living-history areas and gallery exhibits so visitors can enjoy the museum experience while following new safety protocols and social-distancing procedures.

“Forgotten Soldier” explores the personal stories of enslaved and free African Americans on both sides of the American Revolution and illuminates the difficult choices and risks faced by African Americans during a revolutionary time in history and the varied and indispensable roles they played during the war and beyond.

The special exhibition features artifacts and rare documents, most notably the American “Inspection Roll of Negroes No. 1” and the British “Book of Negroes,” on loan from the U.S. National Archives in Washington, D.C., and The National Archives (Public Record Office), Kew, Lon-

don, England, reunited for the first time since 1783. The American and the British ledgers record the names of approximately 3,000 African-American men, women, and children who escaped to British lines during the war in hopes of obtaining their freedom.

The exhibition also features an original work by Titus Kaphar, an American contemporary artist and 2018 MacArthur Fellow whose work reconfigures subjects in art history, often reinserting African Americans into familiar narratives of the past. Surrounded by 18th-century stories of African-American soldiers before, during and after the Revolution, Kaphar’s three-dimensional sculpture, titled “Forgotten Soldier,” invites visitors to “shift their gaze” or look at history through a new lens to contemplate these soldiers often overlooked in historical accounts. His paintings and sculptures have garnered a national spotlight in exhibits and have graced the cover of TIME Magazine twice, once in 2014 and most recently in June 2020. The project is in partnership with the Williamsburg Contemporary Art Center. Watch a short video with Titus Kaphar about “Forgotten Soldier” when the exhibition debuted in June 2019.

Among the countless stories, learn about Crispus Attucks, a sailor formerly enslaved and of African and American Indian descent, who was the war’s first casualty at the Boston Massacre, and later considered “the

First Martyr of Liberty.” Bristol Rhodes, an enslaved man who secured freedom by joining the Rhode Island Regiment, fought at the Siege of Yorktown in October 1781, and lost his left leg and one hand due to cannon fire. Thomas Carney, born free in Maryland, joined the 5th Maryland Regiment in 1777 and served as a Continental Army private in some of the most iconic battles of the war—Brandywine, Germantown, Monmouth and Guilford Courthouse—receiving a cash bonus and 100 acres of bounty land for his service.

Other significant loans on exhibit for a short time are:

Dunmore’s Proclamation of 1775 from the Albert and Shirley Small Special Collections Library, University of Virginia. The document by Lord Dunmore, the last royal governor of Virginia, promised freedom to all enslaved African Americans owned by rebelling Patriots, if they would serve and bear arms with loyalty to Great Britain.

Treaty of Paris, Article 7, New York, 1783, on loan from the U.S. National Archives in Washington, D.C., ordered that all prisoners were to be freed, and the British were to withdraw all of their forces, “...without causing any Destruction, or carrying away any Negroes or other Property of the American inhabitants....”

“Lieutenant Thomas Grosvenor and His Negro Servant” portrait by John Trumbull,

circa 1797, on loan from Yale University Art Gallery, Mabel Brady Garvan Collection. In this 15-by-11 inch oil painting, Asaba and his owner, Lt. Thomas Grosvenor of Pomfret, Conn., look at the fallen hero, Dr. Joseph Warren, who was killed at the Battle of Bunker Hill in 1775. Asaba survived this battle and was freed by Grosvenor after the war.

“Forgotten Soldier” is made possible in part by Altria Group.

About the American Revolution Museum at Yorktown

The American Revolution Museum at Yorktown, located at 200 Water Street in Yorktown, Va., tells the story of the nation’s founding, capturing the transformational nature and epic scale of the Revolution and its relevance today. It is scheduled to reopen on Wednesday, June 24, with adjustments to operations and access to outdoor living-history areas and gallery exhibits so visitors can enjoy the museum experience while following new safety protocols and social-distancing procedures. The museum is open 9 a.m. to 6 p.m. through August 15.

“Forgotten Soldier” is included with general museum admission of \$15.25 for adults, \$7.75 for ages 6-12 and free for children under 6. Parking is free. A value-priced combination ticket with Jamestown Settlement, a living-history museum of 17th-century Virginia, is \$27.50 for adults and \$13.50 for ages 6-12. Residents of York County, James City County and the City of Williamsburg, including William & Mary students, receive complimentary admission with proof of residency.

For more information about “Forgotten Soldier,” visit historyisfun.org/forgotten-soldier

HEROES AMONG US” IS BOTH OPEN AND VIRTUAL

From VIRGINIA BEACH ART CENTER

VIRGINIA BEACH

The VIRGINIA BEACH ART CENTER, home of The Artists Gallery, celebrates the sacrifice and service of all who protect us. Our military, health workers, fire and rescue... the list goes on, including anyone who serves others. This exhibition will be available to the public for live viewing, as well as on its website. Starting July 3rd, you can view all artwork in the new exhibition on your phone or laptop at www.artcentrvb.org. Or see it in the gallery, following health guidelines

In addition, we will offer a live video award ceremony at 7:00 p.m., July 3rd, on the Virginia Beach Art Center Facebook page. During the broadcast, you can tour the submitted entries individually, view the Judges Remarks, and even purchase artwork easily! All without leaving your home.

“HEROES AMONG US” is especially appropriate during this unsettled time. The exhibition is judged by Brian La Barr, Adjunct Faculty Instructor at The Virginia Beach Art Institute. The exhibition will be featured until August 2nd.

On our website, our previous shows, “Waterways”, “Garden of Life” and “Following The Light” remain available for viewing and purchase.

The Virginia Beach Art Center is a non-profit organization offering art exhibitions, art classes and pottery classes in a fully equipped center located at 532 Virginia Beach Boulevard. Hours are 10 am to 5 pm, Tuesdays-Friday, 10 am to 4 pm Saturdays and 12 pm to 4 pm Sundays.

The Artists Gallery is an artists’ co-operative providing space for working, exhibiting and showcasing original fine art by local and regional artists.



Courtesy Photo

200 paper masks inscribed with the names of real health workers, with a prayer for each. Fashioned from a nursing handbook by book artist Maggie Kerrigan.

Health



Airmen work together to create hand sanitizer at Dyess Air Force Base, Texas, April 6. The Airman were able to gather all of the hand sanitizer ingredients from locations on base and in the local community.

Public Health Emergency Officers balance risk and mission during crisis

By: Laraine Thompson, Air Force Surgeon General Public Affairs

FALLS CHURCH, VA.

The COVID-19 pandemic pushed the role of Air Force public health emergency officers to the forefront.

PHEOs are military treatment facility staff who are designated to serve as a resource to help guide installation commanders during a large scale public health incident. They provide expertise and recommendations to base leadership on how to respond, mitigate, and control the incident as well as coordinate information and response activities with local community health officials.

“The COVID-19 pandemic is exactly why we have PHEOs,” said Col. Jim Poel, chief, Public Health Branch, Air Force Medical Readiness Agency. “This pandemic pushed us well past table-top exercises with installation and local health department personnel. Many people at the installation level are contributing to pandemic mitigation efforts. The PHEO is critical to help provide clarity and give advice about the threat and how to respond, but this is truly an all-hands on deck event.”

PHEOs undergo extensive training, starting with basic public health emergency management courses. Additional courses are taken within two years of their assignment with specific casualty courses, and sustainment courses taken throughout their role as a PHEO.

“The PHEO role is an additional duty,” said Poel. “The primary and alternate PHEOs are nominated by the military treatment facility commander and appointed by the installation commander.”

PHEOs serve multiple roles. They are often the MTF’s Chief of Aerospace Medicine or the senior Public Health Officer. But with COVID-19, PHEO responsibilities have expanded. Capt. Sean Lee, a PHEO with the 7th Medical Group, Dyess Air Force Base, Texas, is a good example of how this expanded role was critical to his installation leadership during the crisis.

“My roles and responsibilities as base PHEO really grew during the pandemic,” said Lee. “COVID-19 is not just a public health or medical group issue. It touches every facet of the wing, so I’ve been working with many more agencies and squadrons than normal. Even with good planning, there were unprecedented personnel and logistics

issues that required informed risk assessments about how to safely proceed.”

The Dyess PHEOs established three areas of pandemic response. The first was to maintain readiness and support contingency operations that arise. The second was to minimize the risk of the virus’ spread. The third was to communicate with the community.

“Thanks to our PHEO, we sustained our mission of delivering airpower with B-1s and C-130s even in the midst of a pandemic,” said Col. Jose “Ed” Sumangil, 7th Bomb Wing commander, Dyess Air Force Base. “These efforts helped us manage risk and minimize the spread to our Airmen, our family members, and to the community.”

From the start of the pandemic, Lee coordinated COVID-19 communications between Dyess and the neighboring Abilene, Texas, community. As Lee explains, building rapport with the community helped the base’s COVID-19 mitigation efforts.

“We are lucky to be situated in Abilene, which is a relatively small community with a stand-alone public health department,” explained Lee. “We coordinated with them every step of the way and were involved in each other’s plan-

ning, exercises, and response. We relied on Abilene for a lot of data and contact tracing, which allowed us to slow the spread of infection in a fast, efficient, and systematic way.”

“Ninety percent of our base personnel live in the community, so whatever they do affects us and vice versa,” explained Sumangil, “It takes an experienced officer to understand that and [Lee] did a great job of opening that dialogue.”

PHEOs play a critical role in keeping Airmen safe while ensuring the mission continues amid the COVID-19 pandemic. This involves strategic effort and coordination across the base and surrounding communities.

“PHEOs build rapport in many ways,” explained Poel. “They help their commanders with health challenges before there’s a crisis, are knowledgeable of evidence-based, best practices and unknowns concerning the threat, and are able to provide guidance to keep Airmen safe while maintaining the operational mission.”

The Dyes commanders, PHEOs and the local community health officials collectively developed extensive strategic plans, communications and response activities to cohesively mobilize against COVID-19.

“What an unprecedented time for a country,” Sumangil said, praising the “Public health team for keeping it together and helping the leaders on this base to communicate with this community and sustain the mission.”

DOD's Health Care Chief Discusses Pivot to Counter COVID-19

By: Jim Garamone, DoD News, Defense Media Activity

The coronavirus has shined a light onto the capabilities of the military health care system, and medics are responding, the assistant secretary of defense for health affairs said.

Thomas McCaffery told the Defense Writers Group today that he spends about 80% to 90% of his time on the Military Health System’s response to COVID-19.

It is not surprising, as he is responsible for ensuring the health of the force and that forces are capable and ready if called on to deploy.

McCaffery, who came to the job in 2017 from time in the private sector and state of California health care systems, was struck by the short-term nature of the system when he first came on board. “One of the things that I found really interesting, and somewhat challenging, was the fact that in the military ... there is continual change in leadership levels,” he said.

He said he was struck that leadership positions turn over every two or three years, very different from his time in the civilian sector. “I was like, ‘Wow, now that’s a challenging dynamic,’” he said.

This works against long-term issues, but there’s a flip side, he noted. “That is, our uniform leaders and our civilians are very, very good at adapting to change, and it’s not something unique; they’re used to it,” he said. “It’s part of the culture, part of their DNA. The health system leadership pivoted easily when the pandemic hit,” he added.

The deployment of hospital ships to New York City and Los Angeles, the deployment of Army medical units to cities that include Seattle, Denver and Dallas, and the sharing of medical equipment with civilian hospitals are just some of the issues to which the Military Health System had to adjust, McCaffery said.

When U.S. medical forces are deployed, they usually are going overseas or perhaps to domestic areas affected by emergencies such as hurricanes, he said, and they deal with trauma rather than disease. “This was very different — a very different enemy,” McCaffery said. “As we saw in New York City, we had several hundred of our uniformed medical providers actually helping staff civilian hospitals.”

Another aspect is research, he said, and the Military Health System has been able to deal with the pandemic in



U.S. Navy Sailors, assigned to the Navy Medicine Support Team, are thanked by medical staff during a farewell ceremony at Elmhurst Medical Center, in Brooklyn, N.Y., June 3, 2020. Military medical providers assigned to the hospital collaborate as an integrated system in support of the New York City medical system, as part of the Department of Defense COVID-19 response.

that respect. “I kind of consider myself fairly educated on health care, but it wasn’t until I got here [that I began] to realize the enormous role that the Military Health System plays in medical research and development,” he said.

The military has a long-standing research arm that developed treatments for malaria, yellow fever and more to protect service members deployed around the world, McCaffery said. “But

it often translates into supportive, kind of larger, social civilian health care sector,” he added. “Obviously, we do research on vaccines, medical countermeasures for military purposes, keeping our troops safe. But we were very quick to pivot and leverage that kind of research that has already been going on for our military purposes, to ... vaccine research and development for COVID therapeutics for treatment.”

Food



Courtesy photo

How to make pizza at home

By Nicole Papantoniou
Good Housekeeping Institute

It’s hard to disappoint when it comes to homemade pizza, but it’s also hard to get just right. Dough tends to have a mind of its own, and how much sauce should you really use? In the Good Housekeeping Institute, we learned from years of testing that simple is best, especially when making pizza at home, and fewer [toppings, in this case] is more. While there are some appliances out there, like pizza ovens, that will take your pizza making skills to the next level, here’s how to make pizza at home every time with the tools you have, including tips from pizza pros.

Ingredients

- Cornmeal for baking sheet
- Flour for surface
- 1 lb. pizza dough (thawed, if frozen)
- 3/4 c. marinara sauce

- 3 oz. mozzarella cheese, coarsely grated
 - 2 tbsp. grated parmesan
 - Basil, for sprinkling
- Directions**

If you have one, place a pizza stone in the oven and heat oven to 500°F (if you can’t heat oven this high without broiling, set to 475°F). Dust a baking sheet with cornmeal.

On a lightly floured surface, shape pizza dough into a 14- to 16-in oval or circle and place on prepared sheet (make sure that the dough slides easily around the sheet, if not, add a bit more cornmeal).

Spread sauce on dough, leaving a ½-in boarder all the way around and sprinkle with mozzarella and then Parmesan. If using a stone, slide the pizza off the sheet onto the stone. Bake until crust is golden brown, 10 to 12 minutes. Sprinkle with basil just before serving, if desired.

3 TIPS FOR PIZZA DOUGH AT HOME:

1. Making the dough.

Pizza dough can be made by hand, in a food processor, or in a stand mixer. When making a pizza dough by hand, it’s best to start by using a wooden spoon to stir together the liquid ingredients (including proofed yeast) in a large bowl with half of the dry ingredients. From there, add the remaining dry ingredients little by little, until the dough starts to form a shaggy ball and has difficulty incorporating more dry ingredients. Once the ball is firm, transfer to a floured surface and use your hands to knead until it is smooth and springs back when touched.

To make pizza dough in a food processor, add the dry ingredients to the bowl first. Pulse a few times to stir. Then, with the motor running, use the feed tube to slowly add in the liquid

ingredients until the dough forms a ball and rotates around the bowl without sticking to the sides. Process for about 30 seconds.

To make pizza dough in a stand mixer, add the liquid ingredients to the bowl first and, while the mixer is running on low, add in the dry ingredients, little by little, until the dough forms a ball and doesn’t stick to the sides. Increase the speed to medium-low and allow to knead for about 5 to 6 minutes, adding in more dry ingredients as necessary. The beater or dough hook may be used.

2. Proofing the dough.

Once the dough is kneaded, transfer to a large bowl and cover with plastic wrap and/or several dish towels so it can proof. As the dough proofs, it will form air bubbles, which increase the size of the dough, and develop flavor. Proofing can take place in a warm area where it will bulk up quickly, or even in the fridge over a couple of days. (If proofing in the fridge, cover loosely with plastic wrap to avoid condensation from forming.) The longer you

Lemon Meringue Tartlets

By The Good Housekeeping Test Kitchen

Our recipe for lemon meringue tartlets gives you the same sweet and tangy flavors of those gorgeous sky-high lemon meringue pies you see at bakeries, but in adorable mini-dessert form. Bonus: we use a no-bake, make-ahead crust and a filling that comes together quickly. They’d be perfect for Easter dinner, Mother’s Day lunch, or anytime you want to make someone — maybe yourself! — a special treat.

PRO TIPS

- Make sure not to skip freezing the crust in the tart pans after filling. This ensures that the crust won’t crumble once you remove the sides of the pans. You could also freeze the crust a few days ahead before proceeding with the rest of the recipe.
- While the filling has a similar flavor to lemon curd, it contains no egg yolks and has a slightly lighter texture that’s still silky smooth. Take your cream out of the fridge while you put together the crust — it will heat up faster if it’s not super cold to start.
- It may look like meringue, but the topping is actually a variation on a classic seven-minute frosting. The heat of the simmering water in the double boiler (aka, the bowl you set over the pan of water on the stovetop) is essential to both melt the sugar so that the topping isn’t grainy as well as to ensure that the egg whites aren’t raw.

WHAT YOU’LL NEED

Ok, it’s true, you’ll need at least one extra piece of kitchen gear to make this recipe: these 4-inch mini tart pans with removable bottoms, which you can also use to make quiches and fruit tarts, too!

And although it’s not entirely necessary, you’ll probably want to torch the topping for a little extra color and that toasty caramel flavor.

Ingredients

For Crust

- 14 graham crackers (about 8 oz)
- 1/2 c. (1 stick) unsalted butter, melted
- pinch salt

For Filling

- 2 c. heavy cream
- 1/2 c. sugar
- 2 tsp. finely grated lemon zest plus 1/3 cup fresh lemon juice

For Topping

- 2 large egg whites
- 1/3 c. sugar
- 1/4 tsp. cream of tartar
- 1/2 tsp. pure vanilla extract

Directions

In food processor, pulse graham crackers into fine crumbs. Add butter and pulse to combine. Divide mixture among six 4-inch tart pans with removable bottoms; press evenly on bottoms and up sides. Freeze until firm, at least 30 minutes.

Meanwhile, prepare lemon filling: In medium saucepan, combine cream and sugar and cook on medium-high, stirring, 5 minutes.

Bring to a boil, then reduce heat and



MIKE GARTEN

simmer 1 minute. Remove from heat and add lemon zest and juice. Let cool 20 minutes, then divide among crust-lined tart shells and refrigerate until set, at least 2 hours or up to 24 hours.

About 15 minutes before serving, prepare topping: In large metal or glass bowl, whisk together egg whites, sugar and cream of tartar. Set bowl over (but not in) saucepan of

simmering water and cook, whisking constantly, until sugar has dissolved and whites are very warm to the touch, 5 minutes (even if sugar has dissolved, still cook for 5 min).

Remove from heat and, using an electric mixer, beat on low speed, gradually increasing to high, until glossy, soft peaks form, about 5 minutes. Beat in vanilla. Spoon over tarts, then use a torch to lightly toast.



Courtesy Photo

Finding unity under the American flag during COVID-19

From Brandpoint

Some moments are etched in our national memory - and the American flag stands at the center of them. Six U.S. Marines raising the flag over Iwo Jima during World War II. Buzz Aldrin saluting the flag on the moon's surface in 1969. Three New York firefighters hoisting the flag above the rubble of the World Trade Center after 9/11. The American flag is an icon that unites us all.

Every year, on June 14, Americans have the opportunity to honor this national symbol. Flag Day, which commemorates the day the U.S. flag was first adopted, June 14, 1777, serves as a timeless reminder of the nation's shared freedom and solidarity, and all those who protect us. This year, like many times in history, the Stars and Stripes are proving their strength in fighting a new and invisible enemy - COVID-19.

As the pandemic has threatened the lives of America's most vulnerable populations, the flag has been a vital part of the nation's response - appearing in the windows of people's homes, marking miles of neighborhood and city streets, adorning the storefronts of businesses everywhere. One story tells of a man who began carrying it on his runs as a means to honor frontline workers and inspire those who saw him.

Across these examples, the sight of the flag brings the service and sacrifice of military service members into clear view. All those who work, fight and give of themselves tirelessly to the safety and security of this nation and every citizen. The flag's use as a sign of unity during this challenging time is the ultimate expression of this country's freedoms.

"When our troops are deployed, the image that unites them in their mission is our flag standing tall and waving free," says American Legion Auxiliary

National Americanism Committee Chair Denise Conrad. "Our flag stands for justice, freedom and democracy - the cornerstones of Americanism and patriotism."

The American Legion Auxiliary (ALA) seeks to advocate for veterans and their families and on military issues, and to provide opportunities for Americans to demonstrate their love of country and patriotism. Through learning opportunities and educational resources, the ALA provides people with tools to become engaged, proud citizens who make a positive impact for the benefit of veterans and their country. Across the organization, members find ways to support and promote the American flag as an icon of democracy - distributing pocket flags to troops overseas, donating flags to local schools and businesses and participating in the Citizens Flag Alliance.

This Flag Day, as you proudly display your American flag and show your ap-

preciation for all it represents, remember these simple U.S. Flag Code rules:

- * When hoisting or lowering the flag, salute or place a hand over your heart.
- * The flag should not be displayed on rainy days.
- * When lowered, the flag should never touch anything beneath it.
- * When a flag is tattered or torn, it has served its useful purpose and "should be destroyed, preferably by burning."

Many American Legion posts conduct disposal of unserviceable flag ceremonies on June 14, Flag Day. Such ceremonies are particularly dignified and solemn occasions for the retirement of unserviceable flags.

The American flag is a symbol of solidarity and comfort - particularly for those who have risked their lives defending their country. No matter the nature of the challenges faced - from unseen threats to visible dangers - the flag stands in tribute to all those who are on the frontlines protecting freedoms and to the spirit and the resilience of the American people.

For more information on how you can volunteer, join or donate to the American Legion Auxiliary, visit www.ALAforVeterans.org.

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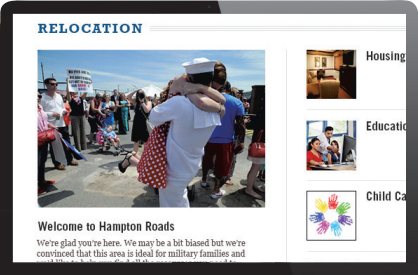
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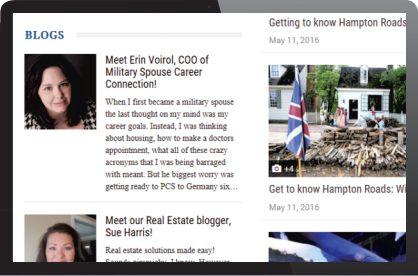
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Fun and Games

Super Crossword

HOLDING THE LINE

ACROSS

- 1 Boat docks
8 Mere penny
15 Stair face
20 Generally
21 Infused with carbon dioxide
22 Cosmetics queen
23 Holiday tree brighteners
25 Figure skating category
26 Baby blues, say
27 Detroit loc.
28 By way of
29 — Babies
30 Info on a library slip
31 Thing swung on a court
34 Undermined
38 Federal case, so to speak
39 Countrified
40 See 42-Across
41 German's "one"
42 With 40-Across, headwear for doing laps
46 William Tell wielded one

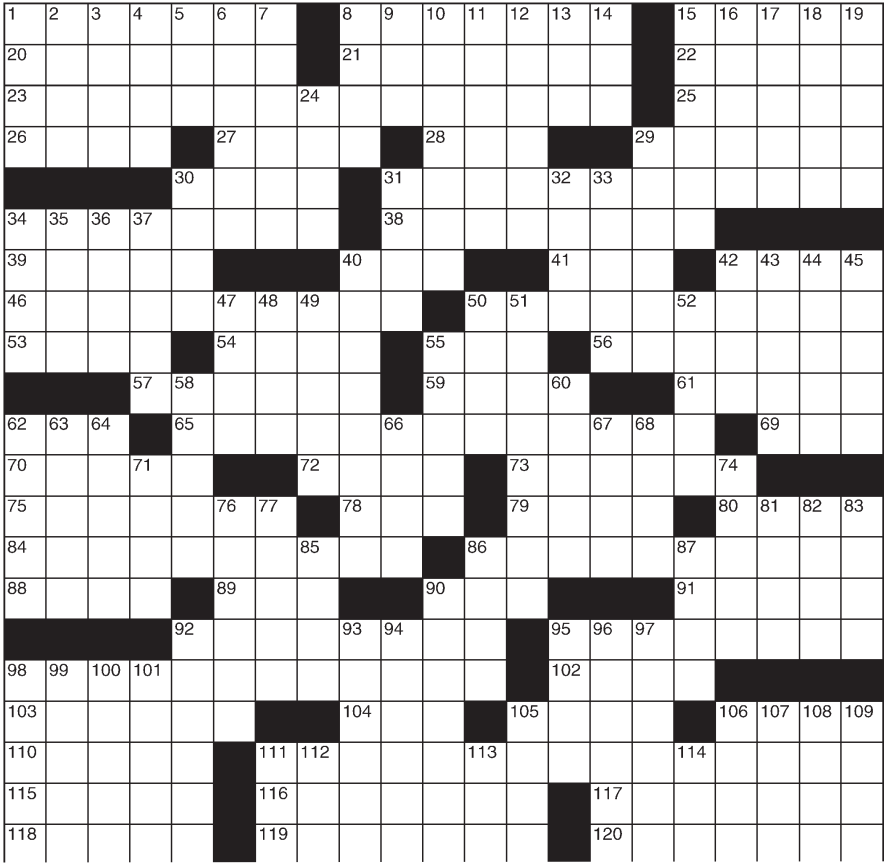
- 50 Nine-footer with 88 keys
53 Game with a cue stick
54 "Cat on — Tin Roof"
55 Bakery treat
56 Atypical pets
57 Taco sauce brand
59 Everyone, in German
61 Topic in question
62 Beddy-bye clothes
65 Gravity-defying party decoration
69 Have a go at
70 Reply to "You are not!"
72 Spoiled stars' problems
73 Running back Smith
75 Pro at PR
78 Crude abode
79 "Hud"
80 Morales of film and TV
84 Pinocchio, for one
86 Rosary's nonreligious relative

- 88 Like a spud-slicing GI
89 Aide to Santa
90 Some small batteries
91 Holiday tree topper
92 Really mad
95 Film director
98 Alternative to drapes
102 Merit
103 Spanish province capital
104 Cellular stuff
105 Rick's love in a 1942 film
106 Farmland unit
110 Cleaned up some leaves
111 What eight of this puzzle's answers have
115 Saw wood
116 Capital of New Jersey
117 Paying to stay at
118 Disburdened
119 Like mustard
120 Post-Trojan War tale

- 2 White-faced
3 Seldom seen
4 Pupil site
5 Greek letters
6 "Nashville"
7 Arab, e.g.
8 Unduly quick
9 Slender fish
10 Force to rise
11 Shutting in
12 Fuel gas
13 Court divider
14 Grid stats
15 Annul
16 Sci-fi's Asimov
17 Smell awful
18 Uncanny
19 Turn to 000
24 Did perfectly
29 Secret taste-test label
30 Strike mark
31 Defreeze
32 Conception
33 Fisher's net
34 Tinfoil, e.g.
35 Irish money
36 BP gas brand
37 Painter Frida
40 Instructed jointly
42 Uses a divan
43 Belt's place
44 Acquire, as debt

- 47 Be worthy of
48 Kids' writer
49 Bacall's first hubby
50 — monster
51 Chile's — (Mexican dishes)
52 Gist
55 Blatz brewer
58 West Virginia's state flower, for short
60 Fudd of cartoonism
62 California's — Beach
63 Osaka's land
64 Smarmy smile
66 Pouty face
67 Epps of TV's "House"
68 Smarmy
71 Barber's cut
74 Some minors
76 Boxing combo
77 H'wood type
81 Wise soul
82 Some Snapple products
83 Cruise stop
85 Big brand of nonstick cookware

- 86 Joking types
87 Cowshed site
90 It's faster than adagio
92 Laid down the lawn?
93 "The Queen" star Helen
94 Seventh- — stretch
95 Ward of TV
96 Fidel of Cuba
97 Sounded off
98 Poorer
99 Donald's first wife
100 "Zorba the Greek" novelist
101 John — (tractor maker)
105 Lacks entity
106 Play units
107 Greek letters
108 Artist
109 Irritable
111 Fuel additive brand
112 Mr. Capote, to his pals
113 Weed B — (lawn care product)
114 In — case



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last week's answers

DALI PERDIEM WHATEVER
ERIN ONEIOTA HABANERO
PACKPICKPUCK INCURRED
PLEBELES EARNNOM
LEROYLOSTLASTLIST
CORONAS SONIA NELLIE
SPOTSPITSPAT ICEDLEN
PIUSNAW ETRENIRO
ANTTAGS BERNBARNBORN
NEESONELEVATES SANA
ATNO ORATE HOYT
RULELEARNERS INVAIN
MESSMOSSMASS TALCITSE
UVEATOSS OARMALT
SERRENO CROWCRAWCREW
ERASER COORS OCULIST
DECKDOCKDUCK TWERE
TISHASPSOWSLAMS
MAINTAIN LEFTLOFTLIFT
ATONALLY ECUADOR ARAY
PONYRIDE TORNADO NYSE

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

Sudoku

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

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: R equals S

OJ V ROZ QDOTW-HWOOEYF AVAAVM
JYMQ OAVZOEVL C OMMEYHHYH, OQ'H
GLXRVRMC V DOGGXTDXEFLOVT.

Last week's CryptoQuip answer

The price of shingles has escalated rapily.
you could say it's going through the roof.

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