



JOINT EXPEDITIONARY BASE LITTLE CREEK-FORT STORY CHANGES COMMAND



GMI Michelle Pavelka

Capt. Michael L. Witherspoon (left), Commander, Joint Expeditionary Base Little Creek-Fort Story (JEBLCFS) salutes Rear Adm. Charles W. Rock, Commander Navy Region Mid-Atlantic (right) during a Change of Command, Jun. 25. Also present: Capt. Joey L. Frantzen (back). Witherspoon, a native of Tuscaloosa, Alabama, received his commissioning in 1995 through the Officer Candidate School, Pensacola, Florida as part of the first Seaman-to-Admiral Program.

From Joint Expeditionary Base Little Creek-Fort Story Public Affairs

VIRGINIA BEACH

Capt. Michael L. Witherspoon relieved Capt. Joey L. Frantzen as the sixth Commander of Joint Expeditionary Base Little Creek-Fort Story during a Change of Command ceremony, June 25.

Rear Adm. Charles W. "Chip" Rock, Commander, Navy Region Mid-Atlantic (CNRMA) was the presiding officer of the ceremony. As safety is the utmost

priority during the COVID-19 pandemic, attendance was limited and the event was streamed on the JEBLCFS Facebook page.

"They say the power of a team is unleashed by the strength of the leader's commitment and this statement has never been so true than here at Little Creek-Fort Story," Rock said during the ceremony in support of Frantzen and Witherspoon's leadership. "True leaders are the first to see the need, envision the plan and empower the team for action."

Witherspoon's most recent assignment was Future Plans at Military Sealift Command in Norfolk, and he received his commissioning in 1995 through the Officer Candidate School, Pensacola, Florida as part of the first Seaman-to-Admiral Program. His personal awards include the Navy Meritorious Service Medal, Navy Commendation Medal, Army Commendation Medal, Navy Achievement Medal, and various unit and service awards.

"For the entire JEB team, there are two

things that are extremely important to me and I ask of you each and every day," Witherspoon said. "Positive attitude and effort. If you maintain a steady strain on those two things on a daily basis, the success will follow."

Joint Expeditionary Base Little Creek-Fort Story provides outstanding support and services to ensure maximum military readiness of operational forces and resident commands. In doing so, the installation enhances the quality of life for Sailors, Soldiers, Marines and their families.

New Acting Under Secretary of the Navy selected

From Secretary of the Navy Public Affairs

WASHINGTON

The Honorable Gregory J. Slavonic was selected by the President of the

United States as the Acting Under Secretary of the Navy June 22.

Slavonic has been serving as the 18th Assistant Secretary of the Navy for Manpower and Reserve Affairs (ASN (M&RA)) since June 2018.

"I've had the opportunity to work with Greg Slavonic for a number of years and value his

» See | **A7**



U.S. Navy graphic

The Department of the Navy seal.

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Dwight D. Eisenhower and San Jacinto break U.S. Navy record

The USS Dwight D. Eisenhower and its escort ship, the USS San Jacinto have been continuously at sea for 161 days.

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Reserve Sailors help keep Norfolk Air Mobility Command on schedule during COVID-19

Sailors located across the country answered a call to keep the Norfolk Navy-operated Air Mobility Command Air Terminal on schedule

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Capture-the-flag competition

Navy Cyber Defense Operations Command participated and won the Tanium's Federal Virtual Capture the Flag.

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Seaman Imani Daniels/
 Cmdr. James Rapley, Continuity of Psychiatric Care (CPC) department head, speaks during the garden ribbon cutting ceremony at the Fisher House Jun. 25. The patients of the CPC program cleaned out and restored the old garden to bring a soothing atmosphere to the Fisher House and its residents.

CPC restores The Fisher House Garden

MCSN Imani Daniels

PORTSMOUTH, VA.

Naval Medical Center Portsmouth's (NMCP) Continuity of Psychiatric Care (CPC) program held a ribbon cutting ceremony for the garden at the Fisher House Jun. 25. The patients of the CPC program cleaned out and restored the old garden to bring a soothing atmosphere to the Fisher House and its residents.

"What these individuals have done here is taken over the garden," said Shirley Moone, registered nurse and program manager. "We have been renovating the garden for the past few

months and today is the big reveal of the hard work and dedication from the patients of the CPC."

The CPC program is a mental health recovery program which provides clinical and administrative support, and community resources to active duty military that are no longer combat ready and are going through the Disability Evaluation System (DES) process due to serious mental illnesses.

"Our patients are the severe mentally ill," Moone said. "We currently have 16 members in our program. The sailors are often overlooked, so we want to show how great of a job they do in the program and for the community."

CPC's scope of care reaches service

members diagnosed with a psychotic disorder, a major mood disorder with psychotic features, or other severe mental illness no longer requiring inpatient hospitalization. The program is designed for service members who have limited functional levels preventing them from returning to Active Duty or receiving care through regular outpatient appointments.

"They have done a marvelous job," Moone said. "People tend to look down on our patients, but the point of this is to display that these individuals are still active members of the military and to show off the beauty that they have produced to the garden of the Fisher House."

The NMCP Fisher House is one of more than 60 houses donated to the government by the Fisher House Foundation, which was designed to care for and provide free temporary housing to active duty, retired military, veterans and the families of patients receiving medical care. The foundation provides grants to families, allowing them to stay in a "home-away-from-home" near the treatment center.

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.

Kearsarge observes LGBT Pride Month

From USS Kearsarge (LHD 3) Public Affairs

NORFOLK

The diversity committee onboard the wasp-class amphibious assault ship USS Kearsarge (LHD 3) joined the nation in recognition of Lesbian, Gay, Bisexual, and Transgender (LGBT) Pride Month with a small observance June 25.

Sailors decorated the enlisted mess deck with rainbow flags, informative posters filled with historic LGBT rights facts and figures, and played a video that chronicled challenges overcome by the LGBT community.

Original plans for the ceremony included a full program with a guest speaker and entertainment; however, due to social distancing considerations the event had to be scaled down. The event was still special to those in at-

tendance and for whom it represented. The diversity committee designed Kearsarge's LGBT observance as a self-guided educational experience with artistic flare but most importantly it fostered inclusion and served as a public declaration of support for all of Kearsarge's crew members.

"This event is important to me because this is the first command that I have been to that makes an attempt to make everyone feel included," said Master-at-Arms 1st Class Alicia Julien, a member of the diversity committee. "It is an overwhelming feeling to be accepted. Some LGBTQ+ people don't feel loved by their own family, but it's amazing to know we are loved by our Kearsarge family."

Kearsarge's continuous commitment to celebrating diversity and equality events is especially reassuring to many of the ship's crew members at a time of

great division in society.

"We are enduring a tough time and the resiliency, camaraderie and teamwork shown every day is a testament to whom we are as Sailors serving in the U.S. Navy," said Capt. Neil Koprowski, Kearsarge's commanding officer. "One of the things I appreciate most about diversity events like today's is it gives us all an opportunity to demonstrate solidarity with our Shipmates—each and every one of them."

Each Sailor who attended the observance did so for different reasons. Some were there in support of a loved one, a Shipmate, or friend while others were there to support their community. Each participant took away their own meaning, perspective, and reason for being there.

"Pride to me, isn't just about LGBT," says Aviation Ordnanceman 2nd Class Leogene Porticos, a member of the diversity committee. "It's about people coming together to celebrate equality, diversity, acceptance, and most of all, self-love. I am proud of who I am, my race, ethnicity and my gender. I am gay and confidently proud."

The Department of Defense has made

great progress in its support of the LGBT community. This year marks the seventh official observance of LGBT Pride Month throughout the DOD, and the 10-year anniversary since the "Don't Ask, Don't Tell." (DADT) Repeal Act became law, allowing LGBT service members to serve openly in the military.

Recently many Gay, Lesbian and Supporting Sailors (GLASS) chapters have been started in commands throughout the fleet. The organization is a peer group for gay, lesbian, bisexual Sailors and supportive members that provides a nonjudgmental environment and understanding to express feelings and questions openly.

"We implemented a GLASS chapter onboard Kearsarge last year during deployment to provide our Sailors with year round support culminating with a celebration like the one we held today," said Koprowski. "I am proud of this ship and her crew."

LGBT Pride Month was originally established in 1995 by general assembly of the National Education Association and this month marks the 50th anniversary of annual LGBT Pride traditions.

The Flagship

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COMNAVAIRLANT recognizes supply excellence during visit with Sailors, Marines and Civilians

From Commander, Naval Air Force Atlantic Public Affairs

NORFOLK

Rear Adm. John F. Meier, Commander, Naval Air Force Atlantic (COMNAVAIRLANT), recognized military and civilian personnel during a brief visit to their workspaces aboard Naval Support Activity (NSA) Hampton Roads, June 26, to recognize their support to the fleet.

Meier, who took command of COMNAVAIRLANT on May 1, has made a point of visiting, while maintaining proper social distance, the Sailors, Marines, and civilians who support the Type Command's (TYCOM) manning, training, and equipping responsibilities.

During the brief visit to the Supply department's spaces, Meier recognized several Sailors and Marines for their meaningful impact to support the warfighter.

"I've been enormously impressed with our Supply department's ability to expedite parts to ships," said Meier. "Keeping ships and aircraft operationally ready is enormously important."

Meier reflected on the support of the Supply department that feeds into the larger mission of the Type Command added "these little things matter."

"We are the supporting commander to the fleet by

supplying the parts to make their job easier," said Meier, who added that the Supply team, as a whole, is making an impact in supporting the efforts to man, train and equip to support the fleet."

Capt. J. B. Theriault, AIRLANT Force Supply Officer, expressed his appreciation for his entire team to accomplish the mission day-in and day-out.

"I am extremely proud of the incredible efforts by the N41 team in direct support of fleet readiness. Our Sailors and Marines downrange depend on the hard work, initiative, and resiliency of the entire N41 team to expedite the parts they need to the right place at the right time," said Theriault. "This is especially true during this unprecedented coronavirus pandemic, and the entire team has rallied to support our deployers without skipping a beat."

Logistics Specialist 2nd Class Amber Hinton, who is the assistant leading petty officer for CVN readiness,

and a supervisor of 12 personnel, handles the expediting of more than 2,000 mission critical aviation requirements for embarked air wings. Hinton was surprised by the admiral's visit to recognize her and her fellow Sailors and Marines.

"I was taken aback by his visit," said Hinton. "It was a great surprise, and I was prideful."

Additionally, Meier recognized Marine Staff Sergeant John Riggs for his dedication to fleet sustain-

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Capt. J. B. Theriault

ment

and support concerning V22 readiness, as well as Marine Staff Sergeant Mark Piccirelli for his support spearheading the continuous effort to ensure our ships and deployed units experience minimal logistical

delays in receiving critical aviation items.

COMNAVAIRLANT is responsible for six nuclear-powered aircraft carriers, 54 aircraft squadrons, 1,200 aircraft and 43,000 officers, enlisted and civilian personnel based on the East Coast of the United States.

It provides combat ready, sustainable naval air forces with the right personnel, properly trained and equipped, with a focus on readiness, operational excellence, interoperability, safety, and efficient resourcing.



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MCI Aaron Bewkes

The aircraft carrier USS Dwight D. Eisenhower (CVN 69) transits the Arabian Sea, June 12, 2020. Ike is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean Sea and Pacific Ocean through the western Indian Ocean and three critical chokepoints to the free flow of global commerce.

With 161 days consecutively operating at sea, Dwight D. Eisenhower and San Jacinto break U.S. Navy record

From Carrier Strike Group TEN Public Affairs

ARABIAN SEA

As of June 25, 2020, the aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike) and its escort ship, the guided-missile cruiser USS San Jacinto (CG 56), have been continuously at sea for 161 days, setting a new record for the U.S. Navy.

Both ships departed their homeport of Norfolk, Va., on Jan. 17, for the strike group's Composite Training Unit Exercise (COMPTUEX) and follow-on deployment to the U.S. 6th and 5th Fleet areas of operation.

Although Naval History and Heritage Command does not specifically track continuous days underway for naval vessels, it has two modern documented days-at-sea records, both of which are now broken.

In Feb. 2002, the aircraft carrier USS Theodore Roosevelt (CVN 71) operated for 160 days straight in support of post-9/11 response. And it was again, Ike, who held

the record of 152 days consecutively underway during the Iran hostage crisis in 1980.

"Our ships remain undeterred in the face of adversity and this monumental feat will only make our crews and the Navy stronger," said Capt. Kyle Higgins, Ike's commanding officer. "I'm so proud of the young men and women I see on the deck plates each and every day. Their dedication to the mission is what makes our Navy the greatest fighting force the world has ever seen."

Due to the corona virus (COVID-19), Ike and its accompanying strike group ships have remained at sea to minimize the crews' exposure to the virus.

"In March, I suspended liberty port visits to reduce the chance of spreading and contracting the virus across the Fleet," said Vice Adm. Jim Malloy, commander U.S. Naval Forces Central Command, U.S. 5th Fleet, and Combined Maritime. "Throughout this pandemic, maintaining the Fleet's warfighting readiness while ensuring the safety and well-being of our Sailors has been my top priority."

Both Ike and San Jacinto's crews have maintained mission readiness and effectiveness despite restrictions related to COVID-19.

"San Jacinto and Eisenhower have proven their ability to remain a flexible, adaptable and persistent force while staying on station in the Arabian Sea," said Capt. Edward Crossman, commanding officer of San Jacinto. "Both crews have been resupplying and refueling, performing repairs and upkeep, and maintaining overall readiness while continuously at sea. The two ships have spent the last five months conducting operations and exercises with foreign partners, other U.S. service branches, and U.S. Navy ships in the region."

The ships also participated in a "rest & reset" period at sea, coming off-station for a short period of time to allow the crew to relax and reenergize with morale events such as swim calls and steel beach picnics.

While all deployments bring challenges, especially ones of record-breaking duration, they also bond Sailors together through shared memories that last a life-

time.

"We've made it this far and I'm incredibly proud of the crew for all their hard work," said Crossman. "The fact of the matter is our work isn't done. We aren't headed home yet, and we're on path to blow the previous record out of the water. The San Jacinto Gunslingers are the most motivated, professional Sailors I have ever served with."

Ike and San Jacinto remain at sea, deployed to the U.S. 5th Fleet area of operation in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three critical chokepoints to the free flow of global commerce.

"Ike and San Jacinto, along with the rest of the Ike CSG, have continued to stand the watch in this critical region of the world, conducting routine operations and maintaining constant readiness and I couldn't be prouder," said Malloy.

An interesting fact, the first USS San Jacinto was also underway during a yellow fever epidemic during the Civil War. On May 5, 1862, under the orders of President Lincoln, San Jacinto and other union warships bombarded Sewell's Point, Virginia. On August 1, 1862, it was reported that yellow fever had broken out on the ship, so San Jacinto sailed north, laid anchor, and quarantined for four months.

NAVSUP FLC Norfolk provides extended support to Truman

By Tom Kreidel

NORFOLK

The NAVSUP Fleet Logistics Center (FLC) Norfolk Logistics Support Center (LSC) wrapped up an extended period supporting the USS Harry S. Truman (CVN 75) when the carrier returned to Norfolk, June 16.

According to U.S. 2nd Fleet, following a return from deployment in March after operating in the U.S. 5th and 6th Fleet, Truman remained underway in the Western Atlantic during the sustainment phase of the Optimized Fleet Response Plan cycle as a certified and ready carrier force, ready for tasking.

As the COVID-19 pandemic spread across the globe, Truman continued operations underway while minimizing the potential spread of the virus aboard the ship, to maintain maritime stability and security and ensure access, deter aggression and defend U.S., allied and collaborate interests.

Logistics Support Officer Lt. Cmdr. Chris Sands explained that the LSC would typically support the strike groups for a finite time as they depart from Naval Station Norfolk, then turned over to another Fleet Logistics Center to support as they enter their respective theaters. Following their deployment mission they would return directly back to Naval Station Norfolk and the LSC would provide all support while the unit is pier side.

With the ship remaining off the coast, that period of direct support was extended by several weeks.

"The level of premier support we provided Harry S. Truman was the same, just for an extended period of



MCSN Christine Montgomery

The aircraft carrier USS Harry S. Truman (CVN 75) returns to Naval Station Norfolk after a seven-month deployment in support of maritime security operations and theater security cooperation efforts in the U.S. 2nd, 5th and 6th Fleets. The Harry S. Truman Carrier Strike Group has remained underway since early April as a ready carrier strike group during the COVID-19 global pandemic. Harry S. Truman has spent at least one day underway for 32 of the last 36 months, in direct support of global security around the world.

time utilizing MSC assets to support the final miles of the supply chain," he added.

He added that this required flexibility from the logistics support representative (LSR) and subsistence prime vendor (SPV) "around the clock" to address requirements from the ship.

The LSR worked closely with the ship's supply department to determine which requirements were on hand and coordinate to have the material delivered to the Military Sealift Command ship for weekly replen-

ishments-at-sea (RAS). The SPV operator processed multiple provisions orders each week for delivery by RAS as well.

Sands commended LSR Jason Bly and SPV operator Lisa Mueller for their efforts in this unique period.

"Their contributions to the unit ensured the material and provisions continued to flow to support the mission and increased the quality of life onboard for all hands," said Sands. "They are masters of their craft and a steward to the war fighter."



MC2 Alfred Coffield

Machinist Mate (Auxiliary) 3rd Class Victor D. Ventimilla serves aboard the Virginia-class fast-attack submarine USS Washington (SSN 787), homeported at Naval Station Norfolk, as a damage control petty officer. As part of his job responsibilities, Ventimilla maintains hydraulic systems, ventilation, and atmosphere control on the submarine.

Machinist's Mate serves aboard the Virginia-class fast-attack submarine

By MC2 Alfred Coffield
Commander, Submarine Forces Public Affairs

NORFOLK

Machinist's Mate (Auxiliary) 3rd Class Victor D. Ventimilla serves aboard the Virginia-class fast-attack submarine USS Washington (SSN 787), homeported at Naval Sta-

tion Norfolk, as a damage control petty officer. As part of his job responsibilities, Ventimilla maintains hydraulic systems, ventilation, and atmosphere control on the submarine.

"I'm a non-nuclear mechanic so I work on all types of systems on the submarine," said Ventimilla. "I enjoy how hands on the job is; it's demanding, but I get to experience a

lot. Every day is a learning process, and I continue to grow as a Sailor in the Submarine Force."

Fast-attack submarines are multi-mission platforms enabling five of the six Navy maritime strategy core capabilities – sea control, power projection, forward presence, maritime security, and deterrence. They are designed to excel in anti-submarine warfare, anti-ship warfare, strike warfare, special operations, intelligence, surveillance and reconnaissance, irregular warfare and mine warfare. Fast-attack submarines project power ashore with special operations forces and Tomahawk cruise missiles in the prevention or preparation of regional crises.

NCDOC wins a federal capture-the-flag competition

by Rebecca Siders

SUFFOLK

Navy Cyber Defense Operations Command (NCDOC) participated and won the Tanium's Federal Virtual Capture the Flag (CTF) Challenge on June 17 and 18.

The CTF event is a Department of Defense (DoD)-wide competition with numerous challenges within a lab environment hosted by Tanium. Tanium's Technical Account Manager (TAM) team assisted participants as they gather information utilizing Tanium's endpoint management and security platform for data analysis, investigations, and enterprise risk reduction.

During the competition, each team takes on the role of Tanium operators in which they have 24 hours to hunt and investigate more than 90 challenging events, using specific data sets to analyze real-time data as well as historical forensics data in order to complete the challenges within the lab environment.

Twelve Sailors, four teams, from NCDOC represented the Navy and competed against 58 participants, 19 teams, from the other Armed Forces services, the Intel Community, and other DoD agencies.

NCDOC teams, "Ctrl Alt Elite", "War Dolphins", and "Just SYN It" consisting

of Cryptologic Technician (Networks) petty officers, all placed in the top five winning teams, with Ctrl Alt Elite winning the competition.

Capt. Harold Cole, NCDOC commanding officer, praised the exceptional work of the NCDOC teams who participated in the event.

"We are very proud of our teams. It is reflective of our Navy cyber defenders' talent and skillset. These kinds of competitions are fun and challenging," said Cole. "We encourage our personnel to participate in them when possible because it is a good way to develop technical skills in cyber operations while under pressure as well as build teamwork and collaboration, all of which are critical skills in cyber defense."

Throughout the competition, teams must think quickly and make decisions rapidly in order to defeat their opponent, mimicking real-world agility skills critical for cyber defenders who operate under pressure to identify, prioritize, and remediate risks to networks in order to sustain the mission.

The Navy finds value of CTF events to allow cyber professionals and operators, to apply their technical and analytical skills learned from a competitive event to the reality of defending the Navy's enterprise networks.

The team captain of Ctrl Alt Elite, Cryptologic Technologist (Networks), 1st Class, and Operational Leading Petty Officer for NCDOC's Cyber Protection Team, Kristina Meyers was proud to represent the Navy and credits her teammates' talent for the win.

"Competing in these events allow us to keep our skills sharp and hone in on new techniques and tools that are developing. They challenge our ways of thinking and demand new solutions. My teammates, CTN3 Taylor and CTN2 Schroeder, were critical to the team's success. Their talent, time, and dedication are a testament to NCDOC's cyber force," stated Meyers. "I am proud to have been the captain for Ctrl Alt Elite and represent both the command and my department. We look forward to competing again!"

According to Tanium's Global Vice President of Technology and Federal Chief Technology Officer, Egon Rinderer, CTF competitions may also spark innovation.

"The Federal Capture the Flag event allows participants in charge of defending U.S. networks to harness the power of Tanium in a controlled environment where competition sparks innovation. While there's only one winner, each team gains new knowledge and skills that can ultimately be applied to real-

“ We encourage our personnel to participate in them when possible because it is a good way to develop technical skills in cyber operations while under pressure as well as build teamwork and collaboration, all of which are critical skills in cyber defense

Capt. Harold Cole

world cyber situations," stated Rinderer. NCDOC's mission is to execute defensive cyberspace operations and enable global power projection through proactive network defense and reports operationally to U.S. Fleet Cyber Command/U.S. 10th Fleet.

U. S. Fleet Cyber Command serves as the Navy component command to U. S. Strategic Command and U.S. Cyber Command, and the navy's Service Cryptologic Component commander under the National Security Agency/Central Security Service. Fleet Cyber Command also reports directly to the Chief of Naval Operations as an Echelon II command.



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by Lt. Cmdr. Chen Chang

Reserve and active-duty Sailors assigned to Norfolk Navy-operated Air Mobility Command Air Terminal load pallets onto a C-5 military cargo plane, May 2, 2020. Sailors from over 50 Navy Reserve units located across the country answered a call to support the Norfolk terminal during the COVID-19 pandemic.

Reserve Sailors help keep Norfolk Air Mobility Command on schedule during COVID-19

by MC3 Magan Strickland

NORFOLK

Sailors from over 50 Navy Reserve units located across the country answered a call to keep the Norfolk Navy-operated Air Mobility Command Air Terminal on schedule during the COVID-19 pandemic.

The Reserve unit assigned to the terminal, NR NAVAIRTERM NORVA 207, sent out the call for support to Reserve Sailors of any rate or rank. Lt. Cmdr. Chen Chang, Commanding Officer of NR NAVAIRTERM NORVA 207, knew the Reserve force could help, but was still humbled by the number of Sailors who volunteered to support.

“As the only Reserve unit assigned to the terminal, we knew about the growing demand on the AMC staff and stepped up to the plate when called by CDR Dietrich, officer in charge of the terminal,” said Chang. “We needed to help keep them on schedule — everything from loading cargo, driving forklifts, handling luggage, transporting household goods, to processing paperwork. But to get so much help from the Reserve Force outside our unit was incredible. We have had 83 Reserve Sailors and 16 Navy Cargo Handling Battalion One (NCHB-1) Sailors help the terminal so far.”

One of the Sailors responding to the call, Lt. Brianna McLeod, assigned to the Reserve maintenance team of Commander, Naval Force Atlantic (CNSL), says it was

exciting to be a part of the Navy’s COVID-19 pandemic response efforts.

“During this chaotic and uncertain time, the men and women here, especially our Reserve Sailors, have stepped up and answered the call to continue the mission,” said McLeod. “Taking every opportunity to support — however needed — the Sailors learned and executed everything from material processing and building pallets for transport to driving forklifts and loading aircraft. I am extremely proud to have had the privilege to be a part of the effort.”

Boatswains Mate 2nd Class Karthiga Jordan, assigned to Carrier Strike Group Four (CSG 4), had her first experience as a cargo handler during the orders, and says she also learned a lot and hopes to put her

new skills to work back home.

“I’ve been fortunate enough to work on my qualifications in preparation to obtain a civilian position as an aircraft freight loader once my orders have ended,” Jordan said. “Best of all, I’ve had the opportunity to meet some wonderful people who’ve made my time here rewarding and fulfilling. I’m truly grateful to have had this experience.”

During a normal month, the Norfolk terminal handles an average of 330 aircraft, 8,000 passengers, 2.6 million pounds of cargo and 450 trucks. The Reserve surge of support has allowed critical supply chains depended on by forward deployed commands to remain constant during the significant reduction of the civilian workforce.

The mission of AMC Air Terminal, Norfolk is to provide strategic airlift through the sustained movement of personnel, high-priority cargo, munitions, weapons and mail via Air Mobility Command and Navy airlift. This mission is a vital component of the worldwide transportation and logistics pipeline.



New Acting Under Secretary of the Navy selected

Continued from A1

leadership abilities, foresight and friendship,” said Kenneth J. Braithwaite, Secretary of the Navy (SECNAV). “I look forward to the innovation and inspiration he will continue to bring to the Department of the Navy (DoN) in his new position.”

As the Acting Under Secretary of the Navy, Slavonic serves as the deputy and principal assistant to the SECNAV, as

well as Chief Operating Officer and Chief Management Officer for the DoN. Additionally, he oversees intelligence activities, intelligence-related activities, special access programs, critical infrastructure, and sensitive activities within the department.

“Over the past two years, I’ve been very fortunate to work with a great team of Sailors, Marines and Civilians to make advances and improvements in manpower and reserve component affairs for the DoN,” said Slavonic. “I am honored to have been selected to this new position, being able to do a job that I love, engaging with a broader scope of issues and personnel.”

The majority of Slavonic’s profes-

sional life has been in service to the DoN, both in uniform and out. He enlisted as a Seaman Recruit and retired after a distinguished military career at the rank of Rear Admiral in the Navy Reserve.

During his time as a service member, he held four command assignments, served in combat deployments to Vietnam, Operations Desert Shield/Desert Storm, and Operation Iraqi Freedom. His final assignment was as the Navy’s Sixth Special Assistant to the Chief of Information and Director of the Navy Reserve Public Affairs Program.

The Secretary also served as the co-chair for the design and building of the USS Oklahoma Memorial at Pearl Harbor to remember the 429 Sailors and

Marines who served aboard the battleship and lost their lives on December 7, 1941.

Prior to serving as ASN (RA), Slavonic served as Chief of Staff for U.S. Senator James Lankford (R-OK) and was Lankford’s last chief when he was a member of the U.S. House of Representatives.

For the past 40 years, Slavonic has held various civilian senior level positions in the communications industry and held positions with broadcasting and print organizations.

Read Secretary Slavonic’s biography at www.navy.mil/navydata/bios/navybio.asp?bioID=1184

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Great Lakes CO receives John F. Kennedy Leadership Award

The Chicago Federal Executive Board announced its 2020 award winners.

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EXERCISE DYNAMIC MONGOOSE 2020 BEGINS



MCSN Austin Collins

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) conducts a photo exercise with the Santa Maria-class frigate SPS Santa Maria (F81), June 25, 2020. Roosevelt, forward-deployed to Rota, Spain, is on its first patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners and U.S. national security interests in Europe and Africa.

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

NORTHERN ATLANTIC OCEAN

Naval forces from Canada, France, Germany, Iceland, NATO, Norway, the United Kingdom, and the United States are participating in the NATO Allied Maritime Command-led (MARCOM) exercise Dynamic Mongoose 2020 in the northern Atlantic Ocean, June 29-July 10, 2020.

Participating units from the United States include Arleigh Burke-class

guided-missile destroyer USS Roosevelt (DDG 80), Virginia-class fast-attack submarine USS Indiana (SSN 789), and two P-8A Poseidon Maritime Patrol Aircraft assigned to patrol squadrons 47 and 16 based out of Naval Air Station Sigonella, Italy.

“Dynamic Mongoose allows Roosevelt to utilize its advanced sonar capabilities in a dynamic, high-intensity anti-submarine warfare environment, while operating with our NATO allies and partners to improve readiness and interoperability,” said Cmdr. Ryan Kendall, commanding officer of Roose-

velt. “My team and I look forward to demonstrating the strength of our NATO alliance, working together to hone our warfighting skills at sea.”

The live exercise is designed to provide intermediate and advanced Anti-Submarine Warfare (ASW) training opportunities at the unit and task group level, sharpening the ASW and Anti-Surface Warfare (ASUW) skills of participants. Dynamic Mongoose 2020 also serves to build interoperability and strengthen the enduring relationships among participating allied forces.

To ensure the safety and health of

participating military personnel, Dynamic Mongoose 2020 will take place exclusively at sea. This precaution allows NATO to enhance multinational operational cooperation, while ensuring that crews remain healthy and ready to provide continuous regional security.

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

Updated travel guidance for Navy Reserve Sailors

From Commander, Navy Reserve Force Public Affairs

NORFOLK

Commander, Navy Reserve Force (CNRF) issued new, Reserve-specific guidance on June 22 for Selected Reserve (SELRES) Sailors travelling to conduct, Annual Training (AT), Active Duty for Training (ADT), and Inactive Duty Training-Travel (IDTT) during the COVID-19 pandemic.

ALNAVRESFOR 015/20 is primarily based on the latest U.S. Navy travel guidance issued June 12 (NAVADMIN 168/20). SELRES Sailors executing Active Duty Special Work (ADSW) orders and mobilizations will continue to follow the NAVADMIN guidance and any special requirements from their supported command.

Regardless of the type of orders, SEL-

RES Sailors must contact their destination command prior to travel in order to determine Health Protection Condition Status and any local COVID-19 based reporting requirements.

AT/ADT/IDTT orders not involving travel are still authorized without a need for a waiver. However, AT/ADT/IDTT orders involving travel will require a COVID-19 status evaluation prior to execution of travel.

Prior to executing AT/ADT/IDTT orders, SELRES must evaluate the COVID-19 statuses of their departure and arrival location. Their departure location is their Home-of-Record (HOR) or location starting travel from, and their destination is wherever their orders will be executed. SELRES Sailors will use the Navy’s official site for COVID-19 location evaluation (<https://www.mnp.navy.mil/group/don/covid19/travel/tracker>) when determining whether a location is “green” or

“red.”

SELRES Sailors who reside within 50 miles of a Department of Defense (DoD) facility listed on the official Navy COVID-19 guide will utilize both Factor 1 (state and/or regional criteria) and Factor 2 (installation-level criteria based on conditions in and surrounding DoD installations, facilities, and locations) to determine the status of their departure location. If either is “red,” the departure location will be considered “red.” Those residing more than 50 miles from DoD facilities will only use Factor 1 when determining the status.

SELRES Sailors traveling to a DoD facility listed on the official Navy guide, or within 50 miles of a listed installation, will use Factor 1 and Factor 2 in determining the status of their arrival or duty location. If either is “red,” the arrival location will be considered “red.” SELRES Sailors traveling to a location not listed on the official Navy guide and beyond 50 miles of a listed installation will only use Factor 1.

After evaluating the departure and arrival locations:

- If both locations are “green” without any travel restrictions, the member can

execute travel without a waiver. Members shall continue to follow CDC guidance for social distancing and hygiene while traveling and on orders.

- If either the departure or arrival location is “red,” a waiver must be approved by the supported command, delineating the travel is considered mission essential.

Funding for travel will not be approved by Navy Reserve Order Writing System (NROWS) fund approvers unless the departure and arrival locations are “green,” or a travel waiver has been approved. In both scenarios, SELRES Sailors need to keep their Navy Reserve Activity (NRA) informed. When submitting their NROWS orders, Reserve Sailors will need to state whether or not their HOR is located within 50 miles of a DoD installation.

Members travelling for IDT drills must contact the NRA to verify eligibility to drill based on current local health conditions.

“We know this process will take some getting used to,” said Rear Adm. John Schommer, deputy commander, Navy Re-

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SDI Productions/

Making military friends: You may not be a loner after all

By Lisa Smith Molinari

Prior to writing this column, I had never taken a test like Myers Briggs Type Indicator, which has been used for decades in the military and other organizations to assess personality. I had always assumed I was an introvert, because over the course of 23 years as a Navy spouse, I spent so much time by myself. I mistakenly thought my loner personality was the reason why it was difficult to make friends every time we PCSed.

Turns out, I was wrong. (Well ... if you believe the results of the free Myers-Briggs knock-off test I took online today because I was too cheap to spend \$49.95 on the real thing.) According to the test results, I'm 68% extraverted. Huh ... I guess I don't actually prefer to be alone after all. The free preliminary report ("more detailed results are only a click and a credit card payment away!") indicated that I intuitively seek out people, cooperation, friendships and social support.

Then why on Earth did I spend

so much flipping time alone as a military spouse?

About three years into our marriage, my husband Francis, a young intelligence officer, was stationed overseas at sleepy RAF Molesworth, England. The U.S. military families living on base thrived socially, but we thought living on the economy would maximize our cultural experience. We moved into a house built in 1863 in the village of Ramsey, where our neighbors were polite and reserved, as the English tend to be.

While Francis stood long watches, I spent my days with our infant son, strolling to the village bakery, the butcher, the playground, the duck pond, and Sainsbury's. The sun began to set at four-o'clock at that latitude. Waiting for Francis to get home was agony. I craved adult contact so much, it hurt. When he was late coming home, I'd get so mad, I'd strap our baby into the stroller and walk the village streets in the dark, muttering to myself, "Let's see how HE likes it alone in that old house."

Even after making some

friends, our remote location dictated that my days were endured without much contact with other adults. For three years, I became slave to my own solitary routines, mastering meal preparation, planning travel, researching and implementing home therapies for our son after he was diagnosed with autism.

By the time we moved to Virginia Beach, I'd become accustomed to being alone. I managed to make new friends, but I maintained a fairly solitary daily routine throughout Francis's many shore duties, deployments and travel assignments.

We moved overseas again in 2008, and I had to make new friends again. Our very social neighborhood on Patch Barracks had shared patios and a huge playground. Why was it so hard? Could I make new friends in my 40s? What was wrong with me?

Rather than face the challenge, I decided—I was a loner. That explained everything and gave me the excuse I needed to stop trying. To make matters worse, I started writing while

we were stationed in Germany. While the other military spouses got to know each other on our shared patios, I was cooped up in our apartment, tapping away at the keys of my computer.

During subsequent tours in Florida and Rhode Island, I continued to use the loner excuse to avoid the difficult task of making new friends.

Essentially, I spent most of my adult life believing mistakenly that I was an introvert, when the real problem was that I was just a military spouse. The reality is that finding new friends after each PCS move is not easy. There is instant camaraderie among military families, but finding friendship chemistry with other spouses can be hit or miss. It takes persistence, sincere effort, and a thick skin.

Somehow, I found friends at every duty station. Karen, Cindi and Di in California. Navarre, Jean, and Mabel in England. Natalie, Suz, Tina, and my bunco girls in Virginia. Erin and the patio crowd in Germany. Muffin and Tara in Florida. The whole gang in Rhode Island.

The knock-off personality test has confirmed the truth: I was never a loner and I needed you all along.

www.themeatandpotatoesoflife.com

Tips for Building Family Resilience

From Military One source

Tips for Building Family Resilience Resilience is the ability to bounce back from stress. Learning to be more resilient can help your family deal with the demands of military life.

Resilient families are flexible and connected. They are great at using their resources to solve problems. Here are ways your family can build resilience:

Stay smart
Keep up to date on child development and parenting information.

Know what is normal for your child's age. This can help you have realistic expectations for behavior.

Learn how to recognize stress and deal with it in positive ways. This can increase your own well-being and show your children healthy ways to deal with challenges.

Check out THRIVE. It's a free online parenting program from the Department of Defense. Use it to raise healthy, resilient children from birth to 18.

Stay connected
Relationships need to be nurtured with time and attention.

Simple acts like playing with children, listening to them and showing affection can build resilience. When children feel loved and secure it is easier for them to form healthy relationships and handle stressful situations.

Parents need nurturing too. Make time to do simple things as a couple. Take a walk, watch a movie, listen to each other and show affection. When parents nurture their relationship it can make it easier for them to support their family's needs. It also shows children positive ways to behave.

Make community connections. Spend time with friends, family or community



Courtesy Photo/

groups that share your interests and make you feel good. Social networks can help parents and children feel more secure and better able to manage life challenges.

Stay positive
Military life can present unique challenges. These include frequent moves and long deployments. Two ways to manage those challenges are:

Get comfortable with change. Try to see transitions as puzzles to solve rather than impossible situations. These challenges can present opportunities to build skills, expand resilience and experience new adventures.

Learn to focus on the things you CAN control instead of worrying about things you can't.

Children learn as much from what their parents do as from what their parents say. When parents learn to behave positively they show children how to be positive too.

Use your resources
The Department of Defense is committed to the health and well-being of mili-

tary children and families. It provides a wide variety of resources to help families thrive. Your Military and Family Support Center can connect you to parenting programs, support for special needs, activities for children and families, Morale, Welfare and Recreation programs and more. Services vary by location so contact your installation for more information.

Military OneSource is a great place to find information anytime, anywhere in the world. Here are some online resources to help your family build resilience:

Parenting and children resources
MilParenting Tips
Enhancing Parental Resilience podcast
Recommended Wellness Apps

For questions call 800-342-9647 or send a chat request. OCONUS/Overseas? Click here for calling options. Military OneSource agents are available 24/7 to help you stay smart, connected and positive, and find resources to help your family build resilience.

Navy Housing

How do I request a particular neighborhood's wait list?

You will need to speak with your local Navy Housing Service Center (HSC). Wait lists vary by installation, and some allow for specific neighborhood wait lists, others do not and instead offer the first available military house.

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

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MC3 William Hardy

The Arleigh Burke-class guided-missile destroyer USS Nitze (DDG 94) departs Safaga, Egypt after a port visit, July 20, 2019. Nitze is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the Western Indian Ocean and three strategic choke points.

U.S. Navy conducts Freedom of Navigation Operation, contests Venezuela's Excessive Maritime claim in Caribbean Sea

From U.S. Southern Command Public Affairs

CARIBBEAN SEA

Today, while peacefully operating in the Caribbean Sea, the U.S. Navy Arleigh Burke-class guided missile destroyer USS Nitze (DDG 94) conducted a freedom of navigation operation, contesting an excessive maritime claim by Venezuela.

The U.S. Navy ship conducted the operation in international waters outside Venezuela's 12 nautical-

mile territorial jurisdiction. During the operation, the ship lawfully navigated an area the illegitimate Maduro regime falsely claims to have control over, a claim that is inconsistent with international law.

The U.S. Navy routinely conducts freedom of navigation operations around the world to preserve the maritime navigation and access rights guaranteed to all nations and vital to the global mobility of U.S. forces.

Global access to international waters protects U.S.

national interests, promotes a just international order, and ensures the U.S. Navy can accomplish key missions, including humanitarian assistance deployments, disaster relief operations, support to international counter-narcotics efforts, and multinational exercises that strengthen regional partnerships.

U.S. Navy and Coast Guard ships are currently operating in the Caribbean as part of the President's enhanced counter narcotics operation.

"The United States will continue to fly, sail and operate wherever international law allows, preserving the rights, freedoms and lawful use of the sea and airspace guaranteed to all nations," said Adm. Craig Faller, Commander of U.S. Southern Command. "These freedoms are the bedrock of ongoing security efforts, and essential to regional peace and stability."

Great Lakes CO receives John F. Kennedy Leadership Award

By MC2 Brigitte Johnston
Naval Station Great Lakes Public Affairs

GREAT LAKES, ILL.

The Chicago Federal Executive Board announced its 2020 award winners, recognizing Capt. Raymond C. Leung, Naval Station Great Lakes commanding officer, with the John F. Kennedy Leadership Award.

Leung received this award for his leadership as commanding officer throughout 2019. He led 630 personnel assigned to Great Lakes, providing critical support to the 20,000 Sailors, Marines, Soldiers and Civilians that live and work on the base. In FY19, Recruit Training Command – the Navy's only boot camp – trained 38,963 new Sailors and provided training for 11,120 enlisted surface warfare specialists.

"It is an honor to be recognized for the work we do here at Great Lakes," said Leung. "I accept this on behalf of all of the staff here on base that truly make everything possible with incredible teamwork across all our tenant commands. The Navy would not be able to complete the mission without the Sailors we train here."

The John F. Kennedy Leadership Award is a part of the Federal Executive Board Awards, identifying and honoring employees who stand out for their extraordinary service to the public. The board pulls from over 170 federal offices and agencies and nearly 50,000 federal employees.



MC2 Brigitte Johnston

Naval Station Great Lakes' commanding officer, Capt. Ray Leung, addresses Sailors during a ceremony on Ross Field honoring the Battle of Midway, June 5, 2020. The Battle of Midway occurred June 4 through 7, 1942 and it recognized as the turning point for the war in the Pacific.

Navy accepts delivery of future USS Oakland (LCS 24)

From PEO Unmanned and Small Combatants Public Affairs

MOBILE, ALA.

The Navy accepted delivery of the future USS Oakland (LCS 24) June 26 during a ceremony at Austal USA in Mobile, Alabama.

Oakland is the 22nd littoral combat ship (LCS) and the 12th of the Independence variant to join the fleet. Its delivery marks the official transfer of the ship from the shipbuilder to the Navy, bringing the service's inventory

up to 300. It is the final milestone prior to its scheduled commissioning in early 2021.

"This is a great day for the Navy and our country with the delivery of the future USS Oakland," said LCS program manager Capt. Mike Taylor. "This ship will play an essential role in carrying out our nation's future maritime strategy."

Four additional Independence-variant ships are under construction at Austal USA: Mobile (LCS 26), Savannah (LCS 28), Canberra (LCS 30) and Santa Barbara (LCS 32). Three addi-

tional ships are awaiting the start of construction.

The future USS Oakland is the third U.S. Navy ship to honor the long history its namesake city has had with the Navy. The first Oakland was commissioned in 1918 and used to transport cargo. In 1943 the second USS Oakland was commissioned. Though in service for less than seven years, she was key to many anti-aircraft missions in the Western Pacific—Marshall Islands, Pagan Island, Guam, Iwo Jima, Rota, Peleliu and Okinawa. After the war, Oakland performed two duty patrols

off the coast of China before her decommissioning in 1949.

The LCS is a fast, agile, mission-focused platform designed to operate in near-shore environments, while capable of open-ocean tasking and winning against 21st-century coastal threats such as submarines, mines and swarming small craft. The LCS is capable of supporting forward presence, maritime security, sea control and deterrence.

The future USS Oakland is the third LCS delivered to the Navy in 2020. The future USS St. Louis (LCS 19) was delivered Feb. 6, and the future USS Kansas City (LCS 22) delivered Feb. 12. Two additional ships—Minneapolis-St. Paul (LCS 21) and Mobile (LCS 26)—are planned for delivery this year.



MCSN Brennen Easter

Personnel assigned to the aircraft carrier USS Dwight D. Eisenhower (CVN 69) conduct small boat operations during a training exercise April 17, 2020. Ike is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three strategic choke points.

Eisenhower Carrier Strike Group conducts Anti-Submarine Warfare Exercise in 5th Fleet

From Carrier Strike Group TEN Public Affairs

ARABIAN SEA

The Dwight D. Eisenhower Carrier Strike Group (CSG) conducted a live, non-firing advanced anti-submarine warfare (ASW) exercise in the Arabian Sea June 15-17.

Exercise participants included the aircraft carrier USS Dwight D. Eisenhower (CVN 69), guided-missile cruiser USS San Jacinto (CG 56), guided-missile destroyer USS Truxtun (DDG 103), embarked aviation elements from Carrier Air Wing (CVW) 3, Destroyer Squadron (DESRON) 26, and the nuclear submarine Newport

News (SSN 750).

“We constantly train like we fight, and we focus on the full range of operations in the maritime conflict,” said Rear Adm. Brendan McLane, commander of Carrier Strike Group-10. “This integrated multi-platform ASW exercise against the highly-capable Newport News in the Arabian Sea was aimed to refresh and improve our Strike Group’s proficiency and tactical implementations.”

The three-day exercise consisted of submarine familiarization, protection of ships in transit, and defense against submarine threats at critical chokepoints.

During the exercise, San Jacinto and Truxtun screened and protected Eisen-

hower while a P-8A Poseidon from the “War Eagles” of Patrol Squadron 16 conducted airborne maritime patrol and reconnaissance. Additional layered defense was provided by two MH-60R Sea Hawk helicopters attached to the “Swamp Foxes” of Helicopter Maritime Strike (HSM) 74.

The Eisenhower Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations (AO), conducting maritime security operations in international waters alongside regional partners.

The ships and aircraft of Carrier Strike Group, commanded by Rear Adm. Brendan McLane, include flagship USS Dwight D. Eisenhower (CVN 69); commanded by Capt. Kyle Hig-

“ We constantly train like we fight, and we focus on the full range of operations in the maritime conflict

Rear Adm. Brendan McLane

gins; the eight squadrons of CVW-3, commanded by Capt. Trevor Estes; DESRON 26, commanded by Capt. Zoah Scheneman; the cruiser San Jacinto, commanded by Capt. Edward Crossman; and guided-missile cruiser USS Vella Gulf (CG 72), commanded by Capt. Andrew Fitzpatrick.

The 5th Fleet area of operations encompasses about 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The expanse is comprised of 20 countries and includes three chokepoints, critical to the free flow of global commerce.

Naval Base Guam paves the way for Safe Haven Liberty Ports

By Valerie Maigue
U.S. Naval Base Guam Public Affairs

SANTA RITA, GUAM

U.S. Naval Base Guam (NBG) has been designated a Safe Haven Liberty port for ships to safely pull in for potential logistical re-supply, possible repairs, and the rest and relaxation for Sailors and crewmembers amidst the COVID-19 pandemic.

U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) along with the USS Bunker Hill (CG 52) pulled into Guam for Safe Haven Liberty port visits in early June. The Nimitz Carrier Strike group, consisting of aircraft carrier USS Nimitz (CVN 68), Ticonderoga-class guided-missile cruiser USS Princeton (CG 59), and Arleigh Burke-class guided missile destroyers USS Sterett (DDG 104) and USS Ralph Johnson (DDG 114), pulled into Guam for a Safe Haven Liberty port visit June 24.

NBG has been recognized for the ability to support and maintain U.S. ships’ COVID-free “bubble”, while enhancing liberty opportunities for 7th Fleet ships conducting COVID mitigations.

“NBG provided support to a critical and unique never before accomplished mission of remedying a national strategic asset, the Theodore Roosevelt, from a global pandemic,” said NBG Commanding Officer Capt. Jeffrey Grimes, “and now we’re going to continue to support the fleet and our warfighters by providing them a safe place whether it’s operational or for their quality of life. Quality of life is integral to mission readiness.”

Policies and procedures for COVID mitigations are strictly enforced, including so-



MC2 Logan Kellums

The Ticonderoga-class guided-missile cruiser USS Princeton (CG 59) approaches Apra Harbor for a scheduled Safe Haven Liberty port visit to the U. S. territory of Guam. Princeton is part of the Nimitz Carrier Strike Group and is deployed in support of maritime security operations and theater security cooperation efforts.

cial distancing, the use of masks, and gloves. Additionally, the interaction with personnel outside of the designated liberty areas is kept at a minimum, barring a few exceptions for key personnel.

For NBG Port Operations, it’s business as usual but with the added emphasis on ship and crew safety.

“With NBG being designated as a safe haven liberty port, the added responsibility falls on us to ensure these ships can one, maximize their limited space and time and two, ensure the ships and crew remain safe and healthy in order to continue on with the mission,” said NBG Port Operations Planning Officer, Chief Warrant Officer 3 Jared Klevens. “It is a new challenge, but like everything else we have encountered over the last few months, we adapt, overcome and move forward to the next challenge.”

During port visits, Sailors have access to specific designated areas on the pier and a secured beach on base. The Safe Haven

Liberty Port visit is designed to provide the necessary mental and physical relaxation that the crew needs in order to better perform their jobs and feel rejuvenated.

MWR Guam is one of the NBG entities currently supporting the pier liberty by enhancing quality of life, boosting crew morale, readiness, and effectiveness while mitigating the risk of contracting COVID-19.

“We are leading the charge in offering exclusive liberty options for sailors who have been underway for extended periods of time,” said MWR Guam Director Julian Bogan. “Through community recreation programs (including) outdoor recreation, the marina, bowling, theatre, deployed forces support and food and beverage options we are enabling the warfighter to be ready and resilient, boosting morale. We will continue to strive to think outside the box, be innovative in our programming, and ensure the warfighters enjoy a much-deserved break”

Navy Exchange (NEX) Guam is also supporting the liberty calls and work with the individual ship’s leadership to find out if there is anything specific the NEX can provide. “We are offering a variety of services from laundry and dry cleaning, to food, tent rentals, ship orders, and the Downrange program to sailors,” said NEX Guam General Manager Lisa Ballejo.

The NEX Downrange Program, proved valuable in recent weeks, as thousands of remote orders were processed for Sailors of the Roosevelt. The Downrange Program is a service developed to provide NEX shopping for Sailors who are unable to physically visit the store.

“We have to be creative and think outside the box - if they can’t come to us, we have to bring the services to them,” Ballejo said. “A liberty call is so important to our sailors to recharge their batteries so they can be ready for the next mission. It is an honor to help support that mission.”



The aircraft carrier USS Nimitz (CVN 68) passes Point Udall June 24, 2020 as it enters Apra Harbor prior to mooring at Naval Base Guam for a scheduled port visit. Nimitz, the flagship of Carrier Strike Group 11, is deployed conducting maritime security operations and theater cooperation efforts. MCC Matthew R. White

Nimitz Carrier Strike Group pulls into Guam for safe haven liberty

From Nimitz Carrier Strike Group Public Affairs

APRA HARBOR, GUAM

The Nimitz Carrier Strike group, consisting of aircraft carrier USS Nimitz (CVN 68), Ticonderoga-class guided-missile cruiser USS Princeton (CG 59), and Arleigh Burke-class guided missile destroyers USS Sterett (DDG 104) and USS Ralph Johnson (DDG 114), pulled into Guam for a Safe Haven Liberty port visit June 24.

The visit is the third of its kind since USS Blue Ridge (LCC 19) pulled into

Guam in early June and Okinawa in May, enhancing liberty options for 7th Fleet ships conducting COVID mitigations.

During Nimitz CSG's liberty, Sailors and Marines have access to specific designated areas on the pier and a secured beach on base. This type of liberty allows for quality of life port visits, boosting crew morale, readiness, and effectiveness while mitigating the risk of contracting COVID-19.

"With the creation of Safe Haven Liberty in Guam, we have the opportunity to enjoy some crew rest and recreation," said Nimitz Commanding Officer, Capt. Max Clark. "The morale boost this gives to the

hardworking and dedicated Sailors and Marines onboard Nimitz, many of whom have been embarked aboard ship for nearly three months, is immeasurable."

Sailors and Marines will have the opportunity to unwind and enjoy food and beverages along with Wi-Fi installed on the pier, where personnel can use their phones and laptops. A section of the beach will be designated as a safe zone.

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

“ With the creation of Safe Haven Liberty in Guam, we have the opportunity to enjoy some crew rest and recreation

Capt. Max Clark

include social distancing, masks, gloves, and minimal interactions.

The Nimitz Carrier Strike Group is currently deployed to the 7th Fleet area of operations, conducting maritime security operations and theater security cooperation efforts.

NAVWAR tests commercial wireless network; increases security and speeds delivery of capability to the Fleet

By Kara McDermott
Naval Information Warfare Systems Command Public Affairs

SAN DIEGO

Naval Information Warfare Systems Command (NAVWAR)'s Fleet Readiness Directorate (FRD) completed operational testing of the Commercial Cellular as a Transport (CCaT) capability to increase cyber readiness for USS Gabrielle Giffords (LCS 10) outside the continental United States (OCONUS), June 9.

The CCaT effort uses commercial 4G Long Term Evolution (LTE) cellular modems to connect ships directly to the Internet using the commercial wireless provider's network. This offers an alternative network path connection between ship and shore when satellite communications and pierside connection are not available. CCaT also helped to keep the ship's crew safe and connected during the COVID-19 pandemic by allowing remote assistance by technical experts through the use of distant voice and chat communications.

The OCONUS testing demonstrated how systems are able to maintain their cybersecurity updates while in foreign ports that either have no Navy pierside network or have limited pierside bandwidth. Testing of this capability also allowed FRD to measure CCaT's throughput, latency and large file transfer times.

"It is critical that we maintain operational readiness," said NAVWAR Commander, Rear Adm. Christian Becker. "As more systems are turning to software solutions that need push improvements and security updates, the CCaT capability will give the ship the ability to remain secure even when facing bandwidth challenges."

CCaT will provide the bandwidth needed to download large security patches, as well as allow cyber information technicians to log in to remote scanning servers to launch scans, review results and pinpoint cyber vulnerabilities. The increased off ship bandwidth would also allow tools to operate as designed, providing the ability to detect deviations from authorized configurations, as well as the capacity to restore systems remotely or by pushing critical updates in the event of a cyber incident.

"The initial results from OCONUS testing are positive in showing how we can leverage commercial technology to get the fleet important cyber software updates quicker and more reliably," explained Nick Freije, NAVWAR FRD technical director. "Downloads and updates that used to take hours, can now be done in a matter of minutes."



The Independence-variant littoral combat ship USS Gabrielle Giffords (LCS 10) patrols the South China Sea, March 20, 2020. Gabrielle Giffords, part of Destroyer Squadron Seven, is on a rotational deployment, operating in the U.S. 7th Fleet area of operations to enhance interoperability with partners and serve as a ready-response force. MC2 Brenton Poyser

Funded by Commander, U.S. Pacific Fleet, Naval Information Warfare Center (NIWC) Pacific originally designed CCaT as a rapidly prototyped pilot effort to determine the feasibility of implementing a cellular capability. In June 2019, NAVWAR FRD and the NIWC Pacific teams demonstrated the use of a commercial 4G LTE connection as an alternate pierside connection on Gabrielle Giffords in San Diego, which securely transports ship network traffic.

"Prior to the operational demonstration in June last year, we conducted thorough lab testing at our NIWC Pacific facility to verify proper configuration and integration into the simulated ship and shore networks. The CCaT testbed also served as an important platform to implement information assurance and cyber security controls," said Kevin Sorrell, NIWC Pacific CCaT technical lead.

During both CCaT demonstrations in June 2019 and June 2020, the ship never experienced a system outage tied to the cellular network of CCaT hardware and Gabrielle Giffords' network demands never strained the CCaT system.

Crew feedback noted an improvement when completing tasks such as a casualty report (CASREP) message. With higher available bandwidth and lower latency, the process of navigating, drafting and completing a CASREP message was reduced from more than 25 minutes on the

existing connection down to 5 to 10 minutes when CCaT was used to provide the off ship communications path.

"The LCS platform continues to demonstrate its versatility in a variety of ways, both in warfighting and systems development, regardless of location," Capt. Ann McCann, Commodore of Destroyer Squadron 7. "Using tools developed by the Navy, USS Gabrielle Giffords' crew worked closely with the CCaT technicians to test the new system's operational ability for the first time, while forward deployed, and provided invaluable feedback that will benefit ships fleet-wide."

NAVWAR FRD and NIWC Pacific are continuing to look at providing the CCaT capability during ship and submarine modernization to ensure the fleet has cyber updates prior to leaving commercial shipyards where they often have limited connectivity. FRD is also working with the Navy's Tactical Networks Program Office to see how CCaT can support all Navy piers until they are upgraded to higher bandwidth that meet the fleet's cyber patching requirements.

Attached to Destroyer Squadron (DESRON) 7, Gabrielle Giffords is on a rotational deployment to the U.S. 7th Fleet area of operations in support of security and stability in the region, and to work alongside allied and partner navies to provide maritime security and stability, key pillars of a Free and Open Indo-Pacific.

EODMU2 returns home from deployment

by MCI John Barry

VIRGINIA BEACH

Sailors assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 2 returned to Norfolk, Va., June 22 following an eight-month deployment as Commander, Task Group (CTG) 56.1/52.3.

EODMU 2 was deployed in direct support to Commander, 5th Fleet (C5F) for underwater mine countermeasures, expeditionary salvage, counter-improvised explosive device and explosive ordnance disposal (EOD) response.

The missions brought them to ten countries in the C5F area of operations; Bahrain, United Arab Emirates, Kuwait, Lebanon, Jordan, Saudi Arabia, Oman, Qatar, Egypt and Djibouti. Engagements consisted of Anti-Terrorism Force Protection missions supporting 12 international ports as well as maritime interdictions and illicit narcotics deterrence operations.

"I'm incredibly proud of the work accomplished by the EODMU 2, EODMU 1, Mobile Diving and Salvage Unit 2 and EOD Expeditionary Support Unit 2 Sailors that comprised our Task Groups," said Cmdr. Clinton Cornell, EODMU 2 commanding officer. "Their ability to quickly adapt to the changing environment in an unprecedented time of force health concerns and increased regional tensions is a great example of the hard work and dedication of our Force. The team's performance and perseverance to the mission and each other was exceptional."

EODMU 2, headquartered at Joint Expeditionary Base Little Creek-Fort Story in Virginia Beach, Va., was relieved in Bahrain by EODMU 6 to fill the role of CTG 56.1/52.3. Both mobile units provide operational EOD capability for the location, identification, rendering safe, recovery, field evaluation and disposal of all explosive ordnance.



MCI John Barry
Logistics Specialist 1st Class Yamil Galandorta, assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 2, poses for a picture with his family on Norfolk Naval Air Station upon returning from deployment.



HPCON C MINUS PROTECTIVE MEASURES

APPLIES TO CONUS-BASED ECH II COMMANDS, NUMBERED FLEETS, TYPE COMMANDS, REGION COMMANDS AND THEIR SUBORDINATES.



LIMIT TRAVEL TO/FROM PLACE OF RESIDENCE/WORK WITH STOPS ONLY FOR ESSENTIAL BUSINESS



SHALL NOT VISIT/ENGAGE IN OFF-INSTALLATION FACILITIES, SERVICES OR ACTIVITIES



DO NOT VISIT NON-ESSENTIAL COMMERCIAL ESTABLISHMENTS OR OUTDOOR ACTIVITIES



WEAR CLOTH FACE COVERINGS



MAINTAIN PHYSICAL DISTANCE OF AT LEAST 6-FEET



DO NOT GATHER IN GROUPS OF OVER 10 PEOPLE

CONTACT YOUR CHAIN OF COMMAND FOR SPECIFIC DETAILS OR QUESTIONS.

Updated travel guidance for Navy Reserve Sailors

Continued from B1

serve Force (CNRF). “Nevertheless, the process established helps to mitigate the risk of spreading COVID-19 while ensuring operational support and training requirements are being met.”

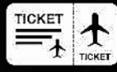
If the status of either the order location or the member’s HOR changes while the member is on orders, they will continue on orders through the original end date unless directed otherwise by the supported command. In such circumstances, a desire to extend orders will require a waiver and mission essential approval.

NRAs are directed to establish a sustainable routine to review and approve travel requests. One week prior to all travel, all NRAs will perform a final review of pending travel for funding approved orders to ensure departure and arrival locations are still “green” on all Factors. If a location has changed to “red,” a waiver is required to execute travel.

The message also emphasizes the importance of Reserve Sailors completing their AT and the different means by which to complete such before the end of the fiscal year. However, the deadline for annual participation waiver has been extended again to July 31.

“As we have said from day one of this crisis, SELRES Sailors need to be communicating with their NRAs and their supported commands,” said Schommer. “Open communication makes this process a lot easier, and helps address any questions or concerns not covered by policy.”

ALNAVRESFOR 015/20 CHECKLIST FOR EXECUTING AT/ADT/IDTT ORDERS DURING COVID-19



Step 1: Do your orders require official travel?

- Yes. Proceed to Step 2.
- No. Orders authorized; no further action required.



Step 2: Evaluate COVID-19 status of departure location, using the Navy’s official site for COVID-19 location evaluation (see hyperlink below).

- If Home-of-Record (HOR) or alternative locations is within 50 miles of a DoD installation listed on the official Navy guide, use Factor 1 (state and/or regional criteria) and Factor 2 (installation-level criteria based on conditions in and surrounding DoD installations, facilities, and locations). Note if either Factor is “green” or “red.”
- If HOR is not within 50 miles on an installation, use only Factor 1. Note if the Factor is “green” or “red.”
- When submitting NROWS, include the required language listed in ALNAVRESFOR 015/20, para (4).



Step 3: Evaluate COVID-19 status of arrival location, using the Navy’s official site for COVID-19 location evaluation.

- If arrival DoD installation is listed on the official Navy guide, or within 50 miles of a listed installation, use Factor 1 and Factor 2. Note if either Factor is “green” or “red.”
- If your arrival destination is not listed on the official Navy guide and beyond 50 miles of a listed installation, use only use Factor 1. Note if the Factor is “green” or “red.”



Step 4: Determine if a waiver is required.

- If both locations are “green” without any travel restrictions, you can execute travel without a waiver.
- If any Factor is “red” during your evaluation, a waiver must be approved by the supported command. Travel must be considered “mission essential.”

[HTTPS://WWW.MNP.NAVY.MIL/GROUP/DON-COVID-19-TRAVEL-TRACKER](https://www.mnp.navy.mil/group/don-covid-19-travel-tracker)

Commander, Navy Reserve Force (CNRF) issued new, Reserve-specific guidance on June 22 for Selected Reserve (SELRES) Sailors travelling to conduct, Annual Training (AT), Active Duty for Training (ADT), and Inactive Duty Training-Travel (IDTT) during the COVID-19 pandemic.

NCIS warns DON about dark web purchases of illicit narcotics

From Naval Criminal Investigative Service Public Affairs

QUANTICO

NCIS over the past year has noticed an increase of drug investigations involving Department of the Navy personnel purchasing, using, and/or distributing LSD (Lysergic Acid Diethylamide). Many of these investigations involve purchasing the drug on the dark web.

From 2003 to 2006, the Department of Defense forensic drug laboratories detected only four instances of positive urinalysis for LSD out of a sample of over two million samples. As a result, the Navy discontinued testing for LSD in late 2006 by directive of the Deputy Assistant Secretary of Defense for Counternarcotics.

Recent law enforcement reporting has revealed that an increasing number of people are moving to purchasing illicit substances via the dark web because of the perceived anonymity provided by tools like The Onion Router (TOR). They also use cryptocurrencies such as bitcoin to pay for purchases. While TOR offers anonymity by obscuring IP addresses, law enforcement use various investigative techniques to identify both purchasers and sellers. Additionally, many cryptocur-



US Navy graphic/

rency transactions are traceable.

When the law enforcement seized the original Silk Road online marketplace in 2013, dark web users quickly replaced it with another marketplace that was also seized by law enforcement. As quickly as new markets are established, law enforcement will work to identify and seize these markets whenever possible, each time leading to the arrest of users and sellers.

In addition to being caught by law enforcement, NCIS warns DON personnel to be cognizant of other risks involved with dark web purchases of LSD or other illicit substances:

Drugs purchased via the dark web are often laced with other substances in dangerous combinations that can lead to death. Additionally, international, federal, state, and local law en-

forcement are working collectively, using a variety of techniques to infiltrate marketplaces, identify users, and combat the illicit drug threat. NCIS, in conjunction with law enforcement partners, continues to use investigative tools—including source networks and tipsters—to identify and prosecute DON personnel attempting to buy LSD or other illicit substances on the dark web.

Anyone with information relating to DON personnel buying or selling LSD or illicit substances either on or off the dark web should report it to NCIS using the NCIS Tips app or at www.ncis.navy.mil. Tips may be reported anonymously.

NCIS offers rewards. NCIS may provide a reward to you for information that leads to a felony conviction.

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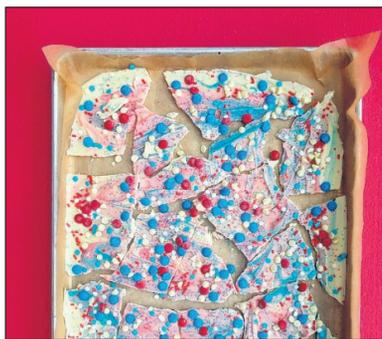


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¹\$750 INCENTIVE OFFERED BY TOYOTA MOTOR NORTH AMERICA, INC. AND MAY BE APPLIED TOWARD FINANCE OR LEASE CONTRACTS ON NEW TOYOTA VEHICLES, DATED FROM JUNE 2, 2020 THROUGH JULY 6, 2020. TO QUALIFY FOR THE INCENTIVE, AT THE TIME OF PURCHASE OR LEASE YOU MUST (1) BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE, SELECTED RESERVE AND INACTIVE NATIONAL GUARD; OR A MILITARY VETERAN OR RETIREEE (RETIREEES HONORABLY DISCHARGED) OF THE U.S. MILITARY WITHIN TWO YEARS OF THEIR DISCHARGE/RETIREMENT DATE; OR A HOUSEHOLD MEMBER OF AN ELIGIBLE U.S. MILITARY PERSONNEL, INCLUDING GOLD STAR FAMILY MEMBERS; AND (2) PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE; (3) RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENT FOR YOUR NEW VEHICLE; AND (4) RECEIVE CREDIT APPROVAL FROM AND EXECUTE A FINANCE OR LEASE CONTRACT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. **NOT ALL APPLICANTS WILL QUALIFY.** ON LEASE CONTRACTS, INCENTIVE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, INCENTIVE MUST BE APPLIED TOWARD THE DOWN PAYMENT. LIMIT ONE INCENTIVE PER FINANCE OR LEASE TRANSACTION PER ELIGIBLE U.S. MILITARY PERSONNEL OR ELIGIBLE HOUSEHOLD MEMBER. OFFER NOT COMBINABLE WITH THE COLLEGE GRADUATE INCENTIVE PROGRAM, THE IFI PROGRAM, AND THE LEASE-END REFI PROGRAM. VEHICLE MUST BE TAKEN OUT OF DEALER STOCK. TERMS, CONDITIONS AND RESTRICTIONS APPLY. PROGRAM IS NOT AVAILABLE IN AL, FL, GA, HI, NC, AND SC. ASK YOUR PARTICIPATING DEALER ABOUT THE MILITARY INCENTIVE TERMS IN YOUR AREA. MUST PAY SALES TAX. VOID WHERE PROHIBITED BY LAW. NOT REDEEMABLE FOR CASH. TOYOTA FINANCIAL SERVICES IS A SERVICE MARK OF TOYOTA MOTOR CREDIT CORPORATION (TMCC). TMCC IS THE AUTHORIZED ATTORNEY-IN-FACT AND SERVICER FOR TOYOTA LEASE TRUST. ²TOYOTACARE 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.



A So-Fun, So-Easy Fourth of July Chocolate Bark

When it comes to a big holiday celebration, our go-to dessert is always a hit: chocolate bark! And as you can see from our barks of holidays past it's quick, easy and totally versatile.

» See C4

FACTS ABOUT

THE 4TH OF JULY

In honor of the fourth of July weekend here are some fast fact about the holiday.



The Declaration of Independence wasn't passed on the fourth of July.

The Continental Congress voted in for independence in a near-unanimous vote on July 2nd. (the day John Adams thought we should celebrate)

John Adams	Both died on July 4, 1826	Thomas Jefferson	56 signers	Edward Rutledge Youngest: 26 years	13 were 35 or younger. 7 were 60 or older.	Benjamin Franklin Oldest: 70 years
Future Presidents						



Philadelphia held the first annual commemoration of independence on July 4, 1777

Philly also started the tradition of setting off fireworks on the 4 of July. During the first organized celebration of Independence Day. Ships fired cannons as 13-gun salute in honor of the 13 colonies.

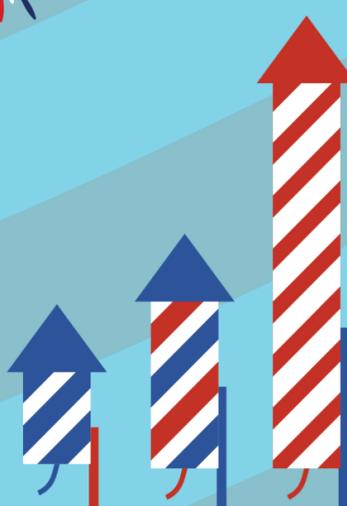
DURING THE FOURTH OF JULY AMERICANS EAT

150
MILLION HOT DOGS



THERE ARE AROUND 15,000 INDEPENDENCE DAY FIREWORKS CELEBRATIONS EVERY YEAR.

According to a 2017 American Pyrotechnics Association projection, around 15,000 fireworks displays occur for the Fourth of July holiday



Sources: mentalfloss.com, www.history.com

Community

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Rasija

Fireworks Display Cancellations and Potential of Increased Use of Illegal Fireworks in Virginia

From Virginia Department of Fire Programs

RICHMOND

The Virginia Department of Fire Programs' (VDFP) State Fire Marshal's Office (SFMO) says this Fourth of July holiday will be significantly different than in years' past – almost all permitted professional fireworks shows have been cancelled and as a result, a surge in non-permissible or illegal fireworks may be used in the Commonwealth.

“COVID-19 has covered many of our pastimes and traditions with a wet blanket. We anticipate that this Fourth of July, Virginians will take to their own devices to celebrate the holiday in their backyards or neighborhoods,” said VDFP Executive Director Michael Reilly. “On top of limited fireworks displays, we’re dealing with limitations in how we assemble. This formula makes celebrating the Fourth of July holi-

day logistically complicated.”

VDFP's State Fire Marshal's Office serves as the fire code enforcement arm of the state government training agency. In 2019, SFMO confiscated approximately 10,000 non-permissible fireworks that were either sold, used, or in possession. This is five times the number of nonpermissible fireworks confiscated in 2018, which was roughly 2,000.

In general, any firework that explodes, moves on the ground or in the air, or shoots a projectile is illegal. “Fire officials stress the message of ‘leaving fireworks to the professionals’ because the professionals obtain permits with the State Fire Marshal's Office or within their respective localities,” said VDFP Assistant State Fire Marshal of Special Operations Billy Hux. “Fire officials vet each request and host for the proper use of permissible fireworks, safety factors, and capabilities. This is for the sake of public protection. Confiscation of nonpermissible

fireworks is how we prevent the worst from happening to individuals and property.”

Only “permissible fireworks,” as defined in the Code of Virginia, can be legally sold, possessed or used within the Commonwealth. A list of permissible fireworks can be viewed on the VDFP website. The fireworks listed in this document have been field tested to compare the items to the performance criteria of the American Fireworks Standards Laboratory (AFSL). Permissible fireworks may also be further limited in different localities. Check local ordinances as well as the Statewide Fire Prevention Code prior to purchasing and utilizing fireworks.

The sale, possession and /or use of any fireworks not classified as permissible is prohibited. Violations can be prosecuted as a Class I Misdemeanor, punishable by a fine not to exceed \$2,500 and/or up to one (1) year in jail. Any illegal fireworks can be confiscated by authorities.

Many localities prohibit the sale, possession or use of all fireworks.

SFMO started conducting statewide fireworks stand inspections in June and will continue in July, to include July 4th. VDFP Assistant State Fire Marshal of Special Operations Hux added, “SFMO will be assisting state and local partners with the enforcement of the Statewide Fire Prevention Code for permissible and non-permissible fireworks usage throughout the state.”

If you do use permissible fireworks, follow these important safety precautions:

Check local ordinances on the use of fireworks.

Fireworks can only be used on private property with the consent of the owner.

Never use fireworks indoors.

Never use fireworks while under the influence of alcohol or drugs.

Never allow children to use fireworks.

Ensure adequate clearance from people, buildings and combustible material.

Have a garden hose or other water source readily available in case of fire.

Soak spent fireworks in water before placing them in the trash.

Always follow the manufacturer's instructions.

Never hold the fireworks in your hands while lighting them.

Never point fireworks at a person.

'LIBERTY CELEBRATION' JULY 4 AT THE AMERICAN REVOLUTION MUSEUM AT YORKTOWN

From the Jamestown-Yorktown Foundation

YORKTOWN, VA.

This Fourth of July, salute the 244th anniversary of the Declaration of Independence during Liberty Celebration at the American Revolution Museum at Yorktown.

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.

From 9 a.m. to 6 p.m. on July 4, visitors can enjoy interpretive programs, artillery demonstrations and learn about the challenges that faced our nation's founders, including those who signed the Declaration of Independence, as well as those for whom the new nation's rights of freedom and liberty did not apply.

Indoors and out, enjoy these liberty experiences:

- See a rare July 1776 broadside of the Declaration of Independence duplicated in mass to spread the word of liberty from town to town featured in an immersive gallery exhibit surrounded by signatures of this famous document's signers.

- Catch “Liberty Fever” – the museum's introductory film, shown throughout the day in the main theater.

- Take part in patriotic programming in outdoor re-creations of a Continental Army encampment and Revolution-era farm.

“Forgotten Soldier” Special Exhibition Extended Through July 8

As Patriots fought for the freedom of a nation, thousands of men, women and children remained enslaved. “Forgotten Soldier,” a special exhibition reopening for a two-week extended showing through July 8, explores personal stories of African-American soldiers and their contributions toward establishing an independent nation. Take in rare artifacts and documents – some side-by-side together for the first time since 1783 – and



Courtesy Photo/

compelling art that traces the experiences of enslaved and free African Americans on both sides of the Revolutionary War. View an original work by Titus Kaphar, American contemporary artist and 2018 MacArthur Fellow whose work reconfigures subjects in art history, often reinserting African Americans into familiar narratives of the past. This 3D sculpture invites visitors to “shift their gaze” or look at history through a new lens to contemplate these soldiers often overlooked in historical accounts. The project is in partnership with the Williamsburg Contemporary Art Center.

Outdoor Living-History Experiences at the American Revolution Museum at Yorktown

From 10 a.m. to 4:30 p.m., visitors can experience the life of 18th-century soldiers and citizens in outdoor re-creations of a Continental Army encampment and Revolution-era farm.

At the Continental Army encampment, historical interpreters describe and depict daily routines of American soldiers, with demonstrations of musket and artillery firing, 18th-century surgical and medical practices, and role of the quartermaster in managing troop supplies. In the artillery amphitheater, feel the thunder of a cannon blast as historical interpreters fire a salute to our nation's founders. Artillery demonstrations will begin at 11 a.m. and 4:15 p.m., and a program on feeding the troops will take place at 2 p.m.

Throughout the day in the re-created Revolution-era farm, visitors can learn how farmers during the Revolution became more self-sufficient by growing and processing flax, cotton and wool for homespun cloth. Visitors can see what is cooking in

the farm kitchen as historical interpreters prepare a variety of 18th-century dishes on the hearth, using historical recipes from Virginia's earliest cookbooks, as well as foods of enslaved people and the evolution of period dishes through cultural influences. Food preparation is for demonstration purposes only.

Admission

“Liberty Celebration,” supported in part by the Jamestown-Yorktown Foundation, Inc. Annual Fund, is included with museum admission: \$15.25 for adults, \$7.75 for youth ages 6-12 and free for children under age 6. 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.

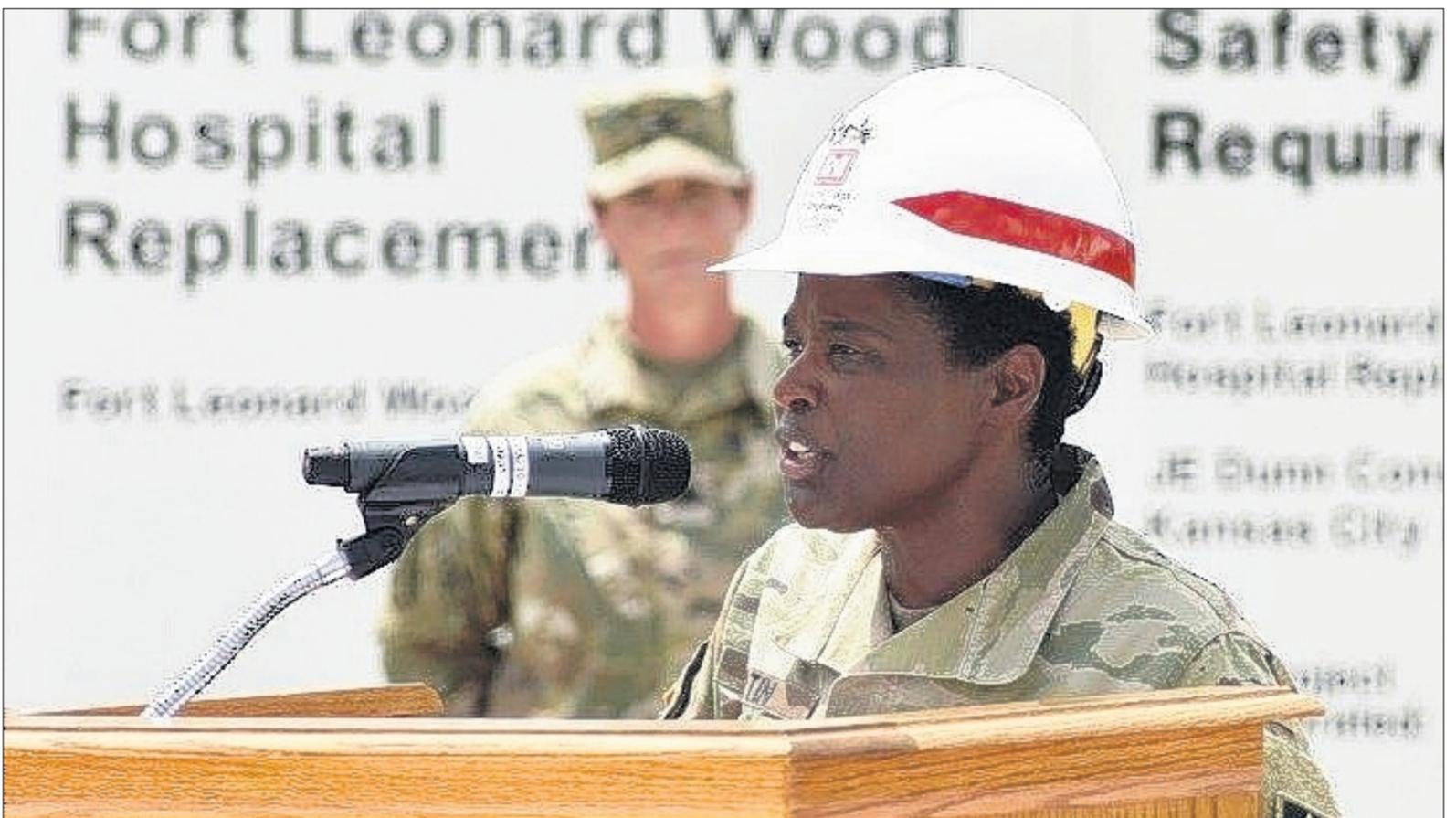
About the American Revolution Museum at Yorktown

The American Revolution Museum at Yorktown, located on Route 1020 near the Colonial Parkway in Yorktown, tells the story of the nation's founding, capturing the transformational nature and epic scale of the Revolution and its relevance today.

Indoor gallery exhibits and films are open 9 a.m. to 6 p.m. daily through August 15, with living-history areas open 10 a.m. to 4:30 p.m. Parking at the museum is free for museum visitors. On July 4, the Yorktown Trolley will offer free shuttle service to Historic Yorktown from 10 a.m. to 5:30 p.m.

For more information about “Liberty Celebration” and safety and social-distancing protocols at the American Revolution Museum at Yorktown, visit historyisfun.org.

Health



Maj. Gen. Donna Martin, Maneuver Support Center of Excellence and Fort Leonard Wood commanding general, described the groundbreaking event for the new hospital as a historic moment for Fort Leonard Wood

Fort Leonard Wood breaks ground on new hospital

By: Mark Oswell, MHS Communications

Fort Leonard Wood held an official groundbreaking ceremony Monday, June 22, for the new General Leonard Wood Army Community Hospital (GLWACH). The construction of the hospital campus is anticipated to be completed in the fall of 2024.

“Today is a dream come true for this military community and for the entire region,” said Army Maj. Gen. Donna Martin, Maneuver Support Center of Excellence and Fort Leonard Wood commanding general, who labeled the event a “historic moment for Fort Leonard Wood.”

This new 235,400-square-foot hospital will be located on 52 acres just northeast

of the existing cantonment-style hospital. The campus will feature 193,300-square-feet of clinic, central utility plant, emergency backup generators, five-bay ambulance garage, expanded and improved intensive care unit, helipad, and supporting facilities.

Upon completion, the existing hospital, which was completed in 1965, will be demolished, with renovation of the existing optical fabrication lab and parking improvements to follow.

Army Lt. Gen. Raymond Scott Dingle, U.S. Army surgeon general, explained the importance of building a hospital in order for the Army to continue caring for the local beneficiary population of soldiers, family members, recruits, and civilians; and ensuring medically ready

force.

“The new hospital will have all the capabilities of our current facility,” said Army Col. Kimberlie Biever, GLWACH commander. “It will be more efficient in terms of function, it will be more cost-effective to maintain, and it will be a beautiful facility where people want to work and where our patients will be welcomed in a therapeutic environment.”

“The mission here is a tremendous mission, because it provides the Army its lifeline, its bloodline of bringing in new recruits,” explained Dingle. “In order for us to continue to provide the innovative, world-class health care – the new facilities’ time is now.”

The current GLWACH provides inpatient and outpatient care to more than

36,000 beneficiaries and is staffed by 900 medical, dental, nursing, and administrative personnel.

“The Department of Defense and the Department of the Army are committed to continuing to have a hospital here at Fort Leonard Wood, but now it has to be recapitalized in a way that serves the purpose of delivery health care now and in the two-thousand twenties,” added Army Lt. Gen. Ronald Place, director, Defense Health Agency.

Fort Leonard Wood trains more than 80,000 uniformed service members and civilians annually, and is home to the U.S. Army Maneuver Support Center of Excellence and three U.S. Army schools: the U.S. Army Engineer School; U.S. Army Chemical, Biological, Radiological and Nuclear School; and the U.S. Army Military Police School.

In addition to training engineer, CBRN and military police specialties for the Army, Fort Leonard Wood also provides gender-integrated in-processing and basic combat training for new soldiers.

Understanding the potential of COVID-19 convalescent plasma

By: Military Health System Communications Office

The Department of Defense has set a goal to collect more than 8,000 donated units of plasma from patients who have recovered from COVID-19 by Sept. 30, 2020. This blood will be used to treat critically ill patients and support the development of an effective treatment against the disease.

Like a missile locking on its target, antibodies attack invaders inside the body with a singularity of purpose: search and destroy. Typically, infection-fighting white blood cells produce antibodies as an appropriate response to an invading germ. In some people whose immune systems can’t mount a sufficient attack against a virus, donated antibodies from another person’s plasma may help. Researchers believe the power of antibodies lies in their ability to bind to a virus and neutralize it, or block it from entering cells, said Dr. Kayvon Modjarrad, director of the Emerging Infectious Diseases Branch at the Walter Reed Army Institute of Research in Silver Spring, Maryland. Modjarrad leads the Army’s COVID-19 vaccine development research.

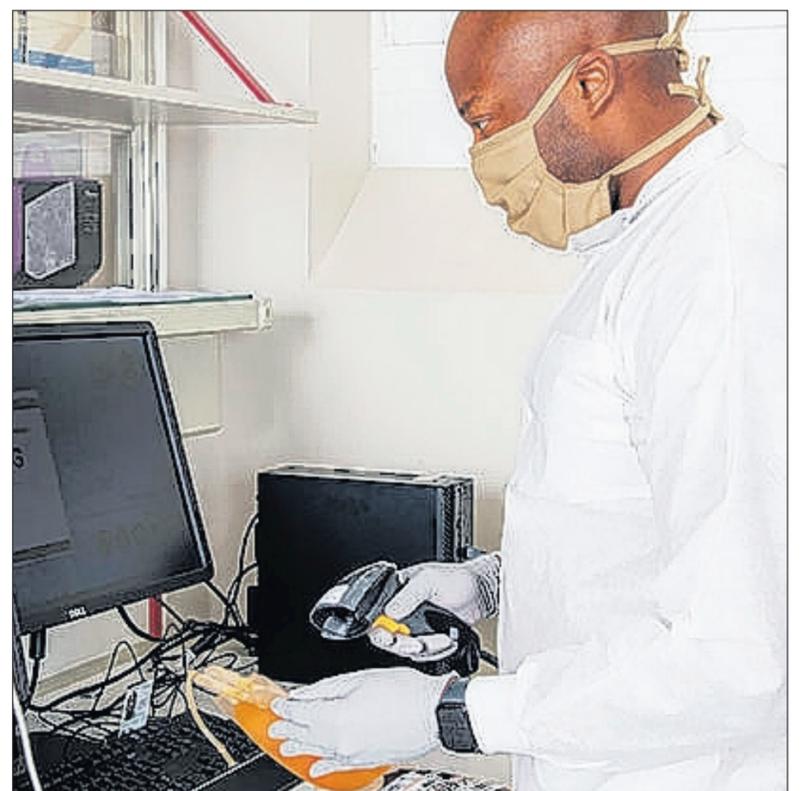
But not all antibodies are created the same. “Antibodies come in different flavors, some of them are neutralizing and some of them are non-neutralizing and we don’t know exactly which individuals are developing what type of antibody,” said Shelly Krebs, chief of B Cell Biology Core at WRAIR Military HIV Research program.

COVID-19 convalescent plasma, or CCP, from a recovered patient could be a mixture of both neutralizing and non-neutralizing antibodies. In fact, people infected with COVID-19 can have varying antibody responses. Some may not have enough antibodies in their plasma

to benefit another patient, which is why CCP first needs to be tested for neutralizing antibody levels before transfusing, explained Modjarrad. His lab works to understand the mechanism of COVID-19 antibodies to predict the levels required to offer a person protection from the virus.

Transfusing antibodies provides short-term immunity as the donor antibodies last several weeks to months inside the body, said Navy Capt. (Dr.) Todd Gleeson of the Navy Bloodborne Infection Management Center, located at Naval Support Activity Bethesda, Maryland. “It is likely that a person with COVID-19 who receives CCP will also still develop their own immune cells and produce antibodies to fight the virus if that person is re-exposed in the future,” said Gleeson, who leads a convalescent plasma study of patients at Walter Reed National Military Medical Center also at NSAB in Bethesda. But scientists just can’t confirm that yet. They hope to uncover the answer and many more as they study CCP and COVID-19 antibodies to better treat patients and develop future vaccines.

Military medical treatment facilities will soon take part in an observational study across the Department of Defense to help researchers track trends among patients with COVID-19. The data will help trace recovered patients to ask for CCP donations as the DoD seeks to build a storehouse of CCP for patients admitted to Military Health System facilities and those deployed outside the U.S., explained Army Col. (Dr.) Andrew Cap, director of research at the Army Institute of Surgical Research in San Antonio, Texas. “The goal is to build a convalescent plasma capability within the DoD, both on the collection and on the treatment side,” said Cap, who helped draft a CCP pro-



U.S. Army Sgt. Reginald Miles, a 68K lab technician with the Landstuhl Blood Donor Center, labels donated liquid plasma, Apr. 24. Plasma is especially important for trauma patients, as it helps blood clot and treats hemorrhaging.

cedure for the DoD.

Future research may lead to the development of highly concentrated neutralizing antibodies extracted from large quantities of convalescent plasma as a potential therapy for prevention and treatment, added Cap.

Scientists believe monoclonal antibodies—derived from a single immune cell—may also hold potential as both a treatment and preventive measure against COVID-19. Krebs and her team have engineered monoclonal antibodies in the lab by isolating the best neutralizing antibodies from CCP samples to create an army of exact replicas that target the COVID-19 virus down to the atomic level, explained Modjarrad. “We know where and how well it’s going to target, and we know the kinetics of how long it will last in the body and how long it will provide protec-

tion,” he explained, noting convalescent plasma does not provide that level of effectiveness. “CCP is not generally used for prevention but for treatment.” Monoclonal antibodies could be used for both treatment and prevention of COVID-19 because the transfused neutralizing antibodies would provide immediate immunity, he added.

Monoclonal antibodies have been in use for decades and revolutionized cancer treatment. Krebs’ lab plans to expand the research into monoclonal antibodies against COVID-19 into animal studies this summer. “Our primary goal is to come up with a treatment for people who have COVID-19,” she said.

Anyone able to donate convalescent plasma should contact the Armed Services Blood Program or go online to find a complete list of available collection centers.

Food



MIKE GARTEN

Salmon Burger | Trade your usual beef burger in for something a little lighter

By: THE GOOD HOUSEKEEPING TEST KITCHEN

Think beyond beef! This flavor-packed burger recipe uses fresh instead of canned salmon and is mixed with lemon, dill, and parsley. Top it off with lots of bright veggies — cucumber, sprouts, and lettuce — and an herby

yogurt sauce for a lighter and super easy weeknight dinner.

Ingredients
 1 large egg
 1 lb. skinless salmon fillet, finely chopped
 2 scallions, chopped
 3 tbsp. fresh dill, chopped, divided
 3 tbsp. flat-leaf parsley, chopped,

divided
 Kosher salt and pepper
 1 tbsp. olive oil
 1/2 c. Greek yogurt
 1 tsp. lemon zest plus 2 Tbsp juice
 4 brioche buns, toasted
 8 Bibb lettuce leaves
 2 Persian cucumbers or 1/2 English cucumber, shaved lengthwise

2 c. broccoli or radish sprouts

Directions

In medium bowl, beat egg until frothy. Fold in salmon, scallions, 2 tablespoons each dill and parsley, and 1/4 teaspoon each salt and pepper.

Heat 1 tablespoon oil in large skillet on medium. Spoon 4 mounds of salmon mixture (about 1/2 cup each) into skillet and flatten into 1/2-inch-thick patties. Cook patties until golden brown, 2 minutes per side.

Meanwhile, in bowl, combine yogurt, lemon zest and juice, remaining Tbsp dill and parsley, and 1/4 teaspoon each salt and pepper.

Spread yogurt sauce on bottom buns (about 2 1/2 tablespoons each) and top with lettuce, salmon patties, cucumber, and sprouts; add top buns.

A So-Fun, So-Easy Fourth of July Chocolate Bark

BY GABRIELLA VIGOREAUX

When it comes to a big holiday celebration, our go-to dessert is always a hit: chocolate bark! And as you can see from our barks of holidays past it's quick, easy and totally versatile. The psychedelic blue and red swirls of this Independence Day version make it particularly mesmerizing. Let the kids pitch in with the decorating, too.

What You'll Need:

- 2 bags white chocolate chips (reserve 1 cup for swirls)
- Red and blue food coloring
- Assorted red, white, and blue sprinkles, chocolates, and candies

Step #1: Prepare Your Pan

Line a baking sheet with parchment paper or foil.

Step #2: Melt the Chocolate

Empty 2 bags of white chocolate chips in large glass bowl, reserving 1 cup for later. Microwave for 2 minutes, stirring every 30 seconds or until melted. Spread melted chocolate into a rectangular shape on the pan, about 1/4-thick.

Step #3: Make the Swirls

Microwave 1/2 cup reserved white chocolate chips in small microwave-safe bowl until melted, about 1 minute. Stir in a few drops of red food coloring. Dollop on the surface of the bark and use butter knife to swirl in decorative patterns (This is where you get to be artsy). Repeat with the other 1/2 cup white chocolate chips and blue food coloring.

Step #4: Add Your Toppings

Break out the red, white, and blue sprinkles, chocolates, candies and scatter all over the bark.

Step #5: Chill the Bark



GABRIELLA VIGOREAUX



Courtesy Photo/

Returning From Deployment: Helping Your Family Transition

From Military One source

Armed with the right information and understanding, reuniting with your family after a deployment can go more smoothly for everyone. Educate yourself on what to expect upon reintegration, and be patient with yourself, your spouse and your kids. Don't be afraid to ask for help. Follow these eight tips to ease your adjustment.

Tips for preparing your children

Children can often have mixed emotions about a deployed parent's return. You can make the transition smoother for them if you follow these tips:

Talk it out. Your children will probably have many questions, especially if this is your family's first reunion. Try to be patient and listen carefully to their concerns. As you explain the situation, make sure you are respectful of your children's feelings and give them space to express their emotions.

Watch for signs of stress. Children tend to show stress differently than adults. If you start to notice more misbehavior, nightmares, or changes in eating and sleeping habits, your child

may be trying to tell you something. Offer as much support as you can and consider talking to your pediatrician if the problem persists. Military and Family Support Centers are found on most military installations and Military Kids Connect is an online site that helps children and teens communicate and cope with deployment issues.

Discuss the "new normal." If your household routine or rules have changed considerably while the deployed parent was away, take steps to prepare your child for how the day-to-day schedule may shift now that mom or dad is home. Providing a heads-up for what to expect can help make the transition a bit smoother as your child adapts.

Plan for reconnection. Prepare both your spouse and child for a potential adjustment period by planning reconnection activities ahead of time. Talk to your child about what schoolwork or new skills to show the returning parent, and suggest a special activity or outing to your spouse for the entire family. You and your child may also benefit from Military OneSource's Building

Healthy Relationships free specialty consultation to help renew and strengthen your bond during your transition period.

Tips for preparing your spouse

Chances are, you and your spouse both grown and changed during your time apart, and it's normal to have some growing pains. Here's how you can help your spouse with the transition:

Encourage your spouse to accept mixed emotions. It's OK if excitement isn't her or his only emotion. Your spouse may also be nervous, worried or even concerned about what it will be like to have you home. Accept and acknowledge that the way she or he feels is perfectly ok.

Be realistic. Building your reunion up in your head may just be a recipe for disappointment. While it's certainly OK to daydream, don't let unrealistic expectations get in the way of reality.

Recognize the changes. Regardless of your situation, the basic passing of time means that things aren't likely to be exactly the same as they were pre-deployment. Focus on creating that

new normal for your family rather than striving to return to your old way of life. Keep in mind that it may take a few weeks to work out your new balance of household roles and responsibilities with your spouse. Do your best to be flexible and open to change as you both adapt.

Don't bottle up your feelings. Even though it's important to be patient during the adjustment period, it's important for your spouse to avoid suppressing her or his feelings. Encourage your spouse to find a trusted confidante — whether it's a friend, close family member or counselor.

MilSpouse Toolkit. From education on military culture to navigating resources, this track is beneficial for new spouses who may be experiencing a disconnect from their family and need to identify a support system in their new community. This track focuses resources to assist new and current military spouses with adjustment to the military lifestyle, developing coping skills and resources for resiliency.

With patience, time, and a little effort, you will become a tight couple and family again. Be accepting of yourself and your family members as all of you navigate the reunion transition. Reach out for confidential information and support through Military OneSource if you need it.

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