



MC2 Logan Kellums

The Arleigh Burke-class guided-missile destroyer USS Ralph Johnson (DDG 114) steams in formation with the aircraft carrier USS Nimitz (CVN 68) during dual carrier operations with the Nimitz and Theodore Roosevelt Carrier Strike Groups (CSG). Dual carrier operations unify the tactical power of two individual CSGs, providing fleet commanders with an unmatched, unified credible combat force capable of operating indefinitely. The CSGs are on scheduled deployments to the Indo-Pacific.

## Task Force One Navy established to combat discrimination in the Navy

From Chief of Naval Personnel Public Affairs

### WASHINGTON

The Navy stood up a special task force June 30, to address the issues of racism, sexism and other destructive biases and their impact on naval readiness.

“Task Force (TF) One Navy” will be led by Rear Adm. Alvin Holsey who will report his findings to the Chief of Naval Operations, Adm. Mike Gilday via the Navy’s Chief of Personnel, Vice Adm. John B. Nowell, Jr.

“As a Navy – uniform and civilian, active and reserve – we cannot tolerate discrimination or racism of any kind.

» See | **A7**

## VAW-124 Aviators teaming with U.S. Coast Guard to safeguard Mariners

By Cmdr. Jennifer Cragg  
Commander, Naval Air Force Atlantic Public Affairs

### NORFOLK

While the nation is battling with COVID-19 naval aviators assigned to Airborne Command & Control Squadron (VAW) 124 aboard Naval Station Norfolk were assisting the U.S. Coast Guard to respond to a potential mariner in distress in the waters off the Atlantic Ocean, June 24.

The U.S. Coast Guard Sector, located in Hampton Roads, has a large geographical territory to cover, and with the Fourth of July approaching in a few days, having other Department of Defense assets to rely upon makes all the difference.

On Wednesday, June 24 as a five-

person crew aboard VAW-124’s E-2C Hawkeye were manning the skies above Hampton Roads they heard a potential Search and Rescue (SAR) distress call announced on the Urgent Marine Information Broadcast and took action.

“Search and rescue is a contingency we prepare for because you never know when we will have an opportunity to assist a ship or an aircraft in distress,” said Cmdr. Matt Olson, VAW-124 commanding officer.

For Olson, he believes the quick reaction of Hawkeye crew and the U.S. Coast Guard is evidence that the two branches form a great team.

“The crew was monitoring channel 16 when they heard the distress call. They immediately used the aircraft’s

sensors to look for the ship in distress and set-up a search pattern,” said Olson. “I’m proud of the work the crew did. This event provides further evidence that when it comes to assisting mariners in distress, the Navy and the Coast Guard work well together.”

When the distress call was heard over VHF Channel 16 mariners at sea and in the this case in the air from the Hawkeye crew responded said Capt. Samson C. Stevens, U.S. Coast Guard, Commander, Sector Virginia who added it was all hands on deck response.

“We received a report of a vessel taking on water near Smith Island off the Virginia Peninsula, and Lt. Burke and crew responded to our Urgent Marine Information Broadcast, in addition to CG HH-60, small boat, and local partner boats,” said Stevens.

“Burke’s crew identified a capsized vessel with two persons in the water, helping us to quickly vector assets to the scene and confirm the nature of distress,” said Stevens. “The VAW platform made a big difference in prioritizing our responses.”

One of the naval aviators who had

“Search and rescue is a contingency we prepare for because you never know when we will have an opportunity to assist a ship or an aircraft in distress

Cmdr. Matt Olson

lead on locating the stranded vessel was VAW-124’s Lt. Casey Burke.

“It was nice to be able to utilize my training in order to assist the Coast Guard with their Search and Rescue response,” said Burke.

Other aviators that assisted with this Search and Rescue event included Lt. Simon Hallberg, Lt. Steve Dine, Lt. Jackson Jones, and Lt. Eric Triassi.

Cmdr. Jonathan Faraco, VAW-124 executive officer emphasized the value of manning, training, and equipping

» See | **A7**



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### AIRLANT visits Fleet Area Control and Surveillance Facility Virginia Capes

Rear Adm. John F. Meier, Commander, visited the “Giant Killers” of Fleet Area Control and Surveillance Facility.

»See **A3**



### NAVSEA’s new commander visits Norfolk Naval Shipyard

Just days after taking the helm of Naval Sea Systems Command (NAVSEA), Vice Admiral Bill Galinis visited Norfolk Naval Shipyard (NNSY) on June 30

»See **A5**

### Sailors saves lives on land

Machinist’s Mate 2nd Class Nathaniel Atkins, never expected to use this training during his liberty time not aboard the ship,

»See **A4**

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MC3 Skyler Okerman

U.S. Navy police officers Thane Fredin, center, and Michael Cameron, right, approach a simulated suspect vehicle during an entry control point penetration drill at Joint Expeditionary Base Little Creek-Fort Story, Feb. 6, 2020 supporting exercise Citadel Shield-Solid Curtain 2020. The exercise is a two-part, anti-terrorism force protection exercise that is being conducted nationwide on Navy installations, Feb. 3-14. The annual exercise that is not in response to any specific threat but is used to evaluate the readiness of fleet and installation security programs.

# Keeping us safe and secure – Thank you Navy Security Force!

### Captain Monty Ashliman

**NORFOLK**

A culture in which security is a normal part of our everyday routine is vital to managing our security risks onboard our installations. Each and every person onboard our installations (i.e. military, contractors, government employees, dependents, guests etc.), regardless of pay-grade, must do their part in order to ensure the security of our installations each and every day. Our security is ALL of our responsibility.

With the currently growing civil unrest in some communities across our Nation, in addition to recent tragic events onboard our Navy installations in the Shore Enterprise, now is a critical time to reflect on how we as a populace must do our part in order to ensure the safety and security onboard our Navy installations. Being aware and abiding by “See Something, Say Something,” as well as behaving appropriately at our ECPs (i.e. Gates), will allow us to most effectively contribute to the safety and security of our installations and their personnel.

I ask that we all personally thank our Navy Security Force (NSF) for the security blanket they place upon us each and every day onboard each of our Navy installations. I know we all enjoy, respect and appreciate the safety and security onboard any military installation. Please realize there is a price to pay for providing that safe, secure environment we all enjoy, and deserve, in the business we are in of protecting America. Also, realize with the price for a secure environment onboard our installations (which we have all come to expect from our Navy) comes, at times, an inconvenience that you may not experience outside of the installation perimeter; however, that is a cost we must pay personally in order to protect our personnel, facilities and assets onboard our installations.

That price is the following:

Turn-arounds are conducted with driver information obtained by Security. Sure, it would be easy to simply turn the vehicle around and not let them onboard the installation without getting their driver and vehicle information; however, it is critical to our safety and security to obtain that

information. Gathering this information is necessary, and often when a turn-around is required, it turns up individuals who should not be onboard our installations, or simply someone is lost. Bottom line is that turn-arounds prevent individuals from gaining access to our installations that do not have the credentials to do so.

Vetting is another requirement in order to ensure only individuals with appropriate background checks are allowed to be onboard our installations (and this if for unescorted individuals). Vetting ensures we do not have people onboard our installations that should not be there for everyone's safety and security.

Scanning and 100% ID card checks ensure we only have authorized personnel who have the appropriate credentials to be onboard the installation. Defense Biometric Identification System (DBIDS) is a system that will identify when an individual's credentials are no longer valid. If you forget your ID card at work or at home, and the Sentry does not allow you onboard the installation, thank them for keeping us safe and secure. We should not be upset, or put pressure on the Sentry to allow us in without the proper credentials as our safety and security requires that they do not. You should expect that our installation NSF teams make it extremely difficult for the threat to get onboard our installations. This may mean longer lines at times to get onboard, which is not unique to any one installation.

**Stop Line.** These Stop lines, which have been in place for a few years now, are designed to assist our Sentries with keeping complete control of our ECPs as well as determining the intent of the driver and their passengers inside the approaching vehicle. Please follow the signage and stop until directed to proceed toward the Sentry. If you forget, and the Sentry has to remind you, do not get upset at the Sentry but rather thank them for doing their job and keeping the installation safe and secure.

Random Measures. Please do not question the Sentry as to why they are requiring 100% ID checks of everyone in the vehicle today when they did not yesterday. There are many random measures that are designed to not be predictable in order to best secure our installations from the threat. We should all know that proper

credentials should be carried on our person at all times. Please do not get upset with the Sentry for requiring you to do so. Ensure you have your ID card prior to leaving for the installation, and ensure you have your ID card with you before you leave the installation (i.e. you did not leave it in your workstation at your desk). If you forget your ID card at home, or at work, it is extremely easy to call a co-worker, friend or family member to either escort you onto the installation or bring you your ID card. Do not expect the Sentry will allow you onto the installation without the proper credentials, no matter who you are.

Intent. Realize an important aspect of our NSF's job at the ECP is to take an unknown vehicle and its driver / passengers, or a pedestrian, and ensure all individuals have the proper credentials to access the installation. Part of that assurance is determining the intent of unknown individuals as these individuals approach the ECP, and until the Sentry determines you have the proper credentials to access the installation, they are professionally assessing all individuals, as this is their priority as you approach the ECP until they grant you access.

If you, or one of your co-workers, feel you are inconvenienced by the Security procedures that keep our installations safe and secure and that our Navy Security Forces are unnecessarily executing procedures that are an inconvenience to you, we should ask ourselves how we expect the safe and secure environment that we enjoy to be maintained? I can assure you that the Sentries at the ECP / Gate are not trying to inconvenience you, make you late, or back up traffic, but rather they are trying to keep the installations and their personnel as secure as they are mandated to and as we all expect them to while simultaneously doing their best to ensure the tenants onboard our installations can execute their missions. If you feel Security is executing unnecessary procedures, there are plenty of processes available to properly voice your concerns. Having a discussion real time with the Sentry is NOT the place to do so. The best way for you to put forth your concern is to use the Interactive Customer Evaluation form on the Navy Region Mid-Atlantic website.

Lastly, our interaction with the Master-at-Arms, or DoN Police Officers, in our

Navy Security Forces is at times inappropriate. They must be viewed as Law Enforcement. When they are dealing with you, you are a citizen regardless of your pay grade and job position. Yes, they should be treating each citizen with the utmost in respect and professionalism, and if they are not, leadership wants to hear about it, as we demand the utmost in professionalism from our NSF. A Sentry not explaining to you what they are doing is not being unprofessional. In the execution of their duties, they are not obligated to explain to everyone as to what they are doing. This distracts from the duty they are trying to perform. We must comply with their direction. If you would not behave a certain way with Norfolk Police, Virginia Beach Police, or Virginia State Police, please do not behave that way with our NSF. Our NSF always strives to de-escalate any situation. None of us should subscribe to the theory that nothing will happen onboard our installations and that no threat exists as recent tragic events have unfortunately proven. The environment around, and within, our Navy installations is ever changing. Threats and uncertainty are always changing, and we must do our part as the populace to ensure our safety and security.

Our Navy installations are an ideal place to live, work and play. Let us all do our part to keep our installations safe and secure. The next time you are frustrated by having to wait in a long line to get onboard the installation, you are stopped for a traffic violation, you are asked to provide your ID, you get pulled over for a random vehicle inspection, your access pass is denied because you do not have the appropriate sponsor information filled out, or the installation is on lockdown to find a missing child, instead of getting frustrated at the very individual(s) keeping us all safe and secure, I ask that you thank Security for doing their job well as their job appears thankless much of the time. Thank you in advance to each and every one of you for your assistance and care in keeping us all safe and secure onboard our installations. Our behavior as a populace, coupled with the procedures and professionalism executed by our NSF, will ensure the safety and security we all expect onboard our Navy installations. Just like we are all safety officers, we are all part of the security team as we as a populace are about and about everywhere, all the time.

All my best,  
Captain Monty Ashliman  
Director of Operations and Public Safety



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MC3 Andrew Taylor

Cmdr. Stephen Lamoure, left, commanding officer of Fleet Area Control and Surveillance Facility, Virginia Capes (FACSFAC VACAPES), greets Cmdr. John Ciganovich, after receiving command of FACSFAC VACAPES during an aerial change of command ceremony. FACSFAC mission is to provide preeminent control, coordination and management of Fleet Area Control and Surveillance Facility Virginia Capes airspace, sea space, and sub-sea space to our nation's militaries, agencies, and civilian users.

# AIRLANT visits Fleet Area Control and Surveillance Facility Virginia Capes

From Commander, Naval Air Force Atlantic Public Affairs

## NORFOLK

Rear Adm. John F. Meier, Commander, Naval Air Force Atlantic (COMNAVAIRLANT), visited the "Giant Killers" of Fleet Area Control and Surveillance Facility, Virginia Capes, June 29.

Since Meier assumed command of AIRLANT on May 1, he has visited a variety of commands that report to the Type Command. During the visit to FACSFAC VACAPES, Cmdr. Stephen Lamoure, commanding officer, and Cmdr. Jeffrey Sweitzer, executive offi-

cer and Command Senior Chief Petty Officer James P. Clark provided a tour of the command's spaces to address the staff.

Known by their call sign "Giant Killer", the command consists of more than one hundred twenty Officers, Chief Petty Officers, and Sailors along with 45 civilian professionals. The facility and its eight remote communication sites operate 24 hours a day, 365 days a year.

Meier highly praised the dedication and professionalism of the men and women of FACSFAC VACAPES.

"I make a point to get out of my office and visit with the men and women who are charged with the mis-

sion of supporting Naval Aviation," said Meier. "It was a great opportunity to meet with Skipper Lamoure and his command team to see firsthand their important mission and how they are supporting the Department of Defense as a whole."

Established in 1977, Fleet Area Control and Surveillance Facility, Virginia Capes maintains the scheduling, control, and surveillance of military operating areas and training routes for the northeastern United States. Their command now routinely oversees more than 112,000 miles of offshore air, surface, and sub-surface operating areas from Narragansett Bay, R.I. to Charleston, S.C.

Sailors assigned to the command provide air traffic control for more than 98,000 sorties each year operating in the expansive special use airspace. Some of these events include missile exercises, unit level training, NASA rocket launches, gunnery evolutions and underwater detonation drills.

Lamoure appreciated the visit by Meier to highlight the men and women assigned to Fleet Area Control and Surveillance Facility, Virginia Capes.

"It was an absolute pleasure to host Rear Adm. Meier," said Lamoure. "Our Giant Killer Sailors work hard supporting homeland defense advancing the readiness of US Atlantic Fleet and Joint forces. Our mission is essential and it was fantastic to demonstrate FACSFAC VACAPES's capabilities to him."

Meier commands Naval Air Force Atlantic with the responsibility for six

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Brock Vergakis/

Petty Officer 1st Class Ivan Godinez, a boatswain's mate from Lawrenceville, Georgia, speaks with local CBS affiliate WTKR-TV during a live broadcast at Naval Station (NAVSTA) Norfolk on Friday, June 26, 2020. NAVSTA Norfolk's port operations department was recognized as the television station's "Military Unit of the Month" for June as a way to educate Hampton Roads viewers on how the Navy prepares for hurricanes at the world's largest naval installation.

## Naval Station Norfolk's port operations department named local television station's "Military Unit of the Month" as hurricane season gets underway

by Brock Vergakis

### NORFOLK

Local CBS affiliate WTKR-TV (Channel 3) recognized the port operations department at Naval Station (NAVSTA) Norfolk as their "Military Unit of the Month" for June as a way to educate Hampton Roads viewers on how the Navy prepares for hurricanes at the world's largest naval installation.

Petty Officer 1st Class Ivan Godinez, a boatswain's mate from Lawrenceville, Georgia, conducted multiple live interviews from NAVSTA Norfolk's waterfront piers throughout the morning of June 26 as part of the station's feature.

The Atlantic hurricane season runs from June 1 to November 30 and Godinez described how the Navy safely secures some ships to the installation's double-decker piers with extra mooring lines ahead of storms, while other ships go out to sea to stay out of harm's way.

"These double-decker piers, they're built to withstand the hurricane winds, so

the ships that are unable to sail or get underway, we tie them up with additional heavy-weather mooring lines so that they're safely moored and reduce risk of damage," he said. "That takes hours. Multiple hours, depending on the size of the ship as well, we're throwing on additional lines – bigger than they're used to."

The port operations department at NAVSTA Norfolk oversees 4.1 miles of waterfront, the movement of about 60 ships that are homeported there and \$31.5 million worth of waterborne assets, such as fenders and barges, among other things. Godinez is the leading petty officer for the department's dock master division and oversees 52 Sailors.

Those Sailors are responsible for helping coordinate the safe movement of dozens of ships with harbor pilots, disconnecting vessels from power on shore and clearing piers of equipment that could cause damage during a storm.

Godinez said it was an honor to showcase the work his Sailors do on television and during a Facebook Live broadcast

with WTKR-TV reporter Anthony Sabella.

"I take tremendous pride in what I do. I enjoy my job. I enjoy the Navy. It's given everything I have to my family and more," Godinez said following his television appearances. "And to have the opportunity to represent and show a positive factor, and truly describe what we're able to do out here, I jumped on it quickly."

Last year, Godinez served aboard the amphibious transport dock USS Arlington (LPD 24) when it relocated from a single-decker pier to a double-decker pier because Hurricane Dorian was threatening the Virginia coast. He said his Sailors worked in the evening for 7 hours to prepare and secure the ship to withstand the storm.

"It was very excruciating, very vigorous, very demanding, but also very rewarding due to the fact that a multi-billion dollar vessel was safely docked under my charge and the people that are with me," he said after the television segment ended. "I love doing what I do."

Godinez joined the Navy after working as a pharmacy shift manager for a year following graduation in 2011 from Central Gwinnett High School in Lawrenceville, Georgia. He said he joined the military because he wanted to provide a better life for his wife and daughter, who was born when he was still in school.

"I just wanted to give my wife and my daughter more than what I had at the time," he said. "And I saw the military fit to do so, which it has. It's been nothing but tremendous success and given my family everything that I could possibly have that they need."

Godinez now has three children, ages 9, 4 and 1. His wife Jennifer joined the Navy in 2018 and has already advanced to become a petty officer second class. He said while being part of a dual-military family can present some challenges, he's grateful for the opportunities the Navy has provided and has cared for his family.

"My schedule is very unstable ... hers is more fixed, but when it's time to go home every day, it's the same thing – work all day, work all night – come home and then take care of the kids and make sure that they're taken care of and provided for," he said. "The responsibilities that come as a parent, it is challenging, but I wouldn't have it any other way. I wouldn't change that for the world."

## Sailor saves lives on land

By MCSN Dalton Lowing  
USS Gerald R. Ford Public Affairs

### NORFOLK

"Ship, Shipmate, Self." This is a well-known phrase used throughout the Navy. It teaches Sailors in times of casualty or emergency that you use all the training provided to you, to save your ship. Once you have prevented further damage to your ship you focus on your shipmates, and finally yourself. This has been seen many times in the past when ships have experienced casualties.

Navy Sailors are trained for these situations, before they ever boot camp they receive countless hours of firefighting and casualty response training. When a ship is underway, it becomes the fire department, the doctors' office, the police force, and sometimes the emergency room.

Machinist's Mate 2nd Class Nathaniel Atkins, from Chesapeake, Virginia, assigned to USS Gerald R. Ford's (CVN 78) engineering department, never expected to use this training during his liberty time not aboard the ship, but when the call for "help" came, he was ready.

On his way home from grabbing groceries to make dinner, Atkins saw a home on fire. Without hesitating he pulled over and began to take control of the situation.

"The only thing I saw was a house fire and there were probably 15, maybe 20 people standing outside," said Atkins. "I stopped rolled down the window and yelled 'is everybody out of the house.' And they're like, no, there are kids inside."

Sailors are trained to handle stressful environments, trained to think through solutions and execute precise actions to complete the mission. Atkins put all that training together to successfully accomplish the mission before him.

"Initially I went up to try to and assess the situation, to determine what the easiest way in was," said Atkins. "It was a four-apartment duplex and the main entrance that goes upstairs where the kids were, was on fire. I couldn't get through it. I saw the two children in a



MCSA Sawyer Connally/

Machinist's Mate 2nd Class Nathaniel Atkins, from Chesapeake, Virginia, assigned to USS Gerald R. Ford's (CVN 78) engineering department, works on a large ice maker in the ship's hangar bay March 28, 2020. Ford is underway in the Atlantic Ocean conducting carrier qualifications.

bedroom window in the back half of the house on the second story and went to find a ladder."

Atkins has been enlisted in the Navy for more than ten years. Seven of those have been spent at a sea command where he participated in hundreds of firefighting trainings and evolutions.

"My training helped me establish a goal and accomplish the goal, get the kids out, keep calm, assess the situation and make sure that nothing that I'm going to do is going to hurt me or anybody else," Atkins informed. "The main thing is it really kept me calm."

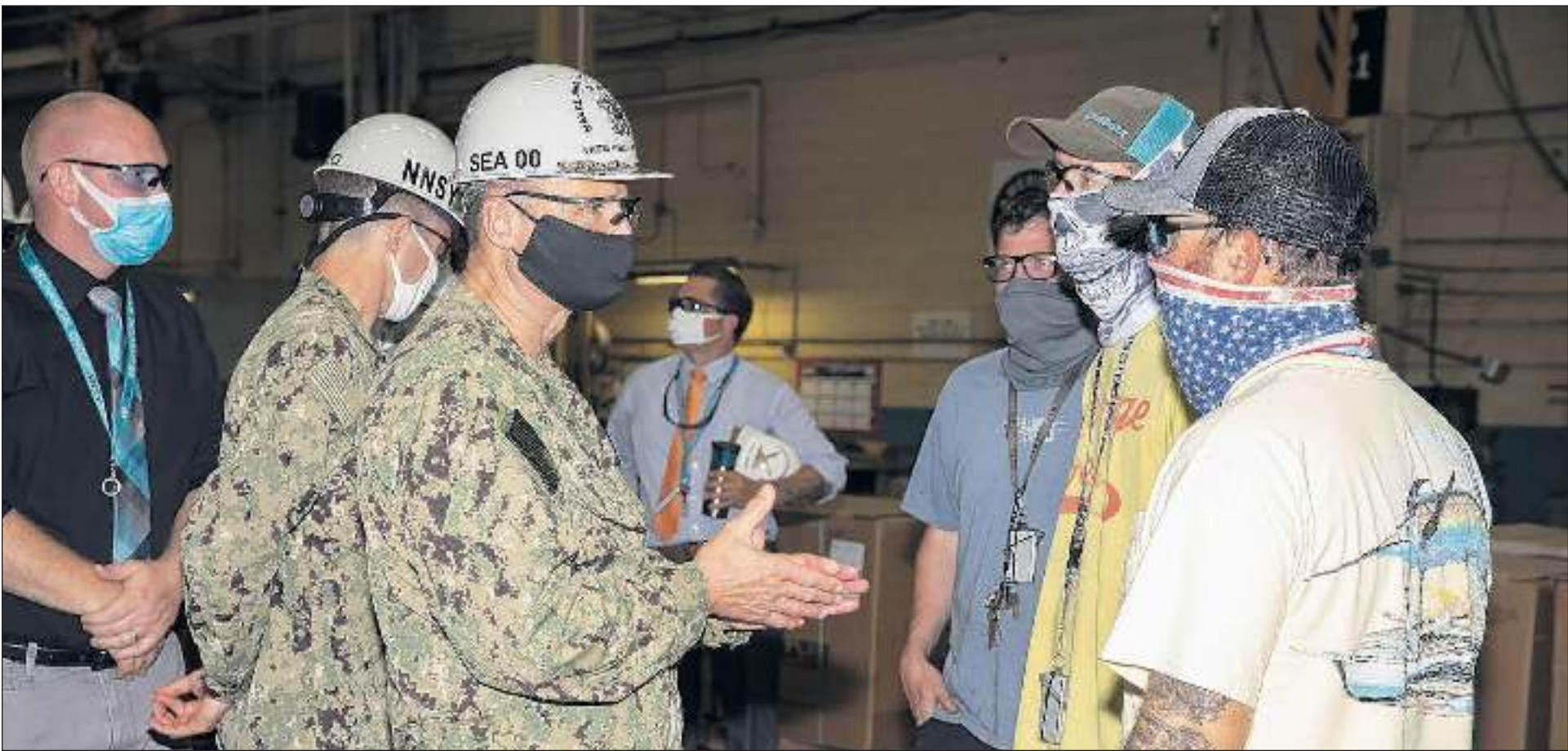
Atkins said he got a ladder from someone in another house close by. Once he got the ladder up he climbed to the window where he could see the girls and broke the window out. He had the first girl out before the fire department, EMS and police showed up. He had the second girl out as the fire department was beginning to combat the fire.

"I saw an older lady in another window as I was pulling the kids out," said Atkins. "I could see she was on oxygen and I watched her turn back into the house. I don't know if it was because she was trying to find the grandkids, or if she was scared because we were on the second story and she didn't want to fall. But either way she turned back into the house, and she didn't make it."

If he had only gotten there 10 minutes earlier Atkins said he felt he could have had a better chance to get the elderly lady out.

"There was so much chaos in the very beginning, nobody was taking control. I just leapt into action and did what I needed to do. I don't really know how to feel about it, it's a lot of mixed emotions. I have a feeling of guilt, just because of the grandmother and that situation, but to be honest, I did everything I could. I think that I did a good job, I have a feeling that I've accomplished something."





Shelby West  
Commander, Naval Sea Systems Command (NAVSEA), Vice Admiral Bill Galinis visited Norfolk Naval Shipyard (NNSY) June 30 to see firsthand how America Shipyard supports the NAVSEA mission of delivering ships and submarines back to the Fleet. Galinis visit included walkthroughs and discussions of ongoing work in NNSY Mechanical, Piping, Structural and Special Emphasis Shops.

# NAVSEA’s new commander visits Norfolk Naval Shipyard

by Michael D Brayshaw

PORTSMOUTH, VA.

Just days after taking the helm of Naval Sea Systems Command (NAVSEA), Vice Admiral Bill Galinis visited Norfolk Naval Shipyard (NNSY) June 30 to see firsthand how America’s Shipyard supports the NAVSEA mission of delivering ships and submarines back to the Fleet.

Galinis met with senior shipyard leaders to discuss his command priorities before visiting the waterfront to learn more about how NNSY delivers warfighting capability for the Navy and nation.

Beyond a focus of ensuring combat power via on-time delivery of ships, submarines, and systems, Galinis said he is prioritizing digital capabilities, expanding leadership opportunities for all NAVSEA personnel, and establishing a culture of excellence based on integrity, trust, toughness and competence.

“Delivering ships, submarines, and sys-

tems on time is our number one priority, and this team in particular plays into that every day,” he said. “Do not underestimate how important that is--and you are--to our Navy and our country.”

As part of showing integrity and building trust, Galinis challenged NNSY leaders to develop their teams and improve diversity of thought by providing leadership opportunities for all, including personnel early in their careers. “Those folks are out there. We have to find them, develop them, and bring them forward,” he said.

Addressing how inclusion relates to many of the protests and discussions being held nationwide in recent weeks, Galinis pointed out, “We’re having a conversation that’s long overdue about equality for all. It’s very important for our workforce that we continue those conversations. I don’t care what your skin color is, what your gender is, or what your age is, we’re looking for the best people to build our team. We need a level playing field so everybody can compete and win.”

Galinis’ visit included walkthroughs and

discussions of ongoing work in NNSY’s Mechanical, Piping, Structural and Special Emphasis Shops. The shops are currently supporting work on a variety of projects including USS George H.W. Bush’s (CVN 77) Drydocking Planned Incremental Availability (DPIA), USS Wyoming’s (SSBN 742) Engineered Refueling Overhaul, and USS San Francisco (SSN 711), undergoing conversion into a Moored Training Ship for training the next generations of Fleet operators.

During his tour Galinis discussed NAVSEA’s Shipyard Infrastructure Optimization Program (SIOP), a 20-year, \$21 billion program dedicated to completely refurbishing the nation’s four public shipyards by modernizing equipment, improving workflow and upgrading dry docks and facilities. As part of SIOP, NNSY’s Dry Dock 4 is currently undergoing a \$165 million renovation spanning nearly three years.

“There is an alignment in the Navy right now that we need to reinvest in the public shipyards,” Galinis said. In addition to the

larger SIOP projects, he added there will also be a focus on improving the “day-to-day infrastructure” of the shipyards.

As the leader of the Navy’s largest systems command, Galinis oversees a global workforce of more than 83,000 military and civilian personnel responsible for the research, development, delivery and maintenance of the Navy’s ships, submarines and combat and weapons systems. Already familiar with the Hampton Roads Navy community, Galinis previously served as commanding officer of Norfolk Ship Support Activity (NSSA).

“This visit provided an excellent opportunity to show Vice Admiral Galinis how we are executing our and NAVSEA’s top priorities—achieving excellence in repair and modernization of ships and submarines, with superior quality and reliable delivery,” said Shipyard Commander Captain Kai Torkelson. “Additionally, we align completely to building a stronger team by leveling the playing field through developing the talent within every one of us, regardless of any identifier such as race, gender or age, then we will achieve win after win in all areas, for our people and our nation.”

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MC1 Jason Pastrick  
Joint Force Command Norfolk, in partnership with U.S. 2nd Fleet, conducts the Fourth Battle of the Atlantic tabletop exercise (TTX) virtually for leaders from multinational commands to discuss the future warfighting strategy in the Atlantic. Naval Warfighting Development Center facilitated the TTX, which presented commanders with vignettes to address command relationships, resources, mission priorities, and authorities in the Atlantic. Identification badges in this photo have been blurred for security purposes.

# Trans-Atlantic leaders gather for Fourth Battle of the Atlantic Tabletop Exercise

From Commander, U.S. 2nd Fleet Public Affairs

NORFOLK

Joint Force Command Norfolk (JFCNF), the North Atlantic Treaty Organization’s (NATO) newest operational level warfighting headquarters, in partnership with U.S. 2nd Fleet, held the Fourth Battle of the Atlantic tabletop exercise (TTX) virtually for leaders from multinational commands to discuss the future warfighting strategy in the Atlantic.

Naval Warfighting Development Center (NWDC) facilitated the TTX, which presented commanders with vignettes to address command relationships, resources, mission priorities, and authorities in the Atlantic. The exercise’s goal was to create a shared understanding of the maritime security environment in the Atlantic amongst all participants, and ultimately to define JFCNF’s role in the battlespace as the new command matures.

“The importance of cultivating strong relationships with organizations across the Atlantic cannot be overstated,” said Vice Adm. Andrew Lewis, dual hatted commander Joint Force Command Norfolk and U.S. Second Fleet. “The security environment is continually evolving and no one nation can do it alone. Maintaining security and stability in the Atlantic is a responsibility shared amongst many in order to ensure the international waters where we all operate remain free and open.”

During the TTX, senior leaders from NATO and Partner Nations shared per-

spectives on the security environment in order to challenge strategic and operational warfighting assumptions, ultimately with the goal of developing a shared understanding of the challenges faced in the North Atlantic. Leaders present represented 30 different commands, both within the NATO command structure and outside.

“This table top exercise is an important step in building solidarity and mutual strength amongst our nations as we work to ensure that NATO is ready to meet any challenge in the North Atlantic,” said Deputy Commander, Joint Force Command Norfolk, Rear Adm. Andrew Betton, OBE Royal Navy. “And we look forward to continuing the dialogue with Allies and Partners as JFC Norfolk approaches Initial and Full Operational Capability in the near future.”

The exercise, originally scheduled for an in-person conference, shifted to a virtual enabled platform in order to maximize participation while minimizing travel and risk of infection during the COVID-19 global pandemic – a sign of transatlantic connectivity and resilience across the Atlantic.

“Those of us gathered represent maritime nations, and the ability to assure freedom of navigation is a cornerstone of our collective defence,” said Vice Commander, U.S. 2nd Fleet, Rear Adm. Steven Waddell, Royal Canadian Navy. “We are responding to the new security environment in the Atlantic with innovation and flexibility in both posture and mind set; this is an iterative and ever developing process, and one we will assuredly get right.”

The name “Fourth Battle of the At-

lantic” acknowledges a return to great power competition by recognizing the first three “battles of the Atlantic,” first during World War I, next in World War II, and most recently during the Cold War. The Fourth Battle of the Atlantic TTX is one way NATO is strengthening its joint presence in the North Atlantic, which it reduced at the end of the Cold War as threats subsided.

NATO commands participating in the TTX included Joint Force Command Norfolk, Allied Maritime Command, Allied Joint Force Command Brunsum, Allied Air Command, Naval Striking and Support Forces NATO, Submarines NATO, NATO Allied Command Transformation, Combined Joint Operations from the Sea Center of Excellence, Standing Joint Logistics Support Group.

Several European countries participated, with the French Maritime Forces Atlantic, United Kingdom Strike Force, Norwegian Joint Headquarters, Danish Joint Operations Center, the Danish Joint Arctic Command, as well as representation from Iceland.

Non-NATO participation included representatives from partner nations of Sweden and Finland.

Participation from U.S. commands included Naval Forces Europe-Africa / U.S. 6th Fleet, U.S. Fleet Forces, U.S. 2nd Fleet, II Marine Expeditionary Force, U.S. 4th Fleet, U.S. 10th Fleet, Air Forces Northern, Military Sealift Command, Expeditionary Strike Group Two, Submarine Forces Atlantic, Patrol and Reconnaissance Group, Submarine Group Two, and Naval Meteorology and Oceanography Command.

Joint Force Command Norfolk is

among the new commands established as part of NATO Command Structure Adaptation, in order to meet the challenges of the evolving security environment. It is headquartered in Norfolk, Virginia and provides a U.S.-led, joint multi-national operational command from NATO’s home in North America.

The North Atlantic Council created Joint Force Command Norfolk at the 2018 Brussels Summit to focus on protecting the transatlantic lines of communication. Since then, the command has gradually grown from its modest beginnings, and was activated by the North Atlantic Council in July 2019 as an International Military Headquarters. Joint Force Command Norfolk will increase NATO’s readiness across the North Atlantic and High North, strengthen the transatlantic bonds with Allies and Partners, and ultimately deter aggression from any potential adversaries.

The Fourth Battle of the Atlantic TTX is one of the ways NATO is strengthening its presence in the North Atlantic, which was reduced at the end of the Cold War as threats subsided. The exercise helped to develop staff expertise within JFC Norfolk’s operating area, improve interoperability and coordination, and increase overall NATO capability as Joint Force Command Norfolk continues to build toward Full Operational Capability.

NWDC develops and integrates innovative solutions to complex naval warfare challenges to enhance current and future warfighting capabilities. Command professionals are focused on operational-level concept generation, warfighting development, and cross-domain integration to strengthen U.S. Navy warfighting.

U.S. 2nd Fleet exercises operational and administrative authorities over assigned ships aircraft and landing forces on the East Coast and the North Atlantic, and will be closely integrated with JFCNF.

# Misting disinfectant utilized at Norfolk Naval Shipyard to help in the fight against COVID-19

By Kristi Britt  
Public Affairs Specialist, Norfolk Naval Shipyard Public Affairs

PORTSMOUTH

At the early stages of combating the spread of COVID-19 at Norfolk Naval Shipyard (NNSY), many individuals stepped up to provide innovative, safe solutions that would help ensure the safety of employees. One such group was the Facilities Support Branch (Code 985) that was enlisted to help address high traffic and touch areas in need of regular disinfecting.

“We have areas like drydock handrails, turnstiles, and breakrooms that are constantly in use,” said Facilities Support Engineer Caleb Steckmann. “At NNSY, the safety of our employees is our number one priority and we wanted to establish something that could directly help those who were continuing to serve our mission and utilizing these high traffic areas.”

In an emergent response to minimize any potential spread of COVID-19, Code 985 employees worked with a local contractor that specializes in environmental cleaning, to begin applying preventative misting and apply disinfectants to these high traffic areas. For four weeks, Code 985 worked diligently with contractor personnel, escorting, scheduling, and collecting pertinent data to work on providing the safest environment possible for NNSY employees.

“The initial response team included those from the contracting company; as well as Code 985 employees-



Contractors Derek Lankford and Keith Gorman mist the Bldg. 274 breakroom to sanitize the space in an effort to protect the workforce against the spread of COVID-19.

Facilities Support Engineer Joseph Marousas, Caleb Steckmann, and myself,” said TF-1 Program Manager Bobby Truitt. “We worked as a unit, making sure these areas were continuously addressed and handled so America’s Shipyard could keep moving forward while remaining as safe as possible. Because of our response and the data we collected, we were also able to provide what was needed for Naval Facilities (NAVFAC) to expand our current cleaning contracts to include the preventative disinfecting essential to combat COVID-19. It was a lot of hard work and effort put in to protect our shipyard team. We were

just happy to do what we could to assist.”

“At NNSY, we exhibit our C.O.R.E. values—Care, Ownership, Respect, and Excellence—in everything we do here,” said Marousas. “We wanted to help flatten the curve of COVID-19 any way we could. We wanted to help minimize the spread while maximizing the mission. NNSY still needed to continue to serve our Fleet and our country, hence we wanted to do as much as we could to take care of our people. This ensured that America’s Shipyard was as safe as possible for those working each and every day for the U.S. Navy.”



Task Force One Navy established to combat discrimination in the Navy

Continued from A1

We must work to identify and eliminate individual and systemic racism within our force,” said Gilday. “That is why we are standing up Task Force One Navy, which will work to identify and remove racial barriers and improve inclusion within our Navy.”

Rear Adm. Holsey will be supported by Fleet Commanders and leadership from a number of organizations such as the Judge Advocate General of the Navy, Chief of Chaplains, Surgeon General of the Navy, Chief of Legislative Affairs, Master Chief Petty Officer of the Navy (MCPON) Russell Smith and many oth-

ers. The task force will seek to promptly address the full spectrum of systemic racism, advocate for the needs of underserved communities, work to dismantle barriers and equalize professional development frameworks and opportunities within the Navy.

“We are at a critical inflection point for our Nation and our Navy and I want to ensure that we are fully responding to this moment as we work to facilitate enduring change,” said Nowell. “We must use the momentum created by these events as a catalyst for positive change. We need to have a deeper inclusion and diversity conversation in our Navy and amongst our own teams.”

TF One Navy will focus their efforts in recommending reforms in several key areas. These areas include:

- Recruiting / Barriers to Service entry
- Pre-accession Mentorship frameworks / Scholarship opportunities
- Diversity of talent by community / Talent management
- Training / Education along the service member career continuum
- Detailing / Milestone job opportunities
- Fitness reporting / Evaluation systems
- Promotion / Advancement processes
- Military justice analysis of racial disparity
- Health care and health disparities

“As a Navy – uniform and civilian, active and reserve - we cannot tolerate discrimination or racism of any kind. We must work to identify and eliminate individual and systemic racism within our force

Adm. Mike Gilday

TF One Navy leadership and membership will represent the diversity of thought, experience, and perspectives within our Navy and will include membership reflecting the diversity of race, ethnicity, gender, age, and ranks from across the Navy.

“We must demand of each other that we treat everyone with dignity and respect. If you won’t do that, then our Navy is not the best place for you,” said Gilday. “We are one team, and we are one Navy.”

VAW-124 Aviators teaming with U.S. Coast Guard to safeguard Mariners

Continued from A1

our forces.

“In ninety-nine out of one hundred flights, a Hawkeye crew will not participate in a search and rescue. We train to and brief our search and rescue procedures in the event that our aircrew come across a ship or an aircraft in distress,” said Faraco, “This event is evidence that our training is working, our aircrew were ready, and they knew how to respond quickly to an emergent request for assistance from a fellow mariner at sea.”

Faraco added that the Hawkeye’s long-range sensors, robust communications suite, and extensive on station time makes the E-2C an ideal airborne asset to assist the U.S. Coast Guard in these types of Search and Rescue events.

“We have a lot of respect for our brothers and sisters in the U.S. Coast Guard, and are proud to partner with them to help a fellow mariner in distress,” said Faraco.



An E-2C Hawkeye waits on the Naval Air Station Jacksonville flight line Oct. 11, 2018, to possibly assist with coordinating relief efforts in the Florida Panhandle region in the aftermath of Hurricane Michael. Three Hawkeyes from Carrier Airborne Early Warning Squadron (VAW) 123 and VAW-124 were sent down from Naval Station Norfolk for hurricane relief efforts.

Capt. Matthew Duffy, Commander, Airborne Command & Control and Logistics Wing reflected on the training that led to the search and rescue event, as well as the plat-

form.

“The beauty of the E-2 is its versatility that this platform offers from assisting in command and control of an ever-evolving

situation; it truly is an art to employ this aircraft,” said Duffy. “I’m proud of the squadron’s ongoing training and preparation of our aircrew.”

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## Navy publishes COVID-Handbook

Navy leadership published a COVID-19 Leaders' Handbook containing current Navy guidance on COVID mitigation measures and procedures

»See **B4**

SECTION B | FLAGSHIPNEWS.COM | 7.9.2020



## CNO message to the Fleet on sustaining readiness

From Chief of Naval Operations Public Affairs

### WASHINGTON

Chief of Naval Operations (CNO) Adm. Mike Gilday sent a message to the fleet stressing the importance of remaining vigilant in the long-term battle against the Coronavirus (COVID-19), June 30.

Below is the text of CNO's message:

"As we head into a well-deserved holiday weekend celebrating our nation's independence, I want to convey how proud I am of our collective resilience and grit during this challenging time, and stress the importance of

remaining vigilant in our long-term battle against the Coronavirus (COVID-19).

Together, we have impressively adapted and maintained our edge in confronting the COVID-19 Pandemic. Sustaining that hard-earned readiness is now dependent on each of us holding steadfast to the procedures, protocols and policies that keep COVID out of our commands. Especially this weekend, each of us will be faced with temptations to cut corners and return to the 'old normal.'

Do not do it. The health and safety of our Sailors and families is my number one priority. Do not compromise yourself, your family or your friends and become the source of COVID-19 at your command. We must pro-

tect family and shipmates from this virus with the same intensity that we protect them from any adversary, with focus and conviction. We will remain socially distant, wash hands, wear face coverings, and avoid large groups.

COVID is an insidious enemy, with roughly 35% of those acquiring COVID remaining asymptomatic. A single, healthy-feeling individual can unwittingly spread the disease to many others. COVID does not care how long it has been since you shook a hand, went to a bar, or hugged your grandparents. It can and will continue to spread with reckless abandon unless we stay united in defensive action. Together, we will rigorously maintain health protection measures to protect our

Navy family and assure mission success even when it may appear the general public may be relaxing them.

An additional important layer of defense against this disease, given that the only way to uncover asymptomatic individuals is through testing, is the Surveillance Sentinel Testing (SST) that NAVADMIN 178/20 puts in place. SST tests a small percentage of our force routinely to help break the transmission of COVID-19, increase awareness across our force and provide greater health protection mission assurance.

I am extremely proud of the readiness we've maintained during these past few challenging months. More than one-third of the Navy is currently forward deployed, spending longer times at-sea with fewer port visits. These units, and many other ongoing examples of prioritizing service and country above self, demonstrate what makes us strong and a great Navy. My deep and sustained thanks as we continue to define and operate in this 'new normal.'"

## Leave and Liberty now exempt from COVID travel restrictions

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

### WASHINGTON

Effective immediately, leave and liberty outside the local area of your command is exempt from ongoing COVID-19 travel restrictions.

Secretary of Defense Mark Esper approved the leave exemption for all military on June 29. The Navy's rules for implementation came in NAVADMIN 189/20 on July 2.

Approval authority for leave outside of the local area will be determined by the echelon 2 commander. Delegation of that authority can not be lower than the unit commanding officer, officer-in-charge or equivalent — Branch Head, Division Director, etc.

All other guidance for transitioning from a stop movement to a conditions-based phased approach to personnel movement and travel, remains in place.

"Commanders and supervisors will conduct a risk assessment of the health status and travel itinerary for personnel requesting leave or liberty outside the local area," wrote Vice Adm. John B. Nowell, Jr., the Navy's top uniformed official in the message.

Commands also have the responsibility of reviewing a Sailor's travel plans to verify they have a plan to both keep themselves safe, as well as ensure they don't become a vector of infection when they return.

Sailors should not go on leave or liberty out of the local



MC2 Jacob Milham

Sailors from the Arleigh Burke-class guided missile-destroyer USS Forrest Sherman (DDG 98) depart the ship following deployment. Forrest Sherman returned to Norfolk Naval Station after a regularly scheduled nine-month deployment in support of maritime security operations and theater security cooperation efforts in the U.S. 2nd, 4th, 5th and 6th Fleet areas of operation. The Harry S. Truman Carrier Strike Group has remained underway during their sustainment phase of OFRP as a ready carrier strike group during the COVID-19 global pandemic.

area if they have a fever or display any other symptoms that could indicate COVID-19 infection. In addition, Sailors should not travel if they have had close contact with someone who has tested positive for the virus within the past 14 days.

Before departure, commands must establish with their

travelers a means of reliable communication. This allows for quick access for reacting to any circumstances that arise during leave or liberty.

While traveling away from their home area, Navy Service members must comply with any Department of Defense, federal, state, or local restrictions in place due to COVID-19.



# Remembering a moment when patriotism came easy

By Lisa Smith Molinari

I don’t recall exactly what I was doing that morning thirty-seven years ago — probably at home wrangling my big hair with a curling iron and applying frosted purple eye shadow — but I remember ending up on the courthouse steps at noon, dressed in a red robe. I was in the second row of of my high school’s choir, waiting for our cue to sing “America the Beautiful.” Thousands of onlookers waved flags and welcome home banners, honoring the man who prompted all this hubbub. Jimmy Stewart, Hollywood actor and hometown hero, had returned to quaint Indiana, Pennsylvania to celebrate his 75th birthday.

From my vantage point on that day — May 21, 1983 — I could see the townspeople crowded along Philadelphia Street, our main drag, propping kids on shoulders and snapping photos with Instamatic cameras. A volunteer fireman unveiled a nine-foot bronze statue of Jimmy on the courthouse lawn, and the crowd of thousands sang “Happy Birthday.”

Taking the podium, Jimmy spoke in his iconic, stammering way. But his words were suddenly interrupted by the sound of a telephone ringing. Not a digital smartphone ringtone, but the jingling trill of a fully-wired telephone. Jimmy paused before realizing that the ring was coming from the podium itself. He stooped his lanky frame to take a peek, and there it was — a rotary phone blaring its brassy ting-a-ling from a shelf under the slanted top.

“Heh ... Hello?” he stuttered, the handset held to his ear from a dangling spiral cord, “This is Jimmy Stewart.” The fascinated crowd roared with laughter.

“Can you hear me, Jimmy?” the voice of U.S. President and acting buddy, Ronald Reagan blared over the loudspeakers. “I’ve sent some of my boys to wish you a Happy Birthday,” he said. The stunned crowd fell silent, in disbelief. Not only was a huge Holly-



C5Media/

wood star standing, in the flesh, in front of our courthouse, but he was talking to the President of the United States.

Just when we all reached to pinch ourselves, believing it must be a dream, a sound like nothing we’d ever heard ripped through the atmosphere. We looked up to see a flash of massive, angular metal streaking 500 mph over Philadelphia Street, a split second ahead of the deafening blast of jet engines at close range.

Jimmy, a decorated Air Force veteran B-24 pilot, ducked instinctively before realizing it was the Thunderbirds, flying over Philadelphia Street on orders from his pal, Ronnie. Babies cried, women screamed, children clapped hands over ears. We’d never experienced this before. Fear and adrenaline pulsed in our veins until we could process what was happening.

The Thunderbirds did several loops, giving reality time to settle. This moment in our collective lives was, quite simply, awesome. We were in awe of the famous men on that telephone call, but also, of human ingenuity, of community, of God and country, and of the notion that any American, even those raised in small towns, can accomplish great things.

Jimmy finished the call with Ronnie, but the festivities continued all weekend. There was a parade, a ribbon cutting, a fire station breakfast, a film festival, a dinner dance, a boy scout event, and even a “talent show” where superstar Jimmy and his wife Gloria sat in folding metal chairs at the skating rink for two hours, graciously applauding every lousy musical act in Indiana County, including mine.

Even though our town intended to honor Jimmy Stewart, clearly, he ended up honoring us. When asked by press if he thought much about Indiana while living in Beverly Hills, Jimmy replied, “Every day. This is where I sort of made up my mind about certain things, about hard work being worth it, about community spirit, about the importance of a family, about the importance of God and the church.”

Today, as patriotism seems shrouded in turmoil, division, and hatred, I want to remember what I felt on the courthouse steps that day in 1983. I hope, perhaps with small-town naivety, that soon, we will gather again — not in anger and protest — but in collective awe for all that is good and beautiful about the United States of America.

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# Take Advantage of Online Learning Resources While Schools Are Closed

From Military One source

Students are out of school because of the global outbreak of coronavirus disease 2019, also known as COVID-19. Keep your children engaged and learning outside the classroom with online resources available through the Morale, Welfare and Recreation Digital Library and through the Department of Defense’s Tutor.com eligibility expansion, through September 30, 2020.

The MWR library system offers access to many easy-to-use online resources for children, youth and teens. You’ll find eBooks and audiobooks for your child (parents and teachers, too) on virtually every topic, as well as databases, reference books, tutoring services and materials.

These resources are available free of charge to military service members and their families. Some libraries may require you to register and create an online account, but the resources are still offered for free.

Below are descriptions of some of the available resources.

BookFlix This library from Scholastic pairs classic video storybooks with related nonfiction titles to reinforce early reading skills and develop real-world knowledge. This cultivates key reading skills, supports reluctant readers and ELL students, and builds fluency, vocabulary and reading comprehension. Please check to make sure that every computer that will access BookFlix meets the necessary technical requirements <http://bookflix.scholastic.com/browsercheck>.

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Explora Primary Want to learn more about



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animals, arts, music, health, history, people and places, science, math and sports? Explora Primary can help. Grades K-5.

Funk & Wagnalls New World Encyclopedia Explore this vast reference library for full articles about thousands of topics. Enter the password “Isource” if prompted.

Gale Academic OneFile This premier periodical resource provides millions of articles from scholarly journals and other authoritative sources with extensive coverage in key subject areas such as biology, chemistry, criminal justice, economics, environmental science, history, marketing, political science and psychology. Enter the password “Isource” if prompted.

Gale In Context: Middle School This library combines the best of Gale’s reference content with age-appropriate videos, newspapers, magazines, primary sources and much more. Students will find outstanding support to complete assignments in core subjects, including literature, science, social studies and history. Enter the password “Isource” if prompted.

Gale In Context: Science is an engaging online experience for those seeking contextual information on hundreds of today’s most significant science topics. The solution merges Gale’s authoritative and continuously updated reference content with full-text magazines, academic journals, news articles, experiments, images, videos, audio files and links to vetted websites organized into a user-friendly portal experience. Enter the password “Isource” if prompted.

Gale Interactive Science: This resource gives users the ability to manipulate and explore 3D interactive models, allowing students to visualize and understand concepts in biology, chem-

istry, earth and space science. Reference and periodical content provide additional context for further understanding. Enter the password “Isource” if prompted.

NoveList K-8 Plus provides a trusted source of information curated specifically for younger readers. It helps kids find books that are just right for their reading level and interests.

ScienceFlix Offering more than 50 complete units of study with more than 6,500 science-related assets in a variety of media, ScienceFlix (from Scholastic) provides students with a better understanding of science concepts and ideas through hands-on projects, videos, multiple text types, interactive features and more.

Teachables This library offers printable activities for any pre-K to sixth-grade subject: math, science, reading comprehension, STEM, writing and beyond. Download printable lesson plans, reading passages, games and puzzles, clip art, bulletin board ideas, teacher supports and skills sheets. Access more than 25,000 teacher-created, vetted printables to support your instruction. Enter “military” for your user ID and password if prompted.

Teacher Reference Center Access indexing and abstracts for more than 270 of the most popular teacher and administrator journals and magazines.

Tutor.com Tutor.com for military children gives kids access to online tutoring and homework help from live, expert tutors in more than 16 subjects. Tutors can help with tonight’s homework or catch your child up on missed concepts and lessons, all for free.

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MC3 Chris Cavagnaro

The Arleigh Burke-class guided-missile destroyer USS McCampbell (DDG 85) transits the Western Pacific Ocean March 9, 2014. McCampbell is on patrol in the U.S. 7th Fleet area of responsibility supporting security and stability in the Indo-Asia-Pacific region.

# USS McCampbell departs Yokosuka, celebrates success while forward-deployed

By Lt. j.g. Lauren Larar  
USS McCampbell Public Affairs

## PACIFIC OCEAN

USS McCampbell (DDG 85) departed Fleet Activities Yokosuka, Japan, July 2, 2020, following 13 years of service forward-deployed to U.S. Seventh Fleet.

The Arleigh Burke-class guided-missile destroyer is en route to Portland, Oregon, where she will undergo her midlife modernization. Following routine maintenance and system upgrades, McCampbell will proceed to Naval Station Everett, Washington where she will be homeported.

McCampbell operated in the Indo-Pacific while assigned to Destroyer Squadron (DESRON) 15, the Navy’s largest forward deployed DESRON and the U.S. Seventh Fleet’s principal surface force.

"It has been an honor and privilege for the McCampbell crew to serve alongside the advanced warfighters in the most challenging operational environment. We also cherish the relationship we have developed with the Forward Deployed Naval Forces-Japan community and our JMSDF neighbors," said Cmdr. Patrick Sullivan, McCampbell’s commanding officer. "We are very appreciative for all of the support for

McCampbell and our families during the last 13 years."

McCampbell arrived in Yokosuka, Japan, in July of 2007 while under the command of Cmdr. William M. Triplett to take the place of USS Gary and operated alongside the aircraft carrier USS Kitty Hawk (CV 63) as part of the Kitty Hawk Strike Group.

"The Yokosuka community was very welcoming when we arrived in July of 2007," said Capt. (ret) William Triplett. "We had 50% of the crew coming over from GARY that had only done independent operations. So, our task was to quickly integrate this new blended crew and make them ready for Strike Group operations along with getting the rest of the crew settled in their new home. That first year was memorable and the crew came together quickly and made a great first impression on our new community, DESRON 15, and Task Force 70."

McCampbell’s service in Seventh Fleet contributed to providing security and stability throughout the region by working alongside allies and partners. She conducted a multitude of humanitarian operations, strengthening the bonds with allied nations. In 2008, the ship supported disaster relief efforts off the coast of Indonesia following a series of Earthquakes that caused significant

damage to the region. In 2011, McCampbell was an active contributor in Operation Tomodachi to provide relief to Japanese citizens affected by the Tohoku earthquake and tsunami. In 2012, the ship rescued five Filipino fishermen off the coast of the Philippines after their boat had capsized.

"In her 12 years with DESRON 15, McCampbell made lasting positive impacts to our allies, regional partners, and to the security of the Indo-Pacific region," said Capt. Steven DeMoss, commander, Destroyer Squadron 15. "McCampbell has been a workhorse for the theater commanders ensuring a free and open Indo-Pacific. In particular, this last year the crew spent more days at sea than any other ship in theater. As they return to the U.S. for modernization and upgrades, McCampbell and her crew have established a proud legacy of service and excellence in SEVENTH Fleet."

McCampbell routinely participated in several multinational exercises including, Cooperation Afloat Readiness and Training (CARAT), with regional navies in Southeast Asia. The ship also conducted Ship Anti-submarine Warfare Readiness and Evaluation Measurement (SHAREM) as well as multiple cooperative deployments with Japan Maritime Self-Defense Force (JMSDF). Mc-

“ "It has been an honor and privilege for the McCampbell crew to serve alongside the advanced warfighters in the most challenging operational environment. We also cherish the relationship we have developed with the Forward Deployed Naval Forces-Japan community and our JMSDF neighbors,

Cmdr. Patrick Sullivan

Campbell was also a regular participant in exercises TALISMAN SABRE and MALABAR, hosted by Australia and India, respectively.

McCampbell is scheduled to join U.S. Third Fleet, which leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary for an effective global Navy. U.S. 3rd Fleet works consistently with U.S. Seventh Fleet to complement one another and provide commanders capable, ready assets across the spectrum of military operations in the Pacific.

# USS McCampbell returns to U.S. for modernization

From U.S. Pacific Fleet Public Affairs

## PEARL HARBOR, HI

The guided-missile destroyer USS McCampbell (DDG 85) departed Yokosuka, Japan, July 2, for Portland, Oregon, to complete a scheduled a 17-month Depot Modernization Period (DMP).

The United States values Japan’s contributions to the peace, security, and stability of the Indo-Pacific and its long-term commitment and hospitality in hosting U.S. forces forward-deployed there. These forces, along with their counterparts in the Japan Self-Defense Forces, make up the core capabilities needed by the alliance to meet our common strategic objectives.

The security environment in the Indo-Pacific requires that the U.S. Navy station the most capable ships forward. This posture allows the most rapid response times possible for maritime and joint forces, and brings our most capable ships with the greatest amount of striking power and operational capability to bear in the timeliest manner.

Maintaining a forward-deployed naval force capability supports the United States’ commitment to the defense of Japan and the security and stability of the vital Indo-Pacific region.



AWS2 Jack Ryan

The Arleigh Burke-class guided-missile destroyer USS McCampbell (DDG 85) transits through the South China Sea. McCampbell is underway conducting operations in the Indo-Pacific region while assigned to Destroyer Squadron (DESRON) 15, the Navy largest forward-deployed DESRON and the U.S. 7th Fleet principal surface force.





MC3 Griffin Kersting/  
Quartermaster 3rd Class Elijah Roddy, assigned to the Harpers Ferry-class amphibious dock landing ship USS Oak Hill (LSD 51), takes a bearing while the ship conducts its southbound transit departing the Black Sea, June 25, 2020. Oak Hill, is conducting operations in U.S. 6th Fleet in support of regional allies and partners, and U.S national security interests in Europe and Africa.

# Assignment incentive pay approved for extensions

MC1 Mark D.Faram  
Chief of Naval Personnel Public Affairs

## WASHINGTON

The Navy has authorized Assignment Incentive Pay (AIP) for Sailors extended at certain commands due to COVID-19 transfer delays.

On June 12, the Navy announced the conditions-based, phased plan for Permanent Change of Station (PCS) moves. A vital part of the plan is prioritizing sea duty and critical shore billets, such as Recruit Division Commanders duty at Recruit Training Command in Great Lakes. As a result, Sailors at these types of duty may be involuntarily extended.

“Shipmates, I honor your continued

dedication to the mission in these tough times,” said Vice Adm. John B. Nowell Jr., the Navy’s top uniformed personnel official. “We will only keep you in your current billet if it is absolutely necessary for mission readiness, however, if you are affected by these moves beyond our normal limits, we now have taken steps to compensate you for your time.”

Involuntary extensions beyond six months will only occur under the most unusual circumstances. The Navy’s standard rotation window allows for Sailors to be transferred up to six-months before their scheduled rotation date as well as to be held in place for an additional six months, if necessary.

According to two separate Department of the Navy memos, Recruit Divi-

sion Commanders and Sailors on sea duty are eligible to be paid AIP at the rate of \$500 per month for each month they are held at their current command beyond the six-month threshold. Sailors should work with their chain of command as well as their detailer to determine if this program will apply to them.

Assignment Incentive Pay is just one tool available to the Navy to keep key billets filled. Still in effect is NAVADMIN 132/20 released on May 5, which offers both high-year tenure waivers as well as Sea Duty Incentive pay to Sailors in specific skills willing to extend at sea or return to sea early. The deadline to apply for these programs is Sept. 30.

Volunteering to extend could net

Sailors a lump-sum payment in return for their extension or curtailment, the amount can vary based on rating and paygrade. Those Sailors interested in volunteering for SDIP should contact their detailer. This includes those in SDIP-eligible skills currently scheduled to separate or retire who are willing to delay their departure by 6-12 months are eligible for SDIP as well.

Ordinarily, such requests require applying 14-16 months before their projected rotation date; however, this timeline may be waived on a case-by-case basis. The latest list of eligible ratings and paygrades, updated May 5, can be found at <https://www.mnp.navy.mil/group/pay-and-benefits>.

More information on the AIP program is available at <https://www.mnp.navy.mil/group/assignment-leave-travel/resources-and-links>. Those interested in the high-year tenure waivers and Sea Duty Incentive Pay can get details from NAVADMIN 132/20.

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# Navy publishes Leaders' Handbook for COVID guidance

From the Office of the Navy Chief of Information

WASHINGTON

Navy leadership published a COVID-19 Leaders' Handbook containing current Navy guidance on COVID mitigation measures and procedures 30 June as a reference for leaders throughout the fleet.

The handbook will act as a quick guide for leaders both ashore and at sea to educate their teams on the threat COVID poses to the Navy and give them key information on prevention and mitigation procedures.

As new information and research about the coronavirus comes available, the Navy updates and publishes guiding documents to inform and assist the fleets in their decision making processes. This handbook distills and collates key high-level guidance into one place to more easily allow leaders to make informed decisions and thrive within the COVID-19 environment.

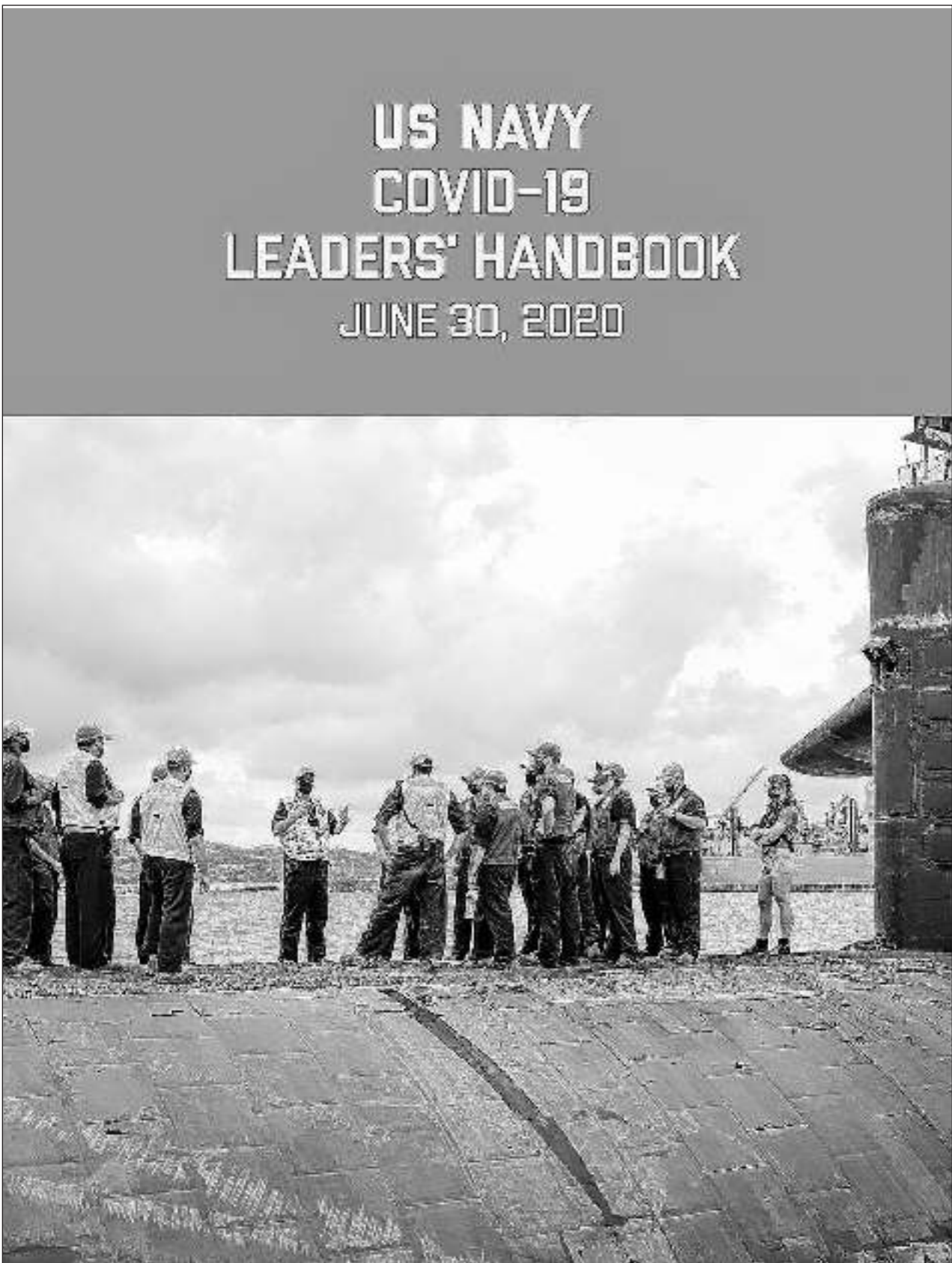
The handbook will assist commands in the completion of their missions both at sea and ashore as they become accustomed to the "new normal" of operating in a COVID-19 environment. Guidelines require commands to establish and maintain COVID-free bubbles, adhere to the established prevention protocols, and be ready to fight through COVID outbreaks while continuing to provide mission assurance.

The handbook includes information on how COVID spreads, and promotes Public Health Mitigation Measures like self-monitoring and reporting, physical distancing, washing hands frequently, and wearing masks to prevent the spread of the disease that have been proven as effective tools in fighting the virus.

The handbook also covers protocols for containment in the event that there is an outbreak in addition to outlining the process of conducting methodical contact tracing to identify service members who may have been in close proximity to a COVID-positive Sailor.

"The handbook is designed to provide Leaders at all levels with a common understanding of the latest science, show them that current USN guidance is grounded in that science, provide them tools to prevent, and when necessary, contain COVID-19," said Rear Adm. Will Pennington, Special Assistant to the Deputy Chief of Naval Operations for Operations and Plans.

Newly established sentinel surveillance testing protocols are also outlined as a key resource for unit commanders to potentially identify asymptomatic



The cover of the "U.S. Navy COVID-19 Leader's Handbook."

Photo by MC2 Kelsey J. Graphics by Luke Lamborn

COVID-positive individuals. The handbook stressed that scientific data informs operational guidance and frequent updates will be made.

"This handbook reinforces how individual responsibility and simple public health mitigation measures are critical to protecting the team, and is written to allow young leaders to distill and then disseminate the most pertinent guidance so we can successfully operate through this pandemic," explained Rear Adm. Karl Thomas, Assistant Deputy Chief of Naval Operations for Operations, Plans, and

Strategy.

The Navy will continue to protect the health of the force and proactively fight complacency within the ranks. The Navy is prepared to fight and overcome the challenge of operating in a COVID-19 environment while delivering decisive sea power on, above, and under the sea.

To view and download the US Navy COVID-19 Leaders' Handbook click [here https://all-hands.navy.mil/The-Way-Forward/US-Navy-COVID-19-Leaders-Handbook](https://all-hands.navy.mil/The-Way-Forward/US-Navy-COVID-19-Leaders-Handbook)



Lt.Cmdr. Alan Johnson

A P-8A Poseidon aircraft assigned to the "War Eagles" of Patrol Squadron (VP) 16 is parked on the flight line at Clark Air Base. VP-16 is deployed to the U.S. 7th Fleet (C7F) area of operations conducting maritime patrol and reconnaissance operations in support of Commander, Task Force 72, C7F, and U.S. Pacific Command objectives throughout the Indo-Asia Pacific region.

## VP-16 welcomes U.S. Ambassador to Iceland

By Lt. j. g. Bryan Rallet  
VP-16 Public Affairs

NAVAL AIR STATION KEFLAVIK, ICELAND

The U.S. Ambassador to Iceland, Jeffrey Ross Gunter, joined Patrol Squadron (VP) 16 onboard Naval Air Station Keflavik, Iceland, to discuss the role of the squadron in northern European theater, June 23, 2020.

Gunter reiterated his adamant support of the squadron's mission in the region, including the Arctic, and took a genuine interest in the Sailors' backgrounds and personal stories during his visit.

"[It has been] a tremendous day with our brave P-8 patriots working tirelessly to keep the High North peaceful, democratic, and free," said Gunter. "We stand in the same hangar that welcomed Vice President Mike Pence less than a year ago. His

message is our message, and it rings loud and clear: a free, democratic, sustainable, and strong Arctic is the future. And you all, the P-8 patriots, are the protectors of that vision in Iceland and the High North. God bless you all!"

The squadron extended their sincere gratitude to Icelandic Capt. Jon Gudnason and the Landhelgisgæsla Íslands, or Icelandic Coast Guard, for their unwavering support of VP-16's critical mission. The Icelandic peoples' support of the rotational P-8 Poseidon aircraft is an integral part of the NATO partnership between the U.S. and Iceland.

"It was a pleasure to meet Ambassador Gunter," said Lt. Cmdr. Emile Hawkins, VP-16 officer in charge in Iceland. "His overt display of enthusiasm for the VP-16 Sailors and our mission was reassuring and motivating for our crew. We know we

have the U.S. Embassy's and the Icelandic Coast Guard's support to operate here in Iceland."

Hawkins was joined by other VP-16 members to include Lt. Rick Beaman, Lt. Richard Hutyra, Lt. j. g. Emily Brown, and Chief Warrant Officer 3 Patrick Birney.

The P-8A Poseidon is a multi-mission capable replacement aircraft for the legacy P-3C Orion. Designed to secure the Navy's future in long-range maritime patrol capability, the P-8A Poseidon has had a large impact on the Navy's maritime patrol and reconnaissance effort.

VP-16 remains engaged, postured, and ready with credible force to assure, deter, and defend in an increasingly complex security environment.

VP-16 is currently forward-deployed to the U.S. 6th Fleet area of operations and is assigned to commander, Task Force (CTF)

67, responsible for tactical control of deployed maritime patrol and reconnaissance squadrons throughout Europe and Africa.

CTF 67's official mission is to provide responsive, interoperable, and expeditionary combat ready maritime patrol aircraft and supporting forces to commander, U.S. Naval Forces Europe-Africa and commander, U.S. 6th Fleet (CNE-CNA/C6F), NATO, and Unified Commanders to conduct effective Anti-Submarine Warfare (ASW), maintain Maritime Domain Awareness (MDA), enhance regional stability, promote cooperative maritime safety and security, and be decisive while conducting overseas contingency operations.

CNE-CNA/C6F, headquartered in Naples, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners in order to advance U.S. national interests and security and stability in Europe and Africa.





MC1 John Wagner  
Lightning flashes over the aircraft carrier USS Nimitz (CVN 68) as it transits the South China Sea. Nimitz is the flagship of the Nimitz Carrier Strike Group (CSG). The Nimitz and Ronald Reagan CSGs are conducting dual carrier operations in the South China Sea as the Nimitz Carrier Strike Force.

## Dual Carrier Strike Groups reinforce U.S. commitment to freedom

From Commander, Task Force 70 / Carrier Strike Group 5 Public Affairs

### SOUTH CHINA SEA

The Nimitz Carrier Strike Force celebrated Independence Day with unmatched sea power while deployed to the South China Sea conducting dual carrier operations and exercises in support of a free and open Indo-Pacific.

High-end integrated exercises build unmatched flexibility, endurance, maneuverability, and firepower in an all-domain warfighting environment. These efforts support enduring U.S. commitments to stand up for the right of all nations to fly, sail, and operate wherever international law allows.

Sailors from both carrier strike groups continue to stand the watch, defending freedom every day of deployment, and

reflecting on the freedoms we hold sacred and celebrate during this holiday.

"Back home we would celebrate the Fourth by launching fireworks," said Yeoman 2nd Class Chareese Knox from Cleveland Heights, Ohio. "But nothing celebrates freedom like launching fighter jets from the middle of the ocean at night."

Comprised of both Nimitz and Ronald Reagan Strike Groups, the Carrier Strike Force conducted several tactical exercises designed to maximize air defense capabilities, and extend the reach of long range precision maritime strikes from carrier-based aircraft in a rapidly evolving area of operations.

"Doing the basic skills well, like efficient aircraft launch and recovery, is the foundation of all our tactics," said Cmdr. Stanton Hanley, air operations officer, USS Ronald Reagan. "Maintaining our

high operational tempo provides the training and repetitions necessary to ensure we can launch large scale strikes as a matter of routine."

Air defense in a Carrier Strike Force incorporates the capabilities of the embarked fixed and rotary wing aircraft, along with Aegis guided-missile cruisers and destroyers. This provides multi-layered, early detection capabilities to defend the Force against potential airborne threats.

During air defense and strike exercises, aircraft from Nimitz and Reagan simulate enemy attacks testing the force's ability to detect, intercept, and engage threats. The exercises increase pilot proficiency while giving shipboard tactical watchstanders hands-on experience coordinating defense in a realistic environment.

"The ships and Sailors in Destroyer Squadron Nine have been working hard to increase our tactical proficiency in long range maritime strike and anti-submarine warfare," said Capt. Todd Whalen, commodore, Destroyer Squadron Nine. "On this Fourth of July at sea,

it's a privilege to stand the watch with our teammates in Nimitz and Ronald Reagan Strike Groups to protect freedom of navigation and the free flow of commerce."

This opportunity for two carrier strike groups to train and operate together in the region provides combatant commanders with significant operational flexibility and capabilities that only the U.S. Navy can command.

The Ronald Reagan Carrier Strike Group is the Navy's only forward-deployed strike group and one of America's most visible symbols of resolve. The Nimitz Carrier Strike Group arrived in the U.S. 7th Fleet area of operations June 17, and has been conducting dual carrier operations with both the Ronald Reagan and Theodore Roosevelt aircraft carriers. With Carrier Air Wings 17 and 5, as well as accompanying surface forces, Nimitz and Reagan form the most effective and agile fighting force in the world, supporting U.S. commitment to mutual defense agreements with regional allies and partners, and promoting peace and prosperity throughout the Indo-Pacific.



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MC1 Benjamin A. Lewis

Admiral of the Spanish Fleet, Adm. Manuel Garat Caram, left, and Adm. James G. Foggo III, right, Commander, U.S. Naval Forces Europe-Africa and Commander, Allied Joint Force Command Naples, speak with Air Force Gen. Tod D. Wolters, Commander, U.S. European Command, upon his arrival to Naval Station (NAVSTA) Rota, Jan. 23, 2020. Wolters and Foggo visited NAVSTA Rota to meet with senior U.S. and Spanish military leaders to highlight their partnership and continued cooperation in the EUCOM area of operations. NAVSTA Rota sustains the fleet, enables the fighter and supports the family by conducting air operations, port operations, ensuring security and safety, assuring quality of life and providing the core services of power, water, fuel and information technology.

# China becoming concern for U.S. Commanders in Europe

By Jim Garamone  
DOD News Public Affairs

## U.S. NAVAL FORCES IN EUROPE AND AFRICA

It seems counter-intuitive, but China is increasingly a concern for the commander of U.S. Naval Forces in Europe and Africa and NATO’s Allied Joint Force Command.

Navy Adm. James G. Foggo told the participants of a webinar sponsored by the International Institute of Strategic Studies that China is actively working in Europe and Africa to subvert the international rules-based infrastructure that has maintained peace since the end of World War II.

China’s whole-of-government approach has expanded out of the Indo-Pacific into the Arctic, Europe and Africa. In this region China is conducting unsafe intercepts of aircraft and ships, he said. It is threatening nations. China has established an overseas military base in the Horn of Africa, and is looking to control other ports.

China is “purchasing news outlets and entertainment companies to push its propaganda and erase any criticism against its government,” he said. Chinese leaders are meddling in elections across the world, “restricting information about the coronavirus and donating equipment and personnel, even in Europe as a way to show that it is a world leader.”

The Chinese One Belt, One Road initiative combines economic, diplomatic, military and political arms to change the international rules-based architecture. They are offering financial relief and opportunities to nations, especially in Africa, and then using that to influence the governments. “This type of influence is a security concern, and it could be used to restrict access to key seaports and airport facilities while providing access to sensitive government and military information through the technology of state-owned and state-controlled enterprises,” he said.

In the past decade a lot has changed. Ten years ago, it was possible for U.S. officials to envision working with China and Russia.

But that was before Russia illegally annexed Crimea from Ukraine. That was before China started building and fortifying islands in the South China Sea and East China Sea. That was before both nations began a huge military build-up, and before both nations conducted cyber operations against other nations. Finally, that was before Russia and China meddled in domestic politics.

“China has even labeled itself as a ‘near Arctic country,’” he said, complicating an already complicated situation as new sea lanes of communication open in the North. “NATO can no longer ignore China’s activities in Europe,” he said. “Things like 5G — the Trojan horse. Buying port infrastructure, and the One Belt, One Road initiative.”

Foggo’s responsibility spans from the North Pole to South Africa, from the middle of the Atlantic to the Mediterranean, Black, Barents, Caspian and Baltic seas. There are 93 countries in this region with 23 percent of the world’s population.

The admiral gave a virtual tour of the area of operations beginning with the North. The United States has long been an Arctic nation — it was Navy Rear Adm. Robert Peary who led the first expedition to reach the North Pole. “The diminishing ice coverage is causing competition to emerge in this new area,” he said. “The High North is attracting global interest with abundant natural resources and opening maritime routes that have not been navigable before.”

Russia, with its long Arctic coast, is aggressively pursuing its interests in the region. They are building new ice breakers and arming them with offensive weaponry. They are re-occupying old Soviet era bases. “We’re seeing a new era of maritime competition in the Arctic, and strong navies are needed to protect common interests and ensure the timely flow of trade,” he said.

The North Atlantic is an integral part of the name of the most successful military alliance in history. Foggo believes NATO is involved in the Fourth Battle of the At-

lantic. The first battle was World War I, the second during World War II and the third being the Cold War.

Last year, unclassified sources indicated there were 10 Russian submarines under-way in the North Atlantic. This is a lot even when compared to Cold War sailings, he said. Russia has also already earmarked five new attack submarines for the Northern Fleet. “We still have the competitive advantage in the undersea domain, ... but they’re pretty good at their tradecraft,” he said.

The U.S. Second Fleet is meant to counter this development. “The North Atlantic is critical to NATO’s collective security, and whoever can exert control over this region could either protect or threaten NATO’s northern flank,” Foggo said. “The North Atlantic is therefore synonymous with our security and our sovereignty.”

The Trident Juncture Exercise in the North Atlantic and the High North was in part a demonstration to the Russians of the capabilities the alliance has and can deploy to the area. U.S. and British ships also cruised in the Barents Sea last month to reinforce the point, Foggo said.

The admiral next discussed the Black Sea and upholding international law and norms in that strategic body of water. American and NATO warships routinely conduct patrols in the Black Sea. Last year, there were around 240 days of presence in the Black Sea. “I think that’s a wonderful demonstration of our commitment to our Black Sea allies and partners,” he said.

The Eastern Mediterranean “is becoming one of the most kinetic places in the world,” Foggo said. Russian forces are propping up the Syrian regime. They have submarines in the region capable of hitting European capitals with little warning, he said. “Routine violations of sovereign airspace and dangerously ... unsafe intercepts have become standard operating procedure for Russia,” the admiral said.

Russia occupied Crimea and its strategic bases. It has forces in Syria. They have moved forces into Libya, and Foggo sees

this as dangerous. “This highlights the need to maintain a vigilant, highly capable naval presence throughout European waters,” he said.

The world ignores Africa at its own peril, Foggo said. “Africa is a complex continent of great importance,” he said. “By 2050 one in four people in the world will live in Africa — that’s 2.5 billion people. The potential African workforce will exceed China’s by 2030 [and] exceed India’s by 2035.”

There is tremendous poverty on the continent and vast amounts of natural resources. Thirty of the top 50 most fragile states in the world are in Africa.

Working with partner nations and organizations like the African Union, U.S. and NATO security experts work to build security capabilities in nations of the continent. They work to promote connectivity among the nations of the continent and intelligence sharing.

“I think we’re making a difference in Africa,” Foggo said. “We saw that with the development of the 2013 Yaounde (Cameroon) Code of Conduct signed by 25 Western and Central African nations as they collectively sought to address matters such as piracy, illegal fishing and illicit maritime activity. The Code of Conduct framework established objectives and improved inter-regional coastal relationships and joint capabilities. The resulting joint efforts have already reduced illegal activities in the Gulf of Guinea.”

Moving forward in the entire region, the United States needs to maintain and build the relationships from the High North to the Cape of Good Hope, the admiral said. “You can’t surge trust, it has to be developed over time,” he said. “We also need to reevaluate our force structure, and we need to champion what we have here in the theater.”

There also has to be a re-evaluation of NATO’s maritime strategy. The last look came in 2011, before a resurgent Russia and a newly active China.

“Our collective strength, that ability to project power with the help of our capable NATO allies and partners is what enables us to confidently state that there truly is no competition in this era of great power competition that we cannot overcome,” he said.

# USS Kidd renders assistance at sea

From U.S. Fourth Fleet/U.S. Naval Forces Southern Command Public Affairs

## EASTERN PACIFIC OCEAN

The Arleigh Burke-Class Destroyer USS Kidd (DDG 100) assisted a fishing vessel in distress while operating in the U.S. Fourth Fleet area of operations June 30.

The fishing vessel experienced a mechanical failure, leaving it unable to operate at sea. Kidd received notification of a distress call and sent several members of the ship’s Rescue and Assistance (R&A) team along with two members from the embarked U.S. Coast Guard Law Enforcement Detachment (LEDET) over to secure and inspect the vessel for seaworthiness, check on the health and welfare of the crew and assess the feasibility of towing the stranded vessel to safety.

Kidd took the vessel under tow for approximately 200 nautical miles until additional assistance from their parent company

arrived to further assist the vessel in returning it to Costa Rica for repairs.

“The safety of vessels at sea is the responsibility of all mariners,” said Cmdr. Nate Wemett, commanding officer USS Kidd. “We are proud that Kidd was able to offer assistance to a distressed vessel and ensure the safe passage for the crew.”

U.S. and coalition forces have a long-standing tradition of helping mariners in distress by providing medical assistance, engineering assistance and search and rescue efforts.

U.S. Naval Forces Southern Command/U.S. 4th Fleet supports U.S. Southern Command’s joint and combined military operations by employing maritime forces in co-operative maritime security operations to maintain access, enhance interoperability, and build enduring partnerships in order to enhance regional security and promote peace, stability and prosperity in the Caribbean, Central and South American region.



Photo courtesy of U.S. Navy

The Arleigh Burke-class guided-missile destroyer USS Kidd (DDG 100) tows a distressed fishing vessel, after the vessel experienced engine problems leaving it unable to operate at sea June 30, 2020.



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# THE NAVAL HISTORY OF VIRGINIA

## SHIPS



**USS Arlington III (LPD 24)**

Arlington sails in remembrance of the attack on the Pentagon on Sept. 11, 2001. The pentagon-shaped shield on the ship's crest has a border the color of limestone buff except the southwest section of the wall, which is red, to highlight the section that was destroyed. The ship's motto is, "Strength Forged Through Sacrifice. Never Forget."



At least 32 ships have been named after the state of Virginia, its cities, places, and people.

- |   |  |
|---|--|
| USS Alexandria I (Side Wheel Steamer), 1863 | USS Patrick Henry (SSBN 599), 1960     |
| USS Alexandria II (PF 18), 1945             | USS Pocahontas (Screw Steamer), 1856   |
| USS Alexandria III (SSN 757), 1991          | USS Portsmouth II (Sloop-of-War), 1844 |
| USS Arlington I (AP 174), 1944              | USS Randolph (CV 15), 1944             |
| USS Arlington II (AGMR 2), 1865             | USS Richmond (Ironclad Ram), 1862      |
| USS Arlington III (LPD 24), 2013            | USS Richmond II (Steam Sloop), 1860    |
| USS Chesapeake I (Frigate), 1800            | USS Richmond III (CL 9), 1923          |
| USS Chesapeake II (No. 3395), 1913          | USS Roanoke II (Screw Frigate), 1857   |
| USS George Washington II (AP), 1917         | USS Roanoke III (Id. No. 1895), 1918   |
| USS George Washington III (SSBN 598), 1959  | USS Roanoke V (CL 145), 1948           |
| USS Henry Clay (SSBN 625), 1964             | USS Virginia I (Frigate), 1777         |
| USS John Penn (AP 51), 1942                 | USS Virginia (BB 13), 1906             |
| USS Mason (Destroyer No. 181), 1920         | USS Virginia III (Screw Gunboat), 1863 |
| USS Newport News I (AK 3), 1917             | USS Virginia (SSN 774), 2004           |
| USS Newport News II (CA 148), 1949          | USS John Warner (SSN 785), 2015        |
| USS Norfolk II (DL 1), 1953                 | USS Williamsburg (AGC 368), 1941       |

## PEOPLE



**George Washington**  
**First President of the United States**

Born February 22, 1732, in Westmoreland County, Virginia. As the first president of the United States and an accomplished military leader, Washington believed, "without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious."



**John Penn**  
**Virginia Congressman**

Born in Virginia on May 6, 1740. Penn, active in public affairs, served for a brief time in the Provincial Congress, and was elected to the Continental Congress in 1775. Serving in Congress until 1780, he voted for and signed the Declaration of Independence. USS John Penn (AP 51), commissioned in 1942, was named after him.



**James Barron Jr.**  
**Commodore, U.S. Navy**

Born in Hampton, Virginia on September 15, 1769. Barron was part of a family legacy of service to the Navy. As his father and brother before him, he served his country as a Sailor. When Commodore James Barron died at Norfolk, Virginia, on April 21, 1851, he was the Navy's most senior officer.

## PLACES



**Did you know?**

Virginia ratified the Constitution June 26, 1788, and became the 10th state admitted to the Union.



Naval Station Norfolk is situated in the Sewell's Point area of the City of Norfolk, near the site of the battle of the Monitor - Merrimac (CSS Virginia). It is the largest naval complex in the world. Naval Station Norfolk supports the operational readiness of the U.S. Atlantic Fleet and its Sailors.



Located in Virginia Beach, Virginia, Naval Air Station Oceana is the Navy's East Coast Master Jet Base, home to F/A-18 Hornets and Super Hornets. The primary mission of Naval Air Station Oceana is as a Shore-Based Readiness Integrator, providing the facilities, equipment and personnel to support shore-based readiness, total force readiness and maintain operational access of Oceana-based forces.

Sources: Naval History and Heritage Command; [www.navy.mil](http://www.navy.mil); [whitehouse.gov](http://whitehouse.gov); [virginia.gov](http://virginia.gov); [markers.nps.gov](http://markers.nps.gov); [navaltoday.com](http://navaltoday.com); [archives.gov](http://archives.gov); [loc.gov](http://loc.gov); Infographic by Lisa Munera and Cecilia Sequerra, Naval History and Heritage Command Communication and Outreach Division



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## Hampton Coliseum to Host Drive-In Movie Theater July 17 & 18

From Hampton Coliseum

### HAMPTON

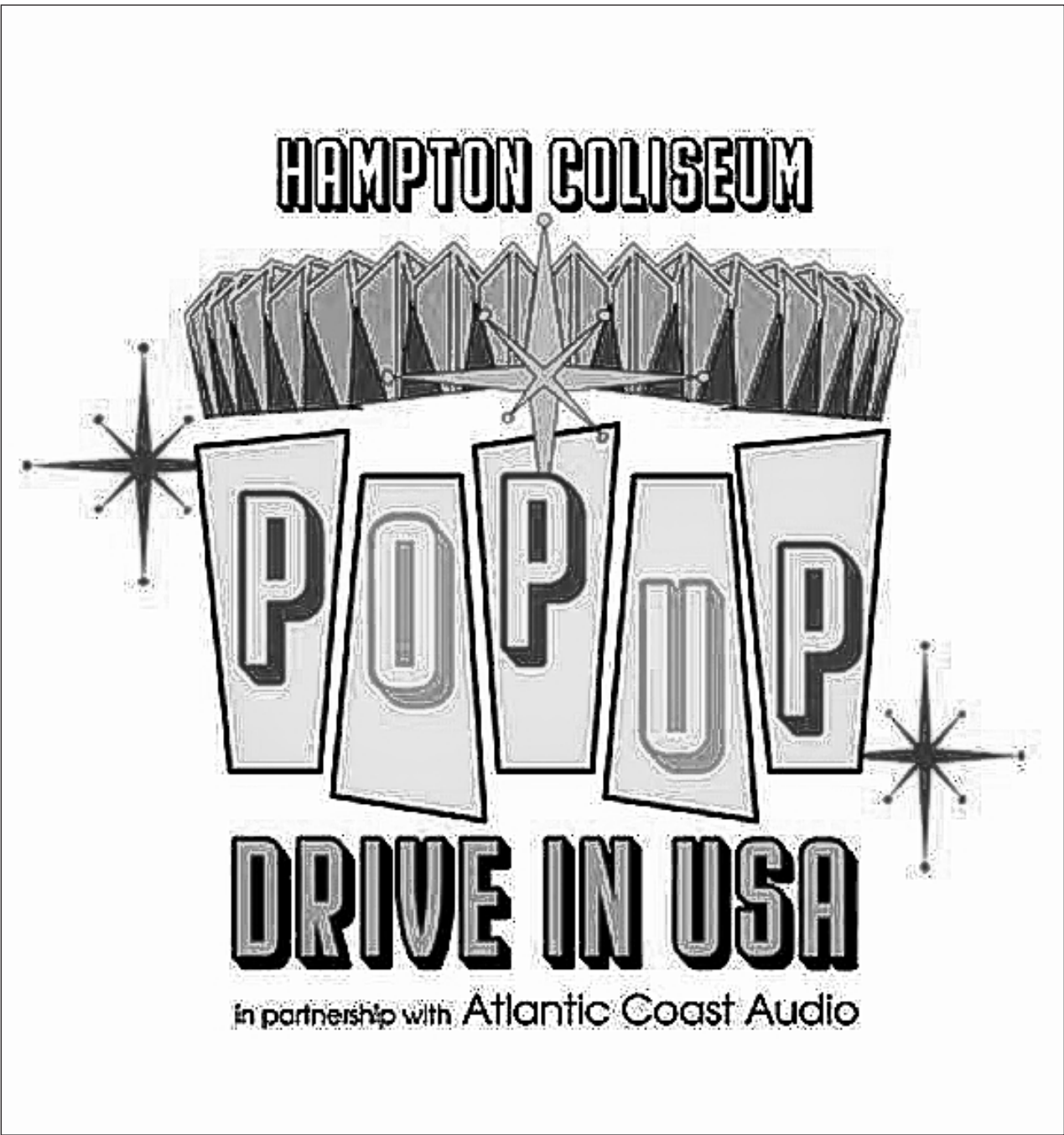
Adding to the nostalgia of its 50th anniversary, Hampton Coliseum is excited to host a popup drive-in movie theater on July 17 & 18.

Two movies will be shown each night at 6:00 and 10:00 p.m. Tickets are on sale now for \$30 per vehicle plus a \$6 fee and must be purchased in advance. Tickets will be available for purchase until 3:00 p.m. on the day of the show. For another \$20, movie-goers can add specially priced movie snack-packs to their ticket order which includes 4 popcorns, 4 candies, and 4 drinks.

Friday, July 17  
Sonic the Hedgehog : 7:00pm  
Men in Black : 10:00pm  
Saturday, July 18  
The Addams Family (2019) : 7:00pm  
Fast & Furious 5 : 10:00pm

Hampton Coliseum asks the public to adhere to health and safety guidelines when visiting the venue. For the safety of all patrons and employees, visitors are asked to wear face masks and maintain social distance while inside and outside the facility.

More information, including a full list of vehicle and movie-goer policies, can be found at [www.hamptoncoliseum.org](http://www.hamptoncoliseum.org).



Courtesy Photo

## Hampton Roads authors to present virtually for annual Local Author Fair

From Slover Library

### NORFOLK, VA

Slover Library will host its 3rd annual Local Author Fair online, now a two-day virtual event from Saturday, July 11 through Sunday, July 12. The annual event celebrating local authors will reach readers and aspiring writers across Hampton Roads and beyond, all while practicing safe social distancing and staying at home. Discover new works and connect with local authors as they share live readings, seminars and Q&A on the writing and publishing process.

When presented with the challenge of shifting to online platforms, over 20 authors answered the call to share their books and insights on writing for the free event. Over the two days, aspiring writers can hear from experienced, published authors in presentations and panels, including "The Many Hats of an Author": an author panel on the differ-

ent roles and challenges that authors face today, with fiction authors Heather Weidner, Samantha Vitale, Miisha Clemons and Teresa Inge; "Fantasy Writing and World Building" with fantasy author Hannah E Carey; "Let's talk local history!": a seminar on the research and writing process for nonfiction works that cover local and statewide history topics with Gregory J. Hansard; and many more. The virtual event also features works from local authors for readers of all ages, including children's storytimes, young adult and adult fiction book talks, and poetry readings.

The 2020 Local Author Fair will be hosted via Cisco WebEx, and is free and open to the public. Read more about the authors and the full schedule at [sloverlibrary.com/LAF](http://sloverlibrary.com/LAF), and register to receive the exclusive link to join the virtual event.

Local Author Fair  
Saturday, July 11 at 10 a.m. – 5 p.m.  
Sunday, July 12 @ 1 p.m. – 5 p.m.  
Learn more and register: [sloverli-](http://sloverlibrary.com/LAF)



Courtesy Photo

[sloverli-](http://sloverlibrary.com/LAF)

brary.com/LAF

About Slover Library:

Slover Library blends traditional library functions with the best of contemporary library resources and services. The innovative space design creates a vital and dynamic center of community learning, leading-edge technology and civic engagement, available to all citi-

zens of the region, and it is known as an attraction for residents and visitors alike.

Slover Library is located in beautiful downtown Norfolk on the corner of Plume and Atlantic Street near MacArthur Square and the MacArthur Memorial. Call (757) 431-7491 for more information.

## Norfolk Resumes Select In-Person Services

From The City of Norfolk

### NORFOLK, VA

Throughout the month of July, the City of Norfolk will offer more in-person services and reopen more neighborhood recreational amenities. Several recreation centers and libraries will reopen to the public with restrictions that ensure the health and safety of staff and patrons. Neighborhood Development staff will conduct exterior residential inspections (broken fences, falling gutters) and environmental inspections (tall weeds and grass, trash and debris). Planning Department staff continue to perform inspections in unoccupied new construction structures.

Basketball courts, playgrounds and picnic shelters will also reopen for public use. Playgrounds and picnic shelters are not sanitized or disinfected.

The public is encouraged to practice good hygiene before and after use. Indoor, outdoor pools and splash pads will remain closed.

Six recreation centers will open Monday, July 6. Hours of operation are 7 a.m. – 7 p.m. Monday – Friday and 1 p.m. – 5 p.m. on Saturday at the following locations:

- Lambert's Point
- Norfolk Fitness and Wellness Center
- Norview
- Huntersville
- East Ocean View
- Berkley

Three anchor branch libraries will open July 7. Hours of operation are 10 a.m. – 6 p.m. Tuesday – Thursday, 10 a.m. – 5 p.m. on Friday and Saturday and 1 p.m. – 5 p.m. on Sunday at the following locations:

- Slover Library

- Pretlow
- Jordan-Newby

On Wednesday, the first hour at all three library locations will be reserved for seniors and patrons with underlying health conditions.

Visitors must take a short COVID-19 self-questionnaire prior to entering city buildings and must follow all posted COVID-19 related signage including wearing a face covering and maintaining 6 feet of physical distance from staff and other patrons.

Library patrons can pick up holds, check out books and materials, and apply for or renew a library card. Based on guidance from the health department, patrons may not browse library shelves at Pretlow and Jordan-Newby. Patrons at Slover Library may browse shelves on the first floor in front of the circulation desk.

Library patrons are encouraged to

reserve their books and materials online before they visit, and the staff will retrieve these items while patrons wait.

The use of public computers, photocopying, faxing, and the Sargeant Memorial Collection are not open to the public at this time. Library children's areas, Playscapes and KidZones will remain closed.

The Maker Studio located in Selden Market will open by appointment only. Visit [www.sloverlibrary.com](http://www.sloverlibrary.com) to schedule an appointment.

The online catalog is available at [www.norfolkpubliclibrary.org](http://www.norfolkpubliclibrary.org). Due dates that fell while Norfolk Public Library was closed are extended until July 21. No fines were charged during the closure. Patrons are encouraged to pay fines online.

Norfolk Public Library, in partnership with Recreation Parks and Open Space, will provide express free libraries at Lambert's Point, Huntersville and Berkley recreation centers by August 1.

For updates to city operations, visit the FAQ located on [Norfolk.gov](http://Norfolk.gov) or official City of Norfolk social media platforms.



# Health



Douglas H Stutz  
Confronting the coronavirus and countering complacency...As Navy Medical Readiness and Training Command (NMRTC) Bremerton staff members continue collective efforts to help stop the spread of the pandemic outbreak, staff members (also) remain vigilant to any potential lapses in place.

## Confronting the Coronavirus and Countering Complacency

By Douglas H. Stutz,  
Naval Hospital Bremerton Public Affairs

Is Navy Medical Readiness and Training Command Bremerton continues efforts to help stop the spread of the pandemic outbreak, staff members remain vigilant to any potential lapses in place.

For the upcoming long Fourth of July weekend, festive gatherings, crowded concerts and paraded pageantry have been supplanted by the sustained need for following prescribed mitigation strategies to curtail the impact of the coronavirus.

“Now, more than ever, it is important to continue to practice social distancing, best hygiene practices, and continue to wear our facial coverings when in public establishments or in group settings,” stated Navy Cmdr. Robert Uniszkiewicz, NHB/NMRTC Bremerton COVID-19 lead and public health emergency officer.

Navy messaging is blunt and to the point regarding the possibility that any inaction and inadvertent action by anyone related to in-place mitigation measures can put fleet, fighter and/or family at risk.

The overarching Navy goal is to not let one Sailor, civilian or family member be-

come imperiled to COVID-19 due to complacency, especially now after approximately three months of restrictive measures in place, followed by a gradual lessening of those measures in some areas coinciding with the start of summer, as well as the forthcoming holiday weekend.

Add to the mix recent adjustments to state and county COVID-19 related restrictions that are still in place – albeit not as restrictive – there is opportunity to travel, engage in social activities, even frequent eateries on and off base.

“We have been more fortunate than most with regards to number of cases we have seen. But we have started to notice an increase in the number of cases since moving to Phase II in the local communities,” noted Uniszkiewicz. “This was not unexpected but clearly shows that we must remain vigilant as COVID-19 is still in our community. People become comfortable and, often inadvertently, ease their protective measures, let down their facial covering, and are lulled into a false sense of security. This would be a mistake. While it is exciting to be able to go out in town for the first time in months, enjoy the summer

weather, and plan for the holiday weekend, we must continue the personal safety measures that have proven effective for our community.”

According to Mike Pearson, NMRTC Bremerton safety and occupational health manager, complacency on the job has always been a concern, and even more so during this time of COVID-19 in a military medical treatment facility (MTF).

“Now is not the time to be complacent by anyone. Preventing COVID-19 from spreading isn’t somebody else’s job. It’s everybody’s job,” said Pearson.

NMRTC Bremerton has proactively required all staff, especially active duty, to understand the current – and mandatory - Health Protection Guidance (HPCON) Bravo measures in place.

HPCON Bravo requires that physical distance be maintained of at least six feet from others. Cloth face coverings are to be worn when in close contact with others for 15 or more minutes, and a distance of six feet can’t be maintained.

“Those measures are how we can protect ourselves and how we can protect others,” Pearson said.

HPCON Bravo also calls for practicing strict hygiene guidelines, such as frequent hand washing for at least 20 seconds, no handshaking, fist bumps, or high fives, and limit get-togethers to no more than 10 with physical distancing in place.

“We also want everyone to avoid close contact with sick people, stay home if sick to reduce contact with others as much as possible; cover your nose and mouth when you cough or sneeze; don’t touch your eyes, nose and mouth with unwashed hands to avoid spreading germs; and clean and disinfect surfaces and objects that may be contaminated with germs,” added Pearson.

For Terry Lerma, NMRTC Bremerton emergency preparedness manager, just being able to see the changes the command has established to streamline care for patients during COVID-19 helps maintain his awareness to the task at hand.

“Constant vigilance and preparedness is the price of safety and security for our MTF staff and beneficiaries. We all get visual reminders just driving in and seeing that initial screening tent, our Sailors with their cloth face-masks directing traffic, and even how our normal routine now has such things like plastic shield guards in place where needed. Every little bit helps,” Lerma said.

As Uniszkiewicz stated earlier, “my cloth face covering protects you. Your cloth face covering protects me.”

## BAMC Change of Command 2020

By Daniel Calderón, Brooke Army Medical Center

In the midst of a brief downpour, Army Brig. Gen. (Dr.) Wendy Harter, the first female commander in Brooke Army Medical Center’s history, turned over command to Army Brig. Gen. (Dr.) Shan Bagby, the first African American commander in BAMC’s history during a June 26 change of command ceremony at Joint Base San Antonio-Fort Sam Houston, Texas.

Army Brig. Gen. (Dr.) George Appenzeller, Regional Health Command-Central commanding general and former BAMC commanding general, officiated the ceremony.

“I’m glad to be here at the flagship of military medicine in Military City USA,” Appenzeller said. “We’ve had to make changes to our ceremonies this year in response to the global pandemic. However, honoring these two leaders – a commander who has served with distinction, and the officer who is assuming the mantle of command – is still a necessary part of our Army culture, especially during these extraordinary times.”

Appenzeller praised Harter for her accomplishments during her tenure, noting the enrolled patient population of nearly 80,000 at BAMC. He noted that, during a normal day at BAMC, the staff sees nearly a dozen trauma cases, more than 60 admissions, 70 surgeries, and more than 4,200 outpatient visits.

“Now in this era of the coronavirus pandemic, BAMC’s response to this crisis has been nothing short of amazing,” he continued. “The BAMC team stood up a curbside pharmacy service, filling nearly 95,000 prescriptions from 49,868 vehicles. They have also tested many thousands of patients and sent 105 personnel to New York City, Seattle, and Guam to support COVID-19 missions in overwhelmed cities.”

Appenzeller also highlighted many of Harter’s accomplishments in maintaining and enhancing the overall relationship with Joint Base San Antonio and the City of San Antonio’s leadership and communities. He said she would be missed at BAMC, but will be welcomed as the new commanding general at Regional Health Command-Central.

“This has been a fast-paced and challenging year,” Harter



Robert A. Whetstone  
Brig. Gen. George Appenzeller, Regional Health Command-Central Commanding General, presents outgoing Brooke Army Medical Center Commanding General, Brig. Gen. Wendy L. Harter the Legion of Merit prior to her change of command ceremony

said when discussing her tenure as BAMC’s commanding general. “Team BAMC and the San Antonio Military Health System over the last few months have agilely adapted to continue the mission in this enduring COVID-19 environment while simultaneously sustaining our Level I trauma mission and other critical services for our 250,000 beneficiaries and the residents of Military City USA.”

Harter thanked the nearly 9,000 staff members at BAMC, the command team, and military partners and commands across JBASA. She also expressed gratitude for community support from a number of organizations and individuals, to include San Antonio Mayor Ron Nirenberg and retired Marine Maj. Gen. Juan Ayala, San Antonio’s Office of Veterans and Military Affairs director.

“It is the passion, dedication, expertise, and talent that each and every one of you bring to Team BAMC that makes us great,” she said. “In my 31 years of military service, as part of a multitude of teams stationed across the globe, I have never served with a team like this one. You continuously lead the way. Keep doing so!”

Bagby, an oral and maxillofacial surgeon, most recently served as deputy commanding general (support), U.S. Army Medical Command. He will continue to serve as

Chief of the Army Dental Corps.

In his remarks, Bagby shared his enthusiasm and appreciation for the warm welcome and for the BAMC staff’s hard work and contributions.

“Members of Team BAMC, thank you for all you do,” Bagby said. “You are the reason this storied organization is the pinnacle of military healthcare. I especially would like to thank everyone who worked tirelessly behind the scenes to put this ceremony together. Everyone is extremely busy, and I truly appreciate your hard work and dedication in support of this ceremony, preserving its dignity and splendor, while ensuring our collective safety during the COVID crisis. Command Sergeant Major Oates – you and the team have done an outstanding job. I look forward to being your battle buddy.”

Bagby concluded by expressing his appreciation for “Military City USA” and its ongoing support of BAMC. “I look forward to building on the relationships BG Harter has built,” he said.

With the passing of the colors from Harter to Bagby, BAMC’s leadership passed from one to the other. Harter left the field for her next command tour, and Bagby went to work for his first full day as BAMC’s commanding general.



# Food



MIKE GARTEN

## New York Strip Steak

BY THE GOOD HOUSEKEEPING TEST KITCHEN

New York strip steak (also called NY strip, strip steak, strip loin, top loin steak, among many other names) is a classic and popular cut of beef that requires little more than some simple seasonings to cook up quickly for an easy and delicious better-than-restaurant quality weeknight steak dinner. Searching for the ultimate New York strip steak recipe? You’ve come to the right place — but first, some important cooking tips.

What is the best way to season a New York strip steak?  
NY strips don’t need much to make them

great. After your steak has come to room temperature, and just before searing, season both sides with a sprinkle of salt and pepper. If you want to get fancy (like we sure did), you can add additional flavorings to the pan alongside the steak, like herbs and aromatics (think rosemary, garlic, shallots, etc) that will flavor the oil the steak cooks in.

What’s the best way to cook a New York strip steak?

Our favorite way to cook up a NY strip is what we call the miraculously-easy “sear, sear, roast” method: Start by heating up your oven and setting an oven-safe skillet (for the best crust, don’t use a nonstick) over medium-high heat on the stove before

adding some oil and swirling it to evenly coat the bottom of the pan. Generously season your room-temp steak, then add it to the hot pan and sear until the bottom is nicely browned. (That’s the first sear.) Carefully flip the steak and sear until the other side is browned too. (There’s your second sear.) Then, transfer the skillet to the oven until desired doneness. (And finally: roast.) When it’s done, transfer the steak to a cutting board and let rest.

How long do I cook it on each side?  
For a 1/2-inch-thick strip steak, cook it around 3 minutes per side, followed by 3 to 6 minutes in the oven for medium-rare (around 135°F). Be sure to turn the steak only once, so it doesn’t dry out.

How long should a New York strip rest?  
As a rule of thumb, you want to let your steak rest for at least half of its total

cooking time to help the meat stay juicy and make it easier to slice. Don’t forget to save any extra juices for the pan sauce!

Ingredients  
1 1/2-inch strip steak (about 3/4 pound)  
Kosher salt and pepper  
2 tsp. olive oil  
4 cloves garlic, in skins  
1 sprig fresh rosemary  
Directions  
Heat oven to 425°F. Heat medium cast-iron skillet on medium-high. Season steak with 1/2 teaspoon each salt and pepper. Add oil to skillet, then add steak, garlic, and rosemary and cook until steak is browned, about 3 minutes per side.  
Transfer skillet to oven and roast until steak is at desired doneness, 3 to 6 minutes for medium. Transfer steak to cutting board and let rest at least 5 minutes before slicing.

## Vanilla Bean Clafoutis with Raspberries and Nectarines

BY THE GOOD HOUSEKEEPING TEST KITCHEN

Save your arm the trouble of whisking and use your blender to quickly make the light batter for this summery fruit tart.

Ingredients  
1 tbsp. unsalted butter, at room temperature, for greasing  
1/2 c. plus 1 Tbsp granulated sugar, divided, plus more for pan  
1 lemon  
1 1/2 lb. nectarines, pitted and cut into 1/2-inch-thick wedges  
6 oz. raspberries  
1 vanilla bean  
4 large eggs  
1 c. whole milk  
3/4 c. all-purpose flour, sifted  
1/2 c. heavy cream  
1/2 tsp. kosher salt  
Confectioners’ sugar, for dusting  
Directions

Heat oven to 350°F. Grease a 2 1/2-quart baking dish with butter and lightly dust with granulated sugar.  
Finely grate 2 teaspoons lemon zest into medium bowl, then squeeze in 1 tablespoon lemon juice. Add nectarines, raspberries, and 1 tablespoon granulated sugar and gently toss to combine.

Cut vanilla bean in half lengthwise and scrape out seeds and pulp. In blender, combine eggs, milk, flour, cream, salt, remaining 1/2 cup granulated sugar, and vanilla seeds and pulp (discard pod). Blend on high until slightly frothy, about 1 minute.

Transfer fruit to prepared dish along with any juices and pour batter on top. Bake until just set, 45 to 50 minutes. Let cool 5 minutes before serving. Dust with confectioners’ sugar if desired.



MIKE GARTEN





Courtesy Photo /

# Healthcare heroes you haven't heard about

From Brand point

As the country continues to battle the COVID-19 pandemic, Americans are eager to celebrate healthcare workers on the front lines who cope with the disease every single day. You’ve probably heard countless stories of the amazing acts of kindness and courage exhibited by the doctors, nurses and other health-care staff who are facing the virus head on. But among the brave and selfless health-care providers who put their energy, compassion and even their health on the line to give care to the suffering are many unsung heroes - the healthcare workers in long-term care facilities and nursing homes. Their untold stories involve not only their capacity to acknowledge and mourn great

loss, but also their dedication to providing the compassion and care required to help their residents persevere and recover. In a time like this, they deserve recognition for their sacrifices. Mother and daughter team In Indianapolis, mother and daughter team Lenore Williams and Aubrey Baker both work at long-term care facilities. Williams says that colleagues at CommuniCare, a national, family-owned company that operates long-term care, assisted living and rehabilitation facilities across the country, has helped hundreds of residents recover from the virus. “Our division alone has recovered over 150 patients, and I think it has largely been due to the love and care our staff provides,” said Williams, a regional director of clinical care


for CommuniCare. To help prevent the spread of COVID-19, long-term care facility employees have learned and implemented strict new protocols for bolstering resident and staff health and safety - including lockdowns that unfortunately keep residents apart from their loved ones. “There are people who care about your family members that are in here. We are trying the best we can,” said Baker, a qualified medication aide at Wildwood HealthCare Center on Indianapolis’ east side. “They are very scared, and I try to tell them that it is going to be OK,” said Baker. Baker tested positive for COVID-19 back in March but has fortunately since recovered. As soon as she was cleared to return to work, despite her mother’s wishes, she went back to the COVID 19 unit. Care at long-term facilities goes way beyond COVID-19 Healthcare workers at care facilities provide vital daily care and assistance for those

unable to care for themselves. They are dedicated to continuing to provide that quality care to the best of their ability - despite the dangers and challenges of the current pandemic. “For our patients’ physical and mental well-being, we wake up every morning, put on our scrubs and protect our patients,” says Ashley Johnson, nurse at Landmark Nursing Home in Texas. “We reduce injury. We improve health. We work with recovery, post-operative care and sometimes assist with palliative care. We maintain skills in supporting someone with degenerative diseases. We help people develop, recover and improve skills needed for daily living and working. We help people communicate ‘I love you’ to their loved ones after a stroke. We improve quality of life and will continue to do so for our residents.” Read inspirational stories of recovery and kindness, then send your own messages of thanks and encouragement to healthcare workers and residents in long-term care and assisted living at CareNotCovid.com.




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## jobs

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**Applicant Requirements:** Poss. a national background check & credit check (no drug, domestic violence, or theft charges). Provide references from former employers. Valid Driver's License. Reliable vehicle with proof of car insurance. Ability to work flexible hours to include nights & weekends on occasion. Legally able to work in the United States. Compensation based on previous experience. Negotiable. Please forward resumes and/or questions to:

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### Autos for Sale

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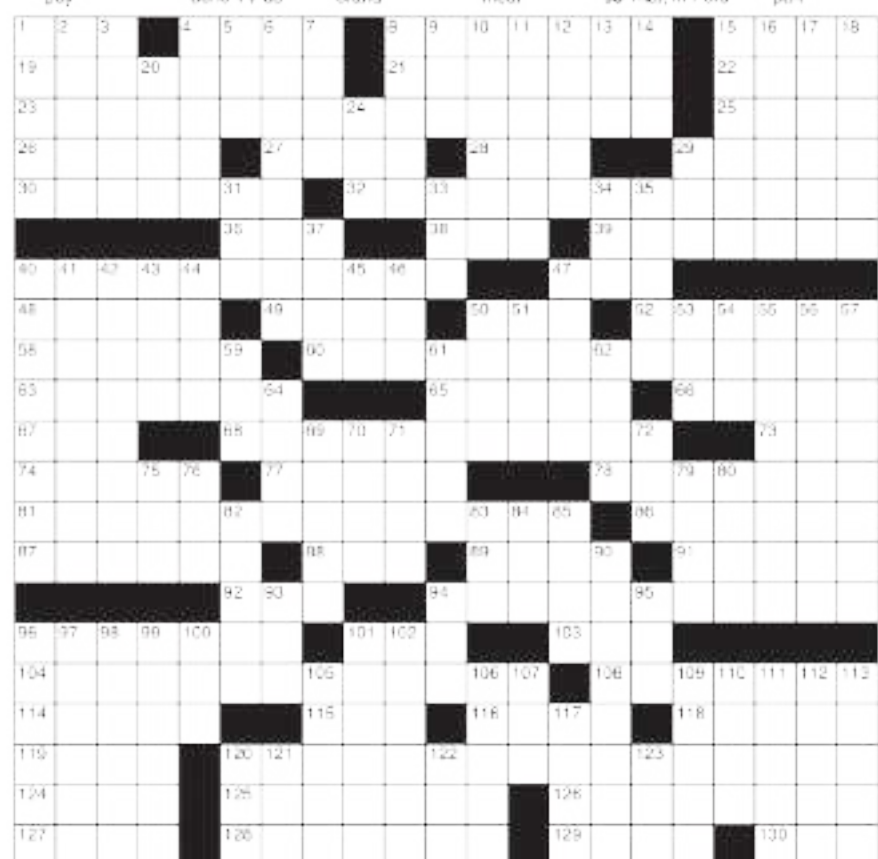
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# Fun and Games

## Super Crossword

TRIPLE OVERLAP

- ACROSS**
- Boiler, e.g.
  - Mop brand for one
  - Uncorks again
  - Live! (up)
  - Mexican resort port
  - To-do trays
  - Actor Bates
  - GOP race runner
  - At midnight, say
  - Justice Kagan
  - Planet near Earth
  - "Attack, dog"
  - First-class
  - "Orly" drink
  - Date entry device
  - Ewoks and Na'vi, in brief
  - Actor DelLuse
  - Strengthens in volume
  - Large insectivores with long antlers
  - Recycling container
  - Support financially
  - Unmannerly
  - Suffix with play
  - Nissan, formerly
  - Mop brand
  - Common bit of onstage audio equipment
  - Walter Isak
  - Pago Pago's home
  - Peek-a-—
  - Tokyo, prior to 1868
  - Play dumb
  - Bloom-to-be
  - Cicely's over
  - Radio booth
  - Mattel guy
  - Company not reliant on a parent, e.g.
  - Actress Kazan of "My Favorite Year"
  - MPR's kin
  - de Franco
  - branchlet
  - Krone
  - spenders with long antlers
  - Breakfast brew
  - Ones who love making others happy
  - Egg-making organs
  - Many a pro bono TV ad
  - Grass sold in rolls
  - Clinton-Karen, in 2016
  - Optimistic
  - Somber song
  - Party card
  - Game cry
  - Tomb Raider: Craft
  - Raptor's nest
  - Foot bottom
  - They include
  - Advent and
  - Eastside
  - Be fitting for
  - deal spots
  - Apparatus
  - Waxing god
  - Floral wrist accessory
  - Poking car part, in Brits
  - "Ethyl" suffix
- DOWN**
- Female seal group, e.g.
  - Amtrak bullet train
  - Got thinner at one end
  - Persian Gulf emirate
  - Ailing
  - Sword type
  - Funny Imagens
  - Classic detergent brand
  - Complete
  - California's San Luis —
  - Spawning platform
  - Spot-on
  - Kin of .com
  - Flagstaff-to-Tucson dir.
  - Ashen-faced
  - Actress Strich
  - Wickerwork cane
  - Cenotaph
  - Gridiron kick
  - Oval portion
  - Aussie avian
  - Once known as
  - "ER" acronym
  - Wallach of "The Deep"
  - Scenic part
  - Poker variety of 81
  - Like the giant sphere of Earth
  - Occurrence
  - Lymphoid throat masses
  - Lymph —
  - Christmas verse starter
  - Ice cream maker
  - Joseph
  - Kyle of "Star Wars"
  - Breakfast meal
  - Shant of movies
  - Peru's capital
  - Spot-on
  - With
  - 55-Down, Paris edifice housing several universities
  - See
  - 54-Down
  - More out of control
  - Not necessary
  - Ring artist
  - Of — (in some ways)
  - Space holder
  - Very bright
  - Agri's home
  - Manxman, e.g.
  - Square roof of 81
  - Silvery fish
  - Japanese leafy veg.
  - MPG rating org.
  - Ni
  - "Buena —" ("Good day")
  - Got admitted
  - Suffix with Denver
  - 16 e-graphs
  - Pupa's plants
  - The world over
  - That, in Peru
  - Karachi's national abbr.
  - Kin of .com
  - Ukraine port
  - Fabric with a soft nap
  - 2002 César winner for Best Film
  - Popular thesaurus
  - familiarly
  - Really cold
  - Models on walks, maybe
  - Smelling slag
  - One-on-one teacher
  - Beethoven's "For —"
  - Tic —
  - With 121, e.g. Down, judge in the O.J. Simpson trial
  - Heard of Troy's mother
  - Seeing red
  - Art road sign
  - German state
  - Engraved
  - Jazz's Jean- — Pony
  - See 106-Down
  - Funny bit
  - Big elephant part



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## last week's answers

TIMETABLE DOOHEDY RATA  
EDITORIAL TRALAESSES  
SINCERITY NEARLY FLINT  
LOCH UHL HEADER  
ATE IMPOSSIBLE FORMETO  
ARIOSSO ERASE  
DISTINGUISH BETWEENONE  
NESTO HOE END AROW  
AMIE MEANTO QBESE  
LAP NORWEGIANCOMPOSER  
MANUAL POINT  
AND ANOTHER WHATDOOLAY  
LORNA DAWERS DOSE  
DEAN AILUAR ADHERES  
ALWAYS TELL PEOPLE TFIAM  
OTTO TROLLS  
QUESTIONED ABOUT IT RHO  
UNDOER FILE SHOP  
TRINA ITS ALL GRIEGTOME  
DENIM SWINE PERSUADED  
SPANIO MORAY SOAPSTARS

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

# Sudoku

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

# CryptoQuip

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

Clue: R equals D

D DMFDKOR KGO PVJEM KV GOTX JO

QBO KGO SUVPCU COSEQBO D

RDRM'K PEMK KV TOFOU ETVMO.

## Last week's CryptoQuip answer

Sitcom that features a family full of ill-mannered children: "The Bratty Bunch"

# Religious Services

For your installation's religious service times, visit  
[www.flagshipnews.com/base\\_information/religious\\_services](http://www.flagshipnews.com/base_information/religious_services)



94 cents of  
every dollar  
supports  
programs  
and services  
for **local**  
military  
families.



Hampton Roads and  
Central Virginia

