



NAVY TASK FORCE TO COMBAT RACISM

The Navy's task force to combat systemic racism in the service held its first in-person listening sessions with Sailors aboard two warships July 22, to learn from their personal experiences. »See **B1**

USS COLE SUPPORTS MARINE MAMMAL STUDY



H.J. Foley

"We were excited to have this unique opportunity and help contribute to the gathering of marine species data that will be of significant value to the Navy, National Marine Fisheries Service and other stakeholders."

CMDR. TED PLEDGER

By MC3 Asheka Lawrence-Reid

ATLANTIC OCEAN

The guided-missile destroyer USS Cole (DDG 67) received an unusual assignment while at sea July 15, to help monitor migrating whales.

The Cole was helping to support a Atlantic Behavioral Response Study (BRS) project designed to understand the effects sonar has on marine mammal behavior.

The crew of the Cole assisted while two separate pods of beaked and pilot whales were tracked off the Virginia Capes during a BRS Controlled Exposure Experiment (CEE) under the guidance of Navy personnel from U.S. Fleet Forces Command and contracted scientists.

"This experiment in particular was a huge success due to

the Cole," said Ron Filipowicz, an environmental policy specialist at USFF. "The level of support and coordination was the best we've ever had."

The Cole's support for the project entailed use of active sonar at a specific time and location so that the researchers could monitor the reaction of the marine species.

"It's not an easy thing for a ship to do, and the Cole supported us tremendously," said Filipowicz.

"We were excited to have this unique opportunity and help contribute to the gathering of marine species data that will be of significant value to the Navy, National Marine Fisheries Service and other stakeholders," said Cmdr. Ted Pledger, the ship's commanding officer.

» See **STUDY | A7**

An adult male Cuvier's beaked whale is tagged with a satellite-linked dive recording tag in the Virginia Capes operating area while a research team from Duke University and Southall Environmental Associates track two separate groups of beaked and pilot whales. The crew of guided-missile destroyer USS Cole (DDG 67), under the guidance of personnel from U.S. Fleet Forces Command, participated in conducting a Controlled Exposure Experiment (CEE) as part of the Atlantic Behavioral Response Study (BRS). This Navy-funded research project captures the behavioral responses of tagged beaked and pilot whales to controlled exposure of mid-frequency active sonar.

Hershel "Woody" Williams departs for inaugural deployment

From U.S. 2nd Fleet Public Affairs

NORFOLK

The Blue Crew of the USS Hershel "Woody" Williams (ESB 4) and the ship's Military Sealift Command Civilian Mariners (CIVMARs) departed Naval Station Norfolk, Va. Jul. 27, on the ship's inaugural deployment following its commissioning in March.

"As the commanding officer of the 'Woody' Williams' Blue Crew, I can tell you that we are excited to embark on the ship's first deployment," said Capt. David Gray, commanding officer of the USS Hershel "Woody" Williams Blue Crew. "For the ma-



MC1 Joshua D. Sheppard

USS Hershel Woody Williams (ESB 4) departs Naval Station Norfolk for deployment. Williams is conducting its inaugural deployment following its commissioning in March.

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Ford Sailors promoted after long-anticipated announcement

The aircraft carrier USS Gerald R Ford (CVN 78) announced the promotion selection of 210 Sailors July 24.

» See **A4**



Navy Task Force to combat racism holds first meetings

The Navy's task force to combat systemic racism in the service held its first in-person listening sessions with Sailors aboard two warships July 22, to learn from their personal experiences.

» See **B1**

Michelangelo's frescoes on display

The first complete exhibition of Michelangelo's magnificent ceiling frescoes and Quattrocento frescoes of the Sistine Chapel to be shown outside the Vatican. » See **A2**

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U.S. Navy

Joint Capability VTOL demonstration at JEB Little Creek successfully showcases REALL technology

From NAVFAC EXWC Public Affairs

VIRGINIA BEACH

Naval Facilities (NAVFAC) Engineering and Expeditionary Warfare Center (EXWC), U.S. Army Engineer Research and Development Center (ERDC), U.S. Central Command (CENTCOM), and the U.S. Transportation Command (TRANSCOM) successfully completed a proof-of-concept vertical take-off and landing (VTOL) demonstration on July 13, 2020.

With NAVFAC EXWC at the helm as the demonstration lead, the joint capability demonstration included USCENTCOM, USTRANSOM and USMC War Fighting Lab (MCWL) serving as the operational

leads for the daylong demonstration, providing operational and development inputs.

The VTOL demonstration determined whether a VTOL aircraft can land on a forward-deployed barge with fuel stored on deck. The demonstration also supported the REALL objective to provide a low-cost logistics solution for the Department of Defense (DOD), as an alternative to placing high-value logistics supply platforms in contested environments.

The most recent demonstration marks the first of numerous planned technology and operational demonstrations aimed to transition the REALL capability technology to the warfighter.

“This demonstration is another example of what the great people of NAVFAC

EXWC provides for our American warfighters,” said Mr. Kail Macias, NAVFAC EXWC Technical Director. “Speed and agility enable our forces to win the fight. The success of REALL is a tribute to the hard work and collaboration across DOD.”

The VTOL demonstration consisted of one MH-60M Blackhawk helicopter—provided by the U.S. Special Operations Aviation Command, Systems Integration Management Office—that landed on the Improved Navy Lighterage System (INLS). The INLS is outfitted to simulate a refueling evolution; INLS systems were provided by Amphibious Construction Battalion Two.

¹The INLS Roll-on/Roll-off Discharge Facility (RRDF) is a modular system and is traditionally designed to facilitate move-

ment of rolling stock from ship to shore platforms,” said Lt. Cmdr. Robert Leftwich, Bravo Company Commander, Amphibious Construction Battalion 2. “It is a robust and highly capable platform suitable for other uses. Incorporating this legacy system into emergent needs enables more resiliency and responsiveness.”

The successful VTOL demonstration further advances the National Defense Strategy's modernization priority on forward force maneuver and posture resilience.

"As the lead Combatant Command sponsor and warfighter representative for the RE-ALL project, USCENTCOM's goal was to demonstrate a littoral logistics sustainment capability for fuel distribution and logistics nodes in support of emerging operational concepts," Said Thomas Smith, CENTCOM J8-ST Chief Science Advisor for Advanced Concepts."

Looking onward, REALL will be further vetted, with the end goal of providing fuel, water, food and other supplies to vertical take-off and landing aircraft and seaborne vessels for logistics operations required by the Naval Concept of Expeditionary Advanced Base Operations.

VFA-211 conducts aerial Change of Command

**From Commander, Naval Air Force Atlantic
Public Affairs**

VIRGINIA BEACH

Strike Fighter Squadron (VFA) 211 conducted an aerial change of command above Naval Air Station (NAS) Oceana, July 23 signifying the change in leadership.

Cmdr. James Huddleston relieved Cmdr. Ken Hockycko during the time-honored ceremony. Hockycko, a graduate from the U.S. Naval Academy in 2000 with a Bachelor of Science degree in Economics will depart VFA-211 to report to the Joint Staff as the J7 Team Chief in Norfolk, Va.

Huddleston, a graduate from the United States Naval Academy in 2002 with a Bachelor of Science degree in physics, served as the executive officer prior to assuming command of VFA-211.

While in command, Hockycko maximized training and combat lethality to successfully execute 2, 515 sorties and 4,030 flight hours resulting in 14 aircrew advancements and the qualification of five Air Interdiction Mission Commanders and two Rescue Mission Commanders with a 96 percent

sortie completion rate during their deployment on board USS Harry S. Truman (CVN 75).

“Serving the Checkmates for the past fifteen months has been the honor of a lifetime. Our Sailors remained focused amid operational uncertainties; they stood ready to deter or defeat regional aggressors during times of heightened tensions; and they held the line at sea while our shipmates prepared to deploy at the outset of the COVID-19 pandemic,” said Hockycko, who assumed duties as executive officer in July 2018.

Additionally, while at VFA-211 he oversaw 14 jet transfers enabling the preparation for a challenging two-seat to single-seat airframe transition for the squadron.

Over the course of his naval career, Hockycko accumulated more than 2,600 flight hours and 600 carrier arrested landings in the F-14D Tomcat and F/A-18A-F Hornet and Super Hornet. Past flying tours include Fighter Squadron (VF-213), Fighter Squadron Composite (VFC-12), Carrier Air Wing (CVW-8), and Strike Fighter Squadron (VFA-143).

Hockycko thanked the entire VFA-211

family for their support while he was in command.

“Their service, and that of their loved ones, is emblematic of all that is great about America,” said Hockycko. “I am proud to have been a part of the VFA-211 family, and more so, to pass the lead to CDR Huddleston—one of the finest naval officers and aviators with whom I have had the pleasure to serve in my career. I look forward to watching him take the Checkmates to new heights.”

Huddleston, who served as the executive officer prior to assuming command, recognized the professionalism of his team. Huddleston has more than 3,000 flight hours and 490 traps.

“It continues to be an honor to be a member of the Checkmates; part of a fantastic squadron only recently returned from deployment, and now undergoing a shift from the F/A-18F to the F/A-18E as we pivot back to the work-up cycle,” said Huddleston. “The talent and professionalism of this team, at this moment, is like nothing I have seen before. I’m proud to be a part of it and I look forward to the future.”

VFA-211 assigned to Carrier Air Wing (CVW) 1 deployed aboard the Nimitz-class carrier USS Harry S. Truman (CVN 75) and returned home June 5, marking the end of its deployment after operating in the U.S. 2nd, 5th and 6th Fleets.

“Serving the Checkmates for the past fifteen months has been the honor of a lifetime. Our Sailors remained focused amid operational uncertainties; they stood ready to deter or defeat regional aggressors during times of heightened tensions; and they held the line at sea while our shipmates prepared to deploy at the outset of the COVID-19 pandemic

Cmdr. Ken Hockycko

The Flagship

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Hendrick Dickson

Tugboats maneuver the Arleigh Burke-class guided-missile destroyer USS Jason Dunham (DDG 109) from the pier at BAE Systems Ship Repair as the ship gets underway for Sea Trials. Jason Dunham is completing an eight-month Docking Selected Restricted Availability (DSRA), awarded to BAE and managed by Mid-Atlantic Regional Maintenance Center (MARMC). MARMC provides surface ship maintenance, management and oversight of private sector maintenance and fleet technical assistance to ships in the Mid-Atlantic region.

USS Jason Dunham completes availability on-time

From Mid-Atlantic Regional Maintenance Center Public Affairs

NORFOLK

The Mid-Atlantic Regional Maintenance Center (MARMC) completed USS Jason Dunham’s (DDG 109) Docking Selected Restricted Availability (DSRA) July 9, re-delivering the Arleigh Burke guided-missile destroyer to the fleet on-time.

Executed at BAE Systems Ship Repair, Norfolk, the seven-month maintenance pe-

riod included underwater hull preservation, shafts and rudders removal and restoration, opening and inspection of multiple tanks, and numerous ship alterations and upgrades.

“MARMC’s mission is to fix ships and everyone contributes. Even in the best of times, ship repair is a challenging business and during these challenging times it is even more so. This is a testament of our team’s unsurpassed level of commitment and dedication to the fleet,” said MARMC

Commanding Officer Capt. Tim Barney. “The team did an outstanding job identifying the critical path, communicating, and focusing the efforts of all stakeholders. BZ!”

Maintenance and modernization of the fleet is key to ensuring commanders have the assets they need to win at sea. Timely delivery of those assets provides them the flexibility to operate on a global scale.

“It was a total team effort from the beginning,” said MARMC Project Manager Paul Riggs. “The MARMC maintenance team;

the third party planner, QED; and BAE, we all came together to ensure all the specifications were right and during execution we worked together to meet our critical path goals. If there were any problems, we worked together to find the solutions.”

DDG 109 is equipped with the Navy’s Aegis Weapon System and is capable of providing a wide range of warfighting capabilities in multi-threat air, surface and sub-surface environments.

MARMC provides surface ship maintenance, management and oversight of private sector maintenance and fleet technical assistance to ships in the Mid-Atlantic region of the United States and provides support to the 5th and 6th Fleet Area of Responsibilities. They are also responsible for the floating dry-dock Dynamic (AFDL-6).




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MC1 Aaron Bewkes

An F/A-18 Super Hornet lands on the flight deck aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) in the Mediterranean Sea, July 25. The Dwight D. Eisenhower Strike Group is conducting operations in U.S. 6th fleet area of operations in support of U.S. national security interests in Europe and Africa.

Eisenhower Strike Group conducts strike training in U.S. 6th Fleet

From Carrier Strike Group TEN Public Affairs

MEDITERRANEAN SEA

Naval aircraft from Carrier Air Wing Three (CVW-3) conducted day and night precision-guided munition and live ordnance strikes on the Greek Karavia Range in the Mediterranean Sea, July 25-26, 2020.

In addition to the expenditure of unguided and guided rockets, laser training rounds, and other ordnance on the Karavia Range, CVW-3 participated in air-to-air combat maneuvers and tactical training with Hellenic Navy F-16s.

“Being able to practice air-to-air combat with a foreign partner and then immediately transition to an air-to-ground weapons release is what flying the F/A-18 is all about,” said a CVW-3 department head.

The training opportunity allowed pilots to gain tactical proficiency and remain engaged, postured, and ready with credible force to assure our NATO Allies and partners, deter our adversaries, and defend U.S. national security interests in an increasingly complex security environment.

“The Karavia Range provides a truly unique training opportunity,” said Capt. Trevor Estes, commander, CVW-3. “It gives my pilots the ability to train with precision-guided live ordnance in order to maintain current readiness levels and assure that the striking arm of the Dwight D. Eisenhower Carrier Strike Group will continue to be functionally sharp throughout our sustainment period at home.”

The Dwight D. Eisenhower Carrier Strike Group is conducting operations in U.S. 6th fleet area of operations in support of U.S. national security interests in Europe

and Africa.

Squadrons of CVW-3, commanded by Estes and embarked on Dwight D. Eisenhower, include Strike Fighter Squadrons “Fighting Swordsmen” of VFA-32, “Gun-slingers” of VFA-105, “Wildcats” of VFA-131, “Rampagers” of VFA-83, and “Dusty Dogs” of Helicopter Sea Combat Squadron HSC-7, “Swamp Foxes” of Helicopter Maritime Strike Squadron HSM-74, “Screwtops” of Airborne Command and Control Squadron VAW-123, “Zappers” of Electronic Attack Squadron VAQ-130, and a detachment from Fleet Logistics Support Squadron VRC-40 “Rawhides.”

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

“ The Karavia Range gives my pilots the ability to train with precision-guided live ordnance in order to maintain current readiness levels and assure that the striking arm of the Dwight D. Eisenhower Carrier Strike Group will continue to be functionally sharp throughout our sustainment period at home

Capt. Trevor Estes

Ford Sailors promoted after long-anticipated announcement

From USS Gerald R. Ford Public Affairs

NORFOLK

The aircraft carrier USS Gerald R Ford (CVN 78) announced the promotion selection of 210 Sailors July 24, 2020.

29 Sailors advanced to petty officer first class, 78 to petty officer second class and 103 to petty officer third class.

Following the announcement on the ship’s one main circuit (IMC), Ford’s commanding officer, Capt. J.J. Cummings, offered a word of encouragement for Sailors moving to the next paygrade and those who will continue to strive for excellence to advance in the next cycle.

“Congrats to all the first, second and third classes that just made it,” said Cummings. “Job well done to all of you. For all of those who didn’t make it, the next time is your time.”

This advancement comes on the wake of rescheduled test dates, and alternate board convening dates for promotions across the Navy in response to the Coronavirus pandemic. As Ford continues to progress through her Post Delivery Test and Trials phase of operations, the newly frocked Sailors will begin to take on increased responsibility and new leadership roles.

Although every rank increase in the military comes with its own share of authority and responsibility, the jump from petty officer third class to petty officer second class is perhaps more dramatic because it places the Sailor in a direct leadership role and demands much more in the way of taking care of Sailors.

“I’m planning on picking up more collateral [duties] outside my department,” said Hospital Corpsman 3rd Class Bradley Norton, from Houston, assigned to Ford’s medi-



MC2 Ruben Reed

The USS Gerald R. Ford (CVN 78) transits the Atlantic Ocean. Naval Surface Warfare Center Dahlgren Division (NSWCDD) engineer Carl Hager won the 2020 Warfare Centers Innovation Award for his contributions on a novel approach to characterize the likelihood of radio frequency overexposure affecting personnel during helicopter landings on the Ford. The Dual Band Radar aboard the Ford facilitated the Hazards of Electromagnetic Radiation to Personnel risk characterization during the development of a concept of operations to minimize radiation exposure for helicopters landing on aircraft carriers.

cal department and selected for petty officer second class. “I’ve been in for 10 years, and it feels like the weight of this challenge has been lifted off my shoulders.”

Sailors selected for advancement have the opportunity to participate in Enlisted Leadership Development Continuum course designed for each paygrade. Each specially designed course focuses on char-

acter, ethics, self-awareness and decision making; contributing directly to Sailor development and investing in the future of Navy leadership.

“I was nervous during the announcement because I was one of the last people called,” said Aviation Machinist’s Mate Airman Alexander Traxler from Mentor, Ohio, assigned to Ford’s aviation intermediate

maintenance department, and selected for petty officer third class. “It felt great to be congratulated instantaneously after the announcement by all of my peers.”

Congratulations to all of our shipmates who advanced.

For more news from USS Gerald R. Ford (CVN 78) visit www.dvidshub.net/unit/CVN78



Katisha Draughn-Fraguada
When the Coronavirus Disease 2019 (COVID-19) pandemic first hit the United States earlier this year, the Fleet and Family Support Centers (FFSC) at Naval Support Activity (NSA) Hampton Roads Portsmouth and Northwest Annexes quickly adapted to the ever-evolving situation so that they could continue to provide support services to military members and their families.

Fleet and Family Support Center continues to provide service to the military community throughout COVID-19

By Katisha Draughn-Fraguada
Naval Support Activity Hampton Roads Public Affairs

When the Coronavirus Disease 2019 (COVID-19) pandemic first hit the United States earlier this year, the Fleet and Family Support Centers (FFSC) at Naval Support Activity (NSA) Hampton Roads Portsmouth and Northwest Annexes quickly adapted to the ever-evolving situation so that they could continue to provide support services to military members and their families.

“Our services are vital to the Navy community so we felt it was important to continue the same level of services while ensuring the health and safety of staff and clients,” said Elizabeth Bell, Site Director for the FFSCs at NSA Hampton Roads. “As we navigated through the pandemic, we transitioned to mostly virtual services. We are committed to providing high quality programs and services either in person or virtually. Making the transition to virtual services can be challenging but the staff took on those challenges with the same level of commitment and enthusiasm. We have an awesome team and I am very proud of their conscientiousness and commitment to the Navy community.”

The FFSC provides programs and services to promote the quality of life for military personnel and their families. They offer free programs and services to include parenting and life skills, financial programs, deployment assistance, relocation assistance, counseling and victim assistance, and many more.

At the onset of the pandemic, the FFSC remained open but with reduced services conducted via telephone and virtually. There were also staff members who remained on site to handle crisis situations.

With the FFSC typically operating in a customer service oriented environment, curtailing services and reducing the face-to-face interaction soon became a new normal for the staff members.

Lori Thomas, Work and Family Life Program Lead, adapted to her new work lifestyle and continued to provide government oversight on all Work and Family Life Pro-

grams at FFSC.

“During these unprecedented times, all of us at the Fleet and Family Support Center are committed to providing the most recent and relevant information to support our military community,” she said. “We quickly transitioned to a virtual support center, ensuring that our services, classes and resources were not interrupted, but just delivered differently.”

Thomas and her FFSC colleagues are currently operating under a distributed workforce where they stagger staff on site and those personnel who telework.

“My Work and Family Life Team has made an easy transition to delivering improved services, webinars and virtual command training,” she said.

Thomas and her team have also implemented new services and programs that will assist families trying to navigate during these unprecedented times.

“We consistently deliver new services and programs based on the needs of service members and families, in a variety of innovative ways,” she said. “We do this by providing classes, training, information, and resources to tackle military lifestyle challenges.”

Because of the pandemic, many families have dealt with ongoing stressors about finances, their mental and physical health, lack of social interaction, and uncertainty about the future.

“Significant change and uncertainty can increase stress and anxiety, so managing these feelings, as well as self-care, are extremely important. The lack of managing them can morph into isolation, depression and other issues,” said Thomas. “We encourage our military and family members to reach out to us and/or attend our fabulous webinars for support and information.”

Providing support and resources is also a mission of the Sexual Assault Prevention and Response Program (SAPR).

“We have successfully continued supporting victims of sexual assault telephonically during COVID-19. Victims still have access to the Emergency Department to re-

ceive medical treatment and a forensic exam,” said Kevin Meynardie, Sexual Assault Response Coordinator (SARC). “Our Victim Advocates are still available 24/7 to assist victims telephonically with their rights and reporting options and provide the full range of resources, and emotional support.”

As the SARC, Meynardie oversees the implementation and execution of all elements of the Installation SAPR Program, to include prevention, awareness, and response to survivors of sexual assault, supported command personnel, and other SAPR stakeholders. He also ensures comprehensive victim services are provided through a coordinated community response.

That may seem challenging to accomplish without being able to see the customers in person.

“Although we continue to provide exceptional support telephonically, one of the challenges we have faced during COVID-19 is not being able to meet with clients face-to-face,” said Meynardie.

That lack of personal interaction has also been difficult for families during this time.

“By nature we are all social beings and I think it has really impacted some people’s mental health,” said Meynardie. “I encourage anyone to reach out to a mental health professional in the hospital or a FFSC counselor to help them process their emotions during this very difficult time.”

Although SAPR has not had to implement any new services or programs due to the pandemic, there is a system to better assist victims.

“[Commander, Navy Installations Command] has helped develop a new 2910, victim reporting preference statement, that gives victims the ability to fill out the form, choose a restricted or unrestricted report and then sign it on their mobile device,” he said.

Jazmin Turk, Advocacy Clinical Counselor, has also been able to provide continuous services with the Counseling Advocacy Program at FFSC.

“As a clinical counselor, I do individual and couples counseling with Sailors and their adult family members focusing on a variety of issues such as stress management, grief, relationship discord, and problems adjusting to life changes, including crisis counseling,” she said. “I am also a Family Advocacy Program Case Manager (FAP CM). As a FAP CM, I provide support to families experiencing issues with domestic violence and/or child abuse/neglect.”

Like Thomas and Meynardie, Turk has been able to support military members and their families with services in different ways due to COVID-19. However, that is sometimes difficult due to not having that typical face-to-face contact.

“I think one challenge unique to the counseling experience is building connections with clients via telephone,” she said. “Counseling requires people to talk to a stranger about sensitive topics, and for some it can be difficult to do this with a person that they have never seen.”

Even with this disadvantage, Turk has worked hard to ensure that she can be that outlet for those individuals who need it the most.

“I think the biggest issue Navy families are dealing with is the issue we are all dealing with – isolation. Sailors and family members I have talked to report fewer stress relief outlets, decreased ability to engage in preferred enjoyable activities, and limited ability to see or connect with family and friends,” she said.

That is why the services that the FFSC provides, whether they are virtual or telephonic, is so essential to the military community right now.

“As a team we have worked to be equally, if not more, available given the current pandemic and related stressors,” said Turk.

In the midst of a global pandemic, the Fleet and Family Support Center has demonstrated that they can continue to provide the support and services to the military community that will enhance their quality of life, just through different methods.

“Families are impacted by this pandemic in every facet of the lives. Our programs are designed to support all parts of the Sailor and their families’ life,” said Bell. “The Navy must continue operations even during these stressful times and we are ready to provide that support. Our mission is to provide the supportive services necessary for the Navy to stay mission ready during this pandemic and beyond.”

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MC2 Alfred Coffield
Sonar Technician (Submarines) 1st Class Jackie Flowers, middle, assigned to the Navy Submarine Torpedo Facility (NSTF) in Yorktown, Va., explains tail cone components for a Mark 48 torpedo to Vice Adm. Daryl Caudle, left, commander, U.S. Submarine Forces on July 24. Caudle's tour of the facility focused on maintenance and readiness efforts; he praised the staff for being extremely knowledgeable and detailed-oriented with a strong warfighting culture. With approximately 168 personnel, NSTF is responsible for 40% of torpedo production for the Submarine Force.

Commander, U.S. Submarine Forces tours Navy Submarine Torpedo Facility Yorktown

By MC2 Alfred Coffield
Commander, Submarine Force Atlantic Public Affairs

YORKTOWN
Vice Adm. Daryl Caudle, commander, Submarine Forces, toured Navy Submarine Torpedo Facility (NSTF) at Naval Weapons Station Yorktown, July 24.
Caudle's tour of the facility focused on the team's maintenance and readiness efforts.
During the tour, he praised the staff for being extremely knowledgeable and detail-oriented with a strong warfighting culture.
"The work of every Sailor and civilian here is profoundly important," Caudle said while fielding questions during an all-hands call with the staff. "What you do here is truly unique within the Navy and vitally important to the Submarine Force. I believe all Sailors in the Fleet benefit from learning the complexities of their gear and mastering how

they work with it to the greatest detail. Take pride in knowing every torpedo you work on here significantly contributes to our Nation's wartime readiness."
NSTF is one of three U.S. Mark 48 Torpedo Intermediate Maintenance Activities, and the only East Coast facility supporting Commander, Submarine Force Atlantic tasking.
With approximately 168 personnel, this one facility is responsible for 40% of torpedo production for the entire Submarine Force.
Consisting of Sailors, civilian employees, and contractors, the facility employs expert engine builders, electronic technicians, ordnance handlers, facility maintenance personnel and test equipment technicians.
During the tour, Cmdr. Robert Lopez, the commanding officer for NSTF Yorktown highlighted his team's enthusiasm to work

hands on with the Mark 48 torpedo.
"The NSTF Yorktown team is the foundation for excellence providing a supportive work environment that promotes innovation and personal growth, and takes pride in producing the highest quality torpedo in the fleet," Lopez said. "NSTF builds, tests and delivers flawless Mark 48 torpedoes to warfighters for training, qualification and conflict."
Fire Control Technician 1st Class Jonathan Bagley, assigned to NSTF, also spoke highly of the command's ability to build a functioning team.
"What I love about working at this command is the level of pride everyone takes in their work, and the sheer amount of camaraderie I see here every day," Bagley said. "Helping to build these torpedoes, and knowing they will be used in the fleet gives

me a tremendous feeling of accomplishment."
The Mark 48 torpedo is designed to sink deep-diving nuclear-powered submarines and high-performance surface ships. Designed in the 1960s and operational since 1972, the torpedo is the principle weapon of all U.S. Navy submarines.
NSTF supplies Mark 48 torpedoes to all classes of submarines as their anti-submarine warfare and anti-surface warfare weapon.
The mission of the Submarine Force is to provide the training, logistical plans, manpower and operational support to maintain the ability of the Force to respond to both peacetime and wartime demands while ensuring the U.S. Navy maintains undersea superiority into the future.
The Force provides anti-submarine warfare, anti-surface ship warfare, precision land strike, mine warfare, intelligence, surveillance and early warning and special operations force capabilities to U.S. Fleet Forces Command and strategic deterrence capabilities to the U.S. Strategic Command.

Oceana sailor named CNIC Shore-Based Aircraft Launch, Recovery Equipment Technician of the Year

By MC2 Mark Thomas Mahmood
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH
Aviation Boatswain's Mate (Equipment) 2nd Class Dru A. Lansing, assigned to Naval Air Station (NAS) Oceana, was recognized as the Commander, Navy Installations Command Shore-Based Aircraft Launch and Recovery Equipment Technician of the Year for his leadership and exceptional performance in maintaining aircraft arresting equipment, July 24.
"Petty Officer Lansing is an outstanding Sailor and a leader in his community," said Capt. John Hewitt, NAS Oceana's commanding officer. "His selection is a testament to his work ethic, subject matter expertise and dedication to our mission and goals. He is a true inspiration to us all."
Lansing, who is a native of Little Egg Harbor, New Jersey, also received a Navy and Marine Corps Commendation Medal for meritorious service as the airfield support division quality assurance leading petty officer at Oceana.
"It's a real honor," he said. "I don't really think there are enough words to describe how



MC2 Mark Mahmood
Aviation Boatswain's Mate (Equipment) 2nd Class Dru A. Lansing, is presented a Navy and Marine Corps Commendation Medal by Naval Air Station Oceana commanding officer, Capt. John Hewitt. Lansing was selected as Commander, Navy Installations Command Shore-Based Aircraft Launch and Recovery Equipment Technician of the Year.

awesome it felt to have my hard work recognized at this level."
In his award, Lansing is cited for leading 65 Sailors in facilitating 24,500 man-hours in support of 800 maintenance actions, resulting in 80 "mishap-free" emergency aircraft arrestments.
"It's important for us to keep our arresting gear engines up and running at all times," Lansing explained. "If a pilot has an in-flight emergency, we could catch them with no issue and return them home safe to their families."
According to his award citation, Lansing saved the Navy more than \$375,000 in other-

wise outsourced expenses for a refurbishment and corrosion abatement contract. The work provided by Lansing and his team prevented the need to outsource the repair and maintenance of arresting gear engines on the airfield.
Chief Aviation Boatswain's Mate (Equipment) Victor M. Paulino, NAS Oceana airfield facilities leading chief petty officer, said Lansing was a great candidate for the award.
"What we look for is a fully-qualified Sailor and how they're helping out other Sailors," he said. "He shows ownership and leadership, and stepped up into a first-class position."
He continued, noting that the award was a

special achievement for not only Lansing, but the installation as a whole.
"This means that Oceana is leading the way," he said. "We're the only facility in the United States Navy that rebuilds arresting gear engines, and Lansing is the one who leads the evolutions."
NAS Oceana is the Navy's East Coast Master Jet Base, home to F/A-18 Super Hornets. The primary mission of NAS Oceana is as a Shore-Based Readiness Integrator, providing the facilities, equipment and personnel to support shored-based readiness, total force readiness and maintain operational access of Oceana-based forces.



Mary Hoffman, a nurse at ADM Joel T. Boone Branch Health Clinic, answers a call in the COVID-19 Call Center at Naval Medical Center Portsmouth (NMCP), July 22. NMCP's COVID-19 Call Center has answered more than 17,000 calls and is committed to supporting the command's fight against COVID-19. MCSN Ariana Torman

Innovation, one call at a time

By MCSN Ariana R. Torman
NMCP Public Affairs

PORTSMOUTH, VA.

Naval Medical Center Portsmouth (NMCP) is continuing its innovative commitment in support of the fight against COVID-19 through the use of its COVID Call Center.

The Call Center began on March 9, and was manned by just one nurse at the time. As the pandemic grew, the call center also grew, topping out with more than 30 nurses, answering over 17,000 calls, and at its peak, scheduling an average of 300-350 people a day to be tested for COVID-19 at NMCP's drive-thru testing site.

The original mission of the COVID Call Center was to provide information about the growing global pandemic. It quickly shifted from an information only platform as the demand for testing grew, and began incorporating one-stop scheduling for COVID testing in order to support and provide a seamless product to the operational forces.

"The call center has allowed our inpatient and Emergency Department to stay focused on providing excellent, patient-centered care to all beneficiaries," said Lt. Cmdr.

Aaron Daley, NMCP's associate director of Medical Services.

One goal of the call center is to identify those patients who may be sick, and either direct them to see a healthcare professional, or quarantine themselves in their home to prevent further spread.

"The Call Center has allowed us to identify those patients who are low-risk and those who are higher risk and may need to come in to the hospital," said Daley. "We routinely call positive patients to check on them, referring back to their triage sheet and medical history."

Daley said the Call Center and its staff have been an indispensable assets to NMCP during the COVID outbreak.

"The nurses manning the Call Center are the frontlines of this hospital's operations," said Lt. Cmdr. Terry Brown, officer in charge of NMCP's COVID-19 Call Center. "This innovation requires not only answering phones, but also creating reports and swab lists, printing orders, nursing triage, along with other administrative tasks."

In early June, NMCP began to return to full operations. The increase of services and the decrease in calls, led to many of the Call

Center's staff returning to their primary departments to meet the demand of patient care.

Even with less staff, between June 15 and July 15 the call center answered 4,609 calls, referred 22 individuals to the Emergency Department, and scheduled 2,821 COVID tests.

In recent weeks the number of COVID positive cases in the Hampton Roads area has increased, but the staffing has remained lower because of the need to still provide those increased services. Because of that the call center has been experiencing longer than normal call wait times. Daley and the Call Center staff are currently implementing changes to reduce call wait times and increase patient satisfaction.

"It takes time to work out these administrative changes, but we appreciate our beneficiaries' patience as we work to improve," said Daley. "We're operating in the world's finest Navy, and we are here to support the fleet and our patients."

As the U.S. Navy's oldest, continuously-operating military hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members

“ The nurses manning the Call Center are the frontlines of this hospital’s operations. This innovation requires not only answering phones, but also creating reports and swab lists, printing orders, nursing triage, along with other administrative tasks.

Lt. Cmdr. Terry Brown

and their families. The nationally-acclaimed, state-of-the-art medical center, along with the area's 10 branch health and TRICARE Prime Clinics, provide care for the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman.

STUDY | Tags record information from the mammal as well as the acoustic information from the Navy ship transmitting active sonar

Continued from A1

The study occurs as often as the schedule of Navy vessels and the migratory patterns of specific marine mammals allow.

"We started conducting CEEs in 2017 but had been deploying satellite tags on beaked

whales and pilot whales at that location going back several more years," said Joel Bell, a senior marine resources specialist at Naval Facilities Engineering Command (NAVFAC) Atlantic. "That gave us a very large baseline data set for comparison."

"The behavioral response study gives the Navy a chance to participate in science data collection in a meaningful way," said Filipowicz. "By using the best available science, we can move forward with our environmental impact studies and work out the best way that the Navy should mitigate while conducting our activities, and how we can contribute to not harming the environment in the most effective way possible."

Bell said it is not easy to tag the animals. "They may only break the surface 3-5 times

for a few seconds each time before diving and not coming up for another 30-60 minutes," he said.

The tags record information from the mammal as well as the acoustic information from the Navy ship that is transmitting the active sonar," said Filipowicz. "That information is recorded from retrieved tags or is sent up to a satellite which is then transmitted back to a receiver that the scientific team has to record the data."

"There are protocols in place for aiding with the safety of the tagging vessels and personnel as well as the mammals, ensuring they are not disturbed in a harmful way," said Filipowicz.

All of the data collected is shared with the National Marine Fisheries Service and other

scientific organizations of interest.

"Our scientific data is freely available to any scientific organization and we publish it specifically for use in our environmental permits," said Filipowicz. "The National Fisheries Service, as a cooperating agency has a hand with our environmental impact studies and they issue our permits to us. So, whatever science we use they use and vice versa."

The Atlantic BRS project is funded by USFF and managed by NAVFAC Atlantic, under the U.S. Navy's Marine Species Monitoring Program. The Marine Species Monitoring Program was established to support environmental compliance for training and testing activities under the Marine Mammal Protection Act and Endangered Species Act.

HERSHEL | Ship is named for Marine Corps veteran known for his heroism during the Battle of Iwo Jima in World War II

Continued from A1

jority of our Sailors, this will be their first deployment, and I can't think of a more exciting area to operate in. We look forward to our deployment in U.S. Naval Forces Africa."

The ship is named for Marine Corps veteran, Hershel "Woody" Williams, known for his heroism during the Battle of Iwo Jima in World War II. On Oct. 5, 1945, President Harry S. Truman presented Williams with the Medal of Honor during a group ceremony at the White House.

The ship is designed around four core capabilities: aviation facilities, berthing, equipment staging and command and control assets. It will primarily support a variety of aviation mine countermeasure and special operations missions freeing up amphibious warships and surface

combatant ships to be reassigned for more demanding operational missions.

"The Sailors and civilians assigned to the USS Hershel Williams will provide unique

and valuable capabilities to the U.S. Naval Forces Africa commander," said Rear Adm. Robert Katz, commander, Expeditionary Strike Group 2. "I have no doubt that this ship will make our Navy, and its namesake, proud."

The commissioning and deployment of Hershel "Woody" Williams follows USS Lewis B. Puller (ESB 3), which is forward deployed to the U.S. 5th Fleet Area of Operations. The 784ft.-long vessel features a 52,000 square-foot flight deck, fuel and equipment storage, magazines, repair and mission-planning spaces. Its features include a four spot flight deck, a mission deck and hangar, work and living spaces for a couple hundred staff and embarked personnel.

Williams will forward-deploy to the U.S. Naval Forces Africa area of operations. The crew will operate in a Blue/Gold rotation, similar to other Navy platforms, to meet Department of the Navy deployment policies.

Expeditionary Strike Group 2 provides an East Coast amphibious ready force that is manned, trained and equipped to fulfill amphibious requirements and to provide military commanders with a wide range of flexible capabilities including maritime security operations, expeditionary

power projection, forward naval presence and humanitarian assistance and disaster relief.

C2F exercises operational authorities over assigned ships, aircraft, and landing forces on the East Coast and the Atlantic.



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USS Nitze provides aid to Mariners

The guided-missile destroyer USS Nitze (DDG 94) provided aid to mariners aboard a distressed Ecuadorian fishing vessel about 200 nautical miles off the coast of Ecuador, July 20.

See B6



MCSN Jesus O. Aguiar

U.S. Navy Force Master Chief Huben L. Phillips, assigned to Commander, Naval Air Force Atlantic, makes an announcement over the one-main circuit aboard the aircraft carrier USS John C. Stennis (CVN 74) in Norfolk, Virginia, July 22, 2020. Phillips visited the John C. Stennis as part of Task Force One Navy, an initiative to combat discrimination in the Navy. The John C. Stennis is partnering with Newport News Shipbuilding to complete Refueling Complex Overhaul on schedule with a trained, resilient and cohesive crew.

Navy Task Force to combat racism holds first in-person meetings with Sailors

From Navy Region Mid-Atlantic Public Affairs

NORFOLK

The Navy’s task force to combat systemic racism in the service held its first in-person listening sessions with Sailors aboard two warships July 22, to learn from their personal experiences.

The Navy stood up “Task Force One

Navy” June 30 to address racism, sexism and other biases and their impact on naval readiness.

Topics the task force will address include racial disparities in the military justice system, advancement opportunities and diversity within the ranks, and other topics. An initial report to Chief of Naval Operations (CNO) Adm. Mike Gilday and Master Chief Petty Officer of the Navy

(MCPON) Russell Smith is due by July 31.

The task force’s senior enlisted adviser, Force Master Chief Huben L. Phillips of Commander, Naval Air Forces, met with small groups of Sailors at Naval Station Norfolk aboard aircraft carrier USS John C. Stennis (CVN 74) and the destroyer USS Mahan (DDG 72).

He also addressed the crew of each ship and the destroyer USS Arleigh Burke

(DDG 51) over their public address systems, known as the IMC.

“Especially for those who feel disenfranchised and underrepresented, Task Force One Navy will level the playing field for everyone,” Phillips said. “Our recommendations to the CNO and MCPON will ensure that every Sailor, every day will be treated with dignity and respect across the board and afforded equal opportunities of inclusion,” Phillips said. “The task force will not operate in a bubble. We will not make assumptions of your experiences. That is why I’m here today.”

See FORCE | B7

Esper: DOD involved in COVID-19 fight 'from day one'

By Brock Vergakis
Commander, Navy Region Mid-Atlantic

Since the COVID-19 crisis first threatened the United States earlier this year, the Defense Department has been at the forefront of America’s fight against the pandemic, said Defense Secretary Dr. Mark T. Esper.

“We’ve been in it from day one, going back to late January, when I started taking reports on COVID-19,” said Esper, during a press briefing yesterday at Whiteman Air Force Base, Missouri. “If you recall, way back then, it was the Air Force. In fact, the Air Force Reserve, that opened up a base in California in late January to bring American citizens back from China to deal with it.”

Since that time, Esper said, the department has opened more bases to take care of Americans who’ve been repatriated and taken to the streets to bring assistance directly to citizens.

“At one point, well over 45,000 guardsmen [were] out distributing supplies, setting up testing stations in nearly all 50 states and territories,” he said. “[It’s] just a remarkable effort by the active duty and mostly the Guard to do that. And now, of course, we’re all in with regard to Operation Warp Speed

and driving toward a therapeutic and a vaccine to get there.”

America’s soldiers, sailors, airmen and Marines, Esper said, continue to stand ready to provide support to the people of the United States in the fight against COVID-19.

“We’ve been there from day one. We’ve been ahead of the curve every step of the way. We will continue to be there,” he said.

At Whiteman AFB, Esper also met with airmen and civilians to discuss issues related to diversity and equality within the department — something he said is critical to the department’s strength.

Among the many issues discussed was finding ways to make the promotion process blind to both gender and race to avoid gender and race biases, he said.

“All those things we can do to get rid of things that might trigger conscious, more importantly, unconscious bias, I want to do to move forward,” he said. “We need to be as meritocratic as possible in the military. That’s our commitment. The military is very diverse. That’s a strength of ours to be diverse. At the end of the day, it’s all about improving cohesion, morale and readiness. And the more that we can have a diverse, inclusive force that everybody believes of-



MCCS Micha

Naval Facilities Engineering Command Southwest forklift driver Steve King moves pallets of supplies to be craned aboard Military Sealift Command hospital ship USNS Mercy (T-AH 19) at Naval Base San Diego, March 21.

fers equal opportunity, the stronger we will be in defense of the American people.”

Whiteman AFB, about 60 miles outside Kansas City, is home to the B-2 Spirit bomber, a wing-shaped stealth aircraft that’s operated at the installation by both the active duty 509th Bomb Wing and the Air National Guard’s 131st Bomb Wing.

At Whiteman, Esper said, he was impressed with the multi-component co-

operation he witnessed between the guard and active duty personnel to carry out the mission.

“As some of you know, I served in both active duty and the ... Army Guard,” he said. “I’ve never seen integration like this. Its hand-in-glove relationship is seamless, and I’m very impressed by what I saw today. I’ve got to say the Air Force overall does this very well.”

Appreciating the Art of Baloney

By Lisa Smith Molinari

Throughout the coronavirus pandemic, people have sought information to quell fear. Over the last five months, the advice given by “experts” has fluctuated wildly, despite having been given with seemingly well-informed confidence. By now, I think we all realize that it’s all baloney, bunk, BS. No one really knows, “Is it safe for kids to go back to school?” “Can people contract COVID-19 twice?” “Will a vaccine be ready by the end of the year?” “Will this pandemic ever end?” But when the public demands answers, experts must deliver. In the military community, baloney is not generally tolerated. We respect clear communication, pinpoint accuracy and straight talk. However, months of widespread pontificating about the pandemic has shown that BSing actually requires skill and chutzpah. Anyone who has ever been to a golf course has undoubtedly been in the midst of a talented BSer. Or two. Or twenty-seven. Ex: “Now, unless you want to chili dip that thing into the frog hair and risk army-putting another triple bogey, you oughta milk the grip and let the big dog eat.” Chaz quips between swigs of Bloody Mary, leaning heavily on his Cobra driver after duffing two balls into the pond.

The Golf BSer may not be good at the sport, but his commitment to the craft of baloney-sliding is undeniable. Imagine the hours spent perusing Golf Digest in the proctologist’s waiting room to memorize golf terminology? The thousands spent on trendy golf equipment and over-priced, insignia-embroidered, moisture-wicking golf apparel to over-compensate for his lack of skills? The sunburns he endures while secretly tanning in his backyard wearing his golf glove, so he can sport a characteristic golfer’s pale left hand? Now that’s dedication. Of course, lawyers, politicians, car salesmen, stockbrokers and their ilk are branded, sometimes unfairly, as BSers, because they are paid to have all the answers whether they do or not. Ex: “You see, George, your mutual funds tanked last quarter due to the unprecedented negative rumors of predicted speculations, so I’d be inclined to take the long view here,” a financial advisor might hedge to keep his client confused enough to continue forking over his life savings. But this questionable style of communication is not reserved for fast-talking professions alone. Even the well-intentioned must sometimes BS. Unable to say, “I don’t know” to her incessantly curious first grade students, my mother mastered the skill of bluffing as a first

grade teacher, making stuff up on the fly to answer questions like, “Why is the ocean blue?” and “Why does Mrs. Fletcher have a mustache?” Graduate students must also maintain their reputation for knowing everything there is to know about everything. Take a stroll through any campus quad across this nation, and you will see them with their longish hair, graded term papers in hand, leaning against ivy covered walls, arguing over whether or not the international relations theory of holistic constructivism is a useful tool in analyzing the efficacy of post-war US foreign policy. And all those people in Starbucks deserve some recognition here, too, from the employee with the nose piercing who steams the non-fat milk for your double espresso macchiato, to the metrosexual with the European scarf who ordered a chai tea, to the yoga-pant wearing mom in her SUV yelling into the drive-thru window. Essentially, anyone who has uttered the word “Vente” or referred to something with 20 grams of sugar as “skinny” is a card-carrying BSer, whether she likes it or not. Surprisingly enough, even parents are masterful BSers. Think about it – what does Dad say when his six-year-old daughter looks adoringly into his eyes and asks, “Daddy, where do babies come from?” And what baloney must Mom come up with to explain what happened to Gus the Guppy who was last seen napping on the bottom of the tank? Let’s face it – we are a nation of baloney-slingers, and it’s about time we wake up and smell the Grande iced latte. Let’s finally give BSing the respect it deserves! And if you believed that, I’ve got some really nice swampland in Florida to sell you. www.themeatandpotatoesoflife.com



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Military OneSource

Staying financially fit with financial assistance, counseling and resources

By Military OneSource

Your military member is trained to stay focused on the mission at hand. But personal worries can make that hard to do. Financial hardship is one common stressor that is on the rise. If your service member has seen a drop in family income due to the coronavirus disease 2019 pandemic, is struggling with managing a paycheck for the first time, or is facing money troubles for other reasons, help is available. Free resources such as financial counseling and emergency financial assistance are available to service members and their immediate family. EMERGENCY RELIEF FOR SERVICE MEMBERS When money is already tight, a job loss, costly car repair or other unexpected expense can increase debt quickly. Service members who are having trouble paying rent or utilities may qualify for short-term help. Each branch of the service has an emergency relief organization. Depending on the circumstances, these organizations provide interest-free loans, grants or a combi-

nation of both: ■ Army Emergency Relief ■ Navy-Marine Corps Relief Society ■ Air Force Aid Society FINANCIAL COUNSELING CAN HELP NOW AND FOR THE FUTURE Free financial counseling is available virtually through Military OneSource, and in person through installation programs. Financial counselors are experts in money management and familiar with the issues that service members face. A financial counselor can help your service member: ■ Come up with a plan to pay back debt. ■ Take steps to resolve credit problems through referrals to appropriate military and civilian resources. ■ Create a budget and control spending. ■ Save for short- and long-term goals, such as buying a car or home, or saving for college. ■ Learn more about free financial management counseling options on Military OneSource. Your service member can schedule one-on-one financial counseling through:

■ Military OneSource. Sessions are available by calling 800-342-9647 or via live chat. ■ Installation Financial Readiness Management Programs. Service members can contact their installation’s Personal Financial Management Services office. ■ Military and Family Life Counseling Programs. Service members can contact their installation’s Family Center. FREE FINANCIAL EDUCATION BUILDS KNOWLEDGE Military OneSource and installations offer free financial management classes, seminars, online tools and more. Your service member can check the installation’s Financial Readiness Management Programs to see what’s available. There are virtual options, too, including: ■ Money Matter courses. These 45-minute courses were developed by financial experts who understand military life. Topics cover car-buying strategies, consumer credit, developing a spending plan, investing in your future and moving in the military. ■ Consumer, business and finan-

cial publications are free for your service member through the Morale, Welfare and Recreation Digital Library. Publications include Consumer Reports, Business Plan Builder, Entrepreneurship, Morningstar Investment Research Center and Weiss Financial Ratings. FINANCIAL PROTECTIONS FOR SERVICE MEMBERS Your service member makes many sacrifices to serve our country. Financial hardships due to active duty or unethical lenders should not be among them. That’s why the federal government has added a layer of financial protection specifically for military members. The Servicemembers Civil Relief Act provides service members with financial and legal protections for financial hardships brought on by the demands of active duty. These range from interest rate reductions to eviction protection. The Military Lending Act protects service members and their families from predatory lenders who charge high interest rates and fees. Help your service member stay mission ready and financially fit with the help of these free resources. Your service member can find more financial tools, information and resources, including military pay charts and calculators on Military OneSource’s Personal Finances in the Military page.

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Kambra Blackmon

Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC) Bahrain transportation service providers secure a moving truck during a household goods move amid the COVID-19 crisis.

Sailors needed to move; NPC Innovated to put them in motion

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

Early in the COVID-19 crisis, leaders at Navy Personnel command realized prioritizing and re-ordering the nearly 90,000 released Permanent Change of Station orders in fiscal year 2020 was going to be a challenge that required advanced tools that NPC did not possess. The solution, the Optimized Slatting Tool (OST), was created in a matter of weeks by two innovative lieutenants from the MyNavy HR enterprise.

The OST enabled the Navy to prioritize fleet readiness requirements and accession

pipeline staffing and ensured those orders were balanced against the available move capacities that U.S. Transportation Command could provide for household goods shipments. The tool automatically ensures Sailors are moved according to their priority with high priority billets being filled first, and ensures key readiness factors like time for a face-to-face one-month turnover are all factored into the timing.

“The number of variables and complexity of this multi-faceted problem required automation,” said Rear Adm. Jeff Hughes, NPC commander. “We didn’t have the time to wait for a contracted solution, opting instead to tap the analytical potential of two amazing officers within the MyNavy HR

team. They absolutely delivered and exceeded our expectations.”

NPC quickly built a solution through utilizing in-house talent from across the MyNavy HR enterprise. Lt. Kyle Belcher from Enterprise Support Comprehensive Analytics at Chief of Naval Personnel in Washington D.C., and Lt. Allison Hogarth from the Allocation and Statistics Branch in Millington Tenn., created the OST.

“This is a great story about mixing what computers and people do best to accomplish the mission,” Belcher said. “I had worked on a similar project, so NPC brought me on to help build and run the program. It was a collaborative effort. I worked with Lt. Hogarth while building the program, exchanging data and running tests, then working together to solve problems.”

By providing detailers with an optimal plan to reduce the backlog of orders, the OST balances Fleet readiness and HHG capacity. Each set of orders receives a priority number, outlined in NAVADMIN 169/20, based on the type of command the Sailor is going to. This information is then run

through the OST and sent to detailers for review and action, which creates a visualization for leadership to view the current orders situation.

“To help minimize gaps at sea, our marching orders were taken directly from NAVADMIN 169/20 that directs Sailors going to operational sea duty have the highest priority to move once the stop movement order is lifted,” said Hogarth. “The tool does not override or replace the detailer, but instead provides them with an optimal plan that they can adjust as needed.”

The OST has optimized and scheduled July HHG shipments within capacity constraints. Using the information already gathered, the OST is also able to generate prioritized schedules for August and September HHG shipments. Initial results indicate that the Navy may return to historical shipping averages earlier than anticipated using this approach and detailers are able to forewarn affected constituents and respond to emergent needs faster. The workforce at NPC combined their skills to make a program that will be beneficial to detailers even after moves are back on track.

Equal opportunity for all: The 72-year legacy of executive orders 9980 and 9981

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

WASHINGTON

With two strokes of his pen, President Harry S. Truman ended racial segregation in the U.S. Government on July 26, 1948 -- both the federal workforce and in the armed services -- changing the racial landscape across the nation. _____

By signing those two documents 72-years ago, Executive Orders 8890 and 8891 respectively, Truman bypassed Congress -- which had blocked his efforts to bring about racial equity in the government -- and used his executive powers to make segregation illegal across the federal workforce.

“This is an anniversary worth noting because it was the first domino to fall, putting our military on a path towards ensuring that we reflect and are inclusive of the American people we have sworn to protect and defend,” said Vice Adm. John B. Nowell, Jr., the Navy’s top uniformed personnel official. “Our armed forces have often led on these issues throughout history, and we need to celebrate that.”

Today, the Navy is still working to eliminate lingering racial bias in the Navy. With the advent of Task Force One Navy, Vice Adm. Nowell said the service would “continue our efforts to identify barriers that may negatively affect equal opportunity, diversity, and inclusion at all levels in our Navy.”

Like the previous executive orders, the task force’s mandate spans the Navy’s total force of both military and civilians.

“Decades from now,” he said, “I’m confident its recommendations will be considered the next milestone in creating equal opportunity for all.”

Today, Black Americans make up 17 percent of the Navy. That’s a significant number given the fact that in 2019, the U.S. Census Bureau estimated that Black Americans made up only 13.4 percent of the country’s population.

Except for the years from the end of World War I through the end of World War II, for the most part, black and white Sailors have always lived, worked, fought and died together at sea. There was no segregation or limiting of black Sailors to specific career fields or ratings, according to Lt. Dennis Nelson -- one of the first black officers commissioned in the Navy.

Nelson wrote in-depth on the topic in his doctoral thesis, ‘The Integration of the Negro into the United States Navy, 1776-1947’, a work that was widely acclaimed when the

Navy officially published it in 1948, just months before Truman signed his executive orders.

During the Revolutionary War, according to Dr. John Sherwood, author of “Black Sailor, White Navy” and historian at the Navy History and Heritage Command, black Sailors made up roughly 10 percent of the service. That percentage rose during the Civil War to between 17 and 20 percent.

It wasn’t until World War I and through the early years of World War II that the Navy actively engaged in racial segregation policies among crews. The Navy limited Black Americans and other racial minorities to serving only in the ratings that involved mess duty, according to Nelson.

“From Revolutionary War days and until the latter years of World War I, the United States Navy had no definite policy of separation and segregation as had the Army,” Nelson wrote. “Negros, though in a slave status -- up and through the Civil War period -- served in all ratings. This practice held until the early 20th Century.”

The change, Nelson wrote, was brought on by “rabid racialism of Southern whites in the services and the influence and attitudes of white supremacy and intolerance exerted by rabble-rousing civilians.”

At the beginning of World War II, and as the numbers of Black Americans in the service increased, the Navy at first maintained segregated units ashore and even experimented with several ships crewed by all black enlisted led by white officers. None of these proved to be workable solutions.

Gradually during the war, Nelson wrote, the Navy started slowly to move progressively towards “development of the Negro into full Naval service participation” and began training Black Americans in all career fields.

“Through a series of directives,” Nelson wrote, the Navy “gravitated into a definite and stated policy of complete integration -- from a policy of complete segregation and discrimination.” Though the change started, he noted, “with all the earmarks of the usual ideological platitudes,” it turned into “a practical and workable plan for the present and future treatment” of Black Americans in the Navy.

Nelson’s favorable appraisal of that Navy policy in his thesis was written a year before Truman’s edict. The work was endorsed by then Chief of Naval Personnel Vice Adm. Thomas L. Sprague as being a “fair and valid” appraisal of the Navy’s policies in the publication’s forward.

Even the New York Times chimed in on

Feb. 8, 1948, in a review of Nelson’s work that, “the fact that the Navy Department has published a critical analysis of its segregation policies by its only Negro officer is an indication of a changing attitude in that tight-knit officer corps.”

Segregation policies in all the military branches, the Times wrote, deprived them of “the services of men they cannot afford, in time of crisis, to get along without.” Prejudice, the Times concluded, has no place in the military.

“A man’s courage and capabilities cannot be, and should not be, judged on the color of his skin,” the review said. “It is encouraging to see a growing realization of this truth.”

Despite this fantastic start, the numbers of Black Americans in the Navy decreased during the Cold War that followed World War II.

“One would have thought that the Navy would have rapidly integrated its force,” Navy historian Sherwood said. By 1962 -- sort of the middle of the Cold War -- only 5 percent of the Navy was black and just .2 percent of the officer corps.

For comparison, he said, by this time, the Army’s Black American population had become 12.2 percent of its force and 3.2 percent of the officer corps. The Navy’s low numbers throughout the 1960s and into the early 1970s were because of the draft.

“When you have a draft, the Navy becomes very, very desirable for all races,” Sherwood noted.

Because many wanted to avoid serving as ground forces in Vietnam, the Navy decided to up its enlistment standards, taking only those who scored the highest on military entrance exams. This practice disadvantaged many Americans who didn’t have the academic backgrounds to score well.

With the end of the draft in the early 1970s, so did the Navy’s recruiting hey-day. With recruiters struggling to make their quotas, the Navy started enlisting lower-scoring Sailors into the ranks. Though this opened up the door for more Black Americans, they qualified for fewer career fields in the Navy. As a result, the number of black Sailors in shipboard deck departments, foodservice and laundry divisions swelled.

“If you score low on the tests, regardless of race, not only do you end up in a certain assignment, but you cannot get into A-Schools, either,” Sherwood said. “Therefore, you cannot get promoted in many cases.”

This dynamic led to unrest in the ranks and, in some cases, riots on a few Navy ships, Sherwood said. At the root was this de-facto discrimination in job selection.

Also, black Sailors had few role models and advocates from their race in their chain of command. They saw white Sailors getting the “good jobs,” Sherwood said.

Also, there were few, if any, “African-Americans in middle management roles,” these Sailors could “share their problems with,” Sherwood said.

Again, the Navy needed to change. The watershed moment was the appointment of Adm. Elmo “Bud” Zumwalt as the Chief of Naval Operations. Just 49 years old at his selection, he became the youngest CNO in Navy history. A three-star at the time of his appointment in 1970, he was selected over many officer’s senior to him.

Zumwalt hit the Navy like a ton of bricks, working to reform and rebuild the service as it came out of the Vietnam War. He was known for issuing “Z-Grams,” his version of NAVADMIN messages of today, in his attempt to fix what he saw wrong in the Navy.

Five months into his tour as CNO, Zumwalt put the Navy back on the path to equal opportunity with “Z-Gram #66” entitled “Equal Opportunity in the Navy.”

The message came shortly after meeting with both black officers and enlisted Sailors.

“Before these meetings, I was convinced that compared with the civilian community, we had relatively few racial problems in the Navy,” Zumwalt wrote. “I have discovered that I was wrong--we do have problems.”

What struck Zumwalt the most, he wrote, was the “depth of feeling of our black personnel that there is significant discrimination in the Navy” and that he “did not realize the extent and deep significance of many of these matters.”

Zumwalt sought to open up communications. He created command minority affairs teams to “learn what and where the areas of friction are” and to help the Navy “develop a far greater sensitivity to the problems of all our minority groups so that we may more effectively go about solving them.” However, he admitted that “much remains to be done.”

The Navy has done much to level the playing field for those entering the Navy. Starting in the 1970s, the Navy has offered academic skills classes to help all Sailors raise their entry test scores to qualify for more career fields.

With his efforts, racial tensions declined gradually in the Navy for the rest of the 1970s and '80s. However, because the Navy is a reflection of society, it remains with us today.

“We’re headed in the right direction, but I think it’s okay, and even healthy, to take a brief moment to look in the rearview mirror, mark this important event in history, and reflect on how far we have come over the past 72 years,” Nowell said. “In my view, that also helps us tackle the challenges of today and the future.”

NAVSUP reminds Sailors: no more handwritten customs forms after Aug. 12

From NAVSUP Office of Corporate Communications Public Affairs

MECHANICSBURG, PA.

Naval Supply Systems Command (NAVSUP) reminds customers that handwritten customs declaration forms for mailing items over 13 ounces from an overseas or military afloat post office will not be accepted after Aug. 12.

Military members can fill out forms in advance by going to usps.com/international and clicking on “print customs forms.” Bringing a computer-generated form ahead of time will slightly shorten wait times at the post office.

For those unable to fill out a form online, a postal clerk can enter information manually from a worksheet filled out in advance.

“Customers can help streamline the mailing process by completing customs forms online or using Click-n-Ship prior to coming to the post office for mailing. Some of the NAVSUP Post Offices will provide head-of-line privileges or customer-ready windows to process items for customers who completed the customs form or Click-n-ship functions online,” said NAVSUP Navy Postal Operations Manager Dale Pinchart.

For more information, contact your local post office.

Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP’s mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter. Learn more at www.navsups.com, www.facebook.com/navsup and <https://twitter.com/navsupsyscom>.



Jacob Sippel
Lt. Adam Hoynacki, a physician at Naval Hospital Jacksonville’s Family Medicine Clinic, conducts a Navy Care virtual health visit. Navy Care offers a live, virtual visit with a clinician, from the patient’s smartphone, laptop, or computer. Patients can use it from work, home, or anywhere that offers privacy.

Navy care virtual visits: Real-time access to care, from anywhere

From Naval Hospital Jacksonville Public Affairs

JACKSONVILLE

Navy Care offers an innovative way for patients to see the doctor and maintain medical readiness, without actually visiting the hospital or clinic.

Navy Care enables patients to have a live, virtual visit with a clinician, using a smartphone, tablet, or computer. Patients can use it from work, home, or anywhere that offers privacy. It’s private, secure, and free. Most importantly, it decreases time away from the mission, work, and family.

“Navy Care brings medical appointments straight to the pier or hangar, supporting medical readiness,” said Capt. Teresa Allen, Naval Hospital Jacksonville commander and Navy Medicine Readiness and Training Command Jacksonville commanding officer. “During the COVID-19 pandemic, it has enabled our patients to have virtual health visits.”

NH Jacksonville launched Navy Care as a Navy Medicine pilot program in January 2018.

Patient enrollment has tripled this year, from about 7,000 enrollees in February to over 22,000 enrollees today. Use of Navy Care has increased seven-fold during the pandemic, from about 480 visits per month in March to 3,475 visits per month in June.

Navy Care earned a 2020 FedHealthIT Innovation Award, for taking achievable risks and delivering results in support of the command’s mission; and a 2020 Pandemic Activation & Acceleration Award from Amwell, for optimizing the use of virtual visits during the pandemic.

Lt. Cameron Henry at Naval Station Mayport recently had his first Navy Care visit. “I was experiencing pain in my heel that was not only distracting, but made it hard to walk,” said Henry. “I didn’t want to take time off, use sick call, and then sit at the clinic. It took me 30 seconds to download Navy Care on my phone. Within five minutes, I had connected with a flight surgeon. She examined my heel, diagnosed the problem, and prescribed an antibiotic. I did this all from my office, which not only saved me time, but kept me out of the clinic. I will continue to use Navy Care for future ap-

pointments.”

Active duty, families, and retirees with a primary care manager at NH Jacksonville (or its branch health clinics in Albany, Jacksonville, Key West, Kings Bay, or Mayport) can enroll. Register by visiting <https://Navy.Care> or by downloading the Navy Care app (available for free, for iOS and Android operating systems).

Patients can make a Navy Care appointment by calling their clinic’s appointment line. Or, patients can virtually “walk-in” to Navy Care On Demand, by visiting the website or app (on weekdays during business hours), selecting a waiting room, and selecting a provider.

Naval Hospital Jacksonville and Navy Medicine Readiness and Training Command Jacksonville deliver quality health care, in an integrated system of readiness and health. As the Jacksonville Market, NH Jacksonville and its five branch health clinics serve 163,000 active duty, family members, and retired service members, including 75,000 patients who are enrolled with a primary care manager. NMRTC Jacksonville (and its five units) ensures warfighters’ medical readiness to deploy and clinicians’ readiness to save lives. To find out more, visit www.tricare.mil/MTF/jacksonville.



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



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Courtesy of Ukrainian Navy

Sea Breeze is an annual exercise designed to enhance interoperability among participating nations and strengthen regional security. The exercise began in 1997, bringing Black Sea nations together to train and operate with NATO members to build interoperability and increase capability.

End of Exercise Sea Breeze 2020

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

BLACK SEA

This year marks the 20th iteration of Sea Breeze, which brought together eight sovereign nations who share U.S. 6th Fleet’s (C6F) commitment to security and stability in the Black Sea. The 27 ships and 19 aircraft all working together toward our common goal of strengthening cohesion across the Black Sea region, and improving the capabilities of all participants. They did this while adhering to all protocols required to keep sailors healthy and safe.

Exercise Sea Breeze 2020 is a defensive exercise for NATO allies and partners to strengthen and fortify cooperation that is essential to defend our national security priorities and maintain stability in the Black Sea. The exercise’s theme is: “Over 20 years of friendship in the Black Sea.” It captures what Sea Breeze is all about: trust. Our regional allies and partners believe in a free and safe Black Sea region, where surrounding nations adhere to international laws and respect borders and sovereignty.

“I am confident we will leave this exercise having achieved a greater level of integration and coordination with increased

participation and leadership from the Ukrainian Naval Headquarters South, which continues to grow in capacity and capability through the professionalism of the Ukrainian Navy, as well as the contributions from our allies and partners,” said Vice Adm. Gene Black, commander, U.S. 6th Fleet. Working side-by-side, we will continue to share experiences, learn valuable lessons and grow stronger together. Our 20-year friendship cultivated during Sea Breeze is only beginning. We will continue to build on our trust for decades to come.”

The Black Sea is a vital waterway critical to maritime commerce and stability throughout Europe. For this reason, many NATO allies and partners outside the Black Sea routinely participate in exercise Sea Breeze. It is in the world’s best interest to maintain a stable, prosperous Black Sea region, and deterring aggressive actors, who seek destabilization for their own gain.

This year focused on sea and air operations enabling us to train and build on our interoperability while also warfighting safely in this new normal with COVID. Collective training objectives for exercise Sea Breeze 2020 include maritime interdiction operations, air defense, anti-submarine

warfare, damage control, and search and rescue. In addition, this year we are doing more “free play,” meaning participants had more freedom to accomplish training objectives outside the confines of scripted exercise injects. This will enable participants to fine tune the skills they have developed during previous Sea Breeze exercises.

Intense, realistic training is ultimately what fortifies an enduring alliance consisting of sovereign, independent countries with one common goal: peace. U.S. 6th Fleet has been part of this noble goal for 70 years.

Three weeks ago, the Arleigh Burke-class guided-missile destroyer USS Porter (DDG-78) and her crew participated in two exercises with naval forces from Bulgaria, Georgia, Romania, and Turkey. While Sea Breeze is an important annual exercise, Porter’s recent operations in the Black Sea further demonstrate our standing commitment to the region and our recognition that trust and cooperative relationships require consistent nurturing. The maritime capabilities C6F continues to build on with our increasingly capable partners are indicative of our mutual commitment.

Beginning in 1997, the exercise brings Black Sea nations together to train and

operate with NATO members in the pursuit of building increased capability. The exercise took place exclusively at sea. This precaution allowed units to enhance multinational operational cooperation, while ensuring that crews remain healthy and ready. All participating nations carefully considered participation in the exercise and took appropriate measures to ensure the safety and health of participating military personnel.

U.S. participation included one P-8A Poseidon from maritime Patrol Squadron VP-47 and USS Porter. Total service member participation from the U.S. was approximately 400 Sailors.

Porter, forward-deployed to Rota, Spain is conducting naval operations in the C6F area of operations in support of U.S. national security interests in Europe and Africa.

VP-47 is currently assigned to command, Task Force (CTF) 67 and is deployed to the C6F area of operations. CTF 67 is composed of land-based maritime patrol aircraft that operate over the waters of the Mediterranean in anti-submarine reconnaissance, surveillance, and mining roles.

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

Nimitz receives COVID-19 convalescent plasma administration certification

From USS Nimitz (CVN 68) Public Affairs

SOUTH CHINA SEA

The US Army Medical Research and Development Command approved the Nimitz-class aircraft carrier USS Nimitz (CVN 68) as an authorized site to administer COVID-19 Convalescent Plasma (CCP), July 16.

CCP is the liquid part of blood collected from patients who recovered from a COVID-19 infection. Antibodies present in convalescent plasma are proteins that help patients fight an active infection; in this case, SARS-CoV-2, the virus that causes COVID-19. Anecdotal evidence suggests that CCP may be an effective treatment for some COVID-19 patients, but it has yet to be clinically proven.

Nimitz received 20 units of CCP from Naval Hospital Guam during a Safe Haven port visit in Guam, June 27. The CCP units Nimitz received are part of an effort by the Department of Defense (DOD) to collect plasma from COVID-19 patients who have successfully recovered from the illness.

“We are the first ship to get official approval of the protocol,” said Lt. Heather Hernandez, the ship’s nurse and member of the COVID Response Team aboard Nimitz. “We could administer plasma today if it was needed. We are following the Army’s protocol for administering plasma and have added an addendum to their protocol, so we are



MC3 Elliot Schaudt

The aircraft carrier USS Nimitz (CVN 68) transits the Balabac Strait. Nimitz, the flagship of Carrier Strike Group 11, is deployed conducting maritime security operations and theater security cooperation efforts.

included. We have also tailored the protocol so it fits in with our capabilities on the ship.”

CCP will be available for treatment of COVID-positive patients in DOD treatment facilities and operating units who meet established criteria and in accordance with approved protocols.

“Our plasma was drawn from Sailors aboard USS Theodore Roosevelt (CVN 71) who voluntarily donated their plasma as part of this program,” said Capt. Gilbert Seda, head of the COVID Response Team aboard Nimitz. “The plasma was checked for the presence of COVID antibodies and then underwent safety checks to ensure it was clean of any other viruses or infections.”

“If we believe a patient is acutely ill, we have the option of administering the plasma and enrolling them in this program,” said Hernandez. “It is optional for the patient to have the plasma administered, and there currently isn’t proof it will make them better.”

Hernandez said that Sailors who enroll in the program and receive CCP, will be enrolled in a 31-day study to track the effects of CCP and follow their recovery, even after they leave the ship.

“This is one treatment available in our repertoire of treatments,” said Seda. “There are a number of other treatments we will provide, and this will not interfere with any

of those. Our priority is still to get these patients off the ship.”

Hernandez said the main goal on board Nimitz is prevention. Mitigation efforts to prevent the disease, including wearing face masks, social distancing, increased ship-wide cleaning, and a focus on handwashing, have all been implemented throughout the entire Nimitz strike group since April. No Sailors or Marines within the strike group have been diagnosed with COVID since departing on deployment.

USS Nimitz is the flagship of Nimitz Carrier Strike Group and is deployed conducting maritime security operations and theater security cooperation efforts.



Ensign William Fong

The Arleigh Burke-class guided-missile destroyer USS Nitze (DDG 94) provided aid to mariners aboard a distressed Ecuadorian fishing vessel July 20. Nitze deployed its rigid-hull inflatable boat (RHIB), and provided water, food and warm meals for the crew. Nitze is deployed to the U.S. Southern Command area of responsibility to support Joint Interagency Task Force South's mission, which includes counter illicit drug trafficking in the Caribbean and Eastern Pacific.

USS Nitze provides aid to Mariners

From USS Nitze (DDG 94) Public Affairs

PACIFIC OCEAN

The guided-missile destroyer USS Nitze (DDG 94) provided aid to mariners aboard a distressed Ecuadorian fishing vessel about 200 nautical miles off the coast of Ecuador, July 20.

While on routine patrol, an embarked MH-60S Sea Hawk, assigned to Helicopter Maritime Strike Squadron 60 (HSM 60) spot-

ted the mariners waving in distress. The vessel comprised of 28 mariners was in formation towing 10 additional vessels.

Upon establishing bridge-to-bridge communication, the Nitze realized the crew was critically low on food and had exhausted their drinking water.

Nitze deployed its rigid hull inflatable boat (RHIB), and provided water, food and warm meals for the crew. All crewmembers were assessed to be in good condition.

“We share a common bond with all mariners at sea,” said, Cmdr. Don Curran Nitze’s commanding officer. “We were in the right place at the right time. It’s always a great day when we can assist others and they were extremely grateful.”

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.

USS Nitze is deployed to the U.S. Southern Command area of responsibility to support Joint Interagency Task Force South’s mission, which includes counter illicit drug trafficking in the Caribbean and Eastern Pacific.

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 cooperative 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.



U.S. Navy Photo

Retired Rear Adm. Robert J. Bianchi, Chief Executive Officer of NEXCOM and Greg Thomas, Vice President, NEXCOM Store Operations announce the 2019 Bingham Award winners in a virtual ceremony on July 22. The Bingham Award was established in 1979 to recognize outstanding performance in operations, customer service and community support.

NEXCOM announces 2019 Bingham Award Winners

From Navy Exchange Service Command Public Affair

VIRGINIA BEACH

The Navy Exchange Service Command (NEXCOM) announced its 2019 Bingham Award winners. The Bingham Award was established in 1979 to recognize outstanding performance in operations, customer service and community support.

“What makes the Bingham Award so special and unique is that it is presented to both the NEX and the local command as a recognition of their partnership and commitment to support the quality of life of our military communities,” said retired Rear Adm. Robert J. Bianchi, Chief Executive Officer, NEXCOM.

“Our Sailors need the NEX, but the NEX needs the encouragement and partnership of the base and its leadership in order to do what we do best which is to support our Sailors and military families throughout every stage in their military career and beyond.”

The 2019 Bingham Award winners and runners-up are:

Sales above \$60 million (Category 1)

- Winner: Naval Support Activity Bahrain
- Runner Up: Commander, Fleet Activities Yokosuka, Japan

Sales \$31 - \$60 million (Category 2)

- Winner: Naval Base Kitsap-Bangor, Wash.
- Runner Up: Joint Base Pearl Harbor

Hickam Mini Marts (excl. Kauai)

Sales \$20 - \$31 million (Category 3)

- Winner: Naval Base Kitsap-Bremerton, Wash.
- Runner Up: Naval Air Station Pensacola, Fla., Aviation Plaza

Sales \$12 - \$20 million (Category 4)

- Winner: Camp Lemonnier, Africa, NEX Djibouti
- Runner Up: U.S. Naval Air Facility Atsugi, Japan

Sales \$4 - \$12 million (Category 5)

- Winner: Naval Hospital Guam
- Runner Up: Naval Support Activity Monterey, Calif.

Sales \$2.3 - \$4 million (Category 6)

- Winner: Naval Support Activity Washington Navy Yard
- Runner Up: Naval Weapons Station Yorktown, Va.

Sales \$1.6 - \$2.3 million (Category 7)

- Winner: Naval Support Activity Hampton Roads Northwest Annex, Va.
- Runner Up: Naval Support Activity Hampton Roads Mini Mart, Norfolk, Va.

Sales \$700,000 - \$1.6 million (Category 8)

- Winner: Naval Support Activity Indian Head, Md.
- Runner Up: Naval Support Activity Mechanicsburg, Pa.

Sales less than \$700,000 (Category 9)

- Winner: Naval Support Facility Romania
- Runner Up: Athens Embassy

The Bingham Award is named in honor of the late Captain W.H. Bingham, SC, USNR. Captain Bingham was the Chief Executive Officer of R.H. Macy’s Company and was appointed by the Secretary of the Navy in 1946 to lead an advisory board for the establishment of NEXCOM.



ND2 Morgan Johnstone

Mobile Diving and Salvage Unit (MDSU) ONE Company (CO) 1-5 Navy Diver 2nd Class Isaac Padilla cuts conduits and wires as Navy Diver 2nd Class Kenny Hall, also of MDSU ONE CO 1-5, performs safety observer duties off Nanakuli Beach in Waianae, Hawaii, July 8. MDSU ONE Sailors removed underwater equipment and cables that were once part of a Navy multi-purpose sensor test range for ships and submarines. MDSU ONE provides expeditionary and rapidly deployable diving and salvage companies capable of conducting harbor clearance, salvage, underwater search and recovery, and underwater emergency repair operations in the most challenging environments.

Mobile Diving and Salvage Unit-1, NAVSEA remove defunct FORACS Equipment off Nanakuli Beach

From Explosive Ordnance Disposal Group ONE Public Affairs

NANAKULI, HAWAII

Sailors from Mobile Diving and Salvage Unit (MDSU) ONE Companies (CO) 1-3 and 1-5, based at Joint Base Pearl Harbor-Hickam, Hawaii, conducted surface supplied and SCUBA diving operations to remove old conduit, pipe, cable and debris from the reef and waters off Zablan Beach State Park in Nanakuli, Hawaii, July 6-16. MDSU ONE was tasked by Explosive Ordnance Disposal Group (EOD-GRU) ONE to support Naval Sea Systems Command (NAVSEA) with the removal of more than 1,500 feet of derelict Fleet Operational Readiness

Accuracy Check Site (FORACS) equipment that is no longer required for the Navy’s mission. The FORACS equipment was initially installed in the 1960s. “To comply with the lease agreement between the United States Navy and the state of Hawaii, as well as to ensure we are good stewards to the community, we began this removal project as soon as operationally feasible,” said Dawn Rodes, the FORACS Program Manager. “Before and throughout the process, we worked with various stakeholders and subject matter experts to ensure we were also in compliance with state and federal environmental regulations.” The Sailors, working with NAVSEA

and coordinating environmental efforts through Commander, Navy Region Hawaii; Naval Undersea Warfare Center (NUWC); the City and County of Honolulu; and local industry partners, removed these items from the waters off Nanakuli to reduce the negative effects on the environment and to help preserve the ecology on the surrounding reefs. During the mission, MDSU ONE divers utilized underwater hand tools, hydraulic cutters, and exothermic cutting equipment, as well as land based cranes to remove debris from the water. “The job went very smoothly,” said Lt. Greg Pruett, the company commander of Mobile Diving and Salvage CO 1-5. “This job was different in that

the local community was acutely aware of what we were doing before we even arrived. The community was fully supportive in the Navy returning the area closer to its original state, removing hazards that could affect the divers, swimmers and beachgoers.” Sailors from MDSU ONE removed more than 30,000 lbs. of defunct equipment and debris off the reef, allowing the delicate ecosystem to renew and regenerate itself. For more than 40 years, the Sailors of MDSU ONE and MDSU ONE EOD Detachment have been assisting Department of Defense units and Hawaii with cleaning the ocean floor of hazardous material in the state and around the Pacific. MDSU ONE provides expeditionary and rapidly deployable diving and salvage companies capable of conducting harbor clearance, salvage, underwater search and recovery, and underwater emergency repair operations in the most challenging environments. They are headquartered at Joint Base Pearl Harbor-Hickam and an integral part of EODGRU ONE.

Australia, Japan, join U.S. for Trilateral Naval Exercise

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

PHILIPPINE SEA

The Japan Maritime Self-Defense Force (JMSDF), Australian Defense Force (ADF), and the Ronald Reagan Carrier Strike Group began a trilateral exercise in the Philippine Sea, July 19. U.S. Naval forces routinely operate alongside regional allies, strengthening shared commitments to regional stability, and a free and open Indo-Pacific through integrated training and cooperation. “The opportunity to work alongside the U.S. and Japanese is invaluable,” said Commodore Michael Harris, commander, Aus-

tralian Joint Task Group. “Maintaining security and safety at sea requires navies to be able to cooperate seamlessly. The combined tasking between our navies demonstrates a high degree of interoperability and capability between Australia, the U.S. and Japan.” Throughout the cooperative exercise period, participants will operate and train together, exercising integrated maritime operations in an all-domain warfighting environment. Professional integrated engagements allows the U.S. Navy and allies the opportunity to build upon existing strong relationships and improve collective readiness and response to any situation. Australia and Japan have both fostered

long-standing alliances with the United States. This year also marks the 60th anniversary of the treaty of mutual cooperation and security between the United States and Japan. “I believe strengthening cooperation with the U.S. Navy and Royal Australian Navy is vitally important for Japan, and also contributes to a Free and Open Indo-Pacific in the region,” said Capt. SAKANO Yusuke, commander, Escort Division 4. “The experience in this exercise will give us tactical and operational advantages and make our friendships stronger, in addition to our regular joint exercises with both like-minded navies.” The Ronald Reagan Carrier Strike Group, consists of Carrier Air Wing 5, the Ticonderoga-class guided-missile cruiser USS Antietam (CG 54), and Arleigh Burke-class guided-missile destroyer USS Mustin (DDG 89). The ADF Joint Task Group comprises HMA Ships Canberra (L02), Hobart

(DDG 39), Stuart (FFH 153), Arunta (FFH 151), and Sirius (O 266). Participating from the JMSDF is JS Teruzuki (DD 116). “The high end interoperability we enjoy with the JSMDf and ADF provides us the unique ability to meet at-sea and immediately operate at an advanced level. This highlights the enduring nature of our alliances with Japan and Australia,” said Capt. Russ Caldwell, commanding officer, USS Antietam. “The United States is fortunate to routinely operate alongside its allies across the Indo-Pacific, and coordinated operations like these reinforce our mutual commitments to international maritime norms and promoting regional stability.” The Ronald Reagan Carrier Strike Group is the U.S. Navy’s only forward-deployed strike group and one of America’s most visible symbols of resolve. Operating together alongside allies from the ADF and JMSDF strengthens each nation’s collective commitment to international rules-based order.

FORCE | Other goals include improving mentorship, training and education opportunities

Continued from B1

Sailors who heard Phillips speak said they were excited a senior leader took time to visit with them in person. Petty Officer 1st Class Jamie Brown, an

aviation boatswain’s mate handler aboard Stennis, said he’s always wondered whether surveys that included questions about racism he’s filled out in the past were really paid attention to. He said he believes he may have been discriminated against in the past when it comes to advancement opportunities. Having Phillips there in person to hear his stories and his shipmates’ stories shows that the issue is being taken seriously, he said. “Anything that has a negative impact on the welfare of Sailors, that’s one too many, regardless of what it is,” Brown said. During one of the meetings, Phillips asked if anyone had experienced racism

while in the Navy. Nearly everyone there raised their hand to say yes, he said. “They did talk about barriers in terms of professional development and retention, why some of their shipmates didn’t stay in the Navy, or reasons why they feel like they didn’t get advanced or opportunities that they didn’t have because of either (their) race or gender,” Phillips said. Improving mentorship, training and education opportunities are among some of the task force’s other goals. Other meetings with Sailors throughout the fleet are being held via video conference in order to maximize the reach while main-

taining safety with COVID-19 still being a concern. Phillips said this task force is unlike any other one he’s served on and that everyone in the Navy will see a difference when its work is finished. But he also told Sailors change starts with them. “We’re not going to wait on the task force to tell us how to treat each other. We’ve just got to treat each other with respect,” Phillips said. “We want to start there and we want to be curious about one another, to find out about our differences, because I truly believe it’s our diversity that makes us the strong and mighty Navy that we are today.”

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Michelangelo's frescoes on display at MacArthur Center
The first complete exhibition of Michelangelo's magnificent ceiling frescoes and Quattrocento frescoes of the Sistine Chapel to be shown outside the Vatican.

See C2

SECTION C | FLAGSHIPNEWS.COM | 7.30.2020



NAVY MARINE CORPS TEAM



A WINNING TEAM

Since their founding, Marines have been placed on ships and fought side-by-side with Sailors. As Sailors steer and fight their ships, Marines in the rigging would sweep the enemy ships' decks with fire and target officers and other vital personnel. The tactic would form the relationship of the Navy Marine Corps team for the next two centuries.

source: "John Paul Jones and his Marines." by Roy Meador



EVERY MARINE A RIFLEMAN

Marksmanship first used so effectively aboard ship has remained a vital skill to the Corps and is an important part of their warrior ethos. Each recruit must be able to pass rifle qualification to become a Marine. Every Marine is a rifleman, trained first as a disciplined warrior regardless of occupational specialty.

source: www.marines.com



A CLOSE RELATIONSHIP

As fighting force, first and foremost, Marines do not recruit or train noncombatants such as chaplains, medical, or dental personnel; naval personnel fill these roles. The Marine Corps is responsible for conducting land operations to support naval campaigns, including the seizure of naval and air bases. Both services operate a network security team in conjunction. As a result, Marines and Sailors share many naval traditions, especially terminology and customs.

source: www.marines.com



"A SHIP WITHOUT MARINES IS LIKE A GARMENT WITHOUT BUTTONS."

-Adm. David Dixon Porter, USN in a letter to Colonel Commandant John Harris, USMC, 1863

183,787

Number of active-duty Marines currently in service. The Marines also have 38,213 reserve personnel.

source: www.insidegov.com



298

Number of Marines who have earned the Medal of Honor.

Two Marines are double recipients.

source: www.cmohs.org

FIRST TO FIGHT- BY DESIGN AND BY CONGRESSIONAL MANDATE

"[The Marine Corps] must be the most ready when the nation is generally least ready ... to provide a balanced force in readiness for a naval campaign and, at the same time, a ground and air striking force ready to suppress or contain international disturbances short of large-scale war."
—82nd Congress – 1952

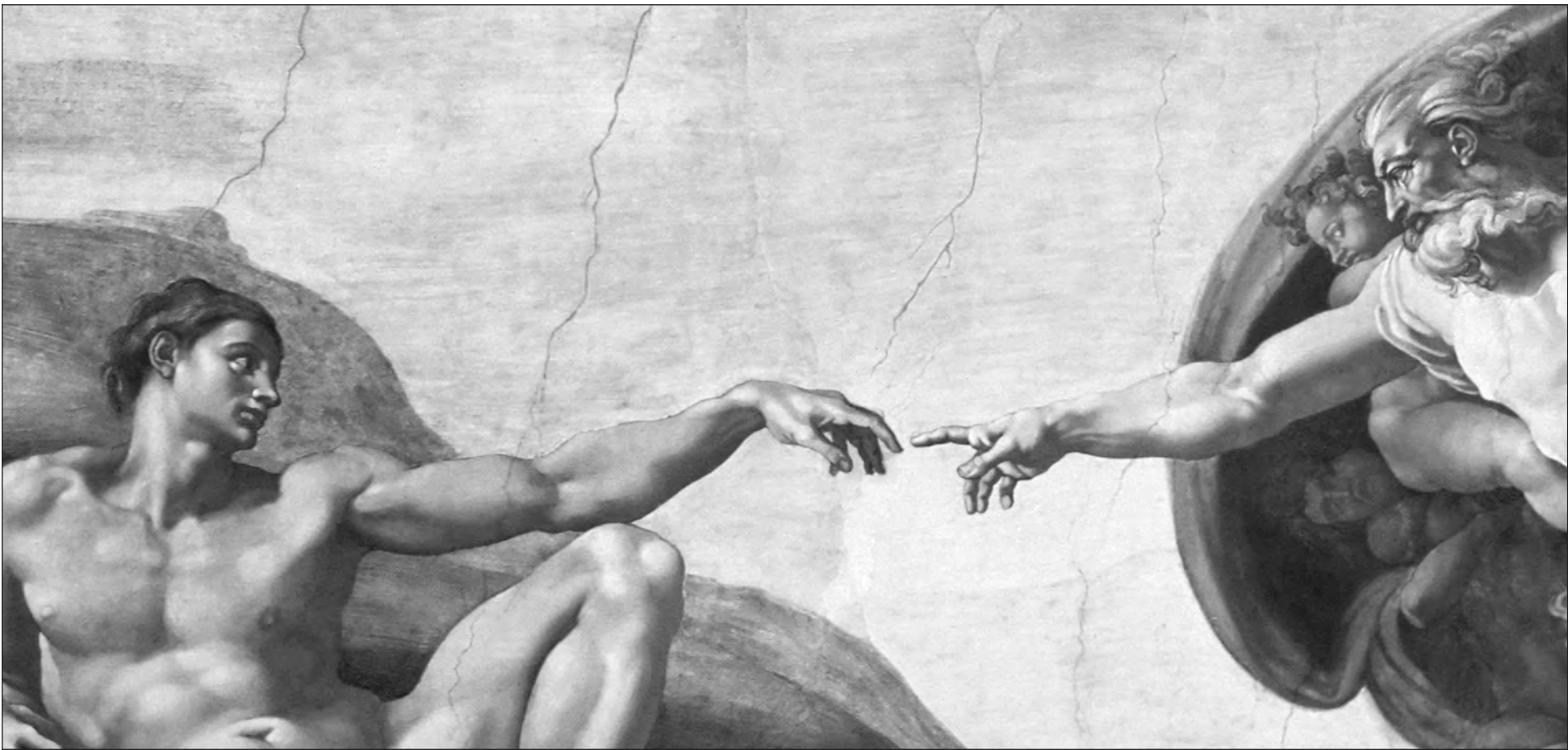
source: Readiness Branch, Headquarters Marine Corps



MC1 Daniel N. Garas

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Michelangelo's frescoes of the Sistine Chapel on display at MacArthur Center

From Virginia Arts Festival

NORFOLK

The first complete exhibition of Michelangelo’s magnificent ceiling frescoes and Quattrocento frescoes of the Sistine Chapel to be shown outside the Vatican.

Michelangelo – A Different View recreates the awe and wonder of Michelangelo’s frescoes of the Sistine Chapel in ways never before possible. Using state of the art technology, Michelangelo’s timeless masterpieces have been reproduced for this historic exhibit August 7-30 in Norfolk’s MacArthur Center Mall. Only here can you explore this moving, exquisite art up close – at a distance impossible to achieve in the Sistine Chapel. Tickets are on sale now. Visit vafest.org/michelangelo for more information.

Officially licensed by the Vatican Museums, this is the one of a kind, highly acclaimed international exhibition. Working in partnership with the Vatican Museums, the exquisite frescoes painted by Renaissance master Michelangelo Buonarroti (1475 – 1564) on the ceiling of Rome’s Sistine Chapel have been photographed at high resolution and reproduced to create the highly detailed panels on show. These true-to-life displays give visitors a unique opportunity for an otherwise impossible close-up view of Michelangelo’s brushwork, normally over 70 feet above visitors’ heads.

Virginia Arts Festival continues to work in the best interest of patrons, staff, and volunteers during the COVID-19 pandemic. Virginia Arts Festival staff will:

- Wear a mask
- Stay six feet apart for social distancing
- Clean box office area throughout the day with disinfecting wipes
- Wipe down and clean high traffic areas throughout the day
- Clean the exhibit area with an electric ULV disinfecting fogger prior to opening and at closing each day

Information for anyone attending the exhibit:

- At least six feet of distance must be maintained between parties
- A mask is required at all times for visitors ages 10 and up
- Hand sanitizer will be available for all guests to use at the entrance to exhibit
- No cash or checks will be accepted on site

MORE ABOUT THE WORKS

The Sistine Chapel is in the Apostolic Palace, the official residence of the Pope in the Vatican City, Rome. It takes its name from Pope Sixtus IV who restored the Roman building between 1477 and 1480. In 1508, Renaissance master Michelangelo was commissioned to paint the chapel’s huge ceiling, which, at the time, was a blue sky with gold stars, not unlike many chapels across the western

MORE INFORMATION

When: August 7-30, 2020
Tuesday-Saturday: 11 a.m.- 7 p.m., last entry 6 p.m.
Sunday: 12 p.m.–6 pm, last entry 5 p.m.
Where: MacArthur Center Second Floor, 300 Monticello Avenue, Norfolk, VA 23510, Downtown Norfolk
Tickets: \$10, students under 25, \$5. Tickets will be sold for a specific entry time. Entry times will run every 15 minutes with limited number of guests per entry to help maintain social distancing. Tickets will be available online at vafest.org/michelangelo or by calling the VAF box office at 757-282-2822. Tickets are also available in person at the exhibit by credit card only, no cash or checks accepted.

world. Such was the enormity of the task, it took the artist and his assistants four years to complete.

The original commission was for portraits of the Twelve Apostles. Michelangelo chose to create his own narrative, portraying stories from the Old Testament, of Christ’s ancestors and the miraculous survival of the Israelites, of the pagan sibyls and prophets who foresaw the coming of the Messiah. The resultant frescoes are considered artistic masterpieces and are marveled at by 4 million visitors every year to the Sistine Chapel.

A quarter of a century later, aged almost 67, Michelangelo completed his depiction of The Last Judgement, also displayed in this exhibit, which covers the whole altar wall of the Sistine Chapel. The Last Judgement looks into the

future at the moment of the Second Coming when Christ is dispensing justice surrounded by saints, angels and demons.

ABOUT MACARTHUR CENTER

MacArthur Center, located on Monticello Avenue in downtown Norfolk, features one million square feet of retail offerings, including the region’s flagship Dillard’s department store. Shoppers can explore more than 120 stores including Apple, Michael Kors and Fink’s Jewelers. Entertainment and dining options occupy approximately 25 percent of the tenant mix.

MacArthur Center also offers Live 360°, an interactive program of classes, demonstrations, workshops and more allowing the community to actively engage around their interests. For more information, visit ShopMacarthur.com.

ABOUT VIRGINIA ARTS FESTIVAL

Since 1997, the Virginia Arts Festival has transformed the cultural scene in southeastern Virginia, presenting great performers from around the world to local audiences and making this historic, recreation-rich region a cultural destination for visitors from across the United States and around the world. The Festival has presented numerous U.S. and regional premieres, and regularly commissions new works of music, dance, and theater from some of today’s most influential composers, choreographers and playwrights. The Festival’s arts education programs reach tens of thousands of area schoolchildren each year through student matinees, in-school performances, artists’ residencies, master classes and demonstrations. For more information, visit vafest.org.

NEON District calls for new mural artists

From Downtown Norfolk Council

NORFOLK

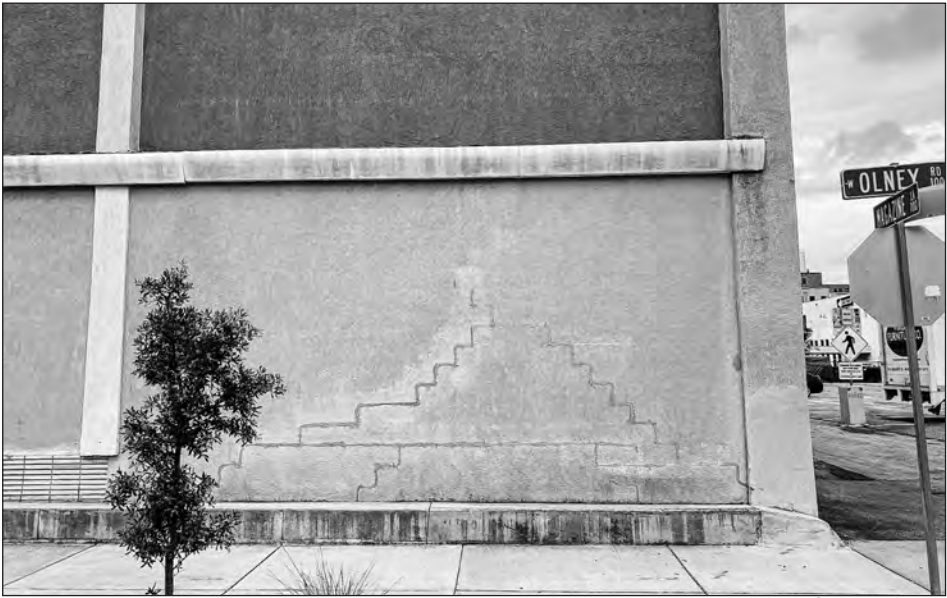
The NEON District is hosting an open call for two murals to be completed by September. The projects are in partnership with several long-standing and diverse neighborhood businesses, showcasing the wide range of community involvement and investment. This year, the business and artist community felt strongly that new murals should reflect a clear opposition to racism and inequality in Norfolk and beyond.

There are two new opportunities for artist submissions:

- Virginia Furniture, 745 Granby Street
- O.J. Wholesale, 737 Granby Street

Family-owned Virginia Furniture seeks artwork inspired by the Black Lives Matter movement. The mural on the rear of O.J. Wholesale, also home to Black-owned business Furious Styles on the second floor, should also reflect the current cultural climate. Black, indigenous and artists of color are strongly encouraged to apply for both.

The open call went live on July 17, and



Virginia Furniture, 745 Granby Street

submissions are due by August 7. Selections will be made by the NEON District Public Art Committee. Artists will be announced in August with work to be completed by September. For more information and to apply, visit <https://neondistrict.submittable.com/submit>.

Through collective expression in public spaces, the NEON District serves to inspire, inform and imagine. Since 2013, the NEON District has hosted 110 pieces of public art, 90 of which are permanent and still on view. The selection process is dedicated to a

mindful and inclusive perspective in search of artwork with exceptional merit. Not counting students or volunteers, 92 local, regional and national artists have created public art pieces, with 60% representing Black, people of color or women voices. NEON District public art must equitably represent the artistic community of Norfolk and strives each year to add to that representation.

Norfolk’s first official arts district, NEON (New Energy of Norfolk), is home to long-time cultural institutions like the



O.J. Wholesale, 737 Granby Street

Chrysler Museum of Art and Harrison Opera House as well as studio-based ventures like d’Art Center and the Rutter Family Art Foundation, all providing artists a place to make, create and show. Within a few short blocks you can see a muralist at work, take in an improv comedy performance at Push Comedy Theater, watch a live glass-working demonstration, shop for unique home goods, get a tattoo or dine out at an eclectic restaurant. Learn more at www.NEONNFK.com and follow along on Facebook, Twitter and Instagram at [@neonnfk](https://www.instagram.com/neonnfk).

THE ART OF MAKING A LATTE



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By Good Housekeeping Institute

A latte, or caffè latte, is a coffee drink that combines espresso with steamed milk and a thin layer of foam. Of all the coffee options, making specialty drinks like lattes and cappuccinos may seem a little daunting, especially if you don’t have a specialized latte machine that brews the espresso for you and has a built-in milk frother — two key components that require technique. However, in the Good Housekeeping Institute’s Kitchen Appliances and Technology Lab, we’ve certainly learned a thing or two about brewing espressos and frothing milk from testing espresso machines and frothers — and we’re breaking down how to make a latte the right way so you can enjoy one at home. Below, a classic latte recipe and detailed instructions to teach you how to make one perfectly.

HOW DO YOU MAKE A LATTE AT HOME?

In addition to the many lattes we’ve made in the Kitchen Appliances Lab, we consulted with Felix Torres, a barista partner with De’Longhi, to find out how to bring the two key components of a latte (espresso and frothed milk) together. He walked us through how to properly use a steaming wand to froth milk and shared more expert tips.

We don’t think this milk-forward coffee drink requires sugar, but feel free to add any sweetener (or flavored syrup) you prefer.

The espresso-to-milk ratio for a latte is 1:4. That translates to two shots of espresso (about two ounces) and eight ounces of frothed milk poured over it. The result is a delicious creamy beverage with subtle coffee flavors. While lattes are usually served hot, you could also make an iced latte by pouring espresso and milk over ice — no need to froth the milk. To make a latte, use your favorite ground coffee for espresso and pick any type of milk you prefer for froth-

ing. You can even add flavored syrups. Nevertheless, here are some guidelines for making the best latte.

WHAT IS THE DIFFERENCE BETWEEN A LATTE AND A CAPPUCCINO?

A latte and a cappuccino are made with exactly the same ratio of coffee and milk. The only difference is in the texture of the milk. While a latte has a thick and silky mouthfeel and the espresso and milk are fully blended, a cappuccino is airier. The size of the bubbles are larger and therefore lighter — that’s why a cappuccino has distinct layers of foam, milk, and espresso. According to Torres, “sugar rises to the top with the milk bubbles, making [cappuccinos taste] sweeter.”

Key Ingredients:

Espresso is concentrated coffee made by forcing hot water through finely ground coffee under high pressure. It’s the perfect base for specialty coffee drinks like lattes, cappuccinos, macchiatos, and more thanks to its strong, deep taste that’s hard to dilute. If you have an espresso machine at home the process is easy: brew one or two shots of espresso using your favorite ground coffee. Although technically not an espresso, you can also get bold espresso-style coffee using other brewing methods as well, such as a Keurig, single-serve coffee maker like Aeropress, stovetop coffee maker, or even instant espresso.

Frothed milk is what makes a latte truly special. Foam is created when hot steam is forced into the milk through a steam wand creating a vortex. Pushing the milk in a circular motion is important because it incorporates air and emulsifies the fat and sugar in the milk creating a creamy texture. Well-frothed milk for lattes is luscious, silky, and has a “wet paint-like texture,” which baristas call microfoam. According to Torres, “the goal is to get the perfect

texture, not just to get bubbles and heat milk.”

Frothing Tools:

Steam wands are attached to espresso machines, making them the most expensive option. They are commonly used in coffee shops because they make the best microfoam. It is the most manual and difficult to learn, but once you master it, you can easily customize your frothed milk for different types of specialty coffees. Lattes require frothed milk with tiny bubbles and not too much foam. You want a lot more foam for cappuccinos.

Automatic frothers are the easiest to use, cheaper, and smaller than an espresso machine with a built-in steam wand. (We love the Nespresso Aeroccino 3.) Add milk to an electric jug that has a small coiled whisk inside and with the push of a button the milk is frothed either hot or cold.

Frothing wands are compact and inexpensive battery-operated whisks that can froth milk without using any steam (the milk won’t get hot). The resulting frothed milk will be light and foamy with large bubbles, perfect for cappuccinos. It’s difficult to get microfoam with a frothing wand.

TIPS FROM A BARISTA

- Pour the milk onto the espresso gently. You want to slowly integrate the oils in the coffee with the proteins in the milk for a cohesive drink.
- If you like flavored syrups (vanilla syrup for a vanilla latte or chocolate syrup for a mocha latte), add it into your cup first. Brew the espresso over it to help it fully dissolve.
- Whole milk produces thicker and creamier foam that will easily blend with the espresso. Steamed skim milk is foamier — for beginners, skim milk is easier to froth since bubbles form easily and stay stiff. As for non-dairy options? Oat milk froths best.
- If you buy coffee beans from a local roaster, ask them what grind size they rec-

LATTE Ingredients

- 2 oz. freshly brewed espresso (2 shots)
- 8 oz. whole milk

Directions

- Add the espresso into a 12-ounce mug. Set aside.
- Pour the milk into a frothing pitcher large enough to hold at least 12 ounces. Angle the pitcher slightly (this will make it easy to keep an eye on the milk) and submerge the steam wand diagonally into the lower right quadrant and turn it on. Don’t be startled by the loud noise as steam pushes through the wand. It’s normal! The milk will start moving in a circular motion. The tip of the wand should be about two inches below the surface and should not touch the wall of the pitcher. Keep it in the same position the whole time. If the tip of the wand is too shallow, it’ll create too many bubbles making the milk overflow. It should look creamy and silky, without too much foam on top. The bubbles should be tiny and uniform.
- Stop the frother when the milk reaches 140°F to 150°F (you should be able to comfortably hold the side of the hot pitcher for about three seconds).
- Gently tap the pitcher on the counter and swirl it around to pop any large bubbles and even out the texture of the milk.
- Gently pour the frothed milk over the espresso in a slow narrow stream. There should be up to a three quarter-inch layer of foam on top of the latte.

ommend for espresso. Depending on the type of bean and when it was roasted, they may have a specific suggestion.

■ If possible, use just-ground coffee. Pre-ground coffee will lose its flavor and aroma over time.

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Health

Keep these summer health and safety tips in mind

From Tricare

While COVID-19 may have caused you to rearrange your original summertime plans, there’s still plenty you can do outdoors. However, now more than ever, you’ll need to practice good health and safety habits. By doing so, you’ll not only protect your own health, but the health of someone else, too. During this summer season, the Military Health System (MHS) is encouraging you to follow summer safety tips to help prevent health emergencies during summer activities.

Below you can find safety tips and resources to help you enjoy your summer plans:

1. KEEP YOUR DISTANCE

Remember to make sure you practice social distancing. According to the Centers for Disease Control and Prevention (CDC), “Social distancing, also called ‘physical distancing,’ means keeping a safe space between yourself and other people who are not from your household.”

- Whenever you’re out in public, the CDC recommends that you:
 - Maintain 6 feet of social distance.
 - Wear a face mask or cloth face covering if you can’t maintain 6 feet of social distance.
 - Avoid touching your face with unwashed hands.
 - Wash your hands with soap and water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

2. DON’T FORGET YOUR SUNBLOCK

Are you spending more time outside in the sun? If so, make sure you’re prepared to protect your skin. According to the CDC, the sun’s ultraviolet rays can damage your skin in as little as 15 minutes. Too much exposure to sunrays can lead to skin cancer, which the American Cancer Society says is the most common type of cancer in the U.S. The encouraging news is that most skin cancers can be prevented.

- When you and your family are spending time outside, use these tips to stay safe in the sun:
 - Use sunscreen with SPF 15 or higher.
 - Wear clothing that covers your skin.





USE SUNSCREEN EVEN ON CLOUDY DAYS



1 IN 5 PEOPLE DO NOT USE SUNSCREEN AND WILL BE DIAGNOSED WITH SKIN CANCER IN THEIR LIFETIMES

PROTECT AGAINST:

UVB SUN RAYS
WHICH CAUSE
REDNESS AND
BURNING

UVA SUN RAYS
WHICH CAUSE SKIN
CANCER AND PREMATURE
SKIN AGING



USE SPF 30 OR HIGHER. THE HIGHER THE SPF, THE GREATER THE PROTECTION. IF YOU'VE HAD SKIN CANCER OR A PRE-CANCER, OPT FOR SPF 45 OR HIGHER.

WHO NEEDS TO WEAR SUNSCREEN?

100% EVERYONE!
NO ONE IS IMMUNE TO SKIN CANCER.



NEVER TOO LATE.
IT'S NEVER TOO LATE TO START WEARING SUNSCREEN.

USE SUNSCREEN. YOUR SKIN WILL THANK YOU FOR IT

iStock

- Avoid direct sunlight by sitting in the shade or using an umbrella.
- Wear a hat to protect your face, head, ears, and neck.
- Wear sunglasses that block ultraviolet rays.

If you’re at a higher risk of developing skin cancer, get checked out. TRICARE covers skin cancer exams for individuals with a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight, or clinical evidence of precursor lesions.

3. BE SAFE IN AND AROUND WATER

When you’re relaxing on the beach or at the pool, you may not be looking for accidents. But another big part of summer safety is water safety, especially for children. The CDC states, “Drownings are a leading cause of injury death for young children ages 1 to 14.” Adults, including service members, are also at risk for unintentional drownings during training, occupational activities, or off-duty recreation.

So, it’s important to understand the environments you’re in.

Here are some key prevention tips to keep in mind the next time you’re in or near water:

- Learn life-saving skills. Know the basics of swimming (floating, moving through the water) and CPR.
- Make life jackets a must. Make sure you and your kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if you know how to swim. Life jackets can be used in and around pools for weaker swimmers, too.
- Be on the look out. When your kids are in or near water (including bathtubs), you should closely supervise them at all times. Because drowning happens quickly and quietly, adults watching kids in or near water should avoid distracting activities like playing cards, reading books, talking on the phone, and using alcohol or drugs.

The CDC also recommends that you use caution if you’re enjoying water activities in public:

- Stay at least 6 feet away from people you don’t live with.
- Avoid crowded swim areas, beaches, pools, water playgrounds, and hot tubs where you can’t stay 6 feet away from others.
- Wear cloth face coverings when you aren’t in the water.

And remember, if you happen to sustain a nonemergency injury, TRICARE may cover your urgent care needs. You can also use the MHS Nurse Advice Line to get health advice from a registered nurse anytime and at no cost. If you’re in the U.S., Guam, or Puerto Rico, call 1-800-TRICARE (1-800-874-2273), then choose option 1. You can find all other country-specific phone numbers on the website. The MHS Nurse Advice Line isn’t for emergencies. If you reasonably believe you have an emergency, always call 911 or go to your nearest emergency room. The hospital department that provides emergency services to patients who need immediate medical attention..

Total Force Fitness encourages proper fueling

By Military Health System Communications Office

Service members need energy from food to complete missions and ensure the safety of the nation. Proper nutrition helps to build a medically ready military force. However, the rise of energy drinks and dietary supplements used by service members in recent years jeopardizes not only a healthy lifestyle, but also the combat effectiveness of the military.

The Military Health System’s Total Force Fitness framework encourages a healthy lifestyle for all service members, with nutrition as a key element. Poor nutrition affects many aspects of fitness, including mental and physical performance. Poor nutrition also contributes to obesity, high blood pressure, and diabetes, all of which are major concerns in the military.

The Centers for Disease Control and Prevention reported an increase of 73% in obesity among service members between 2011 and 2015. To combat obesity, service members use a variety of dietary supplements promoted for weight loss. These supplements are also used to improve performance and build muscle. But some supplements can do more harm than good.

According to Patricia Deuster, director of the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences, no ingredient in dietary supplements has been proven effective in promoting weight loss.



Airman 1st Class Christian Conra/

In a study published by the American Heart Association, energy drinks may abnormally impact the heart rhythm and raise blood pressure in people as young as 18 years of age.

“Certainly those who are obese or overweight are more likely to take weight-loss supplements to help ‘make weight,’” Deuster said. “But in addition to not being effective, the Food & Drug Association has found that some weight-loss products marketed as supplements contain hidden active ingredients, which can cause serious harm.”

While some ingredients in dietary supplements are difficult to find, stimulants are easy to spot in both supplements and energy drinks. Pre-workout and weight-loss supplements typically have stimulants and other thermogenic or “fat-burning” ingredients that raise the heart rate and blood pressure. Continued use, however, can keep blood pressure at levels well above those seen before taking the dietary supplements. Too many stimulants can also result in headaches, jitters, and problems sleeping.

The long-term side effects of energy drinks are unclear, according to Deuster.

But, both artificially sweetened and sugar-sweetened beverage consumption has been associated with type 2 diabetes mellitus risk.

“For the most part, energy drinks contain sugar or artificial sweeteners,” Deuster said, “so they could easily contribute to both weight gain and diabetes.”

Karen Hawkins, a registered dietitian with the department’s Military Community and Family Policy office, recommends that service members turn to foods like fruits and vegetables for energy before trying a dietary supplement or energy drink. These foods are rich in nutrients like fiber, antioxidants, vitamins, and minerals.

“If you’re making healthy choices in your life, you’re probably going to find your energy levels going up in general without energy drinks,” Hawkins said. “Using energy drinks and supplements to try and make up for not eating healthy can lead to a reduction in performance rather than improve-

ment.”

Deuster agrees. “Dietary supplements are intended to do just that: supplement the diet, but if the diet is healthy and provides sufficient energy and nutrients, then a dietary supplement is likely not needed.”

Service members having a bad reaction to dietary supplements or energy drinks while deployed can disrupt unit cohesion and compromise mission success. This fact makes nutrition safety in the military, from boots on the ground to the highest ranks of leadership, a priority.

Resources like Operation Supplement Safety (OPSS) keep people up-to-date on supplement ingredients and how to safely add them into the diet. The website has an “Ask the Expert” button so that a service member can ask a question about supplements and get an evidence-based answer.

The Human Performance Resources by CHAMP website also has many resources for educating military teams and commanders. Deuster recommends that commanders and unit leaders speak with their units about nutrition safety. Research shows that personnel are more likely to make healthy behavior choices after an intervention. USU’s Project Fit4Duty includes a six-hour set of verbal and written exercises to help service members discuss the costs of obesity, an unhealthy diet, and sedentary behaviors. The exercises also tout the benefits of leanness, a healthy diet, and physical activity.

Service members should speak with their health care providers and check out OPSS to learn about the pros and cons of energy drinks and dietary supplements. The Department of Defense Nutrition Committee’s Position Statement on Energy Drinks also gives DoD guidance about energy drinks.

For more information on how dietary supplements, energy drinks and nutrition impact Total Force Fitness, visit the nutrition webpages at Health.mil and CHAMP’s HPRC nutrition webpages.

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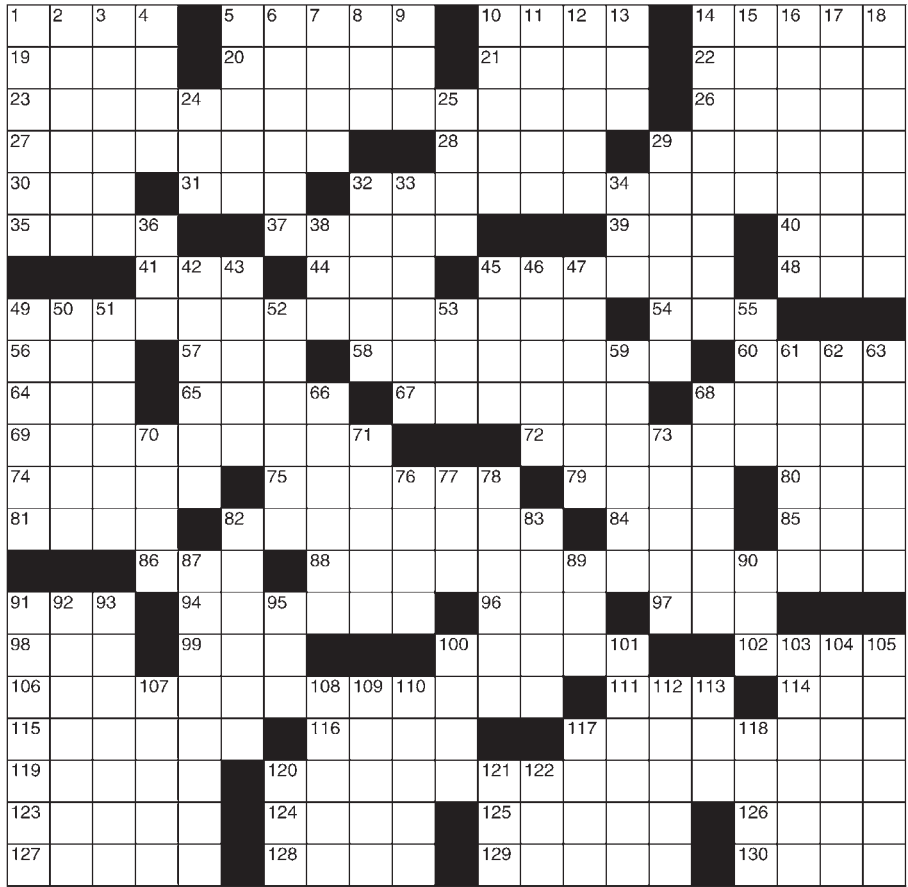
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Fun and Games

Super Crossword

GOOD-LOOKING BEGINNERS

- ACROSS**
- 1 Farm output
 - 5 Mosey along
 - 10 Father
 - 14 Verbal tests
 - 19 Despise
 - 20 Slow — (Asian primate)
 - 21 Spoil
 - 22 Bo of "Bolero"
 - 23 Magnetic pull
 - 26 Certain Arab
 - 27 Place for online small talk
 - 28 Author Dinesen
 - 29 One of Nixon's daughters
 - 30 Hack down
 - 31 Crow cry
 - 32 Clear skies and 70 degrees, say
 - 35 Smell — (suspect something)
 - 37 Novelist Zora — Hurston
 - 39 Stopover site
 - 40 Santa Fe-to-Denver dir.
 - 41 Horned viper
 - 44 Annex
 - 45 Sanctify with oil
 - 48 SFO posting
 - 49 What a happy couple makes together
 - 54 Suffix with journal
 - 56 Liberal arts subj.
 - 57 With 90-Down, totally mistaken
 - 58 Creepy quality
 - 60 Rented living spaces: Abbr.
 - 64 Screening airport org.
 - 65 Appear to be
 - 67 Fit snugly
 - 68 Target rival
 - 69 Notions that an imp might get
 - 72 Habanero, for one
 - 74 Pays mind to
 - 75 Infant bed
 - 79 Brand of nonstick cookware
 - 80 Org. for drs.
 - 81 Admin. aide
 - 82 Like rhythmic verse
 - 84 Mag bigwigs
 - 85 Thither
 - 86 Victory sign
 - 88 Big sum given for finding a lost pet, perhaps
 - 91 Conan's TV home
 - 94 Understood by very few
 - 96 Roth —
 - 97 Uvea's organ
 - 98 Granola tidbit
 - 99 "Law & Order" spinoff, informally
 - 100 Italian port
 - 102 Low pair in poker
 - 106 It's painted to make something seem better than it is
 - 111 A Stooze
 - 114 Inclined (to)
 - 115 Oscar winner Helen
 - 116 Emu relative
 - 117 Food symbolizing America
 - 119 Ed with Emmys
 - 120 Equitable market practices
 - 123 Thief
 - 124 News bit
 - 125 Brother, in Paris
 - 126 Slaving away
 - 127 Not on time
 - 128 Shot callers
 - 129 Mended
 - 130 Pot tops
 - DOWN**
 - 1 Ballroom dance
 - 2 Quite
 - 3 Ontario city
 - 4 Saucy
 - 5 Big maker of food cans
 - 6 Label for the Jackson 5
 - 7 Hat's edge
 - 8 Actress Tyler
 - 9 Suffix with journal
 - 10 Non-poetry
 - 11 Of hearing
 - 12 Finicky
 - 13 Ending for meth-
 - 14 Scenting substances
 - 15 Send, as payment
 - 16 Weaver of mythology
 - 17 Lax
 - 18 Place for downhillers
 - 24 Oval part
 - 25 Bill depicting Lincoln
 - 29 Lend's sport
 - 32 Soup scoop
 - 33 Fathers, informally
 - 34 Nintendo console
 - 36 Greek "T"
 - 38 Water, to Yves
 - 42 Condition of equilibrium
 - 43 Heaped up
 - 45 Sale proviso
 - 46 Fraction of about 11%
 - 47 Forest cat
 - 49 "You —!" ("Oh yeah!")
 - 50 Comes after as a result
 - 51 Swirly marbles
 - 52 Shorn wool
 - 53 Suffix with script
 - 55 Pack tightly
 - 59 Fixed price
 - 61 Tropical fruit
 - 62 Aftershock
 - 63 Hair bit
 - 66 Actress Plimpton
 - 68 Actor Grammer
 - 70 1999 Ron Howard satire
 - 71 Clear kitchen wrap
 - 73 Father, in Madrid
 - 76 Have supper
 - 77 PC readout of a sort
 - 78 Not as tough
 - 82 "Quo Vadis" director — LeRoy
 - 83 TV producer Michaels
 - 87 Like trade winds
 - 89 China's — Zedong
 - 90 See 57-Across
 - 91 Certain rigging support
 - 92 Coffee shop employee
 - 93 Less lax
 - 95 Quart fourth
 - 100 Avocado dip, for short
 - 101 Measure of current flow
 - 103 American elk
 - 104 Sedating substance
 - 105 Blood vessel openers
 - 107 Walk (on)
 - 108 Furious
 - 109 Part of CEO
 - 110 Tenures
 - 112 Decided
 - 113 Part of REO
 - 117 Highest point
 - 118 Plus others: Abbr.
 - 120 Pine relative
 - 121 A bit askew
 - 122 Hosp. body scan



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Sudoku

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

CryptoQuip

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

Clue: O equals M

CY S KGSISDG PRSBTP DR HDZP DY

BISBTFFIP CR NFJ, ECHH EF FRJ WK

ECZG S BIWONM OWOOM?

Last week's CryptoQuip answer

What would some mean guys call a techologically challenged person? A nincomputer

last week's answers

SPAREDNONETSDABBLER
ARSENEOCLOT EMULATE
HOLDENGRAHAMSCITYMAP
ATE SUDSINGION ALE
REESE LIE DITSY DARIN
AMPLE JACKS RAISINBRAT
OLEGOWLETNAH
DOJO WENTTOBOLTONUS
ADEPTREOROOKIECRISP
TOSSUPWONKAAGA AH I
ARSFROSTEDFLAMES GEN
BOITICAESOPREGARD
LUCKYCHARTSLAH DARE
ESAI ISLEKILROY LADY
LEE LASSONEAL
CAPNCRUTCH COCOABUFFS
RUSSO POTOK NOR SPREE
ARA ORO WATERER EMT
VOLCANO SHREDDED CHEAT
ERMINE SHOMAGEAIELLO
NASTASEAWAKED SAYYES

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

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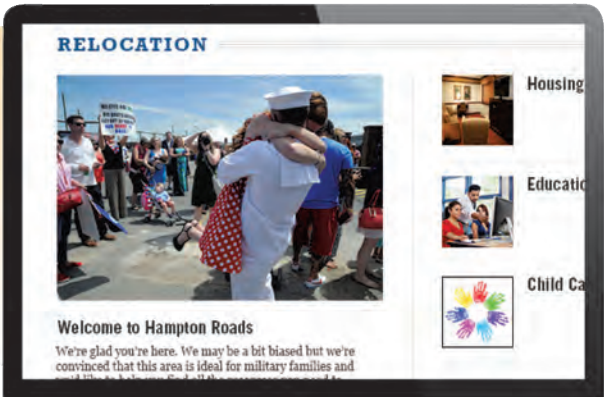


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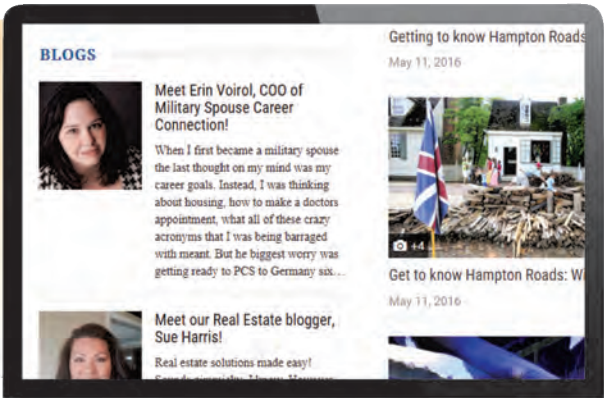
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