



Austin Rooney

Lt. j.g. Madeline "Maddy" Swegle poses for a photograph in front of a U.S. Navy T-45 Goshawk training aircraft during undergraduate Tactical Air (Strike) pilot training syllabus at Naval Air Station Kingsville, Texas. Swegle is the Navy's first Black female to graduate and become a tactical jet aviator.

From Chief of Naval Air Training Public Affairs

KINGSVILLE, TEXAS

The U.S. Navy's first Black female tactical air (TACAIR) pilot received her Wings of Gold July 31, marking a significant milestone for Naval Aviation. Virginia native Lt. j.g. Madeline G. Swegle was designated a naval aviator and received her Wings of Gold with 25 classmates during a small ceremony at Naval Air Station (NAS) Kingsville, Texas.

Swegle is assigned to the "Redhawks" of Training Squadron (VT) 21 under Training Air Wing 2 at NAS Kingsville and completed her final undergraduate TACAIR training flight in a T-45C Goshawk jet trainer aircraft July 7. VT-21 Commanding Officer Cmdr. Matthew Maher presented Wings of Gold to each of his graduates during the ceremony.

» See **GOLD | A7**

Ford conducts first air intercept control event

By MCSN Riley McDowell
 USS Gerald R. Ford Public Affairs

ATLANTIC OCEAN

USS Gerald R. Ford (CVN 78) completed an Air Intercept Control (AIC) event on July 30. A first for the crew, this accomplishment was another milestone of Ford's operational progress as she passes the half-way point of her 18-month Post-Delivery Test and Trials (PDT&T).

AIC missions are required to increase the Combat Direction Center's proficiency through training. AIC missions are also an opportunity to demonstrate integration with Carrier Strike Group (CSG) 12 as part of the air defense mission to defend Ford and the rest of

the force.

Lt. Shane Welsh, the air defense officer for the Ticonderoga-class cruiser USS Leyte Gulf (CG 55) training with Ford's operations team, said the mission was a collaborative effort between Ford and Carrier Air Wing (CVW) 7 and CVW-8.

"The Ford is considered an air defense unit (ADU)," said Welsh. "The Air and Missile Defense Commander (AMDC) assigned Ford the mission to control defensive counter air assets. If we had other ADUs in the area, the AMDC would coordinate with them and would report information to the battle watch in

» See **FORD | A6**



MCSN Riley McDowell

Operations Specialist 1st Class David Geary, an air intercept controller, stands watch at his console inside the ship's Combat Direction Center (CDC) July 30. Ford is conducting carrier qualifications in the Atlantic Ocean.

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Tribute to Fallen Sailors by motorcycle
 Tribute to Fallen Sailors Memorial Torch Motorcycle Riders rode onboard Naval Station (NAVSTA) Norfolk as part of their 11th annual tribute to the Fallen Soldier Memorial Torch Motorcycle Ride. »See **A2**



Navy's only female commissioned flying warrant officer retires at sea
 Lt. Amy Blades-Langjahr, from Casper, Wyoming, was launched from USS Nimitz on a C-2 Greyhound for her last flight in the fleet Aug. 3.

»See **B1**

Broadway in Norfolk announces 2020 season
 Broadway in Norfolk is thrilled to announce the 2021 season, all scheduled for Chrysler Hall in 2021.

»See **C3**

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RSSN Kassandra Santa Cruz
Mr. Robert Miner, Gold Star Father presents a token of remembrance of his son to two NAVSTA Norfolk’s Master-at-Arm’s. Miner’s son, Master-at-Arms Petty Officer 2nd Class Robby Miner served on the USS Enterprise.

Tribute to Fallen Sailors Memorial Torch Motorcycle Riders cruise onboard NAVSTA

By RSSN Kassandra Santa Cruz
Naval Station Norfolk Public Affairs

NORFOLK

Tribute to Fallen Sailors Memorial Torch Motorcycle Riders rode onboard Naval Station (NAVSTA) Norfolk as part of their 11th annual tribute to the Fallen Soldier Memorial Torch Motorcycle Ride.

Throughout the summer, the group traveled more than 4,000 miles through 14 dif-

ferent states and honored a total of 68 fallen service members from all branches of the military. The ride ended on Sunday, August 2 in Washington D.C. when the Fallen Soldiers Memorial Flame was escorted onto the grounds of Arlington National Cemetery where the flame was formally extinguished. During the closing ceremony, the names of the fallen were announced, followed by a single bell ring for each name.

While on NAVSTA Norfolk, the group

rode along the waterfront to view the ships and stopped at Pier 14 to honor fallen Master-At-Arms Petty Officer 2nd Class Robby Miner who was stationed on the USS Enterprise. His father, Mr. Robert Miner organized the ride on the installation.

“It was such an honor to be able to ride on the base today,” said Miner. “Stopping at Pier 14 to honor where my son Robby was once station we extremely special for me. I could immediately feel his presence.”

Following the stop at Pier 14 the group proceeded to the USS Cole Memorial to pay tribute to the 17 Sailors killed during the USS Cole tragedy where they were greeted by the installations Commanding Officer, Capt. Vince Baker.

While in the Hampton Roads area, the organization honored seven local fallen

service members by hosting a dinner and presenting family members with a memorial plaque and hand painted canvas picture of their loved one. Those honored were MA2 Robert Miner III, AT2 Daniel Biddle, HM Bradford Dent, LT Peter Ober, PO3 Ronnie Palm, PO3 James Hearn and CPO Demond Walker.

“This token of remembrance was extremely beneficial to each family’s healing journey, and that includes my own,” said Melissa Black, NAVSTA Norfolk’s Gold Star Coordinator and Gold Star Spouse. “No matter how many years pass since a hero’s death, and regardless of the cause of death, all the surviving families want, is to ensure that their loved one’s name is spoken and not forgotten. This group of ladies and gentlemen ensured that has not happened.”

USS New Mexico welcomes new commanding officer

By Holly Carey
Commander, Submarine Force Atlantic

NORFOLK

The Virginia-class fast-attack submarine USS New Mexico (SSN 779) conducted a change of command at Naval Station Norfolk, July 31.

Cmdr. Jared Smith relieved Cmdr. Jim Morrow as commanding officer of New Mexico.

Capt. Jeffrey Juergens, commander, Submarine Squadron 6, said Morrow demonstrated exceptional leadership in guiding his shipyard crew into a combat-ready team of submarine warriors.

“After 27 months in the shipyard, Cmdr. Morrow returned New Mexico to the operational fleet fully fit and ready to fight,” Juergens said. “Jim led New Mexico through one of the most successful change of homeports and preparations for deployment I have ever seen. He set New Mexico up for years of future success.”

Morrow expressed pride for the crew and excitement for New Mexico’s future after an extensive modernization and overhaul period.

"I am extremely proud of the way the New Mexico team worked to bring the submarine back to life coming out of an ardu-

ous shipyard period,” Morrow said. “They worked tirelessly to ready themselves and the ship to return to the tip of the spear, and in doing so achieved sweeping success at sea and outstanding results when evaluated against their brothers and sisters across the Submarine Force. I am humbled to have led the team, and truly excited for the future of the ship and the crew.”

His next assignment is at Commander, Submarine Force Atlantic, in Norfolk, Virginia, where he will serve as the combat readiness evaluation team senior member.

Smith said he is proud of the crew and looks forward to leading them in future operations.

“I look forward to the opportunity of working with such fine Sailors,” Smith said. “I appreciate all the hard work the crew has put in transitioning from shipyard to at-sea operations in preparation for future deployments.”

Smith graduated from the U.S. Naval Academy in 2002, and later earned a Master of Science in Engineering Management from Catholic University of America and an Executive Master of Business Administration from the University of Memphis. At sea, he served aboard three attack and nuclear-armed submarines. His most recent



Cmdr. Jared Smith

Commander, Submarine Force Atlantic Public Affairs

shore assignment was as the Submarine Enlisted Community Manager.

Fast-attack submarines like New Mexico are multi-mission platforms enabling five of the six Navy maritime strategy core-capabilities - sea control, power projection, forward presence, maritime security, and deterrence. The submarine is designed to excel in anti-submarine warfare, anti-ship warfare; strike warfare; special operations; intelligence; surveillance and reconnais-

sance; irregular warfare and mine warfare - from open ocean anti-submarine warfare to intelligence, surveillance and reconnaissance, to projecting power ashore with special operation forces and Tomahawk cruise missiles in the prevention or preparation of regional crises.

The Virginia-class submarine is 377 feet long and 34 feet wide, and weighs about 7,900 tons when submerged. Underwater, it can reach speeds in excess of 25 knots.



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

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SurgeMain reservists support fleet delivery at Norfolk Naval Shipyard

By Michael D Brayshaw
Norfolk Naval Shipyard Public Affairs

NORFOLK

Since their arrival at Norfolk Naval Shipyard (NNSY) earlier this month, the immediate goal was to get SurgeMain Navy Reserve Sailors to hit the ground running — or rather, to hit the deckplates turning wrenches to deliver ships back to the fleet.

As part of the first phase of Naval Sea Systems Command’s (NAVSEA) deployment of SurgeMain reservists across the four naval shipyards, 127 have now onboarded NNSY to leverage their skillsets to reduce the maintenance backlog due to the COVID-19 pandemic. These reservists have the technical and trade backgrounds necessary to provide quick benefits managing NNSY’s workload, which currently includes two aircraft carriers, an Ohio-class ballistic submarine, and a submarine undergoing conversion into a Moored Training Ship.

NNSY’s SurgeMain support will culminate in more than 480 reservists supporting work on all these projects and more through September 2021. “This arrangement will provide a ‘win-win’ both for these Sailors and America’s Shipyard,” said Shipyard Commander Captain Kai Torkelson. “While the reservists get valuable hands-on experience across our nation’s shipyards, we get a large number of personnel ready to provide immediate impact on the deckplates with some of the biggest projects we have on our waterfront.”

“Wherever the work is, that’s where SurgeMain goes,” said Lt. Cmdr. Emmanuel “Manny” Sayoc, NNSY’s SurgeMain Program Manager. “They’re going to the projects and all through the shops, even codes, wherever they are needed. Some are in Code 109 (IT Department), Code 700 (Lifting and Handling), and Code 300’s Ship Safety Office.”

With reservists onboarded the same week USS Harry S. Truman (CVN 75) arrived at NNSY for an Extended Carrier Incremental



Aldo Anderson
Captain Jonathan Jett-Parmer, Commanding Officer, SurgeMain Norfolk, visits Norfolk Naval Shipyard (NNSY) July 23 to meet with SurgeMain reservist Sailors supporting a variety of ship projects between now and September 2021. NNSY has currently onboarded 127 SurgeMain Sailors since July 6 and is expected to attain more than 480.

Availability, Sayoc said several supported establishing temporary services such as lighting, ventilation and scaffolding to facilitate the carrier’s overhaul. NNSY’s Inside Machine Shop has already been tapping into the skillsets of these Sailors for assistance in machining of various components, with Sayoc adding he is anticipating many more requests for production support in the weeks and months ahead.

With COVID-19 causing schedule impacts on many of the ships undergoing maintenance across the four shipyards, having an experienced reserve workforce was one of the biggest priorities during the SurgeMain mobilization. Sayoc described “a very detailed interviewed process” where reservists are asked about their civilian background, Navy experiences, training opportunities and current certifications. “In Shop 56 for example, the Air Conditioning and Refrigerant Shop, my shop lead is looking for those who have been to AC and R school, have the Environmental Protection Agency certification, and have several years of relevant experience out in the civilian world or in the Navy,” he said.

In addition to SurgeMain leaders evaluating Sailors for their shop assignments, they provide basic training in conjunction with shipyard instruction, then the shops validate

skillsets and provide any additional training needed. This system was designed to help get the reservists supporting fleet delivery from day one, or as close to it as possible. “One reservist might have 30 years of relevant experience working in the civilian world, another might have a combined 20 years working as active duty or a reservist in the Navy with civilian service,” said Sayoc. “To give you an idea of the level of experience, almost half of our SurgeMain workforce so far is a First Class or above. This was by design to bring our military leadership onboard early on to provide the deckplate leadership to care for and feed our Sailors. We rely on our civilian leadership to lead production and direct us to the work. Together, with military and civilian leaders, we help prepare and transition the Sailors in the shops and projects.”

Beyond ensuring the Sailors are ideally matched to shipyard shops and projects based on experience and skill, they are also prepared for effective integration into the NNSY workforce and community at large. The SurgeMain leadership team coordinates logistics such as living arrangements, transit, and adhering to all COVID-19 requirements, while still overseeing military matters such as career development, evaluation and awards. And while production support is the driving

goal, Sayoc said it is equally important for SurgeMain to have the Sailors fully incorporated into the teams at America’s Shipyard delivering vital assets back to the Navy. “In addition to turning wrenches, one of SurgeMain’s main roles is to spearhead the civilian and military integration,” said Sayoc. “We have to value and appreciate the civilian workforce—the mobilization won’t be successful without it. We want our civilian and military to learn about one another, and be comfortable working with one another, in addition to the reservists helping get us caught up on the work. Our legacy will primarily be the relationships we built.”

“This domestic mobilization of a Navy Reserve force for non-humanitarian purposes is unprecedented,” said Capt. Rich Sussman, NAVSEA’s Director of Military and Reserve Programs. “Sending our team to the shipyards where a majority of our Sailors have served as qualified hull, mechanical, and electrical skilled tradespeople to augment the naval shipyards’ civilian workforce to assist in reducing the maintenance backlog due to COVID-19 is exactly what our team is designed to do. For the past 15 years, since the SurgeMain program’s debut, our Sailors have been training for this moment . . . this is what the SurgeMain program is about.”



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INSTALLATION SERVICES REOPEN ACROSS HAMPTON ROADS

NAVSTA NORFOLK

MWR
Wind & Sea Rec. Center, Bldg. C-9 | M-F: 12 p.m.-5 p.m.; Sat-Sun: 12 p.m.-8 p.m. | (757) 444-4033
Wind and Surf Internet Café, Bldg. C-9 | M-F: 12 p.m.-8 p.m.; Sat-Sun: 12 p.m.-8 p.m. | (757) 444-4033
N-24 Gym/Fitness Center | M-F: 5 a.m.-8 p.m.; Sat-Sun: 9 a.m.-6 p.m. | (757) 444-2276
Q-80 Gym/Fitness Center | M-F: 5 a.m.-8 p.m.; Sat-Sun: Closed | (757) 444-1267
Fleet Rec. Park Indoor Swimming Pool | M-F: 8 a.m.-6 p.m.; Sat-Sun: Closed | (757) 444-2134
SPINZ Hand-Crafted Food | M-F: 10 a.m.-2 p.m.; Sat-Sun: Closed | (757) 445-1583
*Curbside Pick-up, Bldg. CEP-127
Impound Lot | M-F: 9 a.m.-5 p.m.; Sat-Sun: Closed | (757) 444-2631
Vista Point: Office Hours | M-F: 8 a.m.-11 a.m./1 p.m.-3 p.m.; Sat-Sun: Closed | (757) 469-2890
Lunch Service: M-F: 11 a.m.-1:30 p.m.; Sat-Sun: Closed | (757) 469-2890
*Take out available. **Dine-in is limited to 50% capacity.
Willoughby CDC | M-F: 5 a.m.-7 p.m.; Sat-Sun: Closed | (757) 444-3007

*No hourly or drop-in care available.
**Currently enrolled children of MEP w/designation letter on file.
Youth Center | M-F: 5 a.m.-7 p.m.; Sat-Sun: Closed | (757) 444-8259
*Care is currently being provided at the CDC as Bldg. U-40 is closed.
**Currently enrolled children of MEP w/designation letter on file.
***No hourly or drop-in care available.

NEX

NEX Main Store | M-Sat: 10 a.m.-7 p.m.; Sun: 10 a.m.-6 p.m. | (757) 440-2000
NEX Package Store | M-Sat: 10 a.m.-7 p.m.; Sun: 10 a.m.-6 p.m. | (757) 440-2110
Barbershop (Main Store) | M-F: 8 a.m.-7 p.m.; Sat: 9 a.m.-6 p.m.; Sun: 9 a.m.-6 p.m. | (757) 440-2000, Ext. 1
NEX Main Store Food and C-9 Court | M-Sat: 10 a.m.-7 p.m.; Sun: 10 a.m.-6 p.m. | (757) 440-2000

FFSC

Fleet and Family Support Center | M-F: 8 a.m.-4 p.m.; Sat-Sun: Closed | (757) 444-2102
*Limited Information and Referrals and Crisis Triage Services at SDA-344. **Telephonic services for counseling, FAP and SAIL.

CHAPEL SERVICES

Frazier Hall Bldg. C-7 | M-F: 8 a.m.-4 p.m.; Sat-Sun: Closed | (757) 444-7361
Our Lady of Victory Chapel | Sunday Service: 9:30-10:30 a.m. Sun; Tues: 11:30 a.m.-12:30 a.m. Closed remainder of the week. (757) 444-7361
David Adams Memorial Chapel Sunday Service: 10:30-11:30 a.m. Closed remainder of the week | (757) 444-7361
Commodore Levy Chapel (Jewish) | Fri: 11:30 a.m.-12:30 p.m. Closed remainder of the week | (757) 444-7361
Masjid Al Da'wah Mosque | M-F: 8 a.m.-4 p.m. Sat-Sun: Closed | (757) 444-7361

Additional Information

- * Fitness Centers, Swimming Pools and Recreation Centers are open to active duty personnel only.
- * Group sporting events not permitted.
- * Masks must be worn inside the facility unless doing cardio.
- * Fitness center occupancy limited to 100 patrons.
- * Patrons are limited to 40-minute workouts.
- * The Fitness Centers will close for cleaning from 9-10 a.m. and from 2-3 p.m.
- * No spotters allowed.



NAS OCEANA

MWR
Oceana Great Escape Rec. Center | Daily: 2-9 p.m. | (757) 433-2112
Dam Neck Oasis Rec. Center | Daily: 2-9 p.m. | (757) 492-6805
Oceana Gym/Fitness Center 345 | M-F: 6 a.m.-4 p.m.; Sat-Sun: 12 p.m.-3:30 p.m.
Active Duty/Reserve only.
Dam Neck Gym/Fitness Center 524 | M-F: 6 a.m.-4 p.m. | (757) 492-6101/7208
Active Duty/Reserve only.
Oceana Freedom Lanes Bowling | Daily: 11 a.m.-9 p.m. | (757) 433-2167
Dam Neck Bowling Center | Daily: 11 a.m.-9 p.m. | (757) 492-6341
Oceana Auto Skills Center | Tues-Sun: 11 a.m.-7 p.m. | (757) 433-3403
Oceana Outdoor Equipment Rental | M-F: 7:30 a.m.-4 p.m. | (757) 433-3215
Oceana Skat Range | Wed-Sun: 10 a.m.-6 p.m. | (757) 433-2875
Available by reservation only.
Oceana RV Park | Daily: 10 a.m.-2 p.m. | (757) 417-7140
Dam Neck RV Park | Daily: 8 a.m.-4 p.m. | (757) 492-7545
Dam Neck Cottages | Daily: 9 a.m.-7 p.m. | (757) 492-7053
Oceana CDC/Youth Program | M-F: 5 a.m.-7 p.m. | (757) 433-3164

*No hourly or drop-in care available.
**Currently enrolled children of MEP w/designation letter on file.
Dam Neck CDC/Youth Program | Closed | (757) 492-8683
Oceana Aerobics Golf Club | Daily 6 a.m.-Sunset
Oceana Feet Wet Pool | M-F 11 a.m.-5 p.m.; active duty/lap swim only
Additional Information:

- * Fitness Centers open to active duty personnel only.
- * Masks must be worn inside unless doing cardio.
- * No spotters allowed. Bags not permitted on fitness floor.
- * Towels are not available.
- * Locker rooms/showers/saunas/basketball courts will remain closed.
- * Restrooms are available.
- * Water fountains are secured.
- Dam Neck Beach | Daily: Sunrise to Sunset
- * Open to DoD ID holders with authorized base access.
- * No beach rentals this season!
- * No lifeguards (Swim at own risk).

NEX

NEX Main Store | Mon-Sun: 10 a.m.-7 p.m. | (757) 425-4200

NEX Jet Mart Mini Mart | M-F: 6 a.m.-7 p.m.; Sat-Sun: 9 a.m.-6 p.m. | (757) 425-4267
NEX Package Store | Mon-Sun: 10 a.m.-7 p.m. | (757) 425-4270
Barber Shop (Main Store) | Daily: 7 a.m.-7 p.m. | (757) 425-4200 x 2100/2200
Barber Shop (Dam Neck) | M-F: 7 a.m.-5 p.m.; Sat-Sun: 9 a.m.-5 p.m. | (757) 492-7749
Tailoring Services | Mon-Sun: 10 a.m.-7 p.m. | (757) 425-4200 x 3500/2500
* Barbershop will be open to active duty only during first week of reopening.
* Barbershop will adhere to physical distancing guidelines and face coverings will be required.
* Beauty services will not be available during first week of opening.
* Physical distancing and cleaning guidelines will be in place.

FFSC

Fleet and Family Support Center | Mon-Thurs: 8 a.m.-5 p.m.; Fri: 8 a.m.-2:30 p.m. | (757) 433-2912
*Telephonic classes and services for counseling, FAP and SAIL.

CHAPEL SERVICES

Protestant Worship NAS Oceana Chapel | Sunday Service: 11 a.m. | (757) 433-

2871

Catholic Mass NAS Oceana Chapel | Sunday Service: 7:30 a.m. & 9 a.m. | (757) 433-2871
Protestant Worship Dam Neck Chapel | Sunday Service: 5:30 p.m. | (757) 492-6602
Catholic Mass Dam Neck Chapel | Sat: 5 p.m. | (757) 492-6602
* Face coverings required for each person age 10 and up - which must be worn in all the chapel spaces at all times.
* The Main Chapel entrance will be the only point of entrance to the Chapel. Signs on the bulkhead and guides will assist both chapel staff and attendees to remain at least 6 feet apart.
* Fellowship after the services will not be provided until further notice.
* Increased cleaning in high-traffic areas, such as pews, handrails, handies, tables, restrooms and more.



NWS YORKTOWN

MWR
WPNSTA Yorktown Sports Zone Gym | M-F: 5 a.m.-8 p.m.; Sat-Sunday & Holidays: 9 a.m.-5 p.m. | (757) 847-7828
Huntington Hall Fitness Center | M-F: 9 a.m.-7 p.m.; Sat & Sun: 9 a.m.-11 p.m. Holidays: noon-7 p.m. | (757) 887-7353
Cheatham Annex Fitness Center | M-F: 5 a.m.-8 p.m.; Sat: 9 a.m.-1 p.m.; Sun & Holidays: closed | (757) 887-7453
Cheatham Annex Outdoor Pool | Starting August 5 - Wed-Sun: noon-7 p.m. | (757) 887-7453
Deer Cove Golf Course | Summer | Mon-Sun: 7 a.m.-7 p.m.; Fall | Mon-Sun: 8 a.m.-5 p.m.; Winter | Mon-Sun: 9:30 a.m.-4 p.m.; Spring | Mon-Sun: 8:30 a.m.-5:00 p.m. | (757) 887-6539
Twin Pin Bowling Alley | Mon-Thurs: 11 a.m.-9 p.m.; Fri & Sat: 11 a.m.-10 p.m.; Sun: 11 a.m.-7 p.m.; Holidays: 11 a.m.-6 p.m. | (757) 887-4207
Cheatham Annex Outdoor Recreation and Cottages Summer | (June-Labor

Day) Mon-Sun: 8 a.m.-3 p.m.; Winter | (Labor Day-Memorial Weekend) Mon-Sun: 8 a.m.-6 p.m. | Reservations: (757) 887-7418/887-7224.
The Depot (Take-out only) | Mon-Sun: 9 a.m.-7 p.m.; Holidays: noon-7 p.m. | (757) 887-7395
4th Street Grille (Take-out only) | Breakfast | Mon-Thurs: 8 a.m.-10 a.m.; Lunch | Mon-Thurs: 10:30 a.m.-1:30 p.m. | (757) 887-7514

- * Fitness Centers open to active duty personnel only. Masks must be worn inside the facility unless doing cardio. This includes weight training.
- * Temperature checks, guest log, health-screening questionnaire at facility entrance.
- * Bags not permitted on fitness floor. Towels are not available.
- * Locker rooms/saunas/basketball courts will remain closed.
- * Pool open to all authorized personnel. Temperature checks, guest log,

health-screening questionnaire at facility entrance. Guests must follow all social distancing requirements and patrons must bring their own towel. Showers and locker rooms closed. No lounges permitted on pool deck.
* Outdoor Recreation and Cottages open to all authorized personnel. No equipment rentals.

NEX

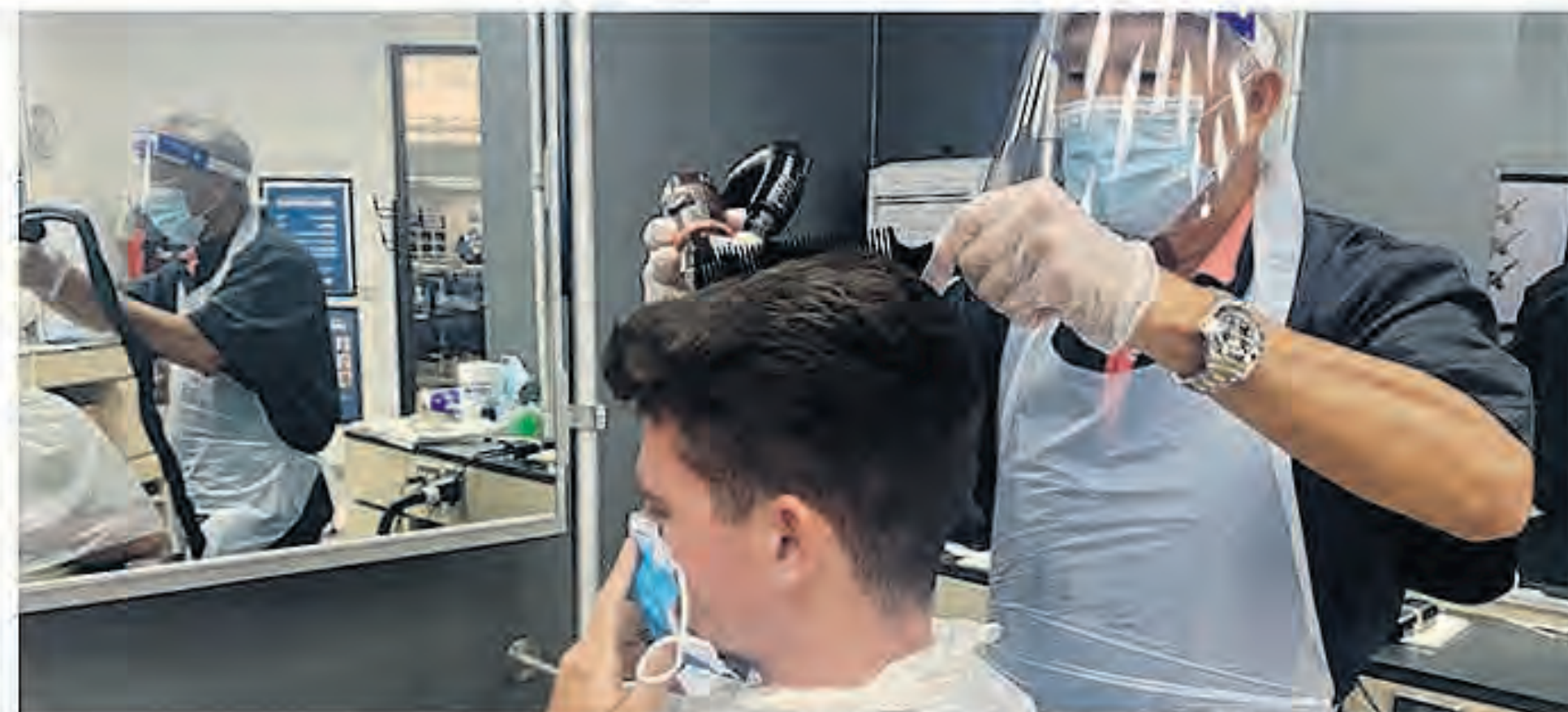
Yorktown Navy Exchange Barbershop Mon-Sat: 9 a.m.-6 p.m.; Sun: 10 a.m.-5 p.m. | (757) 887-0690

- * Barbershop open to active duty only.
- * Barbershop will adhere to physical distancing guidelines and face coverings will be required.
- * Barbershop guests will be required to sign a guest log.
- * Physical distancing and cleaning guidelines will be in place.

CHAPEL SERVICES

Nelson Chapel | Starting August 2 - Sunday Service: 10:30 a.m. | (757) 887-4711

* All congregants will attend service wearing a CDC acceptable cloth face covering.
* Guests will receive touchless temperature check at chapel entrance and sign their names in the contact tracing log.
* Guests must not currently exhibit any cold or flu symptoms, and (within last 14 days) have not been exposed to COVID-19.
* If you are exhibiting symptoms, or are a high-risk individual, please remain home and engage with the chapel via the social media page.



MC2 Mark Mahmod

NSA HAMPTON ROADS

MWR
Naval Support Activity Hampton Roads-Headquarters Annex NH-30 Fitness Center | M-F: 6 a.m.-12:30 p.m. | (757) 856-1810/1812
Marianas Fitness Center | M-F: 6 a.m.-2 p.m. | (757) 443-6110
Sewells Point Golf Course | Pro Shop can now allow retail shopping, but at limited occupancy in store | (757) 444-5572
Cumer Athletic Park | Daily: 9 a.m.-6 p.m. | No rentals, screening required | (757) 444-0347
Naval Support Activity Hampton Roads-Northwest Annex Fitness Center | M-F: 6 a.m.-2 p.m. | (757) 421-8263
Outdoor Pool | Currently closed | (757) 421-8268/8303
Mariner Community Recreation Center | Mon-Wed, Fri & Sat: noon-7 p.m.; Thurs: Closed; Sun: noon-5 p.m. | (757) 421-8250/8251
(Includes: Tickets and Travel Office, Outdoor Equipment Rentals, Liberty Center and RV Campground)
Retro Bowling Center | Currently closed | (757) 421-8250/8251
Naval Support Activity Hampton

Roads-Portsmouth Annex Riverview Fitness Center | M-F: 6 a.m.-2 p.m. | (757) 953-7024
River's Edge Community Center | M-F: 9 a.m.-3 p.m.; Weekends: 9 a.m.-4 p.m. | (757) 953-5095
(Includes: ITT Office, Outdoor Equipment Rentals and Liberty Center.)
River's Edge Bistro (Take-out only) | M-F: 11 a.m.-2 p.m.; Weekends: 11 a.m.-3 p.m. | (757) 953-5081
Riverview Aquatics Center | Currently closed | (757) 953-5946
Red Manage Grill (Take-out only) | Daily: 6:30 a.m.-sunset | (757) 444-5572
* Fitness Centers open to active duty and reserve personnel only. Masks must be worn inside the facility unless doing cardio.
* No organized sports or group exercise classes offered at Fitness Centers.
* All Fitness Centers closed daily from 9:30 am to 10:30 am for cleaning.
* Temperatures are checked and health-screening conducted at facility entrance.
* Bags not permitted on fitness floor. Towels are not available.

* Mariner Community Recreation Center open with physical distancing, no catering, no rentals, no programming. RV reservations are open.
* River's Edge Community Center open with physical distancing, no catering, no rentals, no programming.

NEX

NEX Barbershop | M-F: 7 a.m.-3 p.m.; Sat-Sun: Closed
NWA NEX Barbershop | Monday: 6 a.m. to 5 p.m.; Tues-Fri: 7 a.m.-2 p.m.; Sat-Sun: 7 a.m.-5 p.m.
* Barbershop open to active duty only, by walk-ins only. No appointments.
* Barbershop will adhere to physical distancing guidelines and face coverings will be required.
* Physical distancing and cleaning guidelines will be in place.

CHAPEL SERVICES

Northwest Annex Chapel | Sunday Service: 10:30 a.m. | (757) 421-8204
POW/MIA Chapel | Starting Aug. 5 - noon | (757) 421-8205
* Services authorized for DOD personnel/retirees and dependent family members only.



JEB LITTLE CREEK - FORT STORY

MWR
Rockwell Hall Gym/Outside Fitness Area | M-F: 6 a.m.-6 p.m.; Weekends: 8 a.m.-2 p.m.; Barring Cages (Isak Walton Park): Mon-Sun: Sunrise to Sunset; Group exercise classes start Aug. 1 | (757) 462-7735
Pierside Gym | M-F: 6 a.m.-2 p.m. | (757) 462-8280
Fort Story Gym | M-F: 6 a.m.-5 p.m. | (757) 422-7975
Pierside Outdoor Pool | M-F: 6 a.m.-2 p.m. | (757) 462-8280
Garor Pool | Closed | (757) 462-7173
Eagle Haven Golf Course | Daily: 7 a.m.-6 p.m. (weather permitting) | (757) 462-8526
Outdoor Equipment Rental Center | M-F: 8 a.m. to 4 p.m.; Saturday: 8 a.m.-noon | (757) 462-7516
Fort Story Outdoor Rental | Closed due to co-location project | (757) 422-7472
Cove Marina | Tues-Sat: 8 a.m.-4:30 p.m. | (757) 462-7140
Garor Bowling Center | Mon-Thurs: 10 a.m.-10 p.m.; Fri & Sat: 10 a.m.-midnight; Sun: 11 a.m.-10 p.m. | (757) 462-7952
Garor Theater | Weekends: 1 p.m. & 5 p.m. | (757) 462-7534
ITT Ticker Office | Mon-Fri: 10 a.m.-4 p.m.; Curbside Pick-up/Phone orders available | (757) 462-7793
Little Creek Campground & RV Park | Closed due to power upgrades | (757) 462-7282
Fort Story Campground & RV Park | Mon-Sat: 8 a.m.-9 p.m.; Sun: 9 a.m.-7 p.m.; Holidays: Closed | (757) 462-7601
6th Street Cottage | Mon-Sat: 8 a.m.-4 p.m. | (757) 462-7601
Little Creek Library | M-F: 10 a.m.-4 p.m. | (757) 462-7691
Fort Story Library | Closed due to co-location project | (757) 422-7548
Fec'sie Library Center | M-F: 10 a.m.-4 p.m. | (757) 462-7691
Lighthouse Library Lounge | Closed due to

co-location project | (757) 422-7472
Pub 19 (Dine-in or Take-out) | M-F: 10 a.m.-3 p.m. | (757) 462-7559
Garor Bowl 11th Frame Snack Bar (Dine-in or Take-out) | Daily: 9 a.m.-close; 50% occupancy | (757) 462-7758
Brashear Conference Center | Catering Office: M-F: 8 a.m.-4:30 p.m.; McFaul CPO Lounge: M-F: 8 a.m.-4:30 p.m.; BINGO: Wed & Sun: 6 p.m. (Doors open at 4 p.m.) | (757) 462-2414
* Fitness Centers and Pool open to active duty personnel and reservists only. Masks must be worn inside the facility unless doing cardio.
* Gyms closed daily from 1 p.m. to 2 p.m. for cleaning.
* Showers are private.
* Temperatures are checked and health-screening questionnaire at facility entrance.
* Bags not permitted on fitness floor. Towels are not available.
* All on-base parks and picnic areas are open; however, basketball courts remain off-limits.
* Outdoor Equipment Rental Center Limited to lawn equipment, garden equipment, utility trailers and party items. (Bounce houses and campers rentals currently unavailable.)
* Pool open for lap swim only - no swim lessons. First-come, first-served.
* Library Books/DVD's available for pick-up only/limit 10 per household. Materials may be borrowed up to 14 days.
* Library technology services limited to seven patrons at a time. Reservations requested. Accompanying individuals must stay outside.
* Library printing services limited to 10 pages.

BEACHES

E. Beach | Open daily for recreation: sunrise to sunset | Located at the end of

Hewitt Dr. (Down from Eagle Haven Golf Course).
Inchon Beach | Open daily for recreation: sunrise to sunset | Located across from the Mini-Mart Gas Station close to Gate 5.
* Beach parking: 10 a.m. to 6 p.m. (Warning: lot is closed and locked at 6 p.m.)
* Open to DOD ID cardholders and authorized guests only.
* Beach spaces will be assigned/monitored. Social distancing/groups 10 or less in effect.
* No glass containers, alcoholic beverages or DOVs allowed on beach.
* Breakwaters (rocks) and dunes are off-limits.
* Pets must be on leashes.
* Do not leave trash or pet waste on the beach.
* Port-a-potties are not on-site.

NEX

NEX Barbershop | By appointment only | (757) 363-3315
Uniform store shop | 10 a.m.-7 p.m. | (757) 363-3265
NEX Tailoring service | 10 a.m.-7 p.m. | (757) 363-3265
Main store shop | 9 a.m. to 6 p.m. | (757) 363-3315
NEX Food Court | 11 a.m.-2 p.m. | (757) 363-3315
NEX Gate 5 Mini-Mart | Daily: 7 a.m.-noon | (757) 363-5804
* Barbershop open to active duty only, by appointment.
* Barbershop will adhere to physical distancing guidelines and face coverings will be required.
* Physical distancing and cleaning guidelines will be in place.
* NEX Gate 5 Mini-Mart Food Bar items available, include: hotdogs, fountain drinks, shakes, coffee and snacks.
CHAPEL SERVICES
Little Creek Mass Little Creek Chapel |

Aug. 1 - 5 p.m. (Livestreamed only, no in person); Aug. 2 - 10 a.m. (in person only); Aug. 5 - 9:30 a.m. (Livestreamed & in person) | (757) 462-7427
Fort Story Mass First Landing Chapel | Aug. 2 - 9:30 a.m. (Livestreamed & in person) | (757) 422-7665
Little Creek Protestant Little Creek Chapel | Aug. 2 - 10 a.m. (Recorded & in person) | (757) 462-7427
* Services authorized for DOD personnel/retirees and dependent family members only.
* Wearing of face masks will be enforced for those ages 10 and above at all times, except when receiving Holy Communion.
* Congregants will be required to read a health questionnaire, and temperatures will be taken on everyone prior to being granted entry in to the Chapel. You should not attempt to attend services if you or someone you live with has traveled, has been ill in the 14 days prior or if you are running a fever.
* All congregants will be required to sanitize their hands prior to entry.
* Follow all directions from Chapel uniformed staff on seating and off limit areas. Visitors will only be permitted to transit about the large Chapel and restrooms. All other areas are off limits.
* Congregants are kindly asked that they not sing along.
* Six feet of social distancing between non-related families will be enforced.



****Facilities/amenities NOT listed on chart will remain closed until they can safely reopen****



NAVFAC Mid-Atlantic holds virtual change of command ceremony

By **Jeffrey C Doepp**
Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic
Public Affairs

NORFOLK

Capt. Gordon E. Meek III relieved Capt. Richard D. Hayes III as commanding officer of Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic during a virtual change of command ceremony, July 31. The ceremony, held at the Vista Point Conference Center onboard Naval Station Norfolk, was streamed on Facebook Live and MS Teams.

Hayes, who has been NAVFAC Mid-Atlantic commanding officer since August 2018, will report to his next assignment to serve as the Force Maritime Headquarters director for Navy Expeditionary Combat Command, Virginia Beach, Virginia. A native of Charleston, West Virginia, he graduated from Carnegie Mellon University in Pittsburgh, Pennsylvania with a Bachelor of Science in Mechanical Engineering and holds a Master of Science in Civil Engineering (Construction Management) from Purdue University.

“To the men and women of NAVFAC Mid-Atlantic, I am humbled and proud



Jeffrey C Doepp

(Left) Capt. Gordon E. Meek III, relieves Capt. Richard D. Hayes III, as commanding officer of Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic, during a virtual change of command ceremony, July 31. Seated from left is Rear Adm. Dean VanderLey, NAVFAC Atlantic, and Rear Adm. Charles Rock, Navy Region Mid-Atlantic. The ceremony, held at the Vista Point Conference Center onboard Naval Station Norfolk, was streamed on Facebook Live and MS Teams.

to have been a member of your impressive team, and to have experienced and shared your countless accomplishments and achievements,” said Hayes during his remarks. “I thank you for your tireless support to the Warfighters and all of our customers.... You all do an outstanding job and I will forever treasure the time I have had as your commanding officer. Thank you for allowing me to be a part of your high-performing team.”

Prior to Hayes remarks, Commander, Naval Facilities Engineering Command, Atlantic and Fleet Civil Engineer, U.S. Fleet Forces Command Rear Adm. Dean VanderLey, presented Hayes, on behalf of the Director, Navy Staff A. S. Haeupfle, for the President of the United States, the Legion of Merit (Gold Star in lieu of second award) for his exceptionally meritorious conduct in the performance of outstanding service from Au-

gust 2018 to June 2020.

The citation reads in part: “Captain Hayes displayed exceptional dedication and foresight as he led his team of over 4,000 military and civilian personnel in the execution of \$6.2 billion in facility services, design, and construction at 13 Navy and five Marine Corps installations. He guided the command through a period of significant organizational change and transition of financial systems, while leading a record level of work in support of critical Navy and Marine Corps programs. Additionally, he led the fast track award of \$1.2 billion in facility repair projects and masterfully positioned his team for the award of over \$1.7 billion in military construction projects in response to the devastation of Hurricane Florence, while continuing to deliver extraordinary support to fleet priorities including the Colum-

bia submarine program and Shipyard Infrastructure Optimization Plan. By his dynamic direction, keen judgment, and loyal dedication to duty, Captain Hayes reflected great credit upon himself and upheld the highest traditions of the United States Naval Service.”

Meek, a native of Evans, Georgia, comes to NAVFAC Mid-Atlantic from NAVFAC Pacific in Pearl Harbor, Hawaii, where he served as deputy commander for Operations. He graduated from the Georgia Institute of Technology with a bachelor’s degree in Civil Engineering. He is Seabee Combat Warfare and Fleet Marine Force qualified, is a registered Professional Engineer in the Commonwealth of Virginia, a Project Manager Professional, and a member of the Department of Defense Acquisition Corps.

“To the men and women of NAVFAC MIDLANT, I commit to give you my all,” Meek said, while delivering his remarks. “I exist to listen, to learn, and then to find ways to allow you to succeed unimpeded, with urgency, to create and sustain a work environment that is free of fear, free of obstacles, free of ambiguity, so that our output directly enables warfighter lethality. We must reimagine the boundaries. I cannot wait to dive in.

“XO, BD, Ops – let’s don our masks and rock and roll!”

NAVFAC Mid-Atlantic provides facilities engineering, public works and environmental products and services across an area of responsibility that spans from Georgia to Maine and as far west as Indiana. As an integral member of the Commander Navy Region Mid-Atlantic team, NAVFAC Mid-Atlantic provides leadership through the Regional Engineer organization to ensure the region’s facilities and infrastructure are managed efficiently and effectively.

FORD | Ship is conducting carrier qualifications in the Atlantic Ocean.

Continued from A1

the Tactical Flag Command Center.”

Ford’s Air Intercept Controller, Operations Specialist 1st Class David Geary, from Daven-

port, Iowa, controlled two separate AIC events. Both were Defensive Counter Air missions designed to protect a high value asset against several waves of “red air” threats. First were two F/A-18E Super Hornets, attached to the “Jolly Rogers” of Strike Fighter Squadron (VFA) 103, followed by four F/A-18F Super Hornets from the VFA-213 Black Lions. Despite being outnumbered by the threat, the Jolly Rogers and Black Lions integrated with Ford’s AIC and employed TOPGUN recommendations to successfully defend Ford.

“We were simulating an air defense scenario,” said Geary. “We were controlling the fighter to intercept, escort and if necessary kill the inbound threat aircraft.”

The AIC is the third wingman in the fighter community. The AIC’s job is to paint a mental picture for the pilots in the air via voice and data link communication.

“I am in voice communication with all the fighters,” said Geary. “As the fighters and threats close, I must put together a specific timeline to ensure they have best situational

awareness possible to enhance lethality and increase survivability.”

“It was an excellent event,” said Welsh. “It’s a new ship, new crew, new strike group. Getting that continuity together where it’s all second nature, that’s what’s important.”

Gerald R. Ford is a first-in-class aircraft carrier and the first new aircraft carrier designed in more than 40 years. Ford is underway in the Atlantic Ocean conducting carrier qualifications during an independent steaming event.

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Lt Michelle Tucker

Lt. j.g. Madeline G. Swegle, the U.S. Navy's first Black female tactical jet aviator, stands in front of a T-45C Goshawk jet trainer aircraft on the Training Air Wing 2 flight line at Naval Air Station Kingsville, Texas, July 17, 2020. Swegle completed her final training flight with the "Redhawks" of Training Squadron 21 and was soft winged July 7. Her official winging ceremony is scheduled July 31 after which she will continue to graduate training at her fleet replacement squadron. TW-2 is one of five air wings under the Chief of Naval Air Training and conducts intermediate and advanced jet training for the Navy, Marine Corps, and international military partners.

GOLD | 25 other classmates earn Wings of Gold in small ceremony

Continued from A1

Amidst the Navy’s response to the global pandemic, instructors and students adjusted to COVID-19 spread mitigation measures including sterilizing surfaces, wearing masks, and social distancing when practical. Despite these challenges, this is the largest graduating class of strike aviators in almost a decade.

Chief of Naval Air Training Rear Adm. Robert Westendorff oversees all undergraduate flight training from the command headquarters at NAS Corpus Christi, Texas.

“We are all incredibly proud of Lt. j.g Swegle and the entire class,” Westendorff said. “This is a wonderful personal achievement but also a testament to their dedication and drive to succeed in the tactical air training pipeline. I wish them all every

success at the next level learning to fly our fleet aircraft.” [

A 2017 U.S. Naval Academy graduate, Swegle reported to Naval Aviation Schools Command at NAS Pensacola, Florida, where she completed Initial Flight Screening and Aviation Preflight Indoctrination. She completed Primary flight training with the “Boomers” of VT-27 at NAS Corpus Christi, and after selecting the TACAIR, or Strike, pipeline, Swegle progressed to Intermediate and Advanced training with VT-21.

Swegle is part of a new generation of TACAIR pilots to qualify on state-of-the art Aircraft Launch and Recovery Equipment (ALRE) unique to aircraft carrier USS Gerald R. Ford (CVN 78): the Electromagnetic Aircraft Launch System (EMALS) and Advanced Arresting Gear (AAG). She completed carrier qualifications in the Atlantic Ocean off the Florida coast, May 20.

“I’m excited to have this opportunity to work harder and fly high performance jet aircraft in the fleet,” Swegle said. “It would’ve been nice to see someone who looked like me in this role; I never intended

to be the first. I hope it’s encouraging to other people.”

Chief of Legislative Affairs Rear Adm. Sara Joyner, a career naval aviator, served as guest speaker for the ceremony via teleconference.

“I’m incredibly proud of Lt. j.g. Swegle and her classmates and am excited to welcome them all to the fleet,” Joyner said. “There’s more work to do to make sure that we recruit, train and retain a diverse force that represents the best and brightest of this nation. Everything in Naval Aviation requires teamwork, and you will be judged by your professionalism, demonstrated capability, and leadership.”

Swegle and her classmates will advance to graduate-level flight training at their respective fleet replacement squadrons. Specific platform selection for the TACAIR training pipeline (F/A-18 Super Hornet, EA-18G Growler, or F-35C Lightning II) typically occurs shortly before the winging ceremony. Swegle will report to the “Vikings” of Electronic Attack Squadron (VAQ) 129 at NAS Whidbey Island in Washington to begin training as an EA-18G

Growler pilot. VAQ-129 trains new naval aviators, naval flight officers, and naval aircrewmembers in electronic warfare tactics, techniques, and procedures in preparation for their fleet assignments.

Swegle follows in the footsteps of Brenda E. Robinson, the Navy’s first African American female naval aviator. Robinson earned her Wings of Gold June 6, 1980 and was the 42nd woman to be designated a naval aviator.

“Lt. j.g. Swegle has proven to be a courageous trailblazer,” Commander, Naval Air Forces Vice Adm. DeWolfe “Bullet” Miller III said. “She has joined a select group of people who earned Wings of Gold and answered the call to defend our nation from the air. The diversity of that group—with differences in background, skill and thought—makes us a stronger fighting force.”

Chief of Naval Air Training trains the world’s finest combat quality aviation professionals, delivering them at the right time, in the right numbers, and at the right cost to a naval force that is where it matters, when it matters.

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SECDEF visits naval submarine base Kings Bay
United States Secretary of Defense (SECDEF), Dr. Mark T. Esper, visited Naval Submarine Base Kings Bay, Georgia, July 30.

See **B4**

SECTION B | FLAGSHIPNEWS.COM | 8.6.2020



Lt. Amy Blades-Langjahr, from Casper, Wyo., signals an F/A-18E Super Hornet, from the “Kestrels” of Strike Fighter Squadron (VFA) 137, to launch from the flight deck of the aircraft carrier USS Nimitz (CVN 68) July 26. Nimitz, the flagship of Nimitz Carrier Strike Group, is deployed to the U.S. 5th Fleet area of operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three critical chokepoints to the free flow of global commerce.

MC3 Sarah Christoph

Navy’s only female commissioned Flying Warrant Officer retires at sea

By Seaman Caitlin Flynn
USS Nimitz (CVN 68) Public Affairs

ARABIAN SEA

Lt. Amy Blades-Langjahr, from Casper, Wyoming, was launched from USS Nimitz on a C-2 Greyhound for her last flight in the fleet Aug. 3.

The only female Flying Chief Warrant Officer ever commissioned in the U.S. Navy rose from the ranks before retiring at the end of her “Shooter” tour, a career that spanned the entire Global War on Terror.

“I was on the USS John F Kennedy (CV 67) and we were pulling out for COMPTUEX (composite unit training exercise), September 11, 2001,” said Blades-Langjahr. “We were in the harbor being turned around by the tugs. The second plane hit when we were in the jetties. We had port calls in Saint Thomas lined up. We had a Mediterranean deployment; not even going

See **RETIREES | B7**

DEL BLACK AWARD FOR DECKPLATE LEADERSHIP



2019-2020 RECIPIENT: CMC SAMIRA MCBRIDE, USS GONZALEZ (DDG 66)

The Command Master Chief of USS Gonzalez (DDG-66), Samira McBride, was selected as the recipient of the 2019-2020 Master Chief Petty Officer of the Navy Delbert D. Black Leadership Award. This honor is also significant because she is the first woman to be selected for the award, which dates back to 2008.

First female CMC earns top Navy senior enlisted leadership award

From Office of the Master Chief Petty Officer of the Navy Public Affairs
WASHINGTON

The Command Master Chief of USS Gonzalez (DDG-66), Samira McBride, was selected as the recipient of the 2019-2020 Master Chief Petty Officer of the Navy Delbert D. Black Leadership Award. This honor is also significant because she is the first woman to be selected for the award, which dates back to 2008.

The Guided-missile destroyer USS Gonzalez is homeported out of Norfolk, Virginia where McBride assumed duties in July 2018. Upon reporting she has employed her can-do attitude and unique leadership style. According to her commanding officer, this spirit has extended throughout the ship’s crew as they have been recognized for operational excellence, including maritime warfare, engineering, afloat safety, communications, retention, and the Battle “E.”

The award, named for the first Master Chief Petty Officer of the Navy, honors Master Chief Gunner’s Mate Delbert Black. He served in the position from January 13, 1967 until his retirement on the Chief Petty Officer (CPO) birthday,

April 1, 1971. His humility, can-do spirit, and actions on behalf of enlisted Sailors are viewed by the CPO community as a foundation for deckplate leadership.

“This award recognizes someone who shares many of the same qualities and characteristics embodied by MCPON Black,” said MCPON Russell Smith. “He was a selfless leader who sought out and created opportunities to better the enlisted experience, rather than waiting for them to fall into place. He had the gumption to change our Navy for the better, for generations to follow. Congratulations to MasterChief McBride on continuing to blaze a trail for Sailors from all genders, backgrounds, and walks of life.”

In keeping with tradition and the namesake of the award, McBride was selected as this year’s recipient for her inspirational leadership, commitment to her Sailors, and operational excellence. McBride has a proven record of excellence in service as she was also selected as the Pacific Fleet Sea Sailor of the Year in 2010, the first year in which all women were selected for this honor.

“She consistently proves herself to be the heartbeat of my command, a trusted advisor and advocate both up and down the chain of command and has a positive daily impact on my crew,” said Commander Ray Glenn, commanding officer USS Gonzalez. “From day one, CMC McBride has promoted a ‘warfighter’ mentality to build resilience in the command. She has been critical to every success of USS Gonzalez. Her ability to generate creative paths for communication, foster an environment of ‘leadership matters,’ and challenge Gonzalez Sailors to exceed even their own expectations is apparent on a daily basis.”

In an effort to minimize the risk of COVID-19, MCPON Smith hosted a virtual ceremony with McBride to congratulate her on a job well done.

Pandemic fashion faux pas

By Lisa Smith Molinari

For a few minutes last weekend, I was winning at life. My husband, Francis, and I were getting ready for a small gathering of friends on our neighbors’ wrap-around porch overlooking the bay. It was a warm summer evening, my stomach felt flat for once, and I was in the mood for a cocktail.

I scanned the few dresses in my closet for just the right thing to wear. These neighbors had not spent the majority of their careers in the military, earning public salaries limited by the government. They had all worked in the lucrative private sector for decades, enabling them to afford the houses closest to the water. Our house was the one at the top of the street, with a partial water view if you sit on the south edge of the porch and crane your neck to see over the neighbor’s hedge.

I grabbed the floral sheath dress my mother-in-law had given me years ago. It was from her favorite department store, Lord and Taylor, which was to a neurologist’s wife what Target is to a military spouse. Over the years, my mother-in-law had tried to polish my image by dressing me in finer things, and encouraging me to wear heels and more make-up. When I’d wear my normal get up — jeans, comfortable top, flat shoes and maybe a dab of mascara if any at all —

she was likely to greet me with a concerned expression, reach a hand out to my shoulder, and say, “You look a little ill ... are you feeling alright, my dear?”

I zipped the dress up over my tummy control underwear, slipped into low-heeled cork wedges, and applied make-up appropriate for the occasion. The tube of neglected lipstick I found in the back of my vanity drawer was a shade that matched the dress perfectly.

“Wow, you’re a total Baberaham Lincoln!” Francis blurted when I walked into our kitchen. Although I hadn’t heard that term since the early nineties, his outdated compliment put an extra spring in my step. At age 54, I’ll take whatever I can get.

Inflating my own ego even further, I was proud of the gourmet pizzas I’d made for the party. At pot-lucks past, I’d often contributed dishes that were too basic or not trendy enough. But this time, I’d knocked it out of the park with thin-crust caramelized Vidalia onion, blue cheese and walnut pizzas.

As Francis and I walked toward our friend’s waterfront house, I was firing on all cylinders. We strolled across the manicured lawn toward the wide porch, already abuzz with a handful of neighbors. Our timing was perfect.

But then, we noticed it.

The neighbors were wearing masks. Every-

one. Except us.

I stopped on the porch steps in my Lord and Taylor sheath dress, holding the chilled chardonnay and gourmet pizza, an idiot’s smile plastered on my lipsticked mouth. “Oh... well... uh,” Francis stuttered awkwardly, “I guess I’ll be right back!”

Giving me a quick glance, he scrambled back up our street while I stood frozen, embarrassed by our pandemic fashion faux pas. Francis returned in a flash, sporting a forehead full of sweat beads and a crumpled mask he’d grabbed out of his car. He handed me one, too, which I quickly yanked over my head.

The night wasn’t ruined, but my self-confidence was. Despite it all, we carried on, hobnobbing with our neighbors within this bizarre new normal. Conversations were interrupted by “Pardon?” or “Can you repeat that?” because words were fabric-muffled without the benefit of lip-reading. No one figured out how to gracefully lift a mask to drink from a wine glass. While eating, everyone let their masks dangle strangely from one ear, mine smeared gaudily with lipstick.

Walking home under the high moon, I realized that after years of struggling to keep up with fashion and etiquette, the pandemic had thrown me a curve ball just when I thought I’d finally gotten it right. Next time, instead of caramelized onions, sheath dresses, and chardonnay, I’ll focus on pandemic party rule #1: Wear a mask.

www.themeatandpotatoesoflife.com



iStock

Back-to-school planning during COVID-19

From Military OneSource

As back-to-school season approaches and the COVID-19 pandemic continues, parents and students may be facing new uncertainties. Conditions across the world differ widely and continue to change rapidly. In addition, school reopening policies vary and often include instruction and scheduling options. With so many unknowns, making decisions as a parent can be difficult.

One resilience skill we have learned from life in recent months is to focus less on what we can’t control, and more on what we can. And what can we control right now? We can continue to stay informed and practice proven safety measures, and encourage our children to do the same.

Evidence shows that safety measures like physical distancing, face coverings and improved hygiene such as frequent hand-washing and disinfecting commonly used surfaces reduce transmission of COVID-19. Evidence so far also suggests that children under 10 seem to have less severe symptoms and are less likely to spread the virus.

Based on such evidence, the Centers for Disease Control and Prevention has issued guidelines for how to safely reopen schools. For detailed information see the following resources and check with your local school district. Your installation school liaison office can provide information and connect you to your local school district:

- CDC Considerations for Schools
- Department of Defense Education Activity Announces Plan for the 2020-21 Return to School

BACK-TO-SCHOOL PLANNING

If your child’s school is reopening and you want to start getting ready, here are some general tips:

- Talk with your child. Starting school, or a new school year, can be stressful in the best of times. Make sure your child knows it’s OK to be nervous. Try these Red Cross tips for talking to kids about COVID-19 and keeping them healthy.
- Discuss new policies and safety guidelines. First-time students may be fine with the new procedures. Returning students may need extra time and attention to get used to all the changes. Be sure to explain the need for safety measures, but try to highlight what’s exciting — like being able to see friends again and learn new things. And you can help your child build resilience by encouraging them to look at difficulties as challenges and chances for them to grow.

- Adjust the schedule. Start to tweak your child’s daily schedule a couple of weeks before the first day of school. Making bedtimes earlier and screen times shorter can help your child develop a healthy morning routine and get ready for the new school year.
- Check the program. If your child has an Individualized Education Program, review services your child will receive. Learn about any changes due to new safety guidelines, and talk with your child about them. If you are moving and your child will be attending a new school, check your child’s services there before your move. If you have questions or need backup, your installation Exceptional Family Member Program family support staff and special needs consultants can help you identify additional resources and tools your child can use to succeed.
- Plan around sales. Know when the tax holiday on school supplies will be, and plan accordingly. Look for the supplies list for your child’s classes on the school’s website or ask for one at local office-supply stores. And remember, every day is a tax holiday at the commissary and exchange.
- Discuss clothes. Chat with your child about what they want to wear before you buy it. This way, you’ll avoid purchasing and returning clothing your child won’t wear, and these small decision-making exercises can help children make larger decisions down the road.

EDUCATIONAL RESOURCES

- If you are still waiting for school policies to settle, or haven’t yet made a decision about what kind of schooling to pursue this year, take advantage of online education resources. Help your kids get back into a school mindset as they reinforce reading skills, learn stress-management practices, build a paper Mars helicopter or participate in youth programs online. Resources include:
- The Morale, Welfare and Recreation Digital Library offers an amazing variety of education and entertainment resources for all ages. Programs include BookFlix, Explora Primary, Mango Languages and many more. The Teachables program offers printable activities for children pre-K through grade 6.
 - Tutor.com provides live, on-demand tutoring, test preparation and homework help in more than 100 subjects, for students in kindergarten through college. During COVID-19, program eligibility has been extended until Sept. 30, 2020, to include any adult or child member of Department of Defense civilian, National Guard, reserve or wounded warrior military families.

- Thrive is a free, online parenting-education course from a Department of Defense partnership with the Clearinghouse for Military Family Readiness at Penn State. It offers evidence-based, positive-parenting practices for children from birth to age 18. Check out its downloadable resources for stress reduction, healthy eating and physical activities.
- Sesame Street for Military Families offers a variety of resources including activities, games, videos and the Breathe, Think, Do wellness app.
- Helping Your Child Become a Reader provides tips from the U.S. Department of Education for parents of young children.
- NASA STEM has a wide variety of science, math, engineering and technology ideas for students in kindergarten through college to encourage the next generation of explorers.
- Boys & Girls Clubs of America Virtual Club currently offers 11 programs youths can participate in via the MyFuture social platform. Programs include Digital Literacy Essentials, Media Making, Computer Science, Visual Arts and more.
- Making School Fun at Home offers helpful tips from the Boys & Girls Clubs of America for supporting learning at home for children of all ages.

TALK WITH AN EDUCATION CONSULTANT

If you would like to talk to an expert about educational concerns, Military OneSource offers free and confidential one-on-one sessions with professionals knowledgeable about education resources. Learn more about How to Ease Back-to-School Transitions With a Military OneSource Education Consultant.

COVID-19 continues to create challenges, and Military OneSource is here to help. Consultants are available 24/7 anywhere in the world to help you stay strong while you navigate military life. No matter what kind of questions or concerns you have, you can call us at 800-342-9647, call OCONUS or start a live chat.

Understanding of COVID-19 continues to change, so check our Coronavirus Updates for Our Military Community page. Want to find the phone number for your installation’s housing office or Military and Family Support Center? Find those and more on Military INSTALLATIONS, an online information directory for military installations worldwide. For updates and information specific to your location, visit your installation’s official website. You can also follow your installation’s Facebook, Twitter or Instagram platforms.

For Department of Defense updates for the military community:

- Visit Defense.gov
- Follow Military OneSource’s Facebook, Twitter and Instagram platforms
- Check Move.mil for PCS-related updates.



Q: I am coming from an involuntary unaccompanied tour to an accompanied tour. Is special consideration given to this circumstance for my control date?

Yes. The control date for members returning PCS from an involuntary unaccompanied tour, or from assignment to ships operating in specifically designated areas to an accompanied PCS tour will be the date of detachment from the prior accompanied PCS tour.

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MC2 Michael H. Lehman

Sailors assigned to the guided-missile cruiser USS Normandy (CG 60) take the Navy-wide E-6 advancement exam. Normandy is part of the Harry S. Truman Carrier Strike Group and is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean Sea and Pacific Ocean through the western Indian Ocean and three strategic choke points.

Navy extends fall PMK-EE deadline

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

ARABIAN SEA

Active and reserve Sailors now have an extra month to complete their Professional Military Knowledge Eligibility Exam (PMK-EE) ahead of the fall advancement exam cycle, as the Navy has extended the deadline for completion from Aug. 1 to Aug. 31.

The deadline extension was announced in NAVADMIN 216/20 released on July 30.

The extension is for the upcoming cycle only and was made because of technical issues, which may have hindered some Sailors’

in being marked as PMK-EE complete in the Fleet Management and Planning System (FLTMPS), the message said.

Passing this military knowledge exam is required for sailors in order to be eligible for advancement to the next paygrade. However, it must only be passed once at each paygrade level and is not required for each subsequent advancement cycle.

Earlier this month, NAVADMIN 201/20 announced that PMK-EE deadlines for all future exams would be the first day of the month preceding the month in which the exams are to be given.

The new deadline schedule will now start Dec. 1 when all active duty E-6 Sailors must have their PMK-EE complete for the January E-7 exam.

Here’s a look at how all future PMK-EE deadlines are scheduled:

- January AD/FTSE7NWAE cycle—prior to Dec. 1 of the previous year
- February SELRES E4/5/6/7 NWAE cycle—prior to Jan. 1 of the same year
- March AD/FTSE4/5/6 NWAE cycle—prior to Feb. 1 of the same year
- August SELRES E4/5/6 NWAE cycle—prior to Jul. 1 of the same year

■ September AD/FTSE4/5/6 NWAE cycle—prior to Aug. 1 of the same year.

For more information on PMK-EE, visit MyNavy Portal (MNP), under ‘Career & Life Events’, then ‘Advancement & Promotion,’ then click the PMK-EE link. There, Sailors can download a PMK-EE smart sheet with supplemental guidance.

For additional questions or concerns not found on MNP, contact the MyNavy Career Center Help Desk at 1-833-330-6622 or email askmncc@navy.mil.

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

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Defense Secretary, Dr. Mark T. Esper talks with Sailors aboard the Ohio-class guided-missile submarine USS Florida (SSGN 728) (Gold) during his visit to Naval Submarine Base Kings Bay, Georgia, July 30. Ohio-class guided-missile submarines are capable of carrying up to 154 tomahawk land-attack cruise missiles. The base is home to all East Coast Ohio-Class submarines. MCI Ashley Berumen

SECDEF visits naval submarine base Kings Bay

By MCI Ashley Berumen
Commander, Submarine Group TEN Public Affairs

KINGS BAY, GA.
United States Secretary of Defense (SECDEF), Dr. Mark T. Esper, visited Naval Submarine Base Kings Bay, Georgia, July 30.
Upon his arrival, Esper was met by Commander, Submarine Group Ten, Rear Adm. John Spencer.
“Our Team Kings Bay Sailors, Marines, Coast Guardsmen, and civilians are dedicated to the Department of Defense’s top mission of strategic deterrence,” said Spencer. “Each one of us takes pride in our mission, and we’re thankful to have the opportunity to showcase our expertise to the Secretary of Defense.”
Esper began his tour at the largest

covered dry dock in the United States, by visiting the Ohio-class ballistic-missile submarine USS Rhode Island (SSBN 740) (Blue) led by Capt. Craig Gummer, commodore, Submarine Squadron 20, and the submarine’s commanding officer, Cmdr. Jeremy Miller.
“What an experience to see this platform firsthand,” said Esper. “America’s ballistic-missile submarines remain the most survivable and powerful deterrents on earth.”
Following the tour, the 27th secretary of defense arrived aboard the Ohio-class guided-missile submarine USS Florida (SSGN 728) (Gold) led by the submarine’s commanding officer, Capt. Theron Davis.
Esper toured various spaces on the

submarine and was briefed on mission and capabilities by each space’s subject matter expert.
“I am impressed by the professionalism of this team,” said Esper. “The submarine service runs silent and deep and I am glad to be here and meet these men and women in person.”
Following his tour of the submarines, Esper visited the Trident Refit Facility, Kings Bay (TRF-KB), where he met with the commanding officer, Capt. Ed Robledo, in the facility’s hull shop. He was briefed on TRF’s mission which is to provide quality industrial and logistics support for the incremental overhaul, modernization, and repair of Trident submarines.
“Today I was proud to visit and see firsthand the biggest peacetime construction project ever undertaken by the U.S. Navy,” said Esper. “I am glad to have had the opportunity to see the great work being done here at Kings Bay.”
“We were proud and honored for the

opportunity to show SECDEF the important role TRF-KB plays in the maintenance and repair of our submarines and to highlight the dedicated Sailors and civilians who support that critical mission,” said Robledo. “Our Nation’s top defense priority is strategic deterrence and TRF-KB is the front line of national defense.”
Esper concluded his visit with a small group luncheon attended by enlisted Sailors and Marines, and junior officers.
“It was great to get the opportunity to have an open discussion with SECDEF,” said Information Systems Technician (Submarines) 1st Class Michael Hudson, a native of Savannah, Ga. “I never thought I would have an opportunity like this, so it was awesome that he took the time to hear some of our concerns, discuss issues and current events.”
Naval Submarine Base Kings Bay is homeport to all East Coast Ohio-class submarines, to include six ballistic-missile and two guided-missile submarines.

Navy announces new Mid-Career Officer Graduate Education Opportunity

OPNAV N7 Public Affairs

The Navy is now calling for applications to a new graduate education program to be piloted this fall, with 80 officers expected to start low-residency opportunities offered by up to eight partner schools.
The Low-Residency Graduate Education Program (LGEP) is designed to provide due-course naval officers in paygrades O-2 to O-5 the chance to get a Navy-funded graduate degree in one of three disciplines – strategy, management or international relations.
The pilot program was announced last week in Naval Administrative Message (NAVADMIN) 204/20, which requests that applications be submitted by August 2.
“This initiative is the product of close collaboration between the Chief Learning Officer (CLO), N7, and the warfare communities,” said VADM Stuart Munsch, former Deputy Chief of Naval Operations for Warfighting Development and service-lead for naval education, whose office helped to champion the new program. “Once implemented, LGEP will give officers with compressed career paths an opportunity to pursue a graduate degree that fulfills education requirements for promotion and milestone screening and contributes directly to Navy warfighting advantage.”
The idea is to give officers on compressed career paths a flexible, Navy-funded option to earn graduate degrees which meet the O-7 promotion eligibility education requirement.
Each program is designed to be completed during a shore-duty tour. This means that selected officers will remain at their duty stations and complete most course work online or via telephone. Residency requirements are met through funded, monthly trips to campus.
The lineup of degree programs range in length from 10 to 24 months. Current part-

LOW-RESIDENCY
GRADUATE
EDUCATION
PROGRAM

details at
NAVADMIN
204/20

Apply by Aug. 2
for 1 of 80 slots

The Low-Residency Graduate Education Program (LGEP) is designed to provide due-course naval officers in paygrades O-2 to O-5 the chance to get a Navy-funded graduate degree in one of three disciplines – strategy, management or international relations.
The obligation, which is incurred whether or not the officer completes the degree, starts either on the date of program completion or, should the officer not complete the degree, the date of withdrawal from the program.
This year’s program is a test of concept, designed to gauge the effectiveness of low-residency education delivery models in netting officers required graduation education while also meeting the needs of the Navy for strategy-minded warriors.
If successful, the program could expand opportunities for up to 300 officers annually in future years.
The window for applications this year is open now and runs through August 2. A committee from the office of the CLO will review the applications; selectees will be announced by August 14.



TSGt. Rebecca Woodrow
An F-16 Fighting Falcon from the 510th Fighter Squadron takes off from Aviano Air Base, Italy, Aug. 2. F-16s from the 510th FS flew integrated training missions alongside the USS Porter in the Black Sea which were designed to train U.S. forces to operate while executing multi-domain operations.

U.S. NAVY CONDUCTS JOINT OPERATIONS WITH U.S. AIR FORCE IN THE BLACK SEA

From U.S. 6th Fleet Public Affairs

BLACK SEA

The Arleigh Burke class, guided-missile destroyer USS Porter (DDG 78), a P-8A Poseidon Maritime Patrol Aircraft (MPA) from Patrol Squadron VP-47, four F-16 Fighting Falcons from the 31st Fighter Wing, Aviano Air Base, Italy, KC-135 Stratotankers from the 100th Air Refueling Wing, Mildenhall, England, and an MQ-9 Reaper assigned to the 52nd Expeditionary Operations Group Detachment 2, Miroslawiec Air Base, Poland, conducted a joint training mission in

the Black Sea, Aug. 2, 2020.

The training mission occurred in international waters and airspace within the Black Sea and was designed to train U.S. forces to integrate, operate and communicate while executing surface and air operations.

“With over 90 percent of the global economy and digital communication traveling via the world’s oceans, protecting the maritime domain has never been more important,” said Vice Adm. Gene Black, Commander, U.S. 6th Fleet. “Integrating with U.S. Air Force Europe during this training mission enabled us to conduct realistic and relevant

training to reinforce U.S. resolve at sea in the Black Sea region.”

Participating units conducted training scenarios that included tactical maneuvering and communications.

“The purpose of this training event was to exercise command and control in a joint training environment with our U.S. Air Force brothers and sisters to increase our tactical proficiency, and Porter’s crew did just that,” said Cmdr. Craig Trent, Porter’s commanding officer. “This training enabled us to continue to build on our combined capability to quickly and effectively respond to

any threats in the complex maritime environment.”

Porter and the P-8A Poseidon are currently operating in the Black Sea following participation in the 20th iteration of Exercise Sea Breeze. Exercise Sea Breeze is an annual, multinational maritime exercise co-led by the U.S. and Ukraine and designed to enhance interoperability among participating nations and strengthen regional security in the Black Sea.

Joint training missions like this are vital to the readiness of U.S. military forces and demonstrate our capability to integrate platforms across multiple domains.

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.



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.





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FOR WOUNDS RECEIVED
IN ACTION
ON THE BATTLEFIELD, FOR OUR COUNTRY
GIVEN UNDER MY HAND IN THE CITY OF WASHINGTON
THIS DAY AND AGE

J. Hancock
THE AUTHORITY



J. Hancock
BRANCH SECRETARY

IN OBSERVANCE OF PURPLE HEART DAY, NAVY REGION MID ATLANTIC WOULD LIKE TO RECOGNIZE AND HONOR OUR BRAVE SERVICEMEN & WOMEN WHO WERE WOUNDED IN ACTION WHILE PROTECTING OUR FREEDOM. THANK YOU!!!

U.S. Navy

Navy reserve support staff increases reserve readiness with new NECs

By MC3 Magan Strickland

NORFOLK

In alignment with the Navy Reserve’s Ready to Win (R2W) strategy, five new Navy Enlisted Classification (NEC) codes have been recently implemented to better classify Reserve Management jobs.

The change will also improve the training pipeline for Full Time Support (FTS) Sailors assigned to Navy Operational Support Centers (NOSC). The new NECs will signify for qualified Sailors an increased knowledge of Navy Reserve policy, requirements and an in-depth understanding Reserve specific programs.

Commander, Navy Reserve Forces Command (CNRFC), along with Navy Reserve Professional Development Center (NRPDC), spearheaded the new NECs to ensure NOSC Sailors have comprehensive training to be ready from day one to assist Reserve Sailors, and maintain mobilization readi-

ness. Previously, Sailors could only apply for training — and compete for a seat — after reporting on the job at the NOSC.

“This is a big win not only for our FTS Sailors, but for our Reserve Sailors and big Navy as well,” said Command Master Chief Tracy Hunt, CNRFC senior enlisted leader. “This is what the Navy needs. Our Reservists need to be prepared — trained, equipped, ready — to jump in the fight tonight.”

Reserve Management jobs, normally filled by Sailors in the FTS community, are essential to the training and administration of the more than 60,000 Sailors in the Selected Reserve (SELRES). These positions are the starting point for maintaining mobilization readiness and increasing lethality throughout the Reserve Force.

The NECs affect 1,300 Reserve Management billets located across the Navy Reserve which will require at least one of the five:

- 841A - Reserve Pay and Personnel Management Clerk
- 862A - Navy Reserve Order Writing System (NROWS) Orders Specialist
- 863A - Navy Reserve Activity (NRA) Command Senior Enlisted Leader
- 866A - Reserve Medical Administrative Technician
- 858A - Assistant Operational Support Officer

According to Hunt, the new coding will allow FTS Sailors to complete the associated secondary schools or training requirements prior to reporting to their assigned Navy Reserve Activity.

“With these NECs, our Sailors will be able to get the formal training needed to be able to go to a NOSC and be an asset instantly,” Hunt said. “They will know the language and the process instantly. The training streamlining will introduce NOSC staff to the duties and responsibilities they will be performing and prepare them for a successful tour.”

Cmdr. Ryan Mudd, commanding officer of NRPDC, says the new NECs ensure that

all eligible Sailors, regardless of enlisted community or duty status, will have a standardized training track in route to these jobs.

“Our talented instructors prepare Sailors for their Reserve Management duties by developing their foundational knowledge, skills and abilities,” said Mudd who manages the five requisite NEC training courses located in New Orleans, Louisiana, and Norfolk, Virginia.

Moving forward, when a Sailor receives an assignment to one of these jobs, his or her detailer at Commander, Navy Personnel Command (PERS-4), adds an intermediate stop in the permanent change of station (PCS) orders to ensure the Sailor attends the requisite training course before reporting to the new position.

The NEC program is one aspect of Navy Reserve leadership’s goal to best train the FTS support team to maintain a mobilization-ready Reserve force. Future updates to the Navy Enlisted Occupational Standards Manual (NAVPERS 18068F, Volume I) will include the new NECs.

“After completing one of our classes, students not only receive a graduation certificate for their achievement in the classroom, they now also proudly earn an NEC,” Mudd said.



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MC2 Dana D. Legg

A Naval Health Clinic Annapolis hospital corpsman administers the COVID-19 test to a midshipman candidate upon arrival to the U.S. Naval Academy prior to the initial 14-day restriction of movement (ROM) period, June 30. The United States Naval Academy welcomes the incoming 4th class midshipmen, or plebes, of the Class of 2024 during a four-day induction process due to restrictions set forth by the COVID-19 pandemic for this 2020 year.

NHC Annapolis’ operational approach to COVID-19 prevention puts U.S. Naval Academy on track for fall 2020 semester

By Lt. Sarah Ermoshkin, DDS
Naval Medical Forces Atlantic Public Affairs

ANNAPOLIS, MD.

It has been nearly a month since the first incoming freshmen, or plebes, arrived at the United States Naval Academy (USNA) to check in for their immunizations, vaccinations, blood draws, eyeglasses, and coronavirus (COVID-19) test. Following months of planning and coordination with Naval Health Clinic Annapolis Brigade Medical Unit, plebes have left their Restriction of Movement (ROM) status following a second COVID-19 test and fully engaged in Plebe Summer training.

In previous years, nearly 1,200 plebes would be processed by medical professionals by the afternoon of the first day. Contrary to conventional methods and in response to the COVID-19 pandemic, this

year, the Class of 2024 was processed over four days to maximize social distancing and reduce contacts between possible asymptomatic COVID-19 carriers.

“The mission has not changed. But, the operational approach changed so that we can meet mission requirements,” said Capt. Walter Brafford, commanding officer of Naval Health Clinic Annapolis. “We are doing everything to support the USNA medical mission just as we have in years past. This year, we’ve added one more responsibility, and that’s monitoring plebes’ COVID-19 status.”

The approximately 1,200 plebes, divided into groups of 40 plus nine detailers, are referred to as a “pod.” Within the pod, life exists as usual—as usual as it can be for someone making the transition from civilian to military. Plebes move as a unit,

separated by masks and kept at least six feet away from other pods.

Every morning, all plebes and detailers undergo a temperature and COVID-19 symptom check. But, if something else is ailing them, they can no longer form a line at 8:00 a.m. to see a medical professional on the first floor of Bancroft Hall for sick call. Each pod has a blocked time they can go to Dahlgren Hall, which once housed an armory, for a socially-distant sick call to address medical issues typically associated with Plebe Summer.

Predicting the number of asymptomatic cases that would arrive during induction week was possible due to discussions with other accession points and recruiting commands, conversations with Navy and Marine Corps Public Health officials, on-going meetings with leaders at the Uniformed

Services University of the Health Sciences, and discussions with specialty leaders at Walter Reed National Military Medical Center.

All midshipmen with active COVID-19 symptoms, persons under investigation for COVID-19, and anyone with symptoms that could not be ruled out by other diagnoses were placed into isolation or quarantine within Bancroft Hall for close monitoring, separated from the other midshipmen.

“We created two types of isolation spaces: a space for those who tested positive and a space for those who tested negative, but have COVID-like symptoms,” said Cmdr. Sara Stires, brigade medical officer. “Our plan is working, and Plebe Summer commenced without issues.”

To date, over 5,000 COVID-19 tests have been performed since the first week of July and another 8,500 tests are planned in the upcoming months in order for the entire population of midshipmen to safely return for the new academic year. In order to continue surveillance, Navy Medicine expects to support the Academy with 600 tests per week, roughly testing 15% of USNA students, staff, and physicians.

RETIRES | Blades-Langjahr has 22 years of service under her belt

Continued from B1

to 5th fleet.”

After spending close to two months at sea, Blades-Langjahr returned to port and found that the world had changed in the wake of the attacks on the World Trade Center. This was also a difficult time for the crew of Kennedy, who had recently failed an inspection.

Blades-Langjahr said the crew did not pass their Board of Inspection and Survey (INSURV). INSURV is a congressionally mandated inspection of U.S. Navy ships to thoroughly check damage control ability and the ship’s material conditions to ensure ultimate mission readiness.

Kennedy divided the crew into two sections, port and starboard, to accomplish the repairs and maintenance needed to get out to sea again.

“We were working twelve hours a day, seven days a week, twelve on, twelve off, port and starboard crew,” said Blades-Langjahr. “We had a full night check and a full day-check, the whole ship was working 24 hours a day. All the way through Thanksgiving. We didn’t get Thanksgiving. All the way through Christmas.”

It was difficult, because a lot of the crew was not able to travel home for Christmas because of certain geographical restrictions.

“January rolls around, and I’m up to reenlist,” said Blades-Langjahr. “I wasn’t going to do it. I was hard set against it.”

Her deadline to re-enlist was February 2, or she would be out of the Navy.

“January 31, my chief sits me down,” said Blades-Langjahr. “And he said to me, ‘Why are you getting out? How big do you think the Navy is?’”

Her chief prompted her to think about different ships, potential duty stations and different opportunities the Navy could provide.

“My chief said, ‘The Navy is bigger than one ship. The Navy is bigger than one INSURV failure. There are countless places that you could go and never be at the same place twice in a naval career. Why are you stopping now?’”

“So, I walked down to the career counselors’ office and I put my reenlistment papers in, three days before my EAOS,” said Blades-Langjahr.

Her drive to see the next thing and push forward has led her to a career littered with firsts.

Blades-Langjahr started breaking ground early in her career. As an Aviation Boatswain’s Mate 3rd Class, she secured herself a backseat ride in an EA-6B Prowler, despite not being a rate that had any business in that aircraft.

When asked why she pressed for the ride, Blades-Langjahr said, “Because people told me I couldn’t!”

This motivated her to take leave in order to complete the required survival swimming and aviation physiology courses on her own time. The request had to go to the Chief of Naval Operations for approval, and she sent it two before she was scheduled to leave for a deployment. One month before that six-month deployment ended that her request was returned: approved.

Blades-Langjahr shattered the normal again when she was accepted into the Flying Chief Warrant Officer program. This Navy program, which ran from 2006 to 2014, sought highly qualified, motivated Sailors between the paygrades of E-5 and E-7 to commission as Chief Warrant Officers and become Naval Aviators and Naval Flight Officers (NFO). To be eligible, personnel must have held a secret security clearance, hold an Associate’s Degree, and be able to commission by the time they were 27 for pilots or 29 for NFOs.

She submitted her application in 2006, but was not selected. She applied again the following year, and would go on to commission in April of 2008.

“It felt like a wonderful accomplishment to be selected overall,” said Blades-Langjahr. “I looked at every result, tried to see if there was going to be another female selected, but it just never happened.”

Out of 49 candidates, she was the only

female selected for a program that lasted about 7 years.

“Yeah, I’m the only female, but I’m still a flying warrant,” said Blades-Langjahr. “I still have to perform with my fellow flying warrants. I still have to work in the same capacity, and not be viewed as different.”

She attended a month of Chief Warrant Officer Indoctrination, followed by Initial Flight Screening, and then Aviation Pre-flight Indoctrination before going to Training Squadron 4 (VT-4) in Pensacola, Florida, and then Patrol Squadron 30 (VP-30), based in Jacksonville, Florida. Upon completion of her training at VP-30, Blades-Langjahr had earned her wings as an NFO.

Her first fleet squadron was Fleet Air Reconnaissance Squadron VQ-2 at Naval Air Station Whidbey Island, Wash., where she stayed until VQ-2 was decommissioned and absorbed by VQ-1 in 2012. Six months later, now a Chief Warrant Officer 3, Blades-Langjahr moved on to the Aviation Survival Training Center at Whidbey Island, where she would spend three years as an instructor and department head. When the Flying Chief Warrant Officer program was terminated in 2014, Blades-Langjahr was given a choice: remain in the Chief Warrant Officer track as a Chief Warrant Officer 4, and be shifted into a different rate where she didn’t feel she’d be competitive for further promotion, or transition into the officer career track as a Lieutenant.

“Instead of laying down and dying, I decided to fight and try to go past 20, which I did,” said Blades-Langjahr.

She was also the first winged naval flight officer to serve as a department head at the Aviation Survival Training Center.

Upon attaining the rank of Lieutenant, Blades-Langjahr explained that she was told she needed a Bachelor’s Degree to continue her career. She began working on her Fire, Arson, and Explosion degree.

At this time, she was assigned to USS Gerald R Ford (CVN 78). After eight months aboard the Ford, she became pregnant with her first daughter. She then transferred to Fleet Forces in Norfolk, and stayed for just over three years. During this time, she had her second daughter, and completed her degree.

From there, she came to USS Nimitz

(CVN 68), where she’ll retire with 22 years of service.

“It never ceases to amaze me how much life changes,” said Blades-Langjahr, reflecting upon the story of her career.

When asked about her favorite roles held over the course of her career, Blades-Langjahr gave two answers. The first was the role of “yellow shirt” aircraft director. The yellow shirt, she explained, is the only authority aboard an aircraft carrier who can move an aircraft, which, for junior enlisted, is an unheard-of amount of responsibility.

The second has been as a “Shooter,” or catapult officer, who “shoot” aircraft off the flight deck. “Who gets to do that?” said Blades-Langjahr.

With 22 years of service, rising through the ranks from an Airman Recruit all the way to Lieutenant, fighting through all the twists and turns along the way, always hungry for the next challenge, Blades-Langjahr offered this advice for the next generation: “Never find yourself without a PQS (personnel qualification standard) in hand. Even if you’re fully qualified for your particular job, keep going.”

“I was an E-4,” she explained, “Crash chief qualified, because I never stopped.”

Blades-Langjahr took anything she could get her fingers on to become qualified in.

“And that’s how it works,” she said. “You just keep grabbing on to things to make your evaluation better than the guy sitting next to you. And that’s how you succeed, and that’s how you keep that motivation and drive to push past normal.”

Blades-Langjahr’s second piece of advice is to never accept “no” as the first answer, unless it can be backed up in writing. Opportunities are there, even if the person you’re asking doesn’t know about them. “So, don’t stop asking questions.”

Nimitz, the flagship of Nimitz Carrier Strike Group, is deployed to the U.S. 5th Fleet area of operations to ensure maritime stability and security in the Central Region. The 5th Fleet area of operations encompasses about 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The expanse is comprised of 20 countries and includes three choke-points, critical to the free flow of global





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Broadway in Norfolk announces 2021 season
Broadway in Norfolk is thrilled to announce the 2021 season, featuring two Andrew Lloyd Webber classics, the return of a true-life musical phenomenon and a Norfolk premiere, all scheduled for Chrysler Hall in 2021.

» See **C3**

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www.history.navy.mil

MANNING THE RAIL

A U.S. NAVY TRADITION



FROM THE AGE OF SAIL

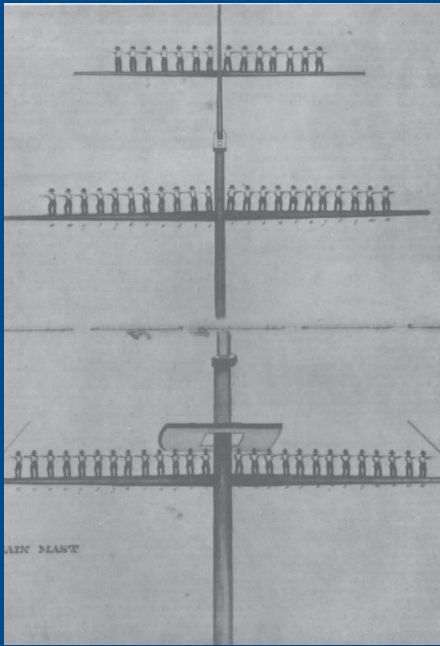
The custom of manning the rail evolves from “manning the yards” (the pars on a mast from which sails are set) and cheering the ship.

“Naval Ceremonies, Customs, and Traditions,” Mack and Connell

When a ship returned to port and approached the Lord Admiral, those on board would “presently man the ship and place every one of their companies both upon the upper and middle deck and also upon the waist and shrouds and elsewhere to the most advantage they can to make the bravest show and appear the greater number.”

Roger Marbecke’s 1596 manuscript of the English Cadiz Expedition

ADOPTED BY THE U.S. NAVY



As the tradition evolved, it became written in U.S. Naval Instruction of 1824 that “In manning the rigging for cheering, the people should be chosen for their size, to stand together or on the same ratlines, observing the space of two or three ratlines between each.

U.S. Naval Instruction, 1824

PASSING HONORS

Today, manning the rail is used in similar fashion in passing honors for:



- President of the United States
- Rulers of foreign nations
- Members of a reigning royal family

U.S. Naval Instruction, 1824

MANNING THE RAIL FOR THE USS ARIZONA

Manning the rail has also become a traditional way to honor the USS Arizona Memorial when all U.S. Navy, U.S. Coast Guard, and U.S. Merchant Marine vessels transit Pearl Harbor, Hawaii. A ship passing the USS Arizona Memorial renders honors by sounding, “Attention,” and all hands topside render a hand salute until the ship has passed the memorial and “carry on” is sounded.



“Naval Ceremonies, Customs, and Traditions,” Mack and Connell

By Mass Communication Specialist 1st Class Daniel Garas

Community

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Courtesy photo/

S’mores Amore graduates from pop up to storefront in Selden Market

From Selden Market

NORFOLK
Selden Market, located at 208 E. Main Street in downtown Norfolk, is pleased to announce that S’mores Amore will occupy a storefront location beginning August 21. Selden Market helps small businesses get established by providing a nurturing environment for local entrepreneurs to create and expand their businesses with affordable rents, education and a supportive peer community.
S’mores Amore was established in July 2018 at Selden Market as a pop-up vendor. It offers customers the ultimate s’mores experience by giving them all of the elements of having s’mores at a campfire with a modern twist.
It offers one-of-a-kind variations in a multitude of flavors of s’mores brownies

and blondies. After a very special process, each s’more is hand cut and made with layers of made-from-scratch fluffy marshmallow, brownies or blondies and its homemade graham cracker cookie crust. S’mores Amore torches the marshmallows on top to recreate the smells and gooey deliciousness that is the most satisfying and magical part of s’mores. A recently expanded menu provides customers with other dessert offerings.
Owner Duane Dinio graduated from Old Dominion University in 2003 and the Culinary Institute of Virginia in Norfolk in 2010. In 2019, S’mores Amore was selected as one of only a handful of local vendor partners to feature products in Wegmans Food Markets in Virginia Beach. S’mores Amore has collaborated with local breweries to feature alcoholic flavors known as the ABC (Another Boozy Creation) series. Dinio has

hand cut more than 20,000 s’mores brownies and blondies since his opening in 2018.
“Selden Market was the only place in the Hampton Roads area that offered an opportunity for a startup food service business like ours to begin our journey into entrepreneurship while being affordable,” said Dinio. “In addition, Selden Market offers a multitude of resources to encourage the development of all of the businesses in it who are committed to growing their brand.”
“I can’t think of a more deserving business to be added to our storefront lineup,” said Selden Market Director Careyann Weinberg. “S’mores Amore really creates an experience for their customers by freshly firing their treats as they’re ordered. Duane, his wife Kristine and their team are all so genuinely kind, and they put so much love and focus into their products and business. It shows in everything they do. Duane is always eager to learn and explore ways to expand his business model.”
S’mores Amore popup is open on Fridays and Saturdays until the storefront opens in August. Expect more menu items, special flavors, beverages and more as S’mores Amore continues to expand its offerings later this year. Follow along at facebook.com/smoresamorenfk/ and [insta-](https://instagram.com/smoresamorenfk/)

[gram.com/smoresamorenfk/](https://instagram.com/smoresamorenfk/).
During COVID-19, Selden Market has successfully recruited three new storefront tenants. Current storefronts are open Fridays and Saturdays 10 a.m.-5 p.m. and Sundays 11 a.m.-5 p.m. Get the most up-to-date info on shop hours and operations on Selden Market’s Facebook page and at www.seldenmarket.com.
Selden Market, recently named a Best Shopping Center (Southside) by Coastal Virginia Magazine’s Readers Choice Awards, features 11 storefront tenants in addition to daily, weekly and monthly pop-up businesses. More information can also be found by visiting the Selden Market website.
Selden Market is operated by Downtown Norfolk Council (DNC) a private, not-for-profit membership organization comprised of businesses and individuals working toward a dynamic, attractive and prosperous Downtown. DNC also manages the Downtown Norfolk Improvement District, a 50-block special services district with enhanced services that keep Downtown friendly, safe and spotless. Connect with Downtown Norfolk on Twitter, Facebook and Instagram or visit downtownnorfolk.org.

YMCA and Virginia Zoo swap members for second year

From Virginia Zoo

NORFOLK
The Virginia Zoo partners with both the YMCA of South Hampton Roads and the YMCA of the Virginia Peninsulas to swap members during the month of August.
More than 60,000 YMCA members will enjoy free, unlimited admission to the Virginia Zoo during August, plus 10 percent discounts in the gift shop and food service locations. Not valid for special events and education programs.
Members of the Virginia Zoo can visit any of the 22 YMCA of South Hampton Roads locations or 14 YMCA of the Virginia Peninsulas locations in August to enjoy a safe place to exercise with state-of-the-art fitness equipment, indoor and outdoor pools, group fitness classes, and child care while you work out. Pre-registration is required for pools and fitness classes, but not to visit the Y. Zoo members can also take advantage of discounted member pricing on programs such as personal training and summer camp in the month of August.
Zoo members show their valid Virginia Zoo membership card, photo ID and complete a guest waiver form upon visiting any YMCA of South Hampton Roads or YMCA of the Virginia Peninsulas location. Y members will reserve timed tickets before they arrive at the Zoo and will need to show a valid YMCA membership card and email confirmation. For more information, visit ymcashr.org/zoo-swap.
YMCA members who join the Virginia Zoo during the month of August can take advantage of two extra months – free – on a



Courtesy photo

Virginia Zoo membership. Zoo members who join the Y in August or September will pay no joining fee, a savings up to \$100.
Both the Zoo and the Ys have modified operations due to the current covid-19 health crisis. Expect occupancy restrictions, limited access to certain programs or exhibits, and safety guidelines for visitors. Please visit the respective websites before scheduling your visit for further details.
ABOUT THE YMCA OF THE VIRGINIA PENINSULAS
The YMCA of the Virginia Peninsulas is a cause-driven charity, strengthening communities on the Virginia peninsulas for over 120 years, through youth development, healthy living, and social responsibility. Across the Association, 18 facilities engage 50,000 + men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community’s health and well-being, and provide opportunities to give back and support neighbors. The YMCA of the Virginia Peninsulas has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. To learn more, visit ymcavp.org.
ABOUT THE YMCA OF SOUTH HAMPTON ROADS
The YMCA of South Hampton Roads is a nonprofit, community-based health and

human services organization that serves over 250,000 children and families throughout Coastal Virginia, Northeastern North Carolina and as west as South Boston/Halifax County in Virginia. More than 30% of those families receive financial assistance through the Open Doors program, whose funding is made available by the generosity of donors, helping them achieve their full potential in spirit, mind, and body. The Y’s doors are open to people of all ages, backgrounds, abilities, and incomes. To learn more, visit www.ymcashr.org.
ABOUT THE VIRGINIA ZOO
The Virginia Zoo, located in Norfolk, is home to more than 700 exceptional animals representing over 100 fascinating species. Founded in 1901 and residing on 53 beautifully landscaped acres, the Virginia Zoo has demonstrated a commitment to saving and protecting the world’s wildlife by inspiring a passion for nature and taking conservation action at home and around the world. The Virginia Zoo is an accredited member of the Association of Zoos and Aquariums and is recognized as a global leader in education, recreation, science, wildlife conservation, and animal care and welfare. For more than a century, the Zoo has connected adults, families, and school children with the natural world and its wildlife. To learn more, visit www.virginiazoo.org.



Courtesy photo/

Small painting by Constance Fahey

"Less is More" exhibition is both open and viral

From Virginia Beach Art Center

VIRGINIA BEACH
On August 7, the Virginia Beach Art Center, home of The Artists Gallery, opens an exhibition and sale of small works that are sure to find a place in your heart – and in your home. It’s proof that sometimes a small expression can bring even greater joy. This exhibition will be available to the public for live viewing, as well as on its website. You can view all artwork on your phone or laptop at www.artcentervb.org. Or see it in the gallery, following health guidelines
In addition, we will offer a live video award ceremony at 7:00 p.m., August 7, on the Virginia Beach Art Center Facebook page. During the broadcast, you can tour the submitted entries individually, view the Judges Remarks, and even purchase artwork easily!
“Less is More” features artwork no larger than 10” in height or width. A special category of miniature paintings are less than 5”. The judge will be renowned artist, teacher and curator James Warwick Jones, director of the Charles V. Taylor Art Center in Hampton. The exhibition will be on display until August 30.

Arts & Entertainment



Jersey Boys

Joan Marcus

BROADWAY IN NORFOLK ANNOUNCES 2021 SEASON

From Broadway in Norfolk

NORFOLK

Broadway in Norfolk is thrilled to announce the 2021 season, featuring two Andrew Lloyd Webber classics, the return of a true-life musical phenomenon and a Norfolk premiere, all scheduled for Chrysler Hall in 2021. The season kicks off in February 2021 with the 50th anniversary tour of the Olivier Award-winning production Jesus Christ Superstar, followed by the return of the Tony, Grammy and Olivier Award-winning hit musical Jersey Boys. The 2021 season continues with another Andrew Lloyd Webber classic and one of the biggest hits in theatrical history, Cats, and closes with Norfolk's premiere of the critically acclaimed Broadway production of Anastasia.

Sales for renewing subscriptions began July 29. New subscriptions will be available for purchase beginning this fall – date to be announced. On-sale dates for individual tickets will be announced as each performance approaches. Group sales opportunities will be available for all shows.

BROADWAY IN NORFOLK 2021 SEASON PERFORMANCE DATES

- **Jesus Christ Superstar:** February 2 – 7, 2021 ~ 8 performances
- **Jersey Boys:** June 8 – 13, 2021 ~ 8 performances
- **Cats:** July 13 – 18, 2021 ~ 8 performances
- **Anastasia:** July 27 – August 1, 2021 ~ 8 performances

** Subject to change. All venue, local and state gathering guidelines will be observed at the time of each engagement.*

The best way to guarantee seats is to subscribe to a season subscription package. Subscribe to the four-show package for as low as \$180. To learn about additional package information, call the Subscriber Hotline at 757-823-4299, visit www.BroadwayNorfolk.com or email the box office at groupsales@sevenvenues.com.

Enjoy the many exclusive benefits of being a subscriber, including a guarantee of the same great seats to each season show, the option to renew those seats from year to year and first options on upgrading seats. Subscribers also receive special ticket offers and the chance to purchase tickets before the general public to add-on shows. Subscription tickets will be mailed prior to the performance to avoid box office lines. Lost ticket insurance is included at no additional charge.

JESUS CHRIST SUPERSTAR

Hailed “a gorgeous, thrilling, heavenly musical” (The Guardian), Jesus Christ Superstar is an iconic musical phenomenon with a world wide fan base. In celebration of its 50th Anniversary, a new mesmerizing production comes to North America. Originally staged by London’s Regent’s Park Open Air Theatre and helmed by the ac-



Jesus Christ Superstar.

Courtesy photo



McGee Maddox as 'Rum Tum Tugger' and the North American Tour Company of CATS.

Courtesy photo



Anastasia.

Courtesy photo

claimed director Timothy Shader (Crazy for You, Into the Woods) and award-winning choreographer Drew McOnie (King Kong, Strictly Ballroom), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades. Appealing to both theater audiences and concert music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is

uniquely fresh and inspiring.

Featuring award-winning music by Andrew Lloyd Webber and lyrics by Tim Rice, Jesus Christ Superstar is set against the backdrop of an extraordinary series of events during the final weeks in the life of Jesus Christ as seen through the eyes of Judas. Reflecting the rock roots that defined a generation, the legendary score includes ‘I Don’t Know How to Love Him’, ‘Gethsemane’ and ‘Superstar.’

JERSEY BOYS

Jersey Boys is the behind-the-music story of Frankie Valli and The Four Seasons. They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn’t get enough of. But while their harmonies were perfect on stage, off stage it was a very different story — a story that has made them an international sensation all over again. The show features all their hits including “Sherry,” “Big Girls Don’t Cry,” “Oh What A Night,” “Walk Like A Man,” “Can’t Take My Eyes Off You” and “Working My Way Back To You.”

Jersey Boys is the winner of the 2006 Best Musical Tony Award®, the 2006 Grammy Award® for Best Musical Show Album, the 2009 Olivier Award for Best New Musical and the 2010 Helpmann Award for Best Musical (Australia).

CATS

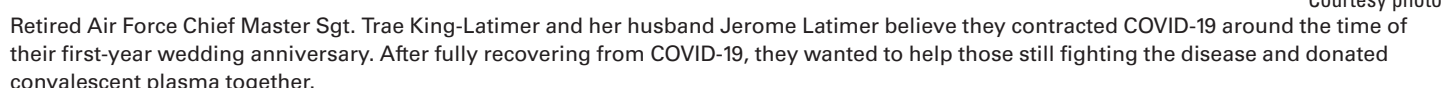
Composed by Andrew Lloyd Webber and based on T.S. Eliot’s Old Possum’s Book of Practical Cats, the record-breaking musical spectacular that has captivated audiences in over 30 countries and 15 languages, is now on tour across North America. Featuring new sound design, direction and choreography for a new generation — experience Cats for the first time as it begins a new life.

Audiences and critics alike are rediscovering this beloved musical with breathtaking music, including one of the most treasured songs in musical theater—“Memory”. Winner of 7 Tony Awards® including Best Musical, Cats tells the story of one magical night when an extraordinary tribe of cats gathers for its annual ball to rejoice and decide which cat will be reborn. The original score by Andrew Lloyd Webber (The Phantom of the Opera, School of Rock, Sunset Boulevard), original scenic and costume design by John Napier (Les Misérables), all-new lighting design by Natasha Katz (Aladdin), all-new sound design by Mick Potter, new choreography by Andy Blankenbuehler (Hamilton) based on the original choreography by Gillian Lynne (Phantom) and direction by Trevor Nunn (Les Misérables) make this production a new Cats for a new generation.

ANASTASIA

From the Tony Award®-winning creators of the Broadway classic Ragtime, Anastasia transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family. "Smartly adapted by Terrence McNally, Anastasia is a sweeping adventure, romance and historical epic whose fine craftsmanship will satisfy musical-theater fans” (Time Out).

Anastasia features a book by celebrated playwright Terrence McNally, a lush new score by Stephen Flaherty (music) and Lynn Ahrens (lyrics) with direction by Tony Award® winner Darko Tresnjak.



By Armed Services Blood Program

The COVID-19 Convalescent Plasma Collection Program (CCP) is a Department of Defense effort to collect 10,000 units of convalescent plasma donated by members of the military community who have recovered from the disease. Convalescent plasma will be used to treat critically ill patients and to support the development of an effective treatment against the disease. Eligible donors should contact the Armed Services Blood Program at <https://www.militaryblood.dod.mil/Donors/COVID-19andBloodDonation.aspx> to find a complete list of available collection centers.

During this COVID-19 pandemic, there is a heavy amount of difficult news, but there are also rays of hope and inspiration on the path. COVID-19 convalescent plasma donors Trae King-Latimer and her husband Jerome Latimer serve as examples of the generosity of service members and their families, as they

continue serve through their donation.

COVID-19 convalescent plasma, or CCP, is being investigated for the treatment of COVID-19 because there is no approved treatment for the disease at this time. There is information that suggests CCP might help some patients recover from the disease.

When a person contracts a virus such as SARS-CoV-2 — the virus that causes COVID-19 — their immune system then creates antibodies to fight the virus. These antibodies are found in the person's plasma, the liquid part of blood. Plasma with these infection-fighting antibodies is called “convalescent plasma.” Through the blood donation process, this plasma can be collected from a fully recovered person and provided to a patient who is still fighting the virus.

A retired Air Force Chief Master Sgt. of 30-years, King-Latimer, and her husband believe they contracted COVID-19 around March 16 — of all things, the couple's one-

year anniversary. they believe that they became infected from Latimer's place of work, since a few individuals there had tested positive for COVID-19. After their symptoms started, they were officially diagnosed on April 9.

"We had every symptom except shortness of breath," explained Latimer. "We experienced body aches, chills, coughing, loss of smell, loss of taste, etcetera. We suffered all the major symptoms. The recovery lasted way too long for us, it was about 5-7 weeks total to fully recover from this."

As she and her husband recovered, King-Latimer was keeping an eye out for COVID-19 in the news, learning more about the disease. That's where she heard about CCP and wanted to know more. Serendipitously, around this time she received a call from Walter Reed National Military Medical Center about the CCP program to see if she would be willing to donate. Wanting to find

out more, she called the number they provided for the Armed Services Blood Bank Center—National Capital Region and spoke with the blood donor recruiter, who provided more information and qualifications to donate convalescent plasma.

King-Latimer, who had given blood several times with the Armed Services Blood Program while in the Service, didn't need to be asked twice. Latimer, a first-time donor, agreed to donate as well. The couple, having never donated via apheresis — or even what that process entailed — were ready to help. People were dying, even people King-Latimer knew. “We were going to donate no matter what the process was,” she stated.

Echoed Latimer, "The reason for donating was to help someone who may be suffering and in need of our donation. Our experience was real, it was alarming, especially since so many were passing away . . . we felt obligated to help others since we were blessed enough to recover."

In an unprecedented time, family, neighbors, and the community rallied around them during their recovery. It made King-Latimer, a contractor at the Pentagon, recall her military days due to the warm treatment she received.

“We don’t live around the military community right now,” explained King-Latimer. “When we had COVID-19 and were recovering, our neighbors and community were awesome and so helpful. It was like that military family feeling for us. So when we went to donate it was that feeling of family, community. When you think about donating for this program, think of it as donating for a family member. For your military family.”

When asked about the experience and why people should come out and donate, King-Latimer was emphatic. “Don’t be scared to do it. We didn’t know [fully what apheresis plasma donation was like]. Once we got there, the entire team was amazing! If you are worried or scared about it, think about how beneficial it is to those who need it. It [apheresis donation time] was about 45-60 minutes to help save someone, and that was well worth it.”

As one who has fully recovered from COVID-19 and now a successful CCP donor, King-Latimer said she would consider donating again. Her husband added, "I would tell anyone it's a great way to give back, and that by doing so, you can possibly help save a life or two." Latimer went on to praise the ASBP team, adding, "the experience was inspiring."

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Good Housekeeping

By The Good Housekeeping Test Kitchen

This spiced, sparkling punch made with apple cider, brandy, and a splash of Prosecco brings on big flavor with fresh lemon, ginger, orange bitters, and sliced seasonal fruits. The ingredients give this autumnal cocktail a beautiful orangey color and amazing fragrance — simply serve in a clear glass pitcher so your guests get the full picture (and don’t forget to add some garnish, such as pomegranate seeds, apple wedges and orange wedges to take things to the next level).

WHAT KIND OF WINE IS BEST FOR APPLE CIDER SANGRIA?

We love to give this fruity recipe a little fizz with Prosecco, but you can also use Cava or any other dry sparkling wine. Yes — sparkling rosé works too! It doesn’t have to be a fancy bottle; just choose your favorite, go-to bubbly.

HOW FAR IN ADVANCE CAN THIS SANGRIA BE MADE?

You can refrigerate the mixture (without the Prosecco) for up to a day before serving. In fact, it’s best to let the cocktail sit for a while so that the flavors can meld, and the fruit can really shine through. Pop the bottle of Prosecco at the last minute so that it won’t go flat.

Apple Cider Sangria

Yields: 6 - 8
Total time: 0 hours 15 mins
Ingredients
2 1/2 c. apple cider
3/4 c. brandy
1/2 c. fresh clementine or orange juice
1/4 c. fresh lemon juice
1 1-in piece fresh ginger, peeled and very thinly sliced
2 tsp. orange bitters
4 clementines, thinly sliced
2 apples (Pink Lady, Honeycrisp or your favorite), very thinly sliced
pomegranate seeds, for serving
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Directions
In a large pitcher, stir together cider, brandy, clementine juice, lemon juice, ginger and bitters. Stir in clementine and apple slices (you can refrigerate this mixture for up to a day).
When ready to serve, add Prosecco. Serve over ice with a few pomegranate seeds.

Emphasis on the chocolate chips

By The Good Housekeeping Test Kitchen

Pumpkin chocolate chip bread

INGREDIENTS
1 3/4 c. all-purpose flour
1 tsp. baking powder
1/2 tsp. baking soda
1 1/2 tsp. pumpkin pie spice
1/2 tsp. kosher salt
1/2 c. (1 stick) unsalted butter, melted
1 c. canned pure pumpkin
1/2 c. granulated sugar
1/4 c. packed brown sugar
2 large eggs
2 tbsp. milk
2 tsp. grated fresh ginger
1 tsp. pure vanilla extract
1/2 c. plus 2 tbsp. bittersweet chocolate chips
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DIRECTIONS
Heat oven to 350°F. Lightly coat 8 1/2- by 4 1/2-in. loaf pan with cooking spray. Line with parchment, leaving an overhang on the two long sides; lightly coat paper. In large bowl, whisk together flour, baking powder, baking soda, pumpkin pie spice and salt. Transfer melted butter to large bowl and whisk in pumpkin and sugars (this will help cool it down if it is still hot). Whisk in eggs, milk, ginger and vanilla. Add flour mixture and mix to combine; fold in 1/2 cup chocolate chips. Transfer mixture to prepared pan, scatter remaining 2 Tbsp chips on top and bake until a wooden pick inserted into the center comes out clean, 45 to 55 minutes. Transfer pan to wire rack and let cool 10 minutes before using parchment overhangs to transfer bread to rack to cool completely.



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Fun and Games

- ACROSS**

1 Inc. article subjs.

4 Pharmacy chain

7 "— fair in love and war"

11 Luau guitar, informally

14 Actress Skye

18 Lure

20 Tournament sit-outs

21 Rebelled

23 * "High gravity" lager brand

25 Questioning intensely

26 Tattered

27 Sasha

28 Obama's sis

28 * Home to Nashville

29 Place in a row

32 Actor/singer Gordon

34 Prefix with hazard

35 * "The Good Body" playwright

37 * He played Uncle Leo on "Seinfeld"

42 Prefix with hazard

43 Deliberately disregarding
- 46 "That's —!" ("Not true!")

48 Source of some syrup

53 * Tense situations make them rise

57 Kitchen cover-up

58 Not as hard

60 Noble's crown

61 * Horizontal supporting piece on a ship's lower mast

64 First-class

65 Leaves off

66 Be nuts over

68 Woman's office outfit

73 * Actor who played Hercules in 1958

79 At odds with

80 Biology slide specimen

82 Accord

83 * Unease

85 Solidified

88 Asia's — Sea

89 Think up

91 Part of TMI

92 * Fitted forearm cover
- 96 * Not even a single time

102 — populi

103 Pluses

106 Strauss one-act opera

107 * Short-pile cotton fabric

112 Instruments of angels

114 Left amazed

115 Push away

116 * The answers to the starred clues are all drawn from a certain set of them

119 Troubadour relative

120 Busy as —

121 Live through

122 Cooped (up)

123 Cen. parts

124 Part of BMI

125 ER staffers

126 Census stat
- 7 Husband of Héloïse

8 Bit of a song's words

9 Actor Burton

10 Dir. opposite NNW

11 Push along

12 Corn piece

13 Show plainly

14 Misfortunes

15 Redding of R&B

16 Hawaiian state bird

17 Outer limit

19 Zellweger of films

22 Butler substitutes

24 Identical

28 Wobble

30 Not crooked

31 Omegas' precursors

33 Actress Woodward

36 Mauna —

38 Denials

39 Relish

40 Kagan of the court

41 Made angry

44 Snaky curves

45 End in — (finish evenly)

47 Punta del —, Uruguay
- 81 Assembles

84 The "S" of RSVP

86 Off-road bike, in brief

87 Some deer dishes

93 Incident

94 Religious adherent

95 Phillips — Academy

97 U.S. Open airer

98 Bring joy to

99 Oath takers

100 Come forth

101 Boston ball team

104 "Come Back, Little —"

105 Roof overhangs

107 Improvise jazz-style

108 Writer Wiesel

109 "Perfect Strangers" co-star Mark — Baker

110 Waistcoat

111 Twisting fish

113 Squalid district

116 U.S. "Uncle"

117 Outer limit

118 NFL stats

Sudoku

2		8		9		7		
	4				7		1	
3			1					2
		9		6		5	7	
	2		8					3
8					9		4	
9			5			1		
	6			7				5
		3		1	6		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: T equals G

NANDY DXRT GXRGPARNRT Z MPBBXQ

QYX ZBQZID DENBPD QZAEBI:

"HYP QPZANRT XM HYP TANR."

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Last week's CryptoQuip answer

If a pharaoh snacks on lots of crackers in bed,
will we end up with a crumby mummy?

last week's answers

CROP AMBLE PAPA ORALS
HATE LORIS RUIN DEREK
ATTRACTIVE FORCE OMANI
CHATROOM ISAK TRICIA
HEW CAW LOVELYWEATHER
ARAT NEALE INN NNE
ASP ADD ANOINT ETA
BEAUTIFUL MUSIC IST
ENG ALL EERINESS APTS
TSA SEEM NESTLE KMART
CUTE IDEAS HOT PEPPER
HEEDS CRADLE T FAL AMA
ASST METRIC EDYS YON
VEE HANDSOMEReward
TBS ARCAUE IRA EYE
OAT SVU GENOA TWOS
PRETTY PICTURE MOE APT
MIRREN RHEA APPLEPIE
ASNER FAIR COMPETITION
STEAL ITEM FRERE ATIT
TARDY REFS FIXED LIDS

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

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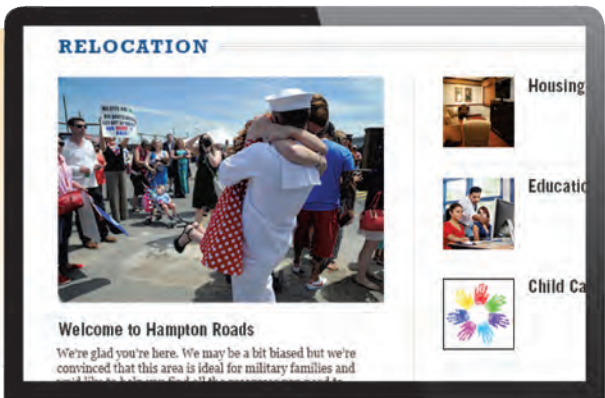


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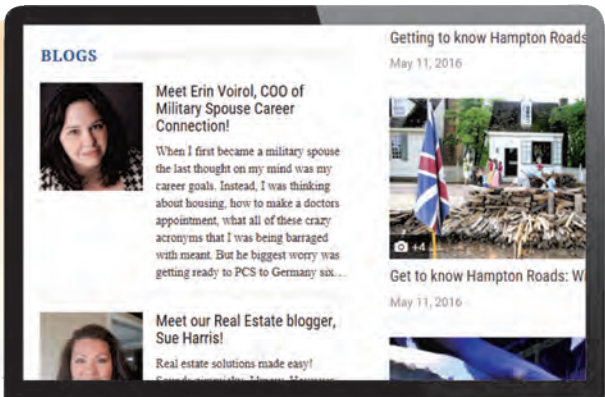
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